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January 2019

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Vol. 11, No. 1

## Welcome to Ute Country

**"A great wind is blowing,  
and that gives you either imagination  
or a headache."**

— Catherine the Great

### PEEK INSIDE...



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The gift of life



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Colorado Territorial Prison Part II



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What's got Elvis all shook up?





# Lenore Hotchkiss

Real Estate Broker  
(719) 359-1340

## Happy New Year!



2019 promises to be another good market for real estate in Teller County. Contact me for an update.

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## On Deck



Jeff took the cover photo of Pikes Peak from Woodland Park. We felt the quote was fitting as we feel the winds of change blow in the New Year. We always have a choice about how we interpret events, life, and situations. Will our attitude in the New Year be one of optimism or pessimism? Will we give ourselves the opportunity to acknowledge that while the wind may erode, it also builds by blowing particles to another area? Can we challenge ourselves to see the bigger picture?

Many of us are noticing the winds of change blowing. Olga's *Heaven and Earth* focuses this month on "The Shift." We have several articles on resolutions and each bring a different perspective and different approach. If you're seeking to make a change this year, we trust there are articles that will help you reach your goal.


Chad Mello is taking a furlough to defend his PhD thesis. Please join us in wishing him the best of luck, the mastery of skill and the clearest of thoughts as he finishes his degree.

Are you a people person seeking to earn extra money? We are looking for additional sales staff. If you enjoy helping people promote their business and finding affordable solutions to get their word out, contact us to learn more about joining our *Ute Country News* team!

The deadline for our February issue is January 21.

Are you ready to share your amazing photos of indoor or outdoor animals? We love to print your photos in our Critter Corner. Please send them to us via email [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or snail mail POB 753 Divide, CO 80814.

Thank you,  
— Kathy & Jeff Hansen



## The Thymekeeper

### Winter warmth

by Mari Marques-Worden  
photos by Mari Marques-Worden

When I was a kid growing up in Denver, we knew we'd have to stop playing frisbee every afternoon for 10-15 minutes to wait out the summer rain. Winters were pretty much guaranteed to have snow and plenty of it. These days it seems the weather isn't so easy to predict. However, one thing that remains fairly consistent in our area, is we usually have a cold snap where we go below zero in winter for what seems an unbearable amount of time.

Staying warm while living in the mountains can be a challenge and require some creativity. Since moving from Denver to higher ground I've heard stories and seen pictures of people freezing to death or getting frost bitten in the high country.

In one of the more bizarre stories I've heard was of a woman who inserted a hand warmer in the bottom of her shoe to keep her feet warm. After some time had passed, she started to feel bad and rapidly started to feel worse. She put out a call for help as she knew she would need an ambulance. Assuming she was in for a hospital visit, she thought she'd better take a shower first. This decision nearly cost her life.

When she took off her shoes, she noticed a brown spot on her socks where the hand warmer was. When she removed her socks, she noticed it on her feet as well. Apparently, she absorbed the ingredients through the bottom of her feet and the hot water from the shower quickly coursed the toxins through her bloodstream into her vital organs. By the time the ambulance arrived she barely made it to the door and by the time she got to the emergency room, she died. Luckily the ER crew was able to revive her and she lived to tell her tale.

I've shared this story with people and was surprised to hear how many skiers put the hand warmers in their boots to stay warm. I would warn people to not use them in the bottom of the boot. An old folk remedy for cold and flu that many people are familiar with is to wrap a slice of onion onto the soles of your feet. Although this is a very effective way to draw out toxins, it's important to note that it is also a very effective and rapid way to absorb substances into the body.

Fortunately, there are safer ways to keep your feet warm for pennies on the dollar using arrowroot and cayenne pepper. Powdered arrowroot is the consistency of corn starch so it makes a nice medium for dispersing cayenne pepper evenly when mixed well. I use approximately 1/8-1/4 teaspoon cayenne with one ounce of arrowroot. It's best to start slow with cayenne pepper until you know your comfort zone. Once mixed you can add to a mustard container that has



turmeric



garlic



ginger

and immune boosting properties making them the perfect winter-time additions. Stave off colds, flu and sinus infections this winter and keep the fires burning!

### Ancient Ginger Garlic Soup

**Ingredients:**

- 4 green onions, finely sliced
- 50g of grated root ginger
- 2 cloves of garlic, peeled and finely diced
- 7 cups of chicken broth or stock (or vegetable stock for vegans)
- 1 finely diced medium-hot chili pepper

**Method:**

1. Place the onions, garlic, and ginger in a large pot and gently sauté on a low heat for 2 minutes.
2. Add the stock or broth and bring the soup to the boil.
3. Gently simmer until all the ingredients are softened.
4. Add the chopped chili pepper and simmer for 5 minutes before serving.

[https://www.healthy-holistic-living.com/ancient-ginger-garlic-soup-recipe-fights-flu-common-cold-excess-mucus-sinus-infections.html?utm\\_source=HHL&utm\\_content=47371-4YTB&fbclid=IwAR11ld7OJN7Pp9EgRt0KgWx-0y0qZsMkV3DDiueHjnuHsZdoLYncVs4eoo](https://www.healthy-holistic-living.com/ancient-ginger-garlic-soup-recipe-fights-flu-common-cold-excess-mucus-sinus-infections.html?utm_source=HHL&utm_content=47371-4YTB&fbclid=IwAR11ld7OJN7Pp9EgRt0KgWx-0y0qZsMkV3DDiueHjnuHsZdoLYncVs4eoo)

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

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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 gift of life

by Deborah Idleman

Nancy Spradling, a longtime Woodland Park resident, had no clue about a year-and-a-half ago that her life was about to drastically change.

While seeking medical treatment for another condition in May 2017, Spradling had routine blood tests. Some were concerning. It was possible she had cancer. Doctors ordered more tests.

For Spradling, telling her family that doctors were concerned she might have cancer was difficult. The entire family had to digest the news but then they took action.

“What do we do now? How do we take care of this?” they thought.

Sean Spradling, the youngest and a 1991 graduate of Woodland Park High School, and David Spradling, the oldest son, were taught by Nancy and her husband, Dave Spradling, to get down to business and persevere. So, that’s what they did. Dave, being a retired Army Deputy Garrison Commander at Fort Carson, knew just how to take charge of the situation.

Nancy consulted with Dr. Brad Haverkos, a cancer expert at UCHealth University of Colorado Hospital and an assistant professor at the University of Colorado School of Medicine. After a series of tests, Spradling learned in July of 2017 that she had T-cell prolymphocytic leukemia, a rare and often life-threatening disease.

Dr. Haverkos explained the options with Spradling and her family, and they decided the best course of action would be for her to begin taking a cancer therapy drug called alemtuzumab several times per week, which would put her in temporary remission. Knowing this drug would only work for 10 to 12 months, they decided a bone marrow transplant would be Nancy’s best shot at overcoming the disease.

Patients often look for donors among siblings and other relatives. Unfortunately, Spalding’s brother was not a match. Each of her sons was a 50 percent match, and Haverkos recommended that Sean, who is young, in good health and lived the closest, be the donor.

There would be risks involved, such as infection and graft versus host disease, so the Spradlings rented an apartment close to the Anschutz Medical Campus in Aurora, knowing that they would be there for at least three months following the transplant. This was quite a change from their spacious home in Woodland Park, but they were willing to do whatever was necessary to ensure Spradling’s success.

“I cannot imagine having gone through leukemia without Dave by my side. He supported the decisions and helped with my care. I can’t begin to express how blessed I feel to have such a supportive husband,” she said.

Their son, Sean, took the blood marrow transplant process in stride.

“There was never any question that I’d do this for my mom,” he said.

Even though Sean has had a lifelong fear of needles, he sat calmly with needles in both arms as experts harvested 8 million stem cells. Spradling’s medical team then transplanted 5 million stem cells into Spradling and stored 3 million more in case she ever needed another transplant.

Sean wants to encourage others to place



Nancy with her son and donor, Sean.

their name on the National Donor Marrow Program list because doing so may save a person’s life.

Haverkos said Spradling is doing great. “Nancy is currently in complete remission and is likely cured,” he said.

He credited Spradling for her inspiring motivation.

“She is not your typical 75-year-old patient. She’s healthy, highly motivated and did everything we asked her to do. It’s a testament to her to go through all of this with such a great outcome,” Haverkos said.



Nancy with the team at UCHealth.

Cover: Nancy is visited by member of the Denver Broncos, Shelby Harris, Will Parks, Justin Simmons, and Adam Gotsis.

Spradling continues to have her blood work checked every three months. Eventually, she’ll only need follow-up checks every six months, then every year.

“I am incredibly blessed to have been in such good hands with a wonderful care team at UCHealth,” Spradling said.

On the day she completed her transplant at the University of Colorado Cancer Center, the staff held a celebration for Spradling with balloons a cake because, just like a birthday, she was starting life anew.

“I cannot put into words what it means to have had my son as my bone marrow donor,” Spradling said. “Our bond is stronger than ever.”

Spradling loves the circle of love in their family. First, she gave him life. Then he, in turn, gave her life.

The holidays have been all the more special this year.

“I feel like I’ve been given a second chance at life,” Spradling said. “I feel stronger all the time and can’t wait to travel and get back to doing all the things I love.”

## Adopt Me by AARF

### Bessie

Bessie is our female collie who loves to run, be loved, watch horses and cats, eat treats and be an all-around star. Bessie is about 4 years old and would suit an active family, with outside space. She gets along with most dogs but loves humans more. You have to hear her bark! To meet Bessie, call Dottie 719-748-9091.

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



## One Nation Walking Together

### A New Year’s resolution that’s not about you!

by Kelli Herr

Like many others, my 2018 New Year’s Resolution was to buckle down, go to the gym, and get healthy. I was quite serious about it. I created milestones and realistic goals for myself. I planned on attending the gym at least two days a week and only eating out once a week. That was in January. Today, I find myself with no gym membership and leftover take-out in the fridge.



Like most people, I fell short on my New Year’s Resolution of exercising more. According to a study by the University of Scranton, only a mere 8% of people achieve their New Year’s goals. Why is this? Forbes Magazine suggests that it is because people set goals that are too complex, not tangible, and not obvious. While these reasons certainly deter people from achieving their goals, I propose a new hypothesis. I believe that people’s New Year’s Resolutions often fail because they are internally focused rather than externally motivated — they fail because they focused on benefiting the individual rather than focused on benefiting others.

According to a poll by YouGov which surveyed 1.2 million Americans, the top five New Year’s Resolutions in 2018 were to:

1. Eat better
2. Exercise more
3. Spend less money
4. Self-care (get more sleep)
5. Read more books

While these are all great goals, I can’t help but notice that the common denominator is internally focused self-improvement. Now, don’t get me wrong. In no way am I suggesting that self-improvement is a bad thing. Rather, I am suggesting that by taking a new approach and committing to a New Year’s Resolution that is grounded in helping others, we can improve ourselves AND society. Plus, we will be more likely to stick to our goals and see them through to fruition.

Here are some suggestions of externally motivated New Year’s Resolutions you might consider for 2019.

#### Volunteer your time

This year, try volunteering your time! As a volunteer, you are an invaluable asset to the numerous nonprofit organizations working tirelessly to solve some of the world’s most complex problems. You add capacity to worthwhile causes and help people in need. From alleviating poverty, to mitigating the effects of climate change, to conquering cancer, there are a multitude of missions worth supporting. Find the one that interests you and get involved! Your New Year’s Resolution goal could be to volunteer once a week, once or month, or quarterly. The great thing about volunteering is that most organizations are quite flexible, so you can volunteer as much or as little as your schedule allows.

The more you put into the experience, the more you get out of it. Though, as many volunteers will tell you, it is likely that you will leave the experience feeling like you gained more than you gave regardless of how long you volunteered for. This is because volunteering has tremendous positive impacts on your wellbeing. Volunteering your time is a great way to give back to the community, connect with others, and bring fulfillment to your life. Studies show that volunteering can decrease your risk of depression, increase your self-confidence, benefit both your mental and physical health, and reduce stress levels. Furthermore, volunteering allows you opportunities to strengthen your skillset and ramp up your resume. Thus, helping to propel your career forward.

Best of all, volunteering is FREE! For those of us who do not have much money to spare, volunteering is a great way to contribute without breaking the bank. Volunteering is a wonderful



opportunity to pay it forward without even paying a dollar. However, if you do have disposable income or are short on time, financial giving is another great way to give back.

#### Donate monetarily

An easy New Year’s Resolution you can feel good about is setting up a recurring monthly donation to a charity of your choice. Following through on this resolution is thoughtless! After initially setting up the donation, no action is required. The donation is automatically withdrawn from your account each month. How simple is that? Recurring donations provide a sustainable flow of capital to nonprofit organizations who largely depend on charitable giving to keep their programs up and running.

Additionally, like volunteering, they provide numerous benefits to you as the donor. Whether you are rich or poor, young or old, giving your money to a good cause has been proven to make you feel good. In one study, people were given either \$5 or \$20. Half of the people were instructed to spend the money on themselves and the other half were instructed to spend the money on someone else. Those who spent the money on others, regardless of the amount, reported feeling much happier while those who spent the money on themselves, regardless of the amount, reported little or no change in happiness. All who gave experienced happiness, not just those who give a lot.

If you don’t believe me, believe science. “The Neuroscience of Giving” states that helping others helps you by increasing your levels of dopamine, serotonin, and oxytocin — the chemicals which drive the happiness emotion. Furthermore, the release of oxytocin counteracts the effects of cortisol — the stress hormone. You heard that correctly. It has been scientifically proven that giving makes you happy and reduces stress! So, what are you waiting for?

#### Declutter to help another

You can achieve the same blissful dopamine boost and stress reduction from donating your lightly used goods. If decluttering and organizing are part of your New Year’s Resolution, you can accomplish those goals AND simultaneously help people in need. Studies suggest that organized, decluttered spaces are proven to increase happiness, reduce stress, and can even improve your eating and exercise habits.

As you are cleaning out your space, please be conscientious of the goods you decide to donate. If your items are in good enough condition that you would feel comfortable gifting them to a friend or relative, consider donating them. However, if your items are no longer salvageable, please do not donate your trash. This puts a huge burden on organizations who end up having to pay money from their limited budgets to have such items discarded.

Items that are in good condition, however, have the potential to make a huge impact in the life of others. Whether it be a bed for a mother

to sleep on, shoes for a child to wear to school, or a nonperishable food for a family to eat, donated goods help transition people out of crisis mode and into more stable and sustainable situations. So, this year I encourage you to consider making your 2019 New Year’s Resolution to declutter in order to help one another.

#### Share your passions

Aside from sharing your time, money, and lightly used goods, you can also share your passions. Whether you are passionate about human rights, environmental justice, social equality, or anything else, find what you care about and gift it with others. Communicating that one thing that wakes you up in the morning with someone else could manifest in different ways. You could teach a class, create a community event, write an article, or just have a simple conversation. Regardless of how you chose to share your passions, doing so has the potential to open dialogue and minds. The more people you share your ideas with, the more people you can influence, impact, and collaborate with.

This New Year consider making a promise to yourself to share what you love with the world! You will likely find this Resolution easy to follow through with since your passion is something that excites you. Like a laugh, the energy and excitement you feel is contagious. As you touch the heart of another individual, they carry that message forward and in turn touch the heart of someone else. This pattern continues like a stone dropped into the center of a still lake. Your decision to share your passion will ripple outward and the impact of your seemingly simple action will exude much further than you could have ever imagined.

The New Year is here, so let’s get started! Take some time to consider what excites you. Research local organizations whose missions align with your own. Pick up the phone and give them a call or boot up the computer and shoot them an e-mail. This will likely be the hardest part of your New Year’s Resolution. Once that sense of fulfillment, purpose, and belonging sets in, it will be easy to continue. If you’re passion happens to be empowering our Native American brothers and sisters, celebrating indigenous cultures, and strengthening native and non-native relations, I welcome you to come and volunteer with us at One Nation Walking Together. We are a donation center focused on working with tribal leaders to supply the requested necessities of life to reservation communities throughout the west. We offer opportunities to fulfill all of the aforementioned externally motivated New Year’s Resolutions and we’d love to have you on our team.

For more information on how you can get involved, visit us at [www.onenationwv.org](http://www.onenationwv.org); call us at 719-329-0251 or e-mail [admin@onenationwv.org](mailto:admin@onenationwv.org). To drop off donations our facility is open Tuesday- Friday 9-3 p.m. and we are located at 3150 North Nevada Avenue, Colorado Springs, 80907.

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I also had sinus issues which I found out that Mark makes an Up Your Nose Sinus Spray. I sprayed two shots in each nostril and it took only 1 hour for my sinuses to open and they have not felt that good in years.

I drive out three times per year from Arizona to take classes at the college and in the past always suffered with low energy headaches and multiple sinus problems. I now look forward to coming to Colorado no matter what the season, knowing I can depend on these wonderful products.



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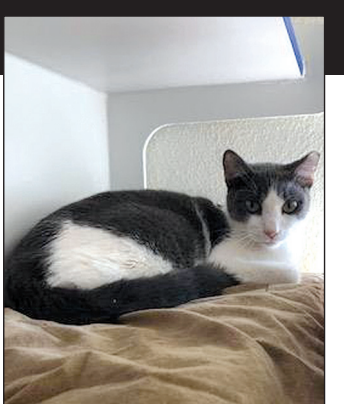
Woodland Park School District presented a check for \$3,012 to Community Cupboard during the Board of Education meeting on Oct. 12, 2018. The art teachers from each of the schools coordinated the event into their curriculum to have all art students create bowls to sell at Empty Bowls Night that was held in November. Lisa Rawson received the donation on behalf of the Community Cupboard.

## Adopt Me by TCRAS

### Jack Frost

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## A country that leads the world

by Patricia Turner

There was a time when the United States of America led the world in innovation. Today we lag behind nearly every industrial country in addressing the future of our planet. With the new information out by the Intergovernmental Panel on Climate Change (IPCC), the United Nations body for assessing the science related to climate change and our own National Climate Assessment that came out on Black Friday there is no longer any support for climate deniers, most of whom are paid for by fossil fuel industries.

In the IPCC report we are warned that keeping the increase in global temperatures to 1.5 degrees Celsius will mitigate the far worse cataclysmic events we would witness if our temperatures increase by 2 degrees Celsius. If we continue on our current path, we will see major losses in crop production, water scarcity, desertification, increased fires and flooding, national security risks, economic crises, and the spread of insects and viruses. All of these threats are already apparent but the incidence of each will become overwhelmingly more frequent and catastrophic if we do not act and act now.

Combined, both reports show the imminent impacts physically, economically and globally that we will face if we don't reduce our emissions by 50% in less than 15 years and 100% in 30 years. Without immediate and efficient action, we can write off the future of our planet as a viable place to live. We are at our tipping point. We can no longer stop some increase in global temperatures but we still have time to mitigate just how bad it can become and still retain hope of seeing the temperatures decline.

About a month ago we saw the first significant climate change legislation introduced to congress in years that can guide us toward reducing emissions quickly and sustainably. This is a bi-partisan bill called the Energy Innovation and Carbon Dividend Act. It is sponsored by Ted Deutch (D-FL) Dave Loefer (R-MI) Francis Rooney (R-FL), Charlie Crist (D-FL) Brian Fitzpatrick (R-PA) and John Delaney (D-MD). Let's send our appreciation to these brave and honest Representatives who have seen the facts and acted wisely upon them. They are standing up for the future of our planet, our health, our economy and national security.

This bill expects to lower carbon dioxide and other greenhouse gas emissions by 35% over the next 10 years and create 2.1 million new jobs based on estimates from a Regional Economic Models, Inc (REMI study). It places a nationwide price on carbon emissions at the source and returns the revenue to every household on a monthly basis. This policy will reduce healthcare costs by cutting pollution (It is estimated that 150 billion per year is spent on air pollution related illness.) The fee will continue to increase annually until emissions have been reduced by 90% below 2015 levels.

In this bill there will be a border adjustment applied to carbon intensive goods that are imported or exported, including exported fossil fuels, offering protection from companies benefitting by moving elsewhere and encouraging other countries to adopt similar policies.

Other areas covered in this legislation include:

- Narrow limits will be imposed on greenhouse gas regulations.
- There are special provisions for protecting agriculture including a refund of costs of diesel fuels whose emissions account for less than 1% of total emissions.
- There are conditions (like unmet goals in reduction of emissions) that can scale up the annual increase in fees.
- There is a special fee for fluorinated greenhouse gases
- Rebates will be offered to those who employ forms of permanent carbon capture and sequestration.

This legislation is completely revenue neutral and households will receive their dividend checks a month prior to the imposition of the fees so low-income families will not be impacted by rising costs.

This is one of the most powerful plans

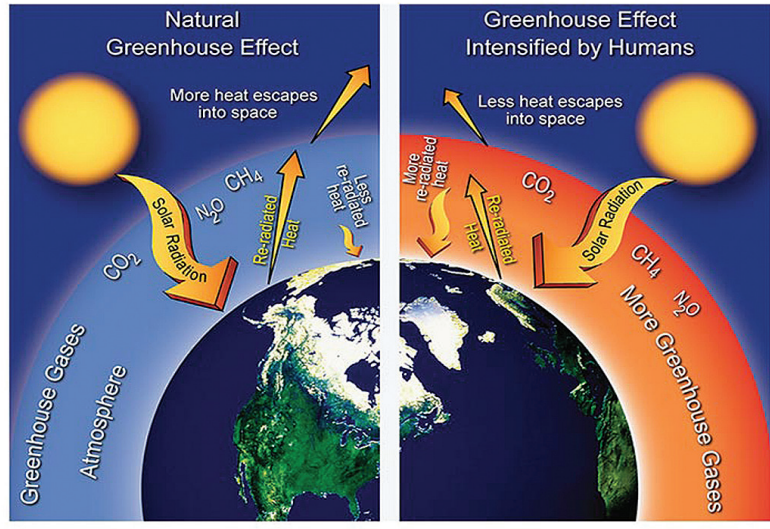
we've seen in years to address global warming. I urge you, call and write your representatives tell them to support the Energy Innovation and Carbon Dividend Act that brings us hope that our country will, once again, show leadership in the world towards addressing the greatest crises facing humankind.

Behind this bill is 12 years of planning, hard work and lobbying by a non-partisan organization called Citizens' Climate Lobby (CCL) [www.citizensclimatelobby.org](http://www.citizensclimatelobby.org) and thousands of volunteers. Patricia Turner is a co-chapter leader of the Woodland Park Chapter of CCL. We meet the second Saturday of every month beginning again on January 12 at 11am in Woodland Park Library. Contact [pipotstickler@gmail.com](mailto:pipotstickler@gmail.com) for more information.

IPCC report: <https://www.ipcc.ch/>  
Government Climate Assessment: <https://nca2014.globalchange.gov/report>

Do you wonder what more you can do to help improve Climate Change? Each month we will include an eco-friendly tip you can

## Human Influence on the Greenhouse Effect



employ to help make a positive impact on our environment. Our Eco-tip for January is to build the habit of using a recyclable grocery bag. We found by placing the emptied bag at the "out the door" spot helps us remember to get it to the car for the next

trip to the grocery. Do you have a tip you'd like to share with our readers? Email it to [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or mail to UCN POB 753 Divide, CO 80814. Please let us know if you give permission to share your name.

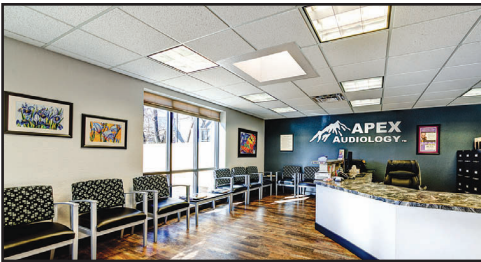
## HEARING LOSS? WE CAN HELP!



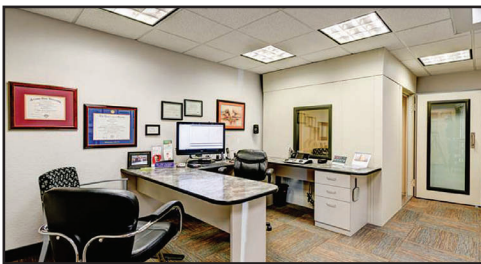
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# Growing Ideas

## Sunny succulents

by Karen Anderson “The Plant Lady”

January greetings to all of our readers. Hoping your Holiday Season was filled with peace and joy. I feel that we can just keep those warm and fuzzy feelings coming toward each other as we enter the New Year. Wishing you the best in your personal adventures to come in 2019.

This month, I would like to share some information about a unique and diverse family of plant life adeptly named ‘succulents’ because the word literally means *juicy plants*. They are fun, sturdy, easy to grow and are pretty darn happy growing in arid conditions which lends acquiescence to healthy succulents and cacti in our dry homes, especially during the winter months.



“If you are lucky enough to live in the mountains, you are lucky enough!”  
— Anonymous

These types of plants are capable of withstanding prolonged periods of drought. They are designed to store water within their leaves and stems and many have developed devices such as varnished leaf surfaces to cut down on the need for moisture. However folks, please do not think that you can totally neglect your succulent plants! Most will require a thorough watering about once a week, depending on your environmental conditions. It’s OK to allow the soil to become dry for a few days before the next drink of water. Sandy soil and good drainage to prevent root rot are extremely important for successfully growing these types of houseplants and I have found that they can readily be propagated by root cuttings. Most succulents prefer an abundance of sunlight to be happy, but be careful about placing them too close to windows, which could cause frost damage. It gets cold in the desert, but not our kind of cold!

Most cacti and succulents will flower for you at different times and some can be quite exquisite and exotic. Feed these plants frequently and lightly, applying a well-balanced analysis of 20-20-20 plant food about once every three weeks or so. This routine will help to keep the plants healthy and reduces threats of disease or insect problems.

A common nemesis for succulents is a ‘mealy bug’ infestation. The minute you discover a white, sticky, cottony substance on the stems or leaves, treat the area with a spritz of rubbing alcohol and do this procedure out of direct sun as the combination could easily burn the flesh of the plants. You may want to isolate them until the problem is no longer visible, as this pesky insect is ‘contagious’ and can spread to your other plants.

If you have the collector spirit, this species numbers in the thousands, so there is a vast and diverse group of plants for you to discover. The strange forms and sculpted shapes of succulents and cacti can fascinate and intrigue most plant people.

Growing up in Phoenix Arizona, I didn’t much care for the desert climate nor the plants that grew there, but when I moved to the mountains (I do feel *lucky enough* about that), and occasionally revisited the Southwest, I would pick up a few little cacti to bring home to Florissant.

So, as they say, the rest is history. I found that these desert plants thrived very well indoors here at 9,000 ft. and began to expand my interest as well as the number of different types of cacti and succulents. They never cease to amaze and delight me with their special ‘personalities’ and unique designs of nature.

If you are interested in ‘adopting’ some of these interesting and easy to grow plants, check out my display at Mountain Naturals in Woodland Park, The Outpost in Florissant or you may call me at 719-748-3521 for an appointment to explore more options and selections.

Take very good care of yourselves. Till next time, peace and beauty.

# Recreation and Coloradoan’s wellness

by Eric Chatt, N.D.

Our collective wellness in Colorado is intimately interwoven with the state of our natural resources. The Oxford English Dictionary defines recreation as “the process or means of refreshing or entertaining oneself” or “a pleasurable activity.” Much of what people find enjoyable in Colorado involves physical activity outdoors.

Outdoor activity is not only good for our health, it is a huge boon for the Colorado economy and job sectors. Research conducted by Southwick Associates for Colorado Parks and Wildlife was summarized in a report this October concerning the 2017 outdoor recreation industry. This report estimates the contribution of outdoor recreational activity in Colorado in 2017 was \$62 billion dollars and 511,000 jobs.

Dr. Larry Wolk, executive director and chief medical officer at the Colorado Department of Public Health and Environment (CDPHE) said, “The health of individuals depends on all sectors working together to promote policies and activities that support health. From jobs that provide a living wage and health insurance, to zoning and land use planning that creates healthy neighborhoods and areas for recreation, health is everybody’s business.”

The CDPHE commented about a recent United Health Foundation annual report



stating Colorado is ranked as the least obese state with the lowest prevalence for diabetes, second in physical activity, second lowest cancer and cardiovascular deaths, and the second lowest percentage of kids living in poverty. This annual report utilizes 35 parameters including policy, behaviors, community and environment, outcomes data and clinical care. Overall Colorado is ranked the 7th healthiest state in the country. Our health and economy are tied to that of our environment. Keep up the good work!

• *Denver post:* <https://www.denverpost.com/2018/10/27/colorado-outdoor-recreation-economy/>

• *CDPHE:* <https://www.colorado.gov/pacific/cdphe/news/2018-state-health-ratings>



# Art Scene

## Laura Haberman, gourd artist

by Mary Shell

I’ve seen plenty of gourd art in my career, but none compare to the complex designs and attention to detail of Laura’s work.

Laura’s career as a gourd artist started when she was given a gourd as a gift from a friend. She fell in love with the idea of creating her own gourds with her own spiritual designs. Since then she had created some of the most beautifully designed and executed gourds I have ever seen. She takes gourd art to a new level.

I’m not well educated in the process of gourd art, but as a lifetime artist and gallery owner I judge artwork on creative merit and Laura’s work goes beyond expectations. They are a collector’s dream. Her gourds are not just painted; they are sewn with threads and beads using an intricate technique called Teneriffe Lace Work, or Sun Lace. It’s a 16th century needlework technique used in Spain and Bolivia where threads are intertwined creating a lace look.

Not only are Laura’s gourds beautifully executed, but they hold the mystery and spirit as the old Native American Indian artists and Shaman included into their art. She becomes one with each gourd she creates. She studies the shapes and sees what they will become. They can become a group of dancers, a single maiden holding a bowl or a warrior in full regalia. No two are the same, or even close to being replicated. Each blank gourd becomes its own identity and story.

When you look closely you are amazed by the intricate handiwork. Tiny holes, just big enough for the thread to pass through, line up perfectly creating a sun, wind and accent designs all in harmony with the shape of the gourd. Horses dance on the uneven surfaces and shapes. Feathers flow in wind created from thin layers of threads.



Laura Haberman with some of her gourd art.

Her knowledge of working with gourds stems from studying the art since 2006. She has studied under well-known gourd artists such as Pamela Redhawk, Bonnie Gibson and world known gourd artist Robert Rivera. She continues taking classes in gourd designing, learning and improving the art.

Her inspiration stems from her mother who is part Cherokee born in Oklahoma, but her interpretation of the old Cherokee stories is purely from her heart.

Laura has won numerous awards in New Mexico and Colorado yet remains a quiet reserved artist untainted by praises and awards or the amazing beauty she creates. In the many years of being in the art world I have seen success overtake the natural ability to create freely and boundlessness, but she shows no signs of being affected. Yes, I am one of those people who praise her for her work, as she smiles in near embarrassment.

Laura works from her studio in Penrose, Colorado. She is also a permanent artist at REM (Random Expression Movement) Fine Art Gallery at 710 Main St. Cañon City, Colorado where her gourds are on display and for sale. You can reach Laura at REM Fine Art Gallery 719-371-5405 where she is the featured artist for January 2019.

# Where is Zack this month?

Zack is a certified therapy dog and the mascot for the Pet Food Pantry for Teller County. As their mascot, he is dedicated and determined to help families keep their pets at home when they fall on hard economic times. He is currently resting so that he can be ready to resume his fundraising duties toward the end of this month.

On Saturday January 19th from 8:30 a.m. to 1:30 p.m., Zack will be at Tractor Supply, 919 Spruce Haven Drive, Woodland Park, CO, collecting donations and food for his feline and canine friends in exchange for homemade dog biscuits, frisbees and catnip toys. Please stop by and give him a hug for his hard work!

Thank you for your support. FMI [www.PetFoodPantryTC.com](http://www.PetFoodPantryTC.com).





# Adopt Me

by SLV Animal Welfare Society

# Snickers

This is loveable, Snicker, the Water Star. She is a 3-year-old boxer mix, spayed and all vaccinations are current. Leaping into the air like an acrobat, she loves to play with a stream of water from a hose. (See the video [www.slvaws.org](http://www.slvaws.org)). She is probably best as an only dog. Saved from a kill shelter, she’s had a tough life. Would you consider giving Snickers a forever home for the New Year? FMI 719-587-9663 (woof).

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# Hellith Chapter 3

by Danielle Dellinger

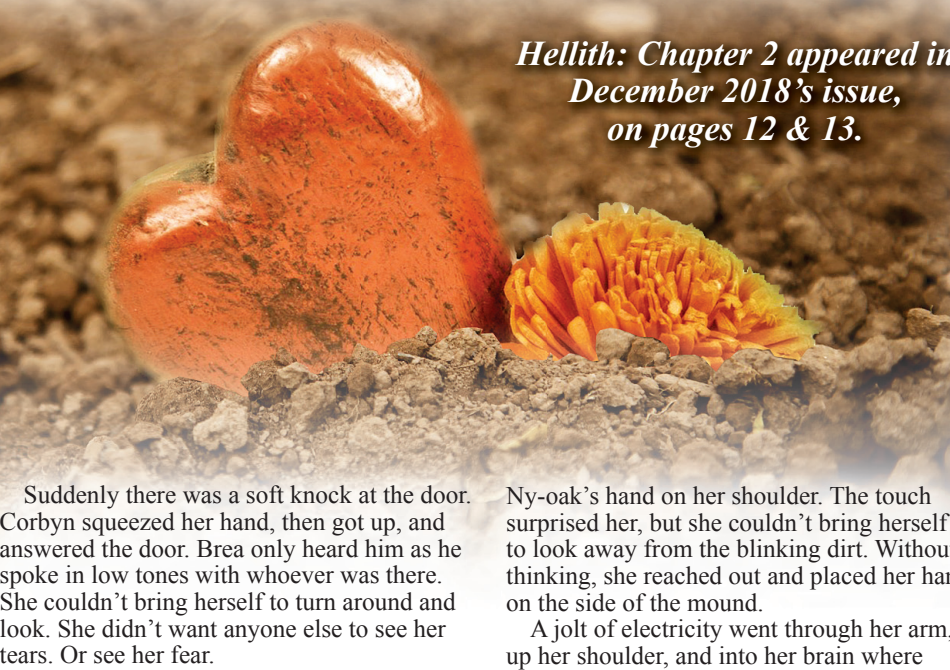
Since the age of four, Brea had always loved space. Yes, it made her feel small, but she recognized the infinite possibilities it had to offer. New life could be encountered, new planets, maybe even new dimensions. Her mother had given her a thick astronomy textbook when she was six, and each night she would read two chapters before bed. Of course, her room was covered in glow-in-the-dark stars, solar system posters and models. On her dresser sat a paper maché model of Jupiter. She'd done it all by herself, and even now as an adult, she was still quite proud of it. Jupiter had always intrigued her. It was the largest planet in our solar system, and was best known for the Great Red Spot, a giant spinning storm resembling a hurricane. At its widest point, the storm is approximately three and a half times the diameter of Earth. The clouds on Jupiter are estimated to be 30 miles thick, which makes it unclear if there's even a solid surface to walk on. The mystery surrounding what Jupiter is really like is what initially drew Brea's attention to it. Mystery had always been her Achilles heel.

Brea stepped out of Corbyn's cabin and turned to face him.  
"We'll talk more later. Okay?"  
Corbyn nodded. "I'm sorry I put this on you. But at the same time, I'm so thankful you're here."  
Brea hugged him. "Me too. I was devastated when they'd said you were gone."  
He hugged her back. "I've really missed you, Brea."  
She squeezed him tightly. "We'll catch up at dinner. We have a lot to talk about still."  
They moved back from each other, both offering the other a kind smile. The weight of the situation still hung between them, but it was a weight they could carry together.  
Brea waved, turned, and started back on the path she'd entered on. She had a long walk ahead of her, but she didn't mind because it'd allow her time to think and process. The longer she walked, the angrier she got.  
How could Director Andrea do that?  
How could anyone do what she did to another human?  
By the time she got back to the space craft, she was fuming. She sat in the pilot's chair and drummed her fingers on the armrest, trying to calm herself down before contacting Command. Where would she start? Should she even bring it up?  
Brea sighed, leaning her head back. Yes, she had to tell them about Corbyn. But would she face

backlash and punishment? She cleared her throat and fixed her hair. "AI, video call Command."  
"Yes, Captain."  
Brea squared her shoulders and sat up straight as she waited for the call to be answered.  
Director Andrea appeared on the screen. "Hello, Captain Skah," she said, smiling pleasantly. "Are you calling to report your daily findings?"  
"I am, Director." She shifted in her seat before listing off the plants, the flower baby, and the being and its village.  
As she spoke, the Director nodded and kept looking at someone off-screen, likely the notetaker.  
"What a productive day you've had," she remarked, smiling more at Brea, seemingly pleased with her findings.  
"Yes, it was very productive. However, there's one more thing I need to mention."  
"Oh?" The Director's perfectly groomed eyebrows arched with interest.  
Brea inhaled and exhaled slowly, bracing for whatever was about to come. "I found Scout Corbyn."  
Director Andrea's silence and expression said more than any words ever could. The perfectly groomed eyebrows lowered into a frown. Brea noticed just how deep the frown lines were on the Director's forehead.  
"That's not possible," she finally said.  
"I can assure you that it is, and it's true. I'm not lying or making it up. Corbyn is alive and well."  
The Director abruptly stood up. "Enough." The screen went black as the call was disconnected.  
"Oh no you don't," snapped Brea. "AI, redial."  
"Yes, ma'am."  
It rang and rang. Brea let it ring a while, then pushed the End button. She stood up and rubbed her face. There was no way she was going to tolerate being hung up on. She pushed the communication button on her space suit's sleeve.  
"Come in, Command."  
Silence.  
Brea rolled her eyes.  
"Command, this is Captain Skah. I would like to report that one of our crew, Scout Corbyn Westerfield, originally thought to be deceased on Hellith, has been located alive and well. Please advise on rescue strategy."  
More silence.  
Then came a sharp ding.  
"Ma'am, Command has cut off the communication line."  
"You've got to be kidding me!" Brea growled. "AI, try to reconnect."

"Yes, Captain."  
Brea stormed off to freshen up. A pit had formed in her stomach. Was she now stranded here too? She had to sit on the edge of her bed as her knees started to buckle and her chest tightened. She clutched the collar of her space suit as she tried to steady her breathing. Slowly, the shaky feelings subsided, and she was able to continue freshening up.  
By the time she was ready to leave to meet Corbyn for dinner, communication with Command still had not been restored. With a huff, she slammed the space shuttle's door shut and marched off into the forest, following her own footprints from earlier. When she finally knocked on Corbyn's door, she'd managed to calm herself.  
The door opened and Corbyn greeted her with a large, warm smile. He moved aside to let her enter. The cabin smelled of some sort of spicy meat. He'd set the table like they were in a hole-in-the-wall, romantic cafe. In the middle of the table sat a small, cooked bird. It resembled a turkey on Thanksgiving Day, but this bird had four legs instead of two. Beside either plate were a cup with grass sticking out of it.  
Brea went to the table and took a seat, leaning forward and studying the grass sticking out of the cup in front of her. "What's that?" she asked, pointing to it.  
"That," he said, coming around the table and sitting across from her, "is this village's version of a salad."  
She frowned at it some. "Interesting. How do you eat it?"  
He picked up in a fist and bit into it like a carrot stick.  
"Ah, I see," she said slowly, looking back to hers. She picked it up and carefully took a bite of it. It tasted like lettuce, but it was sticky. Her tongue was confused by it. She set the stalk back in the cup.  
"Eating that, unfortunately, is the best way to transition to this new food," Corbyn said. "So is this animal."  
"What was it?"  
"I think they call it a Quareckle. It looks like a duck with four legs when it's alive. And if you ever go hunting here and kill something, you need to remove the heart and bury it in the ground. The thinking is that that's how the animals reproduce here. Don't know why, it's just the way things are. It's believed that even the animals know to remove the heart of something they kill and bury it."  
Brea stared at him, dumbfounded. "This place just defies all science, huh?"  
Corbyn smirked. "It seems to. Which makes me love this planet even more. Honestly, I

don't know if I want to leave." He looked down at his plate.  
"Are they good to you?" she asked, her voice soft and gentle.  
The corner of his mouth turned up in a smile. "They are. Even though I had to prove I could contribute to the village, they've always treated me with respect and kindness. I wish all of Earth could see how they are with each other and newcomers, and learn a thing or two about compassion."  
Brea nodded. "I wish that too."  
Corbyn started carving up the Quarkle and serving a few pieces to her. While he did that, she fidgeted with her napkin.  
"So," she began, clearing her throat. "I need to tell you something."  
"What's that?" he asked as he finished serving himself.  
"I told Director Andrea that I found you."  
His fork clattered against the plate. "You what?"  
"You knew I was going to, that I had to." She watched him.  
He ran a hand through his hair and shook his head. "I know. I know." He lifted his eyes to hers. "How'd she react?"  
"Well, that's the problem. She has cut all communication off with me. My AI assistant has been trying to re-establish a connection, but so far has had zero luck."  
His jaw dropped. "Brea . . . Please tell me that's not true. Did she really do that?"  
She sighed, shifting in her seat. "Yep, she did. She hung up on me in the middle of our call after I told her."  
Corbyn sat quietly for a few moments. "You know what this means, right?" he asked slowly. "This might be our new permanent home?"  
He nodded. "Which means, we have to help you acclimate quickly but in a safe manner."  
The magnitude of the situation suddenly hit her, and she clutched at the collar of her space suit again, her chest tight.  
"Whoa, hey, it's okay, Brea," he said, getting up and coming around the table to her, kneeling beside her. "We'll figure this out. And even if you end up living here forever, I'm sure the village will be accepting of you too."  
"I can't," she gasped. "My life . . . my life is on Earth. Oh, God, what about Sam?"  
Corbyn didn't say anything, just held her hand firmly.  
Her eyes welled up with tears. "I won't ever be able to speak to him again. He'll never know the truth about what happened to me. Director Andrea will spin it, make me look bad, make me the villain."



Hellith: Chapter 2 appeared in December 2018's issue, on pages 12 & 13.

Suddenly there was a soft knock at the door. Corbyn squeezed her hand, then got up, and answered the door. Brea only heard him as he spoke in low tones with whoever was there. She couldn't bring herself to turn around and look. She didn't want anyone else to see her tears. Or see her fear.  
A minute later, she heard the door close and Corbyn's footsteps as he returned to the table. "Brea, it's late. I think it's time for you to go back to your space craft. I'm sorry the dinner failed."  
She looked up at him. "Is it really that late?"  
"That was Ny-oak at the door, the unofficial leader of the village. The later it gets, the more dangerous the path back to your ship becomes."  
"Will you walk me back, then?"  
"Actually, Ny-oak offered to escort you back. Are you comfortable with that?"  
Her eyes were on the floor, studying a knot-hole in the wood. "Not really, but do I have any other choice?" She looked up at Corbyn.  
"Sadly, no. I know that's not the appropriate answer. But I promise Ny-oak will take could care of you."  
With a swift exhale, she got to her feet. "Talk tomorrow?" she asked, heading for the door.  
"Of course. You can come back the minute it's light out."  
She stepped out onto the porch. "Great. Thank you." She spotted Ny-oak standing at the bottom of the walk up to Corbyn's cabin. Ny-oak was very watchful, wearing a curious expression. Maybe it was strange to watch two humans interact. Brea turned back to Corbyn. "By the way, what's the name of those swans with squid tentacles for legs?"  
He looked up at the sky as he thought. "Ah, I think they're called Swilties."  
She blinked. "Swilties?" she repeated slowly. "How oddly unimpressive sounding."  
Corbyn smirked. "Not everything can be magical and impressive. Good night, Brea." He gently shut the door.  
Brea walked down to Ny-oak who greeted her with a slight tip of the head. Neither of them spoke as they made their way onto the path that would take her back to her space shuttle. The field of flowers that whined pitifully during the day, now growled and roared like lions. As they walked through them, she remembered the flower with the face of a baby. She held up a hand to stop Ny-oak and doubled back to find the hole the flower had been put in. Eventually she spotted a small mound of dirt that was glowing and blinking like a beacon. It was mesmerizing, a light-house for the landlocked. Brea sank to her knees in front of it. A minute later she felt

Ny-oak's hand on her shoulder. The touch surprised her, but she couldn't bring herself to look away from the blinking dirt. Without thinking, she reached out and placed her hand on the side of the mound.  
A jolt of electricity went through her arm, up her shoulder, and into her brain where visions flashed in rapid succession. They flew by so fast that she couldn't process them, but she gathered an impending sense of doom. Then darkness crashed in on her.  
When she opened her eyes, she saw Ny-oak's concerned face staring down at her. Somehow, she'd fallen over onto her side. "What happened?" she muttered. Ny-oak only kept staring at her. That's when she realized that the field of flowers was dead, silent. Silence in a forest was never a good sign. She struggled to sit up, and then with the help of Ny-oak, she got to her feet.  
"Something's not right," she mumbled, looking around. Her heart pounded hard against her ribs. It was hard to walk, but something was telling her to hurry back to the space shuttle.  
Just as they were a half mile away, the ground suddenly heaved, throwing them both off of their feet. Brea's shoulder hit hard against a tree trunk, causing her to cry out in pain. The ground heaved again, harder this time, and she was tossed onto her face. As she lifted her head, she heard an out of place thrumming sound. For a second, she thought it was in her head, but then she realized it was coming from beside her. When she twisted herself enough to look behind her, what she saw horrified her. A large space drone was rising up out of the dirt, toppling the two- mile-high trees near it, along with any ferns or boulders.  
Brea suddenly remembered Ny-oak, and she twisted in the other direction to find them. Ny-oak was staring at the drone with wide, stunned eyes. Brea crawled over to Ny-oak, putting her arm around the thin being's body. "We have to go!" she ordered, looking up at the drone and spotting the American flag on the tip of the tail. A high-pitched whine filled the air. "Hurry!" she yelled, dragging Ny-oak with her just as the drone open fired.

To be continued . . .  
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## Heaven and Earth The Shift

by Olga Daich

Each day there are more people conscious about the big *Shift* that has been happening for the last seven years or longer.

This *Shift* or Quantum Leap is bringing a new level of consciousness. In social media networks I have been witnessing a growing number of people interested in meditation, spiritual retreats, yoga, natural medicine, eating healthy foods and so on. People are gathering in online groups where the only purpose is learning about such concepts as unity, oneness, love, peace, forgiveness, and healing energies. There are online meditation groups and outlets for meditation apps. like author Dr. Joe Dispenza. These are online groups where people from every corner of the planet pray for peace and healing, not just for members of the group, relatives and friends, but for the entire planet. These groups don't have labels or flags (either politic or religious); we recognize each other as a soul's brother or sister. For those who are losing hope on humanity, I will suggest looking for the right group of people to hang out with, be selective on what you listen to on the radio or TV, be aware of what are you feeding your heart and brain. Be as a child who is born in a pure state of light and love.

This Shifting is bringing a new generation of kids. We can name Indigo kids (the ones who came to break societal rules), crystal kids (those who brought a boost of love and peace energies), children with psychic abilities and finally autistic kids. Each of them came with a huge purpose, unfortunately some of them have been misunderstood and even worse, have been subjected to medical contamination. There are psychic kids all around the world but for an unknown reason it seems that China has a good number of Super Psychic kids, kids with very special abilities. Personally, my favorite are autistic kids. I wrote about my experience with these kids in a previous article (Reiki and Autism, January 2017 issue of *Ute Country News*, page 20). I will always remember the day that I woke up with my mind full of information about who these autistic kids are, the reason for their sensory struggles and where they are coming from. It wasn't until I got the gift of an amazing book, *AWETism: A Hidden Key to Our Spiritual Magnificence* by Gayle Barkly Lee and her adorable autistic daughter, Lyrica Mia, that my experience was validated. Lyrica explains in her book who they are, where they are coming from, what their purpose on this planet is and a lot more wonderful information. She also wrote that autistic kids need facilitators and healers to help them through this awakening process, and explained how they communicate with lightworkers through their minds (Telepathy). After reading this, I understood where the information I received was coming from. It was giving to me by them, my connection with these beautiful kids was a fact.

The story I am about to share is about a very special crystal kid that I had the opportunity to meet. Melinda (fiction name), was 8 years old, her mom was my patient at the Rehab Center where I worked. During her mom's therapy, she talked about how special her daughter was.

I became curious and asked her if I may have the opportunity to meet her. She agreed to bring her to her next therapy session.

Melinda came with her mom. Most of Melinda's mom's therapy focused on her hands. I offered Melinda a chair to sit next to us during the treatment. Melinda was very quiet as she pulled out of her backpack paper and pen. I saw that she started drawing. When she was done with her drawing, I asked her if she would show me what she was doing. She handed me the paper.

Melinda drew a picture of two kids; she wrote the names under each kid. I told Melinda: "I like your drawing!" She said, "These are my friends, she is Jenny and he is Peter. She is living in USA, Peter lives in Italy. They both have pets." Melinda told me about her friends for a while, what they like to do, the names of their pets, and how much she enjoys talking with them.

I asked her, "How do you communicate with them? Do you call them?" Melinda looked at my eyes, pointed to her head with her right index finger and said, "We talk to each other through our minds."

Melinda shared with me many details about her friends and how they always were giving her spiritual and emotional advice. Melinda was a very special kid with a heart that only knew about love and forgiveness.

She was sad about some kids at her school who hurt her feelings and her body. She told me the situation made her cry. I asked her, "Do they hurt your physically?" She said, "Yes, but I was crying not because the physical pain but for what was in their hearts."

I asked Melinda if she would like to draw something else. She draws two more pictures. A monk and an angel kneeling in front of a red heart. She wrote under the angel's picture "The sacred heart of Jesus is here and Now."

Telepathy is a dormant ability for most of us. However, there are many studies taking place right now on this subject. I believe our kids are born with abilities that we are not aware of. We should pay close attention to our kids before they reach the age of 7 years old. Maybe our kids' "imaginary friends" are not a product of their imagination at all, maybe kids labeled as schizophrenic are just experiencing communication with other beings or realms. Maybe psychic abilities are still present in them until the memories of these abilities vanish as a result of our "environment" (Field).

I am reminded of one of Oprah Winfrey's interviews of a kid labeled with schizophrenia. Oprah asked the kid, "Where does your friend live?" (referring to the kid's imaginary friend). The kid answered her, "He lives in Calalini, they all do." Oprah asked her, "Where is Calalini?" The kid answered, "I can't tell you." Oprah asked, "Why?" The kid answered, "Calalini is on the border of my world and your world."

For more information on Heaven and Earth Workshops, Reiki appointments or Reiki training please contact me by e-mail: [olgacech@hotmail.com](mailto:olgacech@hotmail.com) or text: 801-628-9273.

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## Financial Focus

Consider some New Year's financial resolutions

As the year winds down, you may want to look ahead to see which areas of your life you can improve in 2019. Perhaps you'll decide to exercise more, eat healthier foods, reconnect with old friends or volunteer at a school or charitable organization. All these goals are certainly worthwhile, but you also may want to add some New Year's financial resolutions to your list.

Here are a few ideas to consider:

**Boost contributions to your employer-sponsored retirement plan.** Good news! Contribution limits will be increasing for many employer-sponsored retirement plans. For 2019, you can contribute up to \$19,000 (up from \$18,500 in 2018), or \$25,000 (up from \$24,500 in 2018) if you're 50 or older to your 401(k) or similar employer-sponsored retirement plan. It's usually a good idea to contribute as much as you can afford to your employer's plan, as your contributions may lower your taxable income, while any earnings growth is tax-deferred. (Keep in mind that taxes are due upon withdrawal, and withdrawals prior to age 59 ½ may be subject to a 10% IRS penalty.)

At a minimum, put in enough to earn your employer's matching contribution, if one is offered.

**Try to "max out" on your IRA.** Even if you have a 401(k) or similar plan, you can probably still invest in an IRA. For 2019, you can put in up to \$6,000 in a traditional or Roth IRA (up from \$5,500 in 2018), or \$7,000 (up from \$6,500) if you're 50 or older. (Income restrictions apply to Roth IRAs.) Contributions to a traditional IRA may be tax-deductible, depending on your income, and any earnings growth is tax-deferred. Roth IRA contribu-

tions are not deductible, but earnings growth can be withdrawn tax-free, provided you don't start taking withdrawals until you are 59 ½ and you've had your account at least five years. You can put most types of investments — stocks, bonds, mutual funds, government securities and so on — into an IRA, so it can expand your options beyond those offered in your 401(k) or similar plan.

**Build an emergency fund.** Try to build an emergency fund containing three to six months' worth of living expenses, with the money held in a low-risk, liquid account. This fund can help you avoid dipping in to your long-term investments to pay for unexpected costs, such as a major car repair.

**Control your debts.** Do what you can to keep your debts under control. Ultimately, the less you have to spend on debt payments, the more you can invest for your future.

**Don't overreact to financial market volatility.** In 2018, especially the last few months of the year, we saw considerable market volatility, with huge drops and big gains in rapid succession. What will 2019 bring? It's always difficult and usually futile to forecast the market's performance over the course of an entire year. In any case, try not to overreact to whatever ups and downs we may experience. Instead, continue pursuing an investment strategy that's appropriate for your goals, risk tolerance and time horizon.

Following these suggestions can help you become a better investor in 2019 — and beyond.

This article was written by Edward Jones for use by Lee F. Taylor AAMS, Brian Watkins, and Erik Dartsch your local Edward Jones Financial Advisors.



## Trooper Tips

Hidden scars

by Trooper Gary Cutler

Each month I usually write about topics to help you and your families stay safe on the roadways. This month I would like to touch on why that is so important. There is a hidden scar that goes on under the radar of public perception. So this time, I would like to help everyone understand the effect bad driving has on everyone else not directly involved in traffic crashes.

Any time there is an injury or fatal crash there is a ripple effect that happens. Those directly involved of course are the victims, but have you ever thought of what affect the trauma has on the witnesses, families, friends, police, fire, paramedics, and hospital staff from that point on? The list is so large it's hard to make sure everyone is listed when there is a serious crash. Each one of these people affected has to deal with what they have seen and experienced long after the incident. Sometimes they never get over what they have experienced.

The Colorado State Patrol has produced a series of videos aimed at explaining the lasting affects after the crash is over. The videos are entitled "Hidden Scars." The short videos touch on the emotional hurt people endure from crashes caused by texting, driving under the influence, and distracted

driving, to name just a few.

At the time I was writing this, there have been 561 fatal crashes covered in 2018 by just the Colorado State Patrol alone. With the increase of people coming to the state and the continuing challenges to keep people from driving impaired or being distracted with cell phones, we need to make a change so we are not losing so many lives to crashes.

This means we need to look at things differently. We change perceptions. Help people to put the phone down when driving, get that ride after drinking or smoking marijuana, or to just slow down on the roadway. These are small steps that can have huge impacts, so others don't have to have their own hidden scars.

Please take a moment and watch the videos with your family and friends. Hopefully these videos will have that message needed to change behavior. You can find our videos on any of our social media outlets.

• **Colorado State Patrol YouTube channel:** [https://www.youtube.com/watch?v=9sg\\_AQIKj6U&t=4s](https://www.youtube.com/watch?v=9sg_AQIKj6U&t=4s)  
• **Facebook:** Colorado State Patrol  
• **Twitter:** CSP Public Affairs@CSP\_News #Hiddenscars  
As always, safe travels!

## Adopt Me

by Ark Valley Humane Society

King

Hi! My name is King. I'm a very sweet 7-year-old boy. I love to sit by my person and cuddle after a day of playing in the sun. I don't really like other furry friends, and would prefer to be the only animal in the home. I'm a little wary of strangers, especially men, but am a total love once I get to know you! My ideal home would be quiet and have a predictable routine with a person to keep me company most of the time! I love to give kisses and receive pets. Do you have some extra love to give? Come meet me today! I'm at 701 Gregg Drive in Buena Vista, give a call at 719-395-2737.

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# Colorado Territorial Prison

## Part II the middle years

by Flip Boettcher  
photo by Flip Boettcher

With the explosion of the population in Colorado Territory, the prison inmate population swelled as well, necessitating several wall expansions and new cell houses being built. The original prison wall was started in 1875 and was completed in 1878.

According to Stacey Cline, Administrator, of the Museum of Colorado Prison, in Cañon City, there were three major wall expansions: 1884-1885; 1888-1889; and 1900. The expansions went east toward the city and north along the east side of the hogbacks, west of the city.

In the early 1890s, the famous Fremont House at 105 Main Street was torn down to make way for the 1900 prison expansion. The Fremont House was a stage stop and also housed the post office, school and general store in the basement. The Fremont House was one of Cañon City's leading hotels in the 1870s.

The Deputy Warden's house was built on the site of the Fremont House in 1901. Considering all the amenities the house had, it only cost \$7,500 to build using local materials and prison labor, from the *Self-Guided Tour of Downtown Cañon City*, by the Fremont County Heritage Tours. The house was heated by steam from the prison boilers, and included hot and cold running water, as well as electricity.

According to Cline, the Deputy Warden's house was in use for almost 100 years, 70 by prison officials and then as offices, before Department of Corrections vacated the building in 2007.

In 2003, an historical structural assessment of the building found at least \$500,000 in rehabilitation work that needed to be done. With no money, the Department of Corrections has left the house vacant since 2007, until now that is. Cline said that prison officials and prison museum officials were in negotiations for the museum to take over, refurbish and restore the historic building as part of the museum. Things could be happening after the first of the year, said Cline.

The Deputy Warden's house was designed by popular Cañon City architect Charles C. Rittenhouse as a residence in the Queen Anne style with an unusual combination of elements, especially the large tower in front.

In the early days, wardens were short lived because of delinquency, neglect of prisoners, breach of trust, and neglect of duty, *Memories From the Foot of the Gorge*, Donna Taylor. The wardens ruled though, with almost as much power as the governor.

With Prohibition (1920-1933) swelling the prison ranks, then Warden Crawford begged for money for the prison before the 1929 riot in which three cell houses were lost, accord-

ing to Cline.

After the 1929 riot, the youngest warden, Roy Best, was appointed interim warden and then warden in 1932 at 32 years of age. After the riot, money flowed into the prison and Best rebuilt the destroyed cell houses as well as the Women's Correctional Facility in 1935, which now houses the Museum of Colorado Prisons. Best, the son of a warden, ruled as warden for more than three decades and was quite a character in his own right.

The prison used the barns located at the current Pueblo Community College campus. They had gardens there, which furnished vegetables and fruit for the prison. The male inmates tended the gardens until 1980, said Cline. The work was then turned over to the female inmates. Since there were never as many women as men, the work was too much for the women and was turned back over to the male inmates.

In 1905, famous Skyline Drive was built by prison inmates. The drive follows the spine of the hogbacks east of Cañon City with steep drops on both sides of the road. The drive, which is one way, starts off of State Highway 50 west of Cañon, goes up and along the hogback spine past the dinosaur tracks and drops down into Cañon City



on the other side, north of the prison.

In the first 100 years of operation, the prison saw over 40,000 inmates before the numbering system was changed in 1970 said Cline. Today, there are about 890 inmates.

There have been some very famous and infamous inmates, including cannibal Alfred Packer, who was in for manslaughter, not murder due to a loophole when the Territorial Prison was turned over to Colorado State. The museum sponsors an annual fundraising event called "Alfred Packer Wants You For Dinner."

One of the younger inmates was 11-year-old Anton Wood who was incarcerated for stealing a watch. Wood may have taken "the fall" for his father, said Cline, but he was imprisoned with the men by the judge's order, even though 12 was the age limit.

Otherwise Wood would have gone to a juve-



The Deputy Warden's house at 105 Main Street. Built in the Queen Ann style of architecture in 1901. It stands at the site of the Fremont House, the popular Cañon City hotel and stage stop in the 1870s.

nile detention facility. Wood used his prison time well though, and was fluent in three languages and played the violin and piano when he was paroled at age 23.

One Park County inmate was Peter Allstrum (Allstrum), who was incarcerated for murder. Allstrum homesteaded the area where Thirtyone Mile Creek joins Currant Creek just north of the Guffey turnoff from Colorado Highway 9, in the 1880s. Allstrum was the mail carrier in the Currant Creek area and the Kester postmaster, as well as a farmer raising crops.

Christina, Allstrum's wife, raised hogs. These hogs were wont to root in their neighbor Horace Voss' garden. Voss was squatting on the neighboring homestead and was not

of upstanding character in the community.

On a June day in 1884, Voss confronted Allstrum about the damage to his garden by Allstrum's wife's hogs and demanded payment, according to an article in the *Flume* Newspaper, whereupon Mrs. Allstrum came by with the hogs. In the ensuing argument, Voss struck Mrs. Allstrum with a piece of 2" X 4" fence railing and Allstrum shot and killed Voss.

Allstrum was sentenced to the Territorial Prison for two years at hard labor in 1885, leaving his wife and seven children to manage the homestead. Shortly after Allstrum was incarcerated, Mrs. Allstrum gave birth to twins, increasing the family to nine children.

Bad luck seemed to follow the family when in February 1886, all the ranch buildings burned to the ground and Mrs. Allstrum broke her arm. One horse of their team of

horses died, too. Mrs. Allstrum's friends and many others petitioned Governor Benjamin Eaton to grant Allstrum clemency because Mrs. Allstrum was destitute. Governor Eaton granted Allstrum a full pardon in 1886. For a more complete account, see *South Park Perils* by Christie Wright.

Another Park County Territorial Prison inmate was poor, sad Harry L. Beeler. Beeler, his parents Joe and Annie, and his sister Beulah, lived, homesteaded and mined at Black Mountain, southwest of Guffey in the late 1890s.

In 1913, when times were rough for the Beelers and Harry was 30 years old, he was arrested, tried and convicted of cattle rustling and was sentenced to one and a half to three years in prison in Cañon City in 1914. Whether Harry was framed by the local ranchers, as his mother claimed, "took the fall" for a family member, or was guilty himself, he shortly went insane in prison and in October 1915. He was transferred to the insane asylum in Pueblo.

In 1916, Harry's mother got him paroled by the governor to her custody and took Harry home to Black Mountain where he spent 12 years chained, naked and starving in a remote, isolated cabin. Finally in 1928 when his sister died, Harry was taken back to the Pueblo Asylum where he died in 1943. So, for a one and a half to three-year sentence, poor Harry spent 31 years confined, but the Beelers are another story.

The Territorial Prison built in 1868 has seen riots, escapes, executions and led the way to prison reform within the Colorado prison system, according to the museum pamphlet.

The first meeting of the Colorado prison committee was in 1983. This led to the establishment of the Museum of Colorado Prisons, which opened in June of 1988.

To be continued...



## Life-Enhancing Journeys

### Resolutions - How to begin and stay on track

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

Now that the end of the year holidays have been survived, it's time to look forward to the New Year, new beginnings, a fresh start... The launching of a new year is a great time to begin. (Actually, any time is).

Many of us use a new year as an opportunity to set an intention for some beneficial changes we've been considering putting into action for a while. It is important to remember that the New Year isn't only meant to serve as a catalyst for sweeping changes in yourself. It is a time for you to reflect on your past year's behavior and promise to make positive lifestyle changes. By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behaviors into your everyday life.

How do we go about doing this?

Brain researchers have discovered that when we consciously develop new habits, we can create entirely new neuronal connections in the brain, which can enhance our ability to generate new, innovative pathways. This is what we strive for, isn't it?

Habits are wired into our Hippocampus in a way that makes it difficult to change familiar and predictable routines, even if those practices stopped benefiting us long ago. The well-worn path of our brains set on auto-pilot, tend to make us easily relax into the comfort of those unconscious, reliable habits to which we have become accustomed even though they may not serve us well anymore. That is why we need to consider the physiology of the brain when discussing habit changes.

Whenever we initiate any type of change, even a positive one, we can trigger fear in our brain (see articles on the Limbic System February 2018 (page 3) and March (page 18) 2018, *Ute Country News*). The survival mechanism in our emotional brain will become activated if the fear is strong enough, which will then prevent us from accomplishing what we set out to achieve. Our brain automatically takes the well-worn highway even though it is defective and takes us nowhere anymore. Instead, the new habits we intentionally install can help bypass those now defunct, yet familiar paths.

Every one of us has the ability to flexibly create new, more beneficial ways of functioning rather than remaining stuck in old habits. We need to begin recognizing that the only way to truly change is by consciously developing new and improved approaches. Based on most research, the more new things we undertake by gently stepping outside our comfort zone, the more creative and resourceful we become.

Even though we aspire to improve ourselves, often the gap between where we are and where we want to be may seem too difficult. Reducing any sense of feeling overwhelmed is essential to achieving success. You want to create an environment where you can make enough progress without sparking off any resistance by frightening the brain as a result of radical changes.

Moving toward a better future requires taking daily steps to advance you toward your desired goal. Begin by asking yourself questions; "What is my goal?" "What is my motivation to change?" "What is preventing me from already doing this?" "How will it benefit me?" Answering these questions will turn a desired outcome into a more achievable practice.

When I asked myself these questions, I realized I had a goal; "I want to feel as healthy and strong as possible." Following minor surgery last year, consistent exercise was put on hold. I'm having difficulty re-motivating myself to incorporate it back into my schedule routinely. Now what can I do to remedy the predicament? Among human weaknesses is being inattentive and inconsistent. Because of this realization, incorporating several sayings into my self-talk has been helpful: "If there's any doubt, there's no doubt" (which means I should do it when questioning whether I need exercise at this time); "No matter what! (maintaining

the promise I made with myself...); "This is to enhance the quality of my life."

Among the methods that have been proven beneficial, is a concept known as "Kaizen." It is a model for creating continuous improvement based on the idea that small, ongoing positive steps can reap major improvements. It is a philosophy that uses the notion "Keep it going...it will get better tomorrow." It's a simple idea, yet a powerful one. That is the reason to consider the notion, "Always begin by taking small steps." This will prevent the brain's fight or flight mode from getting set off. It enables us to access the thinking brain, where we can reason things through as well as have access to our creativity and resourcefulness.

Obviously, there are tools that can help make your goals advance, steps which when taken, lead to positive results. Begin by picking the most important step for today, and make that your daily Kaizen — your focus to improve. Continuous improvement in the right direction is the key. Success in anything comes down to *acting* on your goals every day, not simply thinking about it. Figuring out what you need to do then actually doing it is the means to attaining your desired results.

**"Success is never owned; it's only rented — and the rent is due every day."**

— Rory Vaden

The fact is, all success is a result of continuous improvement. Athletes train their whole lives, fine-tuning even the smallest aspect of their performance daily, until the whole system is at its optimum. Then their chances of winning increase exponentially.

**Here are some concepts which can be useful to use:**

• **Never stop improving**

Never consider yourself to be finished. Improvement has no limits, and can be continued forever.

• **Start small**

Make goals realistic, ones that you can keep. If, for example, your aim is to exercise more frequently, schedule two or three days a week instead of seven.

• **Change one behavior at a time**

Now that you're motivated, the excitement may compel you to undertake many changes. Remember, unhealthy behaviors developed over time. Be patient with yourself. Replacing old patterns with favorable ones requires time. Avoid getting overwhelmed by changing just one thing at a time.

• **Talk about it**

Share your experiences with people who are safe, whom you can trust. Maybe consider joining a support group to help you reach your goals (a workout class at your gym or a group of coworkers quitting smoking, for example). Having someone to share your struggles and successes with may make the changes you're working on that much easier and less intimidating.

• **Stop beating yourself up; be self-compassionate**

Perfection is unattainable. Remember, you are human and minor missteps are expected. Everyone has ups and downs; resolve to recover from your lapses and get back on track. Think about transgressions as a way to strengthen your determination rather than as a failure. Always be curious (I wonder how this happened...?) rather than critical (you're such a failure...!). Also, when you focus on what you have accomplished rather than how far you still need to go, it's easier to feel positive ("I just ran a mile... good for me, I'm 25% complete" vs. "I just ran a mile, 4 more to go.")

• **Ask for support**

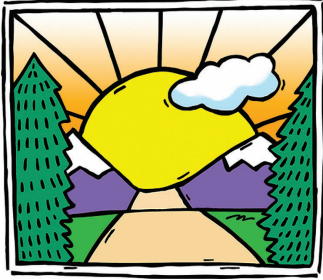
Accepting help from those who care and will listen to you strengthens your resilience and ability to manage any distress caused by your decision (see article "Asking for Help" Oct 2018, *Ute Country News*). If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Many psychotherapists are trained to understand the connection between the mind and body. Strategies to adjust your goals so that they are attainable can be discussed, as well as help you change unhealthy behaviors and/or neutralize potential underlying emotional components.

• **Evaluate and re-evaluate your plan**

Fully committing to a change is the only way to know if it is a helpful one. When attempting any modification, never assume there is only one right approach. For one month, totally dedicate yourself to the behaviors you are replacing and keep your schedule consistently. Testing a change with a time-limited commitment is informative. Do you feel more focused, stronger, healthier, less anxious, etc.? If you notice positive results, retain that habit. If not, adjust it so it works better for you.

Here's to new beginnings and a more fulfilling life. Wishing you a successful journey.

Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII is the program director of Journeys Counseling Center, Inc. At Journeys we teach you tools, skills and help you discover resources to live the most effective life possible. We guide, support and coach you along the path you desire, to become the best version of yourself. To contact Barbara, call 719-687-6927 (office) or 719-510-1268 (cell).



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# Heart of the Rockies Regional Medical Center news

## Board chairman appointed to AHA Governance Committee

Debbie Farrell, chairman of the board of directors at Heart of the Rockies Regional Medical Center, was recently appointed to the American Hospital Association (AHA) Committee on Governance. Farrell will serve a three-year term from 2019 through 2021.



AHA is the national organization that represents and serves all types of hospitals, health care networks, and their patients and communities. It promotes hospitals and health care networks through public policy and provides information about health care and health administration.

The AHA Committee on Governance leads effective trustee involvement in grassroots advocacy, provides input into AHA's policy development, and enhances communication with and involvement of trustees in the AHA, according to the appointment letter.

Farrell also serves on the board of trustees of the Colorado Hospital Association (CHA) and said, "I've learned a lot about the challenges hospitals face and the regulatory and legal environment at the state level through being on the CHA board."

"Being able to have more insight into that environment at a federal level through my involvement with the Governance Commit-

tee of the American Hospital Association is an exciting opportunity that I think will enable me to be a better board member for our hospital."

She said she also hopes to strengthen the voice of rural hospitals as it relates to policies that would have an impact locally.

CHA President and CEO Steven Summer said that his organization is grateful for Farrell's continued work on behalf of the state's hospitals and health systems. He said he appreciates her willingness to also participate on a national level.

Farrell is one of the five directors who currently serve on the Salida hospital's publicly elected board. To learn more about HRRMC and its board of directors, visit hrrmc.com.

## Wellness U offers free Cooking Matters class

HRRMC's community wellness program, Wellness U, will host a six-week Cooking Matters class on Tuesdays, Jan. 22-Feb. 26, 2019, from 4:30-6:30 p.m., at First Presbyterian Church, 7 Poncha Blvd., Salida.

Each Cooking Matters class will be taught by a chef and nutrition educator who will teach meal preparation, grocery shopping, food budgeting and nutrition. At the end of every class, each participant will be given a free bag of groceries to use for making the same meal at home.

The program is part of Share Our Strength's No Kid Hungry campaign, which focuses on cooking healthy, affordable meals. Participants will receive tips on how to shop smart and prepare meals without overspending.

Cooking Matters has been featured by former First Lady Michelle Obama's "Let's Move!" campaign and recognized by the U.S. Department of Agriculture for excellence in nutrition education. The Walmart Foundation is the national sponsor of Cooking Matters.

The class is free and open to the public. Space is limited, so please register early. To register, go to hrrmc.com/events or call Wellness U at 719-530-2057.

## Artwork for new building

HRRMC is seeking to purchase artwork to be displayed in the new Outpatient Services Pavilion being built on the hospital campus in Salida. The pavilion is slated to open in spring 2019.

Local and regional artists are invited to submit work to the HRRMC Art Committee to be considered for the HRRMC permanent collection.

The committee will review submissions and make selections based on its statement of purpose: to enhance the healing environment and, as much as possible, be representative of the work of local and regional artists.

Artwork must be original and produced by local artists who reside within the Salida Hospital District, or regional artists who reside in Colorado or the immediate surrounding states. Artists must be accomplished in their field with their work having been exhibited, recognized with awards and/or published.

All artwork must be wall mountable, and if framing is required, the work must be framed to HRRMC's standards.

Interested artists should send an email to HRRMC@lightonpaper.com with their name, contact information, and a brief artist statement along with JPEG files for up to five artwork submissions. JPEG files should be web quality (at least 72 dpi) with the longest dimension at a minimum of 12 inches.

Each submission should include the title, medium, image size (including depth if three-dimensional), outside dimensions (if matted and/or framed) and price.

The submission deadline is Jan. 19, 2019. The committee will notify of acceptance by Feb. 28, 2019. Accepted work must be delivered to the hospital by March 31, 2019. For questions about the application process, please call 719-530-2217.

## Paws For LEOs

ICU staff at Heart of the Rockies Regional Medical Center gave a \$425 holiday gift to nonprofit Paws For LEOs on Dec. 21, 2018. LEO stands for Law Enforcement Officer. Paws For LEOs, based in Buena Vista, trains service dogs for law enforcement officers,



emergency service providers, firefighters and first responders who have been physically or mentally injured while on active duty. Hospital administrators joined ICU staff members as they presented the check to Paws For LEOs Founder and CEO Marianne Maes. Pictured (L to R) are Mark Risinger, Maes, dogs Rasty and Tara, Shalin White, Jeff Dolgan, Foundation Director Kimla Robinson, CEO Bob Morasko, Gail Ryan, VP Patient Services April Asbury and ICU Manager Charlie Engelman.

## HRRMC Foundation receives grant

The HRRMC Foundation was recently awarded \$5,000 from The Colorado Grand, a vintage car tour hosted locally by the noon Salida Rotary Club. Colorado Grand provides funds to selected Colorado charities, and to date, the event has raised \$6 million.

"The money will be used to help purchase a smart board and software package for our hospital's Incident Command Center, which manages emergency situations at the hospital and within the community," said Foundation Director Kimla Robinson.

The HRRMC Foundation, a 501(c)(3) nonprofit organization, focuses primarily on areas that support HRRMC's mission but do not fall within the parameters of the hospital's budget. The Foundation's mission is to provide financial resources to HRRMC to enhance the health of our community through the delivery of personalized and exceptional care.

# Elvis All Shook Up! Little Chapel Food Pantry's Donations down

by Hyla Stockbridge and Kathy Hansen

On December 8, 2018, the Little Chapel Food Pantry hosted a Chuck Wagon appreciation dinner for their donors. Paul Meredith, an elder from the Little Chapel of the Hills blessed the meal and expressed his gratitude for all the Food Pantry does to feed those in our community that may otherwise go hungry. Directors Ken and Judi Hesselberg presented a plaque to outstanding volunteers for 2018. (Volunteer hours topped over 6,000 last year). Teller County Sheriff Jason Mikesell addressed the reasons for the growing number of food-insecure residents in our community. Then Elvis impersonator, Dennis Thornberry rocked the Chapel with old favorites and Christmas songs. While the expressions of gratitude for the 566,000 pounds of food abounded, donations from individuals and corporations are down by two thirds!

Every dollar really does count. The LCFP operates week-to-week on a shoestring budget. In fact, the funds for the appreciation dinner were not in the budget so a single donor offered to fund it, and the army of volunteers stepped up to shop, prep, serve the meal, and clean up.

A table displayed the contents of what the "average" family receives during a food distribution; a total of 23 items including potatoes, carrots, onions and when funds are available, eggs. Just think of the nutritional benefit of including the fresh produce! Through their partnership with Feeding America, LCFP can purchase eggs for \$1



Elvis impersonator, Dennis Thornberry, at the LCFP appreciation dinner.

a dozen, with more than 300 sets of boxes distributed twice a month, this cost is more than \$7,000 a year for the eggs alone!

Over the last 15 years LCFP has partnered with a number of organizations that can help families in need. One organization sensitive to every member of the household is the Pet Food Pantry to feed the furry friends, as well. In 2018, the PFP distributed 28,915 pounds of food. Empty packages become waste. Focus on the Forest brings their trash compactor to every distribution and allows each family to drop off two bags of household trash at no charge! This is a gift to the environment as well. A prayer team member offers a warm welcome and the opportunity to submit a prayer request; some of the more frequent topics include health issues, housing and a good-paying job.

## Four goals for LCFP

- Build an addition to the building.
  - Backpack program for kids over summer.
  - A refrigerated truck.
  - Blacktop for the back parking lot.
- To arrange your donation of time, materials or money:  
Little Chapel Food Pantry  
69 County Road 5, Divide, CO 80814  
719-322-7610  
littlechapelfoodpantry@outlook.com  
www.littlechapelfoodpantry.org.



Ken and Judi Hesselberg



Here's a sample of what a family typically receives during a food distribution, thanks to your generous donations.

**"If anyone has material possessions and sees his brother in need but has no compassion on him, how can the love of God be in him? Dear children, let us not love with words or tongue, but with ACTIONS and IN TRUTH."**

— 1 John 3:17-18

## LCFP wishes to recognize the organizations listed below who have provided food and/or funding over the past few years:

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"><li>• Above the Clouds Cruisers</li><li>• Anderson Pack N Ship</li><li>• Black Mountain Pump Services</li><li>• Care &amp; Share</li><li>• Charis Bible College</li><li>• City Market</li><li>• City of Woodland Park</li><li>• Coldwell Banker</li><li>• Colorado Springs Christian School</li><li>• Community Fellowship of Christians</li><li>• Cripple Creek Masonic Lodge #96</li></ul> | <ul style="list-style-type: none"><li>• Divide Post Office</li><li>• Double M Concrete</li><li>• Keller-Williams</li><li>• Impact Christian Church</li><li>• Little Chapel of the Hills</li><li>• Loaf and Jug</li><li>• Michaels Mountain Properties</li><li>• Mountain View United Methodist Church</li><li>• Newmont Mine</li><li>• Osborne Trust</li><li>• Pikes Peak Credit Union</li><li>• Pikes Peak Lions Club</li><li>• PK Enterprises</li></ul> | <ul style="list-style-type: none"><li>• Rocky Mountain Chapel</li><li>• Summit Elementary School</li><li>• Ute Country News</li><li>• Ute Pass Saddle Club</li><li>• Venture Foods of Divide</li><li>• Wal-Mart</li><li>• Safeway</li><li>• Williams Brothers Furniture</li><li>• Woodland Butcher Block Community Church</li><li>• Woodland Park Rotary Club</li></ul> |
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## BUENA VISTA

12 Monarch Mountain Backcountry Day. Learn about the back country. Snow safety educational events will be offered throughout the day. Demo the newest in back country equipment and learn about avalanche awareness.

13 BV HOPE. We are having an informational meeting about BV HOPE and our mission and desire to expand into Salida at 2 p.m. We also will be making blankets for human trafficking survivor restoration bags and HOPE bracelets, in the Community Room at Mt. Shavano Manor 525 W. 16 St. Salida.

17 Business After Hours 5-7 p.m. Premier Home Health 301 Hwy 24. Come network and socialize with the community and your fellow chamber members. Cost \$7.

## CAÑON CITY

**CAÑON CITY LIBRARY**

2 Free Legal Clinic 2-5 p.m. For parties who have no attorney, by computer link. Please pre-register 719-269-9020.

12 The Lincolns' Happiest Day Chattanooga 2 p.m. Abraham and Mary Todd Lincoln will be at the library; performance by John and Pamela Voehl. Free. 516 Macon Ave.

• Voehl with Bill O'Connell at River Lotus Yoga Studio. Mon 9 a.m. and Wed 6 p.m. Studio fees apply.

## CASCADE

5 Family Storytime 10:30-11:30 a.m. Ute Pass Library.

## COLORADO SPRINGS

26 Winter Writer's Nonfiction Writing Class 9-12:30 p.m. at Western Museum of Mining and Industry 225 N Gate Blvd. Come to a writing class for students and learners of all ages! Fee \$45 for adults, \$15 for students 21 and under. Take your writing to the next level. FMI 719-488-0880.

## PIKES PEAK CENTER

8-9 The Sound of Music Theater League 7:30 p.m.

14 FRIENDST - The Musical Parody at 7 p.m.

26 Swan Lake Colorado Springs Philharmonic 7:30 p.m.

27 Swan Lake Colorado Springs Philharmonic 2:30 p.m.

## CRIPPLE CREEK ASPEN MINE CENTER

• A Willow Bends every Tues 4-6 p.m., every Thurs 4-7 p.m. and every Wed and Fri all day.

15 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.

9, 16, 23, 30 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.

3, 10, 17, 24, 31 Cocaine Anonymous group every Thurs 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.

8 Veteran Service Meeting 9-11 a.m.

8 All Vets, All Wars. Group participation 10-11:30 a.m.

9 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.

17 OIB Group. This is a support group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room on the 2nd floor. FMI, Kathleen at 719.471.8181 X103.

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

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

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

• On-going: Our Health Navigator Krys Arrick is available Mon-Thurs 8-4:30 p.m. for families who are seeking access to affordable and quality health care. Call 719-689-3584 ext. 111. Unless otherwise noted all meetings are held in the 2nd floor conference room.

## CRYSTOLA

• **Crystola Roadhouse** 20918 E Hwy 24 free line dance lessons with Shell 6:30 p.m. Beginners on up. Every Thursday.

## DIVIDE

4 Cripple Creek masonic Lodge meets 5:30 p.m. 75 Buffalo Ct. FMI 719-687-1457.

27 Sherwood Forest Improvement Association Semi-annual Meeting 1-2:30 p.m. Pikes Peak Community Center. Guest speaker Jeni Smoot on 2019 Tax Law.

## COMMUNITY PARTNERSHIP

## 8 Tutoring/study hall 12-2 p.m. Free.

9 GED Registration 10-2 p.m.

10, 24 Parent Advisory Committee 5-7 p.m.

14 Career Workshop 3-4:30 p.m.

9, 14, 16, 23, 28 Playgroups 9:30-11 a.m. Free for parent/caregiver and child 5 and under. FMI 719-686-0705.

## LITTLE CHAPEL FOOD PANTRY

7, 21 This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are: Last name beginning with: A-H 3:30-4:30 I-Q 4:30-5:30 R-Z 5:30-6:30

## MUELLER STATE PARK

5 Hike: Outlook Ridge to Lost Pond meet at Outlook Ridge trailhead 9-15 a.m.

12 Hike: Elk Meadow to Murphy's Cut meet at Elk Meadow Trailhead 8:30 a.m.

19 Hike: Preacher's Hollow to Stoner Mill meet at Visitor Center 8:30 a.m.

26 Hike: Mini-Mash-up from Outlook Ridge meet at Outlook Ridge Trailhead 9-15 a.m. Daily pass \$8, \$80 annual pass. FMI 719-687-2366.

## EVERGREEN

3 Free Legal Clinic 3:30-5 p.m. For parties who have no attorney, by computer link. Please pre-register 303-235-5275.

## FAIRPLAY BEAVER PONDS ENVIRONMENTAL EDUCATION CENTER

12 Youth Snow School 10-12 p.m.

19 Adult Workshop Snow Theme 10-12 p.m. FMI 719-838-0143

## FLORENCE

12 Second Saturdays — The Gallery Walk around Florence, most businesses open late.

26 Chili Bowl Festival at the Florence Pioneer Museum 100 E. Front St. Home-made chili in a home-made bowl for \$5. Starts 11 a.m. Proceeds go to the FPM Building Fund. [www.florencepioneermuseum.org](http://www.florencepioneermuseum.org)

## JOHN C. FREMONT LIBRARY

2, 9, 16, 23, 30 Wool Gatherers 10 a.m.

15, 18, 22, 25, 29 Story Time 10 a.m.

17, 24, 31 Teen Group 3-4:5 p.m.

19 Family Movie: *Incredibles 2* - 2:30 p.m.

25 4th Friday Film 5 p.m. *A Dog's*

## Purpose.

FMI 719-784-4649.

## FLORISSANT

24 Senior Real Estate Services 1-3 p.m. High Country Realty 2717 W. Hwy 24. FMI 719-748-1099

**NOTE:** At time of publication, the government shut-down closed the Florissant Fossil Beds. If it opens, events will be held on January 4, 19 and 21. FMI 719-748-3253.

## GRANGE

8 Quilt of Valor Guild 9-12 p.m. to work on our current quilts. Call 719-510-2325 if you are a quilter and would like to join us.

12 Pine Needle Basket Class 9-12 p.m. We will work with gourds and pine needles. Call 719-510-2325 FMI.

• Al-Anon Wednesdays at 1:30 p.m. Step by Step Recovery in AFG.

## LIBRARY

10 Free Legal Clinic 3-4 p.m. For parties who have no attorney, by computer link. Please pre-register 719-748-3939.

10 Yarnia! 10-12 p.m.

14 Let's Read Amok! Book Club 11 a.m. January theme: Philosophy.

16 Bookworms Book Club 10:30-12 p.m. *Himself* by Jess Kidd.

23 Craft and Create 1-2:30 p.m. String Pull Art Flowers. Register 719-748-3939.

• Instagram Weekly Challenge 3 p.m. Fri.

• Storytime 10-10:45 a.m. Fri.

• Tai Chi Mon 10 a.m.

## WOODLAND PARK

14 Grief Support Group at Prospect's office in the medical building next to UCHHealth. FMI 719-687-0549.

17 Teller Talks: Gateway's Self Care for Parents 8-9:15 a.m. Gateway Elementary.

26 *The Life and Times of Henry Hoder and the Wildhorn Dude Ranch* presented by Steve Plutt 1:30 p.m. at Ute Pass Cultural Center. FMI 719-686-7512.

• WP Community Singers meet every Mon 6:30-8:30 p.m. at Faith Lutheran Church. Join us. FMI 520-234-6732.

## AL-ANON

• Mondays at 5:45 p.m. AFG (stands for Al-Anon Family Group) Above the Clouds. Peoples Bank 651 Scott Ave (use rear door)

• Thursdays at 7 p.m. Elevate Your Serenity AFG 1101 Rampart Range Rd (Please use the east side entrance.)

## DINOSAUR RESOURCE CENTER

12 Crazy Carbon Dioxide 1-2 p.m.

26 Doggie Camp 1-2 p.m. FMI 719-686-1820.

## GRIEF SUPPORT GROUP

## • This group will run 8 weeks beginning Jan 14, through March 4. Facilitated by Susan Marion, MA, LPC. Topics will include: the six needs of mourning, common grief symptoms, coping skills for strong emotions, adjusting to changing roles and identity, and creating ongoing support systems. Fee \$80 (scholarships available). RSVP by January 10, 719-687-0549.

## LIBRARY

10 Free Legal Clinic 3-4 p.m. For parties who have no attorney, by computer link. Please pre-register 719-687-9281 ext. 103.

12 Citizens Climate Lobby 11 a.m.

20 Rampart Area Seed Partnership (RASP) is holding a seed swap 1:30-3:30 p.m. lower level, in conjunction with the annual kick off for the Harvest Center. National Seed Swap Day has been held on the last Sat of January since 2006. Join Gardeners with Altitude Garden Club, the Harvest Center, Teller County CSU Master Gardeners, representatives of the Teller-Park Conservation District along with fellow gardeners to exchange seeds, stories and social time. Free.

## Children:

• Books and Babies Storytime Tues. 10-10:20 a.m.

• Lego Club Fri all day.

• Silly Sat. 10-10:30 a.m.

• Storytime Wed & Thurs 10:05-10:45 a.m.

## Teens:

9, 23 Anime Club 3:30-5 p.m.

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

17 Mixed Media Art Club 3:30-4:30 p.m.

17 Ukulele Club 3:30-4 p.m.

• Bookstagram Photo Shoots Tues 3:30 p.m.

• Instagram Weekly Challenge Fri 3 p.m.

## Adults:

2 Not So Young Adult Book Club 11 a.m. *Eliza and Her Monsters* by Francesca Zappia.

2, 16, 30 Stitchers Above the Clouds 1-3 p.m.

8 Book Club 10:30-12 p.m. *Never Let Me Go* by Kazuo Ishiguro.

10 Senior Circle Book Club 10:30 a.m. *The Great Alone* by Kristen Hannah.

15 AARP Smart Driver Program 9:30-1:30 p.m. Registration required.

• Tai Chi Thurs 5:30 p.m.

• Tai Chi for Arthritis 10 a.m. Fri.

• Tai Chi Sun Style 11 a.m. Fri.

• *Letters Home: A History of War* Through Letters exhibit runs through Jan 31, first floor.

# Discover your passion project at the library

*by Catherine Shepherd, Florissant Public Library Manager*

It's that time of year again; the beginning of a new year. This is the time when most people reflect and make resolutions for the coming year. I find resolutions to be rigid and very black and white. You either keep your them or you don't. I struggle with keeping my resolutions and I often feel disappointed if I fail. This year rather than make resolutions, I've decided to discover and create a passion project.

Passion projects are activities you work on or participate in outside of your job or your normal routine. It involves activities that give you satisfaction and happiness. Passion projects allow you to explore creativity, use your imagination, learn new skills, and reduce stress. They give you the opportunity to find time for yourself separate from your daily demands. They don't need to be complicated or costly. You can start simple and build on your passion project. An important aspect of passion projects is the promotion of lifelong learning which intersects with the mission of most libraries.

My passion project has been jewelry making. I became interested in jewelry making when I discovered steampunk years ago. When I started making jewelry, I had limited knowledge, so I went to my local library to find books about jewelry making. One of the books I found was on making mixed metal jewelry. This led to other books and my knowledge has grown. I've expanded the type of jewelry I make from just steampunk to more delicate pieces. I'm still learning and this year as part of this passion project I am going to learn to wire wrap.

Another of my ideas for my 2019 passion project is hiking. I would like to hike on new trails and explore different areas of Colorado. To support this idea, I have been checking out books on day hikes and loop hikes around Colorado. I've been learning about what equipment I will need and the safety precautions. I'm excited to develop this idea and make it a reality.

Libraries have materials and resources, both physical and online, that support lifelong learning on diverse subjects such as building, baking, cooking, gardening, hiking, jewelry making, knitting, writing, etc. Libraries also have programs that can help you discover your passion project. The Rampart Library District offers a variety of programs such as the Craft and Create program at the Florissant Public Library, which explores a different craft each month. There are two programs for people of all skill levels who enjoy sharing their crocheting and knitting projects; Yarnia! at the Florissant Public Library and Stitchers Above the Clouds at the Woodland Park Public Library. Both the Florissant and Woodland Park Public Libraries offer a variety of book clubs if your passion is reading and learning about different genres of books. Visit the Rampart Library District for inspiration and to discover your passion project for the new year.



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**Woodland Park School District 719.686.2000 [www.wpsdk12.org](http://www.wpsdk12.org)**

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