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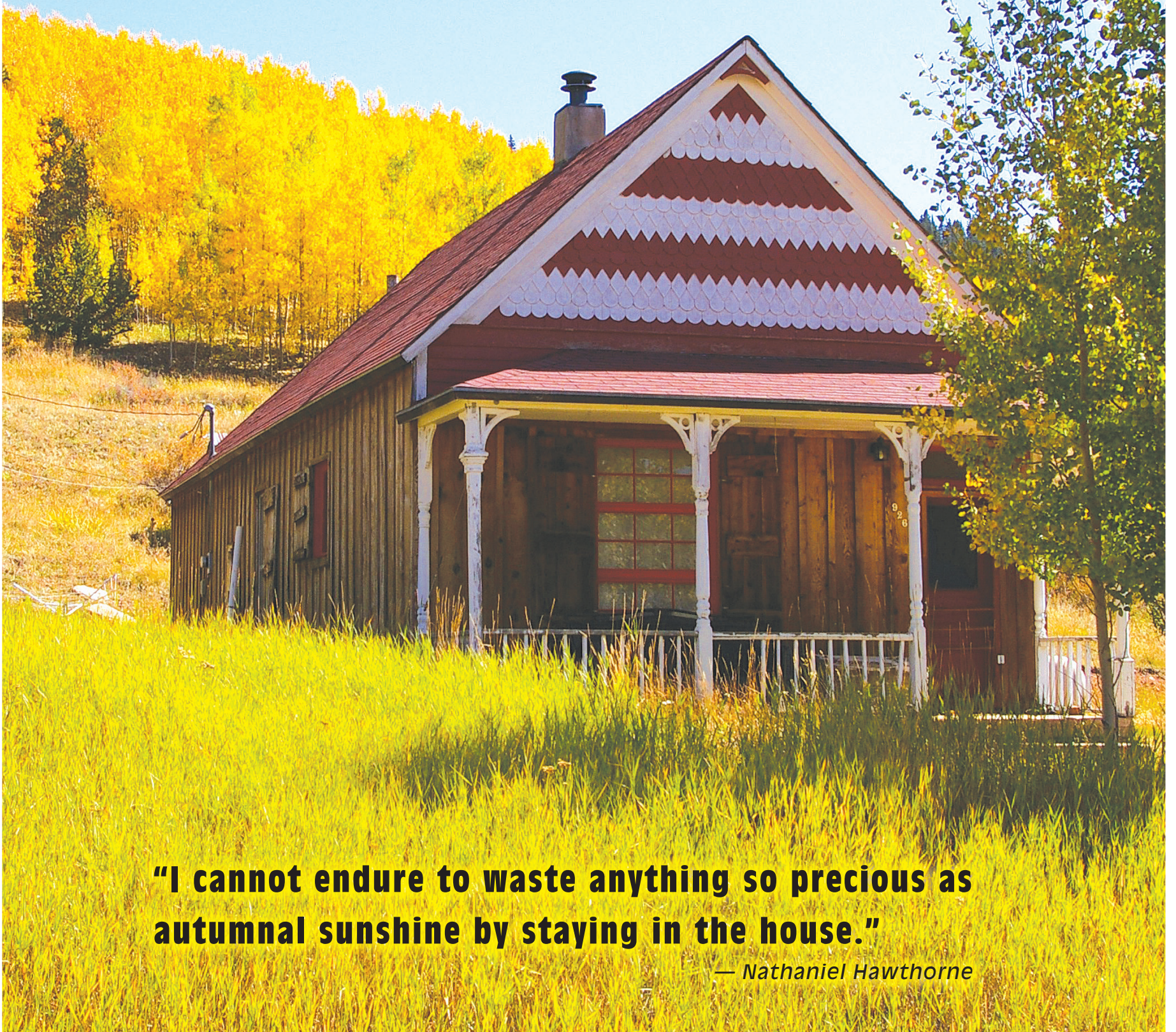
FREE

September 2020

P.O. Box 753, Divide, CO 80814 • 719-686-7393 • utecountrynews.com

Vol. 12, No. 9

Welcome to Ute Country



"I cannot endure to waste anything so precious as autumnal sunshine by staying in the house."

— Nathaniel Hawthorne

PEEK INSIDE...



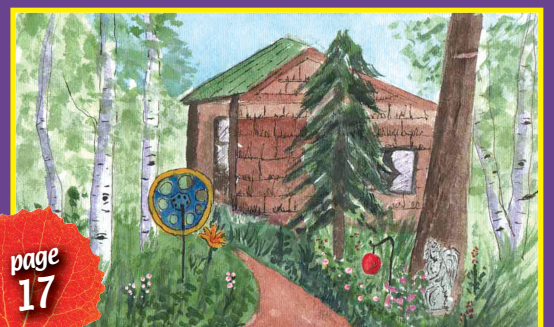
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Growing Ideas: Favorite time of the year

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On Deck



We were hiking the Vindicator Mine Trail early October 2015 when Jeff decided to take the cover photograph. Our autumns in Colorado typically gift us with perfect temperatures as the leaves begin to change and eventually fall off. Old Victorian homes are typically painted brightly to compliment nature's pallet instead of competing with it. We like the quote as it reminds us each day is a precious gift to enjoy and to get out into the sunshine!

Tomato Wars is an interesting tradition to be carried out in Guffey; learn more on page 4. Have you considered packing with your horse? Check out *Mountain Mustang Memories*; the photos alone are likely to entice you. The Plant Lady shares gardening tips in *Growing Ideas*. September is child passenger safety month; if you have a young person in your life this article will point you to the resources assuring the seat is properly installed.

We are pleased to announce we are sponsoring an art contest with the theme: Paint a Better Tomorrow. This came up in part due to awareness of those who have felt somewhat stuck during this pandemic. If we want to get to a better place, it is easier to find if it is defined. Consider what a Better Tomorrow will look like, paint it and include an essay (not to exceed 250 words) describing your vision. Learn more on page 11.

We always enjoy seeing your Critter Corner pics and hearing from you. Send your favorite pics or comments to us via email: 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.

Thank you,
— Kathy & Jeff Hansen

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The Thymekeeper

Hazy days
by Mari Marques-Worden
photos by Mari Marques-Worden

Through all of my years inhabiting this planet, I can honestly say 2020 has brought more challenges than I care to think about. Typically, in times high stress, my mantra has been *just take a deep breath, and make sure you keep breathing.*

With air quality the worst it has been since I can remember due to smoke from wildfire, even breathing has become a challenge. Those with pre-existing respiratory issues such as asthma and COPD are particularly at risk during these times.

I can't even see the mountains that normally grace the landscape and it seems very surreal to me, but I can say holy smokes, those sunsets sure are pretty, albeit through squinted, watery eyes. Fortunately, almost as if Nature planned for such times, we can utilize some of the wild plants growing around us for relief.

One of those wild plants that I've written pretty extensively about is mullein. Mullein is closely associated with fire for several reasons. It is one of the first plants to re-emerge after a fire and it is an excellent ally for enhancing lung function. Since it likes to grow in families, it helps to hold the scorched Earth together making way for other plants and ensures us there is plenty for everyone.

I could talk about mullein for hours on end but my purpose here is to demonstrate how mullein can bring immediate relief during these hazy days of summer wildfire season and how you can make use of it. Since the conditions we're dealing with are hot and dry, we can look to the herbs with soothing and cooling properties to counter the not so desirable effects of the season.

Mullein leaves taken in tea form can help to open and relax the lungs allowing for deeper breathing. It helps to calm irritation of the lungs and soothe the smooth muscle lining at the same time facilitating the production of healthy mucous lining. Mullein increases lung circulation and helps loosen mucous secretions so they may be expelled easier helping to relieve dry cough. Mullein flowers, fresh or dried may be added to enhance the anti-inflammatory effects.

Tip: Mullein leaves are covered with fine hairs so straining the spent herb through a cloth lined strainer may be necessary for anyone sensitive enough to notice them.

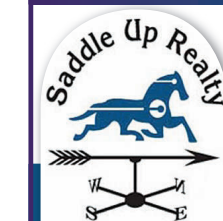
How?

Normally I would collect mullein leaves and dry them on a screen (see photo on cover). However, there is no time for that and the leaves can be easily dried on low heat in the oven. I dried my leaves at 170 degrees for 15-20 minutes. Just enough time for them to feel somewhat crunchy.



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Since the dried leaves of mullein are fluffy, I typically use a heaping tablespoon per cup of water to make tea. Boil your water and cover the leaves, steep for 20 minutes minimum, strain and drink hot or cold. Mullein is considered a safe herb with no reported adverse side effects to date.

Tip: Never collect herbs by the roadside or where they may have been sprayed with herbicide or pesticide. (For more information on mullein see *Ute Country News* Archives July 2014.)

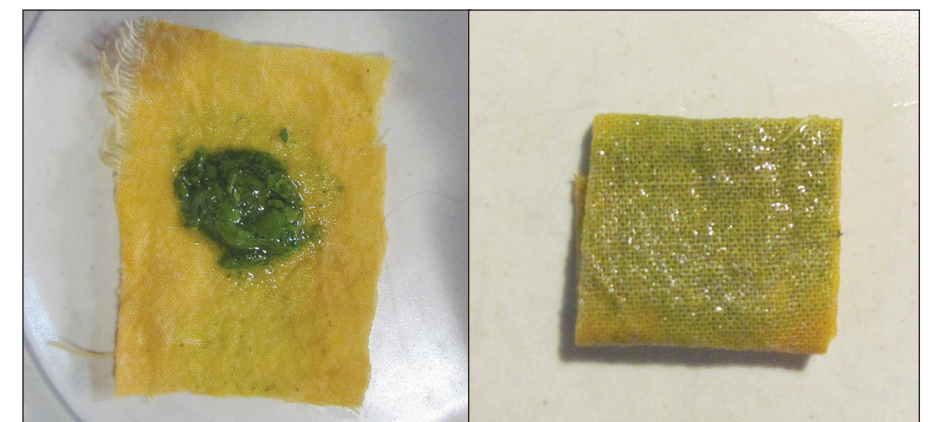
Fennel seed is another kitchen herb that supports the lungs as well as the nerves, of which we all can benefit from right about now. Fennel is especially useful for wheezing and hoarseness. The seeds can be chewed or added to tea to help open the lungs.

Tame the fire

Last month I wrote about my wild friend mallow and its soothing, cooling properties. Now is the perfect time to take advantage of it. Simply collect a few mallow leaves to be ground in the blender, adding a teaspoon of water as needed to get it to the desired consistency, which can best be described as slimy. In a small piece of cloth, enclose the blended herb and apply as a compress over your closed eyes allowing the juice to seep into the eye but taking care to keep plant material out. This may sound a lot harder than it is. With the mashed herb enclosed in the outer cloth, there is very little chance of getting plant material into the eye. Your eyes will thank you for this as mallow gives instant cooling and soothing relief.

If your throat feels parched, scratchy or dry, go ahead and take a spoonful of the blended mallow and feel it's soothing effects on the throat or roll up a couple of mallow leaves and chew on them allowing the juice to heal any damaged or irritated mucous membrane. Heartburn sufferers take heed.

Tip: Cucumbers can also be blended and applied as a compress to the eyes.



Mallow leaves blended to a slime (left) and in a cloth used as a compress (right).



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Tomato Wars

by Flip Boettcher
 photo by Flip Boettcher

If you are looking for a fun, different kind of time to support a good cause, either as a participant or an onlooker, you might consider the 2020 Tomato War, Saturday, September 26 from 12-4 p.m., hosted by the Corona's at Freshwater in Guffey.

This is your chance to throw over-ripe tomatoes at people to benefit a good cause. All proceeds go to the Rocky Mountain Cystic Fibrosis Foundation for research. All donations are accepted.

There will be two sides, Colorado in white t-shirts and Texas in yellow t-shirts. One can register as an individual or as a team of five. Teams on each side will work together to win the war. When you are hit with a tomato on your t-shirt, you are out of the war. The last person standing without a hit wins the war for their state.

Go to www.tomatowar2020.com to register, or register the day of the war. Your registration includes your t-shirt and tomatoes. You must provide your own protective eyewear. Ski masks work great, states the website.

White and yellow t-shirts and knit hats are available to anyone for a donation on the website, as well.

There will be food, refreshments and live music all day at the Freshwater, not included in your registration fee.

All participants are asked to be at the Freshwater at least an hour before the start time of noon, to register, get your t-shirt,



Jodi and Damien Corona in front of Corona's at Freshwater scene of the 2020 Tomato Wars this year.

tomatoes and hear the rules of the game.

The original Colorado-Texas Tomato War was an annual event started in 1982 and ending in the early 1990s, held at Twin Lakes. It was the idea of past owner of Inn of the Black Wolf, Taylor Adams, in response to the hordes of Texans who vacationed in the high country in Colorado, "throwing their money around." The wars became quite heated with Coloradans attempting to overrun a straw bale Alamo defended by Texans shouting

"Die Texan" or "Beautifully Colorado, put a Texan on a bus." Coloradans usually won.

The event, held in September, was revived in 2011 and is held annually in Colorado somewhere. This year it is being held in Guffey at the Freshwater Saloon on their lawn.

Come watch or participate and enjoy a great day in the Colorado mountains on September 26, 12-4 p.m. at Corona's at Freshwater in Guffey. Even "A global pandemic cannot stop the war!" stated the website.

You Scream Treat Emporium

by Flip Boettcher
 photo by Flip Boettcher

It was Chris Brady's passion for and love of sweets, which led him to purchase the former Cup and Cone Ice Cream Shop in Cañon City. A family owned and operated business it is now called You Scream Treat Emporium, which opened July 1, 2020. The shop is located at the corner of Royal Gorge Boulevard and Third Street, and serves up a healthy dose of sweets for everyone.

You Scream features 23 flavors of ice cream, endless toppings, ice cream sandwiches, ice cream sodas, ice cream cakes, sundaes, shakes, sodas, sparkling lemonades and limeades, chocolates, in-house seasonal treats and goodies and, of course, custom decorated cakes.

For those not wishing sweets, You Scream has craft and specialty coffees featuring coffee from the Buena Vista Roastery. The shop also has handmade tie-dyed clothing and other local souvenirs.

Chris was born in Cañon City and has lived there his whole life. At age seven, like most kids, he was a lover of sweets, and he started baking and decorating his own cakes. Whether it was birthdays, anniversaries, weddings or other milestone events, Chris was in charge of cakes.

Chris has been an active member of the community, serving on the Chamber of Commerce, doing floral design at City Market, and a 25-year volunteer on the Blossom Festival board.

Now, more than 25 years after Chris decorated his first cake, he has opened You Scream Treat Emporium. Shop hours are Tuesday-Thursday, 11-9 p.m.; Friday and Saturday, 11-9:30 p.m.; closed



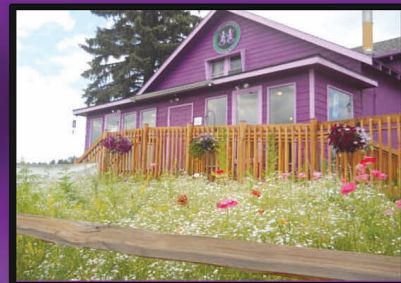
Chris Brady in front of his new ice cream shop You Scream Treat Emporium.

Sunday and Monday. Shop contacts are: 719-275-3434, www.youscreamshop.com, Facebook@youscreamshop, or chris@youscreamshop.com.

Remember, "Sharing scrumptious treats and making you smile is the mission at You Scream Treat Emporium," stated Chris, "at You Scream we know treats."

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Grandma Built an Earthship

by Flip Boettcher
 photo courtesy of Dora Dillman

With the passing of longtime Guffey resident Patricia Ann "Pascha" McGinnity McKeough in her home July 29, 2020 of an apparent heart attack, Guffey lost a valuable, active member of our community.

Pascha was born October 15, 1940, in Monroe, Wisconsin, and graduated from Argyle High School there. She continued on and got her Bachelor of Science degree in Medical Technology from the University of Wisconsin in Madison, and spent 30 years in the medical technology field. From there, Pascha developed a 30-year career in massage therapy.

Somewhere in that time, Pascha was married for 27 years to Patrick McKeough and raised four children in Rothschild, WI and did healing work at the Morningstar Healing Center there. Pascha also did spiritual work at the Christine Center for Meditation and at St. Anthony's Retreat Center.

In 1990, Pascha moved to Guffey and in June 1994 started building her Earthship on 28 acres in the Cover Mountain subdivision east of Guffey. Twelve years later, at 66 years old, the Earthship was mostly finished, doing much of the construction herself.

Pascha called her Earthship Gaia, after the Greek goddess of the earth, and made a video called Grandma Built an Earthship. The video shows the construction of the Earthship with music by local singer/songwriter Lissa Hanner and dialogue by Pascha talking about the work and the inner journey she went through during the building.

Pascha also taught a class on Earthship building for several years at the Cañon City extension of Pueblo Community college during their senior program over spring break.

The Earthship became the Gaia Wellness and Healing Center where Pascha offered retreats and workshops acting as a spiritual life coach, sharing her gift of heart sharing and wrapping her sessions in "warmth, compassion, laughter and creativity," said her obituary. "This is my dream come true" and she "invited all to come, to rest, relax, go within and meet their very self while being supported, loved and listened to."

Pascha brought passion and life to everything she did and was always willing



Pascha in front of the wetlands in her Earthship Gaia. The wetlands recycle the black and grey water in an Earthship.

to help where needed. She was an avid outdoorswoman as well. Recently Pascha has worked with the Park County Senior Coalition and helped bring monthly food boxes to local seniors.

About a year ago, Pascha started the Guffey Elder Group, a monthly get together for elders 55 years and over. It was a time for elders to share a free lunch provided by Corona's at Freshwater and The Bakery; maybe a short 15-minute, informative talk; perhaps a movie; and games or cards in the afternoon. Of course, the Elder Group was canceled for COVID-19 last March.

Due to COVID-19, the family is not planning on an in-person celebration of Pascha's life. One can visit the Gaia Wellness Center Facebook page to share stories, memories and pictures.

One can also make donations to the McKeough Memorial Fund, in lieu of flowers, set up by the McGinnity family to support the Guffey community that Pascha loved and her youth led projects by visiting <https://Paschamemorial.givesmart.com>.

The Guffey community will truly miss Pascha.

Where is Katee this month?

Katee and JoJo, the Pet Food Pantry Mascots, are hanging out enjoying the fall weather. Katee has completed her Therapy Dog testing and she can't wait until she can visit patients in nursing homes and hospitals again.

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

You can drop off donations at TCRAS or the UPS Store located in the Safeway Shopping Center. You can also donate online, www.PetFoodPantryTC.com. Thank you for your support.
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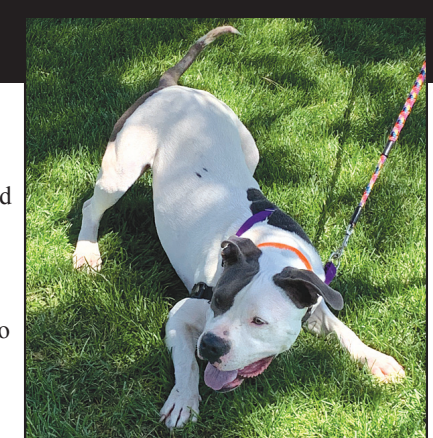


Adopt Me by AARF

Daniel

This goofy guy is Daniel. He loves to smile, roll in the grass, get belly rubs and play tug of war. He gets along with other dogs, most cats and he loves kids. He is the perfect example of why Pitties were bred to be nanny dogs. He's stolen our hearts and when you meet him, he'll steal yours too! To set up a time to meet Daniel, give Dottie a call 719-748-9091.

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



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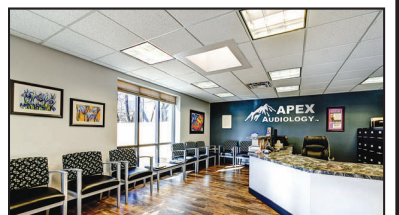
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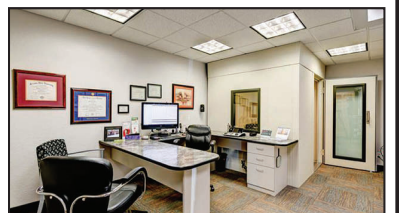
Untreated hearing loss can lead to isolation, memory problems, and even dementia?

Recent research by John Hopkins and the National Institute on Aging suggests that people with untreated hearing loss are more likely to develop memory problems. The strain of decoding compromised sound and isolation of hearing loss increase the risk for dementia and other cognitive disorders.



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A Look Inside the Artist Barry Dolan, stain glass

by Mary Shell

For years I've heard the name Barry Dolan as an iconic artist in Cañon City and I was honored to interview him for this month's artist.

One of the things I admire about long-lived artists is the fact that they never give up. Struggling to make a living from things you create can put quite a bit of stress on a person and many artists turn to regular jobs to survive. It fills my heart to see there are still those dedicated creators who stick with it. Barry is a mild-mannered artist and takes his tasks with grace and ease. Not only is he a master craftsman in stain glass but he also paints.

How long have you been creating art?

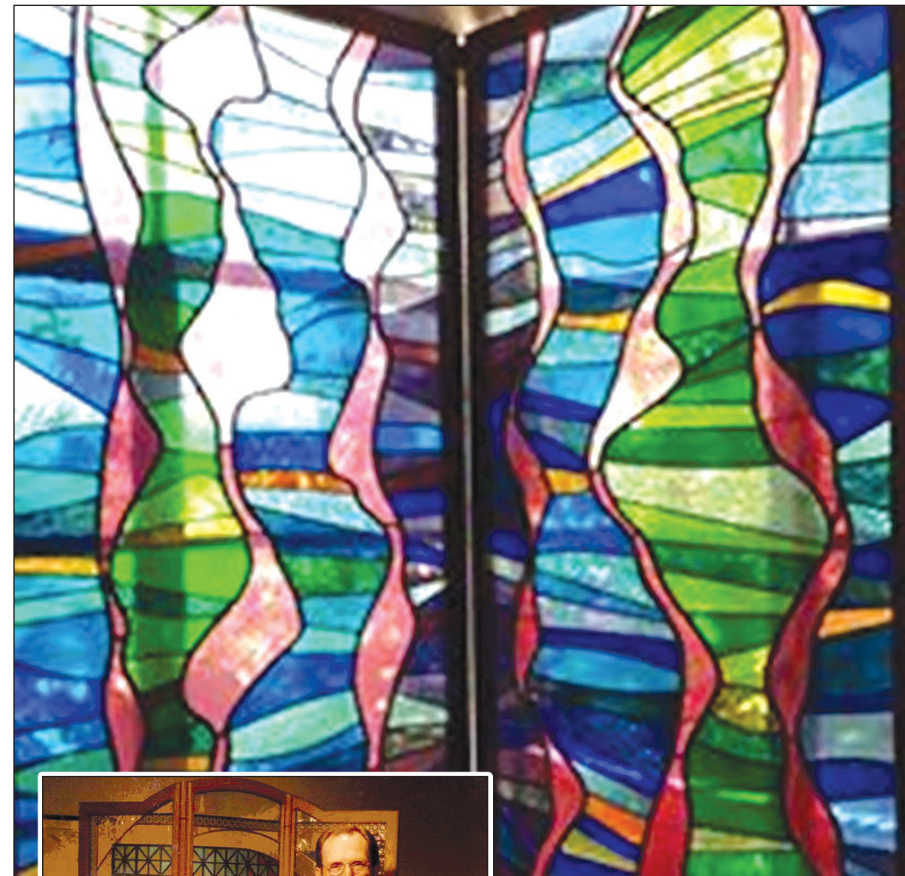
When I was 5 years old, my grandparents built a home in Wetmore, CO. I was fascinated in the entire process. From design to finish. Both grandparents were highly creative people and I asked lots of questions. I was fortunate to spend summers in Wetmore from 1950 to 1972. As a city kid it was the perfect balance for an inquisitive mind. Architecture was my passion and my hobbies were drawing and designing buildings. I learned at an early age to seek originality and uniqueness in my creations. I taught myself mechanical perspective drawing. Along with a vivid imagination I came up with some wild buildings.

Who inspired you?

I read my first Frank Lloyd Wright book at age nine and have drawn infinite inspiration from his writings and buildings. Especially his colored pencil presentation drawings, which I found to be poetic and beautiful like all of his work. At age 19 I had instruction in stained glass. Which I tinkered with for a couple years, and on a trip to the lumber yard I came across a beautiful piece of Spanish Cedar. I had a vision of a wood and glass sculpture and I never looked back.

What advice do you have for new artists?

The one piece of advice I would give to emerging artists would be diversity. Over the years I have picked up many skills. With my imagination and unrelenting hubris. I have taken on many projects that delved into the unknown. Being a self-taught artist, I have a unique viewpoint from which to approach a new skill or media often reveling a new path for artistic and personal growth. I describe what I do as the conventional done unconventionally.



do and how I went about accomplishing that, was open to interpretation. I started to appreciate my work at that point and was able to begin to develop my own artistic voice.

What is your favorite work of art?

I think my best work was done at the St. Cloud Coffee house in Cañon City. It was a small space off the hotel lobby with lots of functions. All the fixtures were built in except the tables and chairs, and the eventual seating capacity was only 22. The clients and I spent over a month planning what were needed and how to fit it all into 400 square feet while providing a relaxing public space for people to interact. It was very intimate and was the perfect addition to a charming old Victorian hotel and a true work of art.

Over 40 years ago I set out to create beautiful art. I haven't made a fortune at it, but I have fared pretty well. In retrospect I can say that I have been successful in fulfilling my goal and making the world a slightly better place.

You can find out more about Barry on Facebook.

ally. I like to play with different elements of composition and traditional design. Looking at a concept as an equation. There are many ways to come upon the sum. Sometimes you can solve two problems with the same solution. Which puts you ahead of the curve.

How was your first job as an artist?

My first job at a stained-glass studio was under an exceptionally talented and traditionally trained artist. I had to break many bad habits... I struggled with stained glass for the first 5 years and didn't find satisfaction in much of the work I had done. Until my second studio job. One day I realized that the medium was the boss. It was my job to do what the glass wanted to

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A BETTER TOMORROW

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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).

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by Bob DeWitt

On TV we see ads for buying carpet, cars or even procuring legal services VIRTUALLY... why not Books?

While we would love to have visitors into our small book shop (normally scheduled by appointment) we are just not quite ready to do this. As longtime booksellers specializing in Colorado History, under the business name of DeWitt Enterprises, with our Home of the "Secret Bookshop" (as we tell friends) we always prefer to visit with folks in person, I mean that is generally the way book business is done. As we are largely an internet-based business, off the beaten path, we're not so much of a walk-in place anyway.

So recently, we came up with a solution to not having visitors into the shop. Why not offer books to our customers virtually via Zoom. After all, Zooming is easy, we've been doing it for months now with historical and other meetings of all sorts. We already are used to imaging, describing and shipping books to our customers. So why not add this new option?

Here is how it works. Let's say you are looking for a book on the history of the Pikes Peak region. Contact us to schedule a Zoom time. We pull some

appropriate titles off the shelf, perhaps 4 to 6 titles. When we connect, we display the books to you using a laptop computer (and a book stand) and give you some general information on them. If you need more details, this can later be provided by email. If you see a book which suits your needs, we'll set it aside and email you an invoice for either credit card or snail mail payment. Once finalized, we



can either ship or locally deliver it to your doorstep. During this time, we are offering FREE local book delivery to our customers in the Pikes Peak region. Arrangements can also be made to pick up the book... outside our shop. Now how's that for service? Perhaps we'll see you Zoom?

Contact Bob by email: books@dewittenterprises.com or by phone: 719-473-0330 to arrange a Zoom showing.



The Power of WE A taste of the blogs - final

In this segment, we support *The Power of WE* by printing the beginning of the blogs. These were the panelists for August.

Demystifying "Daily Practice" by Heather Barron

The words "Daily Practice" bring great joy to some. But if you are anything like I've been in the past, perfectionism, resistance and a whole host of other things have gotten in the way of creating a sustainable Daily Practice — even though we fully understand the benefits of having one! This blog is about what gets in the way of us choosing the very thing that could bring more balance into our daily lives. We will start by demystifying the phrase "Daily Practice." Then we'll walk through a "Process of Discovery" to help us identify a Daily Practice that works for us.

Read more at: <https://centralsbdc.org/2020/08/09/demystifying-daily-practice-by-heather-barron/>

Leading from a "Feminine" Perspective: developing a strong, diverse, balanced and committed leadership team by Katharina Papenbrock

I was groomed to lead from an early age. My sister and I were dedicated to our studies, sports, music and volunteer efforts, the same way my parents dedicated themselves to their careers, community and us. I embodied what I thought a leader was supposed to be: straight A's, team captain, "Most Likely

to Succeed," etc. In my late 20s, my professional resume shone but didn't resonate, I only saw paths determined by a "no" or an "unwanted consequence." If you asked me for a five-year vision, my answers were always curated to the audience. Then, I blew it up.

Read more at <https://centralsbdc.org/2020/08/07/leading-from-a-feminine-perspective-developing-a-strong-diverse-balanced-and-committed-leadership-team-by-katharina-papenbrock/>

Choosing Your Balance by Stephanie Amend

We are always told that once we find "balance" life will magically be full of sparkling rainbows, right? But what is balance really and how does it align with our near-term goals? If you feel like you're chasing the feeling of balance, but never fully capturing it, you're not alone.

As entrepreneurs and leaders, the achievement of balance sometimes can feel like a funny meme.

The waves seem to crash around you like a hurricane; rather than a confident surfer, we feel like we're barely keeping our heads above water. How do we end up with chaos when all we're trying to do is work towards "balance"? There are a few things at play here:

- 1) You assume balance is static. It looks a certain way and shall remain that way.
- 2) You're working towards someone else's definition of "balance".
- 3) Your balance is not aligned with your near-term goals.

Read more at <https://centralsbdc.org/2020/08/01/choosing-your-balance-by-stephanie-amend/>

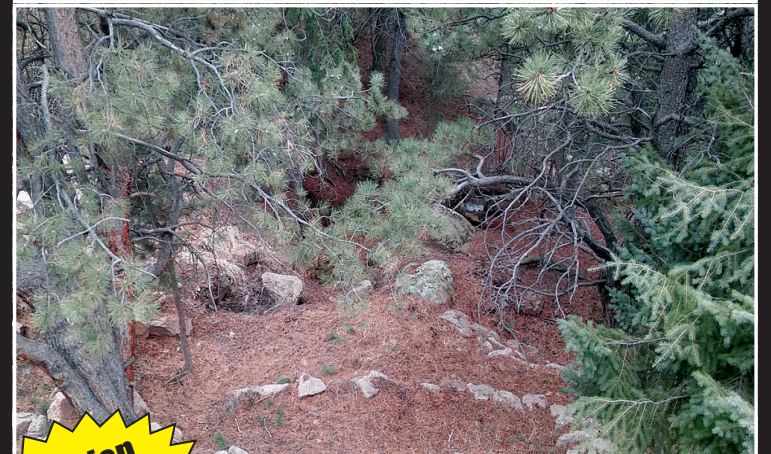
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Book Review

Where the Orchid Blooms

by Kathy Hansen

I highly recommend this book to any parent, grandparent or caregiver of children, whether or not the children in your care have been diagnosed with autism, because this loving mother grasps each unique aspect of her son, Kyle and values those aspects without judging. She knows the hurdles Kyle must face to become an independent adult and puts herself in the role of being the person to guide, educate and support him to that end.

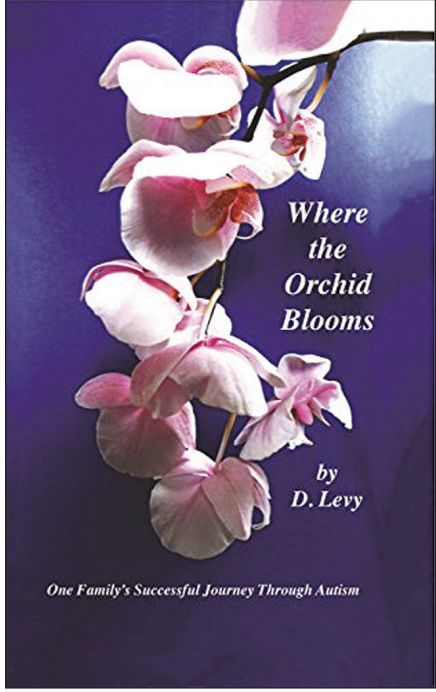
From Kyle's birth, author D. Levy role models how to *always* see your child's strengths and build on them. She knew to notice all of Kyle's behavior and learned how to identify conditions that helped Kyle to thrive.

D. Levy role models how to advocate for your child, especially when Kyle was taken to a doctor or teacher who may have noticed something peculiar about Kyle and then shot that blaming stare at her as if she had done something intentionally to create the situation.

This book shows how to connect as a family to support each other (they even have a family motto). Perhaps most importantly, this author goes into detail about how to avoid the "pigeon holing" process used by many doctors and teachers when they do not have answers at the ready for behavior that is outside the "norm" so they opt for medication as a possible solution to make Kyle "fit" into their ideology instead of changing the ideology to include Kyle.

This is a fast read — D. Levy uses humor as she shares the frustrations her family endures as well as the celebrations the family shares. It is heart-warming to witness through her words. D. Levy shares the family's response to a variety of stressors including a move to Thailand, cancer diagnosis, limb amputation, yet perhaps some of the biggest struggles were dealing with biased authority figures who were reluctant to see Kyle as capable. This amazing young man has since found himself mentoring and helping others learn how to be an advocate.

Where the Orchid Blooms is available on Amazon under "Where the Orchid Blooms" by D. Levy and several books have been donated to the Woodland Park Library. If you wish to contact the author you may do so via email: delevywheretheo-rchidblooms@yahoo.com.



Where the Orchid Blooms
by D. Levy
One Family's Successful Journey Through Autism

September is Child Passenger Safety Month

by Lisa Pitts, CPST, Divide Fire Protection District

The month of September is recognized as Child Passenger Safety Month by Safe Kids Worldwide. Every day an average of three children die and another 487 are injured as a result of traffic crashes in the United States.

Injuries in car crashes can be greatly reduced and even prevented by the proper use of car seats and seat belts in vehicles. It is not uncommon for caregivers to have many questions on the proper use of car seats. Many caregivers unintentionally are misusing the car seat where their special person is riding. In 2019, among car seats checked by Divide Fire Protection District, the misuse rate was 87%. For older children, it is important to note when the driver is wearing their seat belt, children follow this positive example 92% of the time.

Luckily, parents do not have to navigate transporting their special person alone. Certified child passenger safety technicians are in Divide and surrounding communities to aid caregivers in keeping children as safe as possible during the journey down the road.

Divide Fire Protection District's child passenger safety technician can be reached by email at divideseats@dividefire.com or 719-687-8773. For those who are not near Divide, you can locate a certified child passenger safety technician near you by going to the Safe Kids website at safekids.org/certification and clicking Find a Tech or Car Seats Colorado at <https://www.codot.gov/safety/carseats/> and search for a check station or technician near you.

Adopt Me Baby

by TCRAS

Well, hello! I would love to meet you and hopefully become your friend. I'm an inside cat who loves to spend time in the window's sunrises. I am litter box trained and I keep my area clean. So, please call my friends at TCRAS 719-686-7707 to set up an appointment to meet me. TCRAS is located at 308 Weaverville Road in Divide.

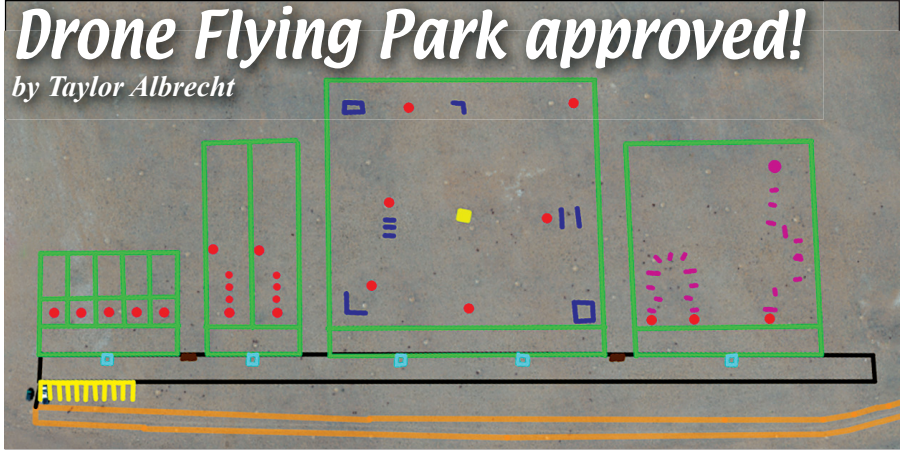
TCRAS needs volunteers! Are you feeling as though your life is lacking purpose? Become a volunteer at TCRAS! You will have opportunity for training where you will learn more about cats and dogs empowering you to engage more easily with both. By volunteering, you will find your heart is filled with compassion, love and a sense that you made a difference today. Contact Diane at volunteer@tcras.org for more info!

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



Drone Flying Park approved!

by Taylor Albrecht



The graphic of the park above depicts the layout of four flying zones.

A major milestone in one of Central Colorado UAS projects was achieved August 13, 2020 when the Town of Buena Vista Trustees unanimously approved the group's concept of a drone flying park to be located on Town property.

"We are delighted that the Town approved our concept to create this park which is unique in the industry," said Club President Taylor Albrecht. "Both Chaffee County and the Town have been very supportive of our efforts to highlight the positive benefits of unmanned aerial systems technology to the community. This is another step in the development of an environment where drone companies and pilots are welcome and have the resources to learn how to fly safely and legally."

The flying park is to be located in the southeast quadrant of Town property that is host to the Collegiate Peaks Stampede Rodeo grounds near the intersection of Gregg Drive and Rodeo Drive. It will consist of four "zones" where pilots can learn to fly or hone their flying skills.

"We wanted to create a place valuable to pilots of all skills and ability. The basic training zone has been designed after one used by an area university GIS program to teach their students the basics of flight. Inspiration for the qualification zone was from a public safety organization that uses a similar configuration to qualify first-responders and other public safety pilots. The obstacle zone is intended to help all pilots navigate through different places,

which will help fire and police organization pilots enhance skills. We also hope to have sanctioned racing events in the racing zone," Albrecht said.

"We are impressed with the work and research done over the last year by the Central Colorado UAS to create this new and unique park," commented Recreation Director Earl Richmond. "They have worked well with our team and the Public Works Department to address the public's concerns and to find the best location for this public facility. The end result will be a new park where drone pilots can have fun and learn to fly safely."

Development of the park will begin immediately, with the basic flying and qualification courses on schedule to be completed this fall. The remaining zones should be ready for use in the summer of 2021.

Wendell Pryor, Director of Chaffee County Economic Development Corporation, said "the Club's efforts with the drone flying park, educational initiatives with area schools and other projects will create an attractive ecosystem for companies that need a place to conduct research and development and a workforce well trained in the technology. We are excited about their efforts."

For more information, please contact the Club at ccuasclub@gmail.com, or visit its web site currently hosted by TNL Aviation at <http://tnlaviation.com/central-colorado-uas-club/>.

Prolonged drought impacts the forest and your property

by Coalition for the Upper South Platte

If you haven't heard the news, you certainly have experienced the impacts. The National Drought Monitor shows all of Colorado suffering levels of drought from Abnormally Dry to Extreme Drought. The National Weather Service projections for the balance of 2020 and into 2021 show higher temperatures and lower moisture for Colorado.

With the prolonged drought, even the green trees are severely moisture depleted. Modern forests are growing denser, with new trees germinating and filling in spaces, creating ever increasing competition for water, nutrients, and sunlight. The trees in the forests are not much different from carrots planted in a garden. Once the carrot seeds germinate and reach a certain small height, they must be thinned in order for the plant to produce a carrot that is palatable and full of nutrients. Trees evolved with a great deal more space to grow than they experience in today's forests, due to periodic fire clearing the dense regeneration that was springing up. With 170 years of fire exclusion in the Pikes Peak region, our trees have become comparable to scrawny, poor nutrient carrots. We notice this when we cut trees — instead of the green branches and needles staying supple and green for weeks as was observed 15 or so years ago, now the green needles turn brown within a couple weeks, demonstrating how dry these trees actually have become. We observe this both in wet and drought years. It's not only the dead trees that are a hazard now, but the

green trees as well. Forests on public and private lands are in severe need of thinning both to reduce the risk of high intensity wildland fire and to allow trees to achieve a more robust state to defend themselves from insects and disease.

If you are wondering "What does it all mean for me?" It means that we all need to take a look at our property, understand the trees and vegetation, and make informed decisions to actively manage our surroundings.

What exactly is a "healthy forest?" Generally, a healthy forest includes a range of tree ages and diverse tree species, with reduced density to resist wildfire and encourage growth. A healthy forest is better able to resist the impacts of insect infestations, and recover from the impacts of drought. A healthy forest enhances wildlife habitat.

Help is available for property owners to evaluate the condition of the forest and make recommendations for action to improve forest health. The Coalition for the Upper South Platte (<https://cusp.ws/>) and the Colorado State Forest Service (<https://csfs.colostate.edu/areas/>) are committed to assisting landowners to create healthy and sustainable forests.

There are also organizations who will remove your cut trees to provide firewood for those in need. OMG Firewood Ministry in Woodland Park is one example. Their volunteers work Saturday mornings next to the Northeast Teller Fire Protection District Station.

Reach out for help and we all can celebrate healthy and resilient forests.



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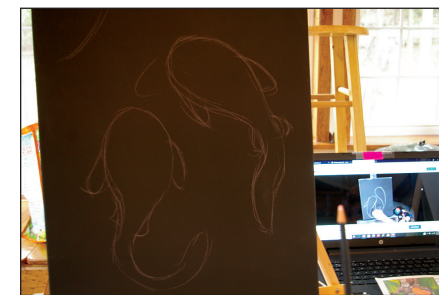
Paint with Mary Paint a Better World contest

by Kathy Hansen
photos by Jeff Hansen

Whether you have never put a paint brush of any type in your hand or you are an accomplished artist making your living painting, you will enjoy a *Paint with Mary* experience. Our first was in person at one of Mary Shell's *Paint Brunch Parties*. That was before COVID19. Our second, was last month when we thought it would be fun to order a kit and Paint with Mary via YouTube.

I know there will be a third. This is an amazing experience; an opportunity to completely pull your attention from any of life's stressors, as you engage your creative side full steam ahead! You will find time disappears as your canvas takes on color. It is much like taking a trip but never leaving the farm. Both times, I was amazed at how relaxed I was afterward; this is an effective stress releaser!

We could choose from 5 (now 8, and the number is likely to increase by the time this issue hits the streets). The paint kit arrived in just a few days. Jeff opened the kits as I hooked up the laptop in our favorite well-lit room, the east wing. Jeff quickly assembled our easels (see sidebar), but a large sturdy book set behind the easel would serve the purpose. Jeff set up our area with wax paper (to absorb any drips), aluminum foil (to mix paints), a half-filled cup of water and paper towel (to clean the brush) for each of our spaces with the laptop in between. We clicked on the link; time stopped as creativity began.



You can see the painting progression, made easy with Mary's expert tutelage.

Mary has been painting since she was 6 years old. I reminded myself many times that Mary is a *speed painter* and there is a *pause button*. She has been teaching for decades, so her instruction flows readily. She shares the process, how we begin and techniques for various brush strokes. I found myself captivated by watching her and at other times concentrating on my canvas with her words guiding me. Once in a while I would peek at Jeff's canvas to see his progress, always surprised at how different his looks from mine. There are times Mary will prompt you to hit the pause or let you know when the paint has to dry. Although she is teaching and guiding, it never feels like I'm in a class; it feels like a wise woman knows the artist inside and is

inviting that artist to emerge, gently encouraging and always welcoming the arrival. Perhaps it is this meeting of artistic souls that co-creates such a peaceful feeling.

In both the in person and YouTube experiences, there are stages to the painting. We chose *Coy Pond* for the YouTube experience, which came with a picture of the Coy Pond, black canvas, 6 colors of acrylic paints, a brush and wax paper. We drew the fish, rocks and lily pads before beginning with the paint. This was not required for the in-person experience because the subject matter was not as delineated, but there was more time to take a break as the canvas needed to dry before the next step. Mary guides the process, even to the point of showing you how to blend the colors.

It may sound like everyone's painting will turn out same. Mary reminds us we are putting on canvas our *interpretation* of the picture and everyone's interpretation is different. For the in-person experience, there was a point near the middle of our painting and again after we had all completed our *interpretations* that we walked around the room to see what the other dozen or so folks had painted. Indeed, each was unique to itself, even though they resembled each other, they were different. I still enjoy admiring the differences between our in-person experience paintings as they hang on the wall in our east wing.

Mary had been considering filming paintings, assembling kits and making them available online for about 2 years. It turns out COVID19 hit the same time as her cancer surgery; she could no longer have 25-50 students per week in her studio, who were missing her classes and tutelage as much as she did. I can see why they missed her; Mary is an amazing woman on so many levels. She is assertive, intelligent, genuine, mindful and one of the most positive human beings I have met. During a very brief visit shortly after her surgery as she showed me the three paintings she had created already that morning, all were amazing dolphins set in motion and swimming off the canvas. I complimented the paintings, her energy level and her happy mood, to which she replied, "Ha ha ha, I don't let anyone steal my happy, won't let cancer do it either!" Yes, it seemed like a good time to launch this project.

I'm so glad she did — we truly enjoyed the experience!

Yes, the experience is different in that you do not have the opportunity to see what others have painted, although on YouTube Mary creates her painting and Jennifer Burbank (executive director) also creates a painting, so you do get to see other's interpretations. You do not get the interaction with Mary's magnetic and energetic personality in real time, but her personality shines through, as well as her warmth and humor. For the YouTube experience, you'll need to prepare your own snacks and beverages that Mary takes care of when she hosts a paint party, however, I found myself so absorbed in the process of painting that eating was the furthest thing from my mind, which says a lot.

We found the YouTube experience to be beneficial in that you can backup the video as needed. We did hit the pause button and sometimes we found ourselves so involved we listened to her words knowing full well we would back it up to hear something again, like a specific instruction on how to paint the shadows of the rocks in the water. Backing up the video and watching her paint while listening to the instruction was really helpful! It allowed us the opportunity to continue to go with our creative *flow* as we needed to and get the instruction when we were ready.

This was different from the in-person experience because Mary first demon-



Jeff & Kathy's finished paintings from the online art class (left). The whole class shows their paintings at one of Mary's in-person painting gatherings earlier this year (right).

strates how we begin; her voice provides instruction as her hands paint. Then she walks around the studio to see how others are progressing, providing guidance as needed and complimenting creations as her voice continues to guide. She returns to the front of the studio for the next step or phase of the painting and always lets us know when we'll need to stop to let the paint dry before the next phase, encouraging a food, beverage or restroom break. When the last of the instruction has been demonstrated, and just before the final touches, we walk around the studio to see other's interpretations, and when all is done, go out for a group photo with our paintings in hand! The group energy is incredible; we are each unique in our interpretation of the same subject and we are one group producing the same subject, unified in our individuality.

If you are seeking a beautiful experience or a gift for that hard-to-buy-for person or wanting to invite a few close friends over for an interesting afternoon, please visit her website: PaintWithMary.com. You will find many choices as you explore. You may also send Mary a photograph that you would like a personalized video and paint kit designed specifically for that photograph (memorial group paintings are popular). I asked if there were any limitations on the type of photograph; Mary's creativity has no limitations.

In fact, something unexpected has come from all of this as we have agreed to sponsor an Art Contest with the theme *Paint a Better Tomorrow*. COVID19 has taken its toll and painting is a great way to gain a better vibe, as Mary says, "It's important to stay creative and keep our spirits up." We have a common understanding that when you are ready for a better future, it has a better chance of manifesting when there is clear intention of the type of world we would like to create. Perhaps you would like to engage in more cooperation or maybe you'd like to see more focus on problem solving instead of blame and shame. Maybe when you fantasize the better world there is sustainable energy, clean air, fresh water and no pollution. Perhaps your utopia is world peace.

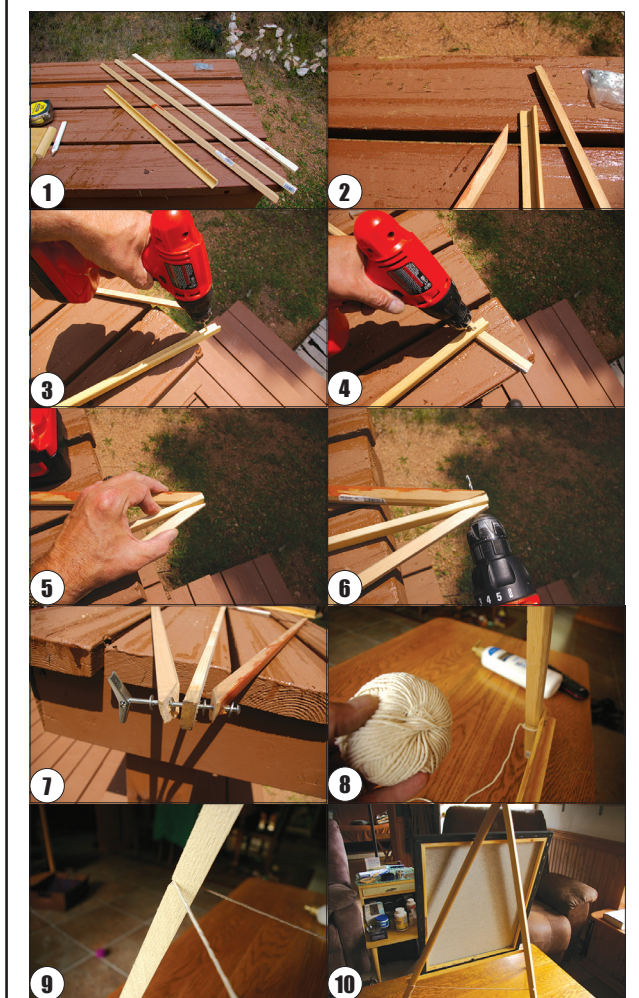
Give yourself permission to fantasize and allow the images to

flow. When you feel you have arrived at the image that best depicts a better tomorrow, paint it and submit a photograph of your painting along with an essay (no more than 250 words) to describe your painting to paintwithmary@yahoo.com by Dec. 8, 2020 along with your payment of \$10 per entry payable on PaintWithMary on Facebook Messenger. Must be 18 years of age to enter and Colorado resident. Winners will be announced by email, and the First, Second and Third Place winners' painting and essay will appear in the January 2021 issue of *Ute Country News*. Send questions to: paintwithmary@yahoo.com. Prizes will be mailed to winners to Colorado addresses only.

First Prize is over \$500 in art supplies; Second Prize is a complete paint package for 2; Third Prize is a complete paint package for 1.

All proceeds are split between Fremont County Humane Society and Teller County Regional Animal Shelter (TCRAS).

Easy to make painting easel



1. Cut 3 pieces of wood about 30" each.
2. Cut two pieces at an angle.
3. Drill holes in the canvas shelf.
4. Loosely attach the canvas shelf to the two front legs of the easel.
5. Position the three legs together at the top.
6. Drill a hole through all three legs at the top.
7. Using a screw, nut and washers, connect the three easel legs.
8. Tie a piece of string to the two front legs of the easel, wrapped around the back leg of the easel.
9. Cut a notch in the back leg to position the string to keep the legs from separating too far.
10. Your easel is ready to use!

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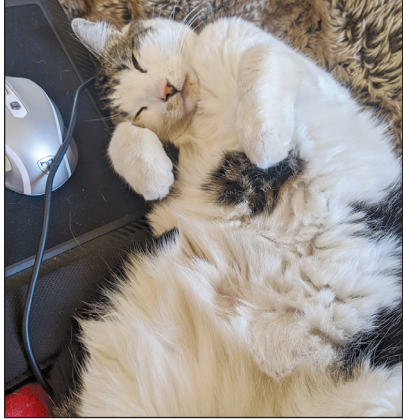
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Maisy and the Fairy Princess

by Gilrund the Historian

Maisy was on her way home as she walked along the old dirt road that led from the village, through the forest to her home in the mountains. She had gone to the village by herself to buy the pills that her father needed to help cure his cold. She didn't usually go to the village by herself, for she was only nine years old and it was a long walk, but mother was caring for father and had to stay home. She was nearly to the forest and it was starting to get dark, so, she had to hurry to get home before dark. Maisy stopped as she came to the entrance of the forest. She looked into the trees that were on each side of the old dirt road and saw that the road was hard to see. The sun was in the wrong position to light it up so, she would have to walk quickly in the dim light. Maisy took a deep breath and started into the forest walking as fast as she could. There were two parts to the forest, because near the center there was a large meadow of tall green grass and a stream that ran through a lot of flowers and small pine saplings. Maisy was nearly running when she came to the meadow and stopped. What was that floating in the air over a circle of grass? She stood back at the edge of the forest and watched the small lights move around the circle as the sun went down. She thought that she could hear singing coming from far away. "Who would be singing out here?" she wondered as she watched the lights move above the circle. Slowly Maisy walked out of the trees and toward the shining lights being careful not to make any noise. As she got closer to the tiny circling lights, she stumbled over a clump of grass and said, "oops!" All the lights suddenly disappeared, and the singing stopped. Maisy stood at the edge of the grass circle looking all around for any of the little lights, but none of them came back. So, she turned and started to walk back to the old dirt road that went through the forest and home. It was really dark now and she couldn't see where the old dirt road was. She started wandering around the meadow looking for the old road but couldn't find it. "How am I going to get these pills to father?" she said to herself, "I've got to find the road." Then she started to cry. She had cried for only a few moments when a tiny light appeared in front of her face and she heard a small voice speak. "What's wrong, little human girl? Why are you crying on such a lovely evening?" Maisy looked around for the person that was speaking and then realized that it was the floating light. She put out her hand and

the light landed on her fingers. It was then that she saw that the light was actually a fairy girl. She was dressed in a white filmy gown and she had blond hair like Maisy had. She had big eyes and pointed ears and a round fairy face. The fairy was waiting for an answer and finally Maisy spoke. "I have some medicine for my father, and I can't find the road that goes through the forest, now that it is dark, so I can't get home with the medicine." "Oh, that's too bad," replied the fairy girl, "I think that I can help you, if you want me too. My name is Daisy and I'm a princess here in this fairy kingdom. What's your name?" "I'm Maisy. I'm not a princess, just a farm girl. I didn't know that there were fairies here in the forest meadow. I can hardly wait to get home and tell mom and dad about you. How many fairies are there here?" "Oh, there are lots of us," Daisy replied, "Tonight is the night for the Fairy Circle Dance. We dance and sing as we go around the circle in the meadow grass that we cut down. We have lots of fun. Would you like to dance with us?" "Oh, yes," answered Maisy, "But I have to get home to father with his medicine; he is very sick." The fairy princess looked down at Maisy's hand in thought and then looked up with a big smile on her pretty face. "If you will stay for a little while and dance with us, I will give you a special drink that will make your father well in a short time." Maisy grinned and said that she would stay, but only for a short time. The fairy princess flew off Maisy's hand and shouted out into the darkness. Maisy didn't know what was said, she couldn't understand the fairy language, but suddenly the whole meadow was filled with tiny bright lights and they all were flying toward the green grass circle and when they got there they all formed a circle and sang and danced around the circle in the air. Maisy watched for a few moments and then joined in the dance. The fairies thought it was a wonderful thing for a human girl to dance with them. They made an opening for her in their circle and she danced and danced with the fairies until she got so tired that she laid down and went to sleep in the

tall grass. Maisy awoke just as the sun was rising into the sky. "Oh, no!" she cried as she realized what had happened, "I must get home and fast, for I still have father's medicine." As she rose to her feet, she saw a small pouch made of leaves sewn together lying in the grass next to her right foot. She remembered what the

finished his drink. "Hurray!" cried mom and Maisy as they danced around father's bed. Maisy didn't understand just why mom had been so ready to give father the fairy potion, until one day she saw something that she had never seen before as her mother was washing her hair. Mom had pointed ears and a slightly pointed nose. It was then that she no-

He closed the gate and ran after them as the cows scattered over the meadow eating the grass. He soon collected the four of them and was driving them back across the meadow when he noticed a strange circle of shorter grass. "That's odd," he thought, "What could cause the grass to grow like that? It looks like some small creatures ran in a large circle long enough to wear down the grass. I'll have to ask father about this." When he had put the cows back in the corral, he went to his father and asked him if he had ever seen a circle in the meadow grass like the one that he saw.

His father chuckled and then said, "Hasn't your mother told you about the fairies, son? I thought she would have told you that story by now. Well, I'll tell you myself. That circle that you saw is a fairy ring. The fairies dance around that during every full moon. Sometimes they sing too. I've not seen it myself, but that's what I have been told. Strange, I thought that your mother had told you that long ago. Come on, we have work to do."

That night, Maisy's dad waited until the full moon rose and watched out the window of his room that faced the meadow. At first, he saw only the waving grass of the meadow, then he saw some sparkling tiny lights floating across the meadow from the trees on the other side. They just seemed to float around at random until there were lots of them and then the lights formed a circle and slowly turned around where he thought the fairy ring was in the grass. He felt, at first, that they were just fireflies, but he had never seen them fly in circles before. He quietly left the house and walked slowly toward the meadow, watching the circling lights and listening for any singing. He thought that he heard something, but he was too far away. Closer and closer he walked until he was in the meadow and then he dropped down to his hands and knees to crawl toward the circling lights. He was within 10 feet when he could hear, clearly, the singing, but he couldn't understand the words. He laid down in the grass and watched the fairies, and they were fairies, for he could see them now. Suddenly one of the fairy lights came toward him and stopped, floating right in front of his face.

ticed that mom had slightly pointed eyes too. Maisy ran to the water trough and looked at her reflection in the water. "I have pointed ears too!" she cried as she turned her head back and forth, "and my nose is pointed too, but my eyes are like father's eyes. Mom and I must be part fairy. That must be why the fairies let me dance with them and gave me the medicine for father." Maisy danced around the yard singing "I'm part fairy," for a long time until her mother called her in for supper. There was a long talk that evening about fairies and humans and how mom and dad had met. Maisy's dad was a young man of 18 years and was feeding his father's cattle when four of them ran through the gate and out into the lush green meadow that was just across the road that ran past the farm.

"Hello, would you like to join in the dance with us?" said a tiny voice. It was a fairy girl and she was very pretty as she floated there in front of him waiting for his answer. "I don't know how to dance," he replied. "Come with me and I will teach you. It won't take long." He got up and followed the fairy girl to the circling fairies and they opened up to let him in the circle. He was very clumsy at first, but it only took a few minutes and he was dancing right along with the fairies and having a wonderful time. Soon he had a partner, for the fairy girl used her fairy magic and grew to be human sized and they joined hands and danced together round and round. Maisy's dad was in love and he knew it. The fairy girl had stolen his heart and he wanted her for his own, even if it meant that he would have to become a fairy like her. He pulled her away from the circle and asked her to be his wife. She told him that if she agreed, she would lose her wings and could never be a fairy again. She didn't say anything about him becoming like her people, and as he waited for her answer, she looked deeply into his eyes. She knew that he would care for her for the rest of his life and that was all she could ask for in a mate. "Yes!" she said at last.

He was very happy as he took her hand and led her away from the meadow toward his home. She was a happy girl and didn't even notice when her wings fell off and dissolved into the ground. She had kept all of her other fairy features. His parents were waiting on the porch, for they knew that he had gone to the fairy dance and they knew what would happen when he did. She was welcomed into the home and they were married in a few days and then moved into their own home. "Your mother and I were happily married and after a few years, you were born. That is the story of why you look the way that you do," finished her father. "Someday, if you should return to the fairy ring that you found, the same thing might happen to you. Your children will look like we do, Maisy," said her mother. As Maisy grew older, she spent a lot more time in the forest meadow and danced with the fairies many, many times, until one day...

— The End —

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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Heart of the Rockies Regional Medical Center news

New Allergist joins HRRMC Allergy Clinic

Shikha Gupta, M.D., has joined the medical staff at Heart of the Rockies Regional Medical Center (HRRMC) and is providing allergy, asthma and immunology services for children and adults at the HRRMC Outpatient Pavilion.

"We are fortunate to have Dr. Gupta join our facility after Dr. Diane Napoli retired last month," said HRRMC CEO Bob Morasko. "It's uncommon to have allergy services available in a rural community, and we are dedicated to continue offering these services."



Dr. Gupta

Dr. Gupta is a graduate of the Allergy and Immunology Fellowship Program at National Jewish Health in Denver,

CO., where she studied under leaders in the field of atopic dermatitis (eczema) and food allergies. Dr. Gupta is also a board-certified pediatrician, and trained in Pediatrics in Bronx, NY, where she treated patient populations affected by the highest rates of asthma in the country.

"I'm happy to be joining HRRMC and look forward to treating both children and adults who suffer from allergic reactions and recurrent infections," said Dr. Gupta.

For more information or to make an appointment, call the HRRMC Allergy Clinic at 719-530-2000.

HRRMC Foundation awards two EMS to RN scholarships

Heart of the Rockies Regional Medical Center Foundation recently awarded two \$5,000 scholarships to local residents with EMS certifications currently pursuing nursing degrees.

Taylor Hadley of Poncha Springs received the scholarship for a second year in a row. Taylor is a 2019 Salida High School graduate and is a certified EMT. She will resume her studies in nursing this fall at University of Colorado/Colorado Springs Campus.

Sarah Adams, a Howard resident and EMT for Arkansas Valley Ambulance District, also received a scholarship. She will attend Pueblo Community College – Fremont Campus in the fall of 2020.

Applicants for the HRRMC Foundation EMS to RN scholarship are required to be a certified EMS technician/paramedic who lives within the Salida Hospital District or in Saguache County and attending college to pursue an associate degree in nursing.

FMI, call Foundation Director Leslie Burkley at 719-530-2218.

HRRMC Foundation receives Dola Grant

HRRMC Foundation received a \$25,000 grant from the Colorado Department of Local Affairs (DOLA). The grant is made possible through DOLA's Energy and Mineral Impact Assistance Fund (EIAP).

The grant is for a decontamination room at the Buena Vista Health Center, which will allow a separate entrance for patients who are being tested for COVID-19 or seen for other contagious illnesses. This will help to protect other patients and staff in the clinic.

"We are very grateful for DOLA's support and its partnership with us for our patients' healthcare needs. The project supports the goal of the Office of Governor Polis to identify and implement policies that will reduce healthcare costs while expanding access to quality care throughout Colorado," said HRRMC Foundation Director Leslie Burkley.

The HRRMC Foundation provides the hospital with financial support to facilitate innovative programs and provide state-of-the-art healthcare services. FMI, call Leslie Burkley at 719-530-2218.

New Urologist joins HRRMC

Cole Wiedel, M.D., has joined the medical staff at HRRMC and began providing full-time urology services at the HRRMC Outpatient Pavilion in August.

"We are happy to have Dr. Wiedel join our medical staff and provide full-time urology services to our community," said HRRMC CEO Bob Morasko. "Dr. Wiedel will offer a variety of urological services to men, women and children, and is a valuable addition to our urology clinic."

A Colorado native, Dr. Wiedel earned



Dr. Wiedel

his medical degree and completed his residency in urologic surgery at the University of Colorado School of Medicine in Aurora, CO. His practice will include men's health, treatment of prostate and bladder conditions, kidney stones, incontinence, urologic cancers, and pediatric urology. Additionally, Dr. Wiedel will collaborate with HRRMC gynecologist Dr. Tiffany Rhodes to offer urogynecology services in the foreseeable future. Urogynecology is a sub-specialty of gynecology, focused on treating pelvic floor disorders in women.

"I have always wanted to practice in a rural setting, and I am excited to offer consistent and full-spectrum urologic services for all ages," said Dr. Wiedel.

FMI or to make an appointment with Dr. Wiedel, call the HRRMC Urology Clinic at 719-530-2000.

Financial Focus

What does an unplanned career transition mean for you?

The COVID-19 pandemic has unsettled the country's employment picture for months and will likely continue to do so for a while. However, the nature and terminology of this disruption varies greatly among individuals — some have seen their jobs disappear, others have been "furloughed" and still others have been offered an early retirement. If you're in this final group — those either offered or feeling forced to accept, an early retirement, how should you respond?

Try to look at your situation holistically, rather than strictly in a short-term manner. Consider these four areas:

• **Retirement** — What does retirement really look like to you? Are you ready to fully retire or would you like to work part time? Are you confident that you can work somewhere else for a few years before retiring on your own terms? If you're not certain you can work elsewhere, how can you adjust your desired retirement lifestyle — what you planned to do, where you hoped to live, etc. — to meet your new reality?

• **Income** — Just how financially affected you'll be from an early retirement depends on several factors: how much you've already saved and invested, whether you're married and have a working spouse, whether you've paid off your mortgage, and so on. In any case, though, you'll need to answer several questions, including these: Do I need to start taking withdrawals from my IRA and 401(k)? If so, how much can I afford to take out each year without running the risk of outliving my resources? Should I adjust my current investment mix? If I haven't yet started collecting Social Security, should I do so now, or can I afford to wait until my monthly payments will be bigger? Are there any other sources of income I can leverage? You may want to work with a

financial professional to address these and other key income-related issues.

• **Insurance** — If you received health insurance through your employer, an early retirement could present you with a dilemma, especially if you're not quite old enough for Medicare. You might be eligible for COBRA, which provides ex-employees and their dependents the option of continued health insurance for potentially up to 36 months, but this coverage can be expensive. As an alternative, you might be able to negotiate an extended severance package, which could provide you with health insurance for several months. Or, you might be able to get on the health insurance plan of your working spouse.

• **Legacy** — Many people want to take care of their family while they're alive — and leave something behind when they're gone. If you take an early retirement, you might lose your employer's group life insurance. Of course, if this plan was not sufficient, you may have already supplemented it with your own policy, but, if you haven't, you may need to shop around for some coverage, particularly if you have children still at home. You also may want to take this opportunity to review your key financial accounts to make sure your beneficiary designations still accurately reflect your wishes.

Going through an unplanned career transition is certainly challenging. But looking closely at the four areas described above, and making the appropriate moves, may help you reduce some of the stress and can put you in a better position to start the next phase of your life.

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



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VFW's Annual \$30,000 Scholarship



Commander Robert Kidd SR of the Veterans of Foreign Wars of the U.S., State of Colorado, announced the kick-off of this year's VFW's Voice of Democracy Scholarship competition. Local high school students have the opportunity to compete for thousands of dollars in scholarships and a trip to Washington, D.C.

Students must write and record a three-to-five-minute essay on the selected theme using an audio CD or flash drive and present their recording, typed essay and completed entry form to their local VFW Post by October 31, 2020. The 2020-2021 theme selected is "Is This the Country the Founders Envisioned?" Students begin by competing at the local Post level, then Post winners compete at the District level with the winner advancing to the state competition.

All state first-place winners receive a four-day trip to Washington, D.C., and the chance

to compete for their share of more than \$150,000 in scholarships. The first-place winner receives a \$30,000 college scholarship.

The National Association of Broadcasters (NAB) started the Voice of Democracy Scholarship program in 1947. The VFW became a national sponsor in the late 1950s and assumed sole responsibility for the program in 1961. The competition was created to provide students grades 9-12 the opportunity to express themselves in regard to democratic ideas and principles.

Around 40,000 students participate in the competition each year and VFW awards more than \$2.1 million in educational scholarships every year.

Interested students and teachers should contact the Voice of Democracy Chairman at their local VFW Post or the State Chair at co_vod_chair@icloud.com for more info. FMI: www.vfw.org/VOD.

Adopt Me by Ark Valley Humane Society

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Boomer is an 8-year-old female Domestic Longhair mix. She ended up in our care with her feline-sister because her previous family was moving and couldn't take her with them. Her sister got adopted within the first few weeks, but Boomer is still waiting for that perfect family to come for her! Unfortunately, black cats don't get as much interest as other felines, but they tend to be some of the sweetest cats! Boomer is quite shy in new surroundings, but given time she will really open up to you! She now enjoys spending her days laying on her foster mom's lap and playing with balls in her home. She'd love to meet her forever family soon, and since she's 8 years old, she is priceless! We hope you'll consider adding Boomer to your home, to learn more call AVHS at 719-395-2737.

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One Nation Walking Together
The Alamo Scouts

by Urban Turzi, Debbie Howell, Laura Chickering Knapp

Least the title of this article throws you off, those dedicated patriots known as the Alamo Scouts, had nothing to do with the Alamo of San Antonio, the Mexican Army, Jim Bowie or Davy Crockett.



“General Walter Krueger whose Sixth Army was simply called the “Alamo Force,” ... in the Pacific Theater of WWII, was comprised of volunteers who were hand-picked for their intelligence, spirit, and physical stamina along with courage and adaptability... The first volunteers “for an unusual mission” did not know exactly what they would be called upon to do; it was only as the exploits of the Scouts became more generally known that secrecy was lifted from the nature of their work... Little has been documented about Native American servicemen other than the Code Talkers. However, this group of soldiers was comprised of men from various ethnicities, to include Native Americans.



“The training center for this group of warriors varied at different locations in the Philippines and New Guinea. Their specialty was reconnaissance and raider work, and would cover a six-week training period. Specially selected graduates were grouped into teams at the disposal of the Commanding General and would be designated “Alamo Scouts.” The instructors for this Training Center were to be drawn from the Army members of an all-service organization known as the *Amphibious Scouts*. Frederick Bradshaw, Deputy G-2 of the Sixth Army, who was the first commanding officer of the Alamo Scouts, received the first class of potential Scouts on January 1, 1944.

“Members of this class came from the 158th Regiment (the Bushmasters), formerly stationed in Panama who were quite adept at jungle fighting, and from the 32nd Infantry Division, veterans of Buna and Gona in New Guinea. Succeeding classes were drawn from the dismounted 1st Cavalry Division, the 33rd Division, and the 41st Division. The instructor force was augmented by graduates from the first class, and several Australian army officers who were

attached to the Center at one time or another to train the Scouts in jungle fighting and survival. U.S. Marine or Army Air Corps officers were sometimes added to a team if its mission called for specialized personnel not available in the Training Center.

“The Scouts’ first reconnaissance mission was carried out... February 27, 1944. The team was put ashore by Catalina and rubber boat on the southeast tip of Los Negros island... Air reconnaissance during the previous two weeks had detected no activity on the island, and the Army Air Corps had concluded the Japanese had been evacuated. McGowan’s team nevertheless found Japanese troops there and were able, unobserved, to ascertain they were healthy and apparently well fed. The Scouts returned safely to the point where their rubber landing boat had been cached... This operation established a

pattern that came to be almost routine. Before each landing of U.S. and allied troops, sometimes as early as D-day minus 14, an Alamo Scout team would be put ashore by PT, Catalina, Mariner, or submarine... “During the Luzon campaign, the work of the Alamo Scouts was broadened and diversified into two general types, first, the collection of information from guerrilla and civilian sources and by personal reconnaissance, and second, the organization of guerrilla activities. The Philippine guerrillas, nurtured and developed since 1942, had already for some time been in radio contact with General MacArthur’s Philippine Regional Section. Now those in areas assigned to the Sixth Army were turned over to General Krueger, ... who controlled all contact with them and the direction of their activities...

“General Krueger’s experiment with the Alamo Scouts was designed to give Army Headquarters what every division and lower command already had – an organized reconnaissance agency. Its purpose was to obtain strategic and tactical information... which it did and much more.”

To prove this idea was sound and this new application of standard principles was practical and valuable is attested by the results of more than 110 missions. The commanders who were beneficiary of these missions recognized information provided by the Alamo Scouts saved lives, changed plans of attack, and led to the destruction of enemy positions and enemy shipping. Scouts made two successful prisoner-rescue raids, and they brought



US Army PHOTO: General Douglas MacArthur meets representatives of different American Indian tribes in the Alamo Scouts, representing the Pima, Pawnee, Chitimacha, and Navajo. The Alamo Scouts have the finest record of any elite unit of World War II and, arguably, one of the finest in the history of the United States military.

in 84 Japanese prisoners for questioning. The experiment was a success; and remarkably, thanks to thorough planning, careful selection of personnel, conscientious training, and luck, its cost in lives was zero. On all these missions not a single Alamo Scout was killed. The scouts often operated deep behind Japanese lines. In a daring nighttime raid, they liberated 513 American POWs from the Japanese Cabanatuan camp in January 1945, and only 2 scouts were injured.

The above information was taken from the website: https://www.cia.gov/library/center-for-the-study-of-intelligence/kent-csi/vol3no4/html/v03i4a08p_0001.htm

The following was provided by Debbie Howell, the daughter of Vergil Fox Howell:

“My father, Virgil Howell/US Army, was in the first graduating class of the Alamo Scouts in WWII. He was the only PAWNEE in this elite group. The US Signal Corps photo shows Gen. Douglas MacArthur with American Indian Alamo Scouts; my dad is the second to the left. These brave men performed 110 missions behind enemy lines without losing a single man killed or captured. The Alamo Scouts liberated 911 allied prisoners while capturing 84 enemy soldiers. Of the more than 700 candidates selected for training, ONLY 138 were retained as Alamo Scouts and were formed into elite six-to-seven-man teams. This elite group of warriors was unceremoniously disbanded in 1945. In 1988 the Alamo Scouts were awarded the Special Forces Tab recognizing the unit as a forerunner of the Army’s modern Special Forces.

To bring the history of this elite group of patriots closer to home, One Nation Walking Together (ONWT) had a special relationship with a relative of one of these courageous American unsung heroes as reflected by Laura Chickering Knapp, “Thinking of Robert Many Lightnings Howell Williams, brings a smile to my



Robert Many Lightnings Howell, Pawnee, grandson of Virgil Howell.

heart. He came to us through the AmeriCorps/VISTA (Volunteers in Service to America) program as an intern. Robert had a desk in the entryway of ONWT. As part of his job, he would welcome visitors to our facility. He would generally begin a conversation with a joke or something funny to say which would immediately put people at ease. His friendly and genuine nature endeared him to everyone. He was especially proud of his Pawnee culture. He was an incredible asset as an administrator on One Nation’s Facebook page. His posts centering on Native American history and culture garnered more followers to One Nation’s mission. Robert has an immense love of his family and culture. When he was not working at One Nation or doing his schoolwork, he would often be at a powwow, or other cultural event with his mother, Debbie Howell. It was always wonderful to see him dancing with his mother, on several occasions at various venues, he would perform his hoop dancing, singing and flute playing as a means to educate the public and demonstrate the very positive artistic aspect of his culture. Robert’s AmeriCorps/VISTA Internship contract was for a year and it was difficult for us to see it come to an end. He often told us and others, “I love working at One Nation Walking Together!” Well, we loved working alongside him too!! We are immensely grateful to have had him serve One Nation’s mission. Knowing he is pursuing his bachelor’s degree at the University of Colorado, Colorado Springs, makes his departure bittersweet! The fact his grandfather was an original member of the Alamo Scouts, made him so proud of his grandfather and their shared heritage.”

Sources:
Debbie Howell & Robert Many Lightnings Howell
www.wearthemighty.com
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Growing Ideas
Favorite time of the year
by Karen Anderson “The Plant Lady”

Happy September gardeners and fellow Earth keepers. I am back this month to share a few gardening tips with you. As Autumn approaches and our summertime gardening season gradually fades into the sunset, I wish to express my deep and sincere appreciation for your continued trust and support.

I enjoyed meeting new gardening souls this year and reuniting with old friends of Paradise Gardens. I always learn something new from each and every one of you. Gardening just seems to bring folks together in a common and beautiful bond. We love our Mother Earth, working with the Sacred Land, bringing forth beauty and bounty into our gardens and lives. For me, it just goes to show that even in extremely challenging and difficult times, we can always turn to The Earth Mother and Her precious gifts to comfort our Souls and nourish our bodies. She welcomes your love and care, your mindful attention, your reverence and your homage. The Earth will always graciously and generously give back to us, as one of the Golden Rules implies: The more we give, the more we receive.

“As I watch the leaves fall from the summer tree, I am embraced by God’s gentle autumn breeze that carries away the remainders of yesterday so that a new season can begin”

— unknown

This month, the gardening tasks and projects for me will be numerous. I will be collecting seed as the pods ‘ripen’ for next years’ Heritage Collection. This is almost a daily process throughout the month of September as they become ready to harvest. The pods need to be fairly dry on the vine and protected from the deer and other hungry critters who are also wanting to cash in on their own winter food supply. So, if you are wishing to save seeds from your perennials or vegetables, I suggest that you keep up with the organic repellents until you are able to bag the goods. Stop deadheading now, so you will have seeds to harvest.

Even though the garden foliage begins to dry out and turn yellow/brown, it is important that we keep watering (as best you can) throughout this month, especially if it continues to be so darn dry. The root systems of perennials need to be heavily hydrated during this time in order to stay healthy until they are ready to go to sleep

for the winter. It is also a good time to cultivate into the soil a good dose of bone meal for next year’s all around health and substantial perennial blooming. Please continue to practice MULCHING all gardens, all the time!

If you wish to transplant and/or divide your perennials this month, it is still OK to do that. Just make sure the root systems are well watered so the root balls hold together during the process. It is a good idea to use sharp shovels and trowels when digging and also have a plan for where you are going with the transplants. Root stimulator is recommended, too.

The tomatoes and peppers in the greenhouse are finally beginning to ripen. Soon, we will have baskets and bowls of colorful home grown, organic and flavorful produce to brighten our kitchen counters as well as sharing our booty with friends, neighbors and the less fortunate. I will supply supplemental heat in my hot house as the need arises to extend the ripening process and I always look forward to fried green tomatoes as it comes forward to the winter months.

Since Fall is my favorite time of the year, I relish in decorating my home and gardens with bright yellows and oranges and reds — Oh My! The Autumn garland goes up and yes, even the silk and other faux flowers add the color that is missing in the outdoor gardens. Cut sunflowers adorn the kitchen table along with seasonal coffee cups, flatware, bowls and teapots decorating the counter tops. Freshly harvested herbs are hanging or being dried on screens. The sweet sound of the aspen leaves in the breeze is music to my ears. Although there is much work to be done before the cold months set in, I will enjoy each day as it comes and be grateful for my blessings.

Stock up on supplies to fill your garden pantry as we never know if they will be readily available next spring. My shopping list includes bone meal (of course), feather meal, Uncle Ians (cayenne and



caption:

blood meal mix), Repels All Granules, organic fertilizers such as horse, cow, llama, rabbit and chicken ‘poops’, several bales of straw, organic bloom food, (I really like the Dr. Earth brand), veggie food like Happy Frog, root stimulator and any other amendments that you like to utilize in your garden.

I have been moving any portable *foo foo* (annual) pots into the greenhouse, my front porch and even the house so I can extend my enjoyment of them a while longer. At my altitude, 9,000 ft, I can expect the first light frost just about any time now, but the heavy frosts will come around the third week of September. But my main reason for bringing them in a bit earlier is because I just REALLY became frustrated and tired of the chipmunks constantly eating my petunias and marigolds! Argghhh!

I invite you to embrace the seasonal changes. Enjoy the cooler, pleasant days as Grandfather Sun still provides just enough warmth to be comfortably favorable for fall chores.

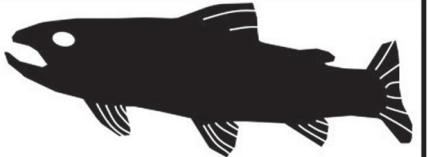
Even as our outdoor gardening season comes to a close, I will remind you that Happy Houseplants are always available for adoption at Mountain Naturals in Woodland Park and The Outpost in Florissant, or you may contact me directly for any special requests in the Plant World. Feel free to call me at 719-748-3521 or email at plantladysspeaks@gmail.com with any inquiries.

In closing this month, I would like to take this opportunity to encourage you to VOTE. VOTE early! Read your VOTER ballot very carefully, follow every single instruction and if you can, deliver it in person to the proper voting boxes. Inspire others to register to VOTE! VOTE your conscience! VOTE “like your life depends on it” because I for one, truly believe with all my heart that it does!

Please wear your masks — for each other. In this humble gardener’s opinion, it is vitally important for the health and safety of the precious Souls who reside in our mountain communities.

Let’s keep putting Unity in the Community...together! Thanks for your considerations. Peace, love and many blessings!

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Life-Enhancing Journeys

The benefits of gratitude

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

With everything that is going on in this country as well as around the world at present, it is understandable that you may become irritable, uncaring and/or self-centered due to so much uncertainty. It is distressing to live in fear especially when there are worries about your ability to maintain a roof over your head, keep food on the table, and to continue to pay your bills. When you are working tirelessly and are unable to get ahead in life, or you have been laid off and you face financial turmoil, it is understandable to become disillusioned and forget about being grateful for the things we do have in our lives. Having a mindset of gratitude might possibly turn your angst into happiness and comfort. While much of what we are presently experiencing might be out of our control, a great deal of what happens to us is created by where we focus our thoughts, emotions and behaviors. Putting attention on ways to be grateful no matter what is happening in your life, can lead to both success and happiness. I have covered how to manage concerns in previous articles, therefore this month there will be a focus on using gratitude to enhance happiness and peace during these challenging times

“When I started counting my blessings, my whole life turned around.”
— Willie Nelson

The very definition of the word “grateful” means to show an appreciation of kindness. The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). Gratitude is a thankful appreciation for what an individual receives, whether physical or intangible. There is a difference between thankful appreciation and gratitude — being thankful is a feeling, and being grateful is an action. When we think of the things for which we are thankful — friends, family, work, etc., we feel something quietly inside but when we are grateful, we will express that feeling to others. We might say to them that we are grateful for their friendship, or we might send them a card (or a text), or surprise them with a little gift expressing how much they mean to us.

What happens when you practice gratitude?

Take a moment and think about somebody who you would describe as really happy. Ask yourself if this is a person who usually experiences a good deal of gratitude? Does this person have a natural kind of generosity? If you answered affirmatively, you can then link gratitude and generosity with greater happiness.

When we express gratitude (as well as receive it), our brain releases dopamine and serotonin, the two essential neurotransmitters responsible for our emotions, and they make us feel *good*. They enhance our mood immediately enabling us to feel happy inside. Being grateful also activates more optimism and reduces negativity. People who regularly practice gratitude, along with experiencing more positive emotions internally, feel more alive, sleep better, deal more effectively with adversity, improve their health and even have stronger immune systems. They also were found to exercise more and had fewer visits to health care providers. Most of the studies published on this topic confirm an association between gratitude and an



individual’s overall well-being.

Emily Fletcher, the founder of Ziva, a well-known meditation training site, mentioned in one of her publications that gratitude is a *natural antidepressant*. The effects of gratitude, especially when practiced consistently, can be almost the same as medications. It produces a feeling of long-lasting happiness and contentment which occurs at the neurotransmitter level.

People who are grateful are more able to build strong relationships. Several studies have looked at how gratitude can improve relationships. A study of couples found that individuals who took time to express gratitude for their partner not only felt more positive toward the other person but also felt more comfortable expressing any uneasiness about their relationship.

Gratitude can change your life because it makes you appreciate what you have rather than what you are lacking (or even what you are seeking). Gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power. It is easier to acknowledge the goodness in one’s life when we are grateful. Gratitude helps people refocus on what they have instead of what they lack. The more you practice this positive mental state the stronger it grows.

Simple Ways to increase gratitude:

- **Breathing in and out mindfully.** When you consciously breathe in, you are experiencing gratitude. Then when you breathe out fully, there is a feeling of generosity. Receiving gratitude and giving generously is a flow. When people have an MRI to investigate the quality of their lives, as it pertains to gratitude and generosity, the prefrontal cortex lights up and becomes stimulated while the influence of the limbic system (our fear-based survival brain) decreases therefore there is a greater sense of well-being.
- **Smile.** Show your appreciation with a big, warm smile which helps to spread positive feelings. Your grin is contagious, not just to others but to yourself as well.
- **Pray.** People who use prayer tend to cultivate gratitude more instinctively.
- **Record your thoughts in an abundance journal.** Write in a small notebook or create a folder on your smart phone. Take a few minutes each day to jot down any positive experiences or write what you’re grateful for at the end of each week. Personally, I begin each day by verbally identifying everything for which I am grateful — I talk to myself out loud. What a wonderful and motivating way to begin each day!
- **Express your gratitude.** When you value something that a person has done or has said, do your best to verbalize your appreciation. If unable, sending a text message takes just a few seconds and it lets a person know you are appreciative and are thinking about them.

“Your greatness is not what you have, it’s what you give.”
— Anonymous

- **Show respect for those around you.** Show gratitude by paying attention. Clear your mind and be present. Put your phone away and open your ears and listen attentively. Always treat others with courtesy — smile, show kindness, convey patience. You know how warmhearted it feels when someone takes a few moments to show kindness and to truly listen. Be that person to someone else.
- **Stop Venting.** When something awful happens, it’s natural to want to complain about it, yet whenever you gripe, you reinforce a disagreeable state of mind. A complaint without a solution offers no guidance and continues the negativity. Instead, next time you feel frustrated, allow yourself a few minutes to complain, and then put your full energy into searching and carrying out a solution to the problem.
- **Act without expecting a reward.** When you do something nice for someone who least expects it, your kindness towards them becomes the reward. Do something thoughtful for another simply because that is who you are then your good feelings come from acting in harmony with your genuine values.
- **Meditate.** Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as “peace”), it is also possible to focus on things for which you are grateful (the warmth of the sun, a pleasant fragrance, a pleasant sound, etc.).
- **Volunteer in your community.** An act of kindness does more good for you than for those you are serving.
- **Grow/Evolve Personally.** Be grateful for who you are and for your continued growth as a human being — expand it and then pass it on to others. Be a role model for others to follow.
- **Remember to practice gratitude every day.** Gratitude can help to strengthen these positive neural pathways which will ultimately create a permanent self-confident and optimistic temperament within ourselves. Using simple words of love, appreciation and praise, we not only make others feel good, but we also feel a lot better of ourselves and our lives.

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).

Musings Along the Way

It might seem crazy what I’m about to say

by Catherine Rodgers

Calvin: You know what I’ve noticed, Hobbes? Things don’t bug you if you don’t think about them. So from now on, I simply won’t think about anything I don’t like, and I’ll be happy all the time!

Hobbes: Don’t you think that’s a pretty silly and irresponsible way to live?

Calvin: What a pretty afternoon.

Have you been embarrassed lately to say how good life is? Ashamed to admit how happy you are? As I was looking to see what is ah-musing me, I noticed this tendency to hide my joy in silence or bear my bliss in shame. After all, aren’t you outraged by the betrayal, the corruption, the stupidity, the pandemic, the explosions, the derecho, the fires, the POST OFFICE? Can’t you SEE? I look with the eyes of God to see perfection in all that is. Don’t you know that “All changed, changed utterly: A terrible beauty is born?” (W.B. Yeats) I started this year affirming peace and plenty in 2020, and by golly, I’m going to stick with it. I started last month with beer, because it’s proof that God loves me and wants me to be happy, and I see no reason to argue with THAT.

I submit that what we are most upset about is dying. In addition to losing our home planet to irreversible climate change; losing our jobs, our homes, our children, our savings, any semblance of control, and all THAT, the fear of not persisting forever scares us witless. Personally, I know we create our own experience and are immortal, simply changing forms. But as a culture, we accumulate stuff to fend off the snuffing of the wick. We have rituals to deal with this unspeakable certainty. We have myths about what happens when you stop breathing. When I finally witnessed someone taking his last breath, I saw a light body rise and fall out of the flesh: what some call the soul. Others say that the transition from life to death is merely walking into another room. My father hoped for oblivion, in which case the point is moot because we won’t know the difference.

Some while ago, I realized that I had worn grooves in my mind where my thoughts always run amok. I’d been trained to expect the worst, regret the inevitable disappointments, struggle, analyze, criticize, proselytize... (some-where in Africa is a girl with my name from the dimes I saved up to baptize her). Maybe my parents were depressed, and no amount of bourbon was going to change that. However, I have choices. The question for me is how can I best live? For “he not busy being born, is busy dying.” (Bob Dylan) Hoka-hey! Let’s roll! Is usually translated as “Today is a good day to die.” But I prefer the Lakota phrase “Nalo nula waun welo.” I am always ready for anything, anytime, anywhere.

First, I put a banner on the phone “Expect the best.” Next, I grapple with my insufferable pickiness and admonish myself to “Look for the Good and Praise

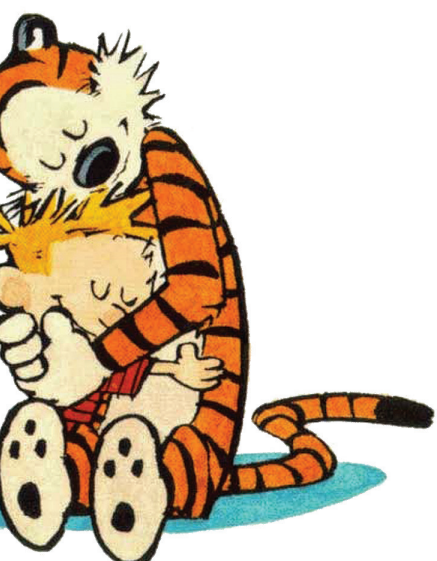
it.” Third, I don’t get maudlin in my cups, singing the blues. Instead I look for the gift and bless everything. Standing in front of my mirror every morning, I make faces and repeat, “Whatever my faults and defects, I love and approve of myself exactly the way I am right now.” Try not to laugh, alright? It’s a process. Unlearning all that stuff is uncomfortable. Reprogramming to be JOYFUL is a promise we make to ourselves to have the life that we always imagined. Next month I will say, “I am a magnificent goddess.” Living the dream...

“The future belongs to those who believe in the beauty of their dreams.”
- Eleanor Roosevelt

When I let go of all the wasted energy weighing me down in worry, I relax. I rise. What I find is that I’m naturally buoyant. Affirming “I am now in the presence of pure Being.” I look around. Remember to feel the earth, to talk to the water and the wind, to lean on a tree. Listen beyond that humming clock spring of the universe ticking now-now-now. Fall into a “bliss pocket” — one of those moments when you catch yourself expanding into the vastness. Your heart is light. You are THAT I AM. Ahhhh.

What makes us crazy is our expectation of what life is supposed to be. We compare life with some ideal script. All too often we are dissatisfied with what is. We don’t trust that what’s happening is for our highest and best good. We are not sure that we’re going to be pleased with the result. What if we turn that around, and begin to appreciate the marvels unfolding? What if we delight in everything?

Envision a way of being in the world that nurtures us all. Intend to grow into that. For me that means meditating, writing, singing and wiggling, “because I’m happy! Clap along if you feel like happiness is the truth! Because I’m happy! Clap along if you know what happiness is to you! Because I’m happy! Clap along if you feel like that’s what you wanna do.” (Thanks to Pharrell Williams!) We raise our frequency to hold a higher vibration. When we behold the treasures of this moment, we radiate that fullness of love and wholeness. These ephemeral encounters with the Divine occur more often as we



attend to them. They ripple out from us. As we witness and celebrate, we draw more of that eternal heaven into this time on earth. We experience joyful serenity, which some call enlightenment. Clap!

“You are not IN the universe, you ARE the universe, an intrinsic part of it. Ultimately, you are not a person, but a focal point where the universe is becoming conscious of itself. What an amazing miracle.”
— Eckhart Tolle

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Mountain Mustang Memories Finding beauty

by Stefanie Skidmore

Have you noticed that typically what we focus on is what we get (or notice) more of, for better or for worse, thus reflecting the beliefs we hold about our environment and our role in this world? Thankfully, we have some control over what thoughts we allow to take hold in our minds. My mom has always encouraged me to find beauty in an ordinary day, to acknowledge and appreciate the little things that often go unnoticed. A rainbow against a dark and moody sky, a rare mountain wildflower, an unusually shaped rock, a colorful bird... There is so much that's good, so much that's beautiful, so much to be thankful for, even — and especially — during challenging times.

It seems easy these days to be too busy. There is always another thing to do, always a list or three to check tasks off of, with new items being added faster than we can complete the old ones. We tend to live with our noses firmly planted on the grindstone with one worried eye focused on the goings-on in our world and the other glued to our phones to make sure we aren't missing anything important. How many eyes does that leave to notice the doe and her two spotted fawns resting in the shade, to watch the sun go down behind the mountains to the west, or see the subtle changes around us as one season gives way to the next? None, unless by chance you're a spider, in which case it's unlikely that you would be reading this.

Humans are funny creatures that spend hours watching the news to catch up on what happened in the past because they suppose it will allow them to predict more accurately what may happen in the future. Most other living beings, including wild horses, are not like that. They live in the now, sleeping outstretched in the sun when they are tired, grazing when they are hungry, playing or grooming each other when they desire social interaction. Now, is this way of life realistic or practical for most of



Mustang gelding Littlefoot figured he had time for a nap while I was trying to learn the diamond hitch, one of several ways to secure the load on a pack horse's back. He was not wrong... photo by Chris Peterson



My packing family: Mustang mare Lacy (left) has taken Blanca's place as my main riding horse. Mustang gelding Littlefoot (right) has been promoted to pack horse. Denali, the German Shepherd, takes his multifaceted job as trip hazard, sleeping bag warmer, loyal riding companion, meal prep supervisor and camp security very seriously. photo by Chris Peterson

us, much of the time? Maybe not, however, becoming more in-tune with our own bodies and increasing awareness of our needs and immediate surroundings can help us keep our heads on straight during times when busy-ness and worry might otherwise consume much of our attention.

We are fortunate to live in an area where natural beauty abounds, with jagged mountains, clear lakes and vast forests literally at our doorsteps. "Going to the mountains is going home," and "between every two pines is a doorway to a new world," mused John Muir, the mountaineer and father of the National Parks. Muir also encourages us to "keep close to nature's heart... and break clear away once in a while and climb a mountain or spend a week in the woods. Wash your spirit clean." His words to me are sage advice, and whenever I can I load up the horses and head for the backcountry. Sometimes only for a two-hour ride at sunset, sometimes for a day, and other times for several days and nights. The younger Mustangs, Lacy and Littlefoot, are trained to pack and able to carry heavy loads of gear and food safely into the wilderness, allowing me to go further and explore more country than if I was traveling on foot. Spending time in nature with these formerly wild horses is an amazing experience. Mountain tops and grassy valleys, bogs and rocky slopes, moose and hornets, thunderstorms and sunrises, and the occasional "close call" make for memories that last a lifetime and an ever-stronger relationship with four-legged partners who once knew life in the wild, and whom we may be able to teach but cannot force to accept us or our gear on their backs.

Leaving the trailer — and often the trail — far behind when venturing into the mountains with horses, requires us to listen to them just as much as we wish that they listen to us. They will let us know if they are hungry, thirsty, tired or



Mustang mare Lacy (left) and old lady Blanca (right) enjoying a high-country lunch break in the fall. photo by Stefanie Skidmore

uncomfortable, alert us to wildlife and questionable footing, and usually know better than we do how to pick a safe path through mountain streams, over boulders and up and down steep slopes. The routes and days are planned around the animals' needs just as much as around those of their human companions, and while things can suddenly get very real in the backcountry (think equipment failure, a spooked riding or pack animal, injury or an unexpected weather change while riding atop a ridge near tree line), it is also a beautiful, symbiotic relationship in which a human and an equine (or multiple equines) are taking care of one another.

I have great respect and admiration for my four-legged travel partners, both current and semi-retired, and I appreciate the eagerness with which they embrace our adventures. They head into the forest with pricked ears and a ground-covering stride, obedient yet never hesitant to express their own opinions or make their desires known. My horses allow me to enter a world where we are at peace with

ourselves and one another, where there is no noise, neither inside nor out, and where — much like wild Mustangs on the range — we can rest when we are tired, eat when we are hungry, socialize when we feel like it, and wander off and explore when something sparks our interest. With the help of my equine companions, I am able to remain in that world until civilization calls again and it is time to head back, carrying some of that sense of peace, freedom and wonder home in my heart. I am thankful to live in a country that offers such breathtaking natural splendor and diversity, as well as for all the wild places I have seen and have yet to explore.

Stefanie Skidmore is a Mustang trainer and advocate located in Guffey, Colorado. Her website is 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 or call/text her at 719-377-8587 (cell).



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by The Independence Center



The Veterans Administration estimates that there are over 20 million Veterans, including those who served in World War II, The Korean War, the Vietnam War, and the Gulf Wars, as well as peacetime service. Of these, more than 40% are over the age of 65 and are in need of assistance with long-term planning. The Independence Center's (The IC) innovative Veteran in Charge (VIC) program helps address this need and gives Veterans more control over their own care.

VIC, a Veteran-Directed Care (VDC) program funded by the Department of Veterans Affairs, is the result of a partnership established in 2016 between the Veterans Administration (VA) and The Independence Center. As part of the local nonprofit's mission to help create independence for people with disabilities, VIC is available to eligible Veterans who want assistance living independently in their home and community with appropriate services and supports.

Because the VIC program is Veteran-directed, Veterans have control over what services, supports, and goods they need, who provides them, and how they are provided. Each Veteran works with one of The IC's Veteran Coaches to plan and manage VA-funded supports and services. These include hiring their own personal care attendants (which can include family, friends, or neighbors) and purchasing items or services needed to live independently such as home modifications, assistive devices, transportation, and meals.

This program is available through The IC to Veterans of all ages who live in the

counties of Alamosa, Arapahoe, Cheyenne, Conejos, Costilla, Chaffee, Custer, Douglas, Elbert, El Paso, Fremont, Huerfano, Kit Carson, Lincoln, Park, Pueblo, Saguache, and Teller. Veterans who need hands-on assistance with activities of daily living (such as bathing, dressing, eating, mobility, etc.) or have a significant cognitive impairment may be eligible. There is no income requirement, no service-connected disability requirement, and it does not replace any VA benefits the Veteran is receiving except for home health services.

The benefits to Veterans in the VIC program go beyond supports and services. Veterans report high levels of satisfaction with the program and they also experience lower use of the emergency room and fewer hospitalizations. Staying in their home versus paying for a nursing home also reduces their financial burden. In addition, many Veterans rely on family and friends to assist them. Because this program allows their caregivers to receive compensation for their duties and alleviates financial worries, it reduces caregiver stress and burnout.

As one Veteran put it, "The VIC program... gives me confidence that I can remain in my home. The peace of mind that comes with living in familiar surroundings is so very important to preserving a healthy sense of well-being."

For more information on the VIC program, call The Independence Center at 719-471-8181, ext. 178 or visit the organization's website at <https://bit.ly/vicprogram>.

Escape in Time to Steampunk and Wine

by Flip Boettcher

The Florence Steampunk Society, located at 111 West Main Street, will again be hosting their annual Escape in Time to Steampunk and Wine festival September 26 and 27 from 10-5 p.m. this year.

There will be booths, vendors and music set up at the old high school at 215 Maple Street and the surrounding streets, according to Barb Brierley, Steampunk society president. There is no admission fee.

Events will include a costume and mask contest, *Steampunk Got Talent Show*, a chili and pizza fest, a parasol dueling contest, and of course, wine and beer for those of age.

Saturday night will feature the full Steampunk costume Blues Ball and Sunday will have the Bronco's football game. FMI: Barb at 719-431-3592.

Treasures

by Flip Boettcher

photos by Joen Elliott

One of the newest shops in Florence, antique capital of Colorado, is simply called Treasures. Treasures is located in the former Pour House coffee shop at 202 West Main Street and is co-owned by Joen Elliott, and longtime Florence businessmen Fred Samora and Larry Nelson. Elliott is the shop manager.

The shop is composed of various, local vendors including wildlife photographer and custom frame maker Dave Brown; artists Arie Hope, Sylvia Andrews, Stephanie Stine and Sandy Dale; jewelry by Kathy Sweeney; upholstery and furniture work by Candy Cain; and collectibles by Denise Hood.

Elliott spent many years of treasure hunting as a family while growing up and enjoys it today.

Elliott describes her shop as "boho, vintage, collectibles, antiques, mid-century, and advertising vintage." Elliott wanted a shop, which appealed to the "hunter of the unique and unusual," she said.



The entrance way to Treasures. Joen Elliott (inset).



So come on down to Florence to see what you might dig up at Treasures. Shop hours are Tuesday-Sunday, 10-5 p.m. The shop phone is 719-784-7376.

Public Shooting Days

Hosted by the Teller County Shooting Society at the Gold Camp Shooting Sports Center

10 AM to 3 PM

Aug. 29, 30

Sept. 5 & 6 (Muzzleloader Sight-In, \$10), 12, 13, 20, 26, 27

Oct. 3 & 4 (Rifle Sight-In, \$10), 10, 11, 18, 24, 25, 31

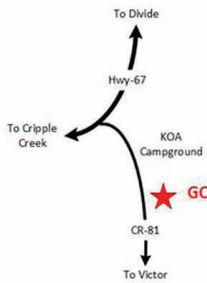
Nov. 1

Adults - \$15.00 per day, 17 and under \$10.00 per day (Must be with adult)

**** Be sure to visit www.tcsc.co.org for schedule updates ****



The TCSSC is located at 1805 Teller CR-81, one mile south of the KOA campground.



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~OUT AND ABOUT~

Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7587 or email us at 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](https://www.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 so we can get it cleared up before October.

AVAILABLE EVERYWHERE
ALZHEIMER'S ASSOCIATION WEBINARS

- 2 The 10 Warning Signs of Alzheimer's 12-1 p.m.
- 8 Effective Communication Strategies 12-1 p.m.
- 10 Understanding Alzheimer's and Dementia 4-5 p.m.
- 10 Healthy Living for your Brain & Body 11-12:30 p.m.
- 14 Understanding and Responding to Dementia-related Behavior 1-2:30 p.m.
- 15 The 10 Warning Signs of Alzheimer's 6-7:30 p.m.
- 16 Dementia Conversations 11-12 p.m.
- 17 Understanding Alzheimer's and Dementia 3-4 p.m.
- 17 Healthy Living for your Brain & Body 4-5 p.m.
- 18 Effective Communication Strategies 1-2:30 p.m.
- 22 Living with Alzheimer's: for Younger Onset 10-11:30 a.m.
- 23 Advancing the Science: Alzheimer's and Dementia Research 10-11 a.m.
- 24 The 10 Warning Signs of Alzheimer's 12-1 p.m.
- 24 Effective Communication Strategies 4-5 p.m.
- 25 Healthy Living for your Brain & Body 1:30-3 p.m.
- 28 Dementia Conversations 10-

11:30 a.m.

- 29 Effective Communication Strategies 2-3:30 p.m.
- 30 Understanding Alzheimer's and Dementia 12-1 p.m.

All webinars are free, but registration is required call 800-272-3900. FMI www.alz.org.

ROCKY MOUNTAIN PBS

- Governor Jared Polis, the Colorado Department of Education, and the Colorado Education Initiative are partnering with Rocky Mountain Public Media (RMPBS, KUVO JAZZ, The DROP) to provide K-3 students, and their families and caregivers with direct-to-home remote lessons in literacy, science and math through "Colorado Classroom: Learn With Me at Home" starting September 7 on RMPBS. Visit rmpbs.org to learn more.

BUENA VISTA

- 5 UAS Club Central Colorado 9-10:30 a.m. featuring a gentleman that was with NOAA and will talk about their use of drones via zoom. FMI: 719-581-2010 or ccuasclub@gmail.com. Meets every first Saturday.
- 18 BV HOPE meeting via zoom 3 p.m. Join Zoom Meeting <https://us02web.zoom.us/j/8642804408> 2?pwd=VnNPSjhRU0M2MEN4



BUENA VISTA

22-26 OHV Fall Color Tour. This tour is for side-by-sides and all type of Off Highway Vehicles. Experience the rugged terrain, fall colors and historical sites in the heart of fourteen country. Riders will experience 4 days of self-guided tours through the awe-inspiring back country of the Collegiate Peaks range with 12 fourteen-thousand-foot mountains!

Snh1SEVi0VzZz09
Meeting ID: 864 2804 4082
Passcode: 12345
Save the date for the BV Walk for Freedom Oct 17.
FMI: BVHope.org

CAÑON CITY

- 2 Free Legal Clinic 2-5 p.m. Call Canon City Library 719-269-9020 to be added to the sign-up sheet.

CRIPPLE CREEK

- 3 American Legion 171 Post meets at 6 p.m. at 400 Carr St. Food and refreshments start at 5 p.m.

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 Friday of each month from 9-2 p.m. Wednesday meals will be "cook-out 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

- 14, 17 Little Chapel Food Pantry (drive through) Distribution 3:30-6:30 p.m.

COMMUNITY PARTNERSHIP

- all programs are virtual.
- 14 Active Parenting First Five Years, 5:30-7:30 p.m. Mondays, through Oct 5.
- 24 Parent Advisory Committee Meeting 5-6 p.m. RSVP to Amy S 719-686-0705 or AmyS@cpteller.org.
- Mueller State Park has many miles of well-marked trails for outdoor recreation, as well as guided hikes. Please visit <https://cpw.state.co.us/placetogo/parks/> Mueller to see what is available for September.

FLORENCE

FLORENCE PIONEER MUSEUM

- 12 Florence Pioneer Museum's Tour de Coal Towns: A bike ride/fun-run through the western coal towns of Florence at 9:30 a.m.
- 15-19 Yesterday & Today! Extended hours at the museum, admission by donation and daily activities to show our Pioneer Spirit.

Registration papers for Tour de Coal Towns and Yesterday & Today can be found on our website: www.florencepioneer-museum.org.

JOHN C. FREMONT LIBRARY

- We are offering 30-minute sessions for circulation and computer use. Masks are required. To schedule an appointment, call 719-784-4649 ext 1.

FLORISSANT

- 5-6 Four Mile Fire Protection's 23 Annual Gigantic Garage Sale 8-3 p.m. 8437 Teller City Rd 11 (2 miles from Teller 1 & Teller 11 intersection at Evergreen Station). Donations accepted Thurs/Fri Sept 3 & 4, 8-2 p.m. All proceeds go to support and sustain Four Mile Fire and Four Mile community. FMI 719-689-9060 or 719-689-3417 (fire station).

GRANGE

- 12 Pine Needle Basket and Felting Class 9-12 p.m. Some supplies are needed for the felting class and seats are limited. FMI and list of supplies: 719-748-5004.

LIBRARY

- 10 Free Legal Clinic 3-4 p.m. Call the Florissant Library 719-748-3939 to be added to the sign-up sheet.
- 16 Florissant Bookworms 10:30 a.m. virtual meeting call 719-748-3939. September's book is *Song of the Captive Bird* by Jasmin Darznik.
- The Youth Services team and library staff have created fun and interesting virtual programming for library patrons. Check out all of our virtual programs at www.rldvirtualprograms.weebly.com.

GUFFEY

- 18-19 Friends of Guffey Library will be hosting a book sale to raise funds for the library 9-4 p.m. in front of the Guffey Library. FMI: 719-689-9280 or guffeylib@parkco.us.
- 26 Tomato Wars see page 4.

SALIDA

- 9 Free Legal Clinic 2-5 p.m. at

~OUT AND ABOUT~

continued from previous page



Emma Crawford
COFFIN RACE

MANITOU SPRINGS

- 2020 Emma Crawford Coffin Races have been canceled. Instead a Costume Contest running through October 23 will be held. Prizes for "Best Emma" and "Best Team Theme" will be awarded. To participate, submit an image of you decked out in your costume(s) to coffinraces@manitouchamber.com. Keep the party going by posting and tagging us on social media with #EmmaCup. There will also be a scavenger hunt throughout Manitou Springs. Starting Oct 17, the Chamber will release a list of riddles/clues that teams will have to solve and submit pictures showing completion to coffinraces@manitouchamber.com. Each completed task will earn the team an entry into a drawing for prizes. Teams of five may register at the Visitor Center, 354 Manitou Ave or online at www.manitousprings.org. This contest will run through Oct 25, with winners announced Oct. 26. Direct any questions to 719-685-5089 or mackenzie@manitouchamber.com.

Salida Regional Library. Call 719-539-4826 to be added to the sign-up sheet. For events visit: salidachamber.org.

WOODLAND PARK

- 8 Nonprofit Cooperative of Teller County meeting via zoom 3-4:30 p.m. Call Gayle to get link 719-233-9902.
- 12 Sister Friends meets at Colorado Christian School 1003 Tamarac 10-noon. Free brunch, music,

giveaways. Speaker Jackie Greene of Hobby Lobby/Museum of the Bible, sharing her life story. FMI: or for zoom link Coprayndp@yahoo.com. Save the date: Oct 3 — Speaker Sue Nutman "Setting Free from Emotional Bondage."

LIBRARY

- 2 Not So Young Adult book club 11 a.m. virtual meeting. September's book *With the Fire on High* by Elizabeth Acevedo.
- 10 Senior Circle Book Club 10:30 a.m. virtual meeting. September

book: *The Red Lotus* by Chris Bohjalian.

- 14 Let's Read Amok! Readers Club 11 a.m. virtual meeting. September theme: Cookbooks.

The Youth Services team and library staff have created fun and interesting virtual programming for library patrons. Check out all of our virtual programs at www.rldvirtualprograms.weebly.com. Storytime on the lawn Thursdays 10 a.m. Join the Youth Services for an outdoor storytime, weather permitting. For virtual links: 719-687-9281 ext 116.

Save the Dates in October:

- Oct 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.

Oct 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 and you can receive up to 70% of the selling price of your items. Register at <http://http://www.uteapssnops.org/consignors>.

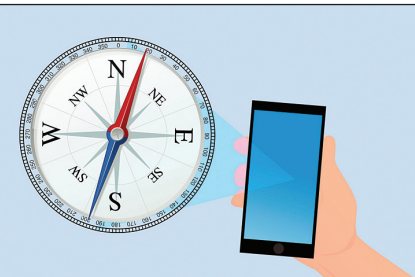
Oct 8, 5-8 p.m.

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.



Trooper Tips
Always know where you're going
by Master Trooper Gary Cutler



Our vehicles today seem to have everything we can possibly want in them. We can connect to the internet, talk on our phones through the vehicle's system, and of course use our GPS. Doesn't seem as if there is anything else we could possibly need for a road trip. But should we give absolute faith in those devices?

Being given information on road information through your GPS navigation system has helped drivers in finding their way around the globe. But what happens when your intended route is altered or completely closed due to some unforeseen problem such as road construction, rock slides, fires, or other items that may arise. Your GPS can give you alternate routes. That's good, isn't it?

Recently I saw a story about how navigation systems have taken travelers considered by GPS to be a good alternate route to get around a closed road, but wasn't really the case. Travelers found themselves being mired on roads unfit for two-wheel drive vehicles. Sometimes the road looks as if it is more fit for an Armored Personnel Carrier than the family car. Unfortunately, these stories have been around ever since GPS first came into existence and will probably still be around for a long time to come.

I caution travelers not to have blind faith in GPS when given alternate routes. Do your research first, just as you would anything else you are unfamiliar with. If

the road starts off as a dirt road, this may be the first indicator that GPS may not have your best interest in mind.

This also a good time again to talk about being prepared when you travel. Even though you may not think you would ever need a shovel to visit grandma, the video I saw of drivers going through rivers seems to show otherwise. I'm not saying every trip will require a shovel, but it's nice to know you have items to help out when necessary.

So along with a shovel, keep blankets, food, water, flares, and anything else you think may come up on a trip. Also, before you go on an alternate route that you may be unfamiliar with, check that gas gauge and make sure you are topped off with fuel.

So, remember, as Mulchor Lim stated, "Difficult roads can lead to beautiful destinations." Just make sure you're prepared when someone or a GPS sends you on that journey.

As always, safe travels!

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