



# UTE COUNTRY NEWS

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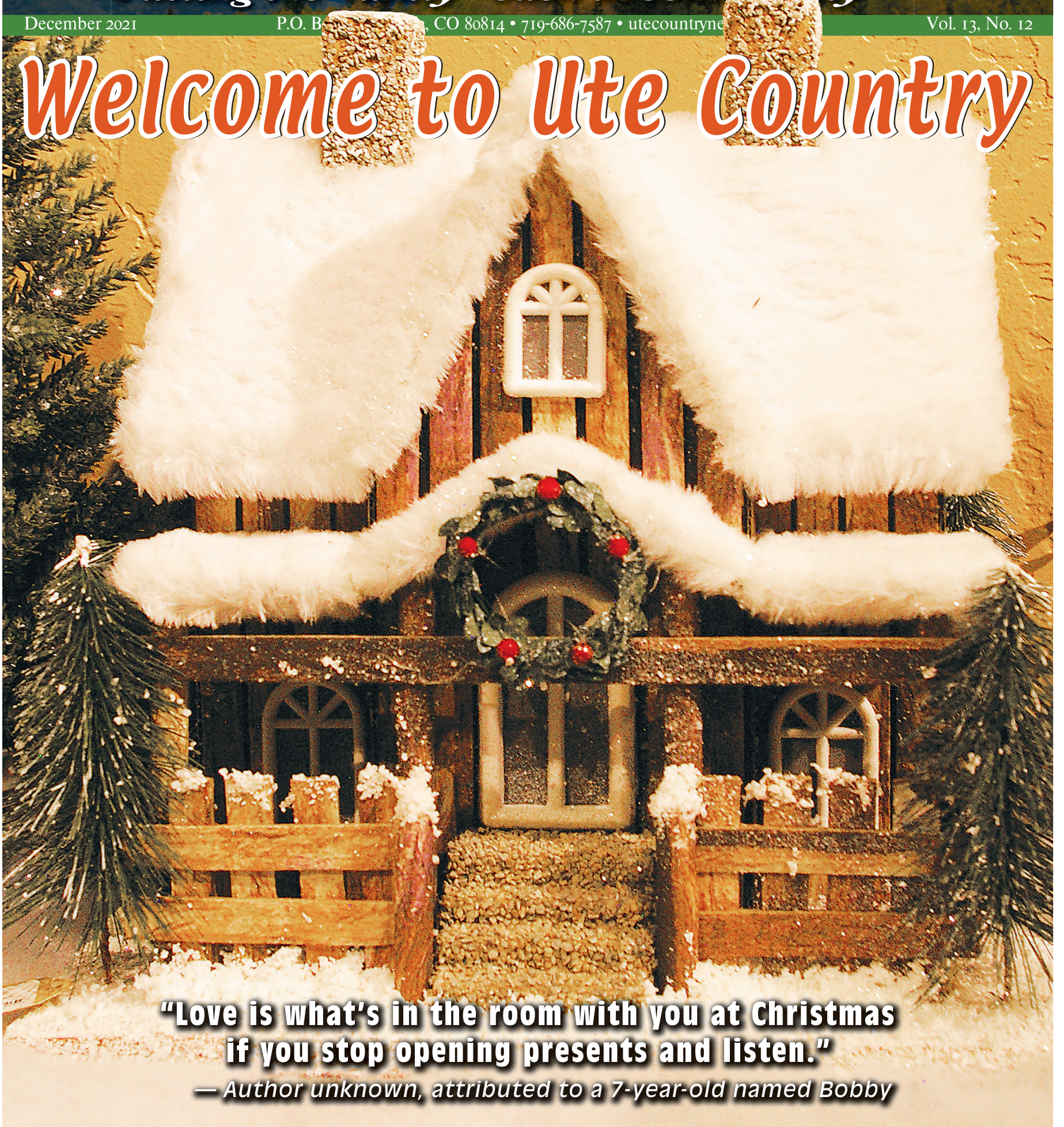
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December 2021

P.O. Box 100, CO 80814 • 719-686-7587 • utecountrynews.com

Vol. 13, No. 12

## Welcome to Ute Country



**"Love is what's in the room with you at Christmas  
if you stop opening presents and listen."**

— Author unknown, attributed to a 7-year-old named Bobby

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A Look Inside the Artist  
Gail Nelson, Artist/Author



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## On Deck

It was our pleasure to attend the Tweeds Holiday Home Tour opening this past November where Jeff took our cover photograph. There were many to choose from as Tweeds is always decorated so elegantly. Home is the central theme of the holidays, whether we travel to the home of our birth or invite folks to our current home. We felt the quote says it best. Kathy does not recall the exact age of her late-brother Bobby when he said, "Christmas is the time we think about Jesus as we open up our presents." Reflecting on precious memories brings the holiday home no matter where you are.

Within these December pages you will find a plethora of articles about holiday happenings from Lighter Side of Christmas in Woodland Park, to BV Christmas Opening, to Cañon City offering permits to cut your own tree and how local Fire Departments collect toys for tots. The BLM gives us a head's up on where they will be burning in the next few months, a process to help keep our homes safe. Gilrond the Historian brings us *Treasured Memories* a delightful piece of fiction presenting holiday stories within a story. *Musings Along the Way* suggests we give ourself the gift of the ability to "Let it go!" Mary Shell gives us *A Look Inside the Artist* - Gail Nelson who created the graphics before the words for her children's book on endangered animals. For those who have a family member struggling with dementia, *Life Enhancing Journeys* gives the gift of better understanding and ideas to cope with those changes.

We wish ALL our readers a very Happy Holiday Season!

*Ute Country News* is currently seeking both sales staff and delivery drivers. Please stop in Shipping Plus in Divide M-F 9-5:30 p.m., call us 719-686-7587 or email your intent to utecountrynewspaper@gmail.com.

Would you like to see your pets in Critter Corner? All you need to do is email utecountrynewspaper@gmail.com or snail mail them to POB 753 Divide, CO 80814 or drop them off at Shipping Plus in Divide M-F 9-5:30 p.m.

Thank you,  
— Kathy & Jeff Hansen

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

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## The Thymekeeper 'Tis the Seasoning

by Mari Marques-Worden

'Tis the season, or should I say 'Tis the seasonings" that make this time of year special. One of my favorite yearly traditions for the holiday season is making spiced wine and spiced apple cider using mulling spices. The aromas wafting from the kitchen take me right back to childhood memories of Christmas and Yule.

Making spiced wine or apple cider is simple and anyone can do it. Simply add the spices to the liquid of choice and cook on low heat for 2 hours or more. This is a party favorite that will keep you and your friends mulling over the years' memories and enjoying the health inducing properties at the same time. To those who partake in seasonal reveling, these spices may seem a treat but to an herbalist they are an entire medicine chest. It's no surprise that all the spices I use in my blend warm the middle, stimulate digestion, relieve abdominal fullness, and have a multitude of important medicinal properties.

My deluxe blend of mulling spices includes cinnamon, nutmeg, clove, allspice, cardamom, ginger, orange peel and star anise. All are rich in vitamins and minerals and have carminative actions that facilitate optimal digestion making them useful after a large holiday meal.

To be specific, allspice and clove both increase gastro intestinal enzyme secretions. Cardamom, ginger and cinnamon are used to combat nausea. All are reported to relieve fullness and all help to relieve bloating, gas and general indigestion that can lead to bad breath. With cardamoms anti-spasmodic properties, it assists with calming the hiccups.

Although all the spices mentioned above contribute to optimal digestion, there are many more properties associated with them equally if not more important to your health. Other actions of the herbs include antioxidant (slows aging, prevents cancer), anti-inflammatory, ginger is especially useful for arthritis sufferers, and all are anti-microbial making them an excellent remedy for bacterial and viral infections. In addition, clove and cinnamon are blood sugar stabilizers.

### Tips:

- Orange peel can be boiled and the liquid consumed as a tea to relieve a hangover. You're welcome fellow revelers.
- Nutmeg is to be used in small doses and not to be used in pregnancy.

### Spices as remedy

Other actions possessed by the mulling spices include the ability to boost the immune so they can be used as a front-line defense tactic. In the case you do become sick with respiratory illness this season my two favorites are cinnamon and fresh ginger to use as a remedy. Both can be added to honey and eaten by the spoonful or stirred into warm water and consumed as tea and they can be used together.

Ginger root is a synergistic antimicrobial, meaning it increases the actions of other herbs and boosts their effectiveness by relaxing blood vessels and increasing circulation, carrying the active constituents of the other herbs more efficiently through the body.

It reduces fever (by stimulating sweating), reduces cold chills and inflammation in bronchial passageways, thins mucus to help move it out of the system, reduces coughing and provides pain relief equal to or better than NSAIDS.

**Fact:** Ginger root is synergistic with a number of antibiotics, increasing their potency, especially against resistant pathogens. *Herbal Antibiotics* ~Stephen Harrod Buhner

### A brief history

Ginger has been used as a culinary and medicinal herb since antiquity. It is native to southern Asia and widely cultivated in the tropics. It is mentioned in Chinese medical texts of 2,000 years ago and a large portion of prescriptions in oriental medicine contain ginger. In Ayurvedic medicine, ginger is known to enhance the 'fire' in the body. It was used by early European herbalists for any number of ailments as well as an aphrodisiac. Known as the flower of paradise. At the pioneering Medical University of Salerno in Italy, they promoted a prescription for a happy life in later years: Eat ginger and you will love and be loved as in your youth. *Flower Power* ~Anne McIntyre

### Preparation and use

The crystallized root can be chewed for nausea and makes an excellent remedy for travel sickness. Although I have used dried ginger root to relieve nausea, in the case of an acute infection the fresh root is the better choice and the one I'll focus on for this time of year.

In Stephen Harrod Buhner's book *Herbal Antibiotics* he describes the best method of preparation for ginger is the fresh juice of the root taken as a hot tea. He states "The hot tea from the fresh juice is exceptionally potent in serious infection. It takes about 30 minutes after drinking the fresh juice hot tea for ginger's compounds to enter the bloodstream, they reach peak concentration in about 60 minutes and then begin to decline." For this reason, it should be consumed every 2-3 hours in acute conditions, 6 cups per day is recommended.

### Fresh juice ginger tea:

- Juice four pieces of fresh ginger about the size of your thumb.
- Combine ¼ cup fresh juice with 12 ounces of hot water.
- Add 1 Tablespoon local honey, the juice from ¼ lime or lemon and 1/8 tsp cayenne.
- The leftover plant matter can be mixed with 1-2 cups of hot water and allowed to steep for 4-8 hours covered. Strain and drink for a remedy nearly as useful as the fresh juice.
- Another method for those with no juicer available, would be to grate or chop the root as finely as possible then allowed to steep in 8-12 ounces hot water for



Making spiced wine or apple cider is simple and anyone can do it.

2-3 hours covered to preserve the essential oils.

### Tips:

The easy way to peel fresh ginger is to use the side of a spoon to remove the outer layer. A spoon is ideal for getting into the nooks and crannies without risking the loss of your outer layer with the slip of a knife.

Fresh ginger can be found in the produce section of your local grocery store. Use organic if possible.

The Thymekeepers Mulling Spice Deluxe Blend can be purchased at Mountain Naturals Community Market in Woodland Park.

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

## Herb Class with The Thymekeeper

### Home Remedies.

This class will lean heavily toward boosting the immune; we'll talk about herbs for the immune as well as anti-viral herbs, what to do and what not to do. We'll make herbal tea and an easy immune boosting elixir (syrup) that you can share with friends and family for the holidays. We will also make a DIY Thieves blend cleaner. Everyone will leave with a sample. Herbs and containers are available for purchase. Dec 123 from 1:30-3:30 p.m. at The Thymekeeper 1870 CR 31 Florissant. Cost \$25. We will be sure to smudge the classroom and herb shop prior to your arrival in order to cleanse the air of airborne pathogens. We will also have a bottle of Thieves Blend oil to pass around as an immune boost. Pre-registration is REQUIRED as space is limited. Contact Mari 719-439-7303 or mugsyspad@aol.com.

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## Trunk & Treat Thank You!

by Cripple Creek Parks and Recreation Staff

Cripple Creek Parks and Recreation would like to express a huge THANK YOU to the members of our community. The last two years have been rough for all of us. The children of our community have been troopers and have hung in there. Our community stepped up a notch and gave the youth of our community a great Trunk-or-Treat event. We would like to thank the 23 "trunks" that were decorated and the three ladies that did not have trunks that were all socially distanced safely handing out treats to the over 300 costumed goblins.

### Congratulations to the top trunks

- **Most Creative** — Taylor Built
  - **Scariest** — Cripple Creek Fire Department / SWTCESMS
  - **Judges Choice** — Hardcastle Heating and Air
  - **Honorable Mention** — Vicki and Izzy Burke
  - **Kid's Choice** — American Legion Post #171
- A special thank you goes to our trunk judges, Joe Douglas, Archie Torres, and Connie Dodrill.

We had some amazing sponsors for this event, and we would like to thank them as well.  
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We would also like to express a huge THANK YOU to Wildwood Casino for their contribution to help make this a great event.  
 Dawn of Hope Ranch & Ministries also played a generous role in our event on top of their Fall Festival which was held in conjunction with Trunk or Treat.  
 Without everyone's help and input this event would not have been possible. Thank you all from the bottom of our hearts!

## Fire Districts Toy Drive

by Marianne Mogan

With the holidays fast approaching, Santa will once again be assisted by the volunteers of Lake George, Florissant, and Four-Mile Fire Protection Districts in bringing Christmas cheer to children who may not have a Christmas if not for the efforts of these departments.

However, they would not be able to meet this need without the generosity of the community. They are once again asking for new unwrapped toys to be dropped off at any one of the fire stations or in specially marked boxes at various merchants. Monetary donations are also welcome and can be dropped off at the stations or mailed to Lake George Fire Protection District, PO Box 281, Lake George 80827. Make checks payable to Tri-Fire Toy Drive.

Toys will be collected through Dec. 8 at which time they will be gathered, sorted,

wrapped, and labeled by the fire fighters and their families. Delivery to recipients will be determined by each fire department according to their schedule.

The toy drive has been a successful endeavor for the years it has been going on and the looks on the faces of the children has made the effort worthwhile for all involved. Last year home-bound senior residents were also given throw blankets and a gift basket of a variety of items to add a bit of cheer to their holiday season. Monetary donations are requested so that items may be purchased to keep the gifts uniform.

For further information, contact one of the Fire Stations: Florissant 2606 US-24 call 719-748-3909, Four-Mile 8437 County Rd 11 call 719-689-3417, Lake George 8951 Co Rd 90 call 719-748-3022.

## Adopt Me by TCRAS Penelope

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## Medora

by Flip Boettcher  
 photo by Flip Boettcher

A new gallery, Medora, has opened at 415 on Cañon City's historic Main Street. The gallery had their soft opening by invitation only on September 23, 2021.

The gallery is stocked with some wonderful, interesting items. The shop features jewelry, pottery, art glass, and paintings, all on consignment, according to owner/operator Sylvia Jennings. The items are mostly by local artists. Sylvia hopes the gallery will provide people with inspiration to do something artistic themselves.

In fact, Medora is a woman's name and is a beautiful, inspiring town in west North Dakota in the Badlands National Grasslands and the Theodore Roosevelt National Park. Medora is located in a painted canyon with beautiful scenery. Sylvia's dad loved Medora and wanted to name her Medora but didn't.

Sylvia and her husband bought the building next door for a Berkshire Hathaway realty office and #415 came with it. It is an historic building and one can see some of



Sylvia Jennings in her new gallery Medora with some of the interesting items she has. You can also see the old adobe bricks that were used on the original building.

the old adobe bricks it was originally built with. The building may be on the 1874 sketch of Cañon City in the 400 block, it is hard to tell. The main business part of Cañon was in the 200 and 300 blocks in the 1870s and 415 may have been a residence. Come and visit Medora and see where your inspiration might take you.

Hours are Wednesday-Sunday, 10-5 p.m. and the phone number is 719-345-4292. You can also visit them at shop@medoracolorado.com or www.Medora-Colorado.com.

## Where is Katee?

Katee wants to thank everyone who continues to support the Pet Food Pantry with donations so that her canine and feline friends can stay at home with their families during the holidays. She knows that they will comfort their owners during this difficult time.

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!

Katee and all the Pet Food Pantry Volunteers hope you all have Happy Holidays!



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 Our new winter hours will be 4:00 to 9:00pm for dinner. Reservations are still recommended and we will have new menu items for winter.



## The Poor Deer!

by Kathy Hansen and Anonymous Reader

So often we hear people say they moved to the mountains because they wanted to be closer to wildlife. How fun to see deer, fox, bear and a variety of birds visit, to name a few. Here's an example of how humans need to put their toys away when living in an interface with wildlife.

The gentle reader who submitted the photos wishes to remain anonymous. It is the same person who called Colorado Parks & Wildlife or better said, one of the people who called about this boy's entanglement. Evidently, since this buck is able to eat, can still see, and is mobile he will be left alone.

We've lived up here 20 years now. We find carabiners to be the perfect tool for our clotheslines; this way we can put them up when needed and take them out of harms way so the deer and elk can roam without getting all tangled up.

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# 2021 Holiday Craft Fair

Cripple Creek Parks and Recreation

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## BLM plans burns in SE Colorado

The Bureau of Land Management is preparing to conduct pile burns in nine locations this winter. The specific locations of the pile burns are listed below.

Pile burns could occur through March 2022, depending on favorable weather and fuel moisture conditions. The purpose of the pile burns is to remove slash left behind from timber harvests and previous fuels-thinning treatments. These timber harvests and fuels treatments remove beetle-killed timber and other woody fuels, reducing the risk of future catastrophic wildfire. They also help create various stages of plant succession, which is critical to the health of fire-adapted ecosystems.

Visible smoke from the pile burns should be expected throughout the day when burning, mostly during the warmest part of the day. With cooler evening temperatures, smoke may linger and accumulate in low-lying areas. Signage may be posted around areas where burning is occurring.

According to the Colorado Air Pollution Control Division, "Prescribed fire smoke may affect your health. For more information see [www.colorado.gov/pacific/cdphe/wood-smoke-and-health](http://www.colorado.gov/pacific/cdphe/wood-smoke-and-health)."

For additional information, contact Matt Norden, Fire Operations Specialist, 719-269-8583, or John Markalunas, Deputy Fire Management Officer, 719-257-8785, at the BLM's Rocky Mountain District Fire and Aviation Management office.

- 1. Hole in the Rock** — 2,400 hand piles. The burn is located north of Cañon City off Fremont County Road 11 and east of the High Park Subdivision.
- 2. Whiskey** — 3,000 large hand piles. The burn is located 6.5 miles southwest of Cripple Creek, south of Fremont County Road 11 and west of the High Park Subdivision.
- 3. Likely Gulch** — 2,000 hand piles. The burn is located south of Texas Creek off Colorado Highway 69 and Road Gulch.
- 4. Tyndall** — 3 machine piles. The burn is located three miles north of Rosita, 7.5 miles east of Westcliffe and south of Colorado Highway 96, near Mount Tyndall.



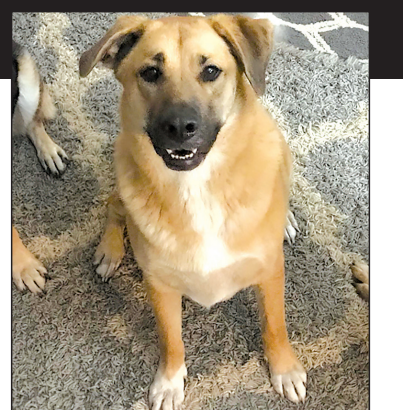
- 5. Pinyon Mountain** — 450 hand piles. Legal Location: The burn is located directly south of the Acres of Ireland subdivision, 0.75 mile south of U.S. Highway 50, and 1.5 miles south of Howard.
- 6. Kerr Gulch** — 250 hand piles. The burn is located 1.5 miles west of U.S. Highway 50, three miles northwest of Coaldale.
- 7. Thompson Mountain** — 35 machine piles. The burn is located 13 miles northwest of Cañon City, two miles east of Colorado Highway 9, and in the Deer Haven area near Thompson Mountain.
- 8. Waugh Mountain** — 50 hand and machine piles. The burn is located 25 miles northwest of Cañon City, 19 miles northeast of Salida, and two miles south of Fremont County Road 2.
- 9. Stone Cabin** — 50 hand and machine piles. The burn is located 14 miles northwest of Buena Vista, 16 miles south of Leadville, and immediately east of Clear Creek Reservoir.

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## BV Christmas Opening

by Melissa Traynham

The Buena Vista Chamber of Commerce will be hosting the Christmas Opening Celebration once again, this year on Saturday, December 4, 2021. The hub of Christmas Opening will take place at The Heritage Museum on East Main Street. At the museum you will be able to purchase tickets for the Chocolate Walk, a long time Buena Vista tradition that brings participants to businesses where they can get a chocolate treat and explore all the local goods our businesses have to offer. There are also prize drawings for those who visit all the stores throughout the weekend. In addition to the Chocolate Walk, there will be opportunities to get photos with Santa (reservations required), shop at the local Craft Fair, participate in the Chili Cook Off, listen to holiday music performed by Dale Kettering, and a chance to check out Santa's Favorite Workshop all at the Heritage Museum. Plus, Shavano Pharmacy will be at the museum offering vaccinations and booster shots for those who are interested.

In other parts of town, you will find a Free Movie Showing of *The Star*, sponsored by First Colorado Land at The Community Center at 10 a.m. and 12:30 p.m. (reservations required), the Polar Plunge at River Park outside of The Surf, a Local Authors Fair at the BV Library, and on Friday, December 3rd an Open House at The View Cafe in the Best Western. The Parade of Lights will also take place at 5:15 p.m. starting on South Main and ending with the Community Tree Lighting at Splash Park on Railroad and East Main. "This weekend is full of holiday cheer

in our community for our locals, our businesses, and our visitors. Oftentimes throughout the event it feels like the perfect backdrop for a Hallmark Movie. We hope that you and your families will join us as we continue this time-honored tradition in Buena Vista," states Melissa Traynham, Executive Director of Buena Vista Chamber of Commerce.

In order to ensure that our staff, volunteers, and community members all stay safe this holiday season, masks are required for all indoor activities associated with Christmas Opening at The Heritage Museum and The Community Center. There will also be reservations required for certain events to ensure individuals can socially distance themselves.

"We want to bring each of you an event where you can celebrate the season, but also keep each other safe during this time where the COVID-19 cases are surging. We truly appreciate everyone's understanding around this request. It is important to us to keep our traditions thriving, while also keeping everyone safe and healthy," continues Traynham.

For more information on Christmas Opening and a full itinerary of events, please visit our website at [www.buonavistacolorado.org/bv-christmas-opening](http://www.buonavistacolorado.org/bv-christmas-opening).

*The Buena Vista Chamber of Commerce has a mission to support economic vitality through advocacy and partnerships. They do this through marketing, programming, events, and collaboration with businesses, municipalities, and other regional stakeholders.*

## Christmas tree permits available in Cañon City

Permits for cutting Christmas trees on Bureau of Land Management (BLM) lands will be available from the Royal Gorge Field Office in Cañon City and the Arkansas Headwaters Recreation Area (AHRA) Visitor Center in Salida.

Permits are \$10 per tree and are limited to two trees per household. Permits may be purchased online at [forestproducts.blm.gov](http://forestproducts.blm.gov), or they may be purchased in person or by phone Monday through Friday between 8-4:30 p.m. Permit sales run through December 24 or the last business day before December 25.

"With the purchase of a permit, families can take part in the time-honored tradition of selecting and cutting their own holiday tree," said Royal Gorge Field Manager, Keith Berger. "We recommend bringing

along a hand saw, rope or twine, extra food, water and blankets when you cut your tree. You should be prepared for winter weather with warm clothes and boots, tire chains, a shovel, and emergency supplies."

Christmas tree cutting is permitted on most BLM-administered lands within the Royal Gorge Field Office with the following exceptions: wilderness study areas, Research Natural Areas, Areas of Critical Environmental Concern, Browns Canyon National Monument, AHRA, developed recreation sites, and other areas posted closed to fuelwood or firewood cutting. A variety of tree species are available, depending on the cutting location. Maps of closed and recommended harvest areas are available with purchase of a permit. FMI 719-269-8500.

## Obituary

### Dona Ann Allee-Brown

Ann went to be with her Heavenly Father October 2021. She was born August 16, 1938, in Spanish Fork, UT.

Survived by sister, Susan Barber; her loving children Scott (Margaret) W. Brown, and Shelly (Jimmy) Anderson; her cherished grandchildren: Samantha (Brett) Wright, Tyler (Kim) Brown, Kyle (Maryjo) Brown; Travis (Christine) Jones; her beloved great-grandchildren: Caleb Wright, Ansley Brown, Scotty Jo Brown; Brynlee Brown; Morgan S. Wright; Gunner Brown and numerous nieces and nephews.

She was preceded in death by her devoted parents: Dean A. Stone Sr. and Dona W. Stone; beloved husband Bill R. Allee; dear siblings Nancy James and Dean Stone Jr.

A celebration of life was held on Octo-



ber 29th at 11 a.m. at Mountain Memorial Funeral Home.

In lieu of flowers, the family request donations be made to the Alzheimer's Association. [www.act.alz.org/donate](http://www.act.alz.org/donate)

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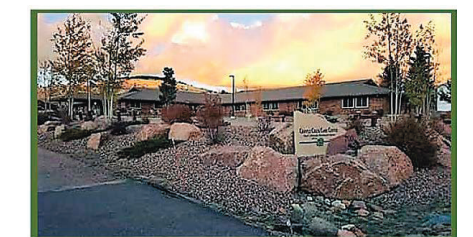


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- Rebecca Poos, Buena Vista, CO

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

# Treasured Memories

The children were running all over the house as Mom and Dad made ready for Uncle Nathan to arrive. Uncle Nathan was the one person that the kids wanted to see at Christmas time, because he told, "The best stories in the whole world." Mom had the apple pie ready in the kitchen and Dad was getting the Christmas punch ready in the living room. Uncle Nathan loved apple pie and Dad's Christmas punch.

"Where is he?" shouted four-year-old Sandy as she ran to the front windows again and looked out at the empty street. Danny, her eight-year-old brother, was right behind her, looking over her head.

"I hope he isn't late, like he was last year," muttered Danny as he turned away from the window and started back into the kitchen to see how Mom was doing with the apple pie.

Sandy was following her brother when there was a knock at the front door. It was a peculiar knock and only one person in the world knocked that way.

"Uncle Nathan!" shouted the two children as they turned and ran to the front door to let in their favorite uncle.

Danny opened the front door and there stood Uncle Nathan with his arms full of presents and a big smile on his face when he saw his niece and nephew.

"Hi, kids, Merry Christmas!" He said as the two children wrapped their arms around his legs and hugged him. Mom and Dad were there too. Dad took the presents to put under the Christmas tree and Mom gave her older brother a big hug too.

"The kids were afraid that you may not come," said Mom in a soft whisper as she released her brother and they walked into the living room where Uncle Nathan would sit down in his special chair.

The chair was an over-stuffed chair that was used only by Uncle Nathan, on Christmas Eve. There was a small, side table that was next to the chair where he would put his glass and dish after he had eaten his slice of apple pie and while he was drinking his Christmas punch and telling the story the kids wanted to hear *RIGHT NOW*.

Mom brought in the slice of apple pie and Dad brought over the glass of Christmas punch as Nathan sat down in his chair and hugged the two children again.

"What's the story going to be about this time Uncle Nathan?" asked Danny.

"What kind of story would you like to hear?" asked Nathan as he looked at the two children with a smile, "Would you like a funny story? Or maybe a scary story, like they used to tell back in the old days at Christmas time? Or maybe a true story about someone that you might know?"

"I want to hear a funny story, like you told last Christmas," laughed Sandy as she danced in a circle.

"I want to hear all three," said Danny, "Especially a scary one!"

"My goodness!" cried Uncle Nathan, "If I tell all three, we'll be here all night!" "Yea!" shouted the two children as they clapped their hands and danced around in circles.

Mom calmed the two children down by telling them, "Your uncle can't tell three stories, he wants to be home when Santa comes to his house, too. So perhaps he should only tell two stories, his stories can be kind of long, you know."

Danny and Sandy huddled together and then Sandy said, "Okay, Uncle Nathan, only tell two, a funny one and a scary one. But not too scary."

Nathan laughed and replied to his niece, "Alright, only two. A funny one first and then a kinda scary one."

The children sat down right at Nathan's feet and waited until he ate his apple pie and drank some of his Christmas punch. It took entirely too long, but they were patient as much as children their age can be.

Uncle put down the empty pie plate and took a sip of the punch and then looked just at the two children as he started his first story.

*It was dark, and Father had just said, "Good night" to his two little children as Mom tucked them into bed on Christmas Eve. Their Father then hurried to his bedroom and took a Santa costume out of the closet and put it on. Then he took out a large cloth bag that was filled with toys and headed for the backyard where he had put the ladder.*

*This was the year that he was going to pretend to be Santa Claus for his children. He thought he had everything set up to make it real for them.*

*He went out into the backyard and put up the ladder so that he could climb onto the roof and then go to the brick chimney. His plan was to go down the chimney, like Santa does, and then put the presents under the tree for his children.*

*What their Father didn't understand, was that he didn't have the "Magical Power" that Santa has, to get down the many different sizes of chimney's that there are.*

*Anyway, Dad dropped the bag of toys down the chimney, and they slid all the way down and landed in the fireplace with a thud.*

*Then he climbed into the chimney and tried to slide down like the bag of toys did.*

*As I'm sure you know, people are not like a bag of toys; they aren't as flexible as a bag of toys and the children's Father got part way down and got stuck.*

"Oh, no!" cried the two children.

*He tried and tried to get loose, but it*

*just didn't happen. So, he called down to his wife, who was waiting at the fire-place, and asked her to call for help.*

*Mom did just what any mom would do in a situation like that, she called the fire department.*

*It took nearly ten minutes for the firemen to get there with a Hook and Ladder truck. They raised the ladder to be above the top of the chimney and a fireman climbed up with a strong rope and he lowered the rope down into the chimney and called down for the kid's Father to grab the rope, which he did.*

*Then the fireman pulled on the rope as Father climbed up the chimney and got out.*

*Well, you can imagine, Father was a mess. He was covered in soot and ash. His Santa suit was not red anymore, it was as black as coal.*

*The firemen tried not to laugh, but Mom was laughing and soon everyone was laughing as Dad patted his Santa suit and watched the black soot and ash float to the ground.*

*After everyone stopped laughing, the fireman said, "Why not just let Santa do his job and you do yours?"*

"Is that really a true story, Uncle Nathan?" asked Danny when he had stopped laughing.

"Yes, it is," He replied, "Just ask your Dad."

Both of the children looked at their Father and he nodded his head that the story was true. Mom had her hands over her mouth to hide the laughter as she looked at her husband and shook her head and laughed.

Uncle Nathan took another drink of the punch and settled back in his chair as he thought about what story to tell next.

"So, do you still want a scary story on Christmas Eve?" he asked.

"Yeah!" shouted both the children. "But don't make it too scary," said Sandy, "Make it funny, scary, okay?"

Uncle Nathan looked at his hands for a few moments and then started the next story.

"Now, I can't say that this story is true because I didn't actually see it happen. But it was told to me by a very trustworthy person that I had met at another Christmas party many years ago.

"It started like this..."

*It was a dark and stormy night, and the streets were running with lots of rainwater when John Wilson walked up to the old house that he had rented for the holidays. He wanted a bigger house to have the Christmas celebration in with all his friends and family. His wife was going to do all the decorating and John would supply the food and drink for the crowd that he was expecting.*

*John opened the front door with the key the realtor had given him and*

by Gilrund the Historian

*walked inside as he turned on the light switch. The front room was lit up by the chandelier that hung from the ceiling as John looked around the large room where most of the evening celebration would be spent. He walked through the rest of the house and found that it would do quite well for his party. There was one room toward the back of the house that was locked, and his key wouldn't open the door. John didn't care; the rest of the house was just what he needed.*

*The day of the party came, and John and his wife Mary were ready. The living room was decorated with a beautiful, tall Christmas tree. There was food and drink for everyone.*

*What delighted John and Mary most was that everyone that had been invited, came to the party.*

*John knew all the people he had invited and Mary knew all the people that she had invited.*

*Of course, John didn't know all the ones that Mary had invited, and Mary didn't know everyone that her husband had invited, but everyone seemed to be having a wonderful time.*

*John and Mary walked among all the happy people shaking hands and hugging, sharing stories and laughing a lot. John saw a stranger that he didn't know, and assuming that he was one of Mary's friends, introduced himself and shook hands with him.*

*The man's name was Walter. He was an older man, and the only one in the crowd that didn't seem to be having as much fun as the rest, he seemed to John to be a bit tense. John asked Walter if there was anything that he could do to make him be a bit more relaxed.*

*The older man looked at John and asked him if he knew the history of the house in which they were having the party?*

*John had to admit that he didn't and explained that he had just rented the house for the party.*

*Walter went on to tell John that the former owner had died in a back room and was not found for six months. His body had turned to stone and his ghost haunted the house even now.*

*John said that he hoped the ghost didn't come tonight, for the people were having too much fun.*

"Do you know what happened then?" Uncle Nathan asked the children.

The two children shook their heads.

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down the hallway toward the back of the old house and it was going away from the living room.

John moved as fast as he could through the crowded room toward the light switch for the living room and when he got to the switch, he turned it on and off several times until the lights, suddenly, came back on again.

It was then that he saw that the ghost in the hallway was gone, as was Walter, the old man who had told him of the man that had died in the room in the back of the house.

All his friends started laughing when the lights came on again and some of them thanked John and Mary for the fun scary time.

There were some who asked who played the part of the ghost and John had to tell them he didn't know, and that he hadn't turned out the lights. The friends would just laugh as though it was part of the fun.

Mary came to John and asked him why he turned out the lights and had someone walk the hallway dressed as

a ghost?  
He told her that he hadn't done any of it and then asked her about Walter. She didn't know anyone named Walter.

"What do you think of that, kids? Was it scary enough Danny?"  
"Yeah. It was. But it leaves so many questions. Who was Walter and who was the ghost? What happened at the end of the party..." asked Danny.

"I had the same questions when I heard the story, but the man telling me the story suddenly left, so, I don't know the answers and I see that it's time for me to go," said Uncle Nathan as he looked at his watch.

"Have a Merry Christmas and a Happy New Year," he shouted as he walked out the door to his car.

**~The End~**  
Chuck Atkinson of Como, CO 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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## A Look Inside the Artist Gail Nelson, Artist/Author

by Mary Shell

It's not often I interview an artist that is also a writer. I, myself, am one of those artists and understand the urgency to send a message in as many ways as possible to get it across. Joseph Campbell wrote that artists are the mythmakers of society. It is the position and passion of the artist, regardless of the medium they choose, to create messages that speak to the soul. Gail has that passion and ability to utilize writing and art together to send her message. Creating messages for children is creating messages for the future; they are our future.

Artists have been studied and dissected for centuries in the attempt to find out why we create. Why do artists create art? As with anything that makes us human, creating art is an undying urge and need to express, to send messages and ideas. Stories are often created in the spirit of the artist to be expressed in images. To be able to create the images and the stories together is beauty. I look forward to seeing more of Gail's work in the future.

### How long have you been writing and creating art, and which came first?

I started creating art with a tin can full of crayons when I was a kid and, although I have always loved reading, the writing has been more of a challenge. I'm just so visual!

### What is your favorite subject?

My favorite subject in school was always art and my favorite subject to create from is nature: the landscape, trees, hummingbirds, weather, waterfalls and, more recently, endangered animals.

### Who inspired you to write and create art?

My grandma, Nana, was my inspiration. When I was young, she took a painting

class by mail and had so much fun making paintings for all her grandchildren.

### How many books have you published?

I have written and illustrated 12 books, mostly for kids, and illustrated 22 children's books for other authors.

### Where can people find your books?

Many of the books I've been lucky enough to be a part of are available on Amazon under Gail M Nelson.

### What is your favorite medium?

My favorite way to create is with water-based paint on handmade recycled paper. I save up printer paper and junk mail and combine it with cotton fibers to make the paper stronger. After it is dry, I use acrylics to bring out the textures and add details along with treasures from nature.

### Explain what your message is in what you do?

I went through a period when I felt a lot of anxiety about climate change and wondered what I could do to help children with the same feelings. My book, A Hummingbird's Hope, attempts to communicate how to live more sustainably. Toward the end of the book there is a checklist of things kids can do to make a difference.

### What's in the future for you?

It would be great to keep creating and to explore the back country in our cargo van that my husband and I turned into a camper van during the pandemic. We built much of the interior from a dead cedar tree that we cut down and had milled at a neighbor's. It was a fun project, but now

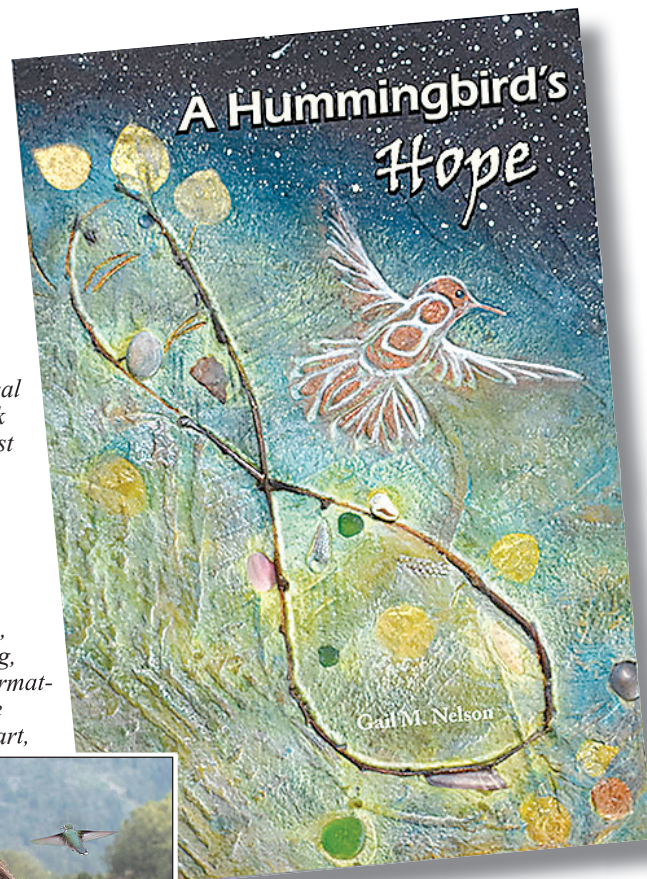
we are ready to travel!

### Do you give talks at schools or anywhere else?

I like to participate in reading programs at local libraries. The story walk at the Guffey Library last summer was especially fun!

### How did you come to combine art and your message?

A couple of years ago, I retired from illustrating, designing books, and formatting eBooks, which gave me more time to create art,



began disrupting people's lives. So what was to be a time of travel and exploration became a stay-at-home project to avoid exposure and boredom. With only the materials at hand, many recycled paper animals on the endangered species list began to take over the artist's studio. Soon, these animals had a story to tell. So Gail created a book called A Hummingbird's Hope to share their story and raise donations for charities benefiting the animals and our planet.

which led to writing my first fiction book for children. Here's the story behind the story:

Once upon a vast planet, a virus

You can reach Mary Shell at creating-fromthesoul@yahoo.com

## Musings Along the Way Ho! Ho! Ho! Let it go! Let It Go! LET IT GO!

by Catherine Rodgers

What a delicious feeling to stretch out in bed, listening to the hushed silence of new snow! Of course the plow will rattle by later, thank goodness, and the fire needs to be started, the rest of the household up and fed. But taking those leisurely moments to breathe in the silence is such a gift of winter. My new mattress is also a boon as I am learning to lean into it and RELAX.

Recently I connected with a new massage therapist who works with energy as well as fascia and muscle. I noticed her flicking off bits here and there, hands hovering over my form, soothing the auric shape. Sadly, it's been a while since enough attention was given to my neuromuscular armor, let alone reminding me that I am a multidimensional being of infinite possibilities!

Our bodies are emotional storehouses. We tend to forget that. We attribute aches, pains and illnesses to forces outside ourSelf. I find it worthwhile to consider that while my body may indeed be sore from holding one position driving thousands of miles, my precious flesh may also be storing trauma and unprocessed emotions. Louise Hay's small book *Heal Your Life* is an invaluable reference based on thousands of years of Chinese medicine, complemented by Louise's countering affirmations. Tightness in the shoulders refers to the ability to give and receive love; tightness in the hips about how we hold burdens; problems in feet and ankles hinder our ease in moving forward.

As Brigid was working on releasing the tension in my muscles, I was breathing into the flashes of cringing from violence; rigid resentment about dealing with problems alone; weak-kneed trepidation about making mistakes. I kept breathing. I heard

"you think you have control but all you really have is anxiety." I keep breathing. I suddenly declare, "I am committed to releasing the fear and trauma stored in my body matrix, easily, gently and lovingly. I am willing to observe and let go of the beliefs of my mind that limit my perception of the Love and Good in my experience." Now THAT's a release!

The effects of that declaration are still amplifying through my days and nights. Petting the cat, I feel relaxed, then notice how one shoulder is awkward and tight, my neck is stiff. I roll my shoulders and turn my head. Ah that's a stretch. Despite what I think I know, my body holds a different message and demands to be heard. What am I anxious about? Hmmm. Can I let it go?

An article appeared on metameters which are 10 horizontal bands located along the spine. Each one is crossed by the sympathetic nervous system connecting with a specific organ which relates to specific emotions. When feelings are suppressed, these bands tighten, and affect all our functions. As these muscle groups are worked, the associated organ function and our moods are also improved. Some people think they don't like massage or don't like to be touched. There are probably deeply buried reasons for such aversions to the attenuation of pain. Such a process might best be worked out with a trauma counselor and/or a masseuse trained in trigger point release or Metameric Massage. But some people on my holiday list are definitely going to get a Massage Certificate! Because we need to let it go.

Used to be the holiday season was filled with relentless shopping, made more convenient but no less expensive by catalogues and online eStores. At a certain point, whether I had a present for

everyone or not, I just stopped. I let it go. Then my daughter and I would go to the hot springs and catch snowflakes on our tongues. Look at the stars. Soak and stretch and play. Now THAT's a gift!

These days I hope to ask what someone really needs or wants. My daughter wants some trees for her new home. Maybe someone needs another cord of wood — or a truck to haul it, or a hand to split it. Maybe some help defraying the cost of new brakes or a dental crown would be appreciated. We all have unexpected expenses that make us uptight and uneasy, unable to relax into the spirit of giving. Can we afford another bottle of perfume or box of Harry and David pears? Sharing a bottle of wine or a special pot of tea is a gift of sharing time together that giver and receiver both can enjoy. What matters to me is the time spent creating happy, loving memories whatever the season. Slow down. Appreciate this breath. Smile!

"We don't like to hurry. There is nothing more important than what we are attending to. There is nothing more urgent that we must hurry away for. We wait on God, too. His time is the right time. We wait for him to make his Word clear to us. We don't worry. We know that in time and in the spirit of Dadirri (that deep listening and quiet stillness) his way will be clear. We are River people. We cannot hurry the river. We have to move with its current and understand its ways." — Miriam Rose Ungunmerr-Baumann, Australian Aboriginal Elder

Miriam Rose likens Dadirri to "just continuously making yourself aware of where you've come from, why you are here, where are you going now and where you belong." We all need to talk to one another about our true hearts and yearnings, and learn to be silent together to

listen. We need to take time for ourSelf, our family, and perhaps more importantly, to be quiet. We need to be OUTSIDE listening to trees who are drawing down energy and rooting it deeply into the earth. Listen to the river who remembers all the phases of its form and where it has wandered through time and again. Listen. There's nowhere else we need to be but here where we find ourSelf.

Gate, gate, pāragate, pārasamgate, bodhi svāhā.

"Gate means gone: gone from suffering to the liberation from suffering. Gone from forgetfulness to mindfulness. Gone from duality to nonduality. Gate, gate means gone, gone. Pāragate means gone all the way to the other shore. So this mantra is said in a very strong way. Gone, gone, gone all the way over. In Pārasamgate, sam means everyone, the sangha, the entire community of beings. Everyone gone over to the other shore. Bodhi is the light inside, enlightenment, or awakening. You see, and the vision of reality liberates you. Svāhā is a cry of joy and triumph, like 'Eureka!' or 'Hallelujah!'

Gone, gone, gone all the way over, everyone gone to the other shore, enlightenment, svāhā!"

~ Thich Nhat Hanh, *The Other Shore*

We are all here in this together. As we sing the Hallelujah chorus, let us energize this vision of everyone gone to the other shore, everyone having reached the light within. Let's be the light of the world, shining through whatever lattice or lantern or belief framework we hold. See eternal love as an already accomplished fact, because truly, love is the whole of the law and of our life. AHO.

# Lighter

## SIDE OF CHRISTMAS PARADE

Woodland Park, Colorado

### 2021 "Season's Readings"

### Parade Kickoff on December 4 at 6 PM

#### Holiday Treasure Hunt!

Visit LSOC Gold Sponsors each Friday for clues to find the HIDDEN BOOK!

**Gingerbread House Contest!**  
Drop your entries off at the Woodland Park or Florissant Library • On exhibit Dec 4-18 •

**Mike's Crazy Hat Contest!**  
Design a CRAZY hat. Bring your hat to UPCC following the Parade at 7 PM. WOW the crowd! Win Great Prizes!!

**"Deck the Eaves"**  
**Neighborhood Decorating Contest!**  
**Crazy Hat Contest Sat Dec 4!**  
**Support our businesses!**  
**Shop Local! Shop Small Business!**  
**Tree Lighting Ceremony in Memorial Park Friday Dec 3!**

**2021 Beneficiaries**  
TELLER SENIOR CENTER • WOODLAND PARK MAIN STREET • 25 Years of Service - 1996-2021

## DETAILS AVAILABLE AT

## WWW.LIGHTERSIDEOFCHRISTMAS.COM

**Be sure to "LIKE" us on Facebook!**

## THE COLORADO TRADING & TRANSFER

THURSDAY-SUNDAY 10 AM-4 PM

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Where the Locals Shop

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- Quit Smoking Hypnosis (and other habits)
- EMDR (Eye Movement Desensitization Reprocessing) • Hypnosis

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Barbara Pickholz-Weiner

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Your donation will be matched up to \$33,750.00 thru December 31!

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Colorado Springs, CO 80907

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warmth in every home  
calor en todos los hogares

## Need help heating your home this winter?

¿Necesita ayuda con la calefacción de su casa este invierno?

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LEAP puede ayudarlo.

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ACEPTANDO SOLICITUDES 1 NOVIEMBRE - 30 ABRIL

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LEAP, El Programa de Asistencia para Energía para Hogares de Bajos Ingresos de Colorado, ayuda a los residentes elegibles de Colorado pagar una parte de sus gastos de calefacción de invierno.

## 1-866-HEAT HELP

(1-866-432-8435)

www.colorado.gov/cdhs/leap

Applications can be accessed online or at your Teller County DHS office at Tamarac Business Center in Woodland Park or Aspen Mine Center in Cripple Creek.

After you qualify for LEAP you can also get help with your water bill





# Life-Enhancing Journeys

## When dementia hits home

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

As our population ages, illnesses associated with growing older, such as dementia, become more prevalent. Lately, there have been many people talking with me about how they are being affected by this illness, especially Alzheimer’s disease, the most common form of dementia. Although you may hear dementia and Alzheimer’s disease used interchangeably, be aware that dementia is a broad category of illness with Alzheimer’s disease being just one type.

Dementia is not a name for an illness, rather it is a collective term that describes a decline in cognitive function (the ability to carry out certain tasks) such as thought processing, judgement, reasoning, memory, communication and behavior control. Problems with those activities can have an impact on a person’s ability to live a normal life all fall under the main heading “Dementia.” This article will offer ideas that may help you understand and cope with changes in personality and behavior in a person with dementia.

### Symptoms

Dementia can show up as memory loss (usually short-term initially), difficulty finding the right words, poor judgment, or a change in behaviors and emotions. Executive functioning — such as planning or carrying out multiple steps to complete a task — may become difficult, and orientation to the day, date, time, or location may decline.

Dementia is typically progressive, meaning that functioning declines over time. However, this varies significantly based on which condition is causing dementia.

### Causes

Dementia results from damage to the brain and is related to several differ-

ent neurological conditions that affect cognition, such as Alzheimer’s disease, Parkinson’s disease, stroke, Lewy body dementia, and brain cancer. Each of these diseases has certain causes and risk factors, including lifestyle and genetics.

The risk of developing dementia increases as people age, but it is not a normal consequence of aging.

Alzheimer’s disease is the most common cause of dementia, accounting for roughly 60% to 80% of cases, according to the Alzheimer’s Association. Approximately 5.8 million people are living with Alzheimer’s dementia.

Common personality and behavior changes:

- Getting agitated, worried, or more easily angered
- Acting depressed or disinterested in anything
- Hiding things or believing other people are hiding things
- Imagining things that are not there
- Wandering away from home
- Getting lost
- Becoming confused
- Difficulty with recent or short-term memory
- Pacing a lot
- Showing unusual sexual behavior
- Hitting you or other people
- Misunderstanding what they see or hear
- You also may notice that the person stops caring about how they look, stops bathing, or wants to wear the same clothes every day.

### Ways for caregivers to interact with someone with dementia:

When caregivers begin to notice changes in a loved one’s cognitive skills, there is a tendency to excuse it or deny that it is happening. At this point, getting an accurate diagnosis from a medical provider is most helpful. Since there is no known way to reverse the progression of the symptoms, learning how to cope is the best option.

### Tips:

1. Keep things simple. Ask or say one thing at a time.
2. Have a daily routine so the person can expect when certain things are happening.
3. Reassure the person that they are safe and you are there to help them.
4. Focus on their feelings rather than words. For example, say, “You seem worried...you seem happy...you seem angry...”
5. Never argue or try to reason with the person.
6. Communicate at eye level with limited distractions. Maintain eye contact when speaking.
7. Avoid showing your frustration or anger. When you get upset, give yourself deep breaths and/or count to 10. If it is safe, leave the room for a few minutes. This gives you a moment to settle down and focus on your purpose.
8. Repeat instructions or sentences exactly the same way; never change the words or tone.
9. Agree with them, re-direct or distract them to a different subject or activity.
10. Always introduce yourself even if you have known them your entire life (“Hi Dad, I am your daughter, Barbara”) especially as the dementia progresses.
11. Remove things that may agitate, depress or make the dementia patient feel unsettled.
12. Use humor when you can.
13. Never try to stop a person from leaving the room. Allow them to go but stay close by to make sure that the person is always safe.
14. Give people who pace a safe place to walk. Provide comfortable, sturdy shoes.
15. If someone is mixing up words or

forgetting them, ask if it is OK for you to help.

16. Offer them snacks to eat to avoid weight loss and make sure they have enough fluids to drink.
17. Try using music, singing, or dancing to distract or help the person focus.
18. Use gentle touch. You might want to give a little pat on the shoulders or hold their hand as you talk with them.
19. Avoid the phrase, ‘Don’t you remember?’ It is pointless to remind them they forget something.
20. Stop questioning their recent memory or missteps; they cannot help it.
21. Avoid slang or figures of speech (“don’t cry over spilled milk” may have the person looking for the spilled milk).
22. Avoid baby voices and baby talk; honor their dignity and personhood.
23. Never take their behavior or words personally.
24. Ask them to assist with achievable chores such as, “Let’s set the table” or “I need help folding the clothes.”
25. Talk with the person’s doctor about problems like hitting, biting, depression, or hallucinations. Medications are available to treat some behavioral symptoms.
26. If appropriate, offer the person access to family pets which might help to soothe them or even spark prior memories.

You are powerless to control memory loss, however, you are totally in charge of your reaction.

There are many struggles associated with being a caregiver such as conflicts with siblings, frustration when your parent no longer seems to recognize you or feeling confused by mixed emotions. The emotional toll on caregiving is seldom acknowledged but the personal costs are tremendous and the potential for burnout is high so take care of yourself.

### Here are some examples of helpful and hurtful conversations:

- “What doctor’s appointment? There’s nothing wrong with me.”
- Never:** (reason) “You’ve been seeing the doctor every three months for the last two years. It’s written on the calendar and I told you about it yesterday and this morning.”
- DO:** (short explanation) “It’s just a regular checkup.”
- (accept blame) “I’m sorry if I forgot to tell you.”

- “I didn’t write this check for \$500. Someone at the bank is forging my signature.”
- Never:** (argue) “What? Don’t be silly! The bank wouldn’t be forging your signature.”
- DO:** (respond to feelings) “That’s a scary thought.”
- (reassure) “I’ll make sure they don’t do that.”
- (distract) “Would you help me fold the towels?”

- “Nobody’s going to make decisions for me. You can go now...and don’t come back!”
- Never:** (confront) “I’m not going anywhere and you can’t remember enough to make your own decisions.”
- DO:** (accept blame or respond to feelings) “I’m sorry this is a tough time.”
- (reassure) “I love you and we’re going to get through this together.”
- (distract) “You know what? John has a new job. He’s really excited about it.”

- “Joe hasn’t called for a long time. I hope he’s okay.”
- Never:** (remind) “Joe called yesterday and

you talked with him for 15 minutes.”

**DO:** (reassure) “You really like talking with him, don’t you?”

(distract) “Let’s call him when we get back from our walk.”

For people with dementia, their disability is memory loss. Asking them to remember is like asking a blind person to see. Expecting them to be reasonable or to accept your point of view is unrealistic. Never correct, contradict, blame or insist.

When my father was diagnosed with brain cancer in 2009, I did all I could to make him as comfortable as possible. He spent most of his time in his favorite recliner chair but, because of the way the cancer affected his brain, he complained about feeling like he was sliding out of the chair. “Pick me up...pick me up...pick me up...” would be his incessant refrain. My husband and my son would hoist him up in his chair even though he was sitting fully erect against the chair back. I found myself explaining to my dad that the cancer in his brain was giving him the impression that he is sliding off the end of the chair. In that moment he said he understood then a few minutes later he would repeat the catchphrase “pick me up...” It was painful for me to witness his deterioration. I knew that correcting my dad repeatedly would do nothing to change the course of his decline from dementia. I recognized that, on a subconscious level, it was my difficulty accepting the slow disappearance of the strong, brilliant father I had always known. Based on guidance from a Hospice Social Worker I adjusted my approach so instead of correcting my father’s cognitive errors, I let those mistakes slide. I felt less guilty and there was a noticeable reduction in my father’s agitation.

During my nearly three decades of working at Cripple Creek Wellness Center, I observed scenes like this many times. Over the years, I have counseled people who are caring for a loved one with dementia to avoid making comments that can be quite hurtful, as well as to stop correcting the mistakes the person afflicted with dementia might make. When confronted with their errors, those with cognitive deficits tend to feel agitated and can stumble even further. To best assist the person suffering from dementia, caregivers need to treat their loved one with patience and support and ignore the slip-ups.

Take time to grieve

As I learned from caring for my father, it was easier to take care of his physical needs than to deal with my painful emotions. I wanted to avoid feeling the intense sadness I was experiencing thinking about gradually losing my father yet I knew I had to face it at some point. I reminded myself that grieving is a process and it takes time so I decided to treat myself with patience and kindness.

Reach out to trusted friends or family members and let them know when you want to talk or need to be comforted. Have an appreciation for your family members’ shared history; they are grieving too. Use humor when appropriate and be tolerant and understanding. It may even help you and your loved ones grow closer as you navigate one of life’s most difficult passages.

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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 719-510-1268 (cell) or email Journeycounselingctr@gmail.com.

# 33rd Anniversary of the Lighter Side of Christmas Parade

by Tracie Bennitt

Every holiday season for the last 33 years, lots of volunteers have combined their energies to produce one of the largest holiday events in Woodland Park. The Lighter Side of Christmas Parade brings friends and family to Midland Avenue in Downtown Woodland Park to enjoy the “lighter” side of the holidays. The parade will take place this year on Saturday, December 4 and kicks off at 6 p.m. entertaining the theme “Season’s Readings” as we celebrate 100 years of Scholastic Books.

The Grand Marshal is an honorary title given to a person honored as the ceremonial marshal of a parade. Teller Senior Coalition (TSC) has chosen volunteer Mike Isele, owner of Divide Timber, to wear the title this year. Isele has spent over 55 years in the timber industry. “Long enough to know better,” he said, “but I don’t quit.” Isele started out his career at age 5 cutting down a tree with a hand saw. Born and raised in Milan, OH, Isele shares the birthplace of Thomas Edison. “I made brush piles to burn when they were building Edison Park and they deemed me a one square foot parcel of the park,” he said. “I am a proud owner of a piece of Edison’s heritage.”

Isele’s family moved to Colorado Springs when he was a teenager. “I kept moving west,” he said and eventually ended up in Divide. Isele has been instrumental in helping TSC the last four years helping to build ramps, stair railings, installing grab bars and anything else to help seniors in the community to be able to stay in their homes. Isele has LOTS of stories from people and events covering the past 50 years in Teller County. He’s worked to help clear unhealthy trees from the forest areas from Wilkerson Pass to Black Forest to the Air Force Academy. “We need to make the forest healthy,” he stated. “It’s important to get ahead of the game and treat or remove sick or damaged trees and thin them to a healthy level.”

TSC director Kathy Lowry shared, “Mike is very good with the seniors. He

loves to talk and that makes their day as they have a visitor who connects and engages with them and makes their day brighter.” Lowry also said that Isele has helped a number of years with their fundraising efforts by donating cords of wood. “Mike is one of those people who we can always depend on,” she said.

TSC is one of the beneficiaries for this year’s event along with Woodland Park Main Street. Lowry said that TSC is starting a new chapter with the upcoming move to Divide. “We’ll be more centrally located to serve more of the seniors in the area,” she stated. TSC has been active in helping seniors stay in their homes and out of facilities for 25 years. “We want people to stay healthy and active in their own homes for as long as they can,” she said. “The services we provide help them to be independent and happy. We do whatever we can to make life easier for the people we serve.”

The Lighter Side of Christmas Holiday Treasure Hunt has begun. A new clue is revealed to LSOC Gold Sponsors (listed on the webpage and Facebook page) every Friday for those treasure hunters searching for the hidden book. Stop in and visit these businesses each week for clues. Whoever finds the little book will receive a holiday basket valued at over \$1000 with gifts provided by local businesses.

Other LSOC events include the annual Gingerbread House Contest. The Rampart Range Library District is hosting the competition again this year at both the Woodland Park and Florissant locations. The Crazy Hat Contest, sponsored by Williams Log Cabin Furniture, is held the night of the parade. The parade awards and Crazy Hat Contest will take place at the Ute Pass Cultural Center following the parade. The City of Woodland Annual Tree Lighting Ceremony will take place at Memorial Park on Friday, December 3 this year. Information on these and other holiday events are available at www.lightersideofchristmas.com and updates at www.facebook.com/LighterSideofChristmasParade

# Adopt Me

## by Ark Valley Humane Society

Trixie has been with the shelter for 141 days at the time of writing this. She is an extremely sweet and goofy dog, and our biggest hope for the holiday season is that it brings Trixie a family of her own. Trixie is a 7-year-old Bull Terrier Mix. She has spent some time in an amazing foster home where he reported that she did amazing in his home! Trixie would prefer to be your one and only pet. She has plenty of love to give to the lucky family who adopts her. If you’d like to meet Trixie, please give the shelter a call at 719-395-2737.

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



Happy Holidays!

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Tuesday, December 7 – Colorado Gives Day

Give Where You Live 24/7, 365 days a year.

Support nonprofits interested in building healthy and happy communities.

Give! Happy Hour FUNdraiser

www.indygive.com/CPFR

Good Times for a Good Cause

Thursday, December 9; 4:00-7:00pm

BierWerks ~ 121 E Midland Ave, WP

New Year's Eve Silent Auction

https://event.gives/imaginetheimpact

Start Time: December 31st 2021 at 4:00 PM

End Time: January 1st 2022 at 4:00 PM

Funds raised directly impact Teller County families.

CP Merch Store

https://cpartner.itemorder.com

Give Back When You Shop!

25% on each item ordered will be donated back to Community Partnership.

Call (719) 686-0705 for more info

www.cpteller.org



~OUT AND ABOUT~

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

AVAILABLE VIRTUALLY

**9** Chaffee County Early Childhood Council is pleased to present "Raising Children Made Easier: Conscious Discipline Parent Night" with Amy Speidel 7-8 p.m. Consequences vs. Punishment. For many of us when we did something wrong as children, we were given the "What do you like and how can I hurt you with it?" method of teaching. That is punishment. So then — what are the consequences when your child does something wrong? Please send in your questions (anonymously, if you prefer) or share what's on your mind during the session. Register at <https://forms.gle/X001eLWLSkzuG27b9> as soon as possible but no later than 12/7/2021. The Zoom link will be sent to registrants the day before the event. Questions? Email [Kvalett@ceccc.org](mailto:Kvalett@ceccc.org).

COMMUNITY PARTNERSHIP

• Free Yoga Mondays 10-11 a.m. via zoom. FMI Michelle@cpteller.org.  
**10** Crossroads of Parenting & Divorce 9:30-1:30 p.m. via zoom. Teller County Court approved co-parenting class. Registration fee. FMI/RSVP Michelle@cpteller.org.  
• NAMI COLORADO: <http://www.namicolorado.org/>  
• Suicide prevention: <https://suicidepreventionlifeline.org/> or 1-800-273-8255

BUENA VISTA

**4** Christmas Opening see page 7.  
**4** UAS Club Central Colorado 9-10:30 a.m. at Central Colorado Regional Airport. FMI 719-581-2010 or [ceuasclub@gmail.com](mailto:ceuasclub@gmail.com).

CAÑON CITY

LIBRARY

**1** Free Legal Clinic 2-5 p.m. Call 719-269-9020 for appointment.  
**4** Karen Land & Her Dog Noggin 2 p.m. Iditarod, the last great race.  
**4, 11, 18** Storytime & Pictures with Santa & Mrs. Claus 10-2 p.m. Bring your camera, take a free picture!  
• B.O.O.K. Babies on our Knees Monday 10:30 a.m.  
• Story time and craft Tuesday and Thursday 10:30 a.m.  
• Virtual story time Wednesday 10:30 a.m.  
• Lego Club 1st Friday each month 3-4 p.m.  
• Break out box 2nd Friday each month 3-4 p.m.  
• Filler Friday (different activity each month) 3rd Friday each month 3-4 p.m.  
• Chess Club Wednesday 2 p.m.  
• New Neighbors Genealogy 1st Friday 1 p.m.  
• Metaphysical Group 2nd and 4th Saturday 10:30 a.m.  
• United Health Care 2nd and 4th Thursday 9:30 a.m.

• Fremont Brain Injury Support 1st Tuesday 12:30 p.m. All programs at Cañon City Library 516 Macon Ave. FMI 719-269-9020.

CRIPPLE CREEK

**1, 2** Aesop's (Oh, So Slightly Updated Fables) by Kim Esop Wylie 6:30 p.m. presented by CC-V JH from Charlie Goolsby, the new drama teacher. The production will be in the cafeteria at CC-V Jr./Sr. High School. Tickets at the door: Adults \$5, Students \$2, Seniors over 65 FREE!  
**2** American Legion Post 171 6 p.m., food/refreshments 5 p.m. at 400 Carr St.  
**3-Jan1** Holiday Headframe Lighting  
**10, 11** Gold Camp Christmas  
**11** Annual Christmas Craft Fair  
**15** Toys for Tots

CC SENIOR CLUBHOUSE

at Aspen Mine Center dining room 10-2 p.m.  
• Tues 10:30 a.m. Bingo  
• Tues 1 p.m. Scrabble  
• Thurs 10:30 a.m. Mexican Train a board game.  
• GED Mondays & Wednesdays 1-3 p.m. FMI Michelle@cpteller.org.

**Through Dec 31.** This holiday season, if you're looking for good family entertainment, you need look no further than Cripple Creek. Once again, the famed Butte Theater will be offering their delightful presentation of "A Cripple Creek Christmas Carol" based upon the classic beloved Dickens tale, with its specially written version being based in historic Cripple Creek during its heyday. The play will be immediately followed by an all-new onion with original music and comedy, always a crowd-pleasing favorite. Showtimes are Thursday, Friday and Saturday evenings at 7 p.m., and Saturday and Sunday matinees at 1 p.m. with added Wednesday evening shows on Dec 22 and 29, also at 7 p.m. FMI and reservations 719-689-6402. Do yourself, your family and friends a favor and make plans to enjoy a great evening of live theater at Cripple Creek's Butte Theater.

DIVIDE

**6, 20** Little Chapel Food Pantry Distribution 3:30-6:30 p.m. This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are:  
Last name beginning with:  
A-H 3:30-4:30 p.m.  
I-Q 4:30-5:30 p.m.  
R-Z 5:30-6:30 p.m.  
FMI 719-322-7610.  
• Free Yoga with Leah Mondays 10-11 a.m. at Pikes Peak Community Club. Limited class, doors lock at 10 a.m. Bring your own mat and props. All levels welcome.



WOODLAND PARK

UTE PASS HISTORICAL SOCIETY

The Ute Pass Historical Society is celebrating the holidays the old-fashioned way. The society's display on the third floor of Woodland Park's library will remind you of holidays past through post cards that whisper their greetings from a century ago and through pictures on pages in a photo album. You'll be reminded of some of the beloved Christmas stories through the years along with a new favorite you might not know yet. Enjoy it all. Season's Readings!  
While you're at the Woodland Park library, be sure to visit the UPHS Gift Shop located at 231 E. Henrietta Street. The Ute Pass Historical Society has the 2022, 14-month pictorial calendars available NOW! We have a great selection of Indian art, historical books, calendars and jewelry. Ask about taking a free tour of History Park. We are open 10-noon Wed., 11-3 p.m. Thurs, Fri and Saturday. FMI 719-686-7512 or [utepasshistoricalsociety.org](http://utepasshistoricalsociety.org).

FMI Michelle@cpteller.org.

FLORENCE

**11** All aboard for the Model Train Open House at the Florence Pioneer Museum 10-5 p.m. Come and see the model trains the local community will put out for show. There will be a Lego Train, a small Christmas train, two G gauge trains and a Galloping Goose! Admission by donation. Hot cider, coffee and cookies served. There will be coloring and activity sheets for the children. FMI [www.florencepioneermuseum.org](http://www.florencepioneermuseum.org).  
• The 2021 Holiday Silent Auction to benefit John C. Fremont Library goes through Dec 15. The funds raised from the Kids Table are used in the library's kids and teens programs. FMI 719-784-4649.

FLORISSANT

**GRANGE**  
**11** Christmas Craft Show 9-3 p.m. Come shopping for those one-of-a-kind gifts to complete your Christmas list. We will have soups to warm you and baked goods for sale.  
**18** Annual Christmas Party with Santa. Bring the kiddos to see

beer and wine for the final bid day. Bids close at 3 p.m.  
**7** Walking, Talking Threads 12:30-3 p.m. Meets first Tues of the month. Take a nice brisk walk around Guffey Town and meet back at the library to crochet, knit and talk away. From ALL of us Here, have a Safe & Happy Holiday Season! FMI 719-689-9280 or [Guffeylib@parkco.us](mailto:Guffeylib@parkco.us).

MANITOU SPRINGS

**4, 5, 11, 12, 18, 19** Strolling Musicians in downtown Manitou noon-2 p.m. Saturdays featuring The Band Wassail and Sunday Christmas Brass.  
**11** Manitou Christmas Parade 6 p.m. downtown on Manitou Ave from Ruxton to El Paso Ave. FMI <http://manitouchristmasparade.com>  
**18** Meet Santa noon-2 p.m. downtown Manitou.  
**Through Dec 31** "Stroll a Stories" with story pages in shop windows up and down Manitou Ave through December. One will be on the north side heading west and the other on the south heading east.

WOODLAND PARK

**5** Fundraiser to benefit the Kahl Family and Divide First Responders 1-4 at the Historic Ute Inn at 204 W. Midland Ave. There will be a silent auction, food and The Electric EBT Blues Trio will perform. Donations accepted by Lyn Hinkle 719-233-0509, Mary Oliver at [livelyourstorywell@gmail.com](mailto:livelyourstorywell@gmail.com) or Wendy Turner, [coltynscue@yahoo.com](mailto:coltynscue@yahoo.com) and also accepted at <https://go-fund.me/c4289894>.  
**5** Snazzy-Jazzy Christmas with Woodland Park Wind Symphony's "Swing Factory" & "In-house Big Band." 6 p.m. reception, 7 p.m. music at Ute Pass Cultural Center. FREE! Donations welcome — see the donation idea tree [www.woodlandparkwindsymphony.com](http://www.woodlandparkwindsymphony.com).  
**7** Nonprofit Cooperative Social — All nonprofits welcome 4-6 p.m. Refreshments provided. Gift exchange (crazy socks and/or white elephant) Reserve Our Gallery 400 W. Midland. The Nonprofit Cooperative of Teller County offers an end of year giving campaign where 27 nonprofits are represented. You can give to select nonprofits or give to all. This campaign is an opportunity to give locally where your dollars work best. No administrative fee. Call 719-233-9902 or visit [www.giveinteller.eventbrite.com](http://www.giveinteller.eventbrite.com).  
**12** Braggin' rights winners announced for the Christmas House Decorating Contest at the Woodland Park Wind Symphony Christmas Concert gala 6 p.m. reception, 7 p.m. concert at Ute Pass Cultural Center. FREE! Donations

**LIBRARY**  
**2-4** Turn in your Gingerbread House!  
**4-17** Visit the library to Vote for "Peoples Choice" before Dec 12.  
**10** Storytime with Mrs. Claus 10 a.m.  
**13** Let's Read Amok! Book Club 11 a.m. Bring a wrapped book to exchange and finger foods to share.  
• Storytime 10 a.m. Fridays.  
• Family Fun Fridays 2-4 p.m. Something new each week.

GUFFEY

**4** Final Bid Day for Annual Guffey Library Silent Auction. Avoid city shopping craziness. Find unique and handmade items donated by wonderful, local community members and help support the Guffey Library. Bid the "Buy it Now" price and the item is yours. Friends of the Guffey Library will be hosting finger foods,

welcome — see the donation idea tree [www.woodlandparkwindsymphony.com](http://www.woodlandparkwindsymphony.com).

COMMUNITY PARTNERSHIP

**9** Give! Happy Hour FUNdraiser 4-7 p.m. at BierWerks. Good times for a good cause. FMI [Jamie@cpteller.org](mailto:Jamie@cpteller.org) or [www.indygive.com/CPFRFC](http://www.indygive.com/CPFRFC).  
**18** Annual Community Holiday Celebration 11-1 p.m. at Community Partnership Family Resource Center 701 Gold Hill Place. Santa, storytime, holiday crafts and snacks, stocking giveaways. Families with children age 5 & under. Older siblings welcome. FMI [Jackie@cpteller.org](mailto:Jackie@cpteller.org).  
• GED Mondays & Wednesdays 5-7 p.m. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).  
• Free Yoga with Teresa 4-5 p.m. at Mountain View United Methodist Church. Limited class, doors lock at 4 p.m. Bring your own mat and props. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).  
• Playgroup Mondays & Wednesdays 9:30-11 a.m. at The Resource Exchange 500 Scott Ave., Suite 203. Parent or caregiver with children ages 5 & under. FMI [Jackie@cpteller.org](mailto:Jackie@cpteller.org).

LIBRARY

**1** Not So Young Adult Book Club 11 a.m. December: *These Feathered Flames* by Alexandra Overy  
**1** Teen Craft Day 3:45-5 p.m. Wood Slice Ornaments Supplies provided.  
**1, 8** Make a Card for a Senior Citizen in our Community 11-5 p.m. in Children's Craft Room. Families welcome! Supplies and directions provided. FMI 719-687-9281 X 112.  
**2-4** Turn in your Gingerbread House!  
**3** Holiday Decorating Party 3:45-5 p.m. in Teen Room.  
**4-17** Visit the library to Vote for "Peoples Choice" before Dec 12.  
**7** Book Club 10:30 a.m. December: *The Yellow Wife* by Sadeqa Johnson  
**8** Teen Craft Day 3:45-5 p.m. Wood Slice Ornaments Supplies provided.  
**9** Storytime with Mrs. Claus 10 a.m.  
**9** Senior Circle Book Club 10:30 a.m. December: *The Weight of Blood* by Laura McHugh  
**16** Teen Talk About It! 3:45-5 p.m. December theme: travel!  
**23** Teen Program Movie Day 12:30 p.m. in Teen Room.  
**30** Teen Program Movie Day 12:30 p.m. in Teen Room.  
• Books and Babies Storytime ages 2 and under 10 a.m. Tues.  
• Preschool Storytime ages 0-5 10 a.m. Thursdays.  
• Anime Club 2nd & 4th Wednesdays 3:45-5 p.m.  
• Take and Make Kits for Teens December craft: Golden Snitch Harry Potter Ornament. FMI 719-687-9281 X 151.

Mueller State Park

Mueller State Park invites visitors to come out to the park to enjoy the peace and quiet the winter months offer. Hiking goes on year-round and once the snow arrives, snowshoeing, skiing and sledding are popular! The park is open every day for outdoor activities and the Visitor Center is open every day from 9-4 p.m. except Christmas Day. Celebrate the New Year on January 1st by joining in our guided First Day Hikes. See you on the trails!

**4 Hike:** School Pond and Stoner Mill meet at Preacher's Hollow TH 9:15 a.m.  
**4-5 Holiday Home Tour** 10-5 p.m. Get into the Christmas spirit by seeing Tweed's Holiday Home Tour, which includes Mueller's beautiful rental cabins! Also, the Friends of Mueller State Park are one of the beneficiaries of this year. Get more info and tickets <http://www.wphht.org>  
**5 Hike:** Cahill Cabin and Pond meet at Black Bear TH 1 p.m.  
**6 Hike:** Elk Meadow\* to Murphy's Cut 9 a.m.  
**11 Hike:** Outlook Ridge\* and Homestead

Loop 9:15 a.m.  
**11 Pine Needle Basket Class** 10-noon at Visitor Center  
**12 Hike:** Nobel Cabin meet at Black Bear TH 1 p.m.  
**13 Hike:** Osborn Homestead Loop meet at Black Bear TH 9 a.m.  
**18 Hike:** Cahill Cabin and Pond meet at Black Bear TH 9:15 a.m.  
**18 Full Moon Hike** meet at Outlook Ridge TH 5:30 p.m.  
**20 Hike:** Elk Meadow\* to Murphy's Cut 9 a.m.  
**Jan 1 First Day Hikes.** Colorado State Parks have taken on the tradition of hosting hikes on New Year's Day to start the New Year out right! Join in First Day Hikes at Mueller! Bring water, snacks, (snowshoes?) and dress for snow.  
**1 First Day Forest Bathing Walk** meet at Outlook Ridge TH 12-2:30 p.m.  
\*Indicates to meet at the Trailhead (TH) of the same name.

Mueller events are free! However, a \$9-day pass or \$80 annual vehicle pass is required to enter the park. FMI 719-687-2366.

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