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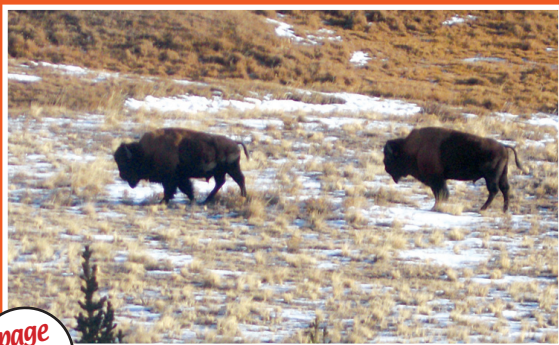
## Welcome to Ute Country

**"A cat improves the garden wall in sunshine,  
and the hearth in foul weather."**

— Judith Merkle Riley



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Buffalo breakout



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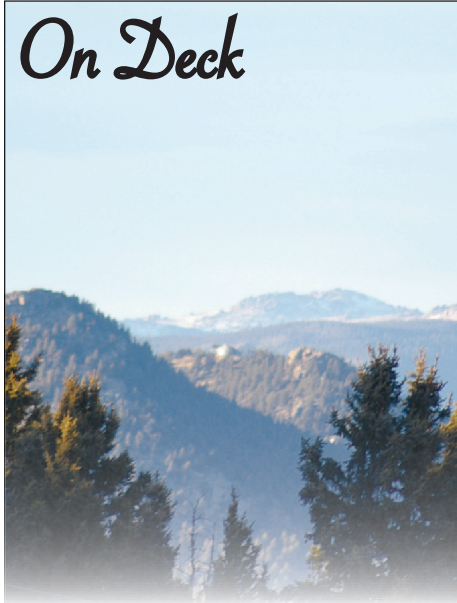
Daybreak paints fence at Gateway



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Buena Vista Christmas opening





This month's cover photo made us feel all warm inside; a glowing fire and being surrounded with loved ones is the surest way to beat the cold weather. Pictured is the newest addition to our family, Georgi, aka Gorgeous Gorgeous Pookie Pie! We adopted him from TCRAS in October. He has filled our hearts with joy and painted smiles on our faces since. Jade and Shadow are happy to have another brother to play with.

Our January issue holds some neat, sweet, and petite reads for all to enjoy. Be sure to read our correction on page 3. We all make mistakes and we are willing to admit it when we do. We received quite a bit of feedback from the article and we appreciate your willingness to contact us.

We are running low on Critter Corner photos. Did you happen to take any good pics of animals lately, either inside or outside your home? Feel free to send them to us. You may contact us at 719-686-7393 or utecountrynewspaper@gmail.com or via web at www.utecountrynews.com. Keep reading!

Thank you,  
—Kathy & Jeff Hansen

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

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## The Thymekeeper Placebo/Nocebo

by Mari Marques-Worden

Sticks and stones may break my bones but swords will never hurt me. For those of us old enough to remember that old saying, it was our defense whenever other kids called us names or ridiculed us for being different. The truth is, words *can* hurt and once they're out you can't put them back in.

Most people don't realize the impact words can have on our well-being. Whether it be on a mental, physical or spiritual level, words matter. Especially when they are coming from a doctor or health care practitioner.

"Beliefs and expectations are not only conscious, logical phenomena, they also have physical consequences", Robert Hahn, author of the article The Nocebo Phenomenon.

The placebo effect is known as the phenomenon that occurs in test studies when the patient who is given a sugar pill in place of a drug actually gets better. This is no more than a belief on the part of the test subject but it has undoubtedly been proven and validates the power of suggestion.

The term "nocebo effect" was first coined in the 1960s and is the evil twin of the placebo effect. It means "I will harm" and though less studied than the placebo effect, is every bit as powerful. It has been demonstrated conclusively in prominent medical journals that it has the power to cause pain, illness or even death if you believe it will happen.

One example of the nocebo effect was seen in a study in the 1990s. Researchers discovered that women who believed that they were prone to heart disease were nearly four times as likely to die from it as women with similar risk factors who didn't hold this to be true. This was regardless of their age, blood pressure, weight, diet and cholesterol levels. The only thing they had in common was the belief that they were likely to get sick with it.

Per Harvard professor and president of the Mind/Body Medical Institute in Boston, Herbert Benson, "There are examples of studies done on people undergoing surgery who almost want to die to re-contact a loved one. Close to 100% of people under those circumstances die."

You may liken this phenomenon to hexing, and if you've ever seen the Stephen King movie titled *Thinner*, it works very much on the same level. The power of suggestion is powerful indeed and if your doctor ever tells you that you'll likely be sick for the rest of your life, I liken that to a term coined by Dr. Aviva Romm as "medical hexing".

Then you have people who surrender to genetics. I can't tell you how many times I hear this statement from people, "my parents and grandparents suffered from (fill in the blank) so I probably will too." These words literally make me want to run screaming from the room just in case it's contagious. As I am rapidly approaching the age when both my parents died from debilitating diseases, I am doggedly determined that I'm not going that way.

### You can break the spell

As of this date I am aware of two people who refused to accept a life sentence of illness. I'm one of them. At the age of 17, I came down

with what the doctors determined was ulcerative colitis. I was very sick and had lost 30 pounds in a period of one month. My hair was falling out and every single thing I ate or drank literally went right through me. The doctors had me on a hefty dose of medications that weren't doing anything to help, but told me I would have to take them for the rest of my life.

After approximately 45 days of what I consider pure torture I ran out of medications. I called my mom in a panic thinking if I was still having so many issues while taking the meds I imagined in my 17-year-old brain that things would probably get worse without them. I was wrong. When my mom suggested I simply take an over the counter anti-diarrheal remedy until she could get to the pharmacy, almost as soon as my symptoms started, they stopped. I can only assume the remedy coated my irritated gut and soothed it to the point where things could return to normal. Voila.

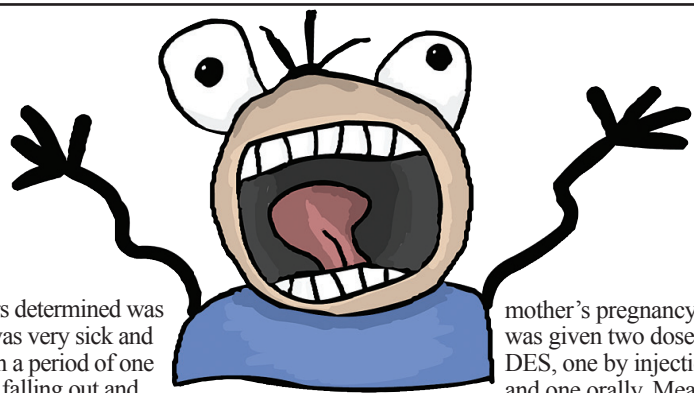
Shortly after this incident I had to get my own apartment and couldn't afford both rent and meds. Here I am 40 years later; never suffered a relapse and never took another one of their pills. I'm not advocating for anyone to stop their medications or not follow their doctor's advice. This was my reality at the time and to this day, still a mystery that I am truly grateful for. I can't even fathom the cost of 16 pills per day for 40 years.

### Amazing grace

In my practice as an herbalist I've seen many cases where the doctor has thrown up his/her hands and said "just face it, you are never going to have good health." This is basically what happened to Dr. Lindsey Berkson. Her amazing story is proof that just because the doctor can't provide a solution, it doesn't mean it can't be resolved. After suffering multiple tumors and losing multiple organs because of them, she made an amazing discovery that made the second half of her life a whole lot better than the first.

She read an article on how environmental toxins get into our systems and wreak havoc on our health and decided to write a book titled *Endocrine Deception*. After doing extensive research over a period of six years she was invited to join a think tank on the subject of endocrine disruptors and the resulting effects. The mice used in the research were impregnated and exposed to one of the most powerful estrogens known to man – Diethylstilbestrol or DES. The research then followed multiple generations of offspring from the exposed mice and this is where she found the smoking gun.

She noticed the first- and second-generation offspring had the very same tumors in the same organs, as well as multiple other conditions that she suffered from. One after the other the evidence mounted. She wrote to the hospital where she was born to get her mother's microfiche records. This, incidentally was mere months before they were scheduled to be shredded; talk about divine intervention. She found that in the first trimester of her



mother's pregnancy she was given two doses of DES, one by injection and one orally. Meaning Dr. Lindsey got a hefty dose

in utero.

In essence, she discovered that she was a victim of the very thing she was writing to inform and warn the public about. When looking further into how DES lays the groundwork for cancerous tumors, she and other scientists found that DES turns off two very important genes that are responsible for locating and destroying tumor cells. In her own words she states; "if you know what's wrong, you can fix it." This led her further down the path and she developed a strategic hormonal protocol specifically for herself and was able to stop the tumor production. This was nearly 20 years ago and now she is in the business of reversing diseases that were once thought to be irreversible.

Although doctors can and do save lives every day, they are only human and no one human can know everything. It certainly isn't common knowledge that DES was given to pregnant women over a period of 30 years. However, it is starting to be common knowledge that we are inundated with toxins 24/7 from the clothes we wear to the houses we live in, the cars we drive and the food-like products that we eat. It's an entirely different world today than it was even 100 years ago which could explain why modern disease is so prevalent in our lives.

If you are suffering from a mystery illness and the doctor can't find a solution, it doesn't necessarily mean there are no answers for you; and it doesn't necessarily mean you'll never experience good health. I would advise to first look at your diet and then turn your attention to your environment. What toxins are you exposed to everyday and how can they be phased out? This is where common sense comes into play. While we still have a world of information available to us via the internet, it's a good time to take the initiative to broaden our knowledge when it comes to our health and to think outside the pillbox.

In 1982 someone in a position of authority told me I would never be worth anything to anyone. I didn't believe that for a minute. Instead I took those words and used them like rocket fuel. That statement actually inspired me to do more than I ever thought I could. Sticks and stones may break my bones but words can't hurt if you don't believe them.

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

## Herb class with The Thymekeeper

Natural, safe alternatives to chemically laden products

Armed with a little bit of herbal knowledge we can make natural alternatives to chemically laden products, from the products we use on our bodies to the ones we use to clean our house and wash our clothes. Natural products are as effective, and less expensive than the conventional counterparts found in most households that could be doing us more harm than good. Let's get together and explore some natural alternatives! • Saturday January 13th 1:30-3:30 p.m. The Thymekeeper 1870 CR 31, Florissant Fee \$20.

Pre-registration is required. Contact Mari at mugsyspad@aol.com or 719-439-7303 to reserve your space.

## Correction

In the opinion piece by Teller Tom entitled "Guns and common sense" in our December 2017 issue, we had listed that the U.S. population that admits to gun ownership was 3%. That number is more like 32% (from 2014 survey listed below). We apologize for the typo.



Americans own an estimated 270 million firearms — approximately 90 guns for every 100 people. Data from the General Social Survey, conducted by the National Opinion Research Center at the University of Chicago, found that American household gun ownership peaked in 1977, when more than half of American households (53.7%) reported having any guns. By 2014, only 32.4% of American households had a gun in the home — less than a third. From 1985 to 2014, the percentage of Americans who reported personally owning a gun dropped by more than a quarter, down to 22.4%.

We knew that printing this opinion piece would be controversial, but the intent was to start a dialogue to discuss ways to reduce the senseless violence that seems prevalent in today's American society. Too many people are guided by a myopic view of the subject, refusing to even acknowledge that other opinions might have merit. As gun owners ourselves, we never advocated for taking away anyone's guns, but to use this opportunity to discuss options to ensure the safety of us all. Unless you have been personally touched by gun violence, there's no way to understand how devastating it can be to one's life. Seems the number of people affected is growing every year.

—Jeff & Kathy Publishers



Oh give me a home, where the buffalo roam...

## Buffalo breakout

by Flip Boettcher  
photos by Flip Boettcher

As buffalo will, they tend to roam. Being also large, not much stops them when they get breakout fever.

Imagine this homeowner's surprise, early one morning as almost 100 buffalo spilled over the ridge to the north and made their way down the draw to the small pond. Once they reached the pond, they milled around, back and forth, for about two and a half hours until their owners came and drove them back home.

The escapees belong to Monte Downare, who has the buffalo ranch south of Hartsel. Downare said that he has some pasture just north of my location, so they did not travel far and were not gone long, he added.

American Bison, or American Buffalo, fall into the largest size class of mammals, hoofed mammals. These mammals are the "mega herbivores of the Rocky Mountains," and eat plants exclusively, according to *Mammals of the Rocky Mountains*, Fisher, Pattie and Hartson.

The four families of mammals are Horse, Deer, Pronghorn, and Cattle. Buffalo belong in the Cattle Family, along with the Mountain Goat, Bighorn Sheep and Dall's Sheep.

Historically, there were some 65-70 million buffalo ranging North America, from the northern and eastern forests, across the Great Plains and into the Rocky Mountains. Their range extended from the southeast Yukon south to north Mexico and east to the Appalachian Mountains. They roamed in herds of hundreds to thousands that were said to darken the landscape.

Sadly, in the late 1800s, the buffalo population was almost extinguished by the

United States government. In an attempt to eliminate the Native American population by eliminating their food-shelter-clothing source, the buffalo were reduced to fewer than 500 at the end of the 19th century.

Today, buffalo live mostly in protected areas and on private ranches. Many of the native herds were built up with buffalo from private ranches.

The massive head and forequarters of the buffalo are covered with long, wooly, shaggy, dark brown hair. Behind the shoulders and characteristic hump, the hair quickly becomes shorter and lighter brown. Males and females have short, rounded, black horns, short legs covered in shaggy hair, and a long tail with a tuft of hair at the tip, (*Mammals of the Rocky Mountains*).

Buffalo can be from 8-13 feet long with a shoulder height of 4-6 feet, and a tail of 11-15 inches. Buffalo can weigh from 790-2400 pounds for the large bulls. Buffalo can also run at speeds of 40 miles per hour and jump fences; but with that weight and speed, they probably just knock fences down once they get going.

Grasses are their primary food, but they also browse on shrubs, cattails and lichen in the winter. If caught away from shelter in a storm, they will lie down and face into the wind using their wooly coat on their head and shoulders to protect them and reduce the wind chill, (*Mammals of the Rocky Mountains*).

Although they did not travel far, this writer hopes they enjoyed a little bit of freedom and gave this writer just the smallest glimpse of what those huge herds of buffalo must have once looked like.



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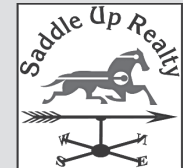
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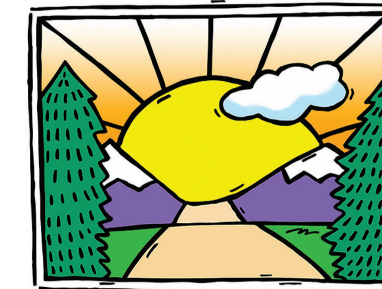
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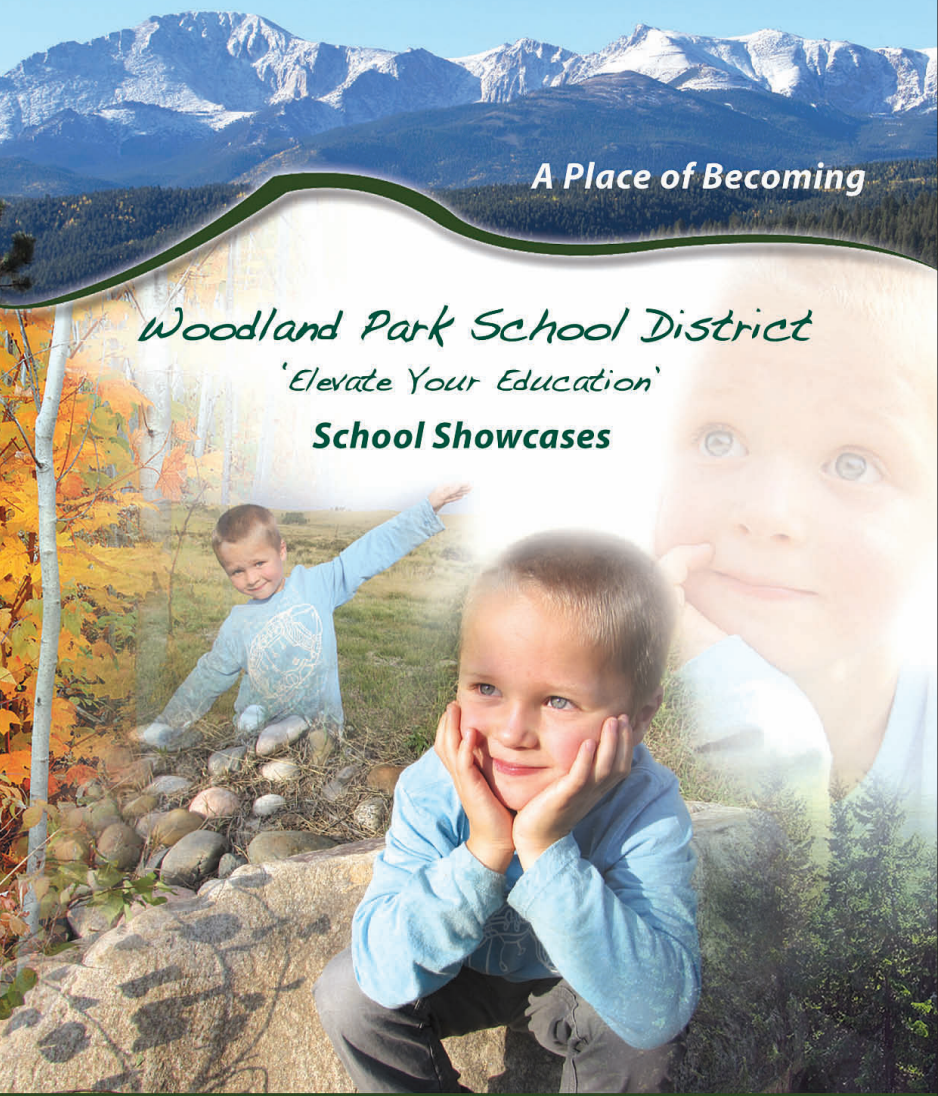
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Woodland Park Middle School: Thursday, January 25 / 6-7:30 p.m.

Woodland Park School District 719.686.2000 www.wpsdk12.org

## Food Safety training

### Get ready for Farmer's Market season!

Does the snow outside have you dreaming of Farmer's Market season? Is this the year you are really going to start selling a Cottage Food? If so, now is the time to get prepared. One key requirement of the Colorado Cottage Food Act for home-based entrepreneurs is to take a Food Safety for Cottage Foods training. An easy and even fun way to meet this requirement is to attend a training offered by CSU Extension. Chaffee County Extension Agent Christy Fitzpatrick will present a Food Safety Training for Colorado Cottage Food Producers on Tuesday, January 16 from 5:45-8:45 p.m. at the Chaffee County Fairgrounds, 10165 County Road 120, Salida.

There are on-going changes in the Cottage Foods law and this class will give you the most up to date information! Learn which foods are now permissible under the Cottage Foods Act, product labeling and production requirements, and the all-important food safety for the home business. After taking and passing a short quiz, participants will receive a Certificate of Completion, good for three

years. This training is also recommended for those who oversee the food safety of cottage foods, such as health department staff and Farmer's Market managers.

Anyone who took this class in 2014 or early 2015 must now take a recertification class. This can be done by attending the January 16 class, and there will also be a recertification class in early February.

Pre-registration for the class is required by calling the Chaffee County Extension Office no later than January 12. The registration fee of \$25 (cash or check made out to Extension Activity Fund) covers program materials, the class certificate and light snacks. There must be at least four participants registered to hold the class.

For more information, contact Chaffee County Extension at 719-539-6447 or email Christy.Fitzpatrick@colostate.edu. If accommodations for disability or language are needed, please notify us at 719-539-6447 at least five business days prior to the event.

## HRMMC expands gastroenterology services

Heart of the Rockies Regional Medical Center has expanded gastroenterology services at the Specialty Clinic in the hospital in order to accommodate an increasing number of patients. Gastroenterologists diagnose and treat digestive disorders, such as acid reflux, heartburn, irritable bowel syndrome and Crohn's disease.

HRMMC contracted with Peak Gastroenterology Associates of Colorado Springs in July 2016. In addition to the eight board-certified, fellowship-trained gastroenterologists who see patients in the clinic twice per month, the practice has added a locally based certified family nurse practitioner, who sees patients three days each week.

Leslie Monagle, FNP-BC, has 14 years of experience working as a family nurse practitioner in gastroenterology. She earned her Bachelor of Science in Nursing from New

Mexico State University and her Master of Science in Nursing with a family nurse practitioner (FNP) concentration from the University of New Mexico.

Prior to joining HRMMC, she spent almost five years working in the gastroenterology practice at Lovelace Medical Group, and nine years with Southwest Gastroenterology Associates, both in Albuquerque. Before focusing on gastroenterology, Monagle worked in primary care. She also has experience as a registered nurse in intensive care, education, post-anesthesia care and cardiac care.

"There is high demand for gastroenterology services in our area," said HRMMC CEO Bob Morasko. "Leslie Monagle's training and experience will be a great addition to our medical staff."

To make an appointment with a gastroenterology provider at HRMMC, call 719-530-2477.

## Mueller State Park

Naturalist led hikes are the thing to do at Mueller in January! Enjoy the peaceful silence in the snowy woods, watch for signs of wildlife and learn their different tracks, and see the hardest of birds searching for food in the trees. It's great to explore Mueller in winter with a naturalist during this beautiful time of year!

Don't forget to dress for the weather and bring lots of water and snacks! Hiking at Mueller in winter can bring a wide range of temperatures and snow depths at 9600 feet. Sometimes there is not enough snow to sled on and sometimes there is a foot or two of fresh powder! Check our website cpw.state.co.us/placetogo/parks/Mueller or call ahead for snow conditions 719-687-2366. Cross-country skiing, snowshoeing and sledding are popular activities as well. The campground is still open or stay in one of the luxurious cabins. We hope you come visit Mueller any time of year!

**6 Hike: Outlook Ridge to Lost Pond** meet at Outlook Ridge Trailhead 9:15 a.m. This will be a short "mash-up" hike down Outlook Ridge to the first overlook, then continue over to Lost Pond then return on Revenuers Ridge back to the Outlook Ridge trailhead. This hike should be about 3 or 3.5 miles round-trip. Rating is moderate to difficult due to some steep hills. Be sure to be prepared for winter hiking. Bring lots of water, dress in layers. Poles and spikes are very useful for these hikes with Naturalist Nancy.

**7 Hike: Stoner Mill Trail** meet at Preacher's Hollow Trailhead at 1:30 p.m.

Enjoy nature in winter on a gentle 2-mile hike through the woods with Volunteer Naturalist Penny.

**12 Hike: Elk Meadow to Murphy's Cut** meet at Elk Meadow Trailhead at 9:15 a.m. Enjoy a favorite trail through forest and meadow on gentle hills. Watch for signs of wildlife and tracks with Volunteer Naturalist Cindi on this 4.8-mile hike.

**14 Hike: Elk Meadow** meet at Elk Meadow Trailhead at 1:30 p.m. Join Volunteer Naturalist Penny on this 2-mile hike as you take in a beautiful view of Pike's Peak in the winter.

**19 Hike: Rock Pond** meet at the Visitor Center at 9:15 a.m. One of our favorite trails year-round with 5 miles, 600 feet elevation change to Rock Pond and Canyon with Volunteer Naturalist Cindi.

**27 Hike: Elk Meadow** meet at Elk Meadow Trailhead at 9:15 a.m. We will hike down Elk Meadow out to the historic Murphy's Cut where the Midland Railroad came through over 100 years ago. We will then go back to the Peak View trail to Peak View Pond then back up to the Elk Meadow trailhead. This hike will be about 4 miles roundtrip. Rating is moderate to difficult due to some steep hills. Be sure to be prepared for winter hiking. Poles and spikes are very useful for these hikes.

Mueller events are free; however, a \$7 daily pass or \$70 annual park pass is required to enter the park. For more information, call the park at 719-687-2366.



## Growing Ideas

### New water saving ideas

by Karen Anderson "The Plant Lady"

January greetings to everyone; wishing you all a bright, hopeful and happy New Year. As we reflect back on the past year personally and collectively as a community, we have all most likely been through some rough patches with health, finances, inevitable changes of all kinds, disagreements, heart break, hardships and disappointments. We have gotten by with a little help from our friends.

There have been wonderful experiences, an abundance of good times and many blessings as well. It's all part of our lives in the balance of life. If we have been paying attention, we have learned the lessons that have been sent to us by the Universe in order to improve our existence on the Planet — for ourselves and all beings.

Now, we are granted the opportunity to create fresh starts in this New Year of 2018, starting today, to embrace the lessons in our personal experiences and use them in our everyday lives. As we meet the challenges that come our way, we will find the answers by focusing on the solutions rather than the problems; not always easy, it takes some practice, however very effective!

So, my friends, let's all 'buckle up' together for the next exciting rides and adventures of this new year, supporting each other and most importantly, expressing love and peace in whatever we do, and wherever we go. If you want peace... be peaceful. If you want love... be loving.

This month, I would like to share a few thoughts regarding the ever-lasting issue of water conservation. This routine is not just for outdoor gardening during the summer season.

Back in the 'old pioneer days' we could not afford the luxury of a water well, so we hauled in water via 5-gallon buckets and small tanks on a trailer for nearly 20 years. If

**"I release all energies that did not serve me, all negativity that surrounded me, all fears that limited me from the last year. I walk into the New Year with light in my heart and hope for better things to come. So it is."**

— From: Sagegoddess.com

that doesn't teach one to be appreciative and very careful to utilize every drop of water, nothing will. So, there is very little water waste in this household and I would encourage everybody to get educated in 'water wise' ways. Many of us are already aware of certain practices to help conserve the precious source of water in our dry area. I would like to offer a few more tips on this subject, just in case you haven't thought of them yet.

I always have a few (actually a few more than a few!) gallon milk jugs stashed near or under the kitchen sink to catch and reserve the entire gallon of water out of the tap that it takes to become hot enough to do the dishes and other chores. If you add it up, that's a lot of wasted water that could be yours for the saving. My huge family of houseplants are continuously awaiting a good drink of water and much of the time, I can grab a full jug of it and go. This routine saves me time as well.



Please do not use really hot water on the plants though, allow it to cool down a bit. Another thought: if your water source is chlorinated, it is a good idea to let it sit in an open container for a day or two before watering your houseplants. The reason for this method is because chlorine leaves salt residue and that builds up over time. Plants don't care for that too much.

Do you enjoy a fish aquarium in your home? If so, you have a 'super-duper' supplement for plant life when you clean the tank. In my aquarium days, I would siphon out much of the old water (from the bottom amongst the gravel) out into 5-gallon buckets. The water collected was enriched, green and loaded with 'fishy stuff' as well as algae — perfect for a once in a while feeding. You may want to dilute the 'green gold' if it appears and smells too fishy. You can really stretch out this valuable source of organic nutrients and hydration by doing so. Your plants will love you for it!

Did you know that some plants, mostly succulents, would like a little jolt of java every now and again? Just another little water conservation tip. They take their coffee black only; no cream or sugar please. So, when you have 1/2 cups of old and cold coffee sitting around, give your plants a little caffeine; they like that too. If there is 'leftover'

water in glasses, it doesn't go down the drain; water something! Awareness is one of the biggest tools we have when it comes to water conservation. So, I encourage the community to take note and take action. Thanks.

Oh, and don't forget about turning the water off when you are brushing your teeth! Everybody knows that one!

Finally, on a sad personal note, we lost a long-time member of our family last month. If you have visited Paradise Gardens, then you most likely have met our little Maltese Mutt named Mr. Buttons. He was 17 years old. Unfortunately, he just kind of disappeared one morning and we were unable to find him — anywhere. He was still so darn cute even in old age. As pets do, he brought so much joy and laughter and 'adorable-ness' to our lives. We will miss him terribly and I am grateful for the time we spent together. So it is.

As a reminder, happy and healthy houseplants are always available for 'adoption' at the Outpost in Florissant and at Mountain Naturals in Woodland Park or you may call me at 719-748-3521 if you would like to make a specific request. Take good care of yourselves and each other. Until next time, peace, love and kindness.

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## Trooper Tips Tires

by Trooper Gary Cutler

When the weather starts to turn a little colder and the mountains are getting their first snow fall, it's time again to talk about winter driving. The State Patrol responds to crashes across the state, in all seasons, and all weather conditions. Something to help you stay on the road is well maintained tires.

Short of your seatbelt, a tire is probably the most important safety item on your vehicle. You need to make sure you and your tires are ready for winter. The tire is your friend when it comes to staying on the road.

So, it's getting colder. Have you been wondering if you should change out to winter or snow tires? Here's a little information about them. Winter tires feature softer rubber and tread which produce adequate grip in low temperatures with tread patterns that grip into snow. It's added security when driving with the family. If you are planning on using the same tires you use during the summer, they can be fine to use as long as they are in good shape. Just inspect your tires for cracking, uneven wear and tread depth.

Tire inflation is another issue. Try to get into a habit of checking your tire pressure once a month. A tire with too much air won't have enough contact with the road and will be more likely to spin or lose control, especially in adverse weather conditions. According to the National Highway Traffic Safety Administration (NHTSA) vehicles driving on tires that are underinflated by more than 25 percent are three times more

likely to be involved in a crash related to tire problems than vehicles with proper inflation. Tire problems combined with other factors, such as bad weather or an inexperienced driver can increase the likelihood of a crash which has a very small window for attempting a crash avoidance maneuver.

When it comes to tire depth, when should you replace your tires? It's time to replace tires if the tread wear indicators are visible (i.e., a line that runs perpendicular to the tread), a tread depth gauge shows less than 4/32nds, or you can use the old school method of inserting a penny into the tread to check remaining life. If you can see the very top of Lincoln's head or the copper above it, replace the tires immediately (2/32nd). If Lincoln's hair on the top of his head is partially visible (4/32nd), it is time to go shopping for tires. If you cannot see the hair on the top of his head (if the coin is inserted enough that the tire tread is at least as deep as Lincoln's forehead), your tires do not need replacing yet. Understand that the primary function of tread on a tire is to divert water from beneath the tire to improve traction and avoid hydroplaning on wet roads. Tires become unsafe when they're worn.

If you're not sure when to replace your tires, the minimum replacement time that is recommended by NHTSA is six years regardless of use, but check your owner's manual for specific recommendations related to your car. As always, safe travels!

## Summit Elementary School recognized

Summit Elementary School has been named as a National Title I Distinguished School by the State Education Agency due to the success of their educational programs and progress made by their students. This is an especially prestigious honor as only two schools per state are selected each year.

The National Title I Distinguished Schools Program is a project of the National Title I Association that publicly recognizes schools for their positive educational advances. Located in Divide, Summit Elementary is one of three PreK-5 elementary schools in the Woodland Park School District.

As a Title I school, Summit receives financial assistance due to high numbers of children from low-income families to help ensure that all students meet challenging state academic standards. Summit has approximately 350 students and is also the home of WPSD's Homeschool Enrichment Academy.

Schools chosen for this annual recognition demonstrate a wide array of strengths including: team approaches to teaching and learning; focused professional development opportunities for staff; individualized programs for student success; and strong partnerships between the school, parents and

the community.

"We are so excited to receive this recognition as Summit is always trying an innovative approach that focuses on our students' overall success," said Summit Principal Katie Rexford. "We just had our Summit Studio Exhibition, which allows students to share their experiences with their classmates." Summit Studio is an opportunity where every student is able to select an area of interest including, but not limited to, Project Learning Tree, Destination Imagination and Community Art. Each learning experience is focused on collaborative learning, problem solving and creative thinking. "Students love their time in Summit Studio and they carry their new skills across all academic areas!" added Rexford.

Linda Murray, WPSD assistant superintendent and director of elementary schools, has served as the federal programs coordinator for WPSD Title I schools for years. "Summit is very deserving of this recognition as the entire staff has worked effortlessly in providing high quality programming," Murray said. "As one of two schools recognized in the state, our entire community can be proud of Summit's dedication and commitment to their students and their growth."

## Where is Zack this month?

Zack is a certified Therapy dog and the mascot for the Pet Food Pantry for Teller County. He has dedicated himself to helping families keep their furry friends when they fall on hard economic times.

On Friday, January 12th from 10-2 p.m., wearing his new "red" coat, Zack will be at City Market, 777 Gold Hill Pl S collecting donations and food for his feline and canine friends in exchange for homemade dog biscuits and/or catnip toys.

Please stop by and give Zack a hug! Thank you for your support.

For more information, go to [www.PetFoodPantryTC.com](http://www.PetFoodPantryTC.com).



## One Nation Walking Together Third Annual One Nation Film Festival

by Jessica Wohlro

Join Colorado Springs-based non-profit One Nation Walking Together (ONWT) at Stargazer's Theatre on Sunday February 11th, 2018, for our Third Annual One Nation Film Festival! In advancement of ONWT's education and cultural preservation program, the annual One Nation Film Festival (ONFF) strives to educate the public through films that positively portray the cultures and history of Native American and global indigenous people. Through the medium of film, we seek to improve understanding, engender greater empathy and deepen appreciation for indigenous peoples' values, perspectives and history.



Since its inception in 2016, the festival has grown substantively, experiencing its largest volume of submissions to date. The films selected for the 2018 festival encompass a wide range of styles and subject matter, that collectively demonstrate the capacity of film to empower, to transform, to heal, to alter our perceptions of the world and to also make us question our place or purpose within it. Moreover, ONFF signifies a day of overcoming what sociologist Arlie Russell Hochschild articulates as empathy walls, or "obstacles which detract from a deeper understanding of others, their beliefs and daily circumstances." Not only does the festival aim to eradicate such metaphysical boundaries and to scale the empathy walls that often divide us, but more importantly, it aims to provide a shared outlet, full of meaningful dialogue, cultural exchanges and community solidarity.

In addition to a day of selected screenings, the event will conclude with a showcase screening of award-winning documentary feature film, *RUMBLE: The Indians Who Rocked The World*. The ONFF committee is also honored to announce that a screening of this inspiring and innovative film will be followed by a Q&A with the film's Executive Producer Stevie Salas (guitarist/Apache)!!

*RUMBLE* documents the untold story of indigenous musicians whose significant contributions in all genres have indelibly shaped the music we all know and love today. This is an incredible opportunity for music lovers and aspiring artists alike.

As a final takeaway on why one should attend the 2018 One Nation Film Festival, remember that film has the power to alter the ways in which we see, think, feel, and subsequently act. As acclaimed Nigerian author Chimamanda Ngozi Adichie once said, "Stories matter. Many stories matter. Stories have been used to dispossess and malign, but stories can also be used to empower and to humanize. Stories can break the dignity of a people, but stories can also repair that broken dignity." In light of such power, the One Nation Film Festival continues to highlight the work of indigenous artists, elevate awareness about the plight of the communities we serve, as well as to accentuate the beauty and resiliency of indigenous cultures. In doing so, ONWT believes we can help foster a more compassionate, understanding and just world.



Stevie Salas in *Rumble: The Indians Who Rocked The World*  
Courtesy of Resolution Pictures

We welcome you to join us in this endeavor and help us continue to make a difference in the lives of those we serve.

The doors will open at 9:30 a.m., and screenings will begin at 10 a.m. To purchase your tickets today call Stargazer's Theatre at 719-476-2200 or purchase your tickets online at <http://www.stargazerstheatre.com/>. (Order early, tickets go fast!) With each ticket purchased, attendees will have the opportunity to win a variety of door-prizes, including a 4-day pass to the 2018 Crested Butte Film Festival! For more information about the Third Annual One Nation Film Festival, please visit our website at [www.onenationfilmfestival.org](http://www.onenationfilmfestival.org), email us at [office@onenationfilmfestival.org](mailto:office@onenationfilmfestival.org) or call us at 719-329-0251. For more information about One Nation Walking Together, visit [www.onenationwt.org](http://www.onenationwt.org)

Sources: Russel Hochschild, Arlie. *Strangers In Their Own Land*. Ngozi Adichie, Chimamanda: Tedtalk on the "The Danger of A Single Story".

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# The February Moose is Loose Fest

## How it all started

by Barbara Berger

The Drummer Story... When the Rocky Mountain front-range was first being settled, merchants traveling by horse drawn covered wagons would come and go. After finding a suitable location in a mountain town, they would set up their shops and then steadily beat the large drums that were carried with them everywhere. These drum beats echoed throughout the mountains letting everyone in the area know that the shops were open for business. This process coined the term “drumming up business” and earned these merchants the title of the “Drummer.” Originally called Drummer Tweeds, this local Woodland Park store has taken the place of those Drummers.

In 2000, Tanner Coy and Milt Sommers opened Tweeds Fine Furniture and Home Décor. After two moves, Tweeds is now located at 240 US Hwy 24 in Woodland Park. If you're looking for lodge style, mountain comfort, rustic elegance, or all of the above, you've come to the right place. Here, you'll find only the best that the Rocky Mountains have to offer.

Since February is traditionally the slowest month for retail businesses, Tweeds Fine Furnishings started the Moose Is Loose Fest to generate sales of current inventory targeting floor samples and making room for new items. In 2009, this campaign was opened up to all local business owners. This is the single best time of the year to be a shopper in the Woodland Park area.

This event is not just about selling discounted products and services. The entire community is involved with coloring and creative writing contests for children, Moose sightings and appearances (Note: this is not a real moose, see photo), getting your photo taken with the Moose and much more. Thanks to this event, there is a carnival atmosphere that sweeps through Teller County during February.

A few years ago, a local resident commented that having this festival that featured a moose was absurd because there were no



Barbara Berger and Susan Grina, president of the Pikes Peak Regional Medical Center Foundation (PPRMC) Foundation that runs the gift shop and raises additional money when needed, with the Moose in 2017. Barbara is secretary for the Foundation. The Moose is gearing up for this year's fest!

moose in the area. However, during the summer, a moose was spotted in Woodland Park. According to Colorado Parks and Wildlife, there is a resident group of 10 to 20 moose in the forests north of Divide. Normally they stay around the stream beds but sometimes they get closer to town in search of their favorite foods. People should not try to get close to these large animals that can weigh up to 1,500 lbs. The Tweeds Moose is approachable and loveable!

This year's theme is “All Things Woodland Park” and will run February 10-25. <https://www.facebook.com/TweedsMoose/> <http://mooseisloosefest.com/about/>

For more information about how your business can participate in this event, send Tanner Coy an email at [TANNER@tweeds-furniture.com](mailto:TANNER@tweeds-furniture.com).

# Park County prescribed burning

The Pike National Forest-South Park District is preparing for prescribed burning of slash piles in Park County. This may include up to 343 acres of slash pile burning, which involves the ignition of piles within prepared units with a sufficient amount of snow present to prevent fire spread. The projects are southwest of Lake George adjacent to the Echo Valley and Beaver Valley subdivisions, west of Lake George off of Park County 92, and northwest of Lake George in the Round Mountain area.

Burning began in December and may last through the early spring. 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 for extended periods. Expect

smoke to be visible from roads near the units and other areas during actual burning days. Smoke may linger in the air for several days after ignition is completed.

The slash piles are comprised primarily of tops and limbs of conifers. Piling and burning is designed to remove slash from thinning operations.

Follow @PSICC\_NF on Twitter for up-to-date information on this and other topics. Use #LkGeoRX for South Park Ranger District prescribed fire information.

Prescribed fire smoke may affect your health. For more information, please visit: <https://www.colorado.gov/cdphe/wood-smoke-and-health>.

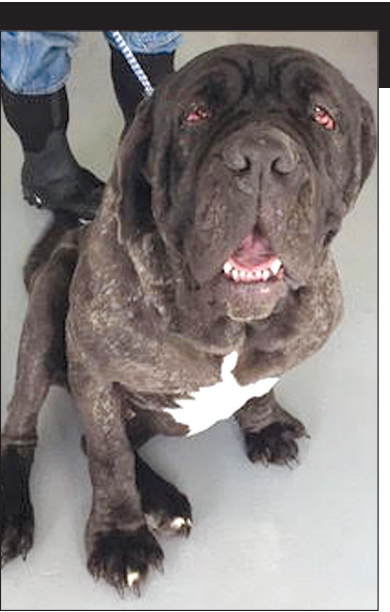
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# Adopt Me

by SLV Animal Welfare Society

## Help Maximus have a great year!

Can you help Maximus? We have had Maximus for one year. He needs a back knee TPLO (tibial-plateau-leveling-osteotomy) for which we have raised donations. What is holding back the surgery is Maximus does not have a foster who could rehabilitate him for 12 weeks; perhaps a foster who would like to adopt him. Maximus is great with people and children. He weighs 90 pounds and best as an only pet. The first six weeks of rehab would be the most crucial. Please call the San Luis Valley Animal Welfare Society at 719-587-WOOF (9663) if you can help or have any suggestions for this guy who was saved from being euthanized when a rescue was shut down.



# Reiki Heaven and Earth

## Reiki and pain - Part I

by Olga Daich

There is more than one way to deal with physical pain. I will describe different situations, different stories where the pain vanished through different roads. However, there was a common element that was present in each of these healing experiences. I am sure most of the readers will know what I am talking about at the end of this article.

### First story

Around 20 years ago, I received a phone call from a friend who I will name Dayan. She told me that her brother (Peter) was in the hospital. He was having pain because of a kidney stone. I told her that I will go to the hospital after finishing the Physical Therapy treatment on my scheduled patients.

I went to the hospital around 7 p.m. When I came to his room I saw Dayan standing up next to her brother's bed. Peter was moaning, sweating, breathing at a fast pace and moving around his bed trying to find a position that would ease his pain.

When he saw me, he asked if I could ask the nurse for another pain pill. I went to talk with his nurse but she told me that they had already given him pain pills and he wasn't allowed to have more for at least three more hours. I came back to Peter's room and told him what his nurse had said. He said “please Olga help me.” I didn't have any training in Reiki at that moment, no experience in healing techniques. I really wanted to help him. For some strange reason I didn't feel helpless, there was no rational thought in my mind telling me, “how can I help him?” or “you are not going to be able to help him.” My mind was Not there.

By now I know I had what I needed in my heart. I remember telling him, “take a deep breath, now slow down your breathing pace,

shift your mind from the pain to your breathing rhythm, do not allow your mind to be focused on the pain.” I don't know how long I was talking to Peter but I am not sure it wasn't more than 10 minutes. I do remember watching him falling sleep. I was glad to see him without pain. I left this room feeling thankful.

A couple of weeks later I went to Peter's music store. He was there. This is what he told me, “I don't know what you did to me Olga but I fell asleep without pain. When I woke up the next day, I started to feel the pain again. My sister tried to help. She started asking me to focus on my breathing and shift my mind away from the pain. It didn't work. Finally, the medical treatment worked out and after a few days I was discharged from the hospital. Tell me Olga, are you a wizard?”. Of course, he made me laugh! I didn't know the answer at that moment in my life. I didn't know how to explain what had happened that night. Now I know.

### Second story

I was at work in my Physical Therapy room, back in South America. It was a very busy day as usual. While I was working with one of my patients I heard a woman moaning.

The voice was coming from the principal desk area where the patients have to wait until they were called for their doctor appointments. While I was working with my patient, I couldn't stop wondering who was in such of pain that we were able to hear her voice from my PT room.



Finally, I apologized to my patient and asked her to give me a few minutes to check what was going on. I went to the principal desk area. There was a young girl, maybe in her 20s. She was laying down on a portable table. I asked my secretary, “what is going on with her?”. She told me that the patient was waiting for the eco-sonogram doctor. It seems that the girl had symptoms of a kidney stone.

I came back to my PT room to finish the treatment for my patient. I was feeling very sorry for the girl. Her moaning was getting under my skin. I started remembering my past experience with my friend Peter. My thought went from, “maybe I can help her” to “how can I approach someone that I had never met before? She is in the middle of the waiting room, patients there are going to think that I am crazy” and so on.

I reached the point where I could not stop myself from trying. I left my PT room and went to the waiting room.

The young girl was in tears. The portable table was setting down close to the floor. I knelt down to her level. I asked her to focus on her breathing pace as she was shifting her mind away from the pain. I was guiding her away from her pain. After a few minutes, she calms down. She stopped crying and moaning. I learned by experience that when you get “tuned in” during a Reiki session or any healing technique, the time disappears. I am not aware of the time.

I went back to my PT room.

When I was done with my morning patients I went to the principal desk to tell my secretary that I was going for my lunch break. As soon as she saw me coming she asked me, “what did you do to the young girl? She remained completely calm and relaxed until the eco-sonogram technician came.” Once again, I was not sure of the answer. I was just happy about the outcome.

These two stories were my first experiences linked to pain situation. I didn't know they were my baby steps towards more beautiful experiences.

In my next article I will share two different situations when through the practices of Reiki, the outcome has a special spiritual component.

Interested in learning more about a Reiki workshop or Reiki session? Contact by email: [olgacely@hotmail.com](mailto:olgacely@hotmail.com) or by text: 801-628-9273. See December's issue for more details.



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## Butte Theater 2018

The Butte Theater is excited to announce that Mountain Repertory Theater (MRT) has been awarded the in-house theater company contract for our 2018 Professional Season. This marks a significant change for The Butte Theater. We express much appreciation to Thin Air Theatre Company for providing 11 years of professional theater on our stage. The principals of MRT have a long history with The Butte and our community! We look forward with great anticipation to a fantastic 2018 professional season with longtime Butte friends Kevin Pierce, Molly Wissinger and Aaron Stahlecker leading the professional productions. The scheduled 2018 professional shows should be very popular and were selected with the advice and suggestion from local citizens, as well as nationally recognized professionals, and will increase to seven shows: a comedy, a melodrama, two musicals, a drama, and Halloween and Christmas shows with 160 total performances.

Mel Moser will continue to provide operational leadership and community engagement as the Theater Manager. Mickey Burdick continues to provide invaluable behind the

scenes support as advisor, and now looking forward to her second year as Executive Director. Emily Andrews has been working hard to enhance community interaction and has successfully obtained a \$7,500 grant from Colorado Creative Industries for that purpose.

Also in 2018, The Butte is looking forward to a fully fledged Community Season from January-May with free Family Film Nights, the late spring Community Show featuring local actors, and two returning limited engagement productions from The WYNOT Radio Theater Show and the RiP Comedy Improv Troupe.

The Butte receives funding from ticket purchases, donations from individuals, corporate sponsors and the City of Cripple Creek. Almost all of the money is spent on actors, directors, sets, costumes and props. A small amount is spent on administration, accounting and property expenses. The Board of Directors donates over a thousand hours every year to help make the theater possible for our community.

Watch for announcements on the exciting 2018 theater season!

## Featured Non-Profit: Help the Needy A hand up, not a handout

by Barbara Berger

Help the Needy (HtN) is a charitable, non-profit 501(c)(3) organization located in Woodland Park that since 1982 has been dedicated to helping people overcome difficulties not of their own making. These difficulties are usually the result of a shortage of money that can be caused by a great variety of problems including loss of job, transportation problems, medical problems, or family crisis. HtN advocates for the underprivileged and at-risk at all levels.

Founded in 1982 by Mr. Greg Schilling, Help the Needy has been dedicated to assisting individuals and families of Teller County, Colorado, by consistently offering a helping hand to those in the community who require assistance during difficult times. Since 2011, Vince Scarlata has been the executive director of the organization, and is only the third executive director of HtN in 35 years. "This is a calling, kind of like being a fireman or a police officer, a calling to do something to help the community," he said. His compensation is the same as everyone else at HtN, zero, with no benefits or retirement plan.

HtN lends a hand up to those in need in Teller County, not a handout. The organization does not provide assistance to people who do not help themselves. Assistance may be provided for purchasing clothing at Goodwill, and for gas for transportation to a job interview. Help is available for writing a resume, interviewing tips, etc. Volunteers will help with each step in the process to get a client back on their feet. Sometimes a client may have a setback, but there needs to be continued progress in order to be eligible for monetary help.

HtN clients are supported by assisting them with their financial and other issues, creating a "recovery plan" for each of them,



so that with counseling they can achieve financial stability. The organization offers budget counseling and job search assistance as well as financial help when needed. This assistance may include areas such as: rent/mortgage, utilities, budget counseling, referrals for legal assistance, firewood, resume writing, clothing assistance, car payment/repair and medical bills. HtN works with other local agencies including Woodland Park Social Services and the Aspen Mine Center in Cripple Creek.

HtN has over 40 volunteers. These dedicated individuals have donated over 5,000 hours of their time in 2017. Volunteers go through extensive training, and all information provided by clients is confidential. The organization provides itself on being good stewards of their funds. Their financials are posted on their website, www.htnc.org.

Each year, HtN holds their Valentine Ball. This is their major annual fundraiser, and this year it will be on February 10th at the Shining Mt. Golf Course. It is a formal event with a gourmet dinner, and dancing to live music, and includes silent and live auctions. Volunteers are always looking for unique auction items that will bring significant dollars to the organization. If you can help, please contact HtN. Tickets are on sale now. You can purchase them by calling HtN at 719-687-7273, or at HtN's office at 117 N. Center St., Woodland Park.

HtN looks for the day when they will not need to be here — that no one needs their services. That is their vision of the future. However, knowing that there will always be people in need, they will be here for them.

## Adopt Me by TCRAS

### M.O.

Hi! My name is M.O. and I am a great dog looking for a forever home. I came to be at the shelter 'cause I got myself lost and my people never came to look for me. This nice guy found me and I stayed at his house for about a day, but then he brought me to TCRAS. He said I was really good with his dog and the children in the house. I know my house manners...now all I need is someone to come in and love me and take me home. Help me make your New Year M.O. Better! Visit me at TCRAS 308 Weaverville Road in Divide. The number is 719-686-7707 if you need directions.



## Daybreak paints fence at Gateway



What started as a vision at Gateway Elementary became a reality thanks to a special relationship with Daybreak. Susan King, from the National Electric Contractors Association, donated fence posts to the school and had them shaped into giant pencils. Then Wayne Grisewood from Daybreak (pictured right) painted all of the posts to create a colorful pencil fence. Students at Gateway already interact with many of the clients who attend Daybreak, an adult day program in Woodland Park. This partnership and interaction between the ages not only helps the elderly but is a great benefit to students of all ages. "This fence is exactly what we needed to brighten up our school hallway!" said Gateway Principal Ashley Lawson.



## Operation Below Zero

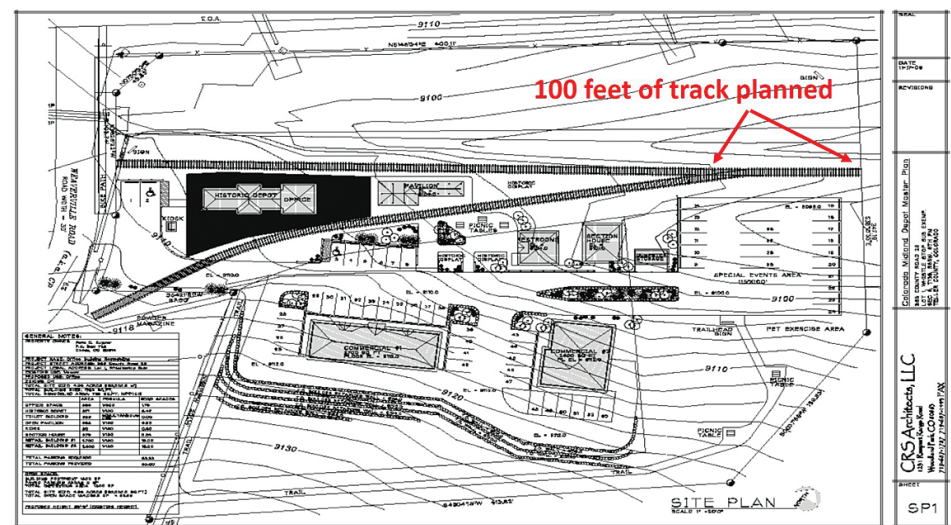
The HALO Organization (Helping And Loving Others) works throughout the Denver metro area and the front range. They now have a representative in the Hartsel area!

The HALO Committee helps families survive the cold winter by collecting "like-new" or "new" warm clothes: thermals, sweaters, jackets, coats, hoodies, gloves/mittens, socks, knit caps, boots, etc. They collect for ALL ages and sizes.

Donations may be dropped off at the newly opened South Park Mercantile. Let's live up to "Hartsel, the Heart of Colorado."

On Saturday, January 27th persons in need may pick up donated items at the Hartsel Community Center between the hours of 10 a.m. to 6 p.m.

Contact 720-364-7778 or 719-837-2103 for any further information.



The red arrows on the Midland Depot Master Plan show the location where the proposed tracks are to be laid.

## Give up your rails and ties

by David Martinek

For all those ranchers and land owners in Teller County and the surrounding Pikes Peak region who have old railroad track squandered away in the back of their barns and sheds, now is the time to give them up for a good cause.

Midland Days at Divide, Inc., owners of the Midland Depot in Divide, and the Teller Historic and Environmental Coalition, the non-profit working to restore the depot, are looking for donations of standard gauge railroad rails (rated at 60 pounds or greater) and grade one wooden ties to lay about one

hundred feet of track next summer along the old Colorado Midland/Midland Terminal grade just east of the depot. The track laying is scheduled to be preceded by some initial grading of the property to correct drainage issues and uncover the brick platform surrounding the depot.

Potential contributors should include delivery of their tracks and/or ties to the depot site. All donations are tax deductible. To coordinate donations, please email Midland Days at Divide, Inc. at midlanddays@yahoo.com, or call Dave Martinek at 719-213-9335.

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**Hilltop MARKET**

**Big Changes coming New Year for Hilltop Market!**

"We have had an amazingly long run. From January 1972 to January of 2018—Ray and I would have never thought that starting out that snowy day we would see our 45th year go by." Carol and Ray Dunn and their daughter and son-in-law, Suzi and Brian Dieter are looking back on their long history at Hilltop Market in Canon City. With an eye to the future, the partners have announced that the grocery store and meat market will be closing soon after the New Year.

"Several factors have played a part in our decision. The grocery business has changed with more people eating out, smaller families, and single person households. Folks just don't cook and eat like they used to," Ray says. "Our family wants to spend more time together while we can and need to adapt to changes."

The business location is not ending but changing the business plan to fit demand. Brian and Suzi will be adapting the Hilltop building on South Ninth Street to open a custom meat processing facility. Hilltop Custom Processing will strive for an opening in late summer 2018.

"As an avid hunter, I see a need for game processing in the area," Brian said. "I had as many as 50 people looking for someone to cut up their deer and elk this past season. Hunters want a processing shop run by knowledgeable people who will treat the hard-earned wild game with care. We plan to process each animal individually so that the hunter knows that he gets back the meat he killed!" The Dieters will be capable of making sausage using all the tradition Hilltop recipes, both fresh and smoked. The popular pepperoni and teriyaki sticks can be made with the wild game. Ground meat and other cuts will be packaged to each families needs.

In addition to wild game, Hilltop Custom Processing will be able to process USDA slaughtered beef, hogs and other farm raised animals. For instance, 4-H beef will be processed with the same guarantee that a family or buyer will get back the animals they grew so carefully.


Carol states "Ray and I are ready to relax and encourage Suzi and Brian in this new venture. We can see their excitement to start this business and know that they will have more free time for their boys, as well as us and Brian's parents, too. We want to give heartfelt thanks to all our customers who became friends through our years at Hilltop."

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**Critter Corner**



Gizmo getting ready for snow season - Sam, Florissant, CO



Peeping Deer - Tracy Laswell, Florissant, CO

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

# Hello from space Chapter 7

by Danielle Dellinger

Chapter 6 appeared in December 2017's issue, on pages 18 & 19.

Helix didn't know why, but he started counting Marik's breaths. Maybe if he counted them, then they couldn't stop, and if they couldn't stop then Marik would be certainly be alive. Everyone in the room was quiet, waiting anxiously for something more to happen. Helix prayed to the universe for everything to be okay. He prayed that Marik would open his eyes, recognize him, and actually speak using his voice. When there weren't any other signs of life, Helix picked up Marik's hand in his and squeezed it, hoping to reach him that way. After a moment, Marik lightly squeezed back. Helix's mouth went dry, and he gazed at Marik's face as he willed for his eyes to open.

"Come on, Marik," he finally said. "I know you're in there. Please. Please, come back to us. Open your eyes."  
Marik's breathing quickened slightly. Was that a good sign? Helix didn't know.  
"Please, Marik. All of this can't be for nothing."  
"It's not, if you'd just give me a second..."  
Helix jumped, not recognizing the voice. He quickly swept his gaze around the room, and everyone seemed to be just as startled as him. Finally, Marik opened his eyes, blinking in a bit of confusion. He looked to Helix, frowning slightly. "Did...?" He stopped when he heard himself speak.

Helix broke into a grin. "Wow," he breathed. "Your voice... I love it."  
Marik blinked again. "But h-how?"  
Helix looked to the grey alien and gently nudged her. "The tissue from her heart was able to fix your voice."

Marik turned his gaze to her. "You did that for me?"  
She slowly nodded, her eyes alight with happiness.  
"Thank you. Truly, from the bottom of my heart, thank you." He took his hand from Helix's and held it out to her.  
She leaned forward and took his hand, shutting her eyes. A vision flashed in Marik's mind. It was of Helix pleading with her to help. The vision ended when she reopened her eyes.  
Marik looked back to Helix. "It was you? You did all of this for me?"  
Helix blushed, bashfully shrugging and struggling to maintain eye contact.  
"Why, though?"

It was Helix's turn to blink with confusion. "Because you're my friend. I like you. A lot."  
"But I'm nothing special."  
"Marik, don't say that. You're very special, especially to me. I'm so happy that I met you." He felt a light tap on his shoulder, and glanced at the grey alien, who was trying to encourage

him to keep talking. That's when he remembered what he'd wanted to say to Marik. He took his hand again. "I should've said this sooner, before everything happened, but I want you to know that you feel like home to me. You are where I belong. This has been a really difficult ordeal for me. I've desperately wanted things to go back to normal. All I've wanted was to have you with me again. I've never wanted anything more in my life."

It was hard for Marik to wrap his mind around what he'd just heard. It was overwhelming, which made him unsure of how to respond. Helix saw the struggle in his expression, and gently smirked.  
"It's okay. You don't have to say anything. I only wanted to tell you how fond of you I've become." He squeezed Marik's hand and then stood up. "I should let you rest—we all should." He looked to the others, and then left the room. Everyone else filed out behind him, except for the grey alien. She watched them go, then turned back to Marik.

She moved her chair up closer to the head of the bed and reached over to put her hand on his chest. She closed her eyes, seemingly listening to his heartbeat. As her hand rested there, he started to feel tingles under his skin. They grew in strength, and eventually warmth. At one point, his chest became so hot that it felt like a rash was forming.

The sensation lasted another minute before it subsided as the grey alien pulled back. Marik's chest tightened when he saw her concerned expression.

"What is it?" he asked, his voice quivering, which felt strange to him but he couldn't focus on that.

She slowly shook her head, the concern gradually dissipating away.  
"Please tell me," he pleaded.  
Again, she shook her head. It was more like she had nothing to say to him, and that only served to worry him more.

He sighed heavily and laid his head back, shutting his eyes. But he opened them again when he heard the squeak of a wheel. He saw the grey alien rolling out of the room. "Hey, wait!" he called.

She stopped and turned back around.  
He swallowed and cleared his throat.  
"U-um, what's your name?"

She smiled a little, wheeling herself back over to the bed. She placed her hand on his arm, giving him of a vision of the sun and a rose. At first they were separate, but then they merged together, blending into one.

He did his best to try and translate what that meant. She recognized that he was struggling

to understand, so she wrote out a word on his arm with her finger.

Sunrosa.  
He mouthed the word, silently testing it out. He mouthed it a few more times before he attempted to speak it.

"S-S... Sunrosa." He rolled the R the best he could.

She gave him a big smile, indicating he was saying it correctly.

He smiled back. "What a beautiful name. Truly. Thank you for telling me."  
Sunrosa patted his arm, then turned the wheelchair and left the room.

Marik relaxed back into the bed to take a nap, his mood light and happy.

A while later, Helix dropped by to check on him. At first glance, Marik appeared to be peacefully sleeping. However, as Helix approached the bed to make sure, he was horrified by what he saw. Marik's skin was completely dried out and lifting up like a peeling sunburn, but the edges of the flakes were tinted red instead of white like normal peeling skin. He then noticed Marik's shallow breathing, and it sounded like he was having a hard time taking in air. It was like a swift punch to the gut for Helix. He yelled for help as loud as he could, his voice cracking at the end.

A helper came running in, gasping and unable to maintain a neutral face when she saw Marik's condition. She yanked open a cabinet drawer and began pulling out vial after a vial, barely glancing at the labels. Finally, she uncorked a vial and dumped the contents into her hand. She rubbed her hands together and placed them both of Marik's nose, cupping it slightly.

Nothing changed.  
She cursed under her breath and ran from the room.

"Where are you going?" Helix shouted after her. "What's going on?"

All of a sudden, alarms began blaring and monitors began flashing.

"Somebody do something!" shrieked Helix. "Please! Do something!"

At that moment, the three Excellency Council members came into the room, their robes billowing out dramatically behind them.

"This isn't good," the leader muttered.  
"He's decaying," said the second one. "His body can't support the alien tissue."

Helix looked on, stunned. "H-he's dying?" he stammered.

The leader sighed, looking over Marik. "I'm afraid so, and I don't think anything can be done to save him this time."

"There's gotta be something," Helix pleaded. "There's always a way. We can't lose

him after everything we've already done."

"The best thing for him is to be returned home so he can be with his people. He has a family, yes?"

Helix nodded.  
"Then we should return him to them."

At that moment, Sunrosa wheeled herself into the room, and they turned in time to see her shaking her head. She patted her chest, over where her heart was. Then she pointed to Marik.

"His heart? The problem is with his heart?" Helix asked.

She nodded, wheeling herself up beside the bed. She reached over and lightly patted his chest, simulating his heartbeat.

"It's weak," Helix interpreted. "His heart, I mean."

Again, she nodded.  
"His heart is failing," said the Council leader.

"Meaning?" Helix moved to stand beside Sunrosa, his eyes on Marik.

"It means his heart is weak and the chambers are enlarged. The left ventricle muscle loses some ability to contract, so the heart doesn't have enough power to pump the amount of blood needed to sustain the body. It's known as systolic heart failure, which is the most common cause of heart failure." The leader looked up at the monitors. "We're unfamiliar with human hearts, which is all the more reason to send him home."

"But he is home," Helix muttered, a sharp pain in his chest.

The leader turned to the other Council members. "Let's get ready for transport."

"Can I go with him?" Helix suddenly burst out. The leader faced him, wearing a solemn expression. "No. And that is final."

Helix felt like he was breaking apart inside. Deep fractures ran through his body, through his soul, through his heart. It had a similar feeling to being in a trash compactor. Everything was closing in, and the pain was mounting.

The Council members left the room to start the preparations. It was all Helix could do to not collapse into a heap on the floor. He sat on the edge of the bed beside Marik, lightly stroking his arm with a couple fingers.

"I hope you can hear me, Marik. I just want you to know that I'm so sorry. I really thought the tissue injections would save your life and bring you back to me. I was wrong. I'll never be able to forgive myself for causing all of this trauma in the first place. I should never have revealed my true self when I knew that there was a high risk of you seeing me."

Marik's hand twitched as Helix spoke, and Helix quickly clutched it in his own hands.

"I'm so sorry," Helix whispered.

Sunrosa watched them, still beside the bed. She put her hand over Marik's free hand, and put her hand on Helix's arm. As she closed her eyes, she began to show Helix visions of Marik's thoughts and feelings, and soon Marik's words were flowing into Helix's mind.

*None of this is your fault. This is how it was supposed to go because it's my destiny. You're my home too, Helix. We belong together in some capacity or another. Just not right now. And that, is what I'm so very sorry about. I wish I could change it. You truly are a beautiful being. I'm so happy I got to see your real form. It's the best thing I've ever seen.*

Helix was jerked back to reality by a hand on his shoulder. He raised his head to see the Council leader standing there. They didn't exchange words. It was understood that the time had come.

Marik was transferred to a gurney and wheeled out of the room and down the hall to the transporting room. Helix walked nervously behind the group, his heart racing when they reached the appropriate room.

"Setting targeted coordinates for Marik's bed," spoke the operator, rapidly punching numbers on the keyboard.

They pushed Marik into the zone, a cone of flickering white light.

"Place the Cam Fly in the zone so we'll be able to monitor the situation after he arrives," said the operator. What looked like a fly about the size of a pine beetle was placed beside Marik's head.

"This is wrong," Helix spoke up as the operator powered on the transporter.

The Council leader shut him. "Our technology is designed for only us, not humans. This is the right decision."

"By now we should have some sort of reversal item to be used if a non-us sees our real form. I know that it happens more than you let on. Don't try and deny it," he interjected as the leader made a gesture to speak. "Please. Now is really the time to be honest with me."

The leader didn't acknowledge him further. "Do it."

The operator glanced at the two of them, then pushed up on a lever. The flickering cone light stabilized, growing brighter with each second. As the power maxed out, a loud mechanical roar filled the room, causing everything to vibrate. Then, in one brilliant flash, Marik and the Cam Fly disappeared. Smoke gently wafted up from the empty bed.

"Shame on you," Helix hissed. "You've sent him to die."

"Precisely," the leader answered coolly.

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## Entering our third decade of service

by Coalition for the Upper South Platte

A tour of the Upper South Platte Watershed shows an active and vibrant environment where people live, work and play. The 1.6 million-acre watershed located in the heart of Colorado is home to numerous flora, fauna and aquatic species; a diverse range of businesses and industries; fewer than 50,000 year-round residents, yet a recreational mecca for hundreds of thousands of annual visitors; and is the source of drinking water for millions of people throughout the Central Front Range.

Since 1998, CUSP has been working to protect and restore our watershed — from post-fire restoration to making our remaining forests more resilient, or from well sampling and ground-water modeling to environmental education programs for local youth; CUSP takes a comprehensive approach to protecting our precious natural resources.

The burgeoning communities within Colorado's central Front Range are served by this watershed. Though not the largest watershed in the state, the Upper South Platte Watershed serves the most densely populated region in the state. The Front Range has grown substantially over the past 20 years and considerable, continued population growth within the region is predicted over the next 20 years as well.

In the two decades since CUSP's inception our region has seen dramatic events that have impacted and reshaped the watershed we serve. The Buffalo Creek Fire and floods of 1996 were significant incidents that helped lead to the formation of USWPA (Upper South Platte Watershed Protection Association) which later was renamed CUSP after the 2002 Hayman Fire. The two other significant factors that prompted the development of the organization were:

- In 1994/95, the USFS did a study of segments of the South Platte within Forest Service boundaries to assess whether any river segments within the boundaries might qualify for designation under the Wild and Scenic Rivers Act, based on Outstandingly Remarkable Values (ORVs). The Denver Water Board and other Front Range water providers were concerned that designation would require the abandonment of some senior water rights, and that designation would give the USFS operational control of the river, negatively impacting their ability to operate their water rights.
- EPA issued guidelines on Source Water Assessment Programs (SWAP) that required water providers to look at areas that impact their water quality. As this watershed is a major source of municipal water for Colorado's Front Range municipalities, SWAP would require water providers to actively study this watershed.

The Buffalo Creek Fire at just under 12,000 acres, was the largest wildfire in Colorado history at the time. Just six years later the Hay-

man Fire exploded that milestone more than tenfold and introduced the arid west to a whole new wildfire paradigm. In the decade and a half since, CUSP has been on the leading edge of wildfire recovery and mitigation.

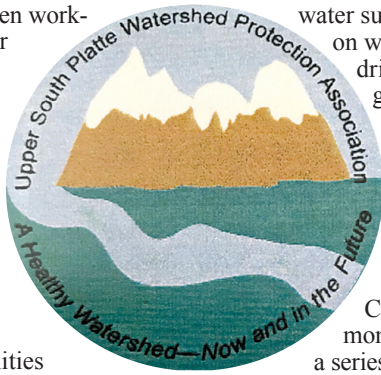
Drought, wildfire and post-fire floods have all taken an extensive toll on the watershed. Some of these impacts, such as those from catastrophic wildfire, have been accelerated by, and contribute to, climate change. The growing demand for both residential and industrial access to dependable water supplies increases pressure on water providers and mission-driven agencies and organizations (such as CUSP) dedicated to protecting the Upper South Platte Watershed. These demands amplify the urgent need to protect vulnerable natural resources.

Over the course of 2018, CUSP will celebrate our momentous anniversary with a series of articles that identify a wide range of watershed issues and the projects designed to address them, identifying what we have done over the past two decades, what we are currently doing, and what our future priorities are for work impacting the Upper South Platte Watershed.

Our mission-driven projects are guided by our strategic plan. The guiding principles within the plan are expressed in our organizational values that include:

- **Protection of ecological health and water quality.** We believe that ecological health and water quality are essential to society and we are dedicated to their protection and enhancement. We must ensure the sustainability of the natural resources within the watershed. We strive to maintain options for future generations.
- **The power of coalition.** We believe in bringing together many interests.
- **Community.** We respect the values of the people we serve. We recognize the unique values of different communities and interest groups. We believe in grassroots action.
- **Voluntary action.** We believe in a voluntary, non-regulatory, non-mandated approach
- **Economic sustainability.** We recognize the economic needs of the local communities and the dependence upon the natural resources and support local businesses in our purchasing to the extent practical.
- **People are our most important resource.** The Board of Directors, staff, and stakeholders are the most valuable assets of the organization.

All of us who live in the watershed, or are served by it either through the access of clean, healthy drinking water or the recreational values of its gold-medal fishing resources, are stakeholders. As CUSP enters our third decade of service we look forward to working together with all of our stakeholders to fulfill a collective vision of "A healthy watershed, now and in the future".



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by Ark Valley Humane Society

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Kash is a one-year-old female Pit Bull mix who is great with other dogs, gentle and sweet. She's super friendly and meek, making her an excellent addition to many types of families. Come meet Kash today at 701 Gregg Drive in Buena Vista or call for more information 719-395-2737.



## Green's Fitness Go To

Body type and exercise design

by Caleb Green

This month's article will focus on exercise program design and give everyone a few tips and tricks to help accelerate results based on each individual body type. There are three main body types that all respond differently to exercise stimuli. These are ectomorph, endomorph, and mesomorph. Chances are if you've done any outside research into exercise physiology at all, you've stumbled across these terms and probably have an idea as to which type you are. For all those that have never heard of any of these, let me provide a brief description of each. Ectomorphs tend to be tall and skinny with long, lanky limbs. Mesomorphs tend to be rectangular shaped and are the middle ground between ectomorphs and endomorphs. Finally, endomorphs tend to be short and stocky with broad shoulders and strong lower body muscles. There are more in-depth characters to each body type and I will go over them more later.

Understanding your body type is critical to good success in any fitness routine and healthy lifestyle. For instance, when I first began exercising I had issues with building muscle and reaching the goals I wanted until I discovered an article focusing on body type and exercise program design tailored to it. After doing so I began to see results much more quickly.

Starting off with ectomorphs, they are the tall and lanky type. They tend to be known as "hard-gainers" or people that have a very difficult time building muscle. They tend to have a flat chest and a delicate bone frame. They have very high metabolisms and tend to have low body fat percentages as well. The high metabolisms mean that a much higher caloric intake is needed for good muscle growth. These people also tend to have a long muscle insertion head which just means that they need to focus on large muscle groups during exercise and really push themselves to see the best results. These people almost never need to do cardio as it will compromise most muscle growth they've had. It's also beneficial for ectomorphs to eat a high carb diet and consume extra food right before bed as it helps to limit catabolic muscle wasting during rest.

Mesomorphs are the middle ground between ectomorphs and endomorphs. They tend to have a rectangular shaped body and are naturally strong. They tend to be very athletic and can develop well defined muscles easily. However, they have a slower metabolism than ectomorphs and thus need to focus on cardio more to help maintain a lean look. Weight training comes naturally to this body type and they tend to see the fastest results out of the three types. Program design can be looser for mesomorphs, but they still need to focus on an even mix of cardio and weight training. Focusing on diet is much more important as well, making sure to get an even mix of fats and carbs while consuming a gram of protein per kilogram of body weight.

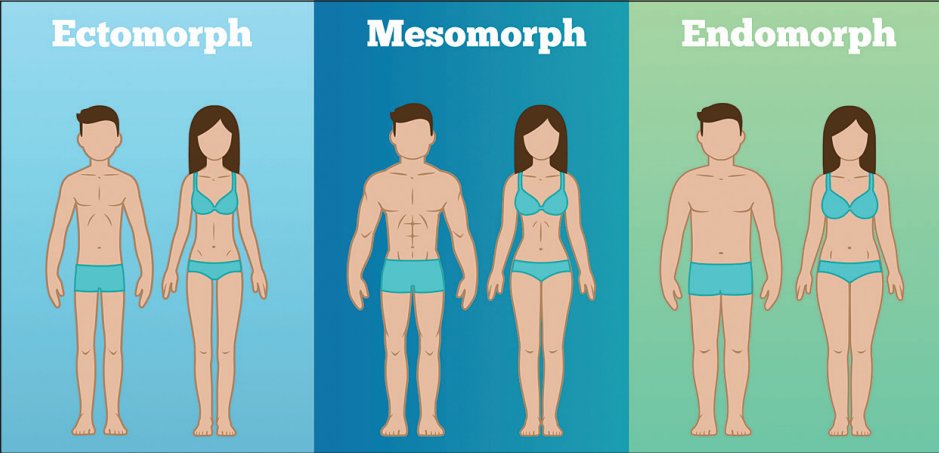
Endomorphs tend to be shorter and stocky with broad shoulders. They have a much harder time losing weight and much of their muscle mass tends to be fat. This isn't necessarily a bad thing as these people tend to also be much stronger in their legs and are good at the "big 5" as far as lifts go. This is to say that these people tend to do well with powerlifting as body mass helps with handling the weight effectively. Endomorphs also tend to have a slower metabolism and need a huge focus on diet to be able to effectively reach their goals.

This all being said, don't think that your body type limits you from anything, it is just a good way to get a handle on the best exercise program for you. Also, many people tend to be a mix of these types. Think of it as a spectrum rather than a class. Finding the best exercise program for you might take some time, as pinpointing how your body best responds to stimuli is different for everyone and is more of a trial and error type idea.

For instance, my body type is that most closely of a mesomorph. However, I have a hard time gaining muscle like an ectomorph and my muscle heads at their insertion points are longer than average meaning that I have a harder time

building "bulk" muscle. Personally, what works best for me is a mix of weight lifting with heavy sets and a lot of calisthenics, or body weight exercise. Cardio is good for me in moderation as it can cause muscle wasting for me quickly. It took me a while to figure all that out. However, it can be sped up for each person.

Start with the closest body type for you and begin an exercise program suited for it. Next, every 4 to 6 weeks evaluate your performance in the measures that will best show you as to whether you're making progress or not. These factors could be body measurements, or it could be new Personal Records (PR's) in an area you're trying to improve in. After evaluating, see what worked well and what didn't by getting rid of the parts that hurt the most. For instance, if you were an endomorph/mesomorph trying for a new PR



in squats, trying an endomorph suited program to build strength in that area is a good place to start. However, say that the deadlift used as an accessory lift put too much strain on your back after making sure that form was good. At that point you'd want to reduce the amount of deadlift in your program.

Finding your body type can be a long process. Just always be conscious of what tends to help and what doesn't. Always remember

to reevaluate after 4 to 6 weeks to make sure you're on track. A quick side note, these body types were originally created specifically about men but in my professional experience it tends to be accurate for both genders. Next month's article will focus on exercise and its connection to mental health. As always, feel free to contact me directly at cgreen.cchs@gmail.com if you have any other questions and thanks for reading the *Ute Country News*!

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## K-Kids present donation

K-Kids from Summit Elementary School presented a check for \$500 to the Divide Fire Protection District. K-Kids, Young Leaders Helping Others, is an elementary group formed under the Ute Pass Kiwanis. K-Kids raised the funds by selling coffee and donuts before school for two days. Ute Pass Kiwanis provided the donuts.

## Non-fiction writing class

The Western Museum of Mining and Industry invites you to join our 5th Annual Winter Writer's Class. Are you ready to take your writing to the next level? We provide an intimate, inclusive program in a remarkable setting. This workshop combines superb instruction with unparalleled resources and is ideally suited for the public, teen writers, and beginners. Immerse yourself in our intense half-day winter writing class designed for those who want to learn more about writing and publishing. Writing about nature, science, history and other nonfiction subjects offers exciting opportunities to be published. Magazines, newspa-

pers, bloggers, clubs, and schools are looking for articles to share with their audience, and this class can teach YOU how to PUBLISH. A certificate will be awarded upon completion of the class. All other course materials will be provided including a morning reception. The writing class will take place at the Western Museum of Mining and Industry, 225 North Gate Blvd., Colorado Springs, CO 80921. You must register for this class at 719-488-0880. The course fee is \$35 for adults and \$7 for students (21 and under). WMMI members receive \$5 off adult fee, and Class date: January 27, 2018. Class time: 9: 30 a.m. to 12:30 p.m.

## Message to illegal marijuana growers: Leave!

by David Martinek

Just like what the old west sheriffs used to say to the bad guys, the modern-day message from the Teller County Sheriff's Department to illegal pot growers in the county is the same, simple directive: "Get outa town! You need to leave immediately, because starting in January 2018 we are going to hunt you down, shut you down, arrest and prosecute you."

"Our region has become a haven for numerous illegal growing activities operating under the radar and financing more serious cartel drug traffic, said Sheriff Jason Mikesell. "These growers are undermining the purpose of Colorado marijuana law. We're seeking to make an impact on illegal marijuana growing in the county because it will also impact drug trafficking in general, as well as other related criminal activities. As has been shown in other locales, our actions will reduce crime."

Mikesell explained that the cartels need capital to import their harder drugs into the United States. They earn that capital through their profits from illegal marijuana growing, particularly in those states where marijuana use had been legalized, which in turn finances their heroin, cocaine and methamphetamine operations.

"We are not after the private, household marijuana growers who are operating according to Colorado regulation," said Mikesell. "People who are growing pot in their homes legally for medical or recreational use are not our focus. Instead, we are aggressively pursuing organized, illegal growers, many of whom are fronts for the Mexican cartels and other criminal elements."

Recently, the Teller County Sheriff's Department staff received some important training on illegal marijuana growing, detec-

tion, management of confiscated assets and other areas, thanks to the Pueblo County Sheriff's office. Beginning this month, with the support of the Teller County Board of Commissioners, and in cooperation with the local District Attorney's office and the Metro Vice and Narcotics division in Colorado Springs, the Sheriff's department will be shutting down illegal growing activities, confiscating plants and equipment and prosecuting the individuals involved. A hazmat plan is in place to deal with the plants and associated equipment and chemicals.

Identification of illegal marijuana growing activities can result from a variety of intelligence, but one of the more effective methods is tips from the public. Local neighborhoods watch groups, homeowner associations and individuals are encouraged to call the Sheriff's "Anonymous Tip Line" if they observe something suspicious in their communities. To leave a tip, call 719-687-9652, then press "5." A special tip line just to report illegal pot growers is reportedly forthcoming.

"If people believe something is going on, report it," said the Sheriff. "We need to expose and eliminate these bad guys from our communities."

## Chivalry and the Age of the Bodice Ripper:

A short history of the romance novel

by Michelle Dukette

According to the Romance Writers of America, a romance novel must be comprised of two basic elements: a central love story and an emotionally satisfying and optimistic ending.

Romance in literature has a long history. There are brief yet memorable samples of it in ancient Greek literature — the farewell between Hector and Andromache in the Iliad, the romantic episodes between Kalypso' for Odysseus, and the poems of Sappho are all timeless in their passion.

During the height of the Middle Ages the theme of romance became more prominent. Arthurian Legend was the rage in Britain and France where knights and fair maidens began to spring up in literature. It was the age of chivalric romance, in which handsome and brave men in shining armor save maidens from harm, danger and sometimes fire breathing dragons. The most famous of courtly love tales is Chretien de Troyes's Lancelot, the Knight of the Cart. In this story we see for the first time one of the most famous love stories of the ages, that of Sir Lancelot and Queen Guinevere. Tristan and Isolde is another tale of impermissible love that spread widely throughout Europe and has survived through the ages. Unfortunately, unlike most contemporary romance novels, these stories do not end with a happily ever after.

Romance novels, as we know them today and as defined by the Romance Writers of America, arguably began with the writings of Jane Austen, whose stories center on social class, proper courtships, and marriage. Austen's novels were some of the first to gain widespread popularity and fame. Her novels are witty and light — they do not delve deeply into the philosophic or existential questions. This is the appeal of the traditional romance novel. While they are normally not heavy in subject matter, they take hold of one's emotions and bring you on a journey that most readers can relate to — one of human connection and emotion in which love and hope go hand in hand.

A common misperception concerning the romance novel of today is that they are, to put it bluntly, trash. They are often looked down upon as a waste of time and only read by bored housewives and "old maids" — restless women gazing out the front window waiting for Prince Charming or Fabio to prance in on a white horse to save them from the dullness and monotony of life to ride into the sunset, leaving the dusting and vacuuming behind. This stereotype most

likely presented itself in the late 1970s and 80s — a period known as the "age of the bodice ripper." This was a time when romance novels were full of explicit sex and drama hidden behind gaudy book covers of muscular, long haired men embracing women whose corsets were slightly unraveling the breeze. Harlequin Enterprises Ltd. was a lead company cashing in on the trend. These paperbacks were readily available at checkout lines in grocery stores across America and readers consumed them more quickly than a TV dinner.

The reality of today's romance fiction however is far from trashy. Contemporary romance writers are creating dynamic stories that are highly researched and respected. Discerning readers have such high expectations of historical accuracy that writers of historical romance have necessarily become experts on the time-periods in which they set their stories. In addition, more and more writers are giving us characters that are culturally and experientially diverse, including military veterans, first responders, single parents, strong and independent women, women-owned businesses, and a whole host of other modern realities. No one is sitting around waiting for Prince Charming to arrive anymore!

Writers like Nora Roberts, Jude Deveraux, Mary Balogh, Susan Elizabeth Phillips, and Beverly Jenkins are well respected in the publishing world, and they bring self-sufficient and smart characters to life. While those that read and write in this genre spend time and energy defending it, it is also important to remember that reading novels is a pastime that should be enjoyed without the stress of judgement by others. In a world where negative news on social media prevails, romance novels bring a welcome escape and a refreshing look at life. Yes, sometimes stories, as in life, still end in a

Tristan and Isolde and the Potion.  
Painting by John William Waterhouse

happily ever after.

The Rampart Library District is pleased to offer fans of romance fiction a new book club starting this month: The Romance Lover's Book Club. This club is for adults who enjoy reading and discussing romance novels, and who might like to expand their romance reading experience. We will meet on the 3rd Thursday each month, starting January 18. Join us from 1:30 to 3 p.m. in the Colorado Room on the third floor at the Woodland Park Public Library. Our first discussion will be about *Hot in Hellcat Canyon* by Julie Anne Long. The book can be placed on hold by visiting our online catalog at <https://rampart.marmot.org/> and logging in with your library card, or of course, come in to the library and our staff would be happy to help you. In addition to lots of fun discussion, there will be door prizes which may include gifts from authors, including autographed books. We hope to see you there!

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## Coloradoan's way of life intertwined with public lands

by Morgan Anderson

How do you connect with public lands? Recreationally? Culturally? Financially? Chances are, as a Colorado resident or visitor, your life is more intimately linked to our national public lands than you'd imagine. Obviously if you play outside in Colorado, you're probably hiking, biking, skiing, boating, climbing, hunting, or driving on Forest Service, Bureau of Land Management or Park Service lands. Remember, if you frequent a restaurant that caters to tourists; if you have friends that work in the environmental field; if you enjoy scenic vistas, photos and paintings of Pikes Peak and Garden of the Gods; or if you rent your house to a seasonal worker or weekend visitor...without public lands, these unique community assets would be lost.

On December 4, 2018 President Trump headed to Utah to undercut protection for public lands across the country and threaten the resources that our local economies

depend on. In response, over 180 Colorado businesses have submitted a letter asking Congressional Representatives and the Administration to end this attack on National Monuments and the Antiquities Act.

Combined, employment and visitor spending to national monuments and protected cultural resources in Southwest Colorado totaled 1,340 jobs and \$42.2 million in labor income. More broadly, the outdoor recreation industry in Colorado generates \$28 billion in consumer spending and \$9.7 billion in wages and salaries each year. The statistics are impossible to ignore and the benefits to Coloradoans' quality of life are immeasurable. Our businesses have taken a stance, now it's your turn: take a moment to remind your local, state and federal leaders that your connection to Public Lands intersects with virtually all aspects of life and it is important to protect these landscapes for generations to come.

## IREA refunds \$8.4 million

Intermountain Rural Electric Association's board of directors has approved a rate refund totaling \$8.4 million that appeared as credits on most customer's electricity bills in December. The board's action passes through to customers a wholesale rate refund received by the cooperative this year.

The average residential customer will see a credit of approximately \$41, though the amount of the credit will vary depending upon the amount of energy any given customer used during the first 10 months of this year. Customers who used very little energy during that time or who were not on the system then will see less or no credit; those who used more energy than average during that time will see larger credits. Commercial

and industrial customers will receive credits on the same basis as residential customers.

IREA CEO Patrick Mooney said the company was on track to meet the 2017 financial targets without the wholesale rate refund, so the board of directors agreed that the cooperative's customers should receive the immediate benefit of the refund.

The one-time, refund is separate from and in addition to the capital credits IREA typically refunds its customers each spring. IREA plans to issue capital credit refunds again in March 2018.

The association is pleased to announce that customers will not see a rate increase in 2018. IREA's last general rate increase was in February 2013.

## WPSD E3 curriculum receives award

Woodland Park School District's (WPSD) E3 program has been selected to receive the 2017 Innovative EE Program for Excellence from the Colorado Alliance for Environmental Education (CAEE).

Each year CAEE recognizes and honors individuals, organizations, and schools from around the state for their innovation and dedication to moving the field of environmental education forward.

WPSD partnered with Catamount Institute and the Pikes Peak Community Foundation (PPCF) in 2014 to bring environmental education, experiential instruction, and hands-on learning to all Woodland Park elementary students. Due to the success of this E3 curriculum, it is now offered to Woodland Park

Middle School students as well.

"We are honored to receive this recognition for our unique E3 curriculum," Dr. Jed Bowman, superintendent of WPSD, said. "We have perhaps one of the most unique school settings in the nation, with our district nestled next to America's Mountain, and being able to capitalize on this setting makes this exemplary learning opportunity possible for our students."

CAEE is a partnership between environmental education providers and supporters who are working together to advance environmental literacy. CAEE serves all sectors of the Colorado community by improving the collective effectiveness of environmental education.

## New Year's education resolution

If you know of anyone aching to make next year a better year, send them to Community Partnership so we can help them knock "education" off of their list.

Our next new student orientation will be on Wednesday, January 10. Students need to arrive by 9:30 a.m., and be prepared to stay until 2 p.m. Child care is provided and lunch is served. There is a \$40 enrollment fee;

scholarships may be available.

Classes are Mondays and Wednesdays:

- Cripple Creek 8-11 a.m.
- Divide noon-3 p.m.
- Woodland Park High School 6-8 p.m.

Future registration dates include Feb 7, March 7, April 4, and May 2. Call Katy at 719-686-0705 for more information or to register.

## Adopt Me by AARF

### Bessie

Bessie is a Border Collie, about 1 1/2 - 2 years old. She's out of her element at PetSmart, which is why she has only made a couple of appearances. She needs a special forever home, one where she will be the only dog. She has a strong herding instinct so she needs lots of room but no livestock. Good with kids. To meet Bessie call Dottie at 719-748-9091.



## Buena Vista Christmas opening

by Barbara Wind

photos by Barbara Wind

Holiday celebrants came from near and far to embrace the multitude of festivities that abounded in Buena Vista on Saturday, December 2, 2017. The Buena Vista High School Choir Concert, the always popular Chocolate Walk, a Community Dog Walk, the Collegiate Peaks Chorale Christmas Concert, the Collegiate Peaks Golf Course Shopping Spree, South Main Christmas Tree decorating, a showing of the movie *Polar Express*, two parades, special activities at the Community Center, and the 1st Annual Polar Plunge to benefit Toys for Tots, just to mention a few!

Sidewalks of East Main Street were lined with spectators for the annual Equine Parade which took place at 2 p.m. With Mother Nature providing an almost perfect canvas, the parade was well attended with equine entries sporting costumed riders, wagons, carts and buggies. The color guard was presented by the Chaffee County Fair & Rodeo Royalty. Santa enjoyed a chauffeured ride to the Community Center aboard a mule drawn wagon driven by Dennis Fisher of Nathrop. Upon arrival at the Community Center, Santa greeted hundreds of excited children for photos. Adults and children alike were entertained by the display of twinkling trees that lined the walls of the main room, and enjoyed the musical entertainment that filled the room with warmth and fellowship of the season.

Ending the day's festivities, the Light Parade kicked off at 5:45 p.m. also drawing a large attendance. From the start in South Main to the Optimist Splash Park, Santa once again delighted the hearts of young and old along East Main Street. Upon arriving at his



The Equine Parade color guard was presented by the Chaffee County Fair & Rodeo Royalty.



Santa arrived at the Community Center aboard a mule drawn wagon driven by Dennis Fisher of Nathrop.

destination, Santa was the center of attention amongst a "standing room only" assembly, the Community Christmas Tree came to life with a legion of glowing illuminations while the chilly night air resounded with Santa's recital of classical Christmas rhymes.

The annual Buena Vista Christmas Opening is organized by the Buena Vista Chamber of Commerce in collaboration with countless volunteers, local business owners and community residents.

## HRRMC Rehab hosts postpartum exercise series

HRRMC Rehabilitation Services is hosting a five-week postpartum exercise series that will meet every Wednesday in January from 1:30-2:30 p.m. Classes will be held at the HRRMC Wellness U Gym, 1548 G St., Unit 5, Salida.

The series will be led by HRRMC's Pelvic Health Physical Therapy Team. Sarah Hudelson, PT, DPT, Ann Croghan, PT, DPT, and Laura Sydney Williams, physical therapy student, will teach women how to exercise safely and effectively after having a baby.

Sessions will cover the basics of postpartum

exercise and will include a pool and yoga class.

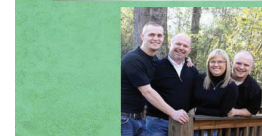
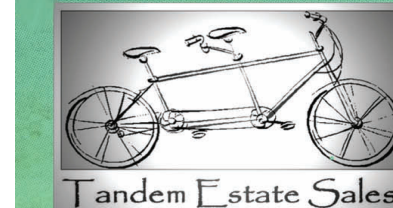
All classes will be held at the Wellness U Gym except for the pool class which will meet at the Salida Hot Springs Aquatic Center. Cost for the pool class is \$5. The other four sessions are free.

Attending all five sessions is encouraged but not required. Babies in arms are welcome to attend with their moms.

Preregistration is recommended. Go to [www.hrrmc.com](http://www.hrrmc.com) and click on the "Classes & Events" button to register online. You can also call 719-530-2040 for more info and to register.

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**JANUARY ENTERTAINMENT SCHEDULE 6-9 P.M.**

3.....OAKLEY	12.....TRICIA PARISH	24.....MIKE SUNIKA
4.....CARI DELL	13.....KARAOKE	25.....ARCHTOP EDDY (ED PARSONS)
5.....HOWIE	17.....OAKLEY	26.....TRICIA PARISH
6.....KARAOKE	18.....CARI DELL	27.....KARAOKE
10.....MIKE SUNIKA	19.....HOWIE	
11.....6 STRING DAVE	20.....KARAOKE	

**HAPPY HOUR EVERYDAY FROM 3PM-5PM**  
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EVERY TIME YOU SING, WE PUT YOUR NAME IN THE HAT FOR LODGE PUB GIFT CERTIFICATE.  
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"We have seen a ton of calls and new patients from the ad already, and we are thrilled. You guys are awesome!"

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Marketing Director  
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Consulting Exam, X & X-rays	\$45
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4-Surface White Filling	\$85
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7-Surface White Filling	\$145
8-Surface White Filling	\$165
9-Surface White Filling	\$185
10-Surface White Filling	\$205

**New Patient Special**  
Cleaning, Exam, and X-rays \$59

**Life Country News**



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

### BUENA VISTA

- 6, 13, 20, 27 Community dog walk every Saturday 9 a.m. meet at Gorge to the Dogs 300 E. Main St.
- 8, 15, 22, 29 Monday Morning Art 9:00am at BV Community Center.
- 9 Celtic & Old Time Music Jam 6:30-8:30 p.m. All abilities are welcome on the second Tuesday each month! Bring your instrument(s) and a tune to share. Free with donations appreciated. Call Carole Barnes for more info 719-395-6704.
- 9, 16, 23, 30 Women's Self-Led Workout Group 8:15-9:45 a.m. BV Community Center.
- 12 BV Community Dance 7-9:30 p.m. at Congregational United Church of Christ 217 Crossman St.

### CAÑON CITY

- 3 Free Legal Clinic 3:30-5 p.m. at Cañon City Library, 516 Macon Avenue, for parties who have no attorney, by computer link.

### COLORADO SPRINGS

- 8 Rankin Scott Kelly, 1st Sheriff El Paso County, Colorado Territory 1861-1867 by John Wesley Anderson 6 p.m. Pay \$17 Friday prior, noon: <https://squareup.com/store/pppw>. Colorado Springs Masonic Center 1150 Panorama Drive. Call 719-473-0330 or email [posse@de WittEnterprises.com](mailto:posse@de WittEnterprises.com)

### CRIPPLE CREEK

- 18 Screenagers: Growing up in the digital age a free movie 4:30-7:30 p.m. and conversation for parents and youth age 10+. Free dinner and snacks (while supplies last), free childcare for kids under 10. All present have a chance to win door prizes, there is a special drawing for those who RSVP before Jan 11 at 4 p.m. The movie is at CC-V High School. Please call Community Partnership at 719-686-0705 or email [Aimee@cpteller.org](mailto:Aimee@cpteller.org) to register and arrange for childcare (we

need names, number of children, ages, phone number, also please inform us of allergies, sensitivities or special needs), No Later Than January 11.

### ASPEN MINE CENTER

- 2, 16 TBI Group participation meetings regarding Traumatic Brain Injury, held 10-11:30 a.m.
- 3, 10, 17, 24, 31 Aspen Mine Center community lunches 11:30-1 p.m. The mission of these lunches is to provide affordable, delicious and nutritious home style meals in a positive environment that fosters health, fun, community, social engagement and education. All community members are welcome; particularly seniors, persons with disabilities, volunteers, low income individuals and families. Meals are provided on a donation basis.
- 3, 10, 17, 24, 31 Cocaine Anonymous 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.

- 3 ATTUNE, Support group for male victims of domestic violence meets 4-5 p.m.

- 5, 12, 19, 26 A Willow Bends, every Friday from 3-5 p.m.

- 9 Vet Service Meeting 9-11 a.m.

- 9 All Vets, All Wars group participation 10-11:30 a.m.

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

- 15 TESSA Women empowering women 1-3 p.m.

- 18 OIB Group. Support group for individuals with blindness or other sight issues 10-11 a.m. Meets in the dining room on 2nd floor. Call Kathleen 719-471-8181 x 103 for more information.

- 25 CO Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.

- 26 TEFAF (commodities) 9-2 p.m.

Please bring photo ID and proof of Teller County residency.

- 26 Cross Disability meetings for persons with disabilities 10-11:30 a.m. All events in 2nd Floor Conference Room unless otherwise specified.
- Medicaid Health Navigator, Krysta Arrick is available Monday through Thursday 8-5 p.m. at 719-689-3584.

### GED

- Our next new student orientation will be on Wednesday, January 10. Students need to arrive by 9:30 a.m., and be prepared to stay until 2 p.m. Child care is provided and lunch is served. There is a \$40 enrollment fee; scholarships may be available. Call Katy at 719-686-0705 for more information or to register. Classes are Mondays and Wednesdays 8-11 a.m. Future registration dates include Feb 7, March 7, April 4, and May 2

### DENVER

- 6-21 National Western Stock Show. For more information on Horse Shows, Livestock Shows, Rodeos, Trade Show and Ticket information visit [www.nationalwestern.com](http://www.nationalwestern.com).

### DIVIDE

- Our next new student orientation will be on Wednesday, January 10. Students need to arrive by 9:30 a.m., and be prepared to stay until 2 p.m. Child care is provided and lunch is served. There is a \$40 enrollment fee; scholarships may be available. Call Katy at 719-686-0705 for more information or to register. Classes are Mondays and Wednesdays noon-3 p.m. Future registration dates include Feb 7, March 7, April 4, and May 2

### LITTLE CHAPEL FOOD PANTRY

- 8, 22 Distribution 3:30-6:30 p.m. Last name beginning with:
- A-H 3:30-4:30
  - I-Q 4:30-5:30
  - R-Z 5:30-6:30

### EVERGREEN

- 4 Free Legal Self-Help Clinic 3:30-5 p.m. at Evergreen Library 5000 CR 73. Pre-registration required in person or 303-235-5275.

### FLORISSANT

- 12 Night Sky Program at Fossil Beds 7-9:30 p.m. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above in search of planets, galaxies, nebulae and more. Meet at the Visitor Center. For additional information, please call 719-748-3253 or visit our website: [www.nps.gov/flto](http://www.nps.gov/flto) or on Facebook at the Thymekeeper

- 13 Herb class with the Thymekeeper 1:30-3:30 p.m. See page 2.

### THUNDERBIRD INN

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

### FLORISSANT GRANGE

- 9 Pine Needle Basket Making class 9:00am at the Grange. You'll be surprised at how beautiful the transformation is. Not just decorative, these baskets are useable too! Reservations required.
- 26 Join us for another in our series of Dinner/Concerts. Listen to the Ventures style music featuring Kon Tiki 6-9 p.m. Doors open at 6 p.m. A beach/surfer style dinner (not hotdogs) will be served at 6:30 p.m. We can also cater to those who are vegetarians or gluten free. The concert begins at 7 p.m. We will serve dessert at 7:45 p.m. with the concert continuing 8-8:45 p.m. Don't miss the chance to enjoy this nostalgic experience with Kon Tiki. Tickets are \$35/person and must be prepaid. Space is limited. Reservations required. For reservations or questions call 719-510-235 or 719-748-5004; if you leave a message we'll return your call.

### FLORISSANT LIBRARY Adults

- 8 Let's Read Amok! Book Club 11 a.m. Board Room. This is a non-

traditional, off-the-wall book club; the idea is to enjoy alternative books and activities. Many times you will not need to read anything ahead of time — just show up, bring a snack or your lunch, and have a good time. January: Craft/How-to Books.

- 11 Free Legal Clinic 3-4 p.m. on the second Thursday of each month. Please pre-register by calling 719-748-3939.

- 17 Bookworms Book Club 10:30-noon. Currently reading: *Maya's Notebook* by Isabel Allende. February: *A Lady's Life in the Rocky Mountains* by Isabella Bird.

- 20 Veteran's Breakfast. Enjoy breakfast at the Florissant Library while hearing updates on veteran's affairs and issues from guest speakers 8:30-11 a.m.

- 24 New! Craft and Create 1-2 p.m. Our first creative adventure will be to make fun notecards using buttons, paint chips and scrap paper. Supplies provided. Space is limited to 15. Call 719-748-3939 to sign up.

### On-going

- Tai Chi Mondays at 10 a.m.
  - Storytime Fridays 10-10:45 a.m. Join Miss Leslie for stories, songs, and fingerplays. Recommended for ages 3 and up.
- Florissant Public Library will be closed Monday, January 15 in observance of Martin Luther King Jr. Day.

### FLORENCE

- 20 The Third Annual "Chili Bowl" in a Chilly Museum" will be held from 11-2 p.m. The Florence Pioneer Museum and Research Center will be serving home-made chili in locally made bowls and cups from the P & G Pottery. Cost will be \$5 for a cup or bowl of chili. All proceeds will go to the FPM Building Fund. We bought the building next door for future expansion, and now, we gotta pay for it! Come help the Florence Pioneer Museum E-X-P-A-N-D! Details will be on the website: [www.florencepioneercentermuseum.org](http://www.florencepioneercentermuseum.org) — in January. Check out the website on what the Museum

has for sale in the way of books, maps, even a deck of cards!

### GUFFEY

#### BAKERY AT STRICTLY GUFFEY

- 11 Sound Healing 6-7:30 p.m.
- 13 Ring Class noon-4 p.m.
- 18 Drum Circle 6-8 p.m.
- 19 Wine & Watercolor class 6-8 p.m.
- 25 Mindful Meditation 6-7:30 p.m.
- 28 Intro to Silver Jewelry class 12-4 p.m.
- Yoga every Saturday 8:30-9:30 a.m.

### BULL MOOSE

- 6 Stompin' George 6-9 p.m.
- 8 Bingo with cash prizes 6 p.m.
- 15 Wild Game Night. Bring your favorite dish. All proceeds go to 1st and 2nd place winners, voted by customers 5 p.m.
- 20 Open Mic hosted by Super Chuck 6 p.m.
- 22 Trivia game night 6 p.m.
- 27 Dinner show 6 p.m. hosted by Super Chuck featuring Marty Wayne, comedian and magician.
- 29 Pantomime lip sync karaoke hosted by Red.
- Karaoke every Friday 6 p.m.
- For more information check our website at [www.thebullmooseninguffey.com](http://www.thebullmooseninguffey.com), facebook [www.facebook.com/thebullmooseninguffey](http://www.facebook.com/thebullmooseninguffey) or call 719-689-4199.

### PONCHA SPRINGS

- 26 County Wester Dance 7-9 p.m. at Poncha Springs Town Hall, \$5.

### LAKE GEORGE

#### CHARTER SCHOOL

- 3 Classes resume.
- 11 End of second quarter.
- 16 Charter Board meeting 6 p.m.
- 18 Report cards go home.

### CHARTER SCHOOL

- 26 County Wester Dance 7-9 p.m. at Poncha Springs Town Hall, \$5.

### SALIDA

- 4 Food distribution will continue on Thursday mornings at the Salida Community Center, 305 F Street, from 9:30 a.m. until 2 p.m. Call Elaine Alleman for more information 719-539-3351.

- 10 Free Legal Clinic for parties who have no attorney from 2-5 p.m. on the second Wednesday of each month at the Salida Regional Library 405 E. St. Please call to schedule an appointment 719-539-4826.

- 13 The 13th Annual Backcountry Film Festival 7-9:30 p.m. at SteamPlant.

- 16 Chaffee County — Tough Talks Series: Proactive Planning 6-8 p.m. at First Presbyterian Church 7 Poncha Blvd.

- 18 Each month on the second Thursday, the SCFTA presents the Creative Mixer. Artists working in all genres are encouraged to attend and meet like-minded people, to share influences and news, to soak up fresh ideas, and to be inspired by the energy that makes Salida a center of support and expression.

- Each mixer begins at 5:30 p.m. in the Paquette Gallery, in the lobby of The SteamPlant Theater (220 West Sackett Avenue) on the south bank of the dynamic Arkansas River, where we are treated to a

visual feast of the current artwork on display in the Paquette Gallery. The exhibiting artist briefly talks about their work, their need to express, and their unique perspective.

- 26 Salida Community Awards 6-9 p.m. at SteamPlant. \$25. For more information 719-539-2068.
- 27 Mi Amor Wedding Fair 1-4 p.m. at SteamPlant Center.
- 31 Salida Old-Time Music Jam 6:30-8:30 p.m. at Soulcrafter Brewing at 245 W Hwy 50. For more information 970-309-3175.

### WOODLAND PARK

- 13 This year has seen 9 million people fleeing Florida and Houston and now we are watching California burn. Climate change is real and we have some solutions. Join us to learn how we can address the most important issue facing humankind in history. A new chapter of Citizens' Climate Lobby begins on January 13 from 11-1pm at Woodland Park Library 218 E. Midland Ave. Woodland Park, CO 80863. We urge you to come out and see what we have to offer. It's time to act.

- 19 Screenagers: Growing up in the digital age a free movie at 5:30-8:30 p.m. and conversation for parents and youth age 10+.

- Free dinner and snacks (while supplies last); free childcare for kids under 10. All present have a chance to win door prizes; there is a special drawing for those who RSVP before Jan 11 at 4 p.m. The movie is at Ute Pass Cultural Center 210 E Midland Ave. Please call Community Partnership at 719-686-0705 or email [Aimee@cpteller.org](mailto:Aimee@cpteller.org) to register and arrange for childcare (we need names, number of children, ages, phone number, also please inform us of allergies, sensitivities or special needs), No Later Than January 11.

- 20 Senior Center Pancake Breakfast at the Senior Center, SE corner of Pine Street and Lake Ave, 8-11 a.m. Your home town seniors will be flipping the pancakes and serving them up with juice and coffee or hot tea for only \$8. Kids 6 and under eat for \$2. This open to the public fundraising event helps to support the programs and activities of the Woodland Park Senior Center. Consider adding a monthly visit to the Senior Center for breakfast to your New Year's resolutions. Mark your calendars and plan to join us on the 3rd

## ~OUT AND ABOUT~

Saturday each month this year.

28 Ute Pass Historical Society annual patron luncheon at Ute Pass Cultural Center. Luncheon for patrons open at 12:30 p.m. Doors open to the public at 1:30 p.m. Mel McFarland's popular local historian presents *The Midland in Ute Pass* at 1:45 p.m.

**Save the date: Feb 10** Ute Pass Chamber Players present Founder's Concerto Festival 3 p.m. at High View Baptist Church.

**DINOSAUR RESOURCE CENTER**

- 13 Pueblo Zoo noon-2 p.m. Meet some of the animals from the Pueblo Zoo. There will be a presentation that covers what makes a mammal a mammal, where the animals are from and what their habitat is. The program will have interactive components and is suited for all ages.

- 27 Colorado Springs Astronomical Society 11:30-1:30 p.m. What does it take to send up a rocket into orbit? Is it easier to escape the gravity of Earth or the moon? Dave Warner of the Colorado Springs Astronomical Society will explore gravity using buckets, flexible fabric and balls of different weights. Join us for this fun activity with experiments you can try at home.

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songs and fingerplays with Miss Julie and Miss Beth. Craft offered after every regular story time — recommended for ages 3 and up!

- Lego Club Fridays all day in the Children's Craft Room.

### Teen programs

- 10 & 24 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 three episodes of an Anime. This first meeting, you will also have an opportunity to vote on upcoming titles for future Anime clubs.

- 18 New! Mixed Media Club 3:30-5 p.m., Teen Room. Media: Ice Cube Dyeing. Art supplies will be provided. Stop by the Teen Room to sign up!

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