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Vol. 12, No. 10

## Welcome to Ute Country

**"If we want to reap the harvest of peace and justice in the future, we will have to sow seeds of nonviolence, here and now, in the present."**

— Mairead Corrigan

### PEEK INSIDE...



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Embracing autumn



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Once Upon a Trapeze ribbon cutting



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Pharmgirl Uprooted: Top of the world



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## On Deck



October always makes us think of harvest season, as we reap all the veggies, herbs, and fruits from our springtime efforts. I fondly recall Grandma and Mom stocking the root cellar with home-canned goods, root veggies and apples, then standing back and assessing we have what we need to get through the winter! Jeff took the cover photo of a hay field between Guffey and Evergreen Station. Those huge haystack rolls that dot the landscape are abundant, giving promise of getting through the winter, especially for our horses and cattle.

Mountain Mustang Memories provides a look at what the wild Mustang faces this time of year. *Musings Along the Way* helps us understand what it means that Mars is in retrograde in Aires. *The Thymekeeper* helps us understand which dosha is dominant for us as individuals so we can make healthier choices and *Life Enhancing Journeys* gives us the tools we need to heal divisiveness. The quote on the cover reminds us to behave today in a way that brings peace tomorrow. We hope you find what works best for you to enact today what you will reap in the future.

You still have time to enter the *Paint a Better Tomorrow* art contest! Take a moment to imagine a better tomorrow, paint that image and submit a photo of it. All details are on page 15.

As you are enjoying the warmth of the autumnal sunshine with your camera or phone be sure to take photos of the critters you encounter and submit them to Critter Corner via email: [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or snail mail POB 753 Divide, CO 80814. We are also available at Shipping Plus 52 CR 5 in Divide M-F 9-5:30 p.m. and can be reached at phone 719-686-7587.

Thank you,  
— Kathy & Jeff Hansen

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

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## The Thymekeeper

### The dance of balance

by Mari Marques-Worden

If you are smaller or larger than the average person you know one size does not fit all. This is one of the most important lessons we learned as herbalists. Yes, we have our herbs that work well for many people, but a thorough treatment plan should take into consideration the individual constitution of the person being treated.

One of the best aspects of being a human is, we are all unique individuals. In my case, nothing could have driven this point home any better than learning Ayurvedic (Eastern Indian) healing methodology.

In Sanskrit, Ayurveda means the science of life and originated in India over 5,000 years ago. It places a great deal of emphasis on prevention and maintaining health through balance with body, mind, and consciousness. Although order and disorder exist continuously within us, recognizing disorder can help to bring order back in the form of balance.

In Ayurveda there are three main doshas or energies present in everyone and everything: Pitta, Vata and Kapha. As humans we fall somewhere in between all three; with one usually being dominant but continuously fluctuating. It all boils down to energy for lack of a better word. There is no English word for dosha so I'll use the word energy as it relates to your constitution to illustrate my point.

### Pitta - fire and metabolism

Pitta people typically have quick metabolism, are usually medium in size and are blessed with warm hands and feet. Physically, when out of balance, they tend to have ailments involving heat such as fevers, inflammatory diseases, and jaundice. Common symptoms include skin rashes, burning sensation, ulceration, fever, or irritations like conjunctivitis, colitis or sore throats. Quick tempers are another way to spot the out of balance Pitta.

Pitta dominant individuals should avoid hot, spicy or sour food and drinks to maintain balance and will struggle to avoid every single item that falls into this category. As evidenced by my recent inflammatory outbreak of psoriasis. I am the epitome of Pitta dominant and I crave everything that fuels my fire.

The last thing I ate before my volcanic eruption was green chile and poblano peppers, typical of my usual diet. Yet another trait of the Pitta, we are stubborn. I know better than this and upon further reflection, I realized my diet consisted almost entirely of nightshades and foods that fuel inflammation. I've eaten this way most of my life, so it stands to reason that eventually I was going to hit the wall. Summer helped to exacerbate the situation and my lack of attention to the matter brought it full on leading me to submit to changes I never would have made otherwise.

Worst foods for pitta include red meat, eggs, salt, raw onions, garlic, tomatoes and chilis. Coffee, alcohol, and hot spices should be completely avoided. I say pity the Pitta.

Best foods for the pitta person will include grains like barley, rice, oats and wheat. Vegetables should make up a substantial part of the diet. It is beneficial to incorporate sweet (not sugar), cooling and bitter foods. Vegetarianism is the optimum diet for pacifying out of balance Pitta energy.

Pitta disorders tend to calm as the weather becomes cooler.

### Vata - air and movement

As we move out of Pitta season into Vata's realm of fall, many of us will experience dry skin, hair and nails. Vata is the dosha associated with the element of air and movement.

The attributes of Vata are dry, light, cold and mobile and any of these qualities in excess can cause imbalance. Frequent travel, especially by air, loud noises,

continual stimulation, drugs, sugar, and alcohol all disrupt Vata, as does exposure to cold and cold liquids and foods. They tend to have less tolerance for fluctuation than other types and often feel unstable and ungrounded. Routine is difficult but essential if Vata is to be lowered and controlled. When unbalanced, they may become fearful, nervous, and overly anxious.

The Vata body types are generally thin. They are more susceptible to diseases involving the air principle, such as emphysema and asthma. Other common Vata disorders include flatulence, aching joints, dry skin and hair, nerve disorders, constipation, and mental confusion. Vata in the body tends to increase with age which exhibits as drying and wrinkling of the skin.

As the Pitta's are drawn to spicy, Vata types are often attracted to astringent foods like salad and raw vegetables, but their constitution is balanced by warm, cooked foods and sweet, sour, and salty flavors. In general, people with excessive Vata respond most rapidly and positively to warm, moist, slightly oily, heavier foods.

Those with Vata-dominant constitutions do well with soups, stews and casseroles. They can use more oil in cooking their foods than the other two doshas and experience improved digestion when they limit their intake of raw foods.

While cooked vegetables are best for Vata, the occasional salad with an oily or creamy dressing is acceptable. Tomatoes, potatoes, eggplants and peppers (nightshades) as well as spinach should be avoided if the Vata person has stiff, aching joints or muscles. Legumes are difficult to digest and should be eaten in limited quantity by those trying to pacify Vata. Sweet, ripe and juicy fruits are good, astringent and drying fruits, such as raw apples should be avoided.

### Kapha - earth, water and lubrication

People with this dosha are described as strong, thick-boned with the skin type of oily and smooth. They are known for holding things together and acting as a support system for others. Kapha-dominant people rarely get upset, think before acting, and go through life in a slow, deliberate manner. In balance, they tend to have sweet, loving dispositions and tend to be stable and grounded.

Physically, Kapha people may gain weight easily and have a slower metabolism. They tend to shun exercise. They are more likely to have diseases connected to the water principle such as pneumonia, sinus congestion, and other ailments involving excess mucous. Sluggishness, excess weight, diabetes, water retention, and headaches are also common.

### The Three Doshas



vata

pitta

kapha

Kapha can become more aggravated as the moon gets full because there is a tendency for water retention at that time. Although spring is known as Kapha season, winter is the time of greatest Kapha accumulation and following the Kapha-balancing dietary and lifestyle guidelines are most important during that season.

Kapha types are attracted to sweet, salty, and oily foods. Dietary guidelines for Kapha people emphasize bitter, astringent, and pungent tastes. They need foods that will invigorate their minds while limiting their consumption of food. They should avoid dairy products and fats of any kind, especially fried or greasy foods.

All vegetables are good for Kapha but one should emphasize leafy greens and vegetables grown above ground more than root vegetables, avoiding very sweet, sour or juicy vegetables.

Kapha people rarely need animal foods but when they do, it should be roasted or baked. Those with Kapha-dominant constitutions need less grain than Pitta or Vata. The heavy qualities of nuts and seeds aggravate Kapha as does the oil in them. The same holds true for dairy products; in general, Kapha people should avoid the heavy, cooling, sweet qualities of dairy with goat's milk being the exception. As their bodies do not require large amounts of protein, they also should not overeat legumes. They should avoid sweets but can use all spices except salt. They can also indulge more frequently in stimulants like coffee than the other two doshas.

Although I've only touched the tip of the iceberg concerning the three doshas, anyone can find this information for themselves and nobody knows you better than you.

I share this information not to discourage you from seeking medical care, but to inspire you to take back what has always been yours; the ability to help yourself through choices. You truly can make enormous leaps forward when it comes to your health and well-being using common sense techniques and self-reflection. My point is if food can affect us in ways that make us to submit and give up our favorites, imagine the effects the right foods can have. I am happy to report my condition has improved after making changes in my diet which is one of the hardest choices I've had to make. It doesn't have to happen overnight; small changes will inevitably lead to good results.

The pendulum swings both ways. Let food be thy medicine, not the cause of thy medical condition!

Mari Marques Worden is a State 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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## Currant Creek Characters

### The Sweet Brothers - part IX

by Flip Boettcher

Heading down Currant Creek from the Bender and Hammond homesteads, the next earliest settler is Job Kester Sweet. Job was one of eight children, including his younger brother John L. (1833, MA - 1912, CO), born to Job Sweet (1798, NY - 1852, IL) and Clara Jones (1799-1883) on March 4, 1819 in New York. Job Kester's siblings were born either in NY or MA, before the family settled in IL around 1840.

March 18, 1840, Job Kester Sweet married Clementine Abrams (4/11/1820, NJ - 12/12/1896, Park County, CO) in IL. Their only child, Alice A. was born in 1847.

Job owned a tannery in Lewiston, IL, and manufactured shoes from the tanned hides, owning and managing the shoe shop, the tannery and machine shop. He was very successful until a tragic fire destroyed all his factories.

Job then turned his attention to the mercantile business and was also very successful. The 1860 United States census states his business as a sawyer, living with Clementine, 39 years, and daughter Alice, 13 years. Job's real estate worth was \$4,000 and his personal worth was \$200.

When the Civil War broke out in 1861, it bankrupted him. Job enlisted in July 1863 with an occupation of a sawyer. His brother John also enlisted in the war as a private.

After the war in 1865, Job went into the hotel business as proprietor of the Ipava Hotel in Ipava, IL. The 1870 U.S. census has Job living in IL with an occupation of hotelkeeper. Job is living with 51-year-old Clementine and domestic Jennie Hudson.

In 1872 Job came to Colorado, not seeking gold like so many others, but hoping that a change of climate would improve his failing health. Job loved the country so much, he returned to IL, sold his property and returned to Colorado in the spring of 1873 with his family and a group of friends and neighbors where he regained his health by exercise in the fresh air and as a result of the invigorating climate, stated his biography.

A May 5, 1873 Kansas newspaper article records a wagon accident involving a group of seven or eight men, their wives, and children under the leadership of J.K. Sweet, who were journeying to Colorado.

This group most probably included Job's daughter Alice, who had married Fordyce Hodgdon (1847, IL - unknown) October 9, 1872 in IL. Their first child, Ralph Kester, was born in 1873 in Colorado and their second, and last, child, Foydice Clark, was born in 1883 in Cañon City.

August 10, 1874, Job was appointed postmaster of the Kester Post Office on Currant Creek, taking over the job from Hannah Hammond, John Bender's mother-in-law.

At a South Park Stock Growers Association meeting held on 4-Mile Creek, as reported in the April 15, 1876 *Colorado Springs Gazette*, Job K. Sweet is listed as the treasurer. Other attendees at the meeting included Henry Beckham, John Bender, William B. White, vice president, T. Witcher, J.B. Simms, Anton Artus, A.J. Asher and Peter Alstrum, plus others.

The SPSGA was requesting that all sheep owners refrain from grazing their sheep in the following areas: South Park, Currant Creek, East and West 4-Mile Creeks, High Creek, Wilson Creek, Pancho Park, Cottonwood Creek, Tallahassa Creek, Slater Creek, Fish Creek, Badger Creek, 8 and 12-mile parks above Cañon City, due to an over abundance of cattle there grazing now. That did not leave much area for the sheep to graze.

In September 1880, Job was a signed witness along with William H. Beery, William B. White and Scott Berry, on Hannah Hammond's 160-acre homestead. The 1880 U.S. census lists Job, 60 years, living in Park County, raising stock, and living with Clementine, 60 years, who is



Job Kester Sweet, photo courtesy of ancestry.com.

keeping house on Currant Creek.

Job's younger brother John L. may have come to Colorado with Job in 1873, but John's fourth child was born in IL in 1877, so maybe John came to Colorado a little later. The record says Private John L. Sweet married Ella "Penny" Peck in 1859 or 1860 in IL and had four children born in IL, Lillie, 1860; Louis "Lon" D., 1863; Harry (Henry) L., 1865; and Clara L., 1877.

Business acumen must have run in the family and John did well for himself. The 1870 U.S. census lists John, 37, living with his mother Clara, 70, wife Ella, 32 and four children. His personal wealth was \$8,500 and his real estate value was \$9,000.

By 1879 John is in Colorado. An 1879 *Leadville Daily* states that J.L. Sweet, part owner of the Talmadge Mine near Carbonate is lying very ill at the State Street Mansion House. Perhaps John came to Colorado for health reasons like his brother Job.

John must have recovered, because the 1880 census shows him living in the Buffalo Springs area between the Salt Works Ranch and the 63 Ranch on property his son Henry homesteaded in 1892. John is raising stock and living with Ella, 42, who is keeping house, and three children, Louis, 17, Harry, 15 and Clara, 3.

In June 1881, a *Flume* article reported that Smith and Boedeker purchased the Job K. Ranch, the herd and the range on Currant Creek paying \$1,290. Job turned around and bought a valuable, 160-acre hay ranch and stock from Mat T. Johnston on the Little Platte (South Platte) 12 miles south of Fairplay for \$10,000. This was the Buffalo Springs Ranch, which by his death was an 800-acre hay meadow ranch. The ranch was on the main road from Denver and Colorado Springs to Leadville.

A December 1881 *Flume* article reports that W.R. Smith, the late purchaser of the JKS Ranch at Kester on Currant Creek, sold 80 or more head of cattle that averaged 975 pounds each at \$.03/pound. "This is said to have been a fine lot of cattle and which would have averaged over 1,100 pounds each four weeks ago. The snow has been very heavy at the head of Currant Creek and cattle have suffered in consequence."

In an 1881 "Kester Clippings" section of the *Fremont County Record*, Mr. E.F. Sweet (probably E.B. for Elisha Bennett, John and Job's younger brother, 1837) was on the creek visiting old friends.

December 1881, J.L. Sweet, J.K. Sweet, William Johnston and J.E. Rogers, all of Buffalo Springs, are witnesses on Carrie Abrams' 160-acre homestead at Buffalo Springs. Abrams was Job and John's niece. Abrams never finalized her homestead proof, because in April 1882, Solomon C. Mikels gave final proof in the *Flume* on this same 160-acre homestead. Witnesses for

continued on next page

## HRRMC News

### Dr. Ralph Wentz earns board recertification

Ralph Wentz, DPM, FACFAS, of Wentz Foot & Ankle Specialists in Salida, has been recertified in foot surgery and reconstructive rearfoot/ankle surgery by the American Board of Foot and Ankle Surgery (ABFAS).

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Dr. Wentz is a fellow of the American College of Foot and Ankle Surgeons and a member of the American Podiatric Medical Association.



He sees patients with foot, ankle, and leg conditions in his office at 920 Rush Drive, Salida, and performs surgery at Heart of the Rockies Regional Medical Center. To make an appointment with Dr. Wentz, call 719-539-6600.

## Where is Katee this month?

Katee, the Pet Food Pantry Mascot, does not need a costume for Halloween. She already has her mask on!

COVID 19 has affected many families. Katee is asking for your help to keep her canine and feline friends at home with their families. Stability is important and families having their "best friend" to still hug is critical.

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## Currant Creek Characters

### The Sweet Brothers - part IX

continued from previous page

the homestead were William E. Johnston, Leadville, Robert H. McCall, Filmore Hubbard and John Drake, all of Buffalo Springs. Mikels got his patent in 1885 and a November *Flume* said that ranchman Solomon Mikels was in town recently (Fairplay).

An April 1881 *Flume* listed Sam Hartsel and J.L. Sweet on the list of jurors and in May, the *Flume* states that Sam Hartsel, Henry Beckham and J.L. Sweet are on the executive committee of the SPCGA.

February 1882, Job got his 120-acre homestead patent for the Currant Creek ranch that he had sold the previous year in June and relocated to the Buffalo Springs area, purchasing the Mat Johnston hay ranch and stock.

According to *Bayou Salado* by Virginia McConnell Simmons, Buffalo Springs was little more than a ranch and a resort spot. There was a ranch, a hotel and a post office there in 1881. Job became the postmaster there in 1885. The population in 1884 was 20 people. Mail for the Platte River town on the Denver, South Park and Pacific Railroad was delivered at Buffalo Springs. The mail for the

50 people living at the Salt Works Ranch and surrounding area was also delivered to the Buffalo Springs post office. Buffalo Springs was located on Colorado Highway 285 about eight miles north of Hwy 24.

In 1882, Job most likely purchased the adjacent 160-acre homestead, 1882, of William E. Johnston, Mat's younger brother who is listed as being in Leadville in 1882. Matthew and William probably also resided in Buffalo Springs at their older brother Oliver's 160-acre homestead, 1888 patent, next to the property that became known as the Johnson Ranch. Job never bought this parcel.

The three Johnston brothers were from MO and all are listed at Buffalo Springs in the 1880 U.S. census and the 1885 CO census. Matthew and Oliver returned to MO and died there, but William stayed in the area and died and is buried in the Fairplay Cemetery.

To be continued...

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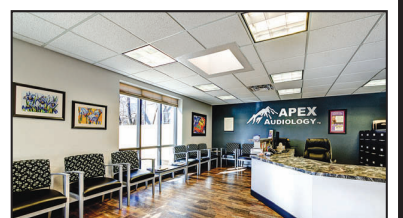
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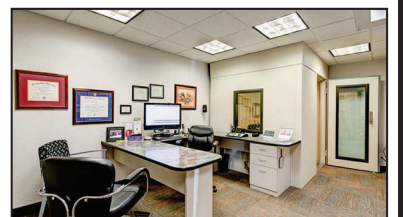
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## Musings Along the Way Mars in Retrograde in Aries

by Catherine Rodgers

“During this time from September 9 until November 13, our ambitions may be sidetracked as we work to redefine our goals,” according to astrologer Lisa Stardust. “It’s time to dig deep within and embrace what makes us happy, which may result in finding solace in unexpected endeavours. On the flip side, we all will have mini temper tantrums here and there, due to the fact that Mars is slowing down. Beware of how you treat others, and try to avoid judging yourself too harshly during this transit — it’s a rough time for everyone.”

As the former reigning Aries Rage Queen, I bring you these words of cheer: Chill. Honor your anger. Include your outrage. Soothe your sorrow. With ALL that is transpiring right now, know that there is a way through, and we are finding that path. Wield that machete through this hedge of fearful thorns, until we revive the inner sleeping beauty with a kiss. Arise! Let us dream ourselves awake!

Plato wrote the “Beauty lies in the eyes of the beholder.” His mentor, Socrates, believed that beauty is coincident or congruent with the morally good. Some may argue the good is relative in these modern times, a win - lose situation. But is it? Don’t we all know what GOOD feels like? Don’t we gno\* with our hearts what is true, right, noble, just, loving? The dissonance between this inner “gno-ing” and outer appearances of violence and disaster generates anger and frustration. “Rage, Rage against the dying of the light.” Dylan Thomas

What if beauty lies in the I of the beholder? To be “beholden” is to be bound in gratitude. To hold, save, protect, as well as to gaze upon. Which “I Am” am I being when I look upon my world? Am I beholding the good with a grateful heart? Do I see joyful and positive outcomes from every apparent suffering — so much suffering! Still I am bound to look for the good and to praise it. To breathe in the divine, Be-Hold, and to exhale appreciation.

With beauty before me may I walk.  
With beauty behind me may I walk.  
With beauty below me may I walk.  
With beauty above me may I walk....  
With beauty all around me may I walk....  
Everywhere, it is blessed, neya ‘eye, lana hey ‘eye, I have come upon it, yo, I have come upon blessing, wo...

In old age wandering on a trail of beauty, lively, may I walk.

In old age wandering on a trail of beauty, living again, may I walk.  
My words will be beautiful...Sa’ah naaghéi, Bik’eh hózhó.

Frank Mitchell, Blessing Way singer, said that the last phrase must be sung at the end of each verse because “the phrase is a holy being.” How rarely we consider that our words are a holy being: have life and purpose and power! Our words INVOKE the world of beauty which is success, perfection, harmony, cooperation, healing, peace, well-being and creation. When I affirm “I am open to Divine Direction,” I fully expect to receive that guidance now. When I say “I intend to awaken this lifetime,” I fully expect to discover that bliss and awareness of Oneness unfolding in my life.

“He who with sincerity seeks his real purpose in life, is himself sought by that purpose.”

— Hazrat Inayat Khan

We live in a reciprocal universe, a living universe, a universe that responds to our holy word. As it is written in Matthew 18: 18-19, “Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven... if two of you on earth agree about anything and ask for, it will be done by my Father in heaven.”

Let’s look at AGREEMENT. There are lots of agreements about how life works, what is possible, linear time. Most left brain training done in schools and our society suppresses the imagination – Stop day-dreaming! That’s not realistic! In your dreams! We are allowed to waste our imagination worrying about the worst case outcomes. Hence this rigidly controlled perception of what is “reasonable” has brought us to this seeming brink of disaster. I for one am traumatized by the death of hundreds of thousands of migrating songbirds in the Southwest, just to share a tiny bit of my anguish. However, we have choice.

Using our right brains (and our brains aright), we humans are the curators of Spirit in matter. Life is the way we say it is. We can reach another consensus by realizing that reality is shaped by the alignment of our energy, by the attunement of our consciousness with the Divine. “For where two or three gather in my name, there am I with them.” We draw a wonderful future to ourselves by imagining the best of all possible worlds. One of love and abundance, harmony and wholeness, that works for everyone. Say YES!

This is not “just wishful thinking.” THIS IS WHAT THINKING DOES through the power of I AM. Chanting “OM” aligns us with the 432 hz frequency, the sound that vibrated at the creation of this world. Vedic sage P. Jolly claims “He who knows OM knows God” as this is the sound permeating and connecting the universe. St. Benedict recommended the Gregorian chant to put “our minds in tune with our voices” to speak to God. Dr. Alan Watkins, Imperial College neuroscientist, says “chanting changes the rhythmic breath pattern which affects the electrical information the heart generates and sends to the brain.” This especially alters the right frontal lobes which “leads one to be more aware and perceptive.” The First People know this. By drumming and chanting they be-hold that vibration to dream nature into a perfect state of existence. Different principles of magnetism, visioning, and resonant frequency are applied here that change the functionality of existence from exploitation to cooperation.

When we release fear, when we stop destroying our earth, we aren’t just “fixing” the old system. Our love transmutes everything. We perceive a new reality on a higher frequency. Imagine the possibilities: celebrating, circulating our abundance; stewardship including the legged, the finned, and the winged ones as well as the rooted. Rather than shooting each other in the streets, we bless. We walk in beauty. We are the beholder. Speak the holy into being: Sa’ah naaghéi, Bik’eh hózhó.

## Thank you, Lynn and Bo!

by Kathy Hansen

Thank you to Lynn and Bo of Guffey for picking me up on Twin Rocks Road about a month ago. Jeff had left early, our landline was out, (had no cell phone), so when the car didn’t start the morning of September 3, the only way I had to get to Shipping Plus was on foot. About a mile in I began praying for an angel. I was doubly blessed; their names are Lynn and Bo! They gave me a ride right to the front door. I am so grateful! The two of you were so kind, I cannot tell you how much it meant that you so willingly came to my rescue. Thank you, thank you, thank you!

## The Harvest

by Steven Wade Veatch



By the broken barn  
orange cottonwoods stand.  
Near a rusted water pump  
vines cover old wheels  
on a busted tractor.

Wind rustles the leaves  
and makes them dance  
over crumbling stones.  
Yagabond jays pick  
at ruined pumpkins.

As dusk dissolves into dark  
the October moon rises  
while creeping moonlight  
marks harvest’s end.

Image is from Pixabay, (royalty free stock image)

## Unbottle and Protect Chaffee County Water

Here is a local opportunity to make a global difference!

It is understandable to feel helpless and overwhelmed during these chaotic times. What can a person in Chaffee County, Colorado possibly do about climate change, corporate influence in politics, loss of natural resources, and plastic pollution?

Nestle Waters, a multinational, billion-dollar corporation that represents all these issues has been operating right under our noses here in Chaffee County for over 10 years. Nestle is permitted to suck and truck up to 65 million gallons of water per year, 25 truckloads per day, from Nathrop to Denver, where the spring water is packaged in single-use plastic bottles and sold under the Arrowhead brand name.

Nestle’s permit has expired and now is our chance to stand up to this corporate giant and everything that it represents. The Chaffee County Commissioners will

be holding a public hearing on October 20th to decide if Nestle Water’s permit should be renewed or denied.

If you have been struggling with how to do something that really matters during these troubling times — this is it!

Add your name to a declaration to deny Nestle Waters permit in Chaffee County. Join the Facebook group and invite your friends.

Sign up at (Unbottle-protect.org) to get involved with the Unbottle and Protect Chaffee County Water campaign and to receive updates via email and zoom links.

We truly hope to see you at the public hearing currently scheduled to take place at the Buena Vista Community Center on October 20th at 5 p.m. and Thursday, October 22 at 9 a.m. at the fairground in Poncha Springs. RSVP to attend (even if not planning to speak. Social distancing requirements will be in place). mhodge@chaffeecounty.org.

## Obituary

### Peter Douglas Hartleben

Peter Douglas Hartleben passed away suddenly on Friday September 18, 2020 of a massive heart attack. Pete was a beloved husband and father, and until an auto accident 8 years ago which shattered his hip, he was a faithful volunteer at the Little Chapel Food Pantry in Divide.

Pete was a quiet man who loved his family and was always there to help anyone in need. Friends and family alike greatly appreciated his willingness to work on their cars and trucks at no charge and use his tremendous knowledge of mechanics to benefit anyone who asked for his help. Pete recently retired from the Woodland Park School District where he had worked for many years as the head of the maintenance department.

He was born in Appleton, WI on August 29th, 1965 to Douglas J. and Faye (Reimers) Hartleben. He is survived by his parents, his wife Rachel, his sons Jonathan and Erik, his daughter Kathrine, his brother Fred (Marla Goldman) Hartleben,

nephews Joseph P. and Jacob L. of Spring Hill, TN, and various aunts, uncles, nieces, nephews, and cousins in Colorado and Wisconsin. Pete attended Rosholt, WI schools and graduated from Woodland Park High School after the family moved



to Colorado.

Online condolences may be posted at [www.caringbridge.org/visit/petememorial](http://www.caringbridge.org/visit/petememorial) where you can also find a link to the GoFundMe page to help with his funeral expenses by clicking on “Ways to Help”. Memorial service was held September 27.



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Barbara Pickholz-Weiner

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**Strasburg 1497 Main St.**  
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Children's and extra-large men's and women's coats are most needed, but all sizes are accepted. Raincoats, other warm weather clothing and monetary donations are not accepted.



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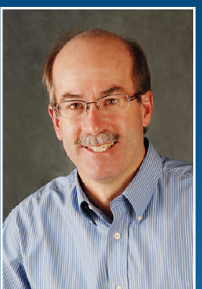

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## Compassionate commuting

by Patricia Gilbert

Have you ever driven Hwy 24 Ute Pass and seen a stranded car with a driver sitting on the very far right out of everyone's way? Well folks, we did; my daughter and I, driving the speed limit (as were the others) saw one and Valerie said, "We have to help," turning around on the next exit and pulling directly in back of the stranded car.

There was a young lady sitting with tears pouring down. Valerie approached to see if she could help when there was a lull in traffic. Soon, they got back into our car. It turns out her dad has brain cancer, is close to death and she was on her way to his house in Manitou Springs. He had called her to ask if she would come up because he had a fall. She left work and was on her way when the car stopped running. There she was, all alone and unable to get to her father.

The point of this message is, things are out of balance now; the world is facing enormously frightening times in history. There will be home schooling their children, look closely at them and offer the best you can. Live in the NOW, not the past.

The reason I am writing this is this world is made up of remarkable people, just like YOU! Perhaps it is time for us to choose to find compassion in our hearts; give the benefit of the doubt when we come upon a situation and consider asking ourselves what WE can do to make this world a better place. What steps can we take to help our fellow human being have a better day?

## COVID Grant Program

The Town of Buena Vista has opened their business COVID Grant Program and they are ready to receive applications. Funding is distributed on a first-come, first-serve basis.

The Town of Buena Vista highly values the variety of businesses in our community which drive our local economy.

The Town has allocated \$130,000 of its Cares Relief funding to help our local businesses navigate the slower off season. The grant award range under this program is between \$3,500 and \$7,500.

Please review the Local Business Grant Program overview to learn about the requirements and then complete and submit the application.

### Where to apply

To access the program overview or for the application, please visit the Town's website at <https://buenavistaco.gov/2610/Local-Business-COVID-Grant-Program>

If you have any questions regarding the application or need assistance filling it out, please do not hesitate to contact the Chamber at 719-395-6612.

In addition, we want to remind you that we are here to help you navigate through our winter months and this pandemic in any way we can. If you would like to set up a time to chat, please reach out and we can work with you on funding options, pivot plans, brainstorming sessions, resources, and more.

## Firewood Sale

The Friends of Mueller State Park are sponsoring a firewood sale on October 3 and 4 from 10-4 p.m. The wood is unsplit, mixed dry and green, cut to 12" to 24" lengths.

Forest thinning to reduce wildfire threat and improve forest health and wildlife habitat and the powerline maintenance have created stacks of wood that need to go.

Cost is \$40 for short bed pickups, \$50 for long beds. All wood is loaded by you.

Sorry, no trailers.

The location is on Highway 67, 2 miles south of the Divide spotlight or 1 mile north of the park main entrance. Turn west at the gate for directions to the loading area. Signs will be posted from both directions.

Please join us to support the Friends of Mueller and stock upon firewood at bargain prices. FMI: 719-687-2366 or [FriendsOfMuellerSP@gmail.com](mailto:FriendsOfMuellerSP@gmail.com) or visit <https://friendsofmuellersp.com/>.

## Adopt Me

by SLV Animal Welfare Society

### Cooper

This is Cooper! He is 9 months old, neutered, current on vaccinations, medium size Border-Collie mix. Cooper is great with other dogs and loves to play. He came in as a stray. To meet Cooper contact [Woof@slvaws.org](mailto:Woof@slvaws.org).

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



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## Mountain Mustang Memories

### Embracing autumn

by Stefanie Skidmore

What does autumn mean to you? Is it stocking up on firewood or watching the leaves change from the vibrant green of summer to the warm, late season hues of gold and red? Is it filling up the hummingbird feeders one last time as the tiny, colorful birds prepare for their journey south? Is it enjoying one last camping trip or eagerly awaiting the opening of your favorite ski area? Is it listening for the distant bugle of a bull elk during rut or locking away food, small animals and smelly things so the neighborhood bear leaves your home alone while he, too, is getting ready for winter? Whatever fall may be to each of us, we all, human and animals alike, know it is here. Crisp mornings and shorter days remind us of the cold, snowy months ahead, making fall a time of heightened activity before we slow down a bit, both on the roads and at home.

The Mustangs here are acutely aware of the changing seasons. They are frisky on chilly mornings, running, bucking and kicking up their heels. Fuzzy winter coats are growing, and the horses are soaking up the warm midday sun, their tails still as naps are no longer interrupted by buzzing flies. Livestock owners and caretakers are stocking up on hay and preparing to provide their animals with a water source as streams, troughs and buckets begin to ice over. We put our heavy boots near the door, knowing that we'll need them soon enough for doing chores in the cold and snow, and pay close attention to the overall health of the animals in our care as our long mountain winters can be tough on those who are older, very young or in poor health. Allowing stock to go into winter at a good weight if possible is just as important as thinking about deworming and providing additional feed to those who need it. Another factor in caring for horses, both wild and domestic, through the cold season is offering protection against the elements in the form of shelter and sometimes blankets to keep them comfortable and prevent excessive weight loss during the late and early months of the year.

For Mustangs fending for themselves on the range, autumn is a critical time. With many Herd Management Areas (HMAs) currently showing herd sizes that far exceed their Appropriate Management Levels (AML, the number of animals an area can support long-term based on climate, space and resource availability), drought conditions and now fires raging across much of the West, the land is straining to sustain so many wild horses and the wildlife they share their home ranges with. Due to this year's growing season coming to an end, tens of thousands of Mustangs living on often dry, rugged and remote federal land across the American West will need to survive on the vegetation that is out there now until new growth comes in next spring. By late summer, the foals, usually born between April and June, are strong enough to keep up with their family bands as they travel across the range in search of food and water. With summer's afternoon thunderstorms past and snow not yet here to stay, the ground is typically dry this time of the year, making the footing safer for the horses and the dirt roads within the HMAs accessible to trucks and trailers. Therefore, fall is gather time and each year the Bureau of Land Management and Forest Service



round up hundreds of wild horses via helicopter or bait trapping on their respective lands. Gatherers are open to the public to promote transparency and humane treatment of the animals.

For me and most people who are involved with Mustangs in one capacity or another, fall is bittersweet. We know that some will lose their freedom to ensure the survival of those who remain on the range. There is also excited anticipation as the newly gathered wild ones are soon to become available for adoption or gentling, and many will go on to find wonderful homes thanks to growing public awareness and an ever-increasing number of people looking to adopt their own American icon. We think about the Mustangs that are spending the cold months on the range and hope winter will be easy on them, especially young foals and the mares who are now pregnant again, thus bearing the extra weight of feeding the new life to be born next spring while still nursing this year's baby. Our thoughts are with those who get injured during or following the gathers and the thousands of Mustangs already in holding facilities, still waiting for a home of their own.

Efforts are underway to achieve

Denali the German Shepherd is checking on his two Mustang friends Littlefoot (left) and Lacy as the sun comes up during a recent wilderness packtrip. Fall comes early in the high country and the horses are wearing lightweight blankets to keep them warm while tied on a highline overnight. Here their front feet are hobbled (tied together), allowing them to safely graze nearby without being fenced in.

photo by Stefanie Skidmore

**On the cover:**

The mountains as seen through Lacy's ears, with smoke from fires further west causing visible haze. Fall and winter overlap for now until finally winter takes hold.

photo by Stefanie Skidmore

sustainable on-the-range management of wild horses through measures that are both effective and safe, with the goal of minimizing stress and risk of injury for the affected Mustangs and promoting healthy habitats for future generations of wild horses, native wildlife and humans to enjoy. Until then, annual gathers continue and Mustangs of all colors, sizes and dispositions will be in need of homes and available to prospective adopters for as little as \$25 for a wild and \$125 for a gentled animal. As the resident Mustang family members, Lacy, Tiny and Littlefoot, and I are spending a few more cool and peaceful days and nights in the backcountry, before feet of snow make it largely inaccessible on horseback, I cherish the opportunity to share my life with them and am grateful for the love and lessons each of these once wild horses offer.

Stefanie Skidmore is a Mustang trainer and advocate located in Guffey, Colorado. Her website is [stefanieskidmore.com](http://stefanieskidmore.com). To learn more about her work with wild horses, about adopting your own Mustang or for help with a horse you already own, you can contact her via email at [stefanie@stefanieskidmore.com](mailto:stefanie@stefanieskidmore.com) or call/text her at 719-377-8587 (cell).

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Roxie enjoying Rampart Reservoir - Linda Sullivan, Woodland Park, CO



Is Covid Over Yet? Heartbeat or "B" - Trudy Feldhauser, Woodland Park, CO



Future's so bright... Moe - John Hansen, Lena, WI

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

# Bob the Hungry Skeleton

by Gilrund the Historian

It was October the 13th and Skinny was going to try again. He had been trying for the last 137 years with no success. But he just knew that this year it would happen, this year would be the big one; this year he would put on enough weight that the other ghosts and skeletons would have to stop calling him Skinny or Bones.

Of course, he had a real name and that was Bob. He liked his real name because it was easy to spell, B-O-B. How could you mess that up? It was spelled the same way forwards and backwards.

Okay, so when he had been alive, he had misspelled it a couple of times, but he was just a kid when that had happened. When he had died, he had been an adult and hadn't misspelled his name for a long time.

Now he was trying to have the others in the cemetery call him by his right name, instead of Skinny or Bones. While he laid around in his crypt during the other 364 days of the year he read books he had taken at night from the local library on how to gain weight and he knew just what he had to do and he had been trying for the last 137 years with little or no success. But he had found out what excess fat and healthy fat were and how to make more of it.

But this year he had a plan.

On the one night when he could come out of his crypt and mingle with the living, without being noticed too much he was going to steal all of the candy, cookies and other goodies from the Trick or Treaters that he could and eat them all. With all those calories and fat, he should gain a lot of weight.

He had tried this before, but all of the candy and goodies fell through him because he was a skeleton and had no body to hold it all in. This year it would be different. Bob had a large paper sack he had found in the trash can at the cemetery and he had attached it with duct tape to the inside of his rib cage to catch and hold all of the goodies that he ate.

Just where was he going to get all of these goodies? Why, from the boys and girls that would be out Trick or Treating on Halloween night. They always came by the cemetery to scare each other and that would be when he would jump out and grab the sacks of goodies and eat them while the kids were running away screaming with fright.

Bob had been practicing scaring kids for a long time.

At first, he had scared them all different times of the year, but they seldom carried any goodies. Oh, sometimes he'd get a cold hamburger and fries, maybe even a ham sandwich, on occasion, but Halloween night was the biggie. All the kids had bags and bags of goodies and Bob really knew how to scare kids and steal their goodies.

A few good screams and rattling of bones and the bags went flying in the air as the kids ran away. Bob was good at catching flying goodie bags. Very seldom would one hit the

ground while Bob was around.

Then he would eat the goodies he found in the bags as fast as he could. But without any body they would always fall on through him on to the ground at his feet.

It looked really gross when some of the licorice sticks would catch on his ribs and hang down partially chewed along with the bubble gum and chocolate caramel bars that he had chewed and could get to fall down where his throat ought to be. He was usually a real mess by the end of the night and would have to go to bathe in the fountain that was in the middle of the cemetery.

Sometimes if he had to chase the kids to get their bags of goodies, he would catch his bony feet in the stringy gum hanging from his ribs and fall down. Then the kids would turn and laugh at him as he lay sprawled on the ground and yell, "What's the matter Skinny, can't hold your candy?" Then going back to the cemetery and having to face the other skeletons and ghosts was just too much to bear.

But the paper bag should hold everything. No more falling down or looking gross with candy and gum hanging from his ribs or getting tangled in his feet. This year he would gain some real flesh, and no one could call him Skinny.

At last the big day or night came. The 31st of October, Halloween night and Bob was ready. He had his paper bag taped to the inside of his ribs and was hiding in the bushes just inside the cemetery gates where all the kids came to scare each other. Tonight, would be the big feast.

"Come on Candy and Gum, Bob is ready," he thought to himself.

It was as dark as it was going to get, and the full moon was high in the heavens shining through the cypress trees around the cemetery. Here came the first of the children Trick or Treating.

The group of three little boys walked by the bush where Bob was hiding.

YAAH, RAAA, BOO!!!

The children screamed as Bob jumped out from behind the bush yelling. Their bags of goodies went flying in the air as they ran away crying. Bob was quick to catch all three of the bags before they hit the ground and disappeared back behind the bush to wait and eat.

Soon two more little girls came walking with their bags of goodies. Bob watched through the leaves of the bush until they just walked past and jumped out screaming and yelling and waving his bony arms and hands and chomping his teeth together.

The girls screamed in fear, throwing their bags of goodies at the scary skeleton that stood behind them and they ran on down the street.

Once again Bob collected the goodies, hid behind the bush and waited and ate the goodies, slowly filling the paper bag hanging

from his ribs.

Things were going great; everything was still in the paper bag and the children had gotten a lot of goodies for so early in the night.

The night passed as group after group of children came past the

front of the cemetery and each paid a toll of goodies as Bob scared them and collected the dropped bags of candies.

It was getting late, nearly 11:30 p.m. and there weren't many children coming by the cemetery anymore. Bob's paper sack was nearly full, and it was getting hard to jump and yell to frighten the children to get their goodies from them.

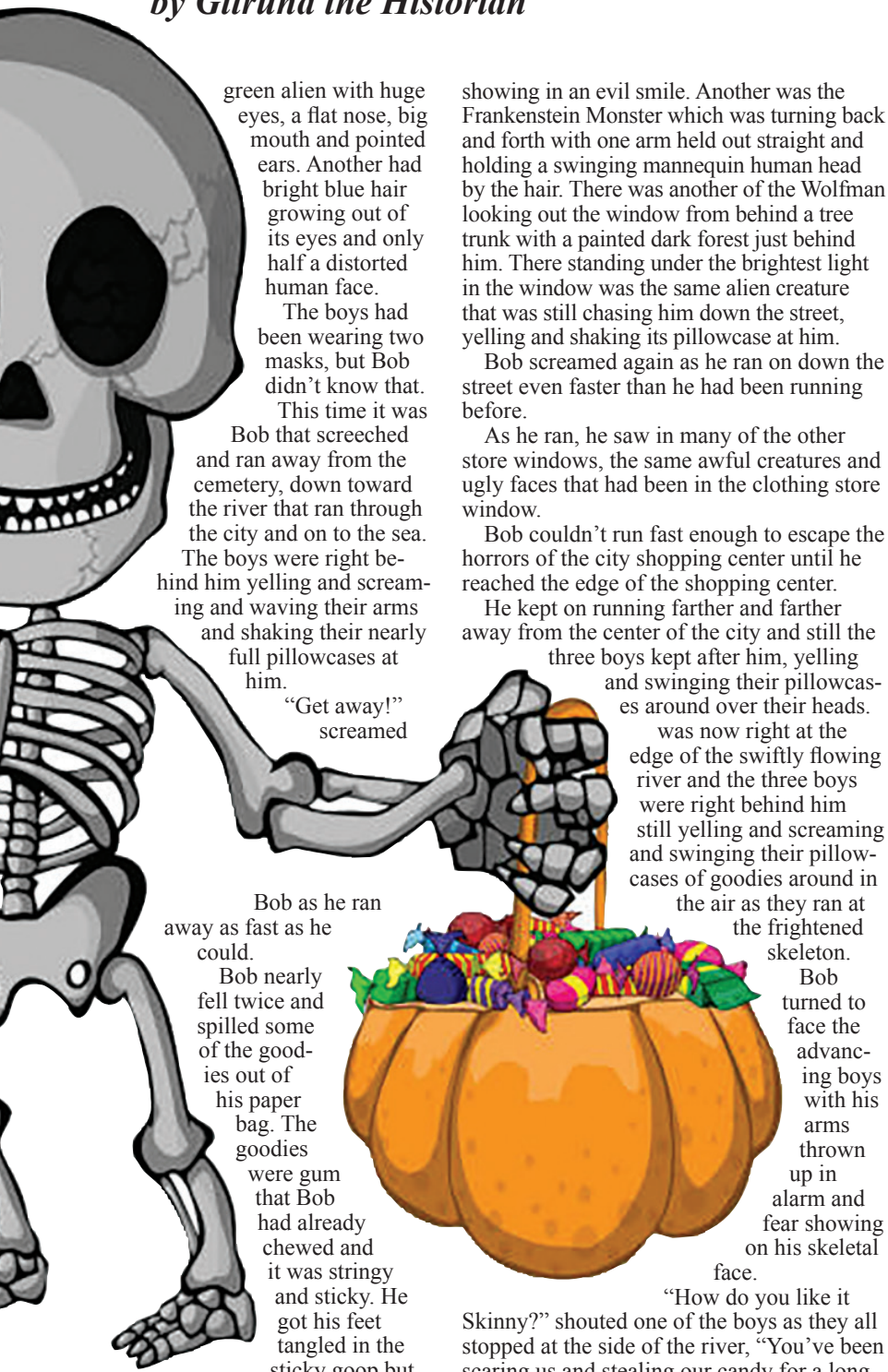
It was nearly 12 mid-night and Bob would have to return to his crypt for another year; he was just starting to rise from behind his bush when he heard laughter a little way off and coming closer.

Bob stuck his skull out from behind the bush and saw three teen boys carrying pillowcases of goodies walking toward him.

"One last scare," thought the skeleton, "I'll have enough goodies to make me fat as a whale. No one will ever call me Skinny again."

Bob waited until the boys were just coming up to his bush and then he jumped out, a little slower than usual, but he did his best considering his paper bag was so full of goodies. He yelled and groaned, waved his arms and gnashed his teeth.

The three boys stopped and looked at Bob and smiled then pulled off the masks they were wearing to reveal the horrible faces underneath. There were big empty eye sockets dripping gooey stuff and long fangs dripping green blood. One mask was of a



gum stuck between his legs and strung out even more.

It was getting hard to run now that the gum was strung all over his legs and feet, but on he went, running through the streets of the city.

The stores were all closed, but the displays were still lit up in the windows and as he ran by a big clothing store. He stopped for a moment to look at what was in the windows and he saw four mannequins standing in the bright light.

One was wearing the costume of a Vampire sitting up in a casket, his long-pointed fangs

green alien with huge eyes, a flat nose, big mouth and pointed ears. Another had bright blue hair growing out of its eyes and only half a distorted human face.

The boys had been wearing two masks, but Bob didn't know that.

This time it was

Bob that screamed and ran away from the cemetery, down toward the river that ran through the city and on to the sea. The boys were right behind him yelling and screaming and waving their arms and shaking their nearly full pillowcases at him.

"Get away!" screamed

Bob as he ran away as fast as he could.

Bob nearly fell twice and spilled some of the goodies out of his paper bag. The goodies were gum that Bob had already chewed and it was stringy and sticky. He got his feet tangled in the sticky goop but kept on running as the

showing in an evil smile. Another was the Frankenstein Monster which was turning back and forth with one arm held out straight and holding a swinging mannequin human head by the hair. There was another of the Wolfman looking out the window from behind a tree trunk with a painted dark forest just behind him. There standing under the brightest light in the window was the same alien creature that was still chasing him down the street, yelling and shaking its pillowcase at him.

Bob screamed again as he ran on down the street even faster than he had been running before.

As he ran, he saw in many of the other store windows, the same awful creatures and ugly faces that had been in the clothing store window.

Bob couldn't run fast enough to escape the horrors of the city shopping center until he reached the edge of the shopping center.

He kept on running farther and farther away from the center of the city and still the three boys kept after him, yelling

and swinging their pillowcases around over their heads.

was now right at the edge of the swiftly flowing river and the three boys were right behind him still yelling and screaming and swinging their pillowcases of goodies around in the air as they ran at the frightened skeleton.

Bob turned to face the advancing boys with his arms thrown up in alarm and fear showing on his skeletal face.

"How do you like it Skinny?" shouted one of the boys as they all stopped at the side of the river, "You've been scaring us and stealing our candy for a long time. Now it's your turn!"

"Yeah, Bone Head!" yelled another of the boys as he shook his pillowcase at Bob, "We're not afraid of you anymore."

Then the third boy shouted, "You're not going to get our candy this year, Skinny Bones. We can see where you keep the candy that you've taken after you scared the other kids. You carry it in that stupid paper bag. Now we're going to take it all back, and you can't stop us."

The boys looked at each other and grinned as they started walking toward Bob as though they were zombies; their arms stretched out in front of them and stiff legged. Their pillowcases were hanging from

their hands and slowly swinging back and forth, as Bob, not understanding what they were doing, slowly backed away.

Then they broke into a run and yelled, "Get him!"

Bob screamed again, threw up his hands and turned to run away.

As the boys advanced swinging their heavy pillowcases and yelling, one of the pillowcases hit Bob in the chest and knocked him backwards into the cold river water.

"You got him Randy, you got him!" shouted the other two boys as they watched Bob stumble and fall into the rushing water of the river, "He'll never steal anyone's candy again."

Being a skeleton Bob had nothing to keep him afloat except his paper bag of goodies which fell apart almost as soon as it hit the water because it was so filled with candy and gum and cookies and as we all know; paper bags don't do well in the water. Bob being solid bones, sank quickly and was washed away by the swift current.

Bob tumbled in the rushing water, occasionally coming to the surface as his bag of goodies came apart and the candy and other goodies were washed away from out of his ribs, he had little to keep him afloat as he was washed down stream toward the ocean.

To make matters worse, just before he washed into the open bay, he hit an iron post that supported a bridge, with such force that he broke in half at the hips. Bob, of course, felt no pain as a regular person would have, but he did try to swim after his lower parts.

In his mind he could just hear the other skeletons in the graveyard telling him to "Pull yourself together, Bob."

On and on he tumbled, grabbing rocks and other things that were in the water and trying to catch the other part of himself. He tried to swim, but it was impossible, for he was too skinny, and his arms and hands just slipped through the water and didn't help at all.

On and on he went tumbling over and over in the water, trying to catch his hips and legs and feet. But it was no use as he continued on into the bay and eventually, when the current from the river slowed to next to nothing, he settled to the bottom where he sank to the mud and rocks and was slowly being covered by the silt and mud that flows into the bay every day.

He watched as all of the candy and gum and cookies that he had taken from the children of the city that night dissolved and crumbled around him. Some of the soaked wrappers stuck to his arms and hands and ribs. Some of them even stuck to his skull face and teeth as some of them slipped through his eye holes and swirled around in his empty skull.

Bob, Bones or Skinny, whatever name you like, was never seen again.

*Chuck Atkinson enjoys writing fiction stories and treasure hunts for the children at his church. We are pleased to have him contribute to the only fiction in our Ute Country News.*



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## Once Upon a Trapeze ribbon cutting

by Kathy Hansen  
photo by Jeff Hansen



The ribbon cutting for Once Upon a Trapeze bookstore happened September 19, 2020 at 10:30 a.m., at 301 E. Main Street (BV Square) even though owners Carol Kelly and daughter Erin Sarvey opened June 1, 2019. No need to rush into these things.

Actually, it is more of a first-things-first priority as Carol has been teaching for over 20 years at Avery Parsons Elementary School in Buena Vista. Most of those in attendance were current and former students of Carol's, fellow educators and even two principals showed up for support! "I don't even have words for what this community means to me," Carol said as the microphone was handed to her by Melissa Traynham,

BV Chamber of Commerce Director.

The store is small, but chock full of books, art supplies, games, mugs and baubles. There are two rooms, one for adults and one for kids. The room for kids is perfectly set up, with smaller chairs and items of interest at child's eye-level. The environment invited the kid inside of me to come out and was immediately spotted by a young customer happy to let me know all this room has to offer! I could tell you, but wouldn't it be better to explore and discover for yourself?

Stop in Once Upon a Trapeze bookstore next time you are in Buena Vista or near BV Square or visit the website: [www.onceuponatrapeze.com](http://www.onceuponatrapeze.com).

## Financial Focus Financial moves for widows and widowers

If you've recently become a widow or widower, you're obviously dealing with an enormous emotional burden, and coping with your grief can seem like a full-time struggle. Unfortunately, the business of life must go on. The financial moves you make at this time can have a big impact on your life.

So, as you attend to your affairs, consider the following suggestions:

- **Don't make hasty decisions.** Even though you will need to make some moves in the near future, don't feel rushed into decisions that may prove to be ill-advised. For example, don't immediately sell your home or liquidate all your stocks.
- **Consult with your estate planning professional.** If you and your spouse created an estate plan involving a will, living trust or other documents, you'll want to consult with your estate planning professional to determine what steps should be taken to implement these arrangements.
- **Address life insurance issues.** If your spouse had a life insurance policy, you'll want to contact your insurance agent for help in navigating the paperwork necessary to receive the death benefit. Of course, some financial advisors also sell life insurance within the context of your overall financial strategy, so, if this is your situation, you'll want to speak with your advisor about how to handle the insurance proceeds.
- **Apply for Social Security benefits.** If you are 60 or older, you may be entitled to Social Security survivor benefits, along with a one-time death benefit. Contact your local Social Security office to stop the benefits your spouse received and apply for the new ones for yourself.
- **Change the name on financial accounts.** If you and your spouse had jointly held accounts with "right of survivorship," the assets will typically pass automatically to you, the surviving

spouse. However, for legal purposes, it's still a good idea to retitle these assets in your name. This usually only requires filling out some simple documents, which are available from your financial institutions — bank, credit union, investment firm, etc. But you also may need to change the beneficiary designations on accounts held only in your name, such as your 401(k). These designations are powerful and can even supersede instructions in your will or living trust.

- **Go over bills and debts.** Review all your bills, automatic payments, and outstanding loans. If they are in your spouse's name, or in both your names, contact the merchant or financial services provider to change all correspondence and account information to your name only. For any outstanding accounts in your spouse's name, you may need to notify the business that all payments will be handled by your spouse's estate, if you choose to go that route. You may need to provide these businesses with the contact information of your estate planning professional.

Plan for your future. Once you've handled the immediate financial needs described above, you'll want to think about your own future. This means you may have to update your estate plans and insurance policies. You'll also want to consult with your financial advisor to see what changes, if any, you might need to make to your investment portfolio.

Only time can ease the pain of losing a spouse but by taking care of the mundane matters of daily living, you can at least alleviate the feelings of being overwhelmed — and that, in itself, has value.

*This article was written by Edward Jones for use by Lee F. Taylor, AAMS, your local Edward Jones Financial Advisors.*



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\*\*\*\* Be sure to visit [www.tcscs.co.org](http://www.tcscs.co.org) for schedule updates \*\*\*\*

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## 6th Annual Bike the Night

by Deborah Maresca

Mountain Top Cycling Club hosted its 6th Annual Bike the Night on September 5, 2020 in Woodland Park. Kids got free trophies, t-shirts and medals.



#50 Colton Waggoner, #49 Tage Abercrombie from Woodland Park, #52 Elijah Valdovinos from Colorado Springs are ready to race around Memorial Park.



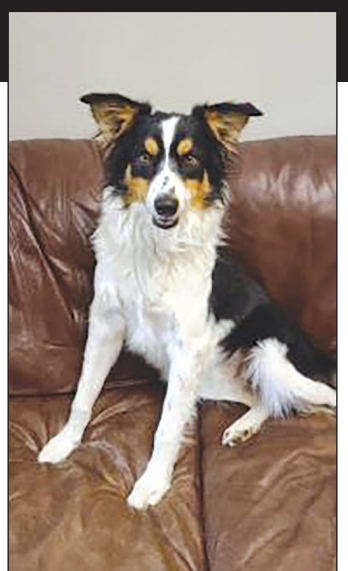
Terralynn and Terry Rabun are enjoying their trophies (4-year-old twins from Florissant, CO).

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## Life-Enhancing Journeys

### Healing divisiveness

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

As I write this article, I would like to acknowledge how grateful I am to this newspaper for allowing me to be able to use my years of experience as a nurse and a therapist to offer people practical approaches to enhancing their lives. I do my best to aid people in finding words with which to better express themselves with what they are feeling and experiencing as well as offering skills to assist in moving past personal struggles. Some of the information I have previously written may be viewed by some as challenging, informative, alarming, stimulating or irritating. I mean no offense in any way as my purpose is to enable you to take a few minutes to consider what you have read — filter it through your own experiences, values and beliefs and then decide if the concepts about which I have written offer any usefulness. If yes, use it and maybe even pass it on, and if not, ignore the article or fire up your wood stove with it. What I want to avoid is creating more divisiveness. This is the reason that this month I am focusing on the concept of healing divisiveness which is a condition which seems to be rampant and spreading and threatening the strength of our relationships and the well-being of our country.

To begin, it is useful to define the word “divisiveness” — a tendency to instigate disagreement or hostility causing people to be split into groups that disagree with or oppose each other. The adjective divisive is related to the verb divide, which means “to separate things or pull them apart.”

When I chose the topic for the August article “Why do people fear humans who are different?” my motivation was to offer information about how our survival brain was at the foundation of that fear in hopes that the reader could reflect on their own beliefs with the knowledge that we are all hard-wired from long ago for our suspicion of “others.” Frederic Luskin, PhD, the director of the Stanford University Forgiveness Projects explains, “Our nervous system and perception receptors are so threat-centered — that is our default. . . we’re so easily stressed. . . that we’re more comfortable taking the first approach: this is a threat, it must be stopped, and only fight-or-flight thinking is available.” It was, therefore, my intention to remind people that because of the evolution of our brain we *do* have free will in how we think, act and feel therefore we are no longer constrained by deep-rooted dogmas as we are able to adjust our perceptions when those outmoded concepts clash with our present day beliefs.

Wow! I sure heard loads of feedback from August’s article — some complimentary (being thankful for assisting them in finding the words to adequately express themselves) and others telling me “you’re an idiot. . . you don’t know history. . .” Actually, I thought that the man who called me an idiot was rather courageous by making the call to offer his opinion. My wish was that instead of calling me belittling names then hanging up on me, he would have allowed me to ask him to share what he knows (of which evidently I am unaware) so I could better understand his perspective. Having a difference of opinion does not make one person right and the other wrong — that discord comes from the primitive brain and that approach causes more divisiveness. It is unnecessary to create an enemy because there is an opposing view. Creating more division was the exact opposite of my goal. What certainly has become clear is that if we are to triumph over divisiveness so we can ultimately reconnect, the effort must begin within each of us on an individual level.

Amy Chua, the author of “Political Tribes: Group Instinct and the Fate of Nations” recognizes that the tribal instinct is not just about belonging to a group but it is also a tactic to exclude as well as attack those outside of the group. Along with belonging, exclusion and attacking, fear strengthens tribalistic instincts,

and tribalistic instincts increases fear. Fear bonds a group more tightly together when it recognizes a common enemy as a mortal threat — “the other.” Tribal members project their panic outward rather than inward as they consider “others” as the cause of their anxiety and rarely will examine themselves or those in their own tribe. Richard Kreitner, a contributing writer at *The Nation* magazine states, “I think that it’s been true in many areas of our history and certainly in this one, that the only thing that we all have in common across partisan divides, racial divides, is often not wanting to have anything to do with one another.” This thought perpetuates divisiveness which hurts everyone. We recognize that there will always be people with whom you disagree and if you have a fragile ego (our ego is a necessary part of our survival brain) any challenge to your beliefs will be taken as an insult to the very core of who you are. Are you confident enough in your own opinions and principles to allow for differences?

**“I respect a person who is vocal. Tell me why you are into me. Tell me why I pissed you off and tell me how I can fix it. Tell me everything. Talk...”**

— anonymous

How do we unify if we truly feel there is no common ground with another individual? Finding commonalities, fellowship and unity becomes the remedy for divisiveness. Dr. Luskin suggests, “We have almost unlimited common ground with each other. Our DNA is about 99.9% the same, and the basic qualities humans have are the same: we all want to be happy, to be loved. . . If you think you’re so unique, it means that adrenalin has triggered your fear. . . and makes you think you are alone and helpless. . . sometimes that’s true, but sometimes it’s just a habit.” What Luskin is recognizing is that when our survival brain becomes hijacked by our primitive, faulty beliefs, we then feel isolated and threatened.

#### The antidotes to divisiveness

Emphasizing what we have in common rather than our differences is a good way to initiate reconnection.

Were you aware that narcissism is at the heart of divisiveness? Traits of a narcissist include a disregard for others’ feelings, an inability to handle any criticism, and a sense of entitlement among other characteristics. Narcissists see you not as you, but more as an extension of themselves. Can you now better understand why narcissism is at the core of divisiveness? Any challenge to a narcissist’s opinion is perceived as a threat and they then will become even more resolute and believe that their viewpoint is the only correct perspective. In so doing, they hold grudges and invent enemies while lacking any awareness that this is happening. To evolve beyond the self-centeredness of narcissism, it is important to first recognize and accept that you are merely a mortal human being with limitations and flaws. Accepting this will result in enhancing your ability to be more authentic and humble. Regularly ask yourself, “How tolerant am I?” “How kind am I?” “How compassionate am I?” “Do I regularly compete or do I prefer to collaborate?” How you respond to these questions will bring more awareness to who you truly are.

Feelings of appreciation and gratitude develop from humility and compassion. As Dr. Luskin explains, “. . . hostility and righteousness are low levels of evolution. . . appreciation is a higher level of evolution. . .” When

you’re thankful for what you have instead of feeling angry that “the world hasn’t given me enough. . . the world owes me,” is when you’ll experience more happiness” (see UCN article on “Gratitude” Sept 2020). Happiness is what most of us desire in our lives. When researching ways to boost happiness, having a sense of purpose greater than yourself is regarded as a requirement. Psychiatrist and author of *Man’s Search for Meaning*, Victor Frankl proclaimed, “He who has ‘a why’ to live for can bear almost any ‘how.’” Dr. Frankl’s concepts built upon his perception of the benefit of having a purpose, which Dr. Frankl observed and embraced while in a Nazi concentration camp. Those in the camp who had a purpose outside of themselves were more likely to survive.

The book *Nickel and Dimed: On (Not) Getting By in America* written by Barbara Ehrenreich, noted that even in minimum wage jobs, there can be ‘purpose’ that makes you feel good about your day. Behaving in a kind, helpful and agreeable way to customers reinforces purpose and these thoughtful employees represent the citizens who live with purpose. Conversely, the jobs which seemed the most unsatisfactory were the ones where the boss refused to allow some employees (those who wanted to be more giving and helpful to customers) to follow their true compassionate nature. An additional key to healing divisiveness is giving generously to others. As Dr. Luskin explains, “You ‘take’ to soothe your unhappiness, whereas you ‘give’ when you’re happy.” Purpose and empathy are consistent with joy whereas greed and a lack of empathy produces distress while behaving in a compassionate way provides rewards. As Dr. Luskin acknowledges, “you almost have to cultivate a concern for the ‘other’ to counteract our biology of being so wired for concern for the ‘self.’”

Everybody struggles with meditation, yet it improves our ability to attain purpose, connection, and empathy. This may initially seem daunting to some, yet meditation is basically a method to increase one’s concentration while remaining in the present. Meditation decreases the activity in the survival brain, the limbic system and, more specifically, the amygdala which reacts with fear to perceived threats. Use meditation to reduce anxiety from unfounded danger. Calming down the mind and focusing inward can be frightening to some and directing our attention outward feels more protective. It seems easier to blame others than to look at ourselves as the cause of our unhappiness but then you are allowing others to control you, “It’s your fault I’m so upset. . .” During meditation you might become aware of some bothersome patterns which may be running in the background on a repeating loop and thus it takes courage and willpower to practice introspection. It is a common misconception that one must sit still during meditation. While stillness can aid in the process, one simply needs to limit one’s attention and focus on one concept, one word or one vision (such as how beautiful the day is as you walk or the texture of the leaf or a pleasant fragrance, etc.). When you can make the decision to sit with a quiet single-mindedness for just 10 minutes, or while walking outside, to bring your attention to the beauty around you in the moment without allowing random thoughts to infiltrate your concentration, you are doing really well. Keep practicing and it will become easier and offer huge benefits.

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).

## Time to choose affordable electric power

by Jeri Fry

Our Cañon City Council has crafted a franchise (contract) with Black Hills Energy (BHE) that will lock Cañon City power users in as Black Hills’ Customers for the next 10 years. This is on your ballot this Fall. Vote NO on the franchise. Affordable power is our choice.

Over two years ago, as owner of the Cup and Cone, I investigated what power cost outside the Black Hills Energy service footprint and found I paid about 50% more for electricity than if I located my shop in Colorado Springs. I could not move my shop to Colorado Springs, and I could not continue under such burden-

some utility bills so I eventually closed and then sold the corner ice cream shop. Black Hills Energy charges their residential customers 50% more than other public power companies scattered around Colorado charge. Black Hills Energy charges us close to 60% more than Xcel Energy charges their residential customers on an average size bill.

Our City Council did not look into what other cities have done to safeguard their businesses and citizens from overly burdensome power charges. Their proposed franchise to keep BHE for 10 more years is not well thought out, but we can help City Council bring in a better solution by

voting NO to this franchise.

#### Two important things:

1. Black Hills has proven to be inconsiderate of how fragile our rural economies are with bills that total 50% more on average.
2. The profits we pay BHE do not stay local but go to their South Dakota shareholders. That money needs to stay in Cañon City.

Help your city council say no to the prolonged grasp of Black Hills. Vote NO on the Black Hills Energy franchise on your ballot. We deserve affordable power — it is time to find it.

## SOIL Sangre de Cristo

SOIL Sangre de Cristo, the new peer-to-peer community-agriculture lending club, is accepting applications for its first round of zero-interest farm loans. The application deadline is October 15, 2020, and the application is available at [soilsangredecristo.org](http://soilsangredecristo.org). Funds will be awarded by the SOIL Sangre de Cristo membership November 12, 2020.

Local farmers and food producers who are members of SOIL are eligible to apply for loan amounts \$500 to \$5,000, with flexible repayment plans of one to five years. Loan-application finalists will pitch

their proposals live at the virtual November 12 meeting.

Farmers and food producers can join SOIL for \$25 annually. General memberships start at \$250 per person and include a vote on loan distributions. The mission of SOIL Sangre de Cristo is to unite the communities of South Central Colorado through direct support for local farmers, ranchers and food producers, improving food security and resiliency for all residents.

SOIL Sangre de Cristo’s member-funded zero-interest lending model is based on the Slow Money Principles developed

by author and activist Woody Tasch. In Colorado, SOIL-affiliated groups are creating more resilient food systems in the communities around Boulder, Durango, and Carbondale, with more than \$700,000 in loans for crucial items such as tractors, worker housing, and irrigation.

- More information and a membership form for SOIL Sangre de Cristo can be found at [soilsangredecristo.org](http://soilsangredecristo.org).
- Background and information on the Slow Money Principles can be found here: <https://slowmoney.org/about>

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Get your creative juices flowing, create a painting along with an essay on how to make **A BETTER TOMORROW**. The winner will receive over \$500 in art supplies along with being featured in the Ute Country News January 2021.

To enter send your essay along with a jpg of your art to **PAINT WITH MARY** on Facebook using Messenger along with your entry fee of \$10.00 (payable on Messenger).

Winners will be announced via email. For more information email [paintwithmary@yahoo.com](mailto:paintwithmary@yahoo.com) or go to [paintwithmary.com](http://paintwithmary.com)

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A Look Inside the Artist  
**Lori Ann Dickerman**  
by Mary Shell

Meet Lori Ann Dickerman, artist extraordinaire. It's not often I come across an artist who can glide smoothly from one medium to another with grace. I came to interview Lori through a referral from another artist and am happy I did. When scanning through her artwork on Facebook and her website I had a feel of freedom without any judgment in viewing her work. Her work is expressive, free and authentic. We have been programmed to view and judge artwork by how close it looks in reality. I judge artwork by how art makes me feel, pulling the essence of the subject beyond its visual surface and giving it a new sense of beauty that emanates its authenticity.

I would describe her work as carefree and joyous in all the mediums she works within. After reading her answers to my questions I found it hard to believe that someone who has spent years as a technical illustrator can turn out work so free, loose and expressive. It must have been there all along waiting for the time to be set free to dance unabridged on canvas and paper.

I was surprised to see the artists that inspire her are the same as mine: Norman Rockwell, M.C. Escher and Maxfield Parrish and as a comic book illustrator and publisher I was very surprised to see Al Capp (who illustrated Lil' Abner) and Brenda Starr (illustrated by Dale Messick) on her list.

**How long have you been painting?**  
Art has intrigued me since I was a child. I had eye problems as a very small child and had to draw what I saw through a viewer box reflected on paper. I still have eye issues that are just different with age.

*I worked as a technical illustrator for about 16 years in the 80's and 90's. I started seriously painting and created a Plein Air group with another lady when I retired in March of 2018. I had never Plein Air painted before and I now love it.*

**What is your favorite medium?**  
I love most mediums and have tried almost all of them, but I love oil or acrylic best. I struggle the most with watercolor but those are my biggest sellers. I am a very eclectic artist and just paint what I love in that moment.

**Who inspires you the most?**  
Artists that inspire me the most are John Singer Sargent, M.C. Escher for his mind, and Maxfield Parrish. I also love Rembrandt, Monet, and Norman Rockwell. As a kid my favorite cartoons were Al Capp who illustrated Lil' Abner and Brenda Starr illustrated by Dale Messick. I think I loved them the best because of their clean and realistic illustrations.

**What is your favorite subject?**  
I don't really have a favorite. I love landscapes, still-life, animals, and people. Everyone tells me I'm good at drawing and painting people.

**What part of creating art do you gives you joy and gives you grief?**  
I think I get the most joy when creating



*outside. I love working with children and the elderly as well. There is such a sense of peace, watching them create uninhibited from the world around them. The most grief I get with creating is definitely with watercolors because they are harder to control yet I like alcohol inks and they are even harder to control. If I could think of watercolors the way I do alcohol inks and just let it go, I would probably be happier. LOL*

**Is there something you always wanted to create but haven't yet?**  
I can't think of anything other than a true masterpiece, but even that is not that important to me. I just want people to enjoy what they see in my art, maybe to see what I see as well, the beauty and awe of the people, things, and nature around us.

**What is it that you want people to experience looking at your art?**  
I want them to look at it and want to be there, know and resonate with what I have represented on paper or canvas. I want them to feel, taste or smell the wonder of what they see.

**What's in the future for you, new work, new style, new subjects?**  
I'm working on a new style because of



*my failing eyesight. I want to work looser and more impressionistic. I love teaching young students and working with the elderly, so I suppose one of those groups of people will always be in my future.*

**What emotions do you experience when creating?**  
Pure joy, peace, and serenity within myself. Nature has a calming effect and I love being outside when creating. It really loosens me up and I can become one with my painting and surroundings.

**What drives you to create?**  
I think my biggest drive and supporter was my father. I miss him terribly and his cartooning doodles. I think his approval is one of the things that drives me the hardest. He was always there to encourage me and help me if something didn't look right. I miss hearing his advice and critique of my work. I learn so much through critiques of my works as well as critiques of other people works. I don't ever want to stop learning and sharing what I have learned or know.

You can learn more about Lori and her work here: email: [ladickerman@yahoo.com](mailto:ladickerman@yahoo.com) website: <http://ladickerman.blogspot.com/> website Facebook: LA Dickerman and Plein Air Colours



**Pharmgirl Uprooted**  
Top of the world  
by Peggy Badgett

The raven gracefully hovered in a thermal, banked a sharp left and then dove down the sheer precipice. Her playful antics distracted me from watching my footsteps on the steep incline. Suddenly a strong gust of wind shoved me to the edge. I wobbled and reached frantically for the granite wall beside me. Pressing my body against its gritty surface, I closed my eyes and held my breath. Slowly the howling quieted along with my heart's frenzied pounding. I opened one eye, then the other. The valley below yawned wide. A deadly plummet onto jagged rocks was not the 60th birthday present I had in mind.

I was the first in our family to conquer a 14,000 foot mountain. Thumbing through an outdoor magazine in a coffee shop one morning, an article about hiking "14ers" caught my eye. It sounded like a welcome change from my bicycle's skinny tires and narrow saddle, and much more fun than the mosquito-riddled, tick-infested woods I was used to walking in. Fingers of daylight poked along the Eastern horizon as I drove to the trail head of Grey's Peak the next morning. My inaugural peak was difficult but exhilarating. The friendly community of fellow travelers along the way were amazing. I was hooked from then on, I begged my son Alex to choose a new 14er whenever I visited him. The options exploded after moving to my little cabin.

To celebrate my dreaded 60th birthday, I decided to check Mt. Massive off my list. After driving through the sunrise to the trailhead, my hiking buddy and I shouldered our packs. As we began walking, a dull ache pounded between my eyes. That four o'clock alarm had trumped breakfast. Plucking a granola bar from my bag, I fed my rumbling stomach and I pulled the black knit hat over my cold ears. At least there were no blood sucking insects bombarding us in the forest. Dusky morning light filtered through thick ponderosa pine boughs above. Tufted black squirrels scolded us from their perches.

We picked our way through gnarled tree roots and embedded rocks until we reached a beautiful alpine meadow. Hummingbirds zipped by, searching for wildflowers. A young man hunkered by a tiny stream and invited us to smoke a bowl with him. We politely declined and left him lounging near the whispering water. It was difficult enough for me to navigate treacherous scree with a clear head; I didn't need mind-altering drugs making it worse. The trail grew steeper. A young girl strolled by on her way down, strumming a ukulele. Was there a Cheshire cat sunning himself atop a boulder ahead? I giggled in spite of my labored breathing. All conversation died. During one of our frequent stops, peeping sounds echoed around us. A group of ptarmigan hens ushered their camouflaged chicks through sparse grasses, unconcerned with our intrusion.

The final bouldering approach gave us relief from snail-paced trudging. Pikas raced over and under rocks, shrilling their alarms while we clamored up. Finally, after my close call at the false summit, the wind allowed us passage to Mt. Massive's true peak. We had made it! Sheltering from the wind, we hunkered down and devoured the smashed peanut butter and jelly sandwiches wedged behind a first aid kit in my day pack. Our incredible table view elevated their simple flavor to gourmet. Fat marmots waddled nearby, striking majestic poses on the pink granite. I envied them. There was something magical about being at the top of the world.

The trail was blissfully free of other hikers as we began our way back down. Step by step, I realized this particular birthday wasn't really so traumatic after

all. I've lived a pretty amazing life. I whipped off my heavy outer layers, stretched my arms wide and shouted my gratefulness to the planet. It was a joyful moment as the sun shone on a body that has carried me for 60 years. Even though my feet and shins protested the demanding descent to the truck, I couldn't stop grinning. I live in a beautiful playground where every day is a gift.

Peggy Badgett lives near Guffey Colorado. She is a retired pharmacist, author of two books ([The Rooster in the Drive Thru] and [Romancing the Bike] both available at Shipping Plus), artist and avid adventurer. Her website is [coloradopharmgirl.com](http://coloradopharmgirl.com), email is [coloradopharmgirl@gmail.com](mailto:coloradopharmgirl@gmail.com).



On top of Mt. Massive.

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**The Crises That Humanity Faces:**  
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**Who is Maitreya?**

Maitreya (Pronounced my-TRAY-uh), the world Teacher, is the personal name of the Head of the Spiritual Hierarchy. He is expected by the world's major religions as the Messiah, Krishna, the Imam Mahdi, Maitreya Buddha and the Christ. An Avatar for the new age. He returns as the Teacher and guide for all humanity, religious and non-religious alike. He comes with His group, the Masters of Wisdom. Together, they will inspire humanity to create a brilliant new civilization based on justice and sharing.

He will launch a call to action to save the millions of people who starve to death every year in a world of plenty. Among Maitreya's recommendations will be a shift in social priorities so that adequate food, housing, clothing, education and medical care become universal rights. His open mission in the world is about to begin. As Maitreya himself has said: 'Soon, now very soon, you will see my face and hear my words'.

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◆ A group of wise Teachers, who have long inspired humanity from behind the scenes, are now returning to the everyday world to help us solve our most critical global problems.

◆ At the center of their group is the world Teacher, Maitreya.

◆ He fulfills the expectations of all spiritual traditions, but is not a religious leader.

◆ He is here as an educator in the broadest sense, to guide us into a new era of sharing and justice, so that all may have the basic necessities of life: food, shelter, health care and education.

◆ Soon his words will galvanize into action the highest aspirations of all men and women of goodwill. Expect his call to join in a great work in planetary restoration.

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# CoCoRaHS

by Coalition for the Upper South Platte

We're all spending more time at home, which may not change anytime soon. Do you find that you are tracking rain amounts? Or measuring that early September snowfall for all your friends and relatives out of state? CoCoRaHS gives you an opportunity to share your weather observations on a nationwide network. The Coalition for the Upper South Platte is a member of CoCoRaHS and provides observations from our office in Lake George.

What is CoCoRaHS? This is the acronym for the Community Collaborative Rain, Hail and Snow network. CoCoRaHS is a unique, non-profit, community-based network of volunteers of all ages and backgrounds working together to measure and map precipitation. By using low-cost measurement tools, stressing training and education, and utilizing an interactive website, the aim is to provide the highest quality data for natural resource, education and research applications.

The network originated with the Colorado Climate Center at Colorado State University in 1998, largely as a result of a flash flood that hit Ft. Collins in July

1997. The localized rain dumped over one foot of rain while other areas had little or no precipitation. The flood caught many by surprise, and unfortunately caused five deaths and over \$200 million in damage. CoCoRaHS was formed to do a better job of mapping and reporting intense storms. CoCoRaHS became a national network in 2010 and now is international with volunteers reporting world-wide.

This is a community project. Everyone can help; young, old, and in-between. The only requirements are an enthusiasm for watching and reporting weather conditions and a desire to learn more about how weather can affect and impact our lives. Each time a rain, hail or snow storm crosses the area, volunteers take measurements of precipitation. These precipitation reports are then recorded on the website [www.cocorahs.org](http://www.cocorahs.org). The data are then dis-



Who uses CoCoRaHS? The data is used by a wide variety of organizations and individuals. The National Weather Service, other meteorologists, hydrologists, emergency managers, city utilities (water supply, water conservation, storm water), insurance adjusters, USDA, engineers, mosquito control, ranchers and farmers, outdoor and recreation interests, teachers, students, and neighbors in the community are just some examples.

CoCoRaHS has several goals:

- 1) provide accurate high-quality precipitation data for end users on a timely basis;
- 2) increasing the density of precipitation

played and organized for end users to analyze and apply to daily situations ranging from water resource analysis and severe storm warnings to neighbors comparing how much rain fell in their backyards.

data available throughout the country by encouraging volunteer weather observing;

- 3) encouraging citizens to have fun participating in meteorological science and heightening their awareness about weather;
- 4) providing enrichment activities in water and weather resources for teachers, educators and the community at large to name a few.

Consider joining the CoCoRaHS volunteer network. One of the neat things about participating in this network is coming away with the feeling that you have made an important contribution that helps others. By providing your daily observation, you help to fill in a piece of the weather puzzle that affects many across your area in one way or another. You also will have the chance to make some new friends as you do something important and learn some new things along the way.

The Volunteer Observer sign up form can be found on the website: <https://www.cocorahs.org/Application.aspx>.

## ~OUT AND ABOUT~

Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7587 or email us at [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com).

Readers: Given COVID-19 information changes daily, we encourage you to follow the most recent guidelines provided by the CDC ([cdc.gov](http://cdc.gov)) and your county's health department. We recommend calling ahead to get the most current information. Also, were you expecting to see your event listed below but didn't? Please email [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) so we can get it cleared up before November.

### AVAILABLE VIRTUALLY

- NAMI COLORADO: <http://www.namicolorado.org/>
- Suicide prevention: <https://suicidepreventionlifeline.org/> or 1-800-273-8255

### BUENA VISTA

- 3 UAS Club Central Colorado 9-10:30 a.m. at Central Colorado Regional Airport. FMI: 719-581-2010 or [ccuasclub@gmail.com](mailto:ccuasclub@gmail.com). Meets every first Saturday, usually at Central Colorado Regional Airport.
- 17 BV HOPE Walk for Freedom 10 a.m. registration, 11 a.m. walk. RSVP to [buenvistahope@gmail.com](mailto:buenvistahope@gmail.com). There is no charge and we will have Walk for Freedom hats while they last.
- 20 Public hearing regarding Nestle Water permit renewal see page 7.

9:30-5 p.m., Fri 10-5 p.m. Closed Sat/Sun. Curbside available Mon-Fri 10-5 p.m. FMI 719-269-9020.

### CRIPPLE CREEK

- 3 American Legion 171 Post meets at 6 p.m. at 400 Carr St. Food and refreshments start at 5 p.m.
- 30 CC-V High School Drama Class will be moving to an online platform for our 4th Annual CC-V Haunted House! The Haunted House will be livestreamed Friday, October 30 from 7-9 p.m. A link to view the Haunted House will be made available on our school website by October 28.

### ASPEN MINE CENTER

- We are providing services but the facility is locked; clients know and we allow access depending on need from 9-4 p.m. Monday-Friday. Department of Human Services is seeing clients as needed, our emergency food pantry is available, clothes closet and showers available, client services by appointment, senior services by phone, employment services one client at a time, generally Tuesday and Wednesday from 10-2 p.m. Most other partner agencies are available virtually and by appointment. Commodities is on a drive through basis the last

### CAÑON CITY

- 2 Liss N Charlie 6-9 p.m. at World's End Brewing.
- 16 Liss N Charlie 6-9 p.m. at Cañon City Brews and Bikes.

### LIBRARY

- Free Virtual Legal Clinic 2-5 p.m. Call 719-269-9020 to be added to sign-up list.
- Library new hours! Mon-Thurs

Friday of each month from 9-2 p.m. Wednesday meals will be "cookout style" in the park adjacent 11:30-1 p.m. Social distancing protocols will be honored. Calling to see what services are available is best 719-689-3584 ext. 102.

### DIVIDE

- 12, 15 Little Chapel Food Pantry — drive-through distribution by last name:
  - A-H 3:30-4:30
  - I-Q 4:30-5:30
  - R-Z 5:30-6:30

### FLORENCE

- Library's hours are extended Mon-Fri 10-4 p.m. and Sat 10-2 p.m. Masks are mandatory.
- NAMI (National Alliance on Mental Illness) Connection Support Group — a free and confidential peer support program for adults who have a mental health condition meets weekly, every Friday 3-4:30 p.m. at Florence Chamber of Commerce 116 N. Pikes Peak Ave. Please wear masks!

### FLORISSANT

- 10 Pine Needle Basket Class 9-12 p.m. These make great Christmas gifts! We will also be doing a Woodland Animal Felting class at the same time. You can enjoy either class. FMI 719-748-5004, please leave a message.

### LIBRARY

- 8 Virtual Legal Clinic 3-4 p.m. A free legal clinic for parties with no attorney. Space is limited. Call 719-748-3939 to be added to list.
- 21 Bookworms 10:30 a.m. October book: *East of Denver* by Gregory Hill. Virtual meeting, call Catherine 719-748-3939 FMI.



## Happy Halloween!

### FAIRPLAY

- 31 Halloween Spooktacular, hosted by the Boys and Girls Club of the High Rockies.
- 31 Haunted Halloween Museum, hosted by the South Park City Museum.

- erine 719-748-3939 FMI.
- The Youth Services team and library staff have created fun and interesting virtual programming for library patrons. Check out all our virtual programs at [www.rldvirtualprograms.weebly.com](http://www.rldvirtualprograms.weebly.com).

### GUFFEY

- 10 Music on the Mountain 11-2 p.m. Free Admission, Free lunch. Bring your own lawn chair,

outdoor concert. 1583 Canon St. Guffey, CO. FMI: 719-510-6050.

### HARTSEL

- Country Food Bank: feeding the hungry in our area with dignity, respect and love every Sunday 2-3 p.m. at 10 W. Elm St. FMI 719-836-2480 Jimmy or text Mark 719-293-1914.

### PONCHA SPRINGS

- 22 Public hearing regarding Nestle Water permit renewal additional location see page 7.

### SALIDA

- Free Virtual Legal Clinic 2-5 p.m. Call to be added 719-539-4826.

### WOODLAND PARK

- 6 Van Guard Skin Specialists are offering FREE skin checks at 41 CO State Hwy 67 and US Hwy 24 office, by appointment, mask required 719-355-1585.
- 8-10 Munchkin Market is a HUGE consignment sale of gently used children's items with the following type of items: clothing (size 0-junior 16), shoes, all types of baby gear, strollers, car seats, high chairs, cribs, outdoor play equipment, toys, media, health and safety, accessories, maternity, bedding and more! A portion of the proceeds help fund our MOPS program in Woodland Park. If you are interested in consigning, please join us as you can receive up to 70% of the selling price of your items. Register at <http://www.utepassmops.org/consignors>. Oct 8, 5-8 p.m.

Oct 9, 12-8 p.m.  
Oct 10, 9-2:30 p.m. (1/2 price all items, all day)  
Event is at Woodland Park Community Church 800 Valley View Drive.

- 13 Nonprofit Cooperative of Teller County meeting and training on revamping activities for 2021 3-4:30 p.m. No charge. Register: 719-233-9902 or [ivanto@soar-withnetworkfundraising.org](mailto:ivanto@soar-withnetworkfundraising.org).
- 17 Woodland Park Senior Center Yard Sale 9-1 p.m. at Senior Center parking Lot. Please wear a mask and try to social distance! Gloves will be provided if requested by visitors.

### LIBRARY

- 6 Woodland Park Book Club 10:30 a.m. October book: *My Grandmother Asked Me to Tell You She's Sorry* by Frederick Backman. Virtual meeting FMI Brenda 719-687-9281 ext 169.
- 7 Not So Young Adult Book Club. October book: *A Curse So Dark and Lonely* by Brigid Kemmerer. Virtual meeting, FMI Leslie 719-687-9281 ext 116.

- 8 Senior Circle Book Club 10:30 a.m. October book: *The First Actress: A Novel of Sandra Bernhardt* by C.W. Gortner. Virtual meeting FMI Jennie 719-687-9281 ext 103.

- 8 Virtual Legal Clinic 3-4 p.m. A free legal clinic for parties with no attorney. Space is limited. To sign up for an appointment call 719-748-3939.

- Storytime on the Terrace 10 a.m. Thursdays, weather permitting
- The Youth Services team and library staff have created fun and interesting virtual programming for library patrons. Check out all our virtual programs at [www.rldvirtualprograms.weebly.com](http://www.rldvirtualprograms.weebly.com).

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