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Vol. 9, No. 10

Welcome to Ute Country

**"Someone told me
that people change like seasons,
but I don't believe it, there is a big difference,
seasons never change for personal interests."**

— Senora Roy

PEEK INSIDE...



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Day Away Destination



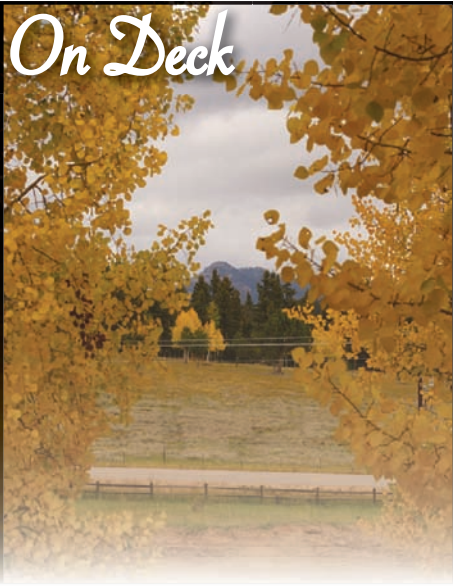
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Massage, meditation & tarot services



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4th Annual People's Choice Car Show



We took the cover photo on Cedar Mountain Road in Teller County last year. We felt the quote was appropriate in that change is inevitable, it is part of how we learn, grow, and move onward. October brings us more deeply into that autumnal transition. We can never know if we'll have more sunny days or rainy days, but we do know those days are getting shorter. Get out and enjoy what October has to offer, we have lots of opportunities for you in Out & About.

We welcome back *Seeds to Sprouts* and *Green's Go To Fitness*; both have important information on your physical routine. We'll look forward to *A Mountain Seed* and *Reiki Heaven and Earth* in November.

Do you have any fun photos of indoor or outdoor critters? Please consider sending them to us via email: utecountrynewspaper@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.



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The Thymekeeper Connections

by Mari Marques-Worden

"The toe bone connected to the heel bone, The heel bone connected to the foot bone, The foot bone connected to the leg bone, The leg bone connected to the knee bone, The knee bone connected to the thigh bone, The thigh bone connected to the back bone, The back bone connected to the neck bone, The neck bone connected to the head bone"

—Dem Bones

In truth, there's a whole lot more connectivity going on than with your bones. In Western or allopathic medicine, we fail to make those connections. We tend to look at symptoms and attribute those symptoms to one organ or one system of the body when in fact they all go hand in hand. When one is compromised, so are the others.

A perfect example of this can be seen in the YouTube cartoon, *The Town of Allopath*. I'll briefly sum it up. Due to budget limitations, the town couldn't afford stop signs or stop lights and had an extraordinary amount of traffic accidents. Although this was good for the economy due to the many health and repair facilities that were required, it was taking a horrible toll on the people so they hired Dr. West to examine the issue and make a recommendation. He concluded that the accidents were caused by skid marks disease because there was nearly a 100% correlation between accidents and skid marks. City council then asked the doctor to propose a method to treat the disease. His answer? To coat the streets with the chemical coating known as Teflon and the town immediately placed a large order with the chemical company. Before long the streets were covered and not a skid mark in sight; however, you probably have guessed, the accidents increased exponentially. Hospitals and repair shops were overflowing and the economic advisor of the town declared business was booming.

At this point a hermit from the woods came out to convince the town there really was no skid marks disease. That the disease was invented and the simple solution was stop signs which he could provide at a much lower cost by making them from wood. He was laughed out of town and his suggestion denounced as quackery. Everyone knew if the accidents stopped it would put most of the towns people out of work. After appointing a new division of advisors called the Frequent Drivers Association (FDA) made up of the towns business owners, it was declared by them, that skid marks disease was in fact real. The town carried on as usual until most of the people were so badly injured that no one could work anymore. Eventually the town dried up and turned into a ghost town because no one was happier or healthier or longer lived. The moral of the story as told by the hermit who outlived them all is, "The mere treatment of symptoms is not the answer. When it comes to your health and well-being, avoiding disease and living a longer life, prevention and real cure is the only answer." <https://www.youtube.com/watch?v=97N18BTjy4w>

This short cartoon perfectly sums up the Western way of treating disease. Most of the time the ailment is determined by symptoms and the answer either lies in prescription medications, sometimes a lifetime subscrip-

tion, or surgery or both but not without first running several expensive tests to determine the problem, much like Dr. West did. Although symptoms may seem to clear up, most of the time others arise as side effects from the medications themselves and can often be worse than the original complaint.

The biggest disconnect

One of the biggest disconnects I see is at no time do we examine our dietary and lifestyle choices when determining the source of illness, which I find quite odd. Food isn't something that fills our stomach when we're hungry and passes right on through. Food becomes a part of who we are.

Let that sink in for a minute. Most of modern American diets consist of food-like products, not actual food. I agree with the sentiments of holistic farmer Charles Massey, if people ate nutrient rich food from healthy soil, it would slash the national health bill immediately. Food health comes from the ground up, the health of people is entwined with the health of landscapes and soil. Per farmer Massey, "The minute you fertilize and spray, all that biology is gone. The vital thing about regenerative or organic farming is this healthy living dynamic soil. Landscapes with diverse arrays of plants are nutrition centers and pharmacies with vast arrays of primary and secondary compounds." In addition, I would add the United States uses over 1 billion pounds of toxic pesticides every year, that doesn't just disappear when you eat it.

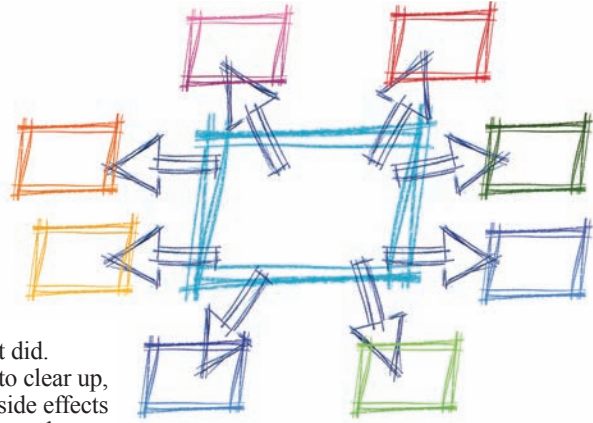
Ancient ways

Not to completely bash on us Westerners but another area we seem to miss the mark on is what history can teach us. We always seem to be looking forward for the next great technology that can pinpoint with precision the spot that may be an issue. Modern western modalities take a fragmented view of us as opposed to considering the whole. In this concept, we become the heart patient, or the kidney patient, etc., and you are sent to the heart specialist or the kidney specialist who may never even talk to each other if you have to see both. Western methodology does not take into account that the human body is like an orchestra in which many different factors need to fall into place in order to perform optimally. Some healing traditions consider the mental state equally as important as the physical; but to us, the two are treated separately when in fact, negative emotions can greatly affect your physical health in profound ways.

All the ancient healing traditions from the Greeks to Oriental medicine take a more holistic approach when working with people and disease. Holistic meaning the idea that the whole is more than merely the sum of its parts. Chinese and Ayurvedic medicine have been around for thousands of years and although the two are similar in methodologies, I'd like to focus on the Ayurvedic tradition.

What is Ayurveda?

Ayurvedic medicine is defined by dictionary.com as "the ancient Hindu art of medicine and of prolonging life." Ayurveda literally translates to the Sanskrit words *ayur* meaning



life and *veda* meaning science or knowledge and is one of the oldest medical systems in the world still widely practiced today.

One of the key concepts of Ayurvedic medicine include universal interconnectedness, the body's constitution *prakriti*, and life force *dasha*. Using these concepts, Ayurvedic physicians prescribe individualized treatments, including herbal formulas, minerals, diet, exercise, and lifestyle recommendations. No two people are alike so the notion of one treatment for everyone is a rather bizarre one when you think about it.

In Ayurvedic tradition there are what's known as three doshas. *Pitta*, which corresponds to the element of fire, *vata* which relates to the element wind and *kapha* is associated with the elements water and Earth. Everyone has all three doshas but will often show dominance in one or the other. I'll break this down a little further.

The person with pitta dominance will be proportionate in size, have a higher metabolism and may have issues with heat. Some may be quick to anger and other pitta personalities may be considered type A. They usually take on too much and burn the candle at both ends so to speak giving rise to a host of issues from adrenal exhaustion to nervous system disorders, the list can be quite extensive.

The person with vata dominance will have issues touching the ground as I like to say. They can seem airy at times and their physical appearance can present as being somewhat not in proportion. They may have a long neck or torso in comparison to the rest of the body. They typically lean toward the dry side when it comes to hair, skin, nails and other conditions such as dry eyes or mouth. If you consider the drying aspect of the wind, this is vata energy.

The person with kapha dominance will be moist, perhaps overly moist at times and their physical appearance will be on the plump side. This dosha is also associated with motherly energy.

I can take this simple concept and apply it to an ailment such as a dry scratchy hot throat. This would be considered both vata and pitta. Water retention or excess mucous would be considered kapha conditions.

I can also apply it to food and herbs. Dairy or ice cream would be considered a kapha type of food and should be avoided by the person with kapha dominance. Cayenne pepper of course would be considered pitta and celery would fall under vata energy.

In summary, if you were a person with kapha dominance in your constitution and you came to me with a raging cold and loaded up with mucous, I am not going to just turn to antimicrobial herbs without first mentioning how dairy could exacerbate the situation. If you were a pitta person with heartburn, I'm going to suggest you step away from the green chili for a while (and you will whine about it guaranteed). For this person, I would suggest a kapha type herb that is soothing, cooling and moistening to offset the heat. Finally, if you are a vata person, I may suggest you incorporate more roots (Earth energy) and foods that ground you and keep you present in addition to adding healthy oils (kapha) to the diet.

Many ancient healing methodologies incorporate the use of energetics. From the Greeks to the Chinese to the East Indian traditions, they all consider the energetics of the person, the ailment and the remedy itself in addition to considering the emotional state of the person, diet and lifestyle as mentioned above.

Combining the use of herbs with the ancient systems of healing, we can begin to harmonize the outer aspects of our lives with our inner well-being. This means learning how to take care of our body, the plants, the soil, the environment, our mind and emotions and learning to see how intimately connected our health is to the health of the planet. It means re-establishing a connection to the very entity that has provided food and medicine since the beginning of time, the Earth.

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

Healthcare for All Putting CARE back into health

by Judy Van Acker

A few weeks back as I sat at my kitchen table and watched the unveiling of the Medicare for All Act, I was relieved and gladened to know that help is on its way for far too many folks who are, let's be frank, getting shafted by our current healthcare system. We now live in an age where insurance companies and Big Pharma get to decide the fate of millions of Americans. Hospitals are not off the hook either, with inflated prices that quite often put families into bankruptcy.

In countries with universal healthcare (UHC), the government negotiates with doctors, hospitals and pharmaceutical companies to make sure their citizens' best interests come first. These UHC countries do not allow hospitals to charge \$94.05 for an ice pack. Patients in these countries will not see their medication cost rise so steeply that they have to choose between paying rent or taking their life-saving prescription medications.

I pay \$1,300 a month plus an \$11,000 deductible to an insurance company for a family of three, which is an average scenario in the U.S. In the UHC countries that allow private insurance companies to exist, they exist as charitable organizations whose main purpose is to pay medical bills. These companies do not exist to make a huge profit, nor do their CEOs get paid millions of dollars.

Why do we allow this to happen in the land of the free, the home of the brave? We allow it, because we are not truly free from the greed and corruption that has seeped under our doorways. We allow it, because our representatives are not brave enough to stand up to these for-profit businesses that value a buck over someone's life. But, there is hope.

Thousands of people are working diligently to bring universal healthcare to our doorstep on our behalf. They are tired of this frat party gone wrong, where anything goes, and who cares about the consequences. Some of these angels have been working on this issue for decades. Bless, them. The Medicare for All unveiling, gave me the boost I needed to continue the work in my own community.

A few months back, I joined a local group called, Healthcare for All - Putting CARE Back into Health. Our community organizer, Dr. Madeleine Jacobs, spearheaded this group out of her frustration with the current dysfunctional healthcare system. This last

February, she threw up her hands and retired and is now committed to educating people about the benefits of universal healthcare. Our local group, which is growing daily, is actually a division of a larger organization — The Colorado Foundation for Universal Healthcare. I encourage you to visit their website and poke around. These folks fought long and hard on Amendment 69 (ColoradoCare), and they are still in the game. The terms "fought" and "game" don't sit right with me, because we shouldn't have to fight for the most basic human right — our very lives — and also we do not play games with peoples' health.

Our founding leaders said in the Declaration of Independence that they would protect our life, our liberty and our pursuit of happiness. So, where is freedom if people are shackled with medical debt? Where is their happiness if they are constantly worrying if their insurance company is going to pay for what it said it would pay for? People are literally dying every day because our current healthcare system values profit over life. This is why our local organization meets twice a month to brainstorm on how to spread the word about universal healthcare.

Our work is to help implement a system where life is valued over profit. Our work is to free people who are pulling their hair out because of medical debt. Our work is to see children run free and unhindered by a system that values their happiness and their lives.

In these few short months, we have given presentations at libraries, chamber meetings, Democratic Party meetings, and senior centers. We have written letters to the editor (they have been published!), conducted radio spots, and have shown documentaries. We have met people who are asking important critical questions, and we are heartened to find folks who are grateful for the energy we are expending,

and that goodwill fuels us onward. We take comfort and strength knowing that we are not the only ones working on this. We are certainly standing on the shoulders of giants, the ones who came before and laid the groundwork, and are still continuing to rise every day to make a difference.

If you find yourself curious about universal healthcare, we can point you in a few directions. If you are interested in how universal healthcare works in other countries, pick up the book *The Healing of America* by T.R. Reid.

If you want to read about the current dysfunction in our healthcare system, we suggest, *An American Sickness: how healthcare became big business and how you can take it back* by Elisabeth Rosenthal. Get a sturdy hard copy, as you will find yourself throwing this book against the wall in frustration.

If reading is not your thing, which is highly doubtful since you are reading this fine publication, watch the short documentaries, *Fix It: Healthcare at the Tipping Point*, and *Big Pharma: Market Failure* to get a birds-eye view of how our healthcare system is failing its citizens and its businesses.

Finally, if you are doing something similar in your community, we want to hear about it! If you want us to come visit and talk to you about universal healthcare, call or write us; we love to travel and meet new faces! Let's join together to create something that will allow every citizen in this great nation to thrive and to flourish — a healthcare system that all Americans can be proud of.

Judy Van Acker — representing *Healthcare for All: Putting CARE Back into Health* (Fremont, Custer & Chaffee County) jvanacker@gmail.com or 719-640-5979.

HRRMC Women's Health Day October 14

Heart of the Rockies Regional Medical Center will host its 9th Annual Women's Health Day, on Saturday, Oct. 14, 8:30 a.m. to 3 p.m. at the Steam-Plant Event Center, 220 West Sackett Ave., Salida. Registration for the event will be open until Monday, Oct. 9.

This year's keynote speaker, Jana Stanfield, combines a background as a television reporter with her talent as a multiplatinum songwriter, musician and humorist, to deliver a one-of-a-kind keynote concert filled with fun and laughter that focuses on coping with change in an ever-changing world.

Known as the Queen of Heavy MENTAL, Stanfield's music has been described as "psychotherapy you can dance to." Attendees will leave this keynote address with improved coping skills that can be applied for stress reduction, endorphin elevation, and mental-health maintenance.

In addition to the keynote presentation, attendees may choose between seven sessions throughout the day. Topics include "Tame the Pain," "Stress Busters," "Ask the Doctor," "Pre-



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Tumbling Trout Fly Shop and Mozart's Bassoon Concerto?? November 10, 11, 12 with the Alpine Orchestra

Information and online registration for this community wellness event sponsored by Heart of the Rockies Regional Medical Center are available at www.hrrmc.com. Look for the "Women's Health Day" button on the home page. Space is limited and pre-registration is required by Oct. 9. The \$25 cost includes a gourmet lunch catered by Michelle Gapp.

Limited funding is available through the HRRMC Foundation for scholarships to attend. For more information, contact Marji Ackermann at 719-530-2217.

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6.....MARK EDENS	18.....OAKLEY	27.....HOWIE
7.....KARAOKE	19.....CARI DELL	28.....KARAOKE
11.....RICH CURRIER	20.....MARK EDENS	
12.....6 STRING DAVE	21.....KARAOKE	

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Flag Retirement Observance

Is your American flag faded, torn, or just plain worn out? American flags that are no longer in good condition should be respectfully retired and replaced with bright new flags to represent our country. The Lake George Fire Department, located at 8951 County Road 90, Lake George (at the corner of Highway 24 and County Road 90) will host a special flag retirement observance on October 14, at 10 a.m. To assist our local community with this service, the Florissant-Lake George Veterans of Foreign Wars Post #11411 will conduct an official ceremony. The public is invited to witness and participate in this short ritual to pay due respect to the symbol of our great nation.

You may bring your flag for retirement to the ceremony or if you are unable to attend, you may bring your flag to the Woodland Park Senior Center (312 N. Center Street, Woodland Park) Monday - Friday between 9-1 p.m. by October 12, 2017 or to the Florissant Public Library during their normal business hours by October 12, 2017 to be transported to the ceremony. Flags may also be dropped off at the Lake George Fire Station weekdays when the station is staffed. In the event of a burn ban, the ceremony will be rescheduled. New flags may be purchased from the VFW at the ceremony or by contacting Bob Tyler at 719-748-1335.

Big thanks to Jeff Regester

by Staff at CCPR

Cripple Creek Parks and Recreation would like to give a heartfelt thanks to Jeff Regester, Cowner of Earthworks. When the new multi-use court and alley were built, drainage problems were created, causing standing water in front of the greenhouse and along the side of the court. Jeff properly installed a safe and attractive retaining wall, then contacted the paving company to finish the wall construction and pave the section between the wall and the court. Jeff also tapped the drainage from the area to the street drainage so the water can properly drain. Once the major fixes were in place, he raked the sand, repurposed boulders, and added wood chips in front of the greenhouse. Thank you, Jeff, for the improvements you've made to our community!

GED makes a difference!

by Katy Conlin

Community Partnership's GED classes are off and rolling!

We had two graduates last summer:

- With her GED, Annie was able to immediately obtain a job in her family's business.
- On the day Christine completed her final test, she was promoted at work and signed up to take the Management classes that she was always desiring.

Great job to these ladies! This moves the total number of Teller County residents who have improved their lives through Community Partnership's GED program to 243!

Our fall classes have kicked off with seven additional students. Our next orientation is Wednesday, October 4, please contact Katy at 719-686-0705 to register. Orientation is required before students can begin classes. Orientation consists of enrollment paperwork and pre-testing. Students must be able to stay throughout the entire orientation. Lunch is provided. Classes begin the Monday following orientation. The fee for our classes is \$40, scholarships are available. Classes are held on Mondays and Wednesdays; mornings, afternoons and evenings in Cripple Creek, Divide, and Woodland Park.

Kim Monjesky

One of the top 60 Critical Access Hospital CEO's

Kim Monjesky has been recognized by Becker's Healthcare as one of the top 60 Critical Access Hospital CEO's to know in 2017.

The men and women included on this list are at the helm of organizations regularly recognized for safety and quality. Many led their hospitals through expansions, mergers and EHR implementations. The individuals on this list are also key members of the community, serving on corporate boards and state-level initiatives to improve access to care.

In December 2015 Kim transitioned from CFO to CEO of PPRH. PPRH was one of five Colorado hospitals to receive top HCAHPS survey marks for nurse communication in 2017.

Little Chapel Food Pantry update

Last month, we shared with our readers that Little Chapel Food Pantry was in the process of setting up a GoFundMe page for their 99cent Campaign. As it turns out, GoFundMe does not accept donations less than \$5.

However, the Little Chapel Food Pantry has received several donations, either via their website or by snail-mail ranging from \$9.99, to \$99.99 up to \$1,000! They are grateful for the donations, after all, Thanksgiving is right around the corner.

If you would like to make a donation to the Little Chapel Food Pantry visit littlechapel-foodpantry.org or you can mail a check to 69 County Road in Divide, CO 80814.

BV Health Center

Opens Saturday walk-in clinic

The HRRMC Buena Vista Health Center, 28374 County Road 317, is offering a walk-in clinic on Saturdays, 9-1 p.m. The weekly walk-in clinic is open to anyone and is on a first-come, first-served basis. Appointments are not available.

"We are offering the Saturday walk-in clinic in response to community requests for affordable, non-emergent medical care on the weekends," said Peter Edis, HRRMC vice president of business development. "This clinic will treat common medical issues

like burns, sprains, minor infections like ear aches, pink eye, sore throats and skin rashes. It will not serve as an emergency room, and emergencies will be directed to the HRRMC Emergency Department in Salida."

The walk-in clinic will charge the same fees as the HRRMC Buena Vista Health Center charges during their normal business hours. The Buena Vista Health Center participates in Medicare and Health First Colorado (Medicaid). For more information about the walk-in clinic, call 719-395-9048.

Burning planned near Lake George

The Pike National Forest-South Park District is preparing for prescribed burning in Park County. This may include up to 1,200 acres of broadcast burning, which involves the ignition of surface fuels within prepared units in Park County. The projects are south of Lake George between Blue Mountain and Wilson Lakes, southwest of Lake George in O'Brien Gulch and near the Beaver Valley subdivision.

Burning may begin as soon as early October and last through the fall. Ignition will take place when weather and fuel conditions are such that the fire behavior will be within the burn plan limitations and substantial smoke impacts are unlikely to surrounding communities. If burning does take place, it may continue from one to several days. Expect smoke to be visible from Highway 24 and other areas during actual burning days. Smoke may linger in the air for several days after ignition is completed.

Day Away Destination

Plein Air, Hand Hotel and medicinal plant hike at BPEEC

by Kathy Hansen

photos by Jeff Hansen

We have been interested in attending one of the Plein Air Art Celebrations for a few years and finally this year our schedule opened to the opportunity. The idea of watching an artist make their canvas come to life sounded fascinating to us, so off to Fairplay we went early last September.

Artists and easels dotted Front Street and South Park City as those of us with different talents roamed behind them, looking over their shoulders in an effort to see what the artist sees. Sometimes it was fairly easy to see the angle of the image and other canvases took a few rounds. I came away with a new awareness of *an eye for art*, an appreciation for an artistic skill I do not possess, and a sense of awe for those who can do a task while others are watching each stroke.

We spoke with many of the artists and learned even though many were using soft pastels instead of paints, the application of soft pastels is still considered painting due to the stroking motion, instead of drawing. Call it what you will, the canvases came alive with amazing images!

The artists each had their own style, way of selecting their subject matter and composition. The differences seemed to end there.

The overall consensus from the artists we spoke to was how appreciative they are that Fairplay puts this annual event on. The newcomers intend to come back next year and many have attended in past years and wouldn't miss this for the world. Why? Consistently, the artists appreciate the kind people of Fairplay; how well the event is coordinated; the food provided was excellent; and certainly not least is the beauty of the mountains that surround Fairplay nestled next to the Middle Fork of the South Platte River.

Unplug at the Hand Hotel

We were fortunate to get one of the last rooms available at the Hand Hotel for Saturday night. If you are seeking a get-away where you can truly unplug from the hectic nature of life, the Hand Hotel is a perfect choice. The rooms are quaint, each decorated in a different theme. We were in the Miner's

Room. While all of our needs were met, there was no TV, no telephone, no hair dryer or even a clock! Although they do offer free wifi. It was the perfect opportunity to really allow ourselves to go by our own pace.

The Hand Hotel has a beautiful lobby with comfy furniture. They also have two sun rooms; one on the main floor and the other on the upper level, which has a nice balcony with a stairway down to the river. We couldn't resist an opportunity to head to the water and hike along the river. There were people fishing in various locations and ducks paddling by. The trails offered an opportunity to get closer to nature than to concrete, always a welcome option.

The breakfast provided by the Hand Hotel was abundant with options to please every appetite. The hot selections included cheese omelets, two different types of sausage, biscuits and gravy. There were bagels, waffles, donuts and toast on which you could add cream cheese, peanut butter or jelly. Fresh fruit was available, as well as canned options. Yogurt, juices, and a variety of cereals that could delay your day just making a choice. We found it to be a plentiful spread, especially to be included in the already reasonable rate.



Never know who you'll meet at the Beaver Ponds Environmental Educational Center.

Medicinal plant hike

We headed up to the Beaver Ponds Environmental Educational Center for a much anticipated medicinal plant hike. We arrived a bit early, just in time to watch Eric Chatt, N.D. and his brother Ben's dog, Shannon round up the alpacas. There is something uplifting about watching alpacas; somehow you know God has a sense of humor and wants us to laugh. These lovable creatures have been a mainstay at BPEEC for a few years and we are glad to see they are thriving!

We had a quick tour of the raised garden beds and hothouse, learning they've had great success with Red Russian kale, radishes,



Sunroom at the Hand Hotel. Photo on cover is the lobby.

herbs, and other plants in addition to the fodder system which helps feed those alpacas.

Another vehicle pulled up and we had the opportunity to meet Wang and Mike who would join us for the hike. Off we went along the trail. Even though Shannon was a "city dog" she surely picked up on the trail quickly, running ahead as though to assure us there were no moose or other danger, and that the trail was clear.

The conversation was as fluid as the Sacramento Creek that flowed nearby. Eric would point out various plants and tell us about them, often giving the Latin name along with the common name. Yarrow is good to be able to identify in case you injure yourself on a hike and need to stop bleeding. *Achillea millefolium*; Eric points to his ankle noting the Achilles tendon and points out the millipede-like folds of the leaves below.

We learned about many of the plants and their properties on the hike. Eric showed us the juniper, rich with round, blue berries. He said the Native Americans would often have this as their "flooring" of their dwellings as the medicinal properties are many, including being beneficial for urinary tract infections, treating snake bites, good for wounds and pain in the joints to name a few applications.

Eric pointed out wild strawberry plants on the trail and next thing you know, Wang found a ripe berry, ready for the eating. Eric encouraged her to taste it, after all she spotted it. She said it was very sweet and one look at the joy on her face confirmed it! It was the only berry we found that day, but we sure kept on looking.

Our walk took us around a loop. Each of us seemed to be drawn at one point or another to something and as a vocalization of the new find was expressed, at least one other hiker stooped down to take a peak or a picture for those that brought their phones along. It was really fun to share knowledge, spot something unique, or point out something pretty. Everyone shared a bit of what they knew and in so doing we shared a knowledge base, what Eric refers to as *learning* on each other. It was truly a wonderful walk!

Next time your schedule affords an opportunity to check out something you've been curious about, go for it! You never know what adventure lies ahead.

2017 Awards/Sponsors/Recipients

Best of Show

\$500 Award sponsored by KC Carwash and Almay & Fairplay Storage
Awarded to: Paul Kethley, "Rain Squawls"

Best of Day

\$200 Award per day
• Wednesday: Sponsored by Scott Dodge with LIV Sotheby's International Realty
Awarded to: Clare Scott, "Middle Fork to Montgomery"
• Thursday: Sponsored by KC Carwash and Alma & Fairplay Storage
Awarded to: Sandra Newman, "Railroad Bridge"

• Friday: Sponsored by South Park Shell Station
Awarded to: Ken Hartman, "Early Morning Falls"

Best Miniature

\$100 Award sponsored by Buena Vista Drug
Awarded to: Norbert Nagel, "Monsoon Glow"

Best Nocturne

\$100 Award sponsored by Mayor Gabby Lane
Awarded to: Nora Larimer, "Fairplay Nocturne"

Best Overall Artist (as chosen

by the artists)

\$200 Award sponsored by South Park Subway
Awarded to: Paul Kethley

People's Choice

\$250 Award sponsored by Deep Water Emergency Services
Awarded to: Susan Mayfield, "Quartzville Creek"

Poster Award

\$250 Award sponsored by Susan Dunn, Grand Slam Designs
Awarded to: Nora Larimer, "Almost Heaven"

Best Quick Draw

\$100 Award sponsored by Ron & Jane Newman for the South Park Food Bank
Awarded to: Susan Mayfield

Honorable Mention

Subscription Awards (2) Plein Air Magazine
Awarded to: Clare Schott, "Golden Trout Pond"

Awarded to: Susan Mayfield, "Quartzville Creek"

Honorable Mention
\$50 Gift Certificates (2) Judson Art Outfitters/Guerrilla Painter
Awarded to: Jan Sohl, "Side of Stream"

Awarded to: Two Dogs Doyle,

"Log Crossing"

\$80 Gift Certificate (1) Judson Art Outfitters/Guerrilla Painter
Awarded to: Nancy Avalon, "Head Waters"

2017 Patron Award Sponsors/Recipients

• \$200 Friends of the Fairplay Community
Awarded to Jennifer Riefenberg, "Aspen Impressions"

• \$100 Even in the End Liquors
Awarded to Tim Peterson, "1914 Narrow"

• \$100 Robert and Kathleen Garrison
Awarded to Tim Peterson, "Mag-nolia View"

• \$100 Pete and Claudia Werner
Awarded to Dawn Buckingham Goldsmith "Reservoir Glow"

• \$100 Lee Phillips
Awarded to Tracy Haines, "Alma Blues"

• \$100 Scott and Julie Bullock
Awarded to Norbert Nagel, "Morning Glow"

• \$100 South park Pottery/Pat Pocius
Awarded to Paul Kethley, "In Need of Repair"

• \$100 Middle Fork RV Resort/
Rick & Michelle Carroll
Awarded to Nora Larimer, "Almost Heaven"

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People powered change

by Patricia Turner

I just experienced the "power of the people" when it comes to utilities companies. I attended the meeting of Colorado Springs Utilities Board of Directors where there was standing room only. The room was filled with customers who want to see an end to the Drake Power Plant and to see the company go solar.

More than 20 of us spoke to the Board and they allowed each of us 3 minutes and were very respectful of our concerns. These concerns were expressed by elders of the community down to an 11-year-old girl who spoke so eloquently that I had tears in my eyes. They even let me speak and I am not one of their customers.

This board is elected by the people. Chairman Tom Stand did an amazing job of running the meeting and the main reason the room was filled, was that they were voting on whether or not to add 75 MW of solar to their portfolio. One of the most powerful messages I took away from this meeting is that letters and emails to board members carried a huge weight in their decision and one member called it a tsunami of emails in favor of solar with not a single letter opposed. Not only did they pass the resolution to add more solar, but they chose nearly the highest purchase allowed to them.

Driving home I realized that those of us who get our power through Intermountain Rural Electric Association are being lax by not beginning a campaign to move our region to solar. Those of us who are customers are also the owners, as it is a co-operative owned by the customers. I am urging all of us to begin our letter campaign to our board. There are more than 150,000 of us and imagine our pride if we set the examples of being the first in our areas to get our power from a completely renewable source.

I realize this cannot happen overnight but there are only 3 years left when a company can get a rebate of 30% for including solar in their portfolios. IREA services nearly a 5,000 sq. mile area. Colorado gets 300 days of sun a year, more than in California. We are ripe for this change.

Even if you don't believe in global warming, wouldn't it be such a wonderful world if we clean up our act and provide all of us with clean air and water? Health care costs decline when we live in a healthy world.

Other power companies have offered rebates to citizens who put their own solar systems on the grid, but not IREA. This, in my opinion, is mostly due to the fact that we do not speak out. Here is the link where you can email our board of directors. <https://irea.coop/about-irea/board-of-directors/> or mail to Intermountain Rural Electric Association, 5496 N. U.S. Highway 85, Sedalia, CO 80135

Let's see places like Woodland Park, Lake George, Florissant, Conifer and many more insist that more of our power be purchased from solar arrays. IREA currently buys most of our power wholesale from Xcel Energy and Western Area Power with a small portion (12.83 megawatts of solar) being purchased. Let's demand rebates for personal arrays that give back to the grid and encourage them to buy more solar each year until we are off the grid and delivering clean energy to all of our homes.

With our current Federal Administration, it is up to all of us to step up to the plate and take care of our planet for our children and our children's children, one town at a time.

Patricia Turner is a Retired Research Scientist and co-leader of Colorado Springs Chapter of Citizens' Climate Lobby

STEAM learning

by Pat Shepard
photo by P. Shepard

Joelle Lengacher, who came from Switzerland to visit her grandmother in Guffey, participated in STEAM Learning in the Library on Saturday, September 23, 2017. At Guffey Library, Joelle made a spectroscope and a kaleidoscope. Her grandmother helped translate the directions as Joelle worked on her projects.



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 October 14th from 10-2 p.m., he will be at Woodland Hardware, <https://www.shopwoodlandhw.com>, located on 100 Saddle Club Avenue 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.



Seed library and seed swap

by Trudie Layton



The Gardeners with Altitude Garden Club is based in Woodland Park and we are a member club of the Colorado Federation of Garden Clubs, Inc. and National Garden Clubs, Inc., the largest volunteer gardening organization in the world. Both of these organizations can be found on the web www.coloradogardenclubs.org and nationalgardenclubs.org and on Facebook.

We meet monthly, the second Saturday of the month or there about, depending on what we are doing. We are an eclectic group of gardeners who gather to learn, share and garden (and eat too!). Gardening in the high mountains of Colorado is always an adventure! We maintain a flower bed in downtown Woodland Park and have helped in some other civic projects including a children's pollinator garden in Colorado Springs, which garnered an award at the recent state convention in June.

This past year, the garden club spearheaded the opening of the Rampart Seed Library, located at the public libraries in Woodland

Park and Florissant. We recently have been the recipients of two awards for this effort at the State and Regional levels.

The Annual Teller County Seed Swap will take place on October 14th from 10-noon at Aspen Valley Ranch in Woodland Park. This is a combined effort of The Harvest Center, Rampart Seed Library, Gardeners with Altitude & Teller/Park County Conservation District.

This is an informal seed exchange. Bring seeds you have been saving to share with other local gardeners and The Rampart Seed Library. If you do not have any seeds to share that is OK! Please come, learn from others and plan to bring some seeds back next year.

This is an amazing time to share information, gardening tips, successes and fails with a wonderful group of local gardeners.

See <http://altitudegardeners.weebly.com/> for more information and directions to Aspen Valley Ranch.

Cripple Creek Condor Connection

by Barbara Manning

In 1987 it was estimated that there were only 22 California condors left in the world. Today, thanks mainly to the efforts of the researchers and conservationists associated with the San Diego Zoo and the Institute for Conservation Research as well as the US Fish and Wildlife Service, there are an estimated 446 birds both in the wild and at conservation parks.

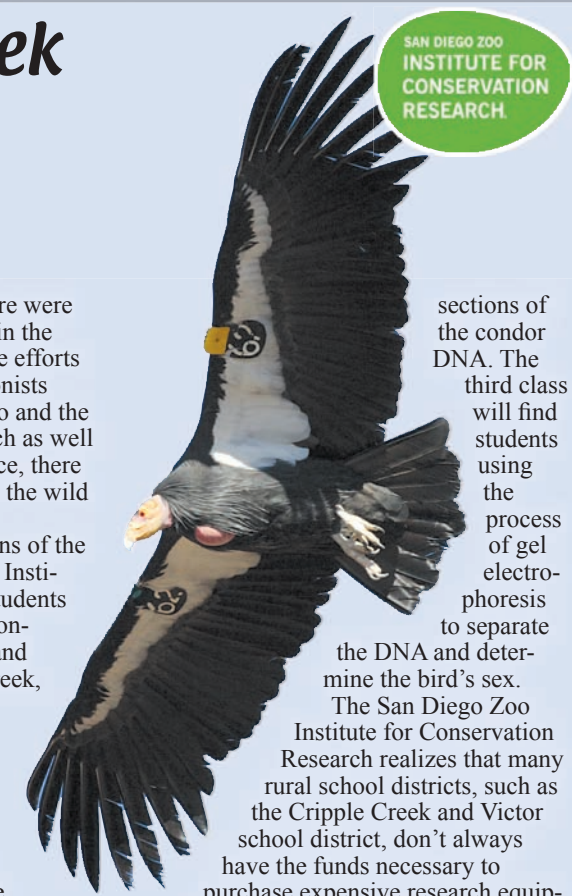
Thanks to the generous donations of the benefactors of the San Diego Zoo Institute for Conservation Research, students enrolled in Biology and AP Environmental Science at Cripple Creek and Victor High School, in Cripple Creek, Colorado will be learning about California Condors. As part of their Conservation Education work, the students at CCVHS received all the materials and equipment necessary to conduct genetic research on sample artificial condor blood to determine the sex of the bird.

In the first of a three-day lesson students will learn about the efforts to save this majestic bird. They will realize the impact humans have on wild animals and develop an appreciation for what we can do to preserve endangered species. In the second class, students will conduct a polymerase chain reaction (or PCR) test to reproduce

sections of the condor DNA. The third class will find students using the process of gel electrophoresis to separate the DNA and determine the bird's sex.

The San Diego Zoo Institute for Conservation Research realizes that many rural school districts, such as the Cripple Creek and Victor school district, don't always have the funds necessary to purchase expensive research equipment. Part of the grant includes the loan of a mini-centrifuge, e-gel imagers, micropipettes and genetic samples for all students.

The science department is grateful to the San Diego Zoo Institute for Conservation Research for the opportunity to participate in this rare opportunity for our students to learn real-life research techniques.



Adopt Me

by Ark-Valley Humane Society

Carson

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Cloudbait

by Flip Boettcher
photo by Flip Boettcher

Cloudbait is the name of an observatory owned and operated by Guffey resident Chris Peterson. Peterson laughingly explained that in the astronomy community it seems like the more money one spends on their telescope, the more it is obscured by clouds; thus, the name Cloudbait, to tempt the fates.

Peterson moved to Guffey from California in 1997, after purchasing a house and some remote property about 1994 and started Cloudbait at his home northeast of Guffey in 1999. Peterson got his Bachelor of Science degree in applied physics from Caltech and he worked more in the field of physics while in California.

After moving to Colorado his interest in astronomy, a branch of physics, picked up, he said. Star gazing in the Guffey area is particularly good. It is remote from any artificial light sources and the cold, crystal-clear winter night air makes the stars very brilliant indeed, Peterson said.

Peterson started amateur astronomy and then moved eventually into semi- and professional astronomy. Peterson said that there is good collaboration between astronomers and physicists and that there is a lot that can be done by amateur astronomers and their smaller telescopes.

Astronomy is not too expensive of a hobby Peterson said and one can purchase a good telescope and get set up for as little as \$5,000. Equipment has gotten better over the years.

Eventually, Peterson would like to move Cloudbait to his remote property with an opening-dome-observatory and a new .5 meter telescope and drive; the telescope and drive system are the most expensive items. Currently Peterson has a .3 meter, or 12 inch, reflecting telescope at his roll-off-roof-observatory.

Peterson's focus today is meteoritics, or the science that deals with meteors. A meteor is a meteoroid that has entered earth's atmosphere, is heated to luminosity and transits across the sky in a fiery streak; a shooting star or an exploding fireball called a bolide, according to the dictionary. A meteoroid is any small body traveling through space, often a remnant of a comet.

Meteors are born and then they die and are mostly made up of dust and cosmic debris. Cosmic dust is constantly drizzling down on us, said Peterson. A meteorite is a mass of stone or metal from outer space that has reached the earth; a fallen meteoroid.

Around 1999, Jack Murphy, then curator of geology at the Denver Museum of Nature and Science gave a talk at the Guffey Community Charter School entitled 'The Guffey meteorite comes back to Guffey.'

As the story goes... in 1907, while running cattle in the hills around Guffey, two cowboys, J.T. Witcher and Robert Pope found a 682 pound iron meteorite. The cowboys eventually sold the meteorite to the American Museum of Natural History in New York.

According to a paper by geologist Steven Veatch and six other members of the Lake George Gem and Mineral Club, Peterson and Cloudbait entitled 'From Mineral Strike to Meteor Strike,' the meteorite was 36.5 inches long, 15 inches at maximum height and 8 inches wide, containing 89.8% iron, 10% nickel and other trace elements; as it turns out, a rare type of meteorite. The Guffey meteorite is the largest meteorite found so far in Colorado, where 79 other meteorites have been documented.

The Guffey meteorite sat at the New York museum until the 1990s when the museum cut the end off of it and sliced pieces off, said Peterson, and traded pieces of the meteorite with other museums, including the Denver museum.

In 2000, Peterson became involved semi-professionally with the Denver museum and in 2001 was starting to develop meteor cameras. Peterson's current meteor camera is housed under a small, clear dome in an 8-10 inch cylinder and is composed of a video camera and computer. The video camera is constantly shooting 30 frames per second. The computer sorts the data into interesting items, like a meteor versus a moth flying over the camera, and sends that information back to Peterson's website: www.cloudbait.com.

Through the Denver museum's Outreach Program, Peterson has a network of 6 mete-



Chris Peterson and his telescope in his roll-off roof Cloudbait observatory.

or cameras mounted on school roofs around the United States, he said. The cameras can track the path of the meteors and find their origin. There are only 200-300 scientists studying meteors worldwide and very few in the U.S., stated Peterson.

There are millions of meteors in the database, but only about 100,000 meteorites have been found. Meteorites can bring upwards of \$1,000 per gram when sold, stated Peterson. The Denver museum has a good collection, he added.

In 2008, in conjunction with the University of Denver, Peterson was able to get a reflecting telescope on an open-ended loan for the GCCS. "It is because of Chris' dedication to astronomy, our school and this community that we have it [the telescope] here," stated former school Principal Pam Moore when the telescope arrived. The school still hosts community potlucks and star parties.

Peterson now teaches all middle school science at the GCCS, he said. Peterson stated that he likes to teach and share with students and adults alike. Peterson finds that adults eventually come back to science. Traditionally science is taught in a boring way, but Peterson likes to have his students doing original science, not from the book. Science is exciting and one tests and modifies theories until those theories are where one wants them to be, Peterson said.

The dictionary defines science as "Systematic knowledge of the physical or material world gained through observation and experimentation; knowledge gained by systematic study."

Just recently, Peterson participated in a program called Scientists in the Field hosted by the Denver museum. The museum installed a satellite dish at Peterson's house and Peterson presented a talk on meteors and meteorites to 4,000 students around the U.S. Peterson hasn't found anyone yet who doesn't think that meteors are cool.

Professionally, Peterson works with the Denver museum writing papers and presenting them worldwide. On the amateur side, Peterson makes images of stellar objects like galaxies and nebulae at Cloudbait. Peterson's system is all computerized, he said, and he doesn't even have to be in the observatory, especially in the winter cold, to take his pictures. The stars he is taking pictures of are very dim, so long exposures are necessary and his system will track objects for hours. The telescope base has to be good; it can't jiggle, he said.

When one is first setting up a telescope, there is a lot of alignment to be done. For instance, one axis is aligned with the North Star. Once the telescope is properly set up it is good to go, Peterson said.

Peterson recently returned from Wyoming where he viewed and took some great photos of the total solar eclipse on August 21. Peterson designed and made his own camera filters to take the photos. The filters look like giant, round eclipse glasses for people. Since Peterson wanted to watch the eclipse as well as get pictures of it, the camera on his telescope was fully automated.

Peterson has viewed two other total eclipses — 1979 in Washington and 1995 in India, he said, and he plans on going to Texas to view the 2024 eclipse.

Peterson is on the GCCS's board of directors and is a member of the astronomy club in Colorado Springs.

How many more climate-related disasters can we endure?

by Mark Reynolds

In the waning weeks of summer, our nation has suffered devastating blows from disasters made worse by climate change — Hurricanes Harvey and Irma.

Harvey wreaked havoc of biblical proportion in Southeast Texas at the end of August. The storm dumped 50 inches of rain in some areas, an event meteorologists referred to as a 1,000-year flood, meaning that in any given year, a flood of this magnitude has a one in 1,000 chance of occurring. Less than two weeks later, Irma became the strongest storm recorded in the Atlantic outside Gulf of Mexico with sustained winds of 185 miles per hour. After destroying several islands in the Caribbean, Irma made landfall in Key West and roared up the west coast of Florida leaving a trail of destruction from wind, rain and storm surges.

This is the first time two Category 4 Hurricanes have struck the U.S. mainland in the same season. AccuWeather President Joel Myers said the combined cost of Harvey and Irma might be \$290 billion, which represents 1.5 % of U.S. gross domestic product, a sizeable hit for the economy.

The damage from these disasters, in both human and economic terms, is staggering, and it raises an important question: How many of these climate-related catastrophes must we endure before we take meaningful steps to reduce the emissions of heat-trapping gases that are warming our air and oceans?

Scientists are not saying these storms were "caused" by climate change. Hurricanes were around long before humans began burning fossil fuels. What scientists can tell us, however, is that global warming is intensifying these storms and creating conditions that make them more destructive for several reasons:

- Warmer air holds more moisture and eventually discharges that moisture as rain.
- Heat is energy, and higher ocean temperatures provide the fuel for stronger



Extensive flooding is only one of the damaging aspects of a hurricane. Mark Reynolds inset.

- hurricanes.
- As heat expands ocean water and glaciers melt, sea levels rise, making storm surges more destructive.

Let's think this extreme weather is a naturally-occurring phenomenon, here's a sobering fact: There have been three 500-year (or worse) floods in the Houston area in the past three years. At this pace, Houston will not have recovered from the current catastrophe before the next 500-year flood hits.

It's clear we are past the stage of just changing a few lightbulbs. We need comprehensive legislation to shift the market away from the greenhouse gases causing climate change. Putting a price on carbon is the only legislative move that matches the scale of the problem we face. A national carbon-pricing bill could require fossil fuel companies to pay a fee for every ton of carbon dioxide or equivalent emissions. As the price rises each year, and as businesses look after their bottom lines, the market will quickly turn to low- or no-carbon options. If all that revenue were returned equally to American households in the form of a dividend, studies show it would boost the economy and bring millions of jobs. Of course, it would drive our emissions down and set us on a course to stabilizing our climate.

This type of plan already has major con-

servative support. The Climate Leadership Council, which is led by Republican statesmen James Baker, Henry Paulson, George Shultz and others, released "The Conservative Case for Carbon Dividends" earlier this year. They explain that pricing carbon and returning the revenue to Americans will "strengthen our economy, reduce regulation, help working-class Americans, shrink government and promote national security."

Republicans currently in Congress are taking note of the need for climate action, too. Florida Republican Rep. Carlos Curbelo saw Miami flooding and heard his constituents' outcries, so he responded by forming the bipartisan Climate Solutions Caucus with Florida Democrat Rep. Ted Deutch. Now the group has a total of 52 Republicans and Democrats working together, many of whom have seen climate impacts in their own districts and are ready to get serious about climate action.

After Hurricane Harvey, perhaps members of the Texas delegation will be ready to take their own seats at the table. Let's not wait idly by to see how many more days of devastation our unstable climate will wreak on our country. Instead, let's see how many more representatives in Congress will step up.

Mark Reynolds is the executive director of Citizens' Climate Lobby.

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Driven by A Passion

To amorously cogitate linguistic syllabrics!

by Ron Cook

So...one pleasant day two goats were browsing behind Universal Studios looking for something to eat. One goat found a donut box with a few crumbs clinging to the bottom. The second goat started chewing on a film still in the can. The first goat said, "Do you actually like that film?" The second goat thoughtfully replies, "It's okay, but the book was better!"

What is the state of reading today? Are we reading more or less than in past generations...past decades...past centuries? Does the written word still hold the same value? What importance does reading hold in our overall quality of life and current culture?

Let's take some time in this column to travel through the history of language. Let's look at this amazing skill mankind has developed to speak, to read...and ultimately to write as a history, as well as an ongoing practice. Today conversations have become texts, letters have become emails, and books have become movies. Technology has advanced the state of language, and in some ways diminished the wonder of the spoken, read, and written word.

Early beginnings of language can probably be traced to hunting and gathering. Men needed to communicate while stalking the prey; women sought to share favorite recipes for roasted beast. Socialization brought communication, brought traditions, brought literature, brought theater!! Imagine the early days of language...Language created entertainment. Conversations passed on traditions and stories of the past. Conversations were the news of the day...the spoken word was an end unto itself! A new word might have been like finding a rare jewel!

Certain cultures still value and utilize the spoken word in their everyday activities. Conversation still dominates the favored form of interaction with cultures that have their own words to describe: sayings, dialect, and slang. This was more common everywhere language was used until short-cuts and isolation started infiltrating all cultures. Porches must have been like a nice flat rock outside the family cave; great places for conversations. How often do you see people sitting on their front decks, or their front porches just having a conversation?

Imagine horse and buggy days, while sitting on your front veranda, an entire social interaction could be conducted in the simple

20 second passage of a neighbor in their horse-drawn carriage. "Hey John, how's the family?" "Fine. Joe. Mary's sewing a new quilt; the girls are getting ready for the barn dance; and the boys are haying the back 40."

Imagine talking with a friend in a car as they passed your front stoop today.... You might get a quick wave.

Body language probably dominated the signals on the hunt, but telling the story around a campfire might have encouraged spoken sounds and words to embellish the adventure. It's difficult to imagine a species other than man sitting around sharing communication. There are ways other species seem to share meaning and directions. Elephants make a sound that can be detected by other pachyderms a mile away. Dolphins seem to make sense with squeaks and beeps. Most animals that make a sound do so for a purpose. Man has found a way to develop language...in fact...many languages that connote meaning, feeling, and thought. Jim Moses was in my 1967 graduating class. After spending four years in Micronesia with the Peace Corp (began in 1961 by President John Kennedy), Jim noticed that Micronesia lacked a formal written history, museum, and...wait for it...language documentation! Imagine a whole country in the 1970's still without this record? Jim documented the spoken, written, and recorded language as well as establish a museum for Micronesia's historical artifacts. Wow! Big bucket list item accomplished!

Anyway...where were we? Oh yes, origins of language... It is estimated that there are over 5,000 different languages today. One-third of them are in Africa. They all fall into about 20 families or types of language with many variations within each family. The Tower of Babel really took off!! There is an art to all of it. So much to enjoy and love!

I'd like to share some of my passion for language, in all its forms, with you. Let's take a tour through the centuries of language; enjoy some of the great writings of history, study the lives of some of the great writers, and enjoy the exhilaration of what the imagination creates from the written and spoken word. Let's also look at language today and consider how we arrived at this inauspicious place of texting, tweeting, and social networking. Thanks for reading!

Breit Award Banquet

photo by the UPHS



Pictured are the award recipients from the Breit Awards Banquet held on Sunday, September 10, 2017 at the Ute Pass Cultural Center in Woodland Park, presented by the Teller Historic and Environmental Coalition. (Shown L to R) Donna Finicle, accepting for the Ute Pass Historical Society; David Martinek, Chair of the Teller Historic and Environment Coalition; Mel McFarland and Erica Oakley-Courage accepting for the Palmer Land Trust.

Guffey finally on the map!

by Flip Boettcher



Dana Peters, owner/operator of The Bakery and Strictly Guffey standing by one of the new signs on Colorado State Highway 9, one southbound and one northbound, announcing that there is life in Guffey!

CUSP's Mushroom Project

by Coalition for the Upper South Platte

2017 has been a banner year for wild mushrooms in Colorado. It also marks the third year of CUSP's mushroom study in the mountains west of Denver. The moist and cool weather in the hills that has stimulated so much fungal growth, also bodes well for our third site inoculation in late September.

The CUSP mushroom study and experiment, "Fungal Degradation of the Woody By-Products of Forest Management Activities", began in the Fall of 2014. The goal is to find a new way to deal with woody debris left behind from the logging activities that CUSP and other groups perform to increase forest health in the watershed.

Much of the timber in our regional forests is not "commercial grade" so there are few facilities in the area that process lumber, making removal of the wood one of greatest expenses of these vital fuel mitigation projects. Often the wood is hauled off and sold as firewood, sometimes at greater expense in terms of labor and fuel than it's worth. Other times the wood is just chipped or shredded and spread about the forest floor to let nature take its course. In Colorado, however, that course can take decades, and if the chips are not spread carefully, to an even depth (another time consuming and costly activity), we risk harm to the grasses and flowers that grow in the forest "understory" that provide shelter and forage to our native wildlife. So, we asked, "Is there a better way to eliminate the problematic woody byproduct of fuel mitigation?" CUSP took an innovative, bioremediation approach to answering the question and the mushroom study is our exploration into a possible answer.



Mushroom spawn ready for inoculation

Native wood rotting mushrooms were collected in the forest that autumn and cultured in a lab over the winter. By the following spring we had created a total of 50 lbs. of mushroom spawn that grew well on wood-chips. We inoculated our first site and waited.

By the end of our second season (2016) we knew that we had a potential "winner". *Pleurotus pulmanarius*, a type of Oyster Mushroom had successfully over-wintered and was diligently consuming the wood-chips; converting this waste product into nutrient rich compost. It also has the distinction of being one of the best edible mushrooms in the field.

Next, we began construction of test beds at the Bailey Slash Site to try different species and to have a larger supply of spawn for future tests. We collected more mushrooms that fall with the aid of the Colorado Mycological Society and Denver Botanic Gardens and set our sights on something bigger. For this method to be effective we had to be able to apply the mushrooms to large areas in a simple and thrifty manner. We went back into the lab and began culturing more species with the goal of creating much more spawn. Again, it worked well.

Today, we have around 500 lbs. of spawn ready for our 2017 fall inoculation at a private property outside of Evergreen, CO. With the aid of volunteers, we will be introducing our mushrooms into approximately 10,000 sq. ft. of wood chips. Using what

we have learned, we hope to be able to set up a field of mushrooms, and practice this technique at scale. CUSP's North Fork Watershed Coordinator Jeff Ravage, and Dr. Marc Donsky have spent numerous hours in the lab to pull of this mass production of mushrooms. The Sam Mitchel Herbarium of Fungi at the Denver Botanic Gardens has joined with our investigators to expand not only the scale, but the scope of this study. This fall's final monitoring of the original mushroom patch will include sampling for an additional study on nutrient transport in the soil beneath the piles. If the latest site follows the established pattern and produces mushrooms by the bushel, instead of just the pound, there is interest in economic research



Prepping mushroom spawn.

on the viability of cropping the sites where the CUSP mushroom treatment is employed. The future looks bright for these mushrooms as both scientists and epicureans await the

next stage in this novel experiment. You can read about the first two years in these reports by visiting <http://cusp.ws/reports/> (scroll to bottom of page).

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One Nation Walking Together Captain Oatmeal feeds Shiprock

by Jessica Wohlroth

One Nation Walking Together (ONWT) is striving to make a positive impact in the lives of Native Americans by providing hope and services to Native communities living in third-world poverty across the western United States. Currently operating in eight states including Colorado, we load 53 foot semi-trucks with the daily necessities of life such as food, clothing, bedding, etc. and ship them to the various communities we serve. Working with community and agency heads to coordinate donations, ONWT functions well beyond an archetypal "dump and run charity". We are responsive to the needs of those we serve, not only providing gifts of hope, but also developing programs focused on food sustainability and hunger relief.



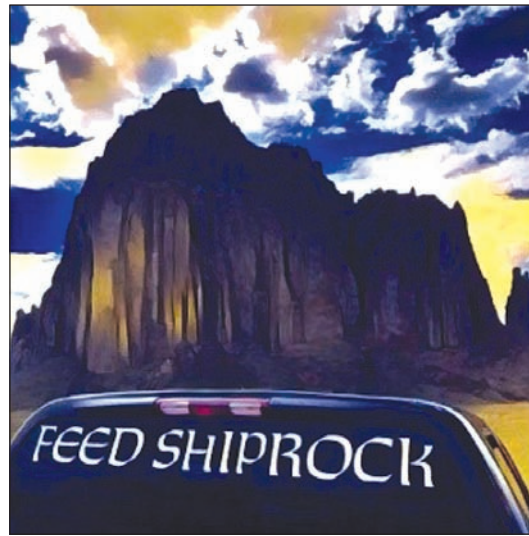
In accordance with such efforts, ONWT recently traveled to the small community of Shiprock, New Mexico, where we delivered greatly needed supplies to a local mission called Feed Shiprock. Though nestled in the beautiful Four Corners region of Navajo Nation, the community of Shiprock is certainly no stranger to the realities present in many Navajo communities where, "glorious vistas belie the desperate poverty and isolation" (Navajo Relief Fund). Examining major indicators of development such as economics, health and housing alone, The Navajo Relief Fund reports that job scarcity and lack of economic opportunity mean that for the Navajo on the reservation, unemployment is experienced at higher rates than the national average; and in light of the remoteness and limited resources characterizing many reservation communities, quality housing is often both difficult to provide and access. Moreover, compounding the burden of disease amid rural Navajo communities, including epidemic proportions of diabetes,

heart disease and cancer, the Navajo Relief Fund estimates that about 90,000 Native American families residing within the reservation are homeless or under-housed.

For the community of Shiprock, generational trauma, chronic joblessness, limited resources and degraded landscapes all too often entrap its residents in fierce cycles of poverty and substance abuse that ultimately render many individuals and families homeless. With a population of approximately 8,295, according to the latest U.S. census, a little over a third of the population live below the federal poverty line. Thus, the impetus to support missions like Feed Shiprock is rooted in the need for sustainable programs that focus not only on alleviating the symptoms of poverty plaguing these communities, but also focus on addressing the structural causes of poverty in these spaces — namely the rapacious legacies of colonialism, manifest destiny and western settlement.

In the absence of any comprehensive programs to aid and protect the homeless in the Shiprock community, Feed Shiprock's founder and chief operator Darin Cadman Sr. made it his mission to save lives and fight the pervasive hunger in his community. Darin rises early each morning to prepare and distribute fresh, nutritious meals to the homeless and hungry. Known affectionately by the people he serves as "Captain Oatmeal", Darin knows the needs of the homeless and understands their situation because he has lived it himself. As he mentioned during our visit, "If you've never been through it, it's hard to understand what the people are going through." Especially for the homeless of Shiprock who lack rehabilitative programs and are subjected daily to harassment and violence at the hands of bootleggers and drug dealers, Darin signifies more than a gift of hope. He is also an embodiment of love and an arbiter of peace for his community.

It was truly an honor to visit Darin and witness his mission unfold first hand. Thanks to our donors at One Nation Walking



Together, we were able to supply Darin and our homeless brothers and sisters with over 20 boxes of non-perishable food items, as well as several boxes containing essential items like pillows, blankets, school supplies and hygiene products. When probed to comment on the emotional aspect of his work, Darin replied, "I don't do it because it feels good, I do it because it needs to be done... these are my relatives."

Darin and his mission embody the ONWT philosophy that One by One we truly can make a difference. Please consider making a difference today in the lives of Native Americans living in impoverished conditions. Volunteer your time, donate goods, and/or make a donation to One Nation Walking Together so we may continue our programs which help local heroes like Darin who day by day are working to positively impact their communities. To make your difference today, go to: www.onenationwt.org or mail a donation to ONWT at 3150 N Nevada Ave., Colorado Springs, CO 80907. Call or email us at 719-329-0251 office@onenationwt.org. Our heartfelt gratitude for your support! One Nation Walking Together (ONWT) is a Colorado Springs-based 501(c)(3) non-profit.

Sources: The Navajo Relief Fund, www.nativepartnership.org; <https://factfinder.census.gov>



Home on the Grange Florissant Grange #420

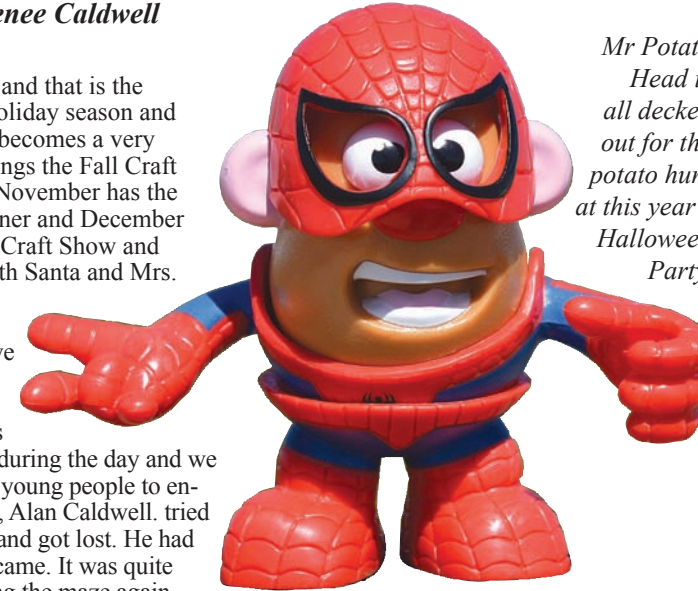
by Renee Caldwell

Autumn is in the air and that is the beginning of the holiday season and that means the Grange becomes a very busy place. October brings the Fall Craft Show and Halloween. November has the Free Thanksgiving Dinner and December we have the Christmas Craft Show and our Christmas Party with Santa and Mrs. Claus.

Since Halloween is just around the corner we are busy making plans for our annual Halloween Party. Last year was the first year we held it during the day and we built a fun maze for the young people to enjoy. Our Grange Master, Alan Caldwell, tried to maneuver through it and got lost. He had to back out the way he came. It was quite comical. We are planning the maze again this year and we will make scare crows, have a costume parade, the ever-popular potato hunt and Halloweenies provided by ThiessD Lodge, so come hungry.

Years ago, potatoes and lettuce were grown in this area and that is why you see many areas that are terraced. The potatoes and lettuce were grown on those terraced areas and at harvest time the farmers got together to have a Potato Festival. The Florissant Grange decided to combine the Potato Festival and Halloween festivities together so we added the potato hunt to the Halloween party.

Our Halloween party this year will be Saturday, October 28th from 1-3 p.m. This is one of the most fun events we have at the Florissant Grange to kick off the holiday season.



Mr Potato Head is all decked out for the potato hunt at this year's Halloween Party.

On another note: The Grange is a Fraternal Organization with the National Grange Headquarters in Washington D.C. The Florissant Grange was honored to welcome our National Grange Master, Betsy Huber during the end of September. She stayed at the ThiessD Lodge, thanks to Grangers, Don and Toni Moore. Betsy also enjoyed a tour of South and Central Colorado with Grange Master, Alan Caldwell, and we wrapped up the day with a dinner catered by the cooks of the newest restaurant (soon to open) in Florissant, "The Iron Tree Bakery and Comfort Foods" (previously Moo's and Oney's). Betsy was here in Colorado as a special guest at the Colorado State Grange Convention held on September 21st.

Chipeta Rising Celebration October 8 & 9

The City of Salida prepares to host the first Chipeta Rising Celebration. The organizers, the Chipeta Mountain Project, began the first steps of this endeavor with the changing of the name of an unnamed mountain peak. Passed by the USGS Board on Geographic Names in May 2017, this event has inspired a much larger endeavor by the organizers, including the Chipeta Rising Celebration, outreach educational programs into public and private schools, and a variety of reconciliation efforts directed towards the Ute Tribe (indigenous to the Upper Arkansas River Valley).

The Chipeta Rising Celebration is being organized to honor the renaming of Chipeta Mountain in the Sawatch Range on Sun., Oct 8, and Mon., Oct. 9, in Salida and surrounding areas. Free historic, public events will pay tribute to Ute Culture with a Unity Walk, reconciliation and rededication presentations and ceremonies, performances, a mountain rededication ceremony and memorial summit climb. A variety of events will occur during the presentation ceremonies

including speakers from the Ute tribe and Tribal Council, County and State officials, and the event's organizers as well as Ute tribal dancers and drummers from both the Ute Nation and Chipeta's family.

Chipeta, which means "White Singing Bird" in the Ute language, showed great courage and wisdom in her efforts to get Native Americans and white people to try to solve their differences. Chipeta was married to Chief Ouray. She and Chief Ouray helped to create the first treaty of Conejos, Colorado, in 1863. They also went to a treaty signing in Washington five years later.

Both whites and Native Americans admired and respected Chipeta for her beauty, wisdom, good judgment, and compassion. She was the only woman ever permitted to sit on Ute tribal councils. Sadly, after Chief Ouray died in 1880, Chipeta was betrayed by the government and joined the forced march led by the U.S. Army. The army forced her to relocate the Uncompahgre Utes to Ouray, Utah.

Pancake Breakfast a hit

photo by Jeff Hansen



The Ute Country News' Publishers Emeritis Carmon and Beverly Stiles were among the many who enjoyed the Divide Fire Protection District's Annual Pancake Breakfast on September 3rd. The line extended out the door for most of the morning, as people waited to sink their teeth into hot flapjacks, eggs, bacon, sausage, biscuits & gravy, and breakfast burritos served up by the volunteer fire department.

Be sure to mark your calendar for next year's breakfast, held on the Sunday of Labor Day weekend.

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Teacher Feature: Mary Crade

Grade/Class: 3rd Grade
Summit Elementary
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Submitted by:
Levi Kruper-Peck, student
2016-2017 School Year

Typed by: Mom

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around the world! I have family in Korea and Australia and their letters to my class are up for everyone to read! She keeps a bathtub in the classroom so we have a quiet place to read. I am always excited to come to school because Mrs. Crade makes learning and trying fun!"

This Teacher Feature was sponsored by Park State Bank & Trust of Woodland Park, Colorado. If you are interested in sponsoring a Teacher Feature, contact us at utecountrynewspaper@gmail.com or call 719-686-7393.

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Nomination forms may be submitted by students, parents/guardians/grandparents, teachers, para-educators, principals, superintendents. Forms can be found on www.utecountrynews.com and can be returned via email: utecountrynewspaper@gmail.com or UCN, POB 753, Divide, CO 80814.

Green's Fitness Go To Nutrition for optimal health

by Caleb Green



Blueberries and strawberries are a great source of antioxidants.

There seems to be a new nutrition fad roughly every few years in the fitness industry. Some examples include the Mediterranean diet, the Paleo diet, and the Atkins diet. Juicing and detoxing are also a couple of things that are commonly referred to in the fitness industry. I've gone slightly into this aspect of fitness before. For those that follow me, you might remember Metabolic Typing as well as my brief intro into macro-nutrients (fats, protein, and carbohydrates.) from the April 2017 *Ute Country News*.

As a quick refresher, metabolic typing is a method of determining how your body processes nutrients, specifically energy conversion from fats or carbohydrates. Essentially the type of fat oxidizer (burning speed) you are helps determine what percentage of your calories should come from fats vs carbohydrates. Think of fats as the slow burners for long term energy, carbohydrates as the fast burning energy, and protein as the rebuilders of cells. Always remember that fat burns in the carbohydrate flame, meaning that one doesn't tend to work optimally without the other. Knowing this helps dramatically with determining what eating style is more aligned with your body. However, this article is not delving into the specifics of diet styles, but rather focusing on diet to treat diseases or to help with good health.

Please always remember that I'm not a doctor or a nutritionist and I always encourage readers to independently research to form your own conclusions. I want to address eating that relates to the major diseases that, arguably can be traced to diet: diabetes, heart disease, and cancer. All of these are terrible but also preventable on a large scale with proper lifestyle.

Almost all of us know someone with Diabetes, either Type I or II. What's the difference? Type I is a total lack of insulin where your body doesn't produce it. It's caused by the immune system destroying pancreatic cells, halting the body's ability to absorb glucose (sugar) which is integral to energy production within the cell. Type II is the body's inability to utilize insulin correctly, resulting in damage to the pancreas and an insulin deficiency over time. Which is more prevalent? Type II accounts for 90-95% of the people that have diabetes. How it's managed is usually through medication, diet, and exercise. Most people have to cut back on sugar or eliminate it as much as possible from their diets. Most doctors recommend portion control and carefully watching carbohydrate intake. There is a ton of scientific evidence and literature coming out with a much different conclusion. With the reduction or elimination of animal fats (most of which are saturated) there has been a very positive reaction in study subjects. People that get the majority of their calories from a plant based diet had better levels of insulin sensitivity, lower blood sugar, and less cholesterol. There have even been cases of people with Type II Diabetes switching to a plant based diet and have managed to get off insulin injections.

Notice how I mentioned that people that adopted a vegetarian diet have lower levels of cholesterol? This is also often times the

catalyst for heart disease which is caused by damaged or blocked heart vessels. Cholesterol is a substance that, in excess, builds up in your arteries and restricts blood flow, leading to heart attacks and disease. I do want to differentiate between good and bad cholesterol as I'm sure we have all heard. LDL (low density lipoprotein) is bad cholesterol. This is what's primarily responsible for atherosclerosis, the clogging of the blood vessels. HDL (high density lipoprotein) is the good kind of cholesterol as one of its major functions is to transport cholesterol out of cells and blood to transport back to the liver where it can be excreted. Vegetarian diets have been shown to drastically reduce cholesterol levels to much healthier levels in the blood which helps to prevent heart attacks and disease.

The last established first world disease for this article is cancer. Probably the scariest of the three, it carries a heavy weight of mortality with it. Cancer is simple in concept but complex in treatment. Essentially, when a cell stops functioning correctly, it creates more of itself functioning incorrectly. If left alone, it can affect more and more cells as the mutated DNA prevents more and more cells from working correctly. Antioxidants are a huge part of the fight as they scavenge the body for "free radicals" which are groups of atoms with an odd pairing of electrons and can create damage to cells, which creates a domino effect, leading in some cases to cancer. Antioxidants essentially stop oxidation of these free radicals and prevents the damage.

This being said, the only place antioxidants come from in diet are from plants. Animal products of any kind do not contain antioxidants but rather can contribute to cell damage as well as inflammation. A vegetarian diet can help counteract established cancer as well as greatly reduce the chance of ever developing it.

If it hasn't been apparent, to have a diet that helps reflect good health, one must avoid animal products on a large scale and get the majority of their calories from plants. This isn't to say it's a cure all. There are people who are genetically predisposed to these diseases, but they are a minority. I also want to mention that if anyone is concerned about protein, don't be. Plants have protein and it's easy to get enough of it from them without eating meat almost ever. I also want to point out I'm not trying to condemn eating meat. I'm simply presenting an argument that nutrition for optimal health has had major advances in science, usually ending at the point that humans thrive on plant based diets rather than meat based. To have optimal health, eat less meat and more vegetables. Again, I encourage you to do your own research, and as always, you can contact me at cgreen.cchs@gmail.com with any questions or comments.

If anyone needs further help or has questions, as always, contact me directly at cgreen.cchs@gmail.com and I'll do my best to answer the questions or point you to a source that can help more. Next month will focus on exercise frequency and metabolism. Thanks for reading!

Adopt Me by SLV Animal Welfare Society

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This is Lanny, 7-8 years old, rescued from a horrendous hoarding situation. He gets along with other dogs and all humans. Neutered, all vaccinations are current. He is a bit overweight and needs more exercise. He is a lab mix. To learn more about Lanny contact SLV Animal Welfare Society at woof@slvaws.org or call 719-587-woof (9663) or meet us every Saturday at PetCo in Colorado Springs, 5020 N. Nevada Ave.



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Dr. Holly Sparks outside her office at the Hackman House in Woodland Park.

Pointz Acupuncture

Innovative treatment for degenerative eye diseases

by Kathy Hansen
photo by Jeff Hansen

Good news! There is hope for those suffering with degenerative eye disorders, including retinosa pigmentosa, diabetic retinopathy, cataracts, and even macular degeneration (wet or dry type). Dr. Holly Sparks has been learning about a new method of treatment developed by Dr. Andy Rosenfarb and has added a few techniques of her own, resulting in noticeable change in vision for most of her patients.

While it is true that there is no known cure for degenerative eye problems, these new treatment modalities can restore cell functioning to sleeper cells. By reducing inflammation and stress, restoring circulation to the eyes, and stimulating the nerves it seems new neural pathways can be developed over a relatively short period of time.

Holly has been developing a combination of techniques that seem to be effective for the sleeper cells. The techniques include micro-needling to the hands and feet (palms of the hands and soles of the feet); applying mild electrical stimulation to eye points (not the eyeball itself); laser application; herbs and supplements; acupuncture/pressure points which help to re-set the autonomic nervous system; and exercises. The patient schedules for treatments twice per day for 5-10 days. Results have shown 87% will respond well to this treatment.

We asked Holly what about the 13% who do not respond to the treatment? Her answer was definitive, "We stop. There is no reason to continue if the person is not responding. I don't want to continue something if it is not working."

This led into a deeper conversation about who she is as a healer; she believes the patient is an active participant in their own treatment and even prescribes homework! "I don't want people reliant on me forever. It's important for people to take responsibility for their own health."

She went on to describe how the patient is active in treatment. While at her office, Holly can apply the micro-needles and pressure points from the outside, but the patient needs to move their eyeballs in specific directions as Holly stimulates certain points. They practice the exercises in the office, so the patient knows how to do them at home. It doesn't end there, though, the patient may have to incorporate specific Chinese herbs or supplements, incorporate some lifestyle

or dietary changes. Together, they work to effect the change from the inside-out.

Holly mentioned a gal who came to her with a goal of being able to read again. Her vision had been robbed by the wet-type of macular degeneration, meaning the eye was bleeding which is commonly treated by a shot given directly into the retina (the back of the eye). This gal had been getting this type of shot every three weeks. After a course of treatment with Holly, the gal could read again! Frequency of treatments with Holly were modified to a maintenance level, and the shots were reduced to once every eight months.

Maintenance of current vision is a very appropriate goal when it comes to degenerative eye diseases.

We asked how Holly became interested in acupuncture and Oriental Medicine. She said she always wanted to help people, so began with a Bachelors degree in Psychology, following that up with a Masters degree in Health Psychology, but had a difficult time finding work where she really felt she was helping people to make a difference in their lives.

She had been working as a respiratory therapist and became frustrated with HMOs and how care had gotten lost in our health-care system. She began to notice a shift from "Check in on Mrs. Smith recovering from her appendectomy in room 203" to "the appendix in 203." Unhappy with the absence of personal care and lack of quality of care, she found her interest in herbs growing as it opened the path to acupuncture and Oriental Medicine.

There seemed to be significant differences in approach. She found treating only the symptom was insufficient; the Eastern view helped her to look at the root cause of a problem and see the entire individual, including their diet and lifestyle specific to the person being treated.

Holly has enjoyed the shift to treating the entire being for the last 14 years of her practice. She is optimistic the combination of techniques she has added to Dr. Rosenfarb's methods can make significant changes for people diagnosed with degenerative vision problems.

If you have been diagnosed with a degenerative eye disease and are open to Holly's methods and techniques, give her a call to schedule an appointment 719-220-0930. She is offering a half-price treatment package for the first 10-12 people seeking assistance with degenerative eye issues!

Adopt Me by TCRAS

Tehah

Hi. My name is Tehah. I am a beautiful girl looking for my forever home. I came to be at TCRAS because my humans fell on hard times and could no longer take care of me. I know my house manners. I love to get petted and I even give gentle kisses. All I need is a warm sunny spot and a lap to call my own. If you would like to meet me, you can find me at TCRAS. Just call my name and start talking to me; I will come to show you how friendly I am! TCRAS is located at 308 Weaverville Road in Divide. You can call 719-686-7707 for more information.



Growing Ideas

Last call for mountain gardeners!

by Karen Anderson "The Plant Lady"

Autumnal greetings community gardeners. Well, this is it folks. We are coming to the close of another high altitude outdoor gardening season and I sincerely hope you have enjoyed your growing experience this year. Once again, I must thank Mother Nature for providing the abundance of life-sustaining moisture to our mountain region. September was truly spectacular with the breathtaking beauty of our beloved aspen trees and the unexpected gift of late rains in the month were certainly welcomed to replenish the Earth after a nice dry spell to encourage the fall color of our deciduous Colorado foliage.

"If someone thinks that love and peace is a cliché that was left behind in the Sixties, that's their problem. Love and Peace are eternal."

— John Lennon

On a personal note, I needed to experience this annual event in a 'blurry blind' view due to some serious complications with an eye surgery. Even though my vision was extremely compromised and the fear of losing my sight in one eye had grown to an escalated state, I knew in my heart that in order to get through this adversity, I had to turn to gratitude and the gifts of my other senses. So, focusing on the 'feel' of the natural beauty around me and the delightful coolness of the outside world, as well as the sounds of the season have been my 'tools' to preserve my sanity and my trust in the Universe to unfold as it should. Just imagine the doctors telling an avid gardener that he or she should not dig in, play in or have anything to do with dirt during a crucial time during the gardening season! Oy!

It has been a scary ride, but am glad to report that I should fully recover with time. I like to use the term "Shift Happens" and do my best to maintain the positive attitude that "This too, shall pass". Our eyes are so very precious and fragile and the gift of sight cannot be taken for granted. Please protect and take care of your eyeballs!

Moving on... The month of October is a 'crunch' time for winter preparation in the garden. As I said, it's pretty much the last call to get 'it together' and wrap up the season. There is much to do here at Paradise Gardens this time of the year. For many of us, the firewood needs to be cut, split, stacked and covered for cold weather heating in 'ye old wood stove'. As always, I will recommend that you store your garden art in a dry and protected area for the snowy season. Especially anything made of concrete, as the winter elements will quickly deteriorate them. Because these types of items are heavy and difficult to move, I have discovered that simply covering them (in place) with a heavy duty black trash bag and securing with bungee cords or rope will do the trick. The side benefit is that the snow will melt in the birdbaths and provide fresh

water for the birds and other critters who choose to 'brave it out' here in the mountains for the winter.

Speaking of the birds, if you have been feeding them throughout the summer, it is important that you continue to do so during the snowy months. They are basically dependent upon you to continue to provide food, shelter and water.

When you are finished with your watering chores, it is important to drain all moisture out of the hoses, roll them up and store them away until we drag them out next spring. It is a good idea to cover rubber hoses as well because the intense winter sunshine can easily dry rot them. Garden tools can be sharpened. Wooden handles could be sanded and preserved by applying a new coat of sealer, then put away after summer's use. Rain barrels need to be emptied, cleaned and turned over. A sump pump comes in handy for this chore. If there is debris floating around in the barrels, I like to use an aquarium size fish net to gather leaves and such so my pump doesn't get clogged. Dipping works too!

Now, for the gardens themselves, I would like to offer a few tips on the winterizing process. Being a *Fall Clean Up Girl*, I like to get as much done as possible during the Autumn months. After collecting seeds, cutting back the dead foliage is one of the most important tasks in my garden. The organic matter is then shredded and added to my various compost piles. (Nothing organic ever leaves the property! Unless of course, it is diseased.) Bone Meal is always incorporated in the soil and I like to go ahead and apply a layer of compost or manure as well. This way, when spring comes around next year, everything is "ready to rock" without too much work.

Mulching is essential, especially in areas that are exposed to the harsh winter sun and drying winds. Otherwise what is called "heaving" can occur which means that the freezing and thawing of the earth will push the root systems of your perennials right up out of the ground. Not OK. So, MULCH!

For the Snowbird Gardeners, there is an exception to the rule of my method to cutting back foliage in the fall. Many of my clients enjoy their Colorado homes and gardens during the summer months, but need to head out in October. So, there is not much time to tend to the preferred preparation in order to preserve plant life for winter months. To these folks, I recommend that you DO NOT cut the foliage back before you leave your Colorado Garden. The above ground 'dead stuff' will protect the crowns of your perennials better, but you still need to mulch heavily and water deeply, madly and passionately in the last days of residency here in the mountains.

As I write, (Sept. 24th) there has not yet been any damaging frost, but you can 'bet your bippy' that it is coming very soon. Many of my annual arrangements are pulled into the greenhouse or front porch for extended enjoyment of their colorful beauty. It is important however, to leave a few planters outside for the lingering hummingbirds. This year, I was pleasantly surprised and delighted to have been visited by 'flocks' of Monarch Butterflies late in the season. They, too, appreciated the nectar from the



It's time to mulch!

remaining petunias in pots and remnants of late blooming perennials. With my vision so blurred, once more, I turned to the 'feeling' of their effervescent presence and it seemed that they were Nature's Way of assuring me that 'every little thing was gonna be alright'! Thank You.

With lilies, irises and other bulbs in established gardens, I have found that these are 'better off' if we wait until they completely brown out before cutting them back to 3" or so. In my experience, it is best to allow all the 'green energy' from the blades to flow back into the bulb itself for healthier plants and more blooming possibilities next year.

Our greenhouses should be in full production mode by October. Tomatoes are ripening rapidly, peppers are abundantly hanging from the vines and herbs can be collected and dried for winter culinary embellishment. Supplemental heat will be required to keep the hothouse going throughout most of the month as we will begin to phase into freezing weather. Happy harvesting!

Aspen and other deciduous leaves may be added to the compost or create a 'leaf mold' pile by incorporating some manure and top soil. This method is perfectly acceptable unless the foliage is diseased with 'black spot' or other infectious issues. I like to leave the last few leaves that have fallen though, providing a thin layer of organic material for mulch and for a bit of color. I also enjoy a smidgen of 'winter interest' by leaving ornamental grasses alone and not cutting them back. They sound nice too, in the fall winds.

As we come to the end of our growing season this year, I wish to thank the readers who have shared in the High Altitude Organic Gardening experience with me. I sincerely hope you have taken great pleasure in your personal adventures and progress in your Gardens. I have met so many beautiful kindred spirits through the mutual interest in the world of plant life and wish to express my gratitude for your participation in the quest to learn from each other how to be responsible Earth Keepers and to grow sustainable, clean, organic food for the people. You are always welcome to call me at 719-748-3521 or pop me an e-mail at: plantlady speaks@gmail.com to inquire further about custom holiday arrangements, houseplants of all kinds up for adoption or simply a chat. Until next time, as always, Happy Gardening!

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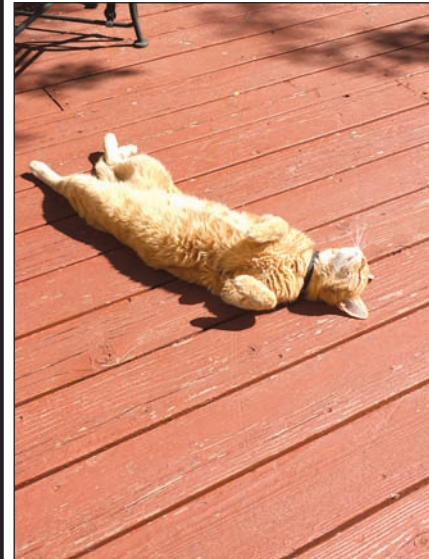
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Stone Boy

by Danielle Dellinger

No one knew his story. No one knew how he'd come to be there.

Until now.

In a small village located deep in the mountains and up high where the air is thin, there was a boy. Every morning, he'd leave his hut and travel the worn path to the cave where all the able men of the village were mining for precious minerals and stones. The men would laugh at him when he asked if he could help, telling him to get lost before he got hurt. But nevertheless, each day he would go to the cave and ask to help. Soon no one gave him a second glance, ignoring him when he announced he was there.

He took the opportunity to explore. He didn't think anyone was paying attention to him when he started down a small, darkened path, but soon he felt a hand on his shoulder. He turned to find an elderly man with a weathered face and a scraggly beard.

"Light defeats dark," the old man said gruffly, holding out a torch.

The boy took it, studying the man. "Thanks, sir."

The old man gave a subtle half-smile then turned and walked away.

Shadows danced on the rock walls as the boy walked the uneven path. He slipped through the small spaces where the walls nearly touched each other. The air grew colder and the walls glistened with trickling water. When time had become a meaningless concept, the boy walked into a shallow chamber.

It appeared empty, so the boy walked toward the middle, holding the torch up high. The walls weren't wet in here. Even the temperature seemed to be warmer. As he approached the middle, something bumped roughly into his shoulder, and he spun in a circle, expecting to find someone in the chamber with him.

He was alone. After he made certain he was the only one in the chamber, he sat down and looked up at the ceiling. It seemed ordinary enough, but there was a dot of what looked to be light in the center. He blinked, thinking it was a trick of his eyes or the torch he was holding. He stared at the light, unable to look away. It was only when he heard a familiar clearing of the throat did he tear his eyes from the dot of light. He saw the old man standing at the entrance to the chamber, his hands clasped behind his back.

"Too much light, though, can cause you to miss the details in the dark," said the old man, smirking at the boy.

The boy frowned, not understanding what he was trying to say.

"What?"

The smirk turned into a smile, and the man shook his head. "Time to go. It's evening."

He took one last glance up at the ceiling, then got to his feet. The old man led the way to the entrance of the cave. As they exited, the boy heard some of the workers talking.

"That chamber needs to be caved in. One of the guys nearly lost his mind in there. Said he felt like someone was pushing him around."

"Yeah, well, he's always been a little quirky."

"A couple of the other guys said the same thing, and they're more level-headed."

"Fine. Tomorrow, we'll fill it in. Just gotta make sure that damn kid isn't around."

It was right then that they made eye contact with the boy. They quickly lowered their heads and hurried off, leaving the boy and old man behind.

The old man grumbled something under his breath, and then turned to the boy. "Never mind them."

The boy shrugged. "I have to fix my sandal, then I'll head home."

A knowing smile crossed the man's face, but didn't linger. "Of course." He started off.

It was a minute before the old man was completely out of sight. Once he vanished, the boy lit a new torch and went right back into the cave, right back to the chamber. As he approached the middle again, something bumped him hard in the shoulder. This time, the boy shut his eyes and zeroed in on the energy that was filling the cave.

"Ah, now you can see me," a voice growled, the sound rumbling around the chamber.

"You're the only one."

"What are you? I don't see your body, or even your shape."

"I am a demon. I'm trapped in this chamber. I've spent centuries trying to get out, but I've been forced to wait for the one who can see the light."

"The light?" The boy frowned, his eyes still closed.

"Yes, the light in the center of the ceiling. That is the way out for me."

The boy's frown grew into an expression of concern. "Demons are bad. You must be trapped here for a reason if you're a demon."

"I'm merely misunderstood. There are good demons and bad demons. I'm one of the good ones."

"That's what a bad demon would say," the boy answered, shaking his head. "I'm sorry, but I can't help you." He opened his eyes and turned to go.

"Wait!" the demon bellowed. "Please! I can't stand being in here any longer. I'm close to losing my mind. I heard those men talking, you know, about collapsing this chamber. If they do, they'll bury me alive and I will surely die."

"But you're technically just energy. Can't you just filter out through the crevices?"

"In the right moment, energy can be crushed. I don't want to be crushed."

The boy sighed, unsure of what to do.

"At least sit in here with me. If you're in here, they won't cave in the chamber."

As the boy thought, he chewed on his lip. It was a habit that drove his mother crazy. Finally, the boy gave a curt nod.

"Okay. I'll be back in the morning to sit with you."

"Oh, you will! Thank you, boy. Thank you!"

The boy nodded, starting to leave once again.

"Oh, and boy, bring a rock with you every morning," the demon called, its tone darker and ominous.

A shiver went down the boy's

spine, and he sprinted out of the chamber and out of the cave.

He didn't want to go back in the morning, but he feared what might happen if he didn't. Angering a demon, whether good or bad, wasn't a smart idea. That much he knew.

When the sun peeked over the hills the next morning, the fresh scent of dew cleared the boy's head as he made his usual trek to the cave. He'd made sure to get there before most of the men so he could slip into the cave and down to the chamber without being stopped.

He was about to step inside the chamber when he remembered he was supposed to bring a rock with him. He looked down at the ground, searching for a rock near his feet. He spotted a small one and picked it up, hoping that it would suffice. He took a deep breath, then walked into the chamber, his hand outstretched with the rock sitting on his palm.

"I'm back," he said, closing his eyes so he could "see" the demon.

"So you are," the demon rumbled. "And you've brought a rock. Very good. Take a seat in the middle there and rest

your hand on your knee, with your palm up to cradle the rock."

The boy cautiously took a seat, anxiety beginning to grip him, making his chest hurt. But nothing happened. The demon went quiet, and the boy didn't bother to make an attempt at chit chat. He'd been there for close to an hour when the men showed up, prepared to take down the chamber.

"What is this?" snapped the leader upon seeing the boy sitting inside. "Boy, get out here, now!"

The boy just looked at the man, saying nothing.

"Boy, I said get out here! Move!"

Still, the boy didn't budge or make a sound.

The man growled and stormed into the chamber, grabbing the boy tightly by his upper arm and attempting to pull him up. However, the boy stayed firmly planted on the ground, and that seemed to surprise even the boy.

"This is no joke! Get up or we'll bury you in here!" The man's face was bright red, and a vein bulged from his temple.

When the boy still did nothing, the man

dropped his arm and stomped out of the chamber, yelling all the way. One by one, the rest of the group followed the man back toward the entrance of the cave.

"Why couldn't he lift me up?" the boy asked after a few minutes.

"I held you in

place," the demon replied.

"But I didn't feel you . . ."

"I have my ways."

But that wasn't a satisfying answer. The boy felt there was more to it than that, that there was something more at work here than just a demon.

Despite the uneasy feeling collecting in his gut, the boy remained in his spot throughout the day. Around lunchtime, the old man appeared in the entryway to the chamber and just stared at him, a troubled expression on his face. But he didn't say or do anything. He just turned and shuffled away. When the sun began to set, the demon spoke.

"You may leave. Thank you. See you in the morning."

The boy went to get up, and felt that he had to tug himself just a little bit away from the ground.

"Leave the rock," the demon said before the boy got to his feet completely.

He let the rock softly clatter against the ground.

"Thank you," said the demon.

The boy nodded, stretched, and then made his way to the exit.

That night as he slept, he had frightening dreams of being crushed underneath a boulder that fell without warning from the sky.

He walked a little more slowly toward the cave, the early morning sun filtering through the trees. Just before he reached the cave, he picked up a smooth, speckled rock. Then, like the previous morning, he presented the rock as he entered the chamber. The demon purred with pleasure, praising the boy and commanding him to take a seat. The boy sat with the rock in his palm.

Again, the men came to try and take out the chamber, but to no avail. The leader glared at the boy, his anger rising at just the sight of him.

"What is the meaning of this?" he demanded.

The boy locked eyes with him, staring him down. This time, he felt the demon around him.

"You should leave," warned the boy.

"And if I don't?"

"You'll find yourself in over your head."

"Don't threaten me, boy. You are nothing to me."

A sudden snarl reverberated around the chamber, and the group of men took a step back, their faces fearful.

"And you're nothing to me," the boy answered, his eyes still locked on the man.

The torches dimmed, causing the boy's eyes to glow eerily.

"Leave!" shouted a voice that only the boy knew as the demon's.

The men didn't need to be told a third time. They turned tail and ran, nearly stampeding over one another to get away as fast as possible.

From that day on, they let the boy sit in the middle of the chamber. But each day, the boy found it harder and harder to get up,

like he was slowly becoming one with the ground. Soon there were enough rocks to form a complete circle around him, and he felt his skin becoming rough like a rock. Eventually, the circle of rocks was high enough that the boy was trapped



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Lovell Gulch progress

by Thomas Mowle

Colorado Mountain Club had another great stewardship day on Lovell Gulch on September 9, 2017! We touched up a few areas on the new trail we built in 2015, but spent most of our time improving drainage on the existing trail, at the upper end of the valley. This involved knocking down a lot of berms that had built up that were channeling water down the trail, as well as constructing some dams and drains to more aggressively direct water off the trail. Thank you to all the volunteers who worked so hard and skillfully to get this part of the project complete, as well as those who worked on prior projects!

If you'd like to get on our mailing list for future projects, please email tom@rampartprosolution.com



Seeds to Sprouts Let's get physical!

by Maren J. Fuller, MSM, CPM, RM

Real information on everything from conception to age two

Many women want to get active and moving after the birth of their baby. Maybe you've been cooped up while you bond and learn to nurse your baby. Maybe you weren't able to exercise much toward the end of pregnancy and have been itching to get back into a good routine. Maybe you are surprised by your new postpartum body and are wondering what is safe and healthy for you post-birth.

First, let's be clear. There is no need, no rush, and no reason to try to run out and "get your body back." You still have your body and it's been working hard to do amazing things these last few months! The main thing you should remember is that your body needs time to recover from pregnancy and birth. If you rush big workouts you may find that you will injure more easily, experience longer recovery time, decrease your milk supply, or cause long term dysfunction in your pelvic floor. Always check with your care provider before starting an exercise program and make sure to tailor these suggestions to your specific needs, skills, and abilities.

After your baby's birth

For the first 4-6 weeks (6-8 if you had a C-section) after your baby's birth, you should be focused on rest, bonding, recovery, healthy eating, family time, and sleep. Any "exercise" you do during this time should consist of not more than a light stroll with your baby around the block or a nice walk through the park with your older kids. Even a trip to the grocery store can be too much if your body is not ready. During this time, most women are still bleeding lightly and trying to recover strength. Your body will let you know if you are doing too much; you will feel more tired and your bleeding may increase. Take it easy and just enjoy this time with your new addition while you work on getting stronger.

6 weeks to 6 months post-partum

During this time, most women can start exercising lightly. (Always make sure that you are physically ready for exercise and that any C-section scar is healed well!) For many women, this may be just taking it easy on a normal exercise routine. If you are used to heavier, more intense exercise, this may be a hard prospect because it will feel like you aren't doing as much as you want to. Keep in mind that exercising after having a baby is like working out in someone else's body. It will feel different!

Consider exercises like walking, easy hiking, swimming, elliptical, or biking and work up to longer distances/times very slowly! It is best to avoid running or other high impact sports during this time until your pelvic floor has had plenty of time to heal. You may not notice it now but high impact exercise can cause long term damage that may not be noticed until women experience incontinence or pain after menopause. It is also essential that you avoid traditional abdominal exercises like crunches, sit-ups, or similar moves. These exercises are much more likely to tear your still-healing abdominals and cause separation down the center of your belly that will be much harder to heal. You can work your core by trying plank pose or other basic yoga moves.

6 months and beyond

By 6 months, you may be feeling more like yourself and more eager and ready to take on a regular exercise routine. Your



Biking is a good low impact exercise to start after at least six weeks after postpartum

baby may be sleeping more, eating some solid food, nursing less regularly, etc. (Don't worry if this is not the case, every baby is different!) Feel free to start designing a routine that works for you and feels healthy for your body. Start slow and work up slowly to longer and/or harder sessions. Eat well, get lots of sleep, and drink plenty of water especially when starting to exercise. This will help you maintain good health, a good milk supply, and plenty of energy for being a mom! Continue to be very cautious about high impact exercises and pay attention to whether or not your pelvic floor feels strong and ready for exercise. If you continue to have pain, incontinence, or overall weakness in this area, it is worth it to consult with a pelvic physical therapist who specializes in postpartum recovery.

Questions? Comments? Suggestions for future columns? Please send them to: utecountrynewspaper@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.

Pragma Animal Massage Massage, meditation and tarot services

by Kathy Hansen

photos by Jeff Hansen

Our furry, four-legged friends give so much to us, but have you ever wondered how you might give back to them? How about treating them to a massage? Just where do you go to find an animal masseuse? Well, what if the animal masseuse would come to you? That is exactly what Stephanie Jauch, is willing to do.

Perhaps at first it might sound a little far-fetched, but think about it, when your muscles are over-worked from hiking that trail that turned out to be a little further than you expected or a little more strenuous than you thought, a massage is just the ticket to ease you back to a place of wellness. We know people benefit from the power of touch, so do animals and in many of the same ways including increasing circulation, stimulating the lymphatic system, increasing range-of-motion, lessened risk of injury, reducing anxiety and inspiring a sense of calm. It feels so good to let all of that tightness release, and it does for our furry, four-legged friends, too! It also helps those that compete (animals and humans) do so longer and more efficiently, much like changing the engine oil in your car with regular frequency can extend the life of your engine.

Stephanie has always loved animals and wanted to help people in some way. After working as a Detention Officer for eight years she began to wonder if there was a different way she could help people, a way that might include animals. She began to explore her options and found a program that would give her credentials in Canine Massage, Equine Massage, and Canine Athlete Specialty (especially good for K-9 law enforcement, agility dogs, and herders). She said, "It was not easy and not cheap, but it was the best investment I'd ever made!"

She admits at first, she was skeptical. The program required each student to do a case study. Stephanie chose Parker, her canine companion of nine years. Parker is a Border Collie who seems to believe his goal in life is to get that tennis ball just as often as you're willing to throw it and also herd his housemates, including Sirius a big, happy mutt and Pandora the cat (you can imagine what Pandora thought of this herding idea). When Stephanie began the program, Parker was showing signs of aging; she could see it was painful to walk, he was sometimes unable to get up on the couch, and was just too stiff to chase that tennis ball or even Pandora. Stephanie began to notice a change after only two massages! Parker could use stairs, jump up on the couch or right into the car, and he doesn't seem to need supplements!

This is when the skepticism left and the passion grew; to see first-hand how only two massages could make such a difference on a "senior" dog. Imagine how your senior dog might respond to a massage.

We were surprised to hear Stephanie's report of Parker, given how active Parker was at the beginning of our interview; he seemed to know I love throwing the tennis ball as much as he loves chasing it. That meant Sirius and Pandora needed to sneak in between throws to introduce themselves and get petted. We had to ask how Sirius and Pandora enjoy massage.

Stephanie let us know that different animals have different appetites for mas-



sage, just as they do for tennis balls, food, or socialization. True enough, there are different needs for different breeds. Sirius loves getting a massage and was more than happy to step in when Stephanie was practicing techniques on Parker and Parker decided it was enough. She said some dogs have had enough after about 10 minutes and others would go on for an hour. On average, the animal massage lasts between 30-45 minutes; it always depends on the individual.

Horses are very good candidates for massages. Whether they are hauling a load on the ranch really needing to get those

the Universe, nature and their surroundings. She said she becomes a conduit, similar to energy work, allowing the energy to flow through her.

Stephanie had been going through some life-shifting events and as she navigated her way through rough waters, she found meditation and tarot to be tools that ultimately helped her to find her way. She said it helped her to explore other aspects of healing, "it's like a modern-day GPS using old school tools." She saw the positive aspects of tarot, the opportunities to tap into guidance from a higher plane. She connects to her Higher Self, which connect to another's Higher Self, or even the animal's Higher Self. She will often ask a question for the dog or horse, "What do you need us to know?"

Stephanie also offers guided meditation with your animals on the topic of your choice, perhaps forgiveness or gratitude. If you do not have a topic at the ready, Stephanie has a variety of tarot cards to facilitate the process. We asked how she addresses the skeptics? She replied, "It's not my job to convince the skeptics."

I could not help noticing as we were discussing how Stephanie uses guided meditation and tarot with animals and their guardians that all three of her companions were lying down and relaxed (see photo on cover). It was as though simply talking about focusing on breath, unplugging from worries and just allowing a gentle connection with the Universe created a pervasive calm.

Tarot is a communication tool; you get the message that is needed. Because the interpretation is subjective, two individuals can pull the same cards, but the message will be unique to each. The decks she uses are Doreen Virtues' Angel Tarot Cards and Daily Guidance from Angels and she uses a Dog Tarot deck. This deck includes cards such as "The three of bowls" or "The seven of bones" and also has a "Cat" card, which says... well, why spoil the surprise, make an appointment with Stephanie and see what message the cards have for you!

Stephanie can be reached at 720-626-8317 to arrange for an animal massage, guided meditation with your animal, or tarot reading. You may call, email or text or visit her website www.pragmaanimalmassage.com. She also has a discount program: choose 3 services for 10% off, 4 services for 15% off, or 5 services for 20% off.



Sirius (left) loves getting a massage, while Pandora (right) was eyeing me, daring me to try it.

over-worked muscles some relief, or getting ready for a show needing to relieve a bit of performance anxiety, horses seem to be very receptive to the process. In cases of suspected colic, massage can be an effective tool to help relax muscles, encourage digestion, and increase circulation while waiting for the vet to arrive. This is one way the animal masseuse can be a complimentary practice to the vet. Senior horses can especially benefit from the increased range-of-motion, the moving of lymph, and increased circulation to those joints, tendons, and muscles.

We asked about cat massage as Pandora was eyeing me, daring me to try it. Stephanie reminded us cats are easily excited, so it is always best to begin with a voice massage. If you choose to go beyond, always keep in mind the cues of overstimulation as cats can go from zero to 60 in a fraction of a second. Keeping that boundary in mind, Pandora closed one eye as she kept the other trained on me.

Stephanie said one of the benefits of massage for the animal is for their emotional and spiritual development. Massage helps them to connect to



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Divide Kite Flight winner!

by David Martinek

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Mrs. Michelle Normandin of Florissant stands with her children, Baylee (left) and Ekan (right), who were winners of a new bicycle given away at the Great Divide Kite Flight, held on Saturday, August 26, 2017 at the trail head of the Hayden Divide Loop Trail in Divide. The Great Divide Kite Flight is sponsored each year by the Divide Chamber of Commerce. This year, over 200 elementary school-aged children and their parents or grandparents, enjoyed a morning of kite flying.

**New doc at HRRMC
BV Health Center**

Dr. Hills earned her medical degree from Georgetown University School of Medicine in Washington, D.C., and completed her internship and residency in family medicine with St. Mary's Family Medicine in Grand Junction. She grew up in Evergreen, CO, and attended the University of Colorado-Boulder where she obtained her Bachelor's degree in integrative physiology. Following graduation, Dr. Hills worked on the ski patrol at Copper Mountain for three years. She also worked as a medical assistant at High Country Health-care in Breckenridge for one year before attending medical school in Washington, D.C. "I didn't think that I'd ever leave Colorado but went to medical school at Georgetown," said Dr. Hills. "I'm happy to be back in Colorado!" Dr. Hills completed a clinical rotation with Mountain Medical Center in Buena Vista during her residency and decided that

she wanted to practice medicine in a rural mountain town.

She and her husband, Rollin, look forward to raising their 19-month-old son, Leo, in Chaffee County. "We enjoy camping, skiing and hiking so this will be a fun place for us to live and raise Leo," she said.

Dr. Hills is available for appointments at the HRRMC Buena Vista Health Center. Call 719-395-9048 for more information or to make an appointment.

My mother used to have

by Tamara Skinner

My mother used to have a Broncos' jacket—
It was large and dark blue
With big capital letters "Broncos" spread across the chest.

It kept her warm on cold nights
And happy on the most stressful days.

My mother favored this jacket,
And when she lost it, she grew sad.

The next day at the store, my mother cried with joy
As she saw another Bronco jacket.

It was not the same
For it was orange with the Bronco symbol.
But my mother did not care.

To her it was a priceless jewel.

Now my mother wears her bright orange jacket,
Feeling happy and warm all over again.
Some of the smallest things mean the most.

About the author:
Tamara Skinner is an emerging writer. Tamara is in the 12th grade and attends Cripple Creek /Victor High School. Her interests include reading, writing, and basketball.

In water is health

An obvious truth?

by Eric Chatt, N.D.

Everyone lives downstream. You do not have to be a fisherman, biologist, or a rancher to realize that organisms rely on water to SURVIVE. If you are alive and reading this you know deep in your mammalian bone marrow that water is lifeblood. In water is health.

How can we improve our relationship with water as a species? Water is more than a precious resource. The snowmelt from the Rockies are a source of water for local inhabitants and beyond, ultimately traveling as far away as the Gulf of Mexico and then perhaps even Antarctica. Re-ignite the appreciation of the sound of water, the feel of water, the taste of fresh water, and get out to enjoy the watersheds in responsible and sustainable ways.

Another activity people can do beyond just appreciation and enjoyment is to collect data. We need to continue to learn about and understand healthy and unhealthy aquatic habitats. Citizen science that involves thousands of people all over the world is part of what helps us to understand our environment. The worldwide distribution of certain

micro-plastics and micro-beads is a good example of everyone living downstream as well as how citizen science can help collect valuable information about our world. Some organisms are more sensitive to toxic substances, heavy metals, solvents, petroleum products, mining waste, and other pollution than other organisms.

Beaver Ponds Environmental Education Center is located on the Sacramento Creek near Fairplay Colorado. We are very fortunate to have opportunities to work with many individual citizens and groups that truly understand and appreciate the watersheds in Ute Country. The watersheds in Colorado are spectacular. Let's keep it that way for future generations!

Three groups of people really stand out to me for passing on knowledge about our natural environments here in Colorado. One group is scientists and educators with an insatiable curiosity and commitment to life-long learning and teaching. Another group, hunters, fisherman, and ranchers, have a direct connection to the land, habitats, insect hatches, animal scat, tracks, as well as

One Dog at a Time

Dangers of xylitol

by Janet Bennett

A substance called xylitol is making thousands of dogs sick and even causing death, affecting more pets now than ever before, and it's probably in your home right now.

Cases of xylitol poisoning in dogs have increased dramatically in recent years. The general public does not understand that something so benign as an ordinary sweetener could be so toxic to pets.

Xylitol is a sugar substitute most often associated with "sugar-free" chewing gum and mints, but it's also found in some brands of peanut butter, toothpaste, certain medications, vitamins, many sugar free products (chocolate, jello, yogurt, pudding) and even some household products such as baby wipes and lip balm.

Xylitol is 100 times more toxic to dogs than chocolate.

The dog's pancreas confuses xylitol with real sugar and releases insulin to store it. The insulin removes real sugar from the bloodstream and the dog can become weak, and have tremors and seizures starting within 30 minutes of eating it. Other symptoms of hypoglycemia include poor coordination and vomiting and diarrhea. Liver failure and death can also result from xylitol ingestion and symptoms can sometimes take up to eight hours to show up. A dog only needs to ingest a small amount of xylitol to receive a deadly dose. As much as two pieces of gum can cause a problem in a small dog.

If you suspect your dog has ingested xylitol, contact your veterinarian immediately.

Some of the common products that contain xylitol.

A good prognosis depends on how quickly your pet is treated. Your veterinarian may need to stabilize your pet's blood sugar, give IV fluids, monitor your pet and use other therapies to treat the symptoms.

How can you protect your dog? Read the ingredients label. If you are offering your dog peanut butter, look for xylitol in the ingredients. Some brands are using the sugar substitute to sweeten their products. Check the ingredients when the label says "reduced sugar", "diabetic friendly", "cavity free" or "no sugar added". If xylitol is listed as the first or second ingredient, that product is the most toxic to your pet. Keep gum, candy, mints and purses out of reach. Be aware of household

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preparation and preservation of food. Native American tradition and knowledge is the third example. We could all stand to learn more about our natural world.

The South Park National Heritage Area is a scenic and bio-diverse region attracting hunters, fisherman, ranchers, hikers, rock climbers, mountain bikers and more who marvel at the natural beauty as Native Americans surely did for thousands of years before us. We thank the South Park National Heritage Area for a grant allowing us to develop the Sacramento Creek Protection Plan (SCPP) and to get community members involved in water research. Other thanks go out to CUSP (Coalition for the Upper South Platte), River Watch, and other organizations helping to better understand our aquatic environments. Hope you get out and enjoy some water today!

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10:00 a.m. - 3:00 p.m.
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Chipeta Park re-dedication
Poncha Springs
10:30 a.m.

Post-Summit Celebration
@ Elevation Brewing Co.
3:30 - 6:30 p.m.



Healthy Fundraisers at Elementary Schools

Columbine Elementary students raised money for their school as they walked, ran, and skipped around the track during their annual Walk-a-Thon. Summit Elementary in Divide held their Walk-a-Thon on Sept. 27, 2017 and Gateway students participated in their Fun d' Run on Sept. 29, 2017. Students ask their friends and families to donate funds according to how long they keep moving or how many laps they complete. These fitness events are the main fundraisers for all three Woodland Park School District elementary schools. To donate, please go to wpsdfoundation.org and specify which school you want to give your donation.



WP Wind Symphony



After a busy and successful Spring and Summer season ("World of Windcraft" Spring Concert, Jazz in June, 4th of July at Memorial Park for the Old Fashioned Fourth, 5th of July Symphony above the Clouds and Picnic on the Green, July 16), the Woodland Park Wind Symphony (including Swing Factory, Mountain Brass, Clarion Winds and High Altitude (flute choir) has begun preparing for its fall/winter season. Rehearsals are held Tuesdays, 7-8:15 p.m., at the Woodland Park Middle School band room. In preparation for the upcoming season, several committees have been meeting. The attached photo includes members of the Music Committee as they prepare to add music pieces to our database. They are, left to right, Craig Harms, Karl Schmidt, Rusty Merrill, Jean Webb, Treese Kjeldsen, Kathleen Gates, Johanna MacArthur and Ron Snyder. For information about joining the Woodland Park Wind Symphony, call Craig Harms, Director, at 719-687-2210. You can also visit the web site at www.woodlandparkwindsymphony.com, visit our Facebook page: Woodland Park Wind Symphony, and also on Instagram at band4life85.

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Spotlight on the Divide Chamber

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

- **Community Partnership Family Resource Center:** 719-686-0705 or www.cpteller.org. Offering family support services including case management, goal-setting/financial coaching, basic needs services, enrichment services and adult education.
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Students enjoy homegrown veggies

The weather was perfect at Summit Elementary School during their Harvest picnic for families and friends of kindergartners and 3rd graders. Everyone enjoyed a lunch of organic vegetables grown in their Summit Gardens where students learn the joy of gardening as well as eating the healthy foods they are able to grow! Special thanks to the Woodland Park School District Foundation for continued support of the gardens for the past three years. Some of the beds were donated by the Woodland Park Harvest Center. Some of the veggies the students grew include: broccoli, red lettuce, romaine lettuce, mint, arugula, zucchini, and squash. Future plans include a composting program so the gardens will be self-sufficient.

Let's bark about Spay-ghetti dinner!

by staff at TCRAS

Rex: Bark! Heya, Fido how's it wagging?
Fido: Not too bad, Rex, not too bad. You?

Rex: I'm ok, but there's a new four-legged family member at my house. It's a cat! Her name is Queenie and part of one of her ear's is missing. She's pretty grumpy.

Fido: Uh oh, Rex, those things can be trouble!
Rex: Yeah, lots of sharp parts! But I heard my people talking and I guess Queenie once lived outside on her own for a long time. They said there are lots of cats and dogs like Queenie living on their own out in the world with no bed, no people to snuggle with and no food.

Fido: Yikes Rex, that's RUFF!
Rex: I know! It sounds horrible! And when these homeless pets have babies, there are kittens and puppies who have no home and no food either. But I guess some cats don't really want to live in a house, although they do still like a warm place to sleep and food and stuff, so people take them to the animal doctor and then they can't have babies anymore and they mark their ear like Queenie so other people know about their situation.

Fido: Hmm... I heard the talking box —
Rex: You mean the one that people like to stare at all the time?

Fido: That's the one! It's said that in the US, 7 million animals enter a shelter every year.

Rex: Wow, that sounds like a lot!
Fido: I think it does too. And only one out of every 10 that enter a shelter ever find a permanent home.

Rex: How!! That's terrible!
Fido: It is, Rex. But there are kind people like our humans and others who are working to help these furry friends.

Rex: Wait, I think I heard my people say something about a party coming up that will help cats and dogs in our area not have any more babies. That would help make sure less animals are lost and homeless.

Fido: That's right, Rex. I heard about it too. It's called Spay-ghetti Dinner and it benefits the animals at TCRAS. You know, that weird smelling building in Divide where the lost and homeless animals go to get care and love and food until they can go home?

Rex: Oh, I know the one you mean. They help over 800 of our local furry friends every year!

Fido: Well, I heard my people say: 'Spay-ghetti dinner is on Friday, October 27th at 6 p.m., at the Ute Pass Cultural Center in Woodland Park.' Don't human say the strangest things Rex?

Rex: My human mom said the Swiss Chalet will make spaghetti and bread and salad for the party. I've tasted their food before,



it is super yummy!
Fido: Oh, Rex, I want a meatball! I want a meatball!

Rex: Me too! Especially if it's made by the Swiss Chalet! Can we go to the party Fido? I really want to go!

Fido: No, Rex. No pets allowed. But maybe our mom and dad will bring us home some treats!

Rex: I do love treats! Wait treats, trick or treat... won't it almost be Halloween by then?

Fido: True Rex! I heard that the cute, short humans can wear costumes to this party and they'll be a costume contest with prizes! They'll also be treats for every kid to take home.

Rex: It sounds like a barktastic party!
Fido: My human dad said he's just happy the tall people can come and relax and enjoy music food and fun and it will be "super casual."

Rex: Bark bark bark! Oh, I wish we could go!
Fido: Me too, Rex, but at least if our people go TCRAS can help lots of animals who really need it and maybe we'll get leftovers!

Rex: Good point, Fido. I guess I should be nicer to Queenie, too. It sounds like she's been through a lot. I'm glad there are good humans out there to help animals like her.

Fido: Me too, Rex!

Tickets are available online at <http://www.tcrascolorado.org/spay-ghetti-dinner/> or in person (308 Weaverville Rd, Divide) or by phone 719-686-7707.

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Glaciation in South Park

by Flip Boettcher



The Colorado that we see today was created some 2.6 million to 13,000 years ago, a relatively short time geologically. It was a time of glaciation, when the glaciers ground, scraped, and polished the terrain. Even 20,000 years ago, the higher elevations still had glaciers, but the peaks and ridges looked about like the present day.

Some of the rocks in Colorado are pre-Cambrian, part of the Ancestral Rockies and the North American core (all continents have a core) and are about 2.5 billion years old, or about half the age of the Earth. Over a long expanse of time with two mountain building periods, the Colorado Orogeny and the Laramide Orogeny, erosion of those mountains, sinking and uplifting, Colorado was formed.

South Park is a rectangular, high-altitude basin, 80 miles long and 50 miles wide, ringed with mountains. The oldest, the Mosquito Range forms the western side of the basin; the Continental Divide forms the northwest and some of the north side; and the Front Range the northeast and east side of the basin; all were formed from 72 to 40 million years ago. The south side of the basin was built by repeated volcanic activity of the 39-Mile Volcanic field from 38 to 28 million years ago, characterized by volcanic bombs, ash and 100 mile per hour mudflows to the north, northwest and east, extending 20 to 30 miles.

Finally, in the past 2 million years, the northwest portion of the South Park basin has been sculpted by glaciers and we come to the topic of geologist and writer Dr. Donald McGookey's presentation, Glaciation in South Park on Friday, August 25, 2017. The above information is from McGookey's talk Geologic Wonders of South Park in 2015, his talk on August 25th, and *Roadside Geology of Colorado*, by Halka Chronic.

About 35 people attended the program which was sponsored by the Park County libraries and hosted by the Guffey Community Charter School. Light refreshments were provided by the Friends of the Guffey Library after the program.

McGookey, born and raised in Ohio, received his Bachelors degree from Bowling Green State University, his Masters from the University of Wyoming, and his PhD. from Ohio State University. He will be celebrating his 89th birthday soon.

McGookey worked for 17 years in various parts of the Rocky Mountains during his career. His interest in South Park started in 1965 when he purchased 20 acres northwest of Fairplay. The small cabin, built in 1989, has a great geologic view across a park to the center part of the Mosquito Range, he said.

A glacier is an extended mass of ice, miles thick in some areas, formed from snow falling and accumulating over many, many years.

Glaciers move very slowly descending from the high mountains as in valley or mountain glaciers. Continental glaciers move slowly outward from accumulation centers.

Glaciers work like conveyor belts, said McGookey, transporting and re-distributing debris over a large area. A young glacier has more "stuff" in it and erodes the surface faster, said McGookey, producing "rock flour" or finely ground rock materials, stated Random House Dictionary.



Dr. Donald McGookey before his talk on Glaciation in South Park at the Guffey school. photo by Flip Boettcher

Upheavals in the South Park basin created tremendous rainfall resulting in glacial accumulation of ice on the east and northeast sides of high mountain ridges, never on the west side, said McGookey. Mountain glaciers start at 12,000 feet and can carve out cirques, a bowl-shaped depression at the head of a drainage, like Horseshoe Cirque above Alma.

There have been three periods, or glacial eras, in the northwest portion of the South Park basin; one extending as far as Alma. Each period did not extend as far south as the previous era, said McGookey. These glacial eras have been about 60,000 years apart and since it has been 60,000 years or so since the last glaciation, the South Park basin is due for another one, McGookey added.

Interesting facts: Colorado has 52 peaks over 14,000 feet, New Mexico has no peaks above 13,000 feet, and Wyoming has no peaks above 12,000 feet, said McGookey.

Everything is cyclical, stated McGookey, nothing really remains the same and he calls Al Gore's theories "poppycock." The period from 1300-1700 was a very hot time, he said, much warmer than today. In fact, he added, we should enjoy the climate right now, because it is the nicest that we have seen in geologic history.

Outdoor Adventures



Shirley Logan from Trout Unlimited assists Kaleb Gentles with tying a fly for fly-fishing in his WPHS Adventure Recreation class.

Woodland Park High School Adventure Recreation Class welcomed Trout Unlimited to show students how to tie a fly for fly-fishing. Stacy Roshek, PE teacher at WPHS, offers this elective class emphasizing outdoor activities promoting cardiovascular fitness and healthy living. Along with fly-fishing, course activities include: archery, geocaching, camping and survival skills, snow-shoeing, hiking, rock-climbing, mountain biking, golf, and disc-golf.

4th Annual People's Choice Car Show

by Flip Boettcher

photos by Flip Boettcher

The parking lot in front of and on the side of the Rolling Thunder Cloud Café in Guffey was packed with unique-restored-vintage-historic-custom cars, trucks, and motorcycles for the 4th Annual People's Choice Car Show on Saturday, September 2, 2017. Sixteen trucks, 14 motorcycles and 19 cars ranging in years from a 1928 Ford Rat Rod to a 2017 Mustang participated in the show and were displayed at the Café. Participants entered were from Penrose, Rockdale, Cañon City, Pueblo, Westcliff, Franktown, Florissant, Cripple Creek, Woodland Park, Colorado Springs and Guffey.

And the winners were: 1st place car — Guffey resident Dave Tilton with his 1963 supercharged R 2 Studebaker Avanti; 1st place truck — the same Dave Tilton with his 1947 Diamond T semi-tractor truck; and 1st place motorcycle — Café co-owner Wayne Walston with his customized 2011 Honda Interstate motorcycle.

Each vehicle had a number on it and people attending the show and viewing the vehicles could vote for their favorite vehicle in each of the three categories: car, truck, and motorcycle. There were so many really great vehicles it was hard to make a choice.

The votes were tabulated and the first, second and third place winners in each category were announced and given awards; first place won a trophy and second and third places won a plaque.

Among the vehicles displayed was a 2004 Chevy SSR which was towing a cute little, matching-color 1956 Dalton travel trailer owned by Florissant residents Terry and Marie Strueland. The trailer had to be torn down to its axle and then was restored, said Terry. Inside were all the original cabinets and Terry said they even had the original mattress. In those days, there was no bathroom in the trailer. Terry said that they do take some modern conveniences, microwave and toaster oven, when they go camping.

An original 1929 Ford Model A pick-up truck owned by Randy Queen was also in the show. The old Ford came up Ute Pass doing 40-45 miles per hour, the speed limit, said Queen. The Ford still has all original parts and Queen pointed out "Ford" in the headlight lens and on the top of the headlight itself. It seems Henry Ford had all the parts on the vehicles he produced stamped with "Ford." According to Queen, his truck is one of the first Model A's produced, which were designed by Henry's son.

The winning Avanti was restored by Tilton, all except the paint job, he said. An interesting feature of the car is the pull-out, velvet lined, vanity case in front of the passenger seat, instead of the glove box. That was for the wife to put on her make-up while cruising down the highway, Tilton explained.

The winning Diamond T is a "rat rod," said Tilton. That means leaving the rust on the body of the vehicle and painting over it. The Diamond T now has a modified Chevy 1 ton pick-up chassis and engine, said Tilton, and has a home-built bed on the back which was holding his three-wheel motorcycle,



also entered in the car show.

Walston customized his motorcycle from front to back fender himself with beautiful results. He used to race for Honda and continues to love motorcycles.

Mark "Wolf" Johnson, owner of the Rocky Mountain Wildlife Foundation, was at the event with his wolf, Thor. The RMWF is located a few miles north of Guffey on the top of Gold Hill. The RMWF is a non-profit 501(c)(3) corporation dedicated to rescuing injured, neglected or abused captive-born wolves and wolf-dogs. Currently there are 18 residents at the foundation.

The RMWF encourages learning about and understanding wolves, learning how to safely live with wild-life and how humans and wolves interact. The RMWF gives free daily tours which include interacting with the wolves. Call 719-660-5480 to book an appointment and visit their website: www.rmwf.org.

Johnson, who is always fundraising for the foundation, is now featuring wolf fur bracelets and key chains as well as other wolf-inspired crafts by Native Americans and local artists from Colorado Springs and Florence, he said.

A trio of local musicians, Bernie Mann, guitar and vocals; Diane Mann, upright bass; and Paul King, banjo; entertained the crowd with folk and bluegrass favorites throughout a beautiful afternoon at 8,600 feet in the Colorado mountains.

Second and third place winners in the three categories were:

- Cars:**
- 2nd place Dean Olson (Cañon City)
 - 1959 Studebaker Silver Hawk
 - 3rd place Allen Verdeal (Guffey)
 - 1957 Chevy Belaire



Top: Winning Studebaker Avanti on the left and the winning Diamond T Semi-tractor on the right, both owned by Dave Tilton. Inset: This is the life. Owners Terry and Marie Strueland relax with their 1956 Dalton Travel Trailer at the car show. Cover: Randy Queen with his 1929 Model A Ford pick-up truck.

Trucks:

- 2nd place Dale Cox (Guffey)
- 1956 Chevy P-U
- 3rd place Rose & Bert Turner (Florissant)
- 1936 Chevy P-U

Motorcycles:

- 2nd place Scott O'Kelly (Woodland Park)
- 2000 Yamaha
- 3rd place Sally Peterson (Guffey)
- 1989 Harley Davidson.

American National Insurance co-sponsored the event, along with support from Pikes Peak Credit Union and O'Reilly Auto Parts of Woodland Park, said Geordi Walston, co-owner of the Café.

The first year, 2014, there were 25 cars/trucks and 15 motorcycles. In 2015 there were 14 cars/trucks and 11 motorcycles. Last year, there were 15 cars/trucks and 10 motorcycles in the show. This year topped them all.

If you missed the People's Choice Car Show this year, plan on the 5th annual event the first Saturday in September, 2018.

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Life-Enhancing Journeys What did you say?

by Barbara Pickholz-Weiner

With last month's article, *Self-Talk, in mind*, here is a supplement to that column.

Now that you have some information about speaking to yourself in a kinder, more supportive manner, it's time to focus on *how* you hear what others are saying to you. What you perceive depends upon how you were raised and what you heard growing up, what you say to yourself quietly inside, as well as the history you have with the person with whom you are communicating.

Communication is one of the essential components of creating trust. Without trust, there's very little of anything productive or positive that can occur within the relationship. Mastering skills which enable you to interpret conversations in the manner in which they are intended leads to a more fulfilling connection to others.

How often have you misinterpreted another's concern for you simply because you became triggered by what they said? Could this be due to a hurtful or thoughtless experience from your past of which you are unaware? This is a primary cause of conflict among friends, couples, coworkers or family members. What you hear and what was said may be different. "That's not what I said or meant..." is a common response from the stunned speaker. They become perplexed as to how the conversation went in such an unexpected direction.

Here is an example. Several years ago, as I was sitting in the food court in the St. Louis airport awaiting the departure of my flight home, I overheard a conversation between a husband and wife (the tables were so close together that it was impossible to ignore them).

"Honey, I'm taking the camera case and the duffle bag and I'll meet you at the gate... I'm taking the camera case and the duffle bag... I'll meet you at the gate...now remember, I'm taking the camera case and the duffle bag... I'll meet you at the gate..." After the husband repeated this message several times, he walked away. The wife, noticing that I had obviously overheard the

conversation, turned to me and disclosed, "...my husband thinks I'm an idiot...he thinks I'm so stupid..." In that moment, I had several choices: I could ignore her, nod politely or communicate what I heard her husband express, which was the option I chose. "Wow! That surprises me... I heard what your husband said so differently than what you expressed..." Clearly, her interest was piqued. "What do you mean?..." she asked. The words that came out of my mouth were as follows: "What I heard him say was how much he loves you...his desire was to make your load lighter and that he wanted to make sure you will not worry when you gather up your bags because he took the two items..." The expression on her face was one of utter amazement. "Oh my God! I would have never gotten that in a million years...I much prefer your version than my own..." she said. "Thank you so much...From now on, I will hear my husband talking to me more positively in my head instead of my own critical voice..."

Obviously, I knew nothing about who this woman was or what her relationship was like with her husband. However, witnessing the exchange between the two of them helped me to realize how unaware the wife was to her husband's true motive, which was to make her life easier by reducing her anxiety.

When we become frightened, our brain is hard wired to activate our primitive survival mechanisms. Fear can be paralyzing whereas anger generally is activating. Becoming enraged enables you to create enough energy to take action instead of feeling stuck. Be aware, however, that the choices made while in survival mode may cause an unintended and distressing outcome because those choices are based on an automatic reaction. When you give yourself two seconds to respond instead of react, the outcome is usually more beneficial.

Have you ever had an experience, for example, where you came home later than expected and your partner yelled at you? "Where have you been... who were you with...how stupid could you be coming home

this late especially because you have to get so up early tomorrow...?" If you were to give yourself a breath (so you can respond instead of react), you'd likely recognize that the harsh tone was more out of fear than anger. If your partner was able to slow down enough and breathe, there could be acknowledgement that the reaction was likely based on their concern that something was terribly wrong; what if you were in a car crash or worse...dead! Reacting to anger by raising one's voice would seem reasonable once you've realized it was more out of panic than rage.

When you give yourself two seconds to respond instead of react, the outcome is usually more beneficial.

Understanding what the person is intending to convey is valuable. Consider reframing what you are hearing from your loved one. How about giving yourself a breath and acknowledging to yourself, "I'll bet s/he is afraid something was terribly wrong...s/he loves me so much that if I were injured or dead, that would be devastating to him/her..." Wouldn't your response be so different once you've realized that their reaction was out of concern for you and their anxiety that there was something wrong? Might you feel some compassion for them? Rather than yelling back, give yourself a moment to breathe (enabling you to respond rather than react), and then acknowledge their emotions; "...You seem really upset...I'm sorry to have worried you...next time I'll call if I'm going to be more than 15 minutes late..." The outcome of that conversation will be much more productive and possibly even bring the two of you closer.

Last winter, I returned home from my office later than expected. My husband ar-

rived home before I did. "Barbara, you left the garage door open..." he informed me. Because our house had been broken into a few years ago, my husband's distress was even more understandable. Considering that I had been practicing effective communication skills for a long time, I still fell into the automatic, defensive trap. "No I didn't..." I blurted out, even though it could have been no one other than me. After I gave myself a breath and moved past survival (defensive) mode, I realized that there had been snow which accumulated under the garage door so when I closed it, the snow prevented the door from remaining down. My next action (now that I could think rather than react) was to ask my husband what ideas he had to prevent this from ever happening again. "How about if you stay in the driveway until the garage door is closed?" he suggested. "What a reasonable solution!" I acknowledged. "Thanks for your suggestion..." finally came out of my mouth. When I was able to engage my rational brain instead of my panicked brain, hearing the concern my husband was expressing then became possible. Since that experience, asking for his input and suggestions has become easier. As my mother always said, "two heads are better than one..." and she was right. Asking for another's perspective can open up far more possibilities. Rather than viewing yourself as incompetent, consider recognizing yourself as quite clever by asking for assistance from others.

Transforming your usual method of assuming and functioning will take effort, no doubt. Initially it may feel uncomfortable or unnatural. Do it anyway. It's worth the effort. Remember, practicing the new patterns will serve to reinforce the changes to the way you perceive experiences as well as to how you act. Now that's a rewarding change!

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 719-687-6927 or text 719-510-1268.



Rampart Library news Call out for war letters

by Michelle Dukette

photo by Michelle Dukette

I have always been drawn to war letters. I recall as a teenager joining my grandmother, Beatrice, as she rummaged through a dresser drawer in the attic searching for something that has long escaped my memory. What I recall vividly was her lifting from the drawer a handful of letters, lovingly tied together with a faded and worn yellow ribbon. When I asked what they were she told me they were letters that my grandfather Michael had written to her during World War II.

Years later, after both of my grandparents had passed away, I inherited these letters. It was not, however, until recently that I decided it was the right time to read their contents. As a person who has always been fascinated with the history of World War II, I wanted to delve deeper into the world that my grandparents experienced. What I discovered were not the details of war that I had hoped to find, but letters in which my grandfather poured upon pages and pages, his affection for my grandmother.

It occurred to me that letter writing was a form of escape for my grandfather — a moment in which he could close out the hardship, brutality and nightmarish reality of war, and focus on one of the few things that gave him solitude and happiness during that horrific time — his love and affection for my grandmother. I do not have any written responses from my grandmother to his letters. Either she did not write him back, or the letters he received were lost or impractical to save as he traveled with the US Army Air Corps 12th Bombardment Group, 434th Bombardment Squadron a.k.a. *The Earthquakers* through Africa, India, Burma and Italy.

As an adult, my husband and I were in a long-distance relationship, he in Colorado and I in New York. During our courtship, letter writing was often on my mind. I thought about others throughout history who may have had such relationships and in particular couples during World War II who spent years apart but remained intimate through letters. During that time, I came across a story in the *Charlotte Observer* called "Dreaming of Evangeline: World War II Love Letters Found on eBay Tell

the Story of an Unlikely Romance". The article told the story of Evangeline Poteat, a 22-year-old who worked in a munitions plant in North Carolina during the war and the string of letters that were sent to her overseas from admiring soldiers. One soldier in particular, named Teal struck a chord with Evangeline and the two fell in love through their correspondence during wartime. Teal asked her to marry him before they met in person and when he retired home from the war, they married, had two children and were together until Teal's death in 2001. The story was so beautiful and inspiring to my husband and I that we had the names Teal and Evangeline engraved into our wedding bands as a reminder that such love, one in which physical distance carries no weight, has always existed. These war letters, written by total strangers decades ago, magically had a direct impact on our lives.

Throughout American history writing letters during wartime was highly encouraged. Letters helped lift the spirits of soldiers who needed temporary respite from what often seemed like dire and hopeless circumstances, provided hope for a brighter future as well as a reminder of the reason they were fighting — primarily for freedom and democracy, but on a more intimate level, for family, friends and loved ones. Wartime letters were and are a tether to home. They are a lifeboat for soldiers who are often drowning in the fear and horror of war, and in some instances, such as was the case with Teal and Evangeline, they were life changing.

War letters give us a valuable perspective on history. They are a window into the past that has been unfiltered by historians and writers of textbooks. Alongside oral histories, they are the unique treasures of our past in which we can learn human emotion, perspective, and the fine details of experience. They are mementos of the past that hold extreme value, they are our national treasures. They are also under a threat. Often not seen as being of any value they are sometimes discarded, lost, or left to deteriorate. Saving these letters and sharing them is critical. Without the individual voices of



Box of wartime letters from Michelle's grandfather Michael Petrazzoulo — 12th Bombardment Group—Army Air Corp—World War II. aka The Earthquakers.

history, we lose a great deal of perspective and experience forever.

The Rampart Library District in partnership with the Ute Pass Historical Society are planning an exciting exhibit to be displayed November and December of 2018 at the Woodland Park Public Library featuring the history of letter writing during wartime. We are asking at this time for individuals in our local community to search through their own history — to explore your desk drawers, dressers, and boxes and ask family members involved in war efforts to contribute letters. We are looking for letters from any time period — from the Revolutionary War to the current campaign in Afghanistan; letters written overseas or on the home front. Letters, cards, postcards and telegrams from husbands, wives, brothers, sisters, aunts, uncles, friends, and children. Handwritten, typed, or in email form — all contributions are welcome.

Letters and photographs will be scanned and immediately returned to contributors. For more information and to arrange a time to contribute a wartime letter, please contact Michelle Dukette at 719-687-9281 or send an email to michelled@rampartlibrarydistrict.org. Deadline for submittals is February 1, 2018.



The sign board in front of The Ice Cream Shop in Florence.

Florence Blooming and re-blooming

by Flip Boettcher

photos by Flip Boettcher

The latest business to blossom in Florence is The Ice Cream Shop on East Main Street. The Ice Cream Shop is managed by Brian, no last name — he likes to remain behind the scenes but he scoops up a great ice cream cone. The shop features 35 ice cream flavors, malts, shakes, and root beer floats made with Anne and Manne homemade ice cream from Colorado Springs. The shop also serves espresso and lattes and serves Kaladi coffee hot, iced and Frappuccino.

Brian also sells Breezesta outdoor furniture country-wide and furnishes the shop with the furniture. Breezesta furniture uses recycled plastic milk jugs, hence Brian's website: www.lusedtobemilkjug.com.

Going further west on Main Street is Ito's Steakhouse and Sushi at its new, remodeled location. Ito's had its grand opening September 19 and it is absolutely gorgeous inside and the food is quite good, according to Willie Miller, co-owner/operator of Willie's Antiques.

Willie's Antiques at the corner of West Main and Church Streets with the fountain in front is also re-blooming with a face lift, a new roof, siding, paint and an awning. Willie and her husband John bought the building and started the antique store nine years ago, Willie said. Florence is reputedly said to be the antique capital of Colorado.

It was just a little over a year ago that Netflix was in Florence filming *Our Souls at Night*, based on a book by Colorado native Kent Haruf starring Robert Redford and Jane Fonda. The movie was finally released by Netflix September 29, for those interested in how Florence looks in the movie.



Ito's Steakhouse and Sushi at its new remodeled location on Main Street.

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Mueller State Park

by Linda Groat

October is a fine month to visit Mueller State Park! The aspen trees are golden and the air turns crisp hinting at winter to come. Visitors are invited to join in the hikes and programs planned for fall.

Several guided hikes are scheduled to take advantage of the beauty of this month. In addition, folks can join in on the Fall Challenge Hikes! The Challenge is to hike all the trails at Mueller, about 60 miles, in 4 weeks. Guided Challenge hikes are offered three times per week, or hikers can do it on their own. Those that complete the Challenge will receive a certificate and prize to commemorate their effort!

Take advantage of a less busy time at the park — camp, hike or bring your horse to stay at our Equestrian campsites. We hope to see you on the trails!

- 3 Hike: Cahill Trail Loop meet at Grouse Mountain Trailhead at 1:30 p.m. Join Naturalist Penny on this moderate 2.5 mile hike, exploring the flora and fauna of Mueller all the way and enjoying the beautiful colors of the aspens.
- 3, 5, 7, 10, 12, 14 Fall Challenge Hikes meet at 8 a.m.
- 4 Hike: Buffalo Rock Trail meet at Grouse Mountain Trailhead at 9:30 a.m. Join Naturalist Rose for this beautiful 4 mile hike through aspen and pine forest, meadows and Cheesman Ranch.
- 4, 22 Hike: Homestead Trail. Meet at Homestead Trail at 1:30 p.m. Oct 4, and 9:30 a.m. Oct 22. Take a pleasant 2 mile hike through forest, meadows and rock formations with Naturalist Penny.
- 7 Children: Animals in Autumn 10 a.m. Join Naturalist Karleen to learn all about animal behavior in the fall! We'll make fun crafts and see some real animal pelts.
- 7 Hike: Lost and Geer Ponds meet 1 p.m. at Homestead Trailhead. Head out on an invigorating 5 mile hike with Naturalist Karleen. We'll travel through dense forest, open meadows and visit two ponds. Bring plenty of water and wear closed-toed shoes.
- 7 Elk Bugling Hike at 5:30 p.m. Every fall,

bull elk seek out and compete for females. Visitors over the age of 10 can witness this amazing yearly event with Naturalist Jim. This is a 3 mile round trip hike, returning after dark. Please sign up at the Visitor Center via walk-in or by calling 719-687-2366.

- 8 Hike: Elk Meadow Trail meet at 9:30 a.m. at Elk Meadow Trailhead. Examine tracks and signs of the animals that live in Mueller State Park as you hike Elk Meadow with Naturalist Rose. This unique trail is a moderate 2 miles.
- 8 Children's Story Time: Bats at 10 a.m. Celebrate the fall season and learn about one of nature's most interesting mammals! Read a story with Naturalist Karleen and make a fun craft.
- 8 Auditorium Talk: Bighorn Sheep at 1:30

p.m. To the south of Mueller State Park, lies Dome Rock State Wildlife Area, home to the bighorn sheep. Join Naturalist Karleen for this informative talk about Colorado's state animal!

18 Hike: Nobel Cabin Trail meet at 9:30 a.m. Black Bear Trailhead. Join Naturalist Rose on a 4 mile hike to Nobel Cabin. Imagine what it was like to attempt to homestead this area without modern amenities. Learn about some of Mueller State Park's early residents.

Mueller events are free; however, a \$7 day pass or \$70 annual park pass per vehicle is required to enter the park. For more information, call the park at 719-687-2366. All events meet at Visitor Center unless otherwise specified.

2017 Mueller Hiking Challenge

by Barbara Berger



There are 37 Trails, 4 weeks, 60+ miles, and 24 hikers who started on Tuesday September 19, 2017. How many will finish? Organized and led by Volunteer Naturalist Nancy Remmler.



Some of the trophies to be given out at this year's event.

MTCC's Aspen Valley Ranch Race

by Deborah Maresca

October 7, 2017, Mountain Top Cycling Club will host its 3rd Annual Mountain Bike Race at Aspen Valley Ranch at 1150 South Road in Woodland Park. This is a wonderful opportunity for youth and adults to get out and mountain bike before the end of the season.

Children from 2-5 can ride in the Strider (Balance Bike) races. We have trophies for ages 2-3, and 4-5 in both girls and boy categories, 1st, 2nd and 3rd place. MTCC hopes to see more young riders at this year's race. Last year, any girl that raced would have received a 1st place medal. Youth from 10-18 registration fees are \$20 and will ride one or two laps on the adult course. Youth from 6-9 will have a shorter course and their fee is \$15. Strider racers will have a \$10 fee. We have medals for each age group and category, boys or girls. Youth racers will only race their own youth their age. We want the children to have fun!

Dr. James Wiley from Ute Pass Family Chiropractic is our title sponsor for this event and deserves all the credit. Dr. Wiley's brother from Spangalang Brewery in Denver will be providing some adult beverages. Shawn Keehn from the Coldwell Banker "Dave Brown Team" is a Summit level sponsor for Mountain Top Cycling Club and will be supplying all the medals for the race. A special Thank you to Steve Roshek from Coldwell Banker "First Choice in Realty" for providing the Strider trophies and being an Alpine level sponsor on such late notice. Teller County Search and Rescue will be providing all the volunteers that will help to put on the event in exchange for a donation. The Food Pantry will be on site providing a

free lunch to the volunteers and will be selling lunches by way of a concession stand for all the riders and spectators. This will be a fundraising opportunity for these non-profits as well. MTCC would also like to thank the City of Woodland Park for the use of the city's cones for the race and Paul from Team Teletycle for helping to mark the course. Strider at #Strideon donated 15 super hero caps to give out to the first 15 to register for the 2-5-year-old children.

We will also have adult categories, like Fat-tire, Single-speed, Masters for those over 55, and Cat. 3 for beginner races, Cat. 2 and Pro categories. Riders can register at USA Cycling for \$35 but will need a one-day \$10 race license if not already registered with USA Cycling. MTCC will cover the cost of the license for all youth riders 2-18 unless they ride in an adult category. Northern Teller County EMS will be on site as well as USA Cycling Officials.

Registration is available at USA Cycling and active.com, walkup registration will be available starting at 8 a.m. You can register up to 30 minutes before your race begins. At 9 a.m. Cat. 2 will race 3 laps, 9:30 a.m. Cat. 3 riders will ride 2 laps, Cat 1 pro's will do four laps, then at 10:30 a.m. Fat-tire, Single-Speed and Clydesdale/Athena racers will start for 2 laps. At 11:15 a.m. 55+ Masters will race, 11:30 a.m. Juniors 10-18 will race 1-2 laps, 11:45 a.m. 6 to 9-year-old children will race the short course and at noon the Strider races will take place. Any balance bike will be able to race. If you have any questions please feel free to contact Deborah Maresca 719-689-3435.



Elizabeth Freer was excited to win Best Costume for the 4th Annual Bike the Night. She rode the 8 mile course with her father, while other children rode the one and half mile loop through town.

4th Annual Bike the Night

by Deborah Maresca

Bike the Night on August 26, 2017, a bike event hosted by Mountain Top Cycling Club, was a great night of family fun and traditions. Leaving from The Ute Pass Brewery with a police escort on Hwy 24 to Centennial trail, thanks to the Woodland Park Police Department and officer Avery. The kids enjoyed riding the 1 and ½ mile loop, or the 8 mile loop with their family, while the adults rode the 12 mile loop. Riding through the tunnel that went under Hwy 24 was a highlight. Families enjoyed the salad, fruit and pizza party afterwards. Mountain Top Cycling Club enjoyed giving out \$200 in prize money for the Best Costumes and Use of Lights on a bike. Everyone won a prize for being at the event. The parents liked the glow in the dark t-shirts.

Thanks goes out to the Woodland Park Lions Club, and club members Scott Adams, Keith Marcantel and John Thompson for volunteering.

~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.

BRECKENRIDGE

ADULT programs

3, 10, 17, 27 Tech Help at South Branch 3-4 p.m.

7 Self-Publishing 101 Workshop 10-11 p.m.

21 Cardmaking with the Fairplay Craft Group 1-3 p.m.

31 Classic Film Series: *Psycho* 4:30-6:30 p.m.

• Through Nov 9 Pick up a Bingo Sheet at any of the three library locations for the Adult Fall Reading Program. "I Read Past My Bed-time." You have until November 9th to complete your Bingo Sheet to win prizes.

Teen programs

11, 25 Teen Advisory Board 5-6 p.m.

16 Adulting 101: Sewing 3-5 p.m.

31 Teen Halloween 4:30-7 p.m. Children's programs

3, 4, 10, 11, 17, 18, 24, 25, 31 South Branch Storytime 11-noon.

31 Be sure to dress up for trick or treating at the library!

BUENA VISTA

6, 13, 20, 27 American Legion BINGO at American Legion Post 55

6, 13 Farmer's Market 3-7 p.m. South Main Town Square.

7, 14, 21, 28 Community Dog Walk 9-10 a.m. at Gone to the Dogs.

7 Creekside Bi-Annual Craft Fair 10-4 p.m. at Creekside Gatherings 203

23 Cedar St. Kids make n take, refreshments, holiday gifts and more.

7 Salida Circus performs at the Watershed 3-5 p.m. 410 E Main St.

10 Celtic and Old Time Music Jam 6:30-8:30 p.m. at Creekside Gathering Place 203 Cedar St. Call 719-395-6704.

10, 17, 24, 31 Hip Hop Dance Class 7:15-8:30 p.m. at BV Community Center

13 Swing Crew Concert 3-6 p.m. at Mt. Princeton Hotspings Resort. More info www.mtprinceton.com

13 BV Community Dance 7-9:30 p.m. at Congregational United Church of Christ, \$4/\$2 for students. Call 719-395-6704 for more information.

14 Walk for Freedom 1 p.m. at Forest Square park next to the Chamber in Buena Vista. It will be our 4th Annual Walk! The purpose of the walk, operated by a global anti-human trafficking organization called A21 is to raise awareness about the millions of men, women, and children who are still trapped in slavery today. By fundraising and rallying thousands of people around the cause the belief is that this event will be the catalyst for the rescue and restoration of human beings who are being exploited as commodities. Walk For Freedom is distinctly recognized by its participants who are in single-file lines, wearing black shirts and yellow bandanas across their mouths. You'll see these lines in places all over the world — from in front of the Eiffel Tower

in France, to along the Hollywood Walk of Fame in America. "We are utterly convinced that slavery can be eradicated in our lifetime. Walk For Freedom is definitely one of the most impacting things that we do at A21. It is a tangible, practical, and doable thing for every single person. All of us can put our feet on the pavement and use our steps to make a difference," says Christine Caine, A21's founder. Register online at www.bvhope.org by October 6. Call Beth Ritchie at 719-395-6939 for a Freedom Walk T-shirt or wear black the day of the walk. Visit A21.org and A21.org/walk for more information. Amazing! People can go to bvhope.org and click on the 2017 walk for Freedom banner and register on line through A21.

17 McVicker Concert 7-9 p.m. at ClearView Community Church.

28 Pumpkin Carving Contest 10-11 a.m. at Faith Lutheran Church 719-395-2039.

29 VFW All You Can Eat Breakfast 9-noon at VFW Post 27318 CR 314. 719-395-2929.

29, 30, 31 Haunted Nights at Turner Farm 7-9 p.m. 829 W Main St.

CANON CITY

4, 11, 18, 5 through Dec 20. NAMI Family-to-Family is an evidence-based, educational program for family members and friends of people living with mental illness taught by teachers who have also lived with these experiences.

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

11 Colorado Legal Services 1:30-3 p.m.

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

26 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 1-2 p.m.

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

27 Cross Disability Meetings for persons with disabilities 10-11:30 a.m. All in 2nd Floor Conference Room unless otherwise noted. For more information call 719-689-3584.

Save the date: November 4 Christmas Tea for the annual Gold Camp Christmas Event 11:30-1:30 p.m. at the Aspen Mine Center in Cripple Creek. Reservation required for proper seating. \$15 each individually or by the table. Call for reservation. If you can Host or Hostess a table also call Kathi at 719-659-3599. Includes lunch, door prizes and program.

PARK N REC

3 Girl Scouts 4:30-6:30 p.m.

14 Indoor Archery Tournament 1-3:30 p.m. Registration required.

27 BOOzaar - 21st Annual Halloween Party 5-8 p.m.

31 Trunk Trick or Treat 5:30-7:30 p.m. Kids costume contest.

DIVIDE

13 The 20th Annual Potato Soup Supper 5:30-8 p.m. at the Pikes Peak Community Club 1122 U.S. Highway 24, Divide. Potato Soup, salad, roll, drink and dessert — all for \$5 Entertainment provided! Join UPHS in celebrating the history of the crops grown in the Ute Pass area. For more information, please call 719-686-7512 or check our web site utepashistoricalsociety.org.

9, 23 Little Chapel Food Pantry distribution by last name beginning with: A-H 3:30-4:30 p.m. I-Q 4:30-5:30 p.m. R-Z 5:30-6:30 p.m. This is a drive-up distribution to avoid traffic issues.

FAIRPLAY

31 Haunted Museum opens its gates, 5-6:30 p.m. The South Park City Museum closes Oct 15-30, and closes for the season Nov 1.

BPEEC

7 Felting Boot Liners 1-4 p.m. Winter is coming and so is Christmas. Treat your feet (or the feet of someone you love) to the cozy luxury of alpaca boot insoles handmade by you! Great for shoes, boots and ski boots. Easy and fun. \$25.

10 Last Plant Hike of the Season! Join Dr. Eric Chatt for an easy hike along our beautiful Sacramento Creek and nearby forest. Eric, who is a trained naturopathic physician, will show you how to identify local, native plants and understand their fascinating medicinal properties. 9:30-11 a.m., Free!

13 River Watch Monitoring, Volunteers needed! Free training on scientific sampling methods and stream health and ecology. 8:30 to 12:30 p.m.

28 Halloween Open House 5-8 p.m. Join us for a spooky fun, free event. Hiking, ghost stories and a possibly a visit from Big Foot himself as well as a special guest speaker. Learn about the Big Foot legend along with other scary tales. Go on a Sasquatch hunt along beautiful Sacramento Creek. There will be a fire, cider and marshmallow roasting, weather permitting. Dress warmly. Free!

ASPEN MINE CENTER

Last Month, the Aspen Mine Center introduced a new, on-going series

of MANY gift certificates, art, merchandise, dining services that have been donated by local businesses. Held at CVFD 8015 Severly Dr. (Right, at the stop light on Hwy. 24) Call: 719 684 9549 (FD messages) or 719-551-0418 for donations or more information.

COLORADO SPRINGS

3 Karma Hour at Bristol Brewing Company, 1604 S Cascade Ave, Colorado Springs 80905. 5-9 p.m. Support ONWT!

13 Old Colorado City Historical Society presents "Along the Huertano." Doors open at 10:30 a.m., program begins at 11 a.m. Light refreshments served. Free for members, \$5 for non-members. For information call OCCH at 719-636-1225, 1 South 24th St.

24 PPACG Area on Aging offers Social Security 101 from 5:30-7 p.m. Classes are free and will be held at PPACG Area Agency on Aging, 1400 South Chestnut St. Class size is limited, so please call to reserve your place 719-471-2096. PPACG Area Agency on Aging counsels and educates on Medicare, health insurance, and empowers seniors to live independently. Our trained staff and volunteers provide educational presentations in the Pikes Peak Region.

25 "Sound Alliances: A Celebration of Indigenous Music and Culture" brings together Indigenous musicians from Taiwan, Scandinavia and the U.S., along with Native and non-Native music scholars, at a symposium at Colorado College. Approximately 25 Indigenous performance artists, scholars and musicians will give presentations at the event. They will be joined by approximately 75 other music scholars along with CC faculty, students and staff, making it the largest gathering of its kind in Colorado Springs, says CC Professor of Music Victoria Levine, who is coordinating the symposium. Visit www.coloradocollege.edu for more information.

GARDEN OF THE GODS VISITOR & NATURE CENTER

7 The 3rd Annual Fossil Dive Celebration. Free event.

15 Plein Air Paint with Chris Alvarez. Join Chris 9-noon. \$50 per person, reservations required.

29 Live Wolf Presentation: The Wolf an animal to be respected not feared 2-3 p.m. Reservations required. For more information or reservations call 719-219-0104 or email programs@gardenofthegods.com. 1805 N. 30th Street, Colorado Springs, CO 80904.

PIONEERS MUSEUM

14 Dig Day. Can you DIG it? Hands-on opportunity for families 10:30-11:30 a.m. Donations welcome! Families are encouraged to RSVP online at cpsm.org or by calling 719-385-5990. 215 S. Tejon Street.

16 Children's History Hour: What happens when you dig a hole? 10-11:30 a.m. Donations welcome! Families are encouraged to RSVP online at cpsm.org or by calling 719-385-5990. 215 S. Tejon Street.

28 Halloween History Hunt 10-2 p.m. RSVP online at cpsm.org or call 719-385-5990.

CRIPPLE CREEK

6 Teller County Honors Veterans. Information, inspiration and camaraderie for all vets, all wars in and around Teller County. Public invited. Featuring the historic Vietnam Helicopter. Lunch provided by Bronco Billy's held noon-6 p.m. at the Aspen Mine Center. The CC-V Choir will be performing the Star-Spangled Banner, and several students will be presenting biographies of military members (active and retired) that are close to them.

7, 21 The Jail Museum in Cripple Creek invites you to join the Pikes Peak Crip and Parmanul team for a Live Investigation of the Jail. Although paranormal activity has occurred in the past, there is no guarantee activity the night of the investigation. The investigation will take place from 7 p.m. until midnight. Guests are welcome to bring any investigative equipment. Tickets are \$35 per person 18 and older only please. ONLY 10 tickets will be sold to each event. No refunds. Contact the Jail Museum to reserve your ticket at 719-689-6556.

14, 21, 28 Ghost Walk Tours at 1 p.m. Meet at CC District Museum and the trolley takes us to the Jail, we walk back to the museum. Free! Donations welcome.

27 CCV Pioneers Drama Dept. will be hosting a haunted house at the Jail Museum 5:30-7 p.m. (Same night as the Boozaar at Parks and Rec).

ASPEN MINE CENTER

Last Month, the Aspen Mine Center introduced a new, on-going series

continued on next page

~OUT AND ABOUT~

to the community, a Medicaid Education Center-Upcoming Events. Contact Beaver Ponds at 719-838-0123 or email us at info@beaverponds.org

FAIRPLAY LIBRARY

20 Let's Celebrate our Fall Season at Fairplay Community Center 880 Bogue St. Community Potluck 5 p.m. Followed by a lively band dance featuring River's Edge (Randy and Carole Barnes & Friends), special guest mandolin Amanda Smith York, with Randy as caller/teacher, do not worry if your dancing is rusty; he will guide us through. This family fun free event is a "Thank You" to our community and is sponsored by Park County Public Libraries -Fairplay Branch.

FLORENCE

28 The Florence Pioneer Museum will be having an Estate Sale starting at 9 a.m. in the new building they are buying next door to expand the museum! Our Estate Sale includes things that patrons have given to the museum for the purpose of selling for fundraising efforts. We have big finds to raise with the buying of the building next door. See our website: www.florencepioneer.org and check the link "Building Fund" for our newest fundraiser "Bricks for Bucks".

FLORISSANT

20 Night Sky Program 7:30-10 p.m. at Florissant Fossil Beds. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above Florissant Fossil Beds in search of planets, galaxies, nebulas, and more. Meet at the Visitor Center. For more information call 719-748-3253 ext. 202.

20-22 The Way of the Leopard. John Lockley is a senior Sangoma of South Africa from the same lineage as Nelson Mandela and Desmond Tutu. We will gather around a fire on the 20th at 7 p.m. at The Sacred Earth Foundation, 633 Valley Rd. Florissant, CO for Shaking Medicine where John will have us moving our spirits and our bodies. Oct 21-22 John will offer an intensive workshop with teachings on the 3 levels of dreaming, to reconnect to Mother Earth and the Lion like a leopard. John will also offer private sessions of divinations by Throwing the Bones by appointment only: contact pati@sacredearthfound.org. www.sacredearthfound.org.

21 Family Fall Festival. Want some good wholesome family fun to celebrate fall? Come to the FREE Family Fall Festival 4-6 p.m. at 2009 County Road 31 (Florissant Grange). This fun event is sponsored by Peak View Baptist Church (next door to the Grange). There will be games, face painting, chili, hot dogs, and lots of family fun!

21 The Pikes Peak Historical Society Annual Auction starts at 2 p.m. at the Lake George Charter School gym/auditorium. This auction is a major fundraiser for the Pikes Peak Historical Society, a non-profit organization which maintains two free museums in Florissant. The PHHS also provides free educational programs throughout the year. This organization and their sponsored events are funded by membership dues and donations. The funds generated by the annual auction supplements these funds. A variety of items will be offered for purchase at the upcoming auction — gift certificates to local stores, food items, antiques and collectibles. Credit cards are accepted as well as cash or check donation. The Lake George Charter School is located on the south side of Highway 24 just 2.10 mile west of the Ferrell Propane lot. Viewing begins at noon, auction starts at 2 p.m. Drinks and a snack lunch will be available for purchase, benefiting the school Student Council, during the pre-auction walk through. For more information contact Scott Adams at 719-748-9035 or John Rakowski at 719-748-3861.

FLORISSANT GRANGE

See Home on the Grange page 13.

FLORISSANT LIBRARY

2 Who Picked This Book Club? 11:30 a.m. Board Room. This is a non-traditional, off-the-wall book club — the idea is to enjoy alternative books and activities. No 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. October: Colorado History, the book club will be meeting at the Pikes Peak Historical Society, November: Children's Picture Books.

4 Free Legal Clinic 3-4 p.m. Pre-registered by calling 719-748-3939.

6, 13, 20, 27 Storytime 10:10-10:45 a.m. Join Miss Leslie for stories, songs, and fingerplays. Recommended for ages 3 and up.

9 Rampart Library District will be closed for Columbus Day.

11 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.

18 Bookworms Book Club 10:30-noon. Currently reading: *Me Before You* by Jojo Moyes. November Book: *Fahrenheit 451* by Ray Bradbury.

23 The 3rd Annual Pumpkin Decorating Contest begins. Theme: Favorite Cartoon Character. No carving, only decorating. Please pick up pumpkins by Nov.2.

23 Florissant Library will open late,

hours 1-5 p.m. **Check it Out!** Florissant Public Library now has sports equipment available for checkout. Stop in and grab a basketball, football or soccer ball to use at the park! Check out times are for one week and require a library card.

THUNDERBIRD INN

5, 12, 19, 26 Thunderbird Inn Open Mic Jam 7 p.m.

GUFFEY

BAKERY AT STRICTLY GUFFEY

5 Sound healing with Bill O'Connell 6-7:30 p.m.

7, 14, 21, 28 Yoga, Saturdays 8:30-

9:30 a.m. 8 Introduction to Silver Clay Jewelry with Dana Peters 12-4 p.m. 19 Talking Threads 10-12 pm. 19 Drum Circle 6-8 p.m.

BULL MOOSE

7 Guffey SteamPunk Festival! Piz & Pitbull 10 a.m., music by Foggiest Notion 1-4 p.m. Silent auction, vendors, high noon shotgun wedding, prizes for best costumes, face painting, and more!

13 Octoberfest Party hosted by Piz & Pitbull 5 p.m. German food, music and prizes for best costumes open 6:30 p.m., movie at 7 p.m. 6 Night of the Living Dead

13 The Phantom of the Opera

20 The Killer Shrews

27 The Brain that Wouldn't Die

For more information, visit emmacrawfordfestival.com or horror-movie-nights.html or call us at 719-685-1454.

PALMER LAKE

19 The Palmer Lake Historical Society will present the program "A Pot-pourri of Rarely-Seen Rich Luckin Videos" by multi-award-winning documentary filmmaker Rich Luckin, held in the Palmer Lake Town Hall, 28 Valley Crescent. Doors open at 6:30 p.m., program begins at 7 p.m. and is free and open to all. Visit www.palmerlakedehistory.org for more information.

PARK COUNTY

• Park County Senior Coalition has a Grant for Park County Veterans of any age to help pay for Housing, Utilities, Groceries and Gas. For more information, please call 719-836-4295.

PONCHA SPRINGS

21 Salida Contra Dance 7-9:30 p.m. at Poncha Springs Town Hall.

27 County Western Dance 7-9:30 p.m. at Poncha Springs Town Hall. \$5. www.avmad.org

SALIDA

4 Free Legal Clinic at Salida Library 2-3 p.m. Walk-ins welcome; even those who are on a first-come, first-served basis.

5 Chaffee County Emergency Food Assistance Program at Salida Community Center 305 E St. 9:30-2 p.m. Call 719-539-3351 for more information.

7 Salida Ballcano is an annual event where the Salida Council for the Arts partners with a local school to conduct a fabulously fun fundraiser. Proceeds (after expenses) are shared equally between the two organizations. This year's fundraiser benefits the Salida Montessori Charter School and the Salida Council for the Arts. A Pancake Breakfast will be served on the SteamPlant Plaza from 7:30-9:30 a.m. BEFORE the "Ball drop". The breakfast (\$8/Adults & \$4/Youth) will go to benefit wildfire victims. The ball drop will take place down Tenderfoot Mountain, aka "S" Mountain at 10 a.m. Ball tickets may be purchased at www.salidaballcano.com for \$10 each and from Box of Bubbles and Kaleidoscope Toys. You may buy as many tickets as you'd like — the more tickets you purchase, the better your chance of winning!

NOTE: You do not actually receive a ball (as they will be used again in future years) but are rather paying for an opportunity to win a cash prize if your numbered ball is one of the balls that goes the furthest. There are 3 different sized balls and they will be numbered randomly so that everyone has a "fair" chance. Following are the cash prizes that will be awarded to the 9 balls that travel the furthest down "S" mountain. The course that the balls will flow will be on the east side of "S" Mountain. There is a possibility the course will change. It will be obvious the morning of the ball eruption on October 7. Winners will be notified by phone and email.

• \$500 prize (furthest ball to roll down the mountain)

• \$250 prize (2nd furthest ball to roll down the mountain)

• \$100 prize (3rd furthest ball to roll down the mountain)

• \$25 prizes (4th-9th furthest balls to roll down the mountain)

• Thank you for participating in the Second Annual Salida Ballcano," said Salida Council for the Arts Vice-President and Ballcano Balovedero Ken Brandon. "This is a really fun way we all can raise money to benefit multiple good causes and get people participating in a fabulously fun original hometown Salida idea!"

12 The Salida Council for the Arts (SCFTA) invites the public to attend the October Creative Mixer at the Salida SteamPlant Paquette Gallery 5:30-7 p.m. featuring artist Dvora Kanegis and Joe Lobeck of

continued on page 32

~OUT AND ABOUT~

continued from page 31

the Salida Circus.

Artist Dvora Kanegis, a life-long painter, finds that after years of painting abstract faces, dancers, and landscapes, that total abstraction is her new passion. Her intent is to create meaningful experiences from color alone with very little form, which she says is an incredibly challenging goal! Dvora has been experimenting with Venetian plaster, which she applies to canvases in many layers, thus making the acrylic paint look luminous.

Joe Lobeck of the Salida Circus will be on hand to make juggling look easy. Of course, it's not! His message through juggling is one of determination, hard work, and focus, as we strive for greatness in whatever we do. He'll share some insights on what it takes to juggle the various pursuits we all take on in our personal and professional lives, and have fun while we're doing it!

Held every second Thursday, the Creative Mixer is free and open to the public. It's a casual, social gathering to share information about the local arts scene. The Mixer is a great way to find new friends and collaborators. Free hors' d'oeuvres, a cash bar, beautiful artwork, exciting entertainment, and great conversation are yours to enjoy. Join us!

13 Annual Pumpkin Patch and Harvest Festival 2:30-3:30 p.m. at Hutchinson Homestead. Who said Friday the 13th is unlucky? Whoever it was didn't know that Maryanne Rozzi (Celtic Harp), Chris Leydon (Nyckelharpa) and Bruce Warren (Hammered Dulcimer) would be performing their unique musical stylings during the Annual Pumpkin Patch and Harvest Festival! Talk about good luck! Don't miss out on all the fun! Visit <http://guidestoncolorado.org/> for details on the Festival. To learn more on how you can enjoy Maryanne Rozzi's hauntingly beautiful music during your next event, call 719-838-0279 or email solarozzi@yahoo.com.

14 Women's Health Day article on page 3, ad on page 26.

15 Dog Testing 12:30 p.m. at Gone to the Dogs. For more information <http://salidadogs.com/canine-good-citizen-test>.

18 FiberArts Guild Fashion Show, Brunch, Boutique 11-3 p.m. at SteamPlant.

19, 20 Mountainfilm on tour 6-9 p.m. at Salida High School auditorium.

25 Salida Old Time Music Jam 7-9 p.m. Soulcraft Brewing Company. For more information 970-309-3175.

VICTOR

7 Stories at the Strong: A Day of Tall Tales and Mining History, including mining demonstrations. Lunch will be available onsite 11-3 p.m. Tickets are \$10 (excluding lunch), children 5 and under are free. For more information or reservations Online at VictorColorado.com; tickets at the museum 3rd & Victor Avenue, Victor; 719-689-5509.

28 Freak Show at the Fortune Club Halloween Party see ad on page 27.

WOODLAND PARK

2-6 Ministers' Conference at Charis. For more information call Bryan 719-635-2111.

2-31 *Imagine... Pretend* is an exhibit of more than 30 ceramic and paper mache masks by Toni Busch Ratzlaff, artist and long-time Art teacher at Summit Elementary School in Divide. The exhibit takes place at Park State Bank and Trust, upstairs, in the Eichman Gallery. The bank is located at 710 W. Highway 24 in Woodland Park.

Bank hours are Mon-Fri 9-5 p.m. and Sat 9-noon. The exhibit will be in place from October 2-31.

5-7 Munchkin Market Kid's Consignment Sale. Free Admission at Woodland Park Community Church 800 Valley View Dr. Thursday 5-8 p.m., Friday 12-8 p.m. Saturday 9-2:30 p.m. (1/2 Price Day, all items 50% off) <http://www.uteupassmops.org/munchkin-market>.

5, 12, 19, 26 Celebrate Recovery is a 12-step, Christian-based program helping free anyone from their hurts, habits or hang-ups meeting each Thursday at Living Streams Church 108 North Park St. For more information call 719-687-2388.

14 Meet Zack at Woodland Hardware, see page 6.

20 Parkinson's Support Group will be held at Mountain View Methodist Church at 1101 Rampart Range Rd at 10 a.m. We will have a speaker from Seniors Helping Seniors.

21 Family Discovery Day. Are you interested in your family history? Are you related to royalty or horse thieves? Do you want to learn to build your family tree? Explore your roots at Family Discovery Day 2017 at the Woodland Park Library from 1-4 p.m. Free and open to the public. For more information call Kip Madson at 760-219-3190. Sponsored by the Church of Jesus Christ of Latter-Day Saints.

DINOSAUR RESOURCE CENTER
7 Fun with Science Day 9-3 p.m. We will have several science booths to explore fossils, a variety of hands-on science activities, live Hedgehogs, an interactive wildlife display, Fun with



WOODLAND PARK

LIBRARY

The Harvey Girls are brought to you by the Ute Pass Historical Society. In the 1870s, the food served to rail travelers was considered the worst in the country. Railroads were then operated on the theory that speed and not food was what counted. Restaurateur and businessman Fred Harvey saw an opportunity to bring civilized dining to the American West through the Santa Fe railway. His dream became a reality, with the help of famers' daughters and other brave women who left the security of home and family to go west when the West was a male dream. The food and service made the Santa Fe popular, but it was the Harvey Girls who made it number one. The Harvey Girls featuring the history of the Santa Fe Trail and Railway, Fred Harvey and his beloved waitresses will be on display in the Woodland Park Library through October.

Magnetism and an Oobleck table. Sounds like a great day filled with Science Fun at the Dinosaur Resource Center! This event is included with museum admission please call for pricing. Check out our website for further details.

28 Halloween Science 1-3 p.m. Science Matters will take you through the science behind the excitement of HALLOWEEN! You will see a cauldron of bubbling dry ice, disappearing ink, disappearing fire, flowers that change color whenever you want them to, a foaming juice potion and a Phoenix rising from the ashes. You will also make glow in the dark slime to take home. After the show, which starts promptly at 1 p.m., we will have a parade through the museum and prizes will be given for the Best Dinosaur costume, the most Creative costume, the Funniest costume and the Scariest costume. Treat bags will be given at the end of the awards approximately at 3 p.m. This event is included with museum admission please call for pricing.

LIBRARY
4 Free Legal Clinic 3-4 p.m. Please register by calling 719-687-9281 ext. 103.

9 Rampart Library District will be closed for Columbus Day.

11 Local Author Showcase at WP

Library 2 p.m. Hear from local authors about their books and the process of getting published. Authors include: Danielle Dellinger, Natalia Brothers, Catherine Dilts, Mimi Foster, Mary Ellen Johnson, Jennie Marts, Diane J Reed, Beth & David Weikel, Lana Williams, Glory Wolfe. For more information call 719-687-9281 x 103 or email jennied@rampartlibrarydistrict.org.

24 The 3rd Annual Pumpkin Decorating Contest begins. Theme: Favorite Cartoon Character. No carving, only decorating. Please pick up pumpkins by Nov.2.

Children's programs
3, 10, 17, 24, 31 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

4, 5, 11, 12, 18, 19, 25, 26 Storytime 10:05-10:45 a.m. Stories, songs and fingerplays with Miss Julie & Miss Beth! Craft offered after every regular story time - recommended for ages 3 and up!

6, 13, 20, 27 Lego Club all day!

26 Monsters Beware! 10-11 a.m. starring Denise Gard w/Sienna and Joey in the Large Meeting Room. Denise Gard is back with sidekicks Sienna and Joey is this fun program! "Sienna fears the full

moon. But is it just a moon or is it really a monster's eye? Joey tries to help Sienna overcome her fears in this program full of monsters and tricks!" Recommended for ages 3+.

Teen programs

5 Teen Advisory Board 3:45-5 p.m.

We are looking for kids ages 12-18 to tell us what you want to see and do in the Teen Room! The Teen Advisory Board is a volunteer program that meets from September to May every FIRST Thursday (on school days) of the month at Woodland Park Public Library. A completed and signed application is required. Visit the Teen Room or download the form from www.RampartLibraryDistrict.org under Programs/Teens.

25 Anime Club 3:30-5 p.m. 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 3 episodes of an Anime. This first meeting, you will also have an opportunity to vote on upcoming titles for future Anime clubs.

Book Clubs

4 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!

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

12 TAB Meeting 4-5 p.m. If you're on the board, please plan on attending.

17 Adopt-A-Spot. Help keep the area around the Teen Center and Memorial Park Clean. Join us at 3:30 p.m. to help out.

19, 20 & 23 Teen Center Open noon-6 p.m.

23-30 Red Ribbon Week: Your future is key, so stay drug free! Sign the Red Ribbon Campaign Pledge here!

25 Halloween Party 6-8 p.m. You must be signed up to attend by 10/23. Look for the sign-up sheet inside the Teen Center.

27 Scary Child Day at the Teen Center. A day of spooky quiet and relaxation at the Teen Center.

30 Pumpkin Carving and Pizza Party 6-8 p.m. Must sign up to participate. \$5.

Besides what's on the calendar above, we have our Elevate Café offerings, board games, card games, puzzles, Xbox 360 and PS4 game consoles, a pool table, air hockey and foosball table! We are a safe, supervised place for teens to come and spend the afternoon. We are a drug-free, bully-free, violence-free zone! Sign-up sheets for all activities are at the teen center. Call 719-697-3291 for more info!

WOODLAND COUNTRY LODGE
Entertainment schedule see page 4.

Save the Date: Nov 4: Senior Center Holiday Bazaar — Beginning to

think about your holiday decorations? Starting to shop for unique holiday presents? The Woodland Park Senior Center will be open from 9-3 p.m. for a Holiday Bazaar. Anyone interested in joining us to sell your arts and crafts are welcomed! Come by the Senior Center at the corner of Pine and Lake Streets or call 719-687-3877 to reserve a table for only \$20 for the entire day! Mark your calendar and plan to join us for this public event that is sure to ignite your holiday spirit! We appreciate the support of each of you at this fundraising event — whether you are shopping or selling!

TEEN CENTER

2 Red Ribbon Week Poster Contest begins. We'll announce the winner at our Halloween Party on Oct 25!

3 Girls' Club. Come hang out with the girls 6-7:30 p.m. Dinner will be served. You must RSVP to attend. \$2.

6 Lego Day. Come build your best creation!

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

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