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December 2014

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Vol. 6, No. 12

Welcome to Ute Country

Christmas... is not
an external event
at all, but a piece
of one's home that
one carries in
one's heart.

Freya Stark



PEEK INSIDE...



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Florissant Library - gone to the wolf-dogs?



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Kenpro Karate and Phoenix Fitness



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Bobcat facts



This month's cover photo was taken of an old cabin in Lake George Community Park. Jeff enjoyed capturing the reflection of the mountains in the window. There is really quite a bit to see in this photo when you take time to look.

What an important lesson to learn in life: slow down enough to be able to take in the views, to really absorb the moment. Life is indeed precious and fleeting. It can be difficult to slow down especially during the hustle and bustle of the holidays.

We dedicate this issue to Kathy's younger of her two brothers, Bob. Please see page 32 "Bobcat".

Please note we are introducing a new column "Growing ideas" which will be about gardening in high altitude. We encourage readers to send in their tips on topics. The topic for January is "Planning your garden". If you have found a method that has brought you success, please share with our readers by emailing utecountrynewspaper@gmail.com or snail mail to Ute Country News, POB 753, Divide, CO 80814. If you wish to remain anonymous, just let us know to withhold your name, however we believe the area could be helpful so please indicate a city.

Do you have comments about this issue? Perhaps you have a human interest story or some good news to share. As always, feel free to contact us via email utecountrynewspaper@gmail.com or phone 719-686-7393. Make sure we have the chance to help you get your word out!

Mr. Spaz was delighted to have such a variety of photos this month, his tail is twitching with delight. My concern is how easily Mr. Spaz can be spoiled; now he is expecting lots to paw through with Shadow for December. Please send Mr. Spaz and Shadow your Critter Corner pics at utecountrynewspaper@gmail.com. They can't wait to get their paws on them!

Thank you,
— Kathy & Jeff Hansen

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



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The legacy of James John Hagerman - Part 11

by David Martinek

In early September of 1890, Negotiations with the Santa Fe to sell the Colorado Midland Railway had broken down in two short days of talks in New York; the prospect of agreement seemed grim at best. Time was not on the Midland group's side. After the negotiations ended, Allen Manvel, the Santa Fe president, was due to leave the next morning, a Friday, and John Magoun, the Santa Fe board chairman, was scheduled to be out of his office by the next afternoon, destined to sail to England on Saturday.

On September 4, Hagerman and Midland President Theodore M. Davis went to Busk's office to report the deal dead. Hagerman later wrote, "I felt a mistake had been made, for with the full guarantee to be stamped on each bond, and the active market there always is for Santa Fe stock, and remembering how our local interests would fare compared with a sale to the D & R G, I considered it the best offer we had had. Beside this, I feared that the D & R G would hear of the failure of our negotiations and that we would drop between two stools."

Hagerman was afraid that if the D & R G heard of their failed deal with the Santa Fe, they would either drop their offer, as well, or reduce their offer to extract a painful advantage from the Midland. Busk and Davis pressed to wire acceptance of the D & R G offer to London, but Hagerman asked them to wait, saying that Manvel was due to call on him at his hotel that night (as he had every night since they were in New York), and there may yet be an opportunity to salvage a deal. They reluctantly agreed.

A hotel room conversation among friends saves the deal

Manvel did call on Hagerman that evening, as expected, and was very remorseful about the failed negotiations. Hagerman urged Manvel to consider a last resort proposition. He suggested that if the Santa Fe would increase their cash offer per share for the 65,000 shares owned by all the other stockholders to 20 dollars (instead of 10), and the remainder in stock, he (the largest stockholder) would accept only Santa Fe stock for his 15,000 shares, as well the shares of his friends. Manvel said he would try to persuade his board and also agreed to stay in town until 11:30 a.m. on Friday.

Hagerman summarized the night's conversation with Manvel to Busk and President Davis the next morning, but they were both adamantly against it. However, they did agree to trade for 25 dollars cash per share and the rest in Santa Fe stock. At 10:30 a.m., Hagerman met with Santa Fe officials alone, Busk and Davis declining to attend.

The Santa Fe made their final offer:

Midland stock at \$50 per share, payable at \$10 cash with an additional \$10 paid before a year was out with interest, and the remainder in Santa Fe stock valued at \$45 per share, And full guarantee on all four percent bonds up to six million dollars.

"I knew this was absolutely the last word and rushed over the Messrs. Busk and Davis with it," wrote Hagerman.

But Busk and Davis refused, saying it was \$25 per share or nothing. Hagerman haggled. Then Davis suggested that Hagerman take all stock for his shares (as Hagerman had already agreed to do when talking with Manvel the night before) leaving the cash for the 65,000 shares, which would make the cash per share nearly \$25. He reasoned that Hagerman and his friends (Otis, Wheeler and others), who were the largest investors in the



A stained glass window of the Colorado Midland Ute Indian logo which still hangs in the empty railroad station in Grand Junction, Colorado, once the terminus of the Rio Grande Junction rail line that extended the Colorado Midland system.

David Tackett Collection

Colorado Midland, could afford the sacrifice.

Davis' suggestion did not sit well with Hagerman at all, but still he countered by offering to take \$10 cash per share and the rest in Santa Fe stock at \$40. This would leave around \$150,000 to be spread among the other stockholders. Davis refused, but (as mentioned earlier) he only owned about 2400 shares of the Midland. Busk, who represented not only his own shares but those of William Lidderdale and the British investors, agreed.

A deal is struck.

In a little more than two hours, on Friday, September 5th, the deal was signed. Hagerman also signed a supplementary agreement covering the difference for the shares he represented. Writing William Lidderdale on September 24th, Hagerman spoke of the necessity of the deal, and of his feeling about what he had to do to make it happen.

"I not only had to pull the others in, but to pay them for getting under cover," he wrote. "I felt at the time that after doing all I had for years to sustain the Midland, and without one dollar of compensation from the very first, and not even for traveling expenses for the numerous journeys I made to New York and elsewhere on Midland business since I ceased to be president, and after starting and carrying through this trade with the Santa Fe, to be called on at the last to take any risks not shared by others was a great wrong...I do not write this because I expect it to be undone, but because I do not wish to be considered such a dolt as to have done it willingly. But for my anxiety to get those whom I induced to invest in the Midland out with a profit, I think I should not have submitted."

In agreeing to accept different remuneration for his 15,000 shares, Hagerman was also accepting the same for the shares of his friends, namely J. B. Wheeler, C. A. Otis, D. P. Eells, and others. He did not have prior authority to do so, but in the end they all approved.

More delay, thanks to the D & R G again.

But despite the arduous negotiations, both with the Santa Fe and the Midland's own stockholders, there was yet another wrinkle for Hagerman to overcome, presented once again by his old nemesis, the D & R G.

According to the sales agreement with the Santa Fe, it was understood that no monies or

stock would be exchanged until the Rio Grande Junction railroad extension from New Castle to Grand Junction was completed. Again, the D & R G was dragging their feet and Hagerman was livid!

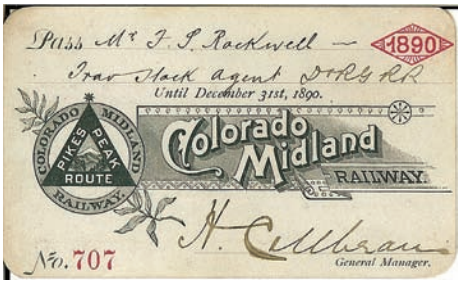
"There is no good reason why the Junction road was not completed by the middle of June last..." he wrote to Kuhn, Loeb and Company, the firm handling the bonds for the Rio Grande Junction. "The delay has been caused by the determination of the Rio Grande officials in Colorado not to allow the road to be completed until they can complete their broad gauge connection with it...The construction has been delayed by every pretext, and every reason but the right one given for it, and the agreement in regard to it violated in letter and spirit."

Despite his anger, rightly placed or not, Hagerman was correct about the D & R G's motives, but he may not have realized that they were desperately working to complete the "broad gauge connection" as rapidly as possible. Just not fast enough for Hagerman. A short article in the

November 8 *Aspen Daily Times* gives evidence of that fact. Their leg to Aspen (from Leadville) appears to be the last part of their line to be converted to broad gauge.

"From the *Leadville Herald-Democrat*: (headline) *Will Spread the Track*. The spreading of the track on the Denver & Rio Grande between Leadville and Aspen will take place between the 10th and 15th instants. A very large force of men will be employed to accomplish this work, and it is expected that it will be done in one day. It is said there will be eight men to the mile, and as it is 100 miles between here and Aspen, 800 men will be strung along the line armed with claw crowbars, hammers and picks. When the spreading of the track takes place broad gauge passenger cars will be running to Aspen."

Finally, on November 16, 1890, after the D & R G had completed their broad gauge expansion, the Rio Grande Junction Railroad was ready for service and the sale of the Midland to the Santa Fe was complete.



An image of a Colorado Midland Rail Pass issued to F. J. Rockwell in 1890, the year the Midland was sold to the Santa Fe railroad. Martinek Collection

Afterword

While this concludes the biography of James John Hagerman for 52 years of his life, from birth through his association with the Colorado Midland Railway (all eleven episodes), there is still more to tell about the man and his exploits. After the sale of the Midland, Hagerman lived for nearly 20 years more dealing with his continuing mine interests in Aspen and Cripple Creek, with his coal interests in Cardiff and New Castle, with business interests in Colorado Springs, and with his growing passion to bring precious water and railroad service to the Pecos Valley of New Mexico.

More stories will follow that hopefully reveal the full measure of the man, as well as his wife, family and others who helped to shape, for better or worse, his remaining years.

I have listed a bibliography below of the resources used up to this point in case others may want to research the life of this interesting man for themselves.

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James John Hagerman: Memoirs of His Life by James J. Hagerman; James John Hagerman: A Sketch of His Life by Percy Hagerman; Town of Hagerman: Hagerman Historical Museum; the Michigan Alumnus; Michiganesian; bayviewcompass.com (Milwaukee Iron Company); Colorado Midland by Morris Catky; The Midland Route: A Colorado Midland Guide and Data Book by Edward M. "Mel" McFarland; McFarland photo collection; David Tackett photo collection; David Martinek photo collection; The Lives of James John Hagerman: Builder of the Colorado Midland Railway by John Johnson Lipsey; Colorado Midland Railway: A Short History, C. R. Hatch's The Colorado Midland Railway Company; The Colorado Central Magazine; Colorado Historic Newspapers Collection; Denver Public Library; History of the American West; Olden Times in Colorado by Carlyle Channing Davis; Ute Pass Historical Society and Wikipedia.

Miss a previous installment? Visit www.utecountrynews.com and click on the Archives.

The telephone

by Linda Bjorklund

Hardly a person leaves his home without a phone of some sort in his or her pocket these days. But that instrument of communication has been around less than a couple of hundred years. Letter writing was a painfully slow process, requiring a certain level of education and a method of delivery that was not terribly reliable. Letters were carried by ship, by stagecoach and, for a short 18 months in the mid-1800s, by pony express. Or, if you were a native American, fire, smoke signals or perhaps drumbeats carried a message to a neighboring tribe.

It wasn't until it was discovered that electromagnetic impulses could be transmitted over a wire that long-distance communication began to be used. Samuel Morse has been credited with the patenting and development of the telegraph in 1837. Morse developed a code of dots and dashes that were tapped out on an electronic device by a sender, then received and decoded at the station on the other end of the wire. Telegraph poles supporting wires were extended from the east coast to the west coast by 1861. The telegraph effectively put the pony express out of business.

But telegraphed messages consisted of a single tone. A number of inventors experimented with transmitting voice messages, which necessarily must send different tones and vibrations over the electromagnetic wires. Although others filed for patents, Alexander Graham Bell is generally credited with coming up with the first one for an "apparatus for transmitting vocal or other sounds telegraphically."

The first successful transmission of a telephone message was made by Bell to his partner Watson on March 10, 1876. Bell spoke into the device, "Mr. Watson, come here, I want to see you." The message was heard by Watson and he replied to it. Bell made improvements to his invention and the first long distance call was made on August 10, 1876, from the family homestead in Brantford, Ontario, to his assistant in Paris, Ontario, about 10 miles distant.

Other improvements rapidly followed. In order for the telephone to be a commercially viable tool, the telephone exchange was developed. The idea of an exchange came from a Hungarian engineer, Tivadar Puskas. The exchange provided for telephone lines to be directed to a central facility and re-directed by an operator to the line indicated by the caller.

The Hungarian word "hallom" means, "I hear you," and was probably used by Puskas as he heard the voice on the other end of the line. This may have led to the traditional greeting of "hello," still used when one answers the telephone.

Newspapers reported various applications of this new-fangled device. In 1897 it was reported that a Portable Hospital Telephone was put to use to enable communication from a sick room to various other parts of the building, saving a number of nurses many footsteps.

In 1898 the Chautauqua began to use the telephone in its theaters. The manager was able to speak with the engineer about the lighting, the temperature of the building, and signs which might indicate, "standing room only." The manager could also telephone the stage manager to hold up the parting of the curtain when a big line of people were late taking their seats.

Also in 1898, a Baltimore diver invented the submarine telephone. This device was attached to the headgear of each diver, so they could talk to one another. The old system of signaling by means of tugs on the lifeline was unreliable at best. These headgear telephones were used when divers were working on the wreck of the Maine in Havana Harbor.

The new-fangled device became a military weapon, as told in the story of how the Salvadoran president was deposed in 1899. It seems that Regalado was placed in command of the Salvadoran



Electrical and phone lines on a pole along Front Street, in Fairplay, CO taken in the early 1900s. There is an old wall-mounted phone at the fire station.

forces by the president, Gutierrez. Regalado made sure that he was supported by his subordinate troops, and then made a phone call to President Gutierrez at the capital. "You are no longer President! All the battalions are in my favor." Whereupon Gutierrez hung up the telephone receiver and quickly left town, not stopping until he reached a safe haven in the Honduras. A magazine editor printed an article in which he asked, "Why cannot all revolutions be effected this way? The telephone is mightier than the torpedo".

In 1900 it was reported that a telephone system in Indiana was opened up between two towns 12 miles apart. There were only two charter subscribers to the phone lines and they wanted the long-distance service as cheaply as possible. So the wires were strung along the upper strand of barbed wire on fences between the two towns. Wherever streams or roads were crossed, the wires were elevated to poles with overhead connectors. The telephone wires were coated with rubber paint, but it was noted that small boys attempting to climb over the fence might receive a shock if the bell happened to ring just at the moment they were ascending or descending the fence. Hunters were also warned about the risk.

On a more local level, the Colorado Telephone Company began to accept subscriptions for telephone service in Park County in 1903. The firm began to construct telephone lines and exchanges, starting with Alma and Fairplay. The London Mine had installed a telephone line between the mines and their offices in Fairplay as early as 1881, but the service was not available to the public until Colorado Telephone Company came along.

In 1904 the telephone company was looking to expand into the rural areas, including Hartsel. The company cited an expense of \$2,000 to establish the service, and told the public that they would have to enlist at least 16 subscribers in order for the service to be a viable business.

In 1905 Colorado Telephone reported that the previous year had been the most prosperous in the history of the company. They counted 37,102 subscribers, 6,876 of which were new in 1904. The company continued to expand service into surrounding communities.

In 1909 the Fairplay Flume reported that there were 154 phones on the local exchange. The exchange manager, Anna Rost, was introduced as well as her sister Gertrude Rost, an assisting switchboard operator. Their service was touted as the best in any town of its size in the state.

On a sadder note, it was reported in 1914 that Miss Edith Miller, a telephone operator in Gunnison, was instantly killed by a stray current which entered the switchboard.

In 1911 Colorado Telephone Company

merged along with two other telephone companies into the Mountain States Telephone and Telegraph Company.

In 1922 an article labeled "Service Under Difficulties" attempted to explain the difficulties that the Mountain States Telephone and Telegraph Company had encountered in providing service to the rural mountain regions:

"The initial construction cost is enormous, involving the blasting of pole holes and the difficult and expensive transportation of poles, wire, cross-arms, glass and other materials into the mountain vastnesses.

"Once in place, the long lines become the prey of the elements — terrific winds, blizzards and sleet. This means that the maintenance of these mountain lines involves severe hardships and extraordinary expense.

"Notwithstanding these facts and conditions, Long Distance telephone service is maintained in and out of every city, town and hamlet of the mountain regions AT RATES UNIFORM THROUGHOUT OUR TERRITORY."

In 1925 rural telephone users were encouraged to help maintain their telephone lines. A September 25 article in the Flume with the title "The Rural Telephone" went to great lengths to explain how to keep the telephones operating efficiently. There were two criteria to consider: insulation and continuity. Subscribers were to see that trees that were near the telephone lines were trimmed each spring. Poles should be straightened, brackets re-nailed, broken insulators replaced, and all slack taken out of the wires.

To insure continuity of service, subscribers were encouraged to see that all connections were tight. They were not to simply twist bare wires together, but were told to purchase connecting "sleeves" from their local telephone company or electrical supply company to cover the connections.

It's hard to imagine what a current land-line subscriber might encounter if he or she tried to fix telephone lines the way they were instructed in 1925.

In today's world of satellites, cell towers and SmartPhones, we are reminded that "there is nothing new under the sun." In an article dated February 2, 1912, "Vest Pocket Telephones" were described:

"They are introducing vest pocket telephones in some of the cities of Germany. Connections are placed on walls all over town and if you happen to walk along the street and you're in a hurry to tell your wife that you will bring a friend home for dinner all you have to do is connect your pocket instrument with the one on the wall, call the exchange, get your party and talk to your heart's content."

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Third Annual Fundraising Banquet and Silent Auction

The Little Chapel Food Pantry is a non-profit organization located in Divide, Colorado that provides supplemental food for hundreds of families in our local community twice a month. Last year we distributed over 600,000 pounds of food to families in need! Many families are struggling every month just to keep food on the table. All proceeds from this banquet will go to Little Chapel Food Pantry to keep this ministry to needy families going throughout the year. Many of these folks tell us they would not have enough to eat if it were not for the Food Pantry to help them through the rough spots! Won't you help us to help them?

Most people are surprised to learn just how many families in our area are struggling to survive. Children and seniors are going to bed hungry on a regular basis...will you help us to meet these needs? We are in the process of building a dedicated food pantry storage/warehouse facility that will enable us to serve even more of these families in need. Come and join us, and see how your gifts and donations are helping to feed the hungry in your community!

The banquet and silent auction will be held on January 24 at Woodland Park Community Church, located at 800 Valley View Drive in Woodland Park. The silent auction opens at 3 p.m. and the banquet doors open at 5 p.m. Dress is business casual. Please include your phone and email when you register so we can

ask your menu choices for the banquet.

To sponsor a table is still just \$400.00, which will include entrance to the silent auction, a delicious dinner for 8 people catered by professional chefs, music by some of our amazing local talent, and a fun and informative evening to get acquainted with the ministry of the Little Chapel Food Pantry! We will be honored to recognize and thank you in our power-point presentation that evening!

Think of people you know who would have the resources to help us provide this critical service to our local families in need, and then invite them to be at your table with you! We promise you that you will be blessed by your attendance. Please call us 719-322-7610 or email littlechapelfoodpantry@outlook.com to make a donation or to answer any questions you might have. Thank you so much for your support! To donate by credit card or Pay Pal, please go to our website littlechapelfoodpantry.org so that your information is completely secure.

The Little Chapel Food Pantry would like to take this opportunity to thank everyone in the community who donated turkeys and Thanksgiving food items to the Pantry for our Thanksgiving on Nov 24th. Special thanks to Impact Christian Church who won our contest for the "bumper bag" Sunday food drive; they collected 1,280 pounds of food for this event!

PPRH achieves prestigious quality certification

Pikes Peak Regional Hospital has recently been notified that it has been certified as an ISO 9001:2008, Quality Management Systems compliant organization. This certification is accredited by DNV Certification Inc. of Houston TX. Pikes Peak is one of only two Critical Access Hospitals in Colorado and one of only several in the nation to achieve this distinction.

ISO 9001 is a standard related to quality management systems and is designed to help organizations ensure that they meet the needs of patients, medical staff members and employees.

Terry Buckner, Chief Executive Officer of Pikes Peak Regional Hospital, noted the procedures and standards learned and implemented during the ISO 9001:2008 evaluation process allow the hospital to develop more sustainable quality performance.

"We are especially proud of this designation because the certification of compliance from DNV with ISO 9001:2008 recognizes that the policies, practices, and procedures of our hospital and its affiliates, Pikes Peak Family Medicine and Woodland Park Surgical Associates, ensure consistent quality services are provided to our patients. Quality care for our patients is at the heart of all we do, and we believe that the operational lessons learned throughout the certification process will be highly beneficial to our entire organization," said Buckner.

To become certified as ISO 9001:2008 certified, Pikes Peak Regional Hospital and its two affiliates underwent a three-year evaluation process that included development of a formal quality management system (QMS), management systems

review, employee training, process documentation, establishment of process metrics and a pre-audit initial assessment; all of which are required to be in compliance with the ISO 9001:2008 standard. The process culminated in a two-day audit by DNV. A certificate of registration was issued to the organization on October 13, 2014.

ISO 9001:2008 standards place emphasis on eight quality management principles including customer focus, leadership, involvement of people, processes approach, system approach to management, continual improvement, factual approach to decision making, and mutually beneficial supplier relationships. To maintain this higher level of certification, the hospital must maintain these extraordinary standards and be assessed annually to demonstrate compliance.

DNV Business Assurance is a world-leading certification body. DNV, which was established in 1864, works with companies to assure the performance of their organizations, products, people and facilities through certification, verification, assessment, and training.

Buckner expressed his appreciation to the hospital's staff members saying, "The certification process for ISO 9001:2008 is an extremely thorough, rigorous, and demanding process. The medical staff members and employees put forth an outstanding effort during the accreditation process. Their hard work and willingness to embrace methods designed to improve the care we give our patients has been another shining example of PPRH teamwork and commitment to quality care and services," said Buckner.

Teller and Park County Homeschool Group

by Elisabeth Newton

Once again, the Teller and Park County Homeschool group has completed a successful school semester. Every Thursday during the Fall and Spring semesters, the Community Fellowship of Christians Church (CFC) in Lake George fills with light, laughter, and families coming together to learn and grow in fun ways.

After 12 weeks, the semester has ended and the classes will be ready to start back up in January. After a half-day on November 20th, the group wrapped up the semester with presentations from many of the classes. There was a Shakespearean play from the British Literature class, a Spanish presentation of the Creation story, original skits, a song and summary of lessons from Life Skills, poetry recitations, and many others. It was all wrapped up by a potluck and lots of laughter.

The Homeschool group, known affectionately by many members as "Thursday school," has expanded to almost three times its size the last three years and continues to grow in numbers every semester. Currently, about 150 kids from grades preschool through high school attend every Thursday. The group is

rooted in their motto, "Homeschooling Above the Clouds and Under the Cross," and they are dedicated to creating a comfortable, safe environment for kids of all ages.

This semester, many classes have been offered for all ages. From Arts and Crafts, High School Life Skills, Geography, British Literature, Chemistry, General Science, AWANAS, Lego Club, Writing Critique, and a special group will be reenacting the Pilgrim's journey to America and the first Thanksgiving. Some classes will end this semester and some will continue on into winter or pick back up in January. And the group still holds fun events and field trips year-round. A special upcoming event is the 3rd annual Christmas Ball in December.

We extend a special thank-you to CFC and to Rena Smith for being so dedicated to maintaining the group, and smoothing out all the difficulties and rough edges. A huge thank-you also goes to all the teachers for keeping up classes for all the little ones up through the High Schoolers. The group wouldn't be possible if it weren't for the amazing people who maintain it and the awesome kids who attend!



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Kenpro Karate and Phoenix Fitness: New owner, new focus, new opportunities

by Kathy Hansen
photos by Jeff Hansen



Thom Seehafer,



owner of Kenpro Karate as of November 1, 2014, has great energy and innovative ideas for the studio, and he is ready to put his plans into action! He has a keen awareness of how his expertise in Martial Arts can benefit people of all ages near the Woodland Park area. Thom has over 25 years of dedicated practice in Martial Arts and boxing, which he is eager to share with students as young as five years old; beyond that, all age and gender barriers disappear. His personal commitment to the art has taught him how the benefits of confidence, control, and disciplined practice can turn a life around. To be able to shift one's focus to a positive direction has made a world of difference in his own life, and now he's ready to make a positive impact on the world by sharing his expertise.

Thom offers structured classes in Martial Arts, fitness kickboxing and boxing basics, as well as personal training, all at reasonable rates. He uses experiential learning techniques to help the student to learn, and is willing to tailor his classes to fit the combination of students attending. He takes the time to consider each student's goal and motivation; as he considers their history he can better understand the direction each student wants to go. Thom has a real knack for tuning into each student's strengths; he seeks the glimmer in the eye and goes with it. He encourages questions, and holds an "All good questions" policy. He expects rapport from his students as the foundation of the discipline is respect. He continues to role model how to show and receive respect; "Yes, sir, yes ma'am," are expected. He also encourages a notebook, which becomes not only a tool for learning but also a record of the student's journey. Go ahead and ask him to show you his notebook of 25 years; I trust he'll have it handy as he continues to seek refinement himself.

The classes are designed to move from one activity to the next. Beginning with a good stretch to greet the muscles, then into a line-up where the muscles are warmed up and the core gets involved. There is a review of prior learning, which engages muscle memory. After review, there is something new to integrate. Everyone enjoys the sparring session, which becomes a fantastic opportunity to move free-style as they integrate the moves. Notebook time is strongly encouraged after each session.

Thom uses a few tools in the classroom. The huge mirror in the front is an excellent tool to help the students get their form down, beginning with their stance. The mirror becomes immediate feedback to how the student can change their form. Thom is great at giving positive feedback as reinforcement, and encourages the students to tune into the subtle clues, such as the sound of the uniform's "snap" when throwing a punch. Thom uses the image of a clock to help the students tune into location and begin to experi-

ence their personal space. The studio is also equipped with a pull-up bar, full set of weights, several hanging bags that can be used to get that immediate anger out while sharing the latest bully incident (more on bullying to come), a variety of plastic knives and swords to emulate an attack, and "Bob", a human torso used to help show key areas of vulnerability.

In addition to the physical aspect, Thom is always mindful of the mental aspect of Martial Arts. The foundation of respect for each other continues throughout his classes. Students quickly learn eye-rolling will get you 20 push-ups, where a question will get you validation for asking, along with an experiential response as Thom is happy to provide examples by getting a few students involved in acting out the answer to show the interactions. There is a lot of focus on breathing and timing, as well as pacing. Students learn the smart way to expend their energies. Control be-



Thom Seehafer demonstrates some of the stances and moves.

comes very important. Mistakes happen; Thom is right there to help students learn to laugh at mistakes to shake it off; what a great life-skill to learn! Self-control means you know the moves and also know it is inappropriate to show off to your buddies, as the Martial Arts learned here are just for in here, unless you are in immediate danger. Likewise, fighting is not condoned; rather a focus on how to avoid conflict becomes a fundamental as Thom teaches techniques to avoid ending up in the principal's office.

Bullying programs

Thom is very familiar with the dynamics around bullying and has put together an incredible bullying program. He knows that bullying tends to peak in the 5th, 6th, and 7th Grades. When proper skills are implemented early, the bullying behavior can end forever. He really breaks down the process so students can understand it.

To show how harmful words can be, he takes a clean sheet of paper and says, "This is how you feel when you're confident." Then he crumbles the paper into a tiny wad and says, "Then someone calls you 'fat' (or any other derogatory term)." Thom then opens the paper and tries to smooth it out. "Once your words are out, there is an impact. You can say you're sorry, and you should, but the apology does not take the wrinkles out of the paper. Be careful of how your words can hurt!" What a great way to teach people the power of words!

His program can teach: awareness and how to identify abusive behavior; ability, knowledge and confidence to stand up for yourself; action and using what you have to protect yourself; and assertiveness to stop bullying behavior. Thom teaches to be "Upstanders" instead of being "bystanders" to bullying. The "Anti Bullying Pledge" is encouraged. Thom said, "It is the confidence we build in here; the fighting is secondary."

The three components at the core of this program are body language (stance), eye contact (see what's looking back at you), and voice (teaches to use the diaphragm to project with serious intent. Parents with sensitive ears should bring ear plugs for this part.). Thom welcomes real life examples of how the bully bullies and then a variety of potential responses to the bully. This gives students a safe place to practice their assertive responses. Please see the sidebar for the pledge and some interesting facts Thom has in his brochure on bullying.

Thom welcomes calls from local groups or school personnel interested in implementing bullying programs in their schools. Give him a call at 719-930-6365.

Phoenix Fitness.

Thom identifies with the image of the Phoenix; the mythical bird that rises from the flames. He believes that if we have lived another day, there is an opportunity to re-create one's self. He understands we are all exposed to stress, which becomes cortisol that must be released from our bodies. Thom understands the suicide rate is highest for teens, and also higher for folks living in higher altitude. Any person of any age or gender can begin to make important changes in their lives by controlling stress (exercise releases cortisol), maintaining good boundaries of mutual respect, gaining confidence and self-control. He is happy to work together to develop strategies specific to the individual. Contact Thom if you are in need of respectful guidance from a personal trainer.

Goals.

In addition to the Anti-Bullying Program, Thom is seeking to expand his expertise to other populations. He would like to help the Wounded Warriors overcome their PTSD and create a healthy re-integration into civilian life. He creates a safe environment for veterans to express what they have held inside, in a "judgment free zone" well-equipped for releasing pent-up aggression. He would like to work with those challenged with developmental disabilities to develop their confidence, assertiveness, and control. Thom has a real gift for tuning into his students, and giving them the best strategies for their body type. Success becomes more likely when building on strengths. It's no wonder Thom's students tend to make rapid progress and develop a desire to continue with the discipline.

Thom is truly driven by his passion for the art. He knows first-hand how it has made a positive impact in his journey. His diverse expertise in martial arts, boxing, fitness, and nutrition (from his culinary background) creates many dimensions in his mentorship. Thom said is looking into developing at least one workshop per month. We'll do our best to keep you informed.

When the time comes for you to become more active, when you're ready to give your children the skills to safely stand up to a bully, when you're looking for a safe environment to let off some steam, or when you're ready to develop confidence in your muscle control, Thom will be there to guide you through your goals. Learn more by visiting www.TSeehafer.com or call 719-930-6365. His expertise and passion will help you reach your goals.

Anti-Bullying Pledge

I believe everyone has the right to feel safe.

I will commit to standing strong against bullying.

I will treat others with respect and kindness.

I have the compassion to not be a bully

And the courage to not be a bystander.

It is my responsibility to help others who are being bullied

And to report bullying when I see

it or when it happens to me.

I will not stand by. I WILL STAND UP....

Did you know?

• 33% of students report being bullied during the school year.

• 32% of students admit if/when bullied, they would tell no one.

• Other kids are watching 85% of the time when one kid bullies another.

• 57% of the time when someone steps in and intervenes with

bullying, it stops within 10 seconds.

• 15% of absenteeism is directly related to fears of being bullied.

• Bullying is a factor in 2 of 3 of the most recent school shootings revealed by the US Secret Service.

Help us put an end to this:

• Every 7 minutes a child is bullied.

• 85% of the time, there is no intervention.

Guide to minerals: Smithsonite

by Jenna Salvat

Smithsonite is a zinc carbonate. Smithsonite has a surprisingly high hardness for a carbonate. Smithsonite is commonly associated with azurite, malachite, limonite, sphalerite, calcite, cerussite, hemimorphite, aurichalcite, anglesite, pyromorphite, hydrozincite, and galena. Smithsonite is often found with zinc deposits in limestone. Smithsonite rarely occurs in crystals visible to the naked eye. Smithsonite often occurs as botryoidal, stalactitic, and concretionary crusts, lumps, or masses. Smithsonite is often used as an ornamental stone and less commonly used as a gemstone. It is also an ore of zinc.

Smithsonite was named after James Smithson, the same man for whom the Smithsonian Institution was created. James determined that smithsonite was a zinc carbonate, rather than being a zinc oxide. When smithsonite is melted on charcoal with a blow torch, it leaves behind a white residue of zinc. This is how James Smithson discovered that smithsonite is a zinc carbonate.

Facts on File:

Chemical Formula: ZnCO3 (zinc carbonate)

Composition: Zinc, carbon, and oxygen

Color: Blue or green when copper impurities are present, bright yellow when it contains cadmium, brown when it contains miniscule particle of iron hydroxides, and pink or violet when it contains cobalt or manganese

Streak: Always white

Hardness: 4-5

Specific Gravity: 4.3-4.5

Crystal System: Hexagonal, crystals not common; crystal habit: botryoidal (grape like), reniform (kidney like), stalactitic

Transparency: Translucent to nearly opaque

Luster: glassy, pearly, or dull

Cleavage: Perfect in three directions, forms a rhombohedron

Fracture: Uneven

Acid test: effervesces rapidly in dilute hydrochloric acid



Smithsonite from the Kelly Mine, Magdalena, New Mexico. A Jenna Salvat Specimen. Image by S. Veatch.

About the author

Jenna is a member of the Pikes Peak Pebble Pups. She is 14 and in middle school. She is also a volunteer ranger at the Florissant Fossil Beds National Monument.



Growing ideas

by Kathy Hansen

There are many challenges specific to living in high altitude, one of which is gardening. Yet some people grow abundant gardens. How do they do it?

Growing ideas is the new headline to a series we'd like to run in 2015 about growing plants and food at high altitude. It is intended to be a monthly column open to accept feedback from our readers and at times the experts. We believe that by sharing ideas of what worked well, we each have a better chance for success. We will cover a topic each month and at the end of the column give you the topic for the next issue. If you have experience you would like to share, simply send in your comments via email to utecountrynewspaper@gmail.com or snail mail to Ute Country News, POB 753, Divide, CO 80814. We will do our best to print everything received. If you wish to remain anonymous, just let us know to withhold your name. It may be helpful to include your general area, such as the closest city.

The topic we would like to run for January is "Planning your garden". What steps do you go through when you plan your garden? Have you found a helpful hint while going through this process? Do you base it on your successes of last year or on what is running low in the pantry? Do you have every-other-year producers you need to work around? Send us your tips for planning your garden.

The Crazyville Kids: Slipping by Emily Newton



About the artist: Emily Newton is a 13-year-old homeschool student who enjoys cartooning, playing the violin, and writing.

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Christmas in Divide a success!

by Dave Martinek
photos by Dave Martinek

The Divide Chamber of Commerce wishes to thank the community for their support of the 23rd Annual Christmas in Divide Craft Fair, held on Saturday, November 15, at the Summit Elementary School.



Santa Claus was available for pictures at the fair from 10 a.m. to 1 p.m. but his lap was not just reserved for children. Mrs. Jane Lass of Woodland Park had a visit with Santa, as well.



Over 20 crafters participated in the 23rd Annual Christmas in Divide fair.



Cori's Soap Sensations and Jill Smith's Flameless Candles shared a table at the Christmas in Divide craft fair. Pictured left to right are: Jill Smith, Helen Freed, and Jarrett Freed (Cori Freed's son)



Summit Singers, the choir from Summit Elementary School in Divide, performed at the annual craft fair of the Divide Chamber of Commerce.

Adopt Me Paris

By Lisa Moore
of TCRAS



My name is Paris. I'm a typical husky girl with a lot of energy and am quite the talker! I am house trained and I am learning to how to be a lady. I am hoping my new family will continue my training. I am eager to learn; just waiting for the right person to have the patience to teach me. I am also looking for an active home because I am not the couch potato type. I have a very special adoption fee, please contact TCRAS for details!! Call TCRAS, the no-kill shelter in Divide, at 719-686-7707 for more information or checkout our website to see all the available animals! www.tcrascolorado.com

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Watershed work

by The Coalition for the Upper South Platte

Can you believe we are already nearing the end of the year? As we've moved from a glorious fall into the colder season, we can't help but reflect on all that has happened in the Upper South Platte Watershed during 2014. The Upper South Platte Watershed is the headwaters of the South Platte River, stretching from the Continental Divide to the Front Range and encompassing parts of Teller, Park, Douglas, Jefferson, and Clear Creek Counties. The watershed is an important source of Colorado's drinking water, full of recreation opportunities, and home to many communities. The Coalition for the Upper South Platte (CUSP) was formed in 1998 to protect this watershed.

We've been working hard to promote the water quality and ecological health of the watershed throughout the year. A few of the programs we are working on in collaboration with different organizations and community members include:

Water quality monitoring and planning

Following up on baseline water quality monitoring started in 2011, we tested a network of wells in South Park this year. This baseline monitoring was done in partnership with Park County, the Park County Land and Water Trust Fund Board, the Colorado Geological Survey, and U.S. Geological Survey to address community concern over expanding interest in oil and gas development in South Park. With this information, we will continue to build a good understanding of how water quality looks now and where improvements can be made. The data will also provide the community, regulatory agencies, and developers with baseline water quality conditions, so everyone can assess any changes in water quality following any future impacts in the watershed.

In addition to monitoring wells, we also started on a project with the South Platte Enhancement Board to monitor the South Platte River from below Elevenmile Dam downstream to the confluence with the North Fork, and along portions of the North Fork. The goal of the extensive monitoring along the river is to get a holistic picture of the condition of the river. This baseline data will be used to identify and develop projects that enhance the river corridor, and to better understand future changes along the river. The project will include assessments of water quality,

fisheries, recreation impacts, wildlife, and plant life near the river. This year's work focuses on Elevenmile Dam downstream to Cheesman Reservoir. Monitoring along the North Fork of the South Platte will begin next year.

Large-scale planning for how to protect water supplies in the watershed is also underway. A Denver Water-led process involving stakeholders throughout the watershed and further downstream is helping everyone who relies on the watershed identify potential pollutant sources and best management practices for proactively protecting our water. This process, which will ultimately lay out a blueprint for how to implement effective programs that address contaminants of concern, started in 2013, with the bulk of the planning work completed this year. Contact CUSP at 719-748-0033 if you want to get involved in this source water planning process.

Forestry

Communities in the watershed and around the state have seen too many times how unhealthy forest conditions can lead to devastating wildfires. CUSP and many other partners have diligently continued our work to help communities reduce wildfire risk and improve the health of the forests that surround your home.

As part of the state's Wildfire Risk Reduction Grant Program, we have been working throughout the watershed to help private property owners in the wildland-urban interface (where development meets the forest) reduce the density of trees on their land and adjacent lands. The balanced approach we bring to forest management includes consideration of local ecosystem function, desires of communities and other stakeholders, and fire risk management.

We have also further expanded our geographic reach to work more closely with communities along the North Fork of the South Platte River in northwestern Park County and



the burn scar. In a collaborative effort involving many government agencies, private homeowners, other nonprofit organizations, and local communities, post-fire flood mitigation and emergency preparedness work has protected homes, vital infrastructure, and water supplies.

Although the fire scar saw many heavy downpours this year, we escaped the losses experienced in 2013, thanks to the flood mitigation work of many partnering government agencies and nonprofits. If you would like to learn more about recovery efforts, check out the interactive Waldo Canyon Fire Impacts and Recovery Map at waldofire.org/map

How you can help

As a 501(c)(3) nonprofit organization, CUSP relies on donations and grants to protect the Upper South Platte Watershed. Our year-round work to minimize environmental threats, risks, and dangers to promote long-term watershed protection benefits us all. Whatever amount you choose to give, CUSP will leverage your donation for matching funds for federal, state, local, and foundation grants. A gift of \$100 yields \$350 when leveraged as matching funds needed to secure grant funding, and 95 percent of your donation goes directly toward vital watershed programs.

This year, we have a range of donation choices for you to support your watershed. Make your holiday shopping meaningful and easy with holiday donation gifts online. You can also invest in your watershed by making a simple online donation at <http://cusp.ws/donate/>, texting CUSP to 41444 to donate any amount with your credit or debit card, or mailing your contribution to PO Box 726 Lake George, CO 80827. Thank you for your support. Have a wonderful holiday season and happy New Year!

southern Jefferson County, while continuing to carry out many acres of forestry and wildfire mitigation work in the southern swath of the watershed. This work will enhance efforts to treat the forest on a large scale to improve forest health and reduce wildfire risk in cooperation with public land managers and private landowners. If you are interested in doing wildfire mitigation work on your property, call CUSP at 719-748-0033 for assistance.

Wildfire Rehab

While we focus on proactive work to improve forest conditions before intense wildfires spark, we have also become adept at responding to wildfire. We understand that floods follow wildfire, and flooding and debris flows are amplified for decades in areas where intense wildfires have burned.


Using the lessons learned from our extensive and ongoing work in the 2002 Hayman burn scar, in the last few years we have done a tremendous amount of work in the Waldo Canyon burn scar in an effort to keep Highway 24 open and protect lives and property below

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Mayor Neil Levy with the "Mayor Pin" recipients, left to right: Karen Casey-Svetich, MaryLee Allen, Mayor Levy, Kandy McDaniel and Bridget Upshaw.

Mayor presents awards to WP Teen Center staff

by Kathy Hansen

Woodland Park Mayor, Neil Levy, presented the prestigious award of the "Mayor Pin" to each of the four core staff of the Woodland Park Teen Center, on Monday, November 10, 2014.

Even though Mayor Neil Levy was unable to attend the Teen Center Open House back in September, he decided the incredible work being done at the Teen Center needed to be acknowledged so gave a "surprise" presentation to Bridget Upshaw, Kandy McDaniel, MaryLee Allen, and Karen Casey-Svetich. Mayor Levy said, "The Mayor Pin is special in that it is ONLY awarded to those making

a positive impact on our community, such as the WP Teen Center." Mayor Levy promised to continue to support the Teen Center and encouraged the Teen Center to keep him informed on their projects just in case he knows someone who may be able to help.

Mayor Levy then went on to talk about the Community Pool Project. He explained that just like a house mortgage, the City of Woodland Park agreed to take out a 20 year loan to pay for the pool. While the plans have not been completed, the initial discussions include a six lane lap pool, as well as a play area with a vortex and all the fun toys.

Park County seniors can get free snow removal

Park County Seniors receive snow removal assistance through April. Park County Senior Coalition has received an Older American's Act grant to provide snow removal assistance for residents 60 years of age or older. Interested residents complete an application, submit an estimate to Park County Senior Coalition, and receive a voucher. The recipient of the voucher chooses the snow removal service, and Park County Senior Coalition assists with payment. Call to apply: 719-836-4295.



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Food for thought

by Carol Grieve

Over the past two years I have written articles for this great newspaper about what is happening with our global food supply. I have written much about the dangers of GMOs and pesticides that are ever increasing in our foods. I have told you about the importance of eating an organic diet and eliminating processed foods. I have shared with you the problems with eating refined sugar. I have expressed my concerns about all the hidden ingredients in our food and taught you how to recognize these ingredients.

I have written about Glyphosate (Round-Up) which is one of the most toxic chemicals on the planet and how it has been found in our urine, blood, gut and even human breast milk. I have warned you about how the corporations who make these chemical-laden foods are targeting our children.

We live in an age where many want things in a hurry. We have gotten away from sitting down with our families and sharing a meal.

I have provided you with information on getting the most nutrition out of your fruits and vegetables. I have emphasized the importance of eating plenty of healthy fats like pasture butter, avocados and coconut oil. I have stressed the importance of using the best quality "real" extra virgin olive oil and have given you information on how to find it.

I have shared the dangers (extreme dangers) of consuming Aspartame which is prevalent in diet sodas and other diet products.

I have explained how we have become a society who wants cheap food and what that is costing us health wise!

I have shared much of what I have learned over the last five years while attending what I call "Food University" by interviewing the best experts in the world on what is happening with our food supply. I have done my research and I have done my homework.

This month as we enter into the holiday season, I feel it is important that we all take a look at not only what we are putting into our bodies, but what we are allowing in our minds and emotions. I have been a Life Coach for the last 13 years and have assisted many individuals with not only food related and diet issues, but emotional and mental issues.

That being said, if you are eating a 100 percent organic diet but your mind and emotions are toxic, then the food you eat becomes toxic. The state you are in when you eat is as important as what you eat. If you are stressed or angry when you eat, that changes the energy of the food.

Many people eat when they are feeling negative emotions — as if that food will be a comfort for them. Just the opposite happens when you eat when you are stressed.

Everything is energy and when you consume foods when you are feeling this way, the food can have little to no nutritional value for you and can literally become a toxin in your body. If you consume sugar when you are emotionally or mentally stressed, that sugar will deepen the depression and greatly lowers your immune system. If you are feeling stressed, I suggest before you eat, stop and sit down and

allow yourself to feel whatever it is you are feeling.

When you don't allow yourself to feel something and push it away or cover it up with food or alcohol, you bury that emotion much deeper. It doesn't just go away! When you allow yourself to feel, then you can take steps to release that emotion. You may need to get assistance from a friend or even a professional. My point is — covering up a negative emotion with food or alcohol does not work!

We live in an age where many want things in a hurry. We have gotten away from sitting down with our families and sharing a meal. This has been replaced with eating on the run, grabbing fast food or throwing something in the microwave (I suggest you get rid of your microwave anyway — it changes the chemistry of food). Plain and simple — eating fast and eating fast food can be deadly. It may not kill you overnight but eventually it will turn into dis-ease!

Another important ingredient in this mix of creating a healthy life is this: Are you doing what you love to do or are you doing what you do for someone else? Ask yourself these questions. Who or what are you doing your job for? If it is purely for money and you do not enjoy what you do, there will be health issues! Are



you doing a certain job because your parents wanted you to do it? Are you doing a job just to survive? These are important questions to ponder as we move into a new year.

If you are doing a job you do not like, figure out what you are passionate about and begin taking steps to do it. It doesn't necessarily mean you have to quit your job right now — just begin taking steps in creating what you

Carol Grieve is a Certified Life Coach and Wellness Coach, the host of the widely-acclaimed talk radio show, Food Integrity Now (www.foodintegritynow.org), a speaker and writer. For more information on health and wellness coaching contact Carol at carol@foodintegritynow.org or call 415-302-7100. Phone or Skype sessions are available.

want. As you take action with passion and intent, doors will start opening.

On that note I would like to leave you with something I feel is very important. My spiritual teacher, Jonah, taught me this and I know it is true. "Intent is the building block of the outcome." "This is your life, this is about your life and this is about the quality of life. What quality of life do you deserve? Have a wonderful holiday season and enjoy your life! Be well!"



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Part of the new Guffey Community Charter School Choir practicing before the Veteran's Day performance. There are 39 choir singers; the total school enrollment. photo by Lynda MacDonald

Guffey School Veteran's Day program

by Flip Boettcher

The Veteran's Day program put on by the new Guffey Community Charter School (GCCS) Choir under the direction of middle school teacher, Hillevi Peterson-Hirsch was a poignant tribute to American veterans who have served our country. The performance brought tears to the eyes of many in the audience.

About 75 crowded into the GCCS's multipurpose room for the choir's first performance. The program included traditional American poems and songs, historical readings and the military medley. The medley included reading the Military Values of the Army, Marines, Navy, and Air Force and singing each branch's military song: "The Army goes Rolling Along" (1775), "The Marine's Hymn" (1775), "An-

chors Awake" (1775) and "Official U.S. Air Force Song" (1947).

There also was a selection of songs written by Medal of Honor recipient, George M. Cohen including "You're a Grand Old Flag", "Yankee Doodle Boy" and "Over There".

The program ended with the singing of the "Star Spangled Banner". The words for the "Star Spangled Banner" were written by Frances Scott Key during the bombardment of American east coast Fort McHenry. The song became the national anthem in 1931 by a congressional resolution signed by President Herbert Hoover.

Light refreshments were served after the program.

The top 10 health service tips

Pikes Peak Regional Hospital has assembled a top 10 service tips list for Teller County residents and visitors at PPRH:

1. The 911 Emergency system in Teller County is a centralized system and can dispatch ambulance service amongst the other familiar 911 services.
2. If you are a self-pay customer, you may be able to negotiate a rate with your provider that is less than the "list price". You should contact the provider's office before service is rendered to make arrangements.
3. Ute Pass and Highway 24 can be temporarily closed to traffic in any season. Closures can make it difficult to get to and from provider appointments in Colorado Springs or to visit family in the hospital; another good reason to use your local medical community.
4. The PPRH Hospital Web site has valuable information on a range of important topics. Here is the link: <http://www.pprh.net>.
5. The Association Web Site has up to date information to supplement this Health Guide.
6. The high altitude in Teller County can have significant impact on health. Some of these can be serious or even life-threatening. Everyone who lives here should understand these effects. The PPRH Web Site has information on high altitude health effects, emergencies that can occur, and precautions. The hospital maintains special capabilities for treatment of high altitude health emergencies and longer-term problems such as a special High Altitude Sleep Center and a Pulmonary Function Testing Lab.
7. You have the right to choose your provider for follow-up medical care. The Association is an advocate for helping patients exercise that right to choose your provider when you are referred for follow-up treatment or tests. In recent years, several out of town corporations have established primary care providers in our community that routinely try to refer you to their own specialty and service providers outside our community, though many of those services are offered right here. This practice may be an inconvenience to you, but it is also a major threat to our medical system here in Teller County. Your healthcare dollars flow out of our community and that weakens the viability of our own local providers. Often your physician may try to refer you to their own out of town services such as physician specialists, x-ray and other imaging, lab tests, rehabilitation, and other services. You

have the right to insist that your desire is to support our community providers instead, if it is medically appropriate and is permitted by your insurance coverage. The Association is working with providers to discourage this practice. The Association has committed resources to educate all local providers about the extended services available right here at home and how important it is to recognize patient preferences and the significance of supporting this local community as a whole. As such, the Association also acknowledges those local providers who do demonstrate special commitment to our own community by identifying each in the directory listings. That way you know which providers are actively helping us build the best health care services for our community.

8. We are 8,500 feet above sea level here. That means we have some of the most intense sun and we have more sunny days than most folks. Good for attitude, bad for skin. Everything you know about protection from UV radiation must be taken extra-seriously here. Additionally, frequent checkups with the Dermatologist are important. The PPRH Specialty Clinic has several top-rated dermatologists so those appointments can be made conveniently right here near home. They are listed in the Health Care Guide.
9. Our proximity to many winter and summer recreational opportunities offers a unique treatment option for a variety of sports related injuries. Many residents and visitors alike have found it advantageous to come back to PPRH for treatment. The hospital has built a team of highly trained physicians and technicians who provide top-rated, advanced care in orthopedics, joint replacement, sports medicine and physician therapy to active individuals of all ages. Then, if they need hospitalization or follow up, they are here at home where access is convenient.
10. Seniors make up a growing segment of the Teller County population. As such the community has a variety of senior-oriented organizations including Senior Circle. Senior Circle is a program to promote healthy living in adults age 55 and over. With a wide variety of activities to choose from, free and discounted services, and free community education seminars to enhance your health, the Senior Circle program is beneficial when you are hospitalized, and is a great opportunity to meet new friends. For more information you can call 719-686-5802 or send an email to seniorcircle@pprh.net.

BLM extends public comment period for HAMET proposal

The Bureau of Land Management Royal Gorge Field Office wants your input on Fort Carson's proposal to use public lands for helicopter training.

Based on public input, the BLM and Fort Carson are hosting a second public meeting on Dec. 4 at the Cripple Creek Heritage and Information Center, 9283 State Highway 67, Cripple Creek, CO 80813. The meeting will run from 4:30 p.m. to 7 p.m., with a presentation scheduled for 5:30 p.m.

Fort Carson has been using public lands in the Royal Gorge Field Office for High Altitude Mountain Environment Training since 2010. In 2013, Fort Carson requested a longer term agreement with BLM for HAMET activities. The HAMET program is designed to provide pilots experience flying and landing helicopters in high elevation, mountainous terrain.

Fort Carson has submitted a Plan of Development to the BLM. The BLM is analyzing this plan through an open public process, and would like your help to identify what issues and concerns should be addressed in the envi-

ronmental assessment and alternatives before the BLM begins

For more information about the use of BLM lands for HAMET activities, please visit the Royal Gorge Field Office website at: <http://www.blm.gov/co/st/en/fo/rgfo/planning/hamet.html>

This scoping period runs from Nov. 19 to Dec. 19, 2014. Comments concerning the proposed action, alternatives and identification of environmental issues are most helpful. For additional information or to submit a comment, please contact Nancy Keohane at 719-269-8531 or email comments to rgfo_comments@blm.gov. Keep up with Royal Gorge Field Office planning efforts at <http://blm.gov/3zld>.

Before including your address, phone number, e-mail address, or other personal identifying information in your comment, you should be aware that your entire comment—including your personal identifying information—may be made publicly available at any time. While you can ask us in your comment to withhold your personal identifying information from public review, we cannot guarantee that we will be able to do so.

BLM hopes to reduce impacts at Guffey Gorge

The Bureau of Land Management Royal Gorge Field Office has released a draft environmental assessment analyzing the impacts of recreation at Guffey Gorge (also known as Paradise Cove).

The draft EA identifies an overall management strategy for the Guffey Gorge area. The proposed alternative seeks to ban the possession of alcohol, implement a fee-based permit system and develop a parking area, among other actions. The BLM's goal is to reduce impacts associated with heavy visitor use in a small area.

For more information about Guffey Gorge and to download the draft EA, please visit the Royal Gorge Field Office website at: http://www.blm.gov/co/st/en/fo/rgfo/planning/guffey_gorge_ea.html

This comment period will run from now

to Jan. 2, 2015. Comments concerning the proposed action, alternatives and identification of environmental issues are most helpful. For additional information or to submit a comment, please contact Linda Skinner at 719-269-8732 or email comments to rgfo_comments@blm.gov. Keep up with Royal Gorge Field Office planning efforts at <http://blm.gov/3zld>.

Before including your address, phone number, e-mail address, or other personal identifying information in your comment, you should be aware that your entire comment—including your personal identifying information—may be made publicly available at any time. While you can ask us in your comment to withhold your personal identifying information from public review, we cannot guarantee that we will be able to do so.

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December 5th, drop off your entry for the annual **Gingerbread House Contest** at the Woodland Park Library!
December 6th, start the day with **Breakfast with Santa**.
During the day, tour the **Holiday Home Tour** and shop at your **local Woodland Park Businesses**.
At 6 PM, join us for the kickoff of the **26th Annual Lighter Side of Christmas Parade** complete with fireworks, followed by the **Tree Lighting Ceremony** and **Crazy Hat Contest**.

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The staff dressed as dominos had just as much fun as the kids!

Lake George Charter School’s 37th Annual Halloween Carnival a success!



Fun and games at the carnival.

The Lake George Charter School’s 37th Annual Halloween Carnival was a huge success! There were many raffle prizes again this year, including Denver Bronco tickets, and many gift certificates as well as gift cards. Congratulations to all of the winners of the raffle prizes, gift certificates and bingo! Here is a list of the businesses and individuals that sponsored booths and donated raffle and bingo prizes. We raised over \$6,500! Their support contributes to the present and future success of our school. There were 14 Air Force Academy Cadets who helped run the game booths and many of the parents, staff members and students volunteered their time and energy. There was a lot of work involved in organizing, getting sponsors and donations, shopping, setting up, running the game booths, and cleaning up. The closeness of the students, parents, staff and the community shows at our little school. What a great community we live in! Thank you for your support!!



Meary Slavens races her grandson, Marshall Slavens, up the rock wall. Mother, Melena Slavens (on opposite side of wall) followed for 3 generations of fun!

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LGCS election results

The Lake George Charter School Board Elections were held on November 18, 2014; 102 voters turned out for the election. The two seats for the two- year terms will be filled by: John Bartlett and Jason Kirkland. We want to thank all the members of the election committee who made sure things ran smoothly and everyone who tended the polls during the voting because they volunteered their time.

Thank you to all the voters who came out and cast their vote!
 The biggest thanks go to the candidates and all members of the Board as everyone works together to give the children the best education possible and to constantly be striving to improve our school.
 Please contact Julie Gilley, Election Committee, at 748-3911 x102 for further information.

Historic mining landscape takes on holiday décor

The giant headframes that are the remains of 1890's gold mining days will again light up the night sky around Victor and Cripple Creek again this holiday season. These unique mining structures are one-of-a-kind remnants of the gold rush era.

Holiday ornaments, some as large as 20 feet tall, will be lit against the starry night skies of the Victor and Cripple Creek.

A self-guided driving tour map will be available at area businesses, as well as the Cripple Creek Welcome Center and online at Victor-Colorado.com. The lights will be best viewed after dark and will be in place Friday through Sunday nights through New Year's Day, weather/safety and volunteers permitting.

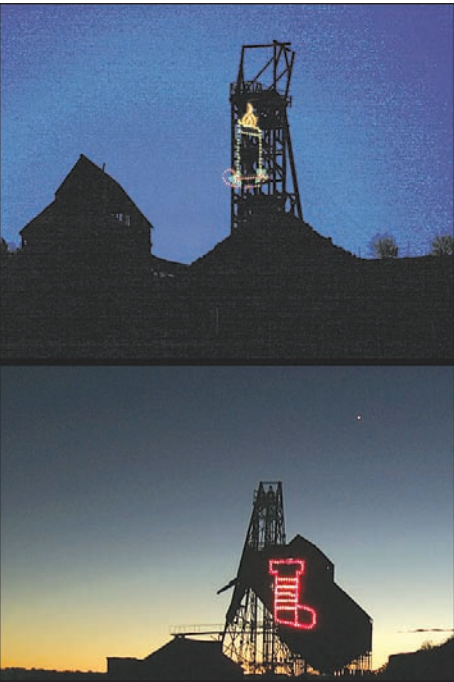
The Victor Lowell Thomas Museum and gift shop will be open for special holiday shopping hours from 11 a.m. to 4 p.m., Dec. 6 & 7, 13 & 14, 20 & 21 weather allowing. Don't miss the museum Christmas village window! Thanks to Mona and Jeff Campbell, the windows will feature village scenes of days gone by.

Crafts and holiday fun will be on deck for the Gold Camp Christmas events in Victor Dec. 12-14, including the Elf Emporium. See VictorColorado.com for information.

This holiday lighting tradition is 17 years old and is sponsored by the Cripple Creek & Victor Gold Mining Company, on whose property most of the headframes are located. Volunteers from the communities staff the generators and line power connections each weekend. Other sponsors include an anonymous donor, Southern Teller County Focus Group, Cripple Creek Parks & Recreation, and Cripple Creek District Museum. Support also comes from Black Hills Energy crews who help refurbish the lamps on the ornaments and donate power installations.

Make the trip an overnight get-away by booking a room at The Victor Hotel or your favorite lodging in Cripple Creek and take in the traditional holiday Butte Theater that show that focuses on lifting your holiday spirits. "Winter Wonderland" opens at the Butte Theater in Cripple Creek and runs through Dec. 28.

For the outdoors minded, the Vindicator Valley, Little Grouse, Independence Mill Site, Golden Circle, Gold Camp, and Battle Mountain Trails are open to the public during days in the winter. Come prepared to hike or bike in mountain weather. If there is enough snow,



the trails are open to cross country skiing and snowshoeing.

The Victor community invites you to visit the historic City of Gold Mines for a day, evening drive, or weekend stay this holiday season to experience part of our good old-fashioned holiday spirit.

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You are invited to join us as we celebrate the Christmas Season

† **SATURDAY, DECEMBER 6TH:** Ladies Christmas Luncheon at 11am. There will be an ornament exchange.

† **SUNDAY, DECEMBER 14:** The choir will present "It's a Wonderful Time of the Year" at 10:30am. There will be a potluck lunch following the service. Everyone is welcome, come and join us.

† **WEDNESDAY, DECEMBER 24:** There will be a live nativity at 5pm. Christmas Eve service at 6pm. There will be treats for the children. Join us as we celebrate the birth of our Lord and Savior.

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Rampart Range Library news

by Anne Knowles

Get into the holiday spirit at Florissant and Woodland Park Public Libraries! Both libraries are collection points for Community Cupboard so you can bring in your non perishable food items and unwrapped toys to benefit the less fortunate in our community. The book tree will again adorn the lobby of Woodland Park Public Library and festive spirits and decor will reign at Florissant Public Library. The Lighter Side of Christmas, a non-profit organization in Woodland Park, will hold a gingerbread house competition at the Woodland Park Library. Applications are available at www.LighterSideofChristmas.com and any questions about the competition should be addressed to that organization. Come into the library from December 5-19 and admire the wonderful gingerbread house creations.

Have you ever seen a wolf-dog in the library before? Come meet Bella, a wolf-dog from the Colorado Wolf & Wildlife Center in Divide, at the Florissant Public Library on Thursday, December 4 at 10:30 a.m. Bella and her handler will be the guests at a very special storytime for kids of all ages with stories, coloring sheets

and wolf bookmarks (read more on page 7). Carrying forward a Rampart Library District tradition, Cathy Kelsay, aka Mrs. Claus, will be presenting a special storytime program at Florissant on Thursday, December 18, 10:30 a.m. and at Woodland Park on Wednesday, December 10, 10:15 a.m. The theme of the Florissant storytime on December 11 will be White.

December storytimes in Woodland Park, every Wednesday and Thursday at 10 a.m., will all have holiday themes and crafts. Bring the family to Woodland Park Library on Tuesday, December 23 beginning at noon to make ornaments and crafts using pine cones and other fun materials. The Friends will be holding a holiday gift book sale at Woodland Park on Saturday, December 6 from 10 a.m.-3 p.m. You won't want to miss this! Gift wrapping will be available and all donations will benefit the Library District.

Both libraries will be closed on December 24-25 and December 31-January 1 for the holidays. The Staff and Board of Rampart Library District wish all of our patrons and members of our community a very happy holiday season!

Santa is coming to Mueller State Park!

by Abbie Walls

Kick off your holiday season with a day of fun at Mueller State Park Sunday, Dec. 7. Get outdoors, make an ornament to take home and visit with Santa while you explore all that Mueller State Park has to offer. All activities are free but a \$7 daily parks pass or \$70 annual parks pass is required on your vehicle to enter the park. The fun will start at 11 a.m. and programs will run throughout the day. See below for more details:

- **Holiday Nature Hike** begins at 11 a.m. Meet at the Visitor Center. Enjoy a hike in the crisp mountain air and hear about how trees and other bits of nature are used in the holiday season.
- **Nature's Ornaments** from noon to 4 p.m. Create your own ornaments from nature! Explore your creative side and take your treasure home with you! Fun for all ages.
- **Birds of Prey** begins at 2 p.m. See live Birds of Prey in the auditorium. Diana Miller, from the Pueblo Raptor Center, gives a fantastic

presentation about the owls, hawks, eagles that they care for. The Pueblo Raptor Center rehabilitates many injured and orphaned birds so they can be released back into the wild.

- **Meet Santa** from 3 p.m. to 6 p.m. Santa is taking a break at the cabins and you're invited to join him. Bring your camera and your wish-list and share a snack with Santa.
- **Cabin Open House** from 3 p.m. to 6 p.m. Come see the inside of the beautiful cabins at Mueller! Have a cookie and hot drink as you wander through these lovely log cabins while they are decorated for the holidays! New this year - winter rates for overnight are half price!

For weather updates or for more information call Mueller State Park at 719-687-2366 or visit <http://cpw.state.co.us/placetogo/Parks/Mueller/>. Mueller State Park is located four miles south of Divide on Highway 67.



Early ice fishing

by Jeff Tacey

Now that December is here it's time to put fresh line on the ice rods, grab the ice auger, and get on the early ice.

Two early freezers are Antero Reservoir and Tarryall Reservoir in Park County. Try around the dam and boat ramp areas at Antero Reservoir. Use Power Bait eggs or wax worms on small pink, orange and chartreuse Shrimpos, Ratsos, or scudbugs. At Tarryall Reservoir try near the boat ramps or fishing docks, try night crawler pieces on small Kastmasters, jig with one pole and let the other sit. Often the trout will come to the movement of the jiggling pole and hit the "deadstick" pole.

Another early freezer is Jefferson Lake up above Fairplay; the road may be closed here depending on the snow fall, so a long hike or snowmobile ride will be necessary to reach the lake. Use sucker meat on a big purple, white, or brown tube jig. Bounce it off the bottom for lake trout.

Two other early freezers are Georgetown Lake and Officers Gulch Ponds up on I-70 by Copper Mountain and Georgetown. You can catch brook, rainbow and cutthroat trout at these



Jeff holds up an icy rainbow trout.

ponds, there both good for smaller trout if you don't mind the highway noise. The same jigs and bait will work at these lakes as the others.

Be safe on early ice and never ice fish alone. Check the ice thickness as you get further from shore on this early ice. Check the 2014 Colorado fishing guide book for all rules and regulations.

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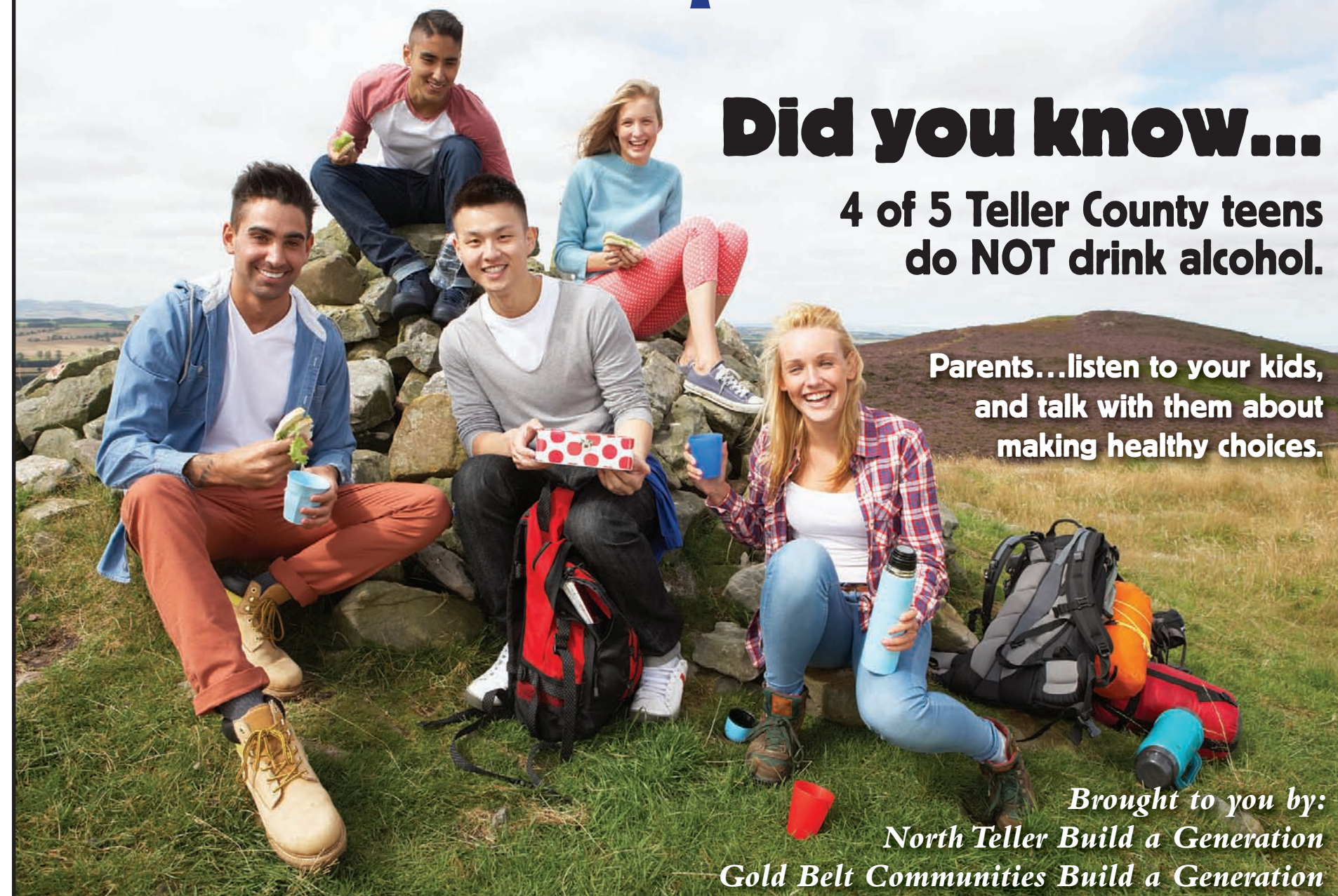


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WARRIOR REGHENA

But we can't live in the light all of the time. You have to take whatever light you can hold into the dark with you.

Libba Bray

BY DANIELLE DELLINGER

Author's Note: This story is dedicated to my godmother.

Space is a cold place, but Earth can be the same way--only in a different capacity. The planet was in a post-apocalyptic state. Some places were thriving and beautiful, while other places were void of life, the environment too harsh and unstable to support even the growth of weeds.

Captain Reghena flipped up her helmet's visor as the bay door on her ship opened and lowered to the ground. She had returned from a scouting mission to locate the base camp of the Cruelarians--a new species attempting to conquer Earth and wipe out the remaining humans. However, the humans had evolved into humanoid, containing very few human characteristics now. Reghena squinted against the light of the sun, which was closer than ever to Earth, as she walked down the ramp to the landing pad.

Chief Larx greeted her. "Find anything?" Reghena kissed his cheek. "Would it kill you to say hello and forget work for a minute, honey?" she asked, smiling sweetly at him. She and Larx had met on their first day of training back in their early twenties. They had just celebrated 30 years of marriage.

Chief Larx sighed. "Hello, love. Did you find anything?"

Reghena rolled her eyes. "There's a pocket of Cruelarians at the western slope of Pikes Peak. But I don't think it's their base. If anything they may have taken over NORAD to use as their command center."

Chief Larx frowned. "That's smart of them. There's only one way in and out."

Reghena nodded. "It's also a good way for them to poison the land more. The mountain's ability to create its own weather gives them a great advantage to carry out their plan."

"It'll help to spread their toxins faster," Chief Larx said, rubbing his face then smoothing down his mustache.

Reghena put a comforting hand on his shoulder. "We'll figure out a way to stop them."

He looked at her with concerned eyes. "I don't like you putting yourself out there. Doing so exponentially increases your risk of being infected."

"Someone has to do it. But if I take all the appropriate precautions, I'll be okay."

Chief Larx just looked at her, unconvinced. She raised her eyebrows and smiled at him.

"Have hope, sweetheart. It's all that's left at this point." She leaned up and gave him a soft loving kiss then headed inside the one-story headquarters building.

Chief Larx followed her. He'd always loved her optimism, even if it did annoy the heck out of him sometimes.

The two parted ways in the lobby because Reghena had to report to her commander, Andrex.

Captain Reghena stepped into her commander's office, and recounted the details of the scouting mission to her as she had to her husband, Chief Larx. Commander Andrex's frown deepened as she talked. When Reghena finished, Andrex stared fixedly at the desk.

"We must flush them out," the commander finally said. "We have to fight them."

"Ma'am, their bodies are toxic as well. Coming into close contact with them would put everyone in serious danger."

"Well, the new terrain outside NORAD doesn't allow for an aerial attack."

"No, but if you get them on this side of Pikes Peak, the terrain is more open, flatter," said Reghena.

Commander Andrex nodded, rubbing her chin with her index finger as she thought. "That could work," she muttered.

Reghena smiled proudly as Andrex looked up at her.

"Go set up the

mission. Take the most experienced warriors. We don't need to risk the newbies," Commander Andrex said.

Reghena saluted, clicking her heels together, then turned and strode out of the room. She went down to the planning room and began drawing up maps on the computer. Chief Larx soon came in behind her, putting his strong hands on her shoulders and massaging them. She looked up at him with love, smiling.

"Figure out a plan, my love?" he asked. She nodded, maximizing the map to show him the routes of attack she'd created.

He looked them over with a critical eye. "How certain are you that this'll work?" he asked.

Reghena shrugged. "As certain as I am of any plan I ever have. I believe that it can work. But if it doesn't, then all I can hope for is to make a dent in their forces."

Chief Larx kissed the side of her head. "This is really dangerous, Reghena. There's a lot of potential for things to go wrong..."

"Isn't there always, though?" Reghena replied. "I have to do it. I have to fight this battle."

He sighed and turned her chair around to face him then leaned down and hugged her tightly. "I'll fight with you," he mumbled in her ear, then kissed her neck.

She rubbed his back, trying to comfort him. The whole situation was terrifying. Nothing was guaranteed, and in the end they only had each other to complete the journey with. Chief Larx soon pulled away and straightened his uniform, clearing his throat a couple times. Reghena knew he'd been thinking of the worst outcome: Only one of them coming back. She watched him walk out of the room, holding his head up and his shoulders stiffly.

The next day, oily black clouds swirled and roiled around Pikes Peak's summit. Gold and blue lightning flashed constantly, like a strobe light at a rave party. Reghena stood at the window of her office, hands clasped tightly behind her back as she watched the storm. The Cruelarians were gearing up for something. A silver fog of miasma was rolling down the mountain's slopes into the valleys. Reghena narrowed her eyes, turned, and hit a small black button on the corner of her desk.

A shrill alarm began to sound. The automated voice announced there was cancerous poison in the air; that all persons needed to get their masks. Reghena pulled hers on, and looked out the window again to see that the silver fog had thickened. Panic gripped her chest when she saw pods shoot up into the air out of the fog.

The Cruelarians were coming.

She ran out of her office, shouting, "Prepare for an attack! This is not a drill!"

She bumped into Commander Andrex in the lobby of the headquarters building. They shared the same frightened, yet determined look, then parted ways. Reghena ran down into the hangar, getting into her battle airship, *Wild Iris*. She tilted the thrusters, lifted off the ground, then zoomed out the hangar door to meet the oncoming Cruelarians. All she could hear was her heart pounding in her ears as she flew straight at them, skimming quickly over the ground.

Reghena watched as the enemy's fleet angled up into a V-shape, then dove straight toward her. She pushed a few buttons, then jerked up on the joystick, sending the airship right up at them. There was a brief moment of peace, then miasma bombs exploded around her, jolting her ship. She swerved between the ships, though a couple clipped her wings. She began to open fire on them with plasma lasers. The enemy fleet tried to surround her, but she dove in and out of them too quickly for them to completely track on her location.

Ships from her own fleet were finally arriving, and some of the Cruelarians' ships began to crash, billowing thick orange smoke. But more came up out of the silver fog to join the fight. Reghena's ship was beginning to shudder from the damage and exertion of diving up and down. She swooped down near the ground, then shot up into the air, climbing high above the battle to stop and get a better view. That's when Chief Larx's voice came on over her headset system.

"Reghena, where are you?" "Fighting. Kinda busy, love."

"You didn't come say goodbye."

"Larx, there wasn't any time. Are you watching how intensely they're attacking?"

"Yes, Reghena, yes I am. That's why I'm contacting you. Promise me you'll be careful, and not do anything rash."

"Sweetheart, I'm going to do what needs to be done. I will fight to protect our community."

Reghena heard him sigh, then he went silent for a few minutes.

"Larx, honey, I will not say my goodbyes unless I absolutely have to. This battle isn't over yet. Have hope," she finally said, flipping a few switches to activate her ship's energy reserves.

Chief Larx began to say something when an alarm went off inside Reghena's ship.

Reghena cursed. "I love you, Larx," she said hurriedly, then put her ship in a nosedive, heading right into the thick of some Cruelarian ships rising up to meet her.

Smoke and silver fog closed in around them, blocking out everything. Reghena could feel the ship's wings striking against hard objects. Lights and alarms were soon flashing and blaring, alerting her that the ship was rapidly losing altitude. She tried desperately to yank up on the joystick, but to no avail. She was about to eject from the cockpit when her ship slammed into the ground, flipping and bouncing repeatedly. When everything stopped, Reghena opened her eyes, breathing shallowly. She still had on her mask, which was good because she'd been tossed out of the cockpit and was lying next to a piece of one of the wings.

She could hear movement all around her, but she was too dizzy to look around. However, when she heard multiple things running toward her she forced herself to get up and draw her plasma gun. Cruelarians appeared out of the smoke and fog, and she instantly began firing plasma crystals at them. She hit some of them, but they were quickly replaced by more. She began backing up, aiming and firing non-stop. Her back bumped into what remained of the hull of her ship just as her gun clicked, needing to be reloaded. She tossed it aside and drew out her plasma baton, ready to bash her way out of there.

The Cruelarians advanced, but were momentarily distracted by an explosion nearby. Reghena began to run as fast as she could. The land sloped downward into a valley. The Cruelarians were behind her, squealing and squawking their disapproval at her running away. She began to run up out of that valley and down into another one. The Cruelarians were gaining on her. Her breathing was becoming labored, and she looked down to see a long bloody gash in her side where some metal had sliced right through her suit. As it got harder to breathe, she staggered and stumbled down the hill into the next valley. Eventually she tripped and began rolling and tumbling.

When she stopped, she lay there a moment breathing in shaky breaths and trying to put pressure on her wound. The cries from the Cruelarians were steadily getting louder again. It

wouldn't be long before they found her and finished her off. They must have been doing their own scouting missions to know that she was the one who would pose a threat to them. With a small cry, she got up onto her hands and knees. Her mask was foggy with condensation from her sweat. She tried to get up, but just couldn't get her feet under her. She flopped onto her unhurt side with a gasp, then rolled onto her back, looking up into the silver fog swirling around her.

Now, she wished she'd said goodbye to Larx. He wouldn't know what had happened, unless her ship had managed to send out a distress signal before it crashed.

"Larx," she exhaled, closing her eyes. "This is why I don't make promises..."

A loud gravelly shriek snapped Reghena back into the moment. She looked up to the top of the hill, seeing shadows moving about in the fog. Then she noticed the iris flowers scattered across the hill. She turned her head and looked at the rest of the valley. There were thousands of wild irises, also known as Rocky Mountain Irises. It was a drought-tolerant flower, making it able to survive the drastic ecosystem changes after the apocalypse. She studied the vibrant blue and yellow coloring. She loved how hardy it was. That was when she remembered something about the flower. The roots were poisonous. The Native Americans had used powdered roots on their arrows.

Reghena rolled onto her stomach and army-crawled to the nearest flower and ripped it up. She grabbed two rocks and began to grind up the roots into a powder. She found her baton and started to rub the powder all over it. If she could hit her enemies in the face, it would get the poison into their system. She managed to get near 50 ground-up roots onto her baton before she was roughly grabbed up and tossed away like nothing. She coughed and gasped after she hit the ground, her side screaming in pain. Being surprised like that only served to anger her. She wouldn't die without a valiant fight. She got to her feet and charged the Cruelarian. She swung the baton, catching it right across its gaping mouth. It screamed and began to convulse as it flopped to the ground, making hissing and gurgling sounds.

She didn't have time to watch it die as another one appeared. Down it went, then another and another. She shouted with every hit she made. The air was filled with the sound of screams. Her adrenaline rushed through her veins, blocking out the pain of the wound in her side. She took down as many as she could before airships were heard overhead. She looked up to see her fleet's reinforcements arriving. Maybe her ship had sent out a distress signal, after all. They began to pick off the Cruelarians. In the chaos, Reghena went to run for cover but a big Cruelarian blocked her way, thrusting a thick pincer dripping black ichor right into her injured side.

Her scream sounded like feedback from a mic too close to a speaker.

Captain Reghena opened her eyes to find a white room, and her husband standing beside her bed. She realized she couldn't take a deep breath, and that made her heart flutter like a trapped bird. Then she noticed a female voice speaking.

"The cancerous poison is consuming her system. We have potent drugs to fight it, but we don't know if it'll cure her. I'm so sorry, sir."

Reghena tried to focus on Larx's face. Even though she could barely see him, she could tell he was struggling to keep it together.

"Try," he croaked. "You have to try it."

Reghena weakly put a hand on his arm. He sucked in a breath and looked down at her, his smile shaky and watery.

"Have hope," she whispered, trying to give a strong smile.

"Always, my love," he replied. "Because you always do."

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Sorrisos Italian Cuisine opens – the name means “smiles”

by David Martinek

“Sorrisos means *smiles* in Italian,” says Chelsea Crandell, the chef and co-owner of the new Italian restaurant in Woodland Park. “I researched the name.”

The Sorrisos Italian Cuisine restaurant is located at 108 Midland Avenue. The menu features authentic, made-from-scratch appetizers, salads, entrées, and desserts with occasional specials offered, as well. Their informal, soft opening was launched the evening of October 21 with an invitation-only dinner. A grand opening is planned for Saturday, December 6th.

“This has been a dream come true for me,” said Crandell. “The whole family is participating, and I am surrounded by family and friends as co-workers.”

Crandell attended the Paragon Culinary School in Colorado Springs from 2010 through 2013, graduating in July. The three-year school teaches all cuisines but Crandell chose Italian as her favorite. Since then, she has worked for a few other food-service establishments, until she and her dad saw a chance to start her own full-fledged restaurant.

To date, community response to Sorrisos has been far greater than expected, according to Crandell, with very little initial marketing. Some testimonial reactions seem to confirm it.



Chef Chelsea Crandell (left) stands with friend Kathrine Wells in front of their logo inside the restaurant.



Sorrisos is located at 108 Midland Avenue in Woodland Park. They are open Tuesday through Sunday for lunch and dinner.

“The food was wonderful and the atmosphere and service was warm and friendly,” said John Fort of Woodland Park. A more expansive critique was offered by Pamela Peavy Streck on a recent Facebook post. “There’s a new Italian (restaurant) in town and what a fresh addition. Chef Chelsea is passionate about her food and it shows. The Tagliatelle Bolognese was excellent and well prepared with a nice touch of spicy. The chicken spinach cannelloni was also exceptional. The soup of the day was mushroom chicken which I hope makes its way back on the menu from time to time. Everything was fresh and well prepared and presented. It’s nice to have a true destination

restaurant added to Woodland Park.”

Certainly, for any new restaurant there’s a period of learning from experiences that needs to happen in order to get things “just right,” and the chef and wait staff at Sorrisos have not been exempt. The postings on Yelp and other social media certainly show both praise and critical summaries. But at the same time, Crandell points out that the community response so far has been extraordinary and overwhelmingly positive.

“Our initial goal was to appeal to the local community first before tackling the tourist season,” said Crandell. “The amount of support and love from our customers has been astronomical and no one is more thankful for that than I am.” Crandell related that one Friday a few weeks ago was so insanely busy that they ran out of food. “We had forty pounds of chicken in the kitchen and sold out in two hours! We had to shut the doors. Some people came by, and we were closed. It wasn’t something we wanted to do, but the patronage was just so unexpected. I want to thank everyone who came in for their support and understanding.”

Sorrisos Italian Cuisine is open Tuesday through Sunday from 11 a.m. to 2 p.m. for lunch, and from 5 p.m. to 9 p.m. for dinner.

“Sorrisos means smiles and that is our goal with everything that we do,” added Chef Chelsea Crandell. “Everything that leaves our kitchen is created with passion and a smile. People have been so marvelous. I love to come out and talk to my customers. They make me smile.”

GCCS’s fundraising dinner and auction

by Flip Boettcher

photo by Flip Boettcher

About 100 people attended the fundraising spaghetti dinner and silent auction on October 23 at the Guffey Community Charter School (GCCS). The silent auction had been ongoing for the month of October at the library, continued through the dinner. Proceeds from the silent auction went to the Friends of the Guffey Library and the school’s eighth grade graduating class’ senior trip.

The senior class added their own auction items the evening of the dinner, with those proceeds going to their senior class trip in the spring. Traditionally, the school’s senior class has gone on a spring trip with funds raised by the class during the school year. This year, the class plans on going river rafting, camping, and a zip line tour. This year’s senior class is: Savannah Archer, Lauren Dunn, Cecilia Guilian, Nate Huggins, and Isaac Schwenk.

The spaghetti “fixings” were donated by Amanda May’s Café in Cripple Creek, and home-made desserts donated by the Friends of the Guffey Library. It was a sit down dinner with the senior class helping to prepare the dinner, taking orders from the diners, and serving



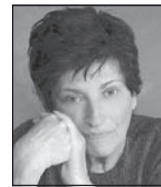
A full house at the fundraising spaghetti dinner and silent auction.

the meal.

According to Denise Taylor, the new Friends president, the Friends raised \$575 from the silent auction. According to Pam Moore, GCCS Principal, the eighth grade class raised \$1090 for their spring trip.

After the meal, there was a drawing for the table centerpieces and star viewing through the school’s Everhart telescope.

The dinner was also the kick off for the Christmas toy drive. Donations of used toys in good condition will be accepted from now until the school’s winter program when the toys will be given out.



Spiritual redirection

by Barbara Royal, Interfaith Certified Spiritual Director

Spiritual Redirection is for those of you who are willing to step outside the traditional box of your formal belief system to grow your soul — your divine spiritual nature. Spiritual Redirection may come in story form, lesson form or in any gentle way the Spirit nudges me to communicate with you. In these writings, I will use the many names for God. Because we all have different beliefs, please feel free to use the term by which you know the Divine. Please use your discernment to determine what is true or not for you. Now, let us begin.

The most powerful sources of transformation available — spirit and human consciousness — pave way for you to overcome food dependency!

Our subconscious mind drives our eating behaviors. Modern science now recognizes that when we change our perception or beliefs, we send different messages to our cells and reprogram them. This new perspective of human biology sees the body as more than a mechanical device; it now identifies the incorporation of mind and spirit.

The new science confirms what the indigenous, religious, mystics and philosophers have known for eons: that by virtue of being made in the image and likeness of God/Spirit, we are sacred, powerful, creative, spiritual beings.

The New Beginnings with Food program was developed in 2011 by Jerianne Heimendinger, Registered Dietitian, and Barbara Royal, Interfaith Certified Spiritual Director. It was designed to teach people how to tap into their own creative abilities when seeking solutions to their health and weight challenges, preventing rising medical costs. Jerianne and I merged our scientific nutritional and spiritual expertise into a format suitable for logical thinkers, as well as people from diverse religious, spiritual, and philosophical backgrounds.

Jerianne has since left the physical plane of earth, leaving behind a legacy of love and healing for those who were blessed to know her.

I have been carrying on the spiritual aspect of the program for those who are passionate about changing their lives, desirous of self-empowerment, and willing to do what it takes to make it all happen. New Beginnings with Food is a holistic approach to wellness. The spiritual component teaches clients how to use their consciousness (their mind) to work with the transformative powers of Spirit to change negative, subconscious perceptions about themselves and their relationships with food, and create new self-images. To enhance the effectiveness of the program, clients are encouraged to team with their health care provider and a nutritionist for guidance and monitoring of progress.

Food dependency serves as comfort for the many memories that lie buried in our subconscious and which are governing our lives. Here are a few of the emotional dynamics that can generate food dependency taken from “Messages from the Body” by Michael J. Lincoln, Ph.D. In following along, substitute yourself for the word “they.”

- They have “insecurity” — a fearfulness and felt need for “protection”. They have a real need to have something to rely upon and lean on — an always available ally. And they found it in food.
- They are feeling the need for protection. As a result, they are avoiding looking within for answers to their situation. They are “stuffing themselves” instead.
- Food has the effect of absorbing anger from within and without. It functions as an energy

absorbing shield and buffer for the “slings and arrows of outrageous fortune”, and they use it to avoid vulnerability.

- Food is a feeling-deadening emotional insulation and muffler of experiences to avoid feeling what is happening to them. They can also “sit on” “stuff” and run away from their feelings, of which they are deeply afraid.
- Obesity “lowers their attractiveness quotient”; thereby deflecting sexuality and intimacy while simultaneously keeping people at a distance.
- Abuse of food may be a “self-soothing, love substitute” or a grief-avoiding holding back of “an ocean of tears”.
- Obesity can be a form of power protection — Big is Bad. They come out of a “Don’t tread on me” approach and attitude. It then becomes a means of control, domination and/or protection.

In the New Beginnings with Food program, clients learn how to transform the emotional dynamics that generate food dependency and create healthier, happier more productive lives. Here are some statements from participants in the program. Their names have been changed to protect their privacy.

Jane, a health care provider who had been on yo-yo diets for years had this to say: “I’ve done just about every diet plan known to man, but for the first time I really feel I’m tying together body, mind and spirit. The spirit component was all jumbled up in the past efforts and I didn’t trust that component to really change things on the cellular level. In the New Beginnings with Food program, I’ve been able to blend my scientific mind with my spiritual being to move in the direction I’ve wanted. My overall stress/anxiety level around food and everything else is way down.”

From Nancy: “Thank you! This has helped me better understand the relationship between my history and my relationships and the present day role of food in my life. The emphasis on self-balance as well as adjusting my approach is most encouraging. Exploring the spiritual aspect of my relationship with food has been an ‘eye opener’.”

Pauline reported: “My doctor was exceedingly pleased with results of my physical and your program. I wear one size smaller (in only 6 weeks) in everything now, even lingerie and feel fantastic!”

Overindulgence in foods becomes an even greater temptation during the holiday season. To support those who sincerely wish to change their relationships with food, I am offering a 12 percent discount off my regular rate of \$160 for 3 hours of training. Prepayment of \$140.80 by December 31 will assure your reservation for participation in the program any time during the months of December, January or February. Feel free to contact me at 719-687-6823 or miraclesofwellness@gmail.com with questions and/or learn how to make your remittance.

Barbara Royal is an Interfaith Certified Spiritual Director and Certified Angel Therapy Practitioner®. She is the owner of Barbara Royal’s Spiritual Life Coaching and founder of the Miracles of Wellness method, which gives clients tools to claim blessings from heaven. She may be contacted at 719-687-6823 or miraclesofwellness@gmail.com for a free initial consultation and/or session appointments, which are available by phone or in person. Barbara freely gives lessons and decrees on her Facebook page, Barbara Royal’s Spiritual Life Coaching.

CPW seeks mule deer poachers in Park County

by Jennifer Churchill

Colorado Parks and Wildlife officers are asking the public for help in finding the person responsible for killing and abandoning two doe mule deer off of Highway 24 approximately two miles east of Wilkerson Pass in Park County. The incident occurred on the evening of November 1, the opening day of third rifle season.

According to wildlife officers, two hunters legally hunting across the highway witnessed a lone man pull over and fire two shots on the south side of Highway 24.

“This incident occurred in GMU 581 but just south of its border with GMU 50,” said District Wildlife Manager Ian Petkash. “The man, who was not wearing any blaze orange sprinted across the meadow, looked at something in the trees for a brief time and sprinted back to his vehicle. The suspect was described as a Caucasian man in his 20’s or 30’s with brown hair.”

The man then drove away in a half-ton blue pickup truck with a silver tool box in the bed. The hunters stated that it may have been a Ford F-150 and possibly had silver running boards. The hunters later walked over to the area and found a doe mule deer that had been shot and abandoned. Wildlife officers found an additional dead doe

when they arrived, as well as recovered a small caliber bullet from one of the deer of 24-25 caliber. “This type of wanton waste and illegal behavior is not condoned by ethical hunters,” added Petkash.

Colorado Parks and Wildlife reminds the public that killing a big game animal then abandoning it or only removing trophy parts can yield felony charges, extensive fines, a prison sentence and the permanent loss of hunting and fishing privileges in Colorado and 43 Interstate Wildlife Violator Compact states.

To provide information about these incidents, call Colorado Parks and Wildlife’s Denver office at (303) 291-7227. To remain anonymous, call Operation Game Thief at 877-265-6648. Rewards are available if the information leads to a citation. “Even the most minor detail may be the information we need to find the person who did this,” said Petkash. “The person that did this stole these animals from the citizens of Colorado and took opportunities from ethical hunters.”

Colorado Parks and Wildlife manages 42 state parks, more than 300 state wildlife areas, all of Colorado’s wildlife, and a variety of outdoor recreation. For more information go to cpw.state.co.us

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Remove items from yards that could entangle big-game animals

by Joe Lewandowski

Throughout Colorado, deer are entering the mating season and residents are reminded to put away equipment in which big game animals can become tangled. Residents are also asked to be careful how outdoor Christmas decorations are hung.

On Nov. 8, a large mule deer buck got stuck in the ropes of a baiting cage at Durango High School. Fortunately, a passerby saw the deer and alerted Colorado Parks and Wildlife. A wildlife officer sawed off the animal's antlers to set it free.

"Every year big game animals get hung up in items such as volleyball nets, hammocks and Christmas ornaments," said Matt Thorpe, area wildlife manager for Colorado Parks and Wildlife in Durango. "When that happens it's very stressful for the animal, sometimes fatal and it can be dangerous for people."

Deer, especially bucks, are increasingly active at this time of year as they chase females and compete with other bucks. They are completely focused on “the rut” and are less wary of human-made structures and vehicles.

CPW urges everyone to look for items that could cause problems, such as clotheslines, trampolines, low-hanging wires, swing sets, tomato

Food for fines

by Adam Gonzalez

To celebrate the holiday season and our thanks to you, the Canon City Public Library will again be running a Food for Fines program. Patrons of the Canon City Public Library will have the opportunity to donate nonperishable items in exchange for fines accrued on overdue material.

Starting December 1, the library will be accepting donations for local community food banks. The library is asking patrons to donate canned items such as tuna, fruits, vegetables, soup and boxed meals, as well as cereal, pasta, spaghetti sauce, peanut butter, jelly, and canned or powdered milk. We will not accept candy or perishable items. You do not need to owe a fine to donate.

Even though we may not realize it, there are people we interact with every day who are not sure where they will find their next meal. Each year Americans in communities across the country are making difficult choices: seniors who are forced to choose between buying food or buying medicine; parents who might feed their children but not themselves; and working families who must make the difficult decision between paying their utilities or putting food on the table. With the help of the community local food banks help make a difference for people trying to get back on their feet.

All donations can be dropped off at the Canon City Public Library at 516 Macon Ave. For more information please contact the library staff at 719-269-9020.

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The Victor Lowell Thomas Museum will be open weekends until Christmas for shopping. The gift shop offers unique gifts that cannot be found elsewhere: local gold ore and core samples; souvenir silver coins, post cards, photos, and prints of local mines, as well as books by local authors.

Unique gifts include: fine gem and Victorian jewelry, hand bags, recipe towels, leaded glass boxes, crystals, kid's hard hats, Lincoln Logs, stuffed donkeys and teddy bears, Victor T-shirts, as well as a variety of new, used, and rare books.

A museum membership is also a great way to gift a friend or family member. Memberships range from \$40 per year on up and provide free admission and gift shop discounts.

Anyone who makes a \$20 purchase in the gift shop will receive a free Christmas stocking with goodies inside (while supplies last). Visit VictorColorado.com for more information.



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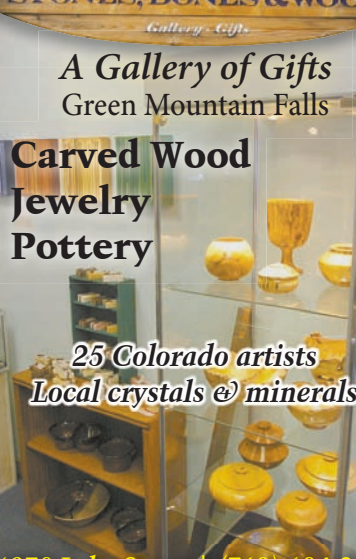
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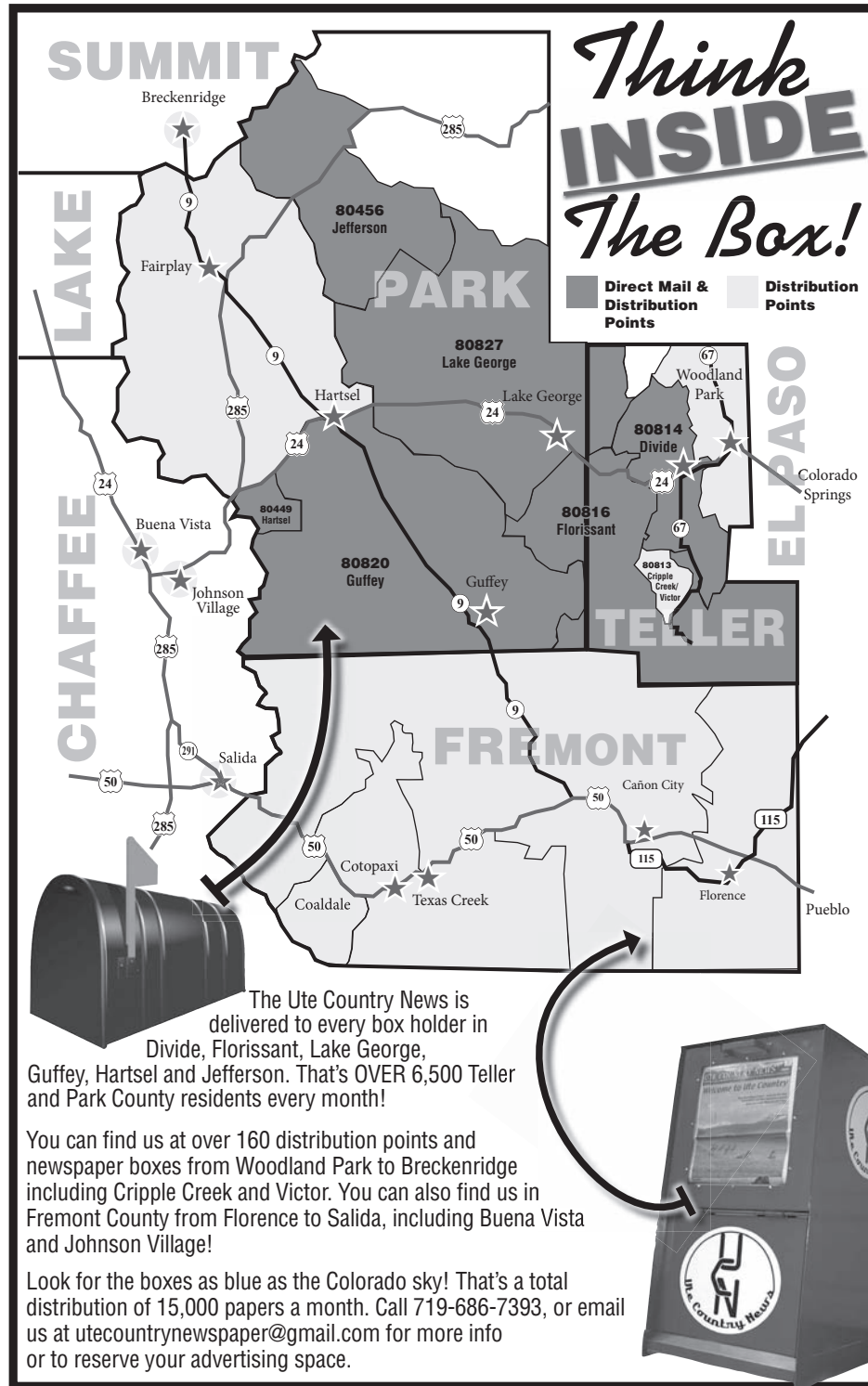
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Check out this year-end financial checklist

As 2014 draws to a close, you may want to look back on the progress you've made this past year in various areas of your life and that certainly includes progress toward your financial goals. At the same time, you may want to make some end-of-year moves that can close out 2014 on a positive note while paving the way for a productive 2015.

Here are a few such moves to consider.

- **Boost your retirement plan contributions.** This actually isn't an "end-of-year" move because you have until April 15, 2015, to contribute to your Roth or Traditional IRA for the 2014 tax year. Nonetheless, the sooner you get extra dollars working for you in your IRA, the better. You can put in up to \$5,500 to your IRA (or \$6,500 if you're 50 or older) for 2014. If you are self-employed, or run a small business, you also have until April 15 to contribute to a retirement account, such as a SEP IRA or a SIMPLE plan. In addition to helping you build resources for retirement, these types of plans can offer you some tax advantages, so if you haven't established a retirement plan yet, consult with your financial and tax professionals.
- **Sell your "losers."** If you own investments that have lost value since you purchased them, you can sell them before 2014 ends and use the tax loss to offset some capital gains you may have earned in other investments. If you don't have any capital gains, you can use up to \$3,000 of your tax losses to offset other ordinary income. For a loss greater than \$3,000, you can "carry over" the excess and deduct it from your taxes in future years. If you still liked the investment that you sold at

a loss, and you want to keep it in your portfolio, you could repurchase it, but you'll have to wait 31 days to avoid violating the IRS' "wash sale" rules. Keep in mind that these suggestions only apply to investments held outside your employer-sponsored retirement account; you can't take a tax deduction on capital losses in a 401(k) or similar plan.

- **Evaluate your 401(k) investment mix.** You may be able to adjust the investment mix in your 401(k) as often as you like. So when evaluating your 401(k), make sure your holdings aren't concentrated in just a few investments, and try to determine if your portfolio is still appropriate for your risk tolerance; not too aggressive or too conservative. Also, if your plan offers a "Roth" option, consider taking advantage of it; with a Roth, you won't be able to deduct your 401(k) contributions from your taxes, but once you retire, you won't be taxed on your withdrawals.
- **Review your insurance coverage.** If you've experienced any changes in your life in 2014 (new spouse, new child, divorce, new job, etc.) you may need to review your life insurance coverage to make sure that it's still sufficient for your needs and that you have the correct beneficiaries in place.

By making these and other moves, you can say a fond farewell to 2014, knowing that you've done what you could to help bolster your financial position for 2015 and beyond.

This article was written by Edward Jones for use by Tracy E Barber IV, AAMS, your Edward Jones Financial Advisor.

JA goes to CCV

by Sherri Albertson

Junior Achievement of Southern Colorado, Teller County, will bring their specialized financial literacy, work readiness, and entrepreneurship programs into the Cripple Creek Junior/Senior High School in January, 2015! Junior high students will learn about the global marketplace and exploring potential careers and all high school students will receive lessons on personal financial planning skills. JA needs your help to make this expansion a success. If you'd like to volunteer in the classroom or make a monetary contribution, please contact Sherri L. Albertson, Teller County Area Coordinator, at (719) 650-4089 or via email to sherri.albertson@ja.org. Junior Achievement of Southern Colorado is celebrating 60 years of serving students in 46 counties in southern Colorado, including the El Paso and Teller county areas.

Prospect Home Care & Hospice Annual Lights of Love

For those of you who have not participated in our Lights of Love, I would like to take this opportunity to let you know the history of this special evening. The Lights of Love remembrance began over two decades ago to honor loved ones we have lost and to take a few minutes to reflect on their memory. The evening is full of joy and the pleasure of remembering the best of times — the smiles, laughter, and hugs. With a common unity of missing someone, we gather together to honor them and rejoice in their lives. We open our hearts and let memories engulf us. You may see a few tears, but they are a release of emotions. What you see and feel is the celebration of life, realization of how precious life is, how fortunate we each are to have loved, and be loved.

The solemn part of the program is when we read the names of loved ones whose (symbol-

ic) light shines on the tree outside. Over 300 people are remembered each year. In our crazy, hectic, multi-tasking world, it is comforting to slow down, take a few minutes to embrace the feelings and memories of those we miss. I hope you allow yourself this indulgence. We'd love to see you, remember those we cared for with you, and remember your own personal losses.

Mark your calendar — it is the first Thursday of December at 6 p.m. at the Ute Pass Cultural Center. Light a Light for someone you love. Join us for a celebration of life with bell ringing, symphony sounds, singing, and camaraderie. After the program, walk through the luminaries to our tree lighting and return to the warmth of delicious food and homemade desserts. No better way to begin the season of peace and love than with Prospect Home Care & Hospice's Lights of Love.

PPRH laboratory receives another accreditation

The Accreditation Committee of the College of American Pathologists (CAP) has awarded accreditation to Pikes Peak regional Hospital Laboratory, Woodland Park, CO, based on results of a recent on-site inspection as part of the CAP's Accreditation Programs. Director of Laboratory Services, Fred Terry was advised of this national recognition and congratulated for the excellence of the services being provided. Pikes Peak Regional Hospital Laboratory is one of more than 7,000 CAP accredited facilities worldwide.

"CAP accreditation is the gold standard for quality in laboratory services," said Terry. "It gives the extra assurance to our patients that they can expect to receive top quality service and care when using our facility."

The U.S. Federal Government recognizes the CAP Laboratory Accreditation Program, begun in the early 1960s, as being equal to

CAP accreditation is the gold standard for quality in laboratory services.

**Fred Terry,
Director of Laboratory Services**

or more stringent than the government's own inspection program.

During the CAP accreditation process, which is designed to ensure the highest standard of care for all laboratory patients, inspectors examine the laboratory's records and quality control of procedures for the preceding two years. CAP inspectors also examine laboratory staff qualifications, equipment, facilities, safety program and record, and overall management.



Thymekeeper: That was then, this is now

by Mari Marques

As an herbalist when I am met with skepticism about the use of herbs I often wonder how people think we have made it this far, knowing that pharmaceuticals have only been around for a relatively short amount of time. I find that as a species, we humans have very short memories and are all too susceptible to the information that is being fed through mainstream media 24/7. I don't have a television but on the occasion that I find myself in the presence of one, I am stunned at the amount of airtime the pharmaceutical companies occupy. Even more stunning is the amount of words that can be stuffed into a 30 second segment regarding the list of side effects.

So how did we get this far? Let's look at some fascinating historical facts regarding pharmaceuticals and herbs for answers.

Aspirin was one of the first pharmaceuticals invented. In 1832, French chemist Charles Gerhardt began to experiment with the chemical constituent salicin and created salicylic acid. At that time salicin was derived from the willow leaves and bark. Even as far back as 400 B.C. Hippocrates, considered "the father of medicine", recommended a tea made from the leaves and bark of the willow for pain and fever. It took scientists until the 1800's to discover what was in the willow tree that brought relief for these symptoms.

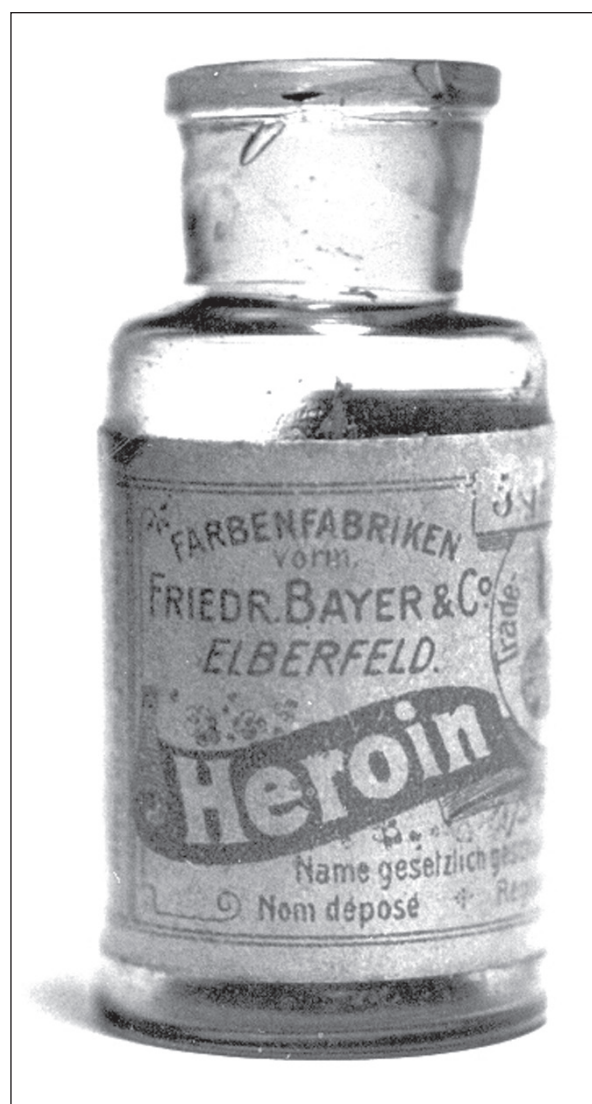
When people suffering from pain took Gerhardt's salicylic acid, it caused severe stomach and mouth irritation. This is one of the first indications that extracting only certain chemical constituents from plants might not be such a good idea. I call it fooling with Mother Nature. When you remove the alkaloids or single constituents from the plant you are risking potentially bad results. "The integrity of a structure is compromised and perhaps made unsafe, if any portion is degraded or removed. It is the same with a person or ecosystem. The health of people or places increases with the diversity of their expression" —Jesse Wolf Hardin*. Plants are no different. There is a synergy that exists in plants that is far more complex than the average brain can wrap itself around. Plants have their own natural buffering agents built right in that help keep us from poisoning ourselves.

To help alleviate the irritating effects, Charles Gerhardt mixed another chemical with the acid resulting in acetylsalicylic acid, the chemical name for aspirin. This produced better results, but the process was difficult and took a lot of time. Gerhardt decided the new compound wasn't practical and set it aside. Sixty-five years later, German chemist Felix Hoffman, who was working for Bayer pharmaceutical, was seeking to relieve his father's arthritis. He studied Gerhardt's experiments and "re-discovered" acetylsalicylic acid. In 1899 Bayer began to distribute aspirin powder to physicians. By 1915 aspirin in tablet form was made available over the counter without requiring a prescription.

Another pharmaceutical discovered in the 1800's was heroin which is derived from opiates of the poppy plant. While opium has been in use since at least 3400 BC, heroin is a relatively new discovery. Heroin, more technically known as diacetylmorphine, was first synthesized in 1874 by chemist Charles Romley Alder Wright, working at St. Mary's Hospital Medical School in London. He discovered the drug after mixing morphine with various acids. After experimenting with it on animals he too abandoned his work with the drug and once again, 23 years later, enter Felix Hoffman. Mr. Hoffman was able to synthesize heroin when he was trying to produce the drug codeine. Heinrich Dreser, head of the pharmacological department at Bayer then gave it the green light. Although knowing that 23 years earlier, Wright had synthesized heroin, the actual term heroin was coined by Bayer and Dreser claimed it was an original product of Bayer.

By 1898 they began animal testing. After successful trials, heroin was promoted by Dreser as a miracle drug 10 times more effective than codeine as cough syrup and worked even better than morphine as a pain killer.

He also claimed that it had almost no toxic effects including being completely non-addictive. Dreser particularly pushed heroin as the drug of choice for treating asthma, bronchitis, and tuberculosis. At the time heroin was being developed, tuberculosis and pneumonia were leading causes of death. Heroin being a sedative and respiratory depressant, did work extremely well as a cough medicine allowing people affected by debilitating coughs to finally get some proper rest. Although rest is essential to healing of any sort, being a respiratory depressant seems somewhat counter-productive as this means it is suppressing respiratory immunity which is also



Heroin was initially considered a major medical breakthrough and unlike aspirin was marketed solely to physicians and offered in a variety of forms.

vital when healing.

Heroin was initially considered a major medical breakthrough and unlike aspirin was marketed solely to physicians and offered in a variety of forms. It was sold in over 23 countries. Despite the fact that it quickly showed itself as addictive, it continued to sell well in the medical field.

Finally, in 1913, after the number of Heroin addicts began to skyrocket and it became likely that it would be banned in many countries, Bayer stopped producing the drug.

In the 1800's there was plenty of interest in health and people from all traditions and different practices were opening schools to learn about it. It wasn't until the 40's or 50's that more pharmaceuticals were invented. By 1944-1945 penicillin became the new "wonder drug". Post 1945 became the era of the antibiotic. New antibiotics were being discovered daily and the arsenal of medicine became overwhelming. Up until the time pharmaceuticals broke onto the scene, doctors were using herbs, various animal parts, (still used by the Chinese today) and a few toxic metals like lead, arsenic, mercury, and silver. Recently we found an old veterinarian box in an abandoned horse barn that confirms the use of these types of toxic metals. This is beyond my comprehension as in my experience using herbs in combination with proper rest and a healthy diet will usually suffice.

So how did we go from using herbs prescribed by ancient physicians, to today when doctors use strictly pharmaceuticals? Herbal remedies are nothing new. The only new thing about it is now we have more scientific data to prove what Nature always knew. The oldest existing herbal manuscript is the "Ebers Papyrus" from Egypt. This is housed in the German museum in Leipzig. It dates from around 1550 BC. There are also Sumerian clay tablets with herbal recommendations that date back from the sixth to the second century BC.

Currently doctors get little if any training in herbs, nutrition and vitamin/mineral therapy. These are not taught in today's medical schools but were essential in the teachings of Hippocrates. What changed?

It quite possibly could have started here:

In 1847 a powerful trade union was formed called The American Medical Association.

They claimed their official stance was to prohibit "quackery" however historians recorded their stance as one more interested in prohibiting competition. Since we all still had access to the herbs in our garden and in the wild, it made sense for doctors to choose to give themselves the exclusive right to deem what was safe and wise to use and to require prescriptions for them to dispense. Anything else was called "quackery" and by 1900 every state had strict medical licensing laws.

Travel ahead in time to the 1980's and '90's. Prescription medicine started to see a decline as more people again started to use herbs and supplements to keep themselves healthy. The response to this was to regulate the herbs and supplements and only make them available by doctor's prescription. Claims were made that herbs were unsafe and ineffective. (They couldn't be ineffective if they are deemed unsafe; I would call that quite effective if it were true.) The very thought of a doctor prescribing an herb is a troublesome one to me because most have no experience or training in the use of them.

Regardless of the lack of training, legislative plans were brewing. Fortunately for us, it would be impossible to patent a plant as one growing in the wild in its natural state is quite different from a plant grown in a laboratory under guarded and regulated conditions. People everywhere began to rise up in opposition to this.

In the spirit of keeping with long held traditions and our right to use what Mother Nature freely provides for us, herbalists agreed to open more shops making herbs available to everyone. Some went underground and others contacted their congress people requesting that herbs remain legal and available. A write-in campaign was mounted against the legislation that exceeded the one against the Vietnam War.

As a result, in 1994 a piece of legislation was signed into law that now considers herbs as food and supplements. Which is as it should be; when we include herbs in our diet, we are nourishing ourselves. In this way we are using herbs as a preventative, not as a remedy. As far as I know, there is not a single pharmaceutical that can make that claim.

However, not to be outdone by this new piece of legislation, pharmaceutical companies began to buy up the herb and supplement companies. How ironic, but a brilliant business move on their part. Once they owned the industry they could simply put the companies out of business or jump on the bandwagon and keep selling them using more of a pharmaceutical approach. People were well trained at this point and more comfortable taking a pill as opposed to a cup of herbal tea. This is where I picture a diabolical little man in a black suit wringing his hands with a hearty 'Bwahaha'. This made them very happy as unlike the pharmaceutical industry, the herb & supplement industry is unregulated meaning less legal costs and they could do whatever they pleased with little or no oversight. They simply use the disclaimer "this product has not been evaluated by the Food and Drug Administration and is not intended to diagnose, treat, cure or prevent any disease."

It is important to know where your herbs are coming from. If you don't, they could be coming from someone who has no experience or proper training associated with the collection and use of them. They should also be free of chemical pesticides. Know your harvester, farmer or organic supplier. Mountain Rose Herbs or Pacific Botanicals are reputable sources.


Although pharmaceutical medications do have their place in the world, 85 percent of them start from a plant. Historical facts show that herbs are safe, effective, nourishing, inexpensive, and non-addictive so why not just use the plants in their natural form? Why re-invent the wheel?

Well, then there's that one other thing; death by pharmaceuticals far exceed death by herbs.

* Jesse Wolf Hardin (born 1954), is an American author and founder of the Animá nature-informed teachings and practice, as well as an artist, poet, musician, historian and wilderness restorationist. He is the author of over 500 published articles and 9 books in fields such as personal growth, natural history, deep ecology, spirituality and nature, alternative healing, poetry, wilderness, American history and the legends of the Wild West. He lives and teaches at the Animá Sanctuary, located in the mountainous wild-lands of Southwest New Mexico. (from Wikipedia)

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

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Angel of light

by Lane Robinson

The first thing you notice about Dr. Judith Miller is the sparkle; it's in her eyes. They radiate enthusiasm, vitality, and wisdom. She is one of those rare people who make you feel you are in the presence of greatness. Dr. Miller is the Executive Director and founder of the Serendipity Mountain Lodge, a residential recovery center in Woodland Park that serves women healing from addiction to prescription drugs. Celebrating her 75 birthday on November 27 (Thanksgiving Day), she is unlike many people of her generation. Instead of playing with grandchildren or settling into retirement, she is keeping up the pace of a much younger professional. She remains dedicated and determined to make the world a better place. She works tirelessly to share her message and fulfill her purpose which she discovered 10 years ago when she opened her first residential healing center. When asked what motivates her to work so hard at her age, she answers with fire in her eyes, "I love to see people get well and have a new life."

The lodge is special because it focuses on utilizing alternative therapies to achieve unparalleled results. She named it Serendipity because it came to her quickly and unexpectedly after a three year search. She has founded similar facilities in Monument and Colorado Springs, but was drawn to these mountains after camping and hiking here with her husband. She speaks fondly about Woodland Park. "There's something extraordinary about this place. It feels like a natural sanctuary."

She does whatever it takes to get the job done including hiring and managing staff; consulting with residents (they call them clients); seeking out new and effective addiction therapies; buying groceries to stock the kitchens; and fund raising (they are a 501(c)(3) non-profit organization and tax deductible donations can be made to their fund at Park State Bank). One of her challenges right now is to equip the lodge with furniture and basic supplies. They hit the ground running after opening in October and are now at full capacity with six clients. Dr. Miller and her staff are extremely grateful. "We are especially thankful to be working in Woodland Park and to have been welcomed by such a supportive community."

In addition to managing residential recovery centers, Dr. Miller serves on the Colorado Attorney General's Task Force on Substance Abuse and works on two subcommittees — the Coalition for Prescription Drug Abuse and the Coalition for Drug Endangered Children. She has recently accepted an assignment at Drexel University in Philadelphia and will soon begin educating medical and nursing students about addiction and the ground breaking recovery program she developed that uses alternative therapies and integrative medicine. Eventually, interns and residents will come to Woodland Park to train in her centers and will bring notoriety to the community. While traditional 12 step programs typically achieve a 20 percent success rate, Dr. Miller estimates that 80 percent of her clients have sustained recovery after using her protocol. This is measured through annual reunions with the thousands of graduates of her program. Each year, they are awarded a feather for sustained recovery and many have received the award 7 years in a row.

Unlike the majority of those who work helping people heal from addictions, battling recovery has not been part of Dr. Miller's own personal journey. She became interested in this work after earning a Master's Degree from Colorado State University in Child Development and Family Relationships and a PhD in Human Development and Family Relationships (psychology, sociology, physiology) at the University of Nebraska, Lincoln. Her interest in human development and family relationships began with her own childhood.

She is the oldest child in her family, and when she was three years old, her mother gave birth to pre-mature twins. Her parents had not told her they were expecting. The sudden arrival of the twins changed her life dramatically. Her mother was so focused on taking care of the babies that Judith was essentially raised by her father, who ran a dairy farm in Minnesota. While he was working, her dad would put her up on the back of a horse to keep her safe from the other livestock. This began her life-long love of horses. Although she was born and raised in Minnesota, Colorado is her home. She once ran a riding stable in the mountain community of Red Feather Lakes, Colorado and she incorporates equine therapy into her program at Serendipity today.

Dr. Miller became interested in addiction recovery when she started working as a child and family investigator for high conflict divorce cases through an affiliation with the non-profit group, CASA (Court Appointed Support Advocates). CASA is an organization dedicated to helping abused and neglected children. During her tenure with CASA and after developing her own investigative practice, she worked on over 5,000 child abuse and neglect cases. All of them had one common denominator — drug and/or alcohol addiction were contributing factors.

As she began to learn about addiction recovery, Dr. Miller studied a broad range of therapies. Motivated by her Native American Lakota Sioux heritage (inherited from her grandfather), she became interested in the work of Don Coyhis in Colorado Springs, the founder of White Bison, Inc. White Bison uses Native American wisdom and spiritual practices to bring sobriety and wellness (well-briety) to Native Americans and others. She also began studying neuroscience and its impact on addiction and discovered the work of Dr. Gottfried Kellerman at Neuroscience, Inc. where she learned about the powerful impact of amino acid therapy on addiction recovery. Traditionally, amino acid therapies were delivered via costly intravenous treatments, but Dr. Kellerman developed a lower cost amino acid treatment in a capsule form. Dr. Miller now incorporates this therapy into her recovery programs and has developed a special formula that will soon be released under her own label. Another primary therapy used at Dr. Miller's centers is LENS (Low Energy Neuro-feedback System). It helps regulate brain waves and is effective at healing the brain from damage caused by addiction and traumatic injury.

The more she learned about non-traditional treatments, Dr. Miller became convinced that alternative therapies (those that did not include treating addiction with pharmaceuticals) were the key to achieving success in the form of sustainable recovery. Using a protocol she developed that helps balance mind, body, & spirit, Serendipity designs a customized program for each client and combines alternative and integrative therapies to support an individual's unique needs.

Although the Serendipity Lodge is quickly becoming stable and supports clients from all over the US, Dr. Miller has faced a myriad of challenges in opening her centers and sharing her wisdom. The most difficult thing to overcome is something she calls NIMBYism. NIMBY stands for Not In My Back Yard. Many communities are resistant to having residential recovery centers in their neighborhoods. Much of her time is spent educating others about prescription drug addiction.

One of the most astonishing facts is that addicts are already in your back yard. These addicts can easily be your family member, your doctor, or your co-worker. Prescription drug addiction impacts people of all races, ages, genders, and socio-economic groups. Colorado has the second highest incidence in the nation of



Dr. Judith Miller estimates that 80 percent of her clients have sustained recovery after using her protocol, compared to 20 percent typically achieved via the 12 step tradition. Eventually, interns and residents will come to Woodland Park to train in her centers and will bring notoriety to the community.

prescription drug abuse. Dr. Miller thinks that this is because of the active lifestyles of Coloradans and the large number of sports-related injuries that occur. Prescription drug addiction is caused by a number of factors and growing throughout the United States at an alarming rate. It is estimated that prescription drug usage is endangering the health of 1 in 8 American women. The most common cause of addiction occurs when people simply follow the advice of a medical professional after an accident or injury or when seeking relief for anxiety or depression.

Many of the most addictive drugs are prescribed for pain and include opiates (such as Oxycontin and Percocet), those prescribed for depression including selective serotonin reuptake inhibitors (SSRI) (such as Prozac, Paxil, and Zoloft), and those prescribed for anxiety and panic attacks including benzodiazepine (such as Xanax). The majority of clients in residential rehabilitation started using these drugs at the recommendation of a medical professional.

The biggest myth about prescription drug addiction is that people can only recover when they are ready. According to Dr. Miller, when the brain is impaired by drug use, it is difficult to make a wise decision and seek treatment. Many of her clients are referred by friends, family members, or employers. Some come "spitting nails," and after a few treatments are amazed at how much better they feel. They often say that they can't believe they suffered for so long and didn't seek help sooner. Some insurance plans offer funding for inpatient or outpatient treatment and many of her clients fund their own recovery.

Medical professionals including physicians, nurses, dentists, and veterinarians are especially at risk for prescription drug addiction because of the increasing amount of stress they face in the workplace and the accessibility they have to drugs. Some of the clients Dr. Miller treats are former medical professionals, and many of their journeys end on a positive note. One inspirational story she shared was that of a veterinarian who began injecting Propofol (the same anesthetic found in Michael Jackson's home after his death). The doctor was treated by Dr. Miller, but was unable to practice as a veterinarian after losing her license as a result of drug abuse. The doctor's daughter had severe autism and after learning about LENS therapy while in treatment, she decided to try LENS to see if it would help her child. After receiving LENS therapy, her autistic daughter made a complete recovery! The veterinarian is now in the process of opening a center for autistic kids and will be offering LENS therapy to others. This is an example of how recovery can lead not just to a new life, but a fulfilling and productive life as well.

Dr. Judith Miller is an illuminator. She educates and inspires others by telling the truth about prescription drugs and offering successful alternatives to obsolete addiction recovery and treatment practices. She has dedicated her life to helping people that society has chosen to ignore including abused and neglected children and those who suffer from the burden of addiction. She shares her brilliance with her staff, her clients, her students, and those who are privileged to know her. Woodland Park is truly blessed to have this angel of light serving in our community.

For more information about Serendipity Mountain Lodge, please visit their website at www.serendipity-lodge.com.

Lane Robinson, MBA is an independent stress management consultant with sixth sensory abilities. She works with spiritually aware people who are recovering from severe trauma or loss and are ready to move forward. Lane developed a protocol to heal herself from a traumatic brain injury using alternative medicine and Eastern practices to avoid taking the anti-depressants, sleeping pills and pain killers that doctors recommended. She now teaches that protocol to individuals and organizations. To connect with Lane, please visit www.laneknows.com.

Guffey Post Office bids Linda Neill farwell

by Flip Boettcher

photo by Flip Boettcher

More than 70 people attended the community celebration and farewell potluck party held for Guffey's wonderful, long time postal employee of 25 years, 19 years as postmaster, Linda Neill at the Guffey Community Charter School on November 11th.

After dinner, the program included: entertainment by three of the local Zumba dancing "girls" under the instruction of Rita Mick (Mick, Maggie Duntun, and Lani Gossett); vignettes about Neill from the community; a gift book with remembrances which local resident Denise Ewing put together; and a gift certificate from the community for Mount Princeton Hot Springs in Buena Vista. Neill loves to visit the hot springs and was in need of a soak she said.

Neill moved to Guffey in 1988. In 1989, she learned that the Guffey post office had a part-time position open and applied for it. Neill started working at the Guffey post office in November of 1989 as the PMLR (Postmaster Leave/Replacement).

Neill was the Officer In Charge (OIC — acting postmaster) in Guffey twice, for nine months each time. Then in 1995, while OIC in Guffey for the second time, Neill applied for the postmaster position there and started in September that year as the Guffey postmaster.

In 1999, Neill moved to Canon City but continued to commute to Guffey. In July 2012, Neill was OIC in Cripple Creek for five months while continuing to be the Guffey postmaster.

With the United States Postal Service (USPS) Post Plan and the reduction of window hours across the country, Neill decided to apply for, and got another position with the USPS.

Now Neill drives to Colorado Springs for her new job as Customer Relations Coordinator, which started in August this year. Neill loves her new job and feels proud to work for the USPS she said. Neill really misses Guffey and the people here, but was



Shari Billger Gay Anne Liberty

Pearls of Wisdom

by Shari Billger

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If moonlight strolls were mandatory fare...
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If children never lost their innocence...
If all knew that God was their best friend...
If mother earth could breathe pure air again...
If only you knew what I know...
that...the it's aren't it's at all...
that in one glorious, magnificent span of time, when the earth stands still... each momentous rippling change upon rippling change...
Then & only then will all mankind know that love is all there is, ever was, or ever will be.

You are invited to join us the second Tuesday, monthly, at Mountain View United Methodist Church, 1101 Rampart Range Rd, Woodland Park, 10 a.m. to noon for healings by donation. All proceeds go to local charities. For more information: shari1551@aol.com. We also invite you to our free monthly meetings at the Woodland Park library the third Tuesday. We feature a guest holistic speaker each month. For information on monthly meetings: wncpikespeakregion@aol.com.

Shari Billger, International Teacher/Healer, Co-coordinator WNC - 719-748-3412
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A packed house at the farewell party for long time postmaster Linda Neill (inset), held at the Guffey school.



happy to bring a small town mind-set to customer relations.

When Neill is not working, she enjoys snowboarding, kayaking, yoga, gardening,

cooking, and she is a member of Fremont Center for the Arts and Elite Family Fitness.

Best wishes on your new job Linda, from the Guffey community.



Jerrod Gallup is a winner!

Jerrod Gallup, 2nd grader at Columbine Elementary, won first prize of \$500 in the kid's division of the second annual Culinary Competition held at the Wildwood Casino in Cripple Creek. A member of Woodland Park School District's Jr. Chef Program, he made Hearty Salmon Chowder.

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Ghost Ranch Dinosaurs: Deadly cannibals of the late Triassic

by Steven Wade Veatch

Coelophysis, was a dinosaur that walked on two feet, was generally 6 to 10 feet (1.8 to 3 meters) long, and was among the best known of all late Triassic dinosaurs. The Triassic world, beginning about 230 million years ago, marked the beginning of the Age of Dinosaurs and was very different than today. The continents of the Triassic Earth were joined together into one huge continent called Pangaea. The central region of this enormous landmass was a vast and inhospitable desert with a dry and harsh climate. *Coelophysis* inhabited this super continent during very uninviting times.

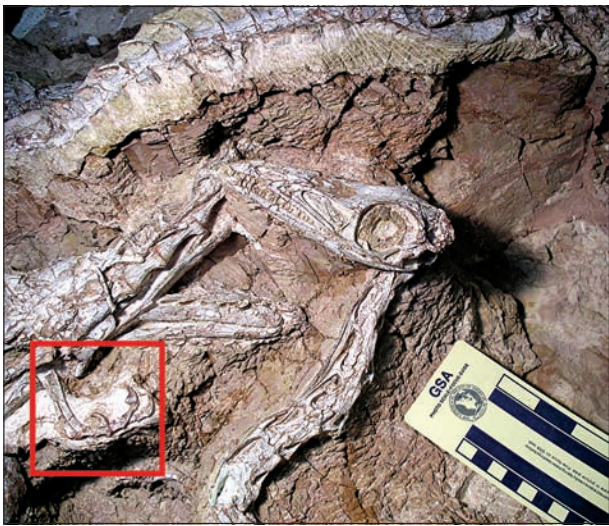
These slightly built predatory dinosaurs, first named by the famous paleontologist Edward Drinker Cope, had long jaws with sharp and serrated teeth. *Coelophysis* was a quick and agile dinosaur that hunted prey in packs, bringing other animals down with the fearsome claws of their three-fingered hands. They held their long tails high above their backs for balance.

Quick Facts: *Coelophysis*

Height:..... 1.2 meters (4 feet)
Length: 3 meters (10 feet)
Weight: 35.5 kg (77 lbs.)
Period: Late Triassic

Many assumptions about *Coelophysis* behavior are based on interpretations of the remarkable accumulation of hundreds of well-preserved skeletons found at Ghost Ranch, New Mexico. George Whitaker discovered skeletons of *Coelophysis* bauri at Ghost Ranch in the summer of 1947, approximately 38 miles northwest of the town of Española, New Mexico.

The Whittaker quarry preserves the full



The death curve pose of this *Coelophysis* is caused by body tissues and neck tendons stiffening and shortening. This post-mortem action bends the head back. Note the sharp claws used to grab prey. photo by S. Veatch

range of growth of both genders of *Coelophysis*—from juveniles to fully grown adults. Why so many *Coelophysis* died at once at the Ghost Ranch location is a puzzle—predators typically do not congregate in the high density seen at Ghost Ranch unless there is an exceptionally rich food source. There is nothing to suggest there was such a concentration of prey at the Ghost Ranch locality. The *Coelophysis* skeletons at the Whittaker quarry are well-preserved (about 25 percent are articulated or complete) and show no signs of scavenging. This is consistent with the leading hypothesis that these animals were killed by a flood, washed into a low spot or pond, and were then quickly buried.

New discoveries of *Coelophysis* fossils are continuing to be made at Ghost Ranch. Each new discovery of these fossils yields more information about these remarkable dinosaurs.

Family in need

by Kathy Hansen

The holidays can be a difficult time financially, especially if there has been a recent illness or medical emergency.

Such is the case for Ray Marques, who was working under the hood of a semi-truck when another semi-truck slammed into him. Ray is unable to work, although he wants to.

He is unable to turn his neck, making most every task seem tumultuous, even lifting up his young children, Marcelles, aka Marshmallow age 6, and Sarina, age 3. He cannot sit still for very long. Heather is doing the best she can to care for everyone.

Perhaps what most difficult for Ray is he cannot provide for his family this holiday season. They are in need of assistance. Any amount you could spare could help.

Can you help Ray and his family? If so, please go to <http://www.gofundme.com/htc9bg>

Thank you for reaching out to them in need, especially this time of year.

Geotech and mining safely in Cripple Creek's geology

by Brad Poulson

The discovery of a rich deposition of gold (one of the richest in the world), contained within approximately 10 square miles, was proven in Cripple Creek, Colorado in 1891. By the early 1900s, historians estimate that there were over 500 active underground mines. It is estimated that these mines had thousands of miles of historic underground mine workings (shafts, drifts, stopes, winzes, raises, and tunnels).

Flash forward to 2014

Today, the Cripple Creek & Victor Gold Mining Company (CC&V) continues to mine in this amazing geology, and economic conditions require the operation of a modern, large scale, highly regulated surface mine that employs over 550 people. The safety of these employees is CC&V's first priority. Making sure mining is done safely in the geology of Cripple Creek, is the first responsibility of CC&V's Geotechnical Department.

Geotechnical engineering, as it pertains to CC&V's mining operations, is the application of the earth sciences (geology, rock mechanics, seismicity, hydrogeology, geochemistry, and geophysics) in the design, construction and monitoring of surface mines, haul roads, overburden storage sites, erosion control features, leach field processing facilities, reclaimed slope stability and more. Including issues like: underground void management.

Remember the historic mining operations that started in 1891?

Today, CC&V excavates through those historic mines, now called voids. On Saturday, November 22, 2014, CC&V Senior Mine Geologist, Erik Munroe, explained in a presentation to the community how CC&V applies the state of the art, high-tech geologic science and



"Drifts" or tunnels from historical mining operations are encountered during current mining activities.

engineering to mitigate the potential dangers of those voids. Tools that are used include laser surveying systems, slope radar, ground penetrating radar, and cavity auto laser scanner systems. Erik explained these geotechnical tools with fascinating stories, spectacular photos, interesting graphics, and stunning three dimensional animations.

Thank you to all those who attended this presentation, and if you missed it, but want to learn more about the mining operations of CC&V, stop by our Visitor Center at 371 Bennett Avenue in Cripple Creek (Elks Building), or feel free to call 689-4052 if you have any questions regarding the work our employees are doing in the "World's Greatest Gold Camp!"

Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7393 or email us at utecountrynewspaper@gmail.com.

Airwaves KCME 88.7 FM

7 & 8 Join us by tuning in to 88.7 FM for KCME's Culture Zone with City for Champions: To be aired on Sunday, December 7th at 5 p.m. and on Monday, December 8th at 7 p.m. KCME's General Manager, George Preston, will speak on-air with Linda Weise, founder of the Colorado Springs Conservatory, and Laura Neumann, C4C Advocate, about the role of arts in the community and ways C4C can be involved. For more information please see our website: www.CityforChampions.com

CRIPPLE CREEK CC&V COFFEE CLUB

Chat with friends over a cup of coffee, or network with business-people at the CC&V Coffee Club every Monday, starting at 10 a.m. at the Cripple Creek and Victor Gold Mining Company Visitor Center, 371 E. Bennett Avenue, in Cripple Creek. Not just coffee, but also refreshments and free Wi-Fi will be provided as you sit and visit with others and get the latest community news, or mining information. Refreshment donations will be given to the Aspen Mine Center. Contact the CC&V Visitor Center at 719-689-2341, or Brad Poulson at 719-689-4052 for more information.

DIVIDE LITTLE CHAPEL
8 & 22 Divide Little Chapel on the Hill - Food Pantry Distribution 4:30 p.m. - 6:30 p.m. For more info 719-322-7610 or email littlechapelfoodpantry@outlook.com.

MUELLER STATE PARK
7 Day of Holiday fun! Please see article on page 18. Santa is coming to Mueller State Park.

FAIRPLAY
6 Real Colorado Christmas - Annual Christmas Bazaar. See www.visitfairplay.net for more information.

CRIPPLE CREEK ELKS SEEK CANDY

We are providing bags of candy for the Toy Give-away at the Aspen Mine scheduled for December 13. If you wish to make a donation of money or candy, please contact Kelly Stevers at 719-493-8192. We will begin assembly on Dec 12.

GOLD CAMP CHRISTMAS

11-14 Cripple Creek and Victor's Gold Camp Christmas. This year's theme is "The Spirit of Giving". All the favorites will be presented with the opening reception at the Aspen Mine Center on Thursday evening, Dec. 11 from 4 p.m. to 7 p.m. The evening reception with lighted tree top for bid, and refreshments from 4 p.m. to 7 p.m.

12 Friday has two events. "Soup for the Soul" soup making contest and a cookie contest will be at the Aspen Mine Center 11:30 a.m. to 1:30 p.m. This is the fifth year and costs only \$5.00. Each ticket holder gets to judge each soup and each cookie on their ballot. For those entering the contests, please contact Lisa Noble at NobleL@co.teller.co.us for information. Later Friday evening head over to Victor for the "Parade Of Lights" which starts at 6 p.m. followed by party in the plaza near downtown.

13 Saturday will be busy. Start in Victor with breakfast at 8 a.m. and their Elf Emporium both at the Elks, or start in Cripple Creek at the Park and Recreation Bazaar and Craft Fair, 9 a.m. to 4 p.m., then out on Bennett Ave for free s'mores, free hot chocolate, and children's activities in the Aspen Mine Center. The Cripple Creek parade is at noon, as always. Lots of music will be available for you to enjoy. The Church in the Wildwood Bell Ringers will be at the Butte at 11 a.m. The Woodland Park Community Singers will be at the Aspen Mine at 11:30 a.m., and the Colorado Springs Choral at the Baptist Church at 3:30 p.m. General questions may be directed to the Community Christmas Planning Committee coordinator at 719-659-3599. Please watch for posters closer to event days or go to www.visitcriddlecreek.com for the full schedule. If you would like to enter the Cripple Creek Parade contact Pat Martin at criddlecreek.com, or for the Victor parade call Becky Parham at 494-9789 or bparham@victorcio.us.

the Monument at (719) 748 - 3253 ext. 122 or 202 or visit our website at www.nps.gov/flfo.

FLORISSANT GRANGE
6 The Annual Christmas Party with Santa and Mrs. Claus, will be December 6th from 1 p.m. to 3 p.m. Crafts, games, music, treats, and free pictures with Santa and Mrs. Clause will be available. For more information call 719-748-5004.

13 The Christmas Craft Show and Sale at the Florissant Grange will be Dec. 13th from 9 a.m. to 3 p.m. This is a great time to do that last minute Christmas Shopping and find wonderful hand crafted gifts or home decor. Don't miss this great Craft Show. For more information call 719-748-5004.

Jam Night - Every Thursday all year the Grange Hall is open from 6 p.m. to 9 p.m. for the Jammers Music and Pot Luck. For more information call the Grange at 719-748-5004.

Yoga Classes: Tuesdays at 9 a.m. for all ages and 10:30 a.m. Yoga for Seniors. Thursdays Yoga for all ages at 9 a.m. Donations accepted, everyone welcome. Call Debbie for more info: 719-748-3678.

FLORISSANT PUBLIC LIBRARY
Florissant Public Library's Storytimes at 10:30 a.m.

4 Meet Bella the wolf-dog. Please see more on page 7 Florissant Library has gone to the wolf-dog.

11 White

18 Ms. Claus

LAKE GEORGE COMMUNITY FELLOWSHIP OF CHRISTIANS

Community Fellowship of Christians 39633 Highway 24, Lake George, Colorado 80827. Sunday morning service at 10:30 a.m. Sunday evening service at 5:30 p.m. at the annex. For more information call 719-748-5552.

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to our community. Bring an appetizer to share. Drinks will be available for purchase at Cafe Dawn. To donate online, visit <http://salidaalliance.org/> and click the "donate now" button. Questions can be sent to Natalie Moore at nataliemoree81211@gmail.com or call 719-239-0716.

13 The Noteables and You've Got Male Concert at the Steam Plant Saturday and Sunday from 1 p.m. to 4 p.m. For more information, call 748-8259.

GUFFEY

7 Holiday Open House Craft Bazaar from noon to 5 p.m. at the Bull Moose. Enjoy shopping from local artists at Strictly Guffey from 10 a.m. to 5 p.m. Santa Claus will make an appearance at the Bull Moose from 1 p.m. to 3 p.m. For more information call Dana 719-285-8589.

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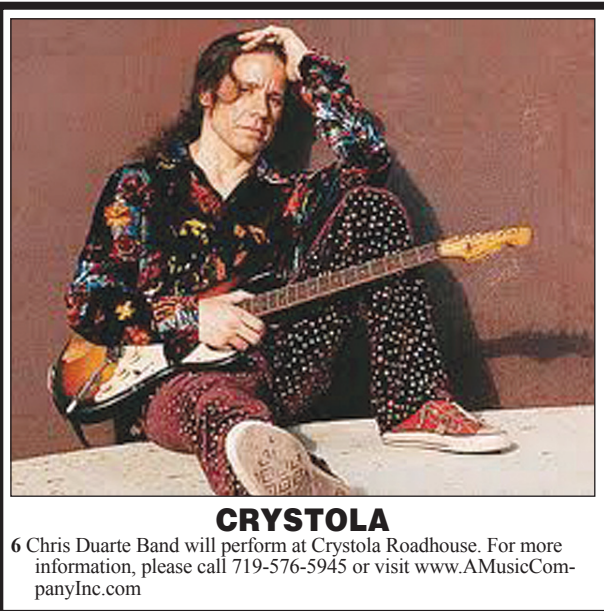
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CRYSTOLA

6 Chris Duarte band will perform at Crystola Roadhouse. For more information please call 719-576-5945 or visit www.AMusicCompanyInc.com

DINOSAUR RESOURCE CENTER

13 Christmas Program: Here comes Santa and Mrs. Claus flying in from the North Pole to the DRC. Children will get to share with Santa their Christmas wishes and then join Mrs. Claus for a jolly good time listening to and being a part of holiday stories, songs, and poems. A special treat bag will be handed out at the end of the holiday program, which runs from 1 p.m. to 2 p.m.

20-23 Come see Santa and the Dinos: Santa Claus will be coming to the DRC from 1 p.m. to 3 p.m. We have our craft table available for the children to make an ornament for our Christmas tree as well as on for themselves. So come and see Santa and help us decorate our Christmas tree! Included with cost of museum admission.

29 Kids Free Day: 2 children, ages 12 and under, will receive FREE admission with one paid regular priced adult admission. Cool Science will be here from 11 a.m. to 4 p.m. "Super Cold Science Show" where you can make your own cup of ice cream...see what happens when ordinary objects are exposed to extremely cold temperatures. Shows will be at noon and 2 p.m. with activities in between. Before and after presentations. Come be engaged, inspired and excited at the wonders of science with "Cool Science".

Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO. Visit www.mdmr.com or call 719-687-1820.

SALIDA ELKS LODGE NO. 808

You can contribute to the Elks Community Christmas Basket Program, which distributes food and toys to families in need during the holidays. Donations are tax deductible. Send checks to Salida Elks Lodge No. 808, P.O. Box 967, Salida, CO 81201-0967.

Drop non-perishable foods and toys at the lodge, 148 E. Second St., after 4 p.m. any day before Dec. 19. Call 719-539-6976 or 719-221-4574 to have items picked up.

TENDERFOOT CLIMB TO CONQUER CANCER

New and Returning Volunteer Workshop, Saturday, Dec. 13, from 11 a.m. to 1 p.m. Boathouse Cantina, front room. Refreshments provided. Please RSVP by Dec. 8 to Charity Jones at charity.jones@cancer.org

WOODLAND PARK CHARIOTS BIBLE COLLEGE DINNER THEATRES

The Gift Dec 4 & 5
• God with us Dec 12 & 13
• Colorado Cowboy Christmas Dec 19 & 19

The dinner theaters are being held at the Chariots Bible College campus, The Sanctuary, in Woodland Park, located at 800 Gospel Truth Way. All shows start at 6 p.m. Elegant dining is provided by Three Tomatoes Catering. Please see ChristmasChariots.com or call 719-635-6029 for ticket prices, menus, and more information.

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WOODLAND PARK CHARIOTS BIBLE COLLEGE DINNER THEATRES

The Gift Dec 4 & 5
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• Colorado Cowboy Christmas Dec 19 & 19

for an evening of Christmas and classical music. Mr. Rotman, a Juilliard School of Music graduate, has performed over 2,600 concerts in 60 countries. The Free Concerts will be held on Friday, December 5 at 7 p.m. and Sunday, December 7 at 5 p.m. at Woodland Park Community Church, 800 Valley View Dr., Woodland Park. There will be a reception following the concerts. No tickets are required. (no childcare will be provided; recommended for children over six years of age.) For more information and directions: www.woodlandparkcommunitychurch.com or call 719-687-9444.

MOUNTAIN TOP CYCLING CLUB

Start December 1 through March 8 MTCC will be hosting Spin Classes at the WP Middle School in the commons area. A total of 20 sessions will be held on Monday and Friday nights. Doors unlock at 5:40 p.m., with pedals turning at 6 p.m. There will be a one-time fee of \$25 for building usage and insurance. You will need to provide your own bikes and trainer equipment. David Kreighausser will instruct the class in a 60 to 75 minute work out to his video's from Seek Out Cycling. The times and dates will be posted on the Club website under the calendar tab as there will be some days there will not be class. For more information visit www.mountain-topcyclingclub.com or call Debbie 719-689-3435.

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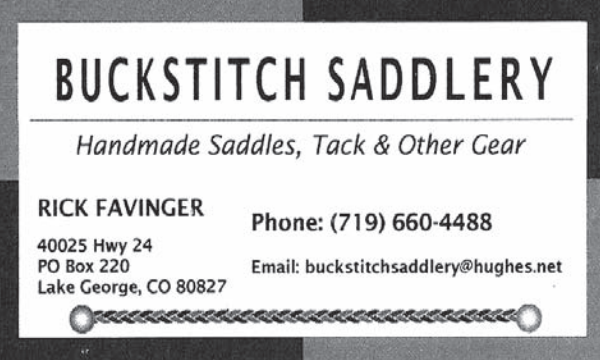
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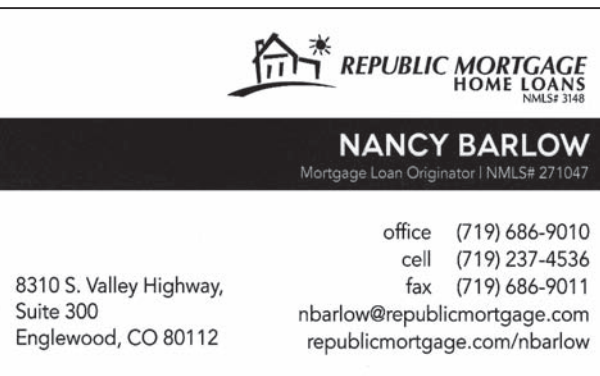
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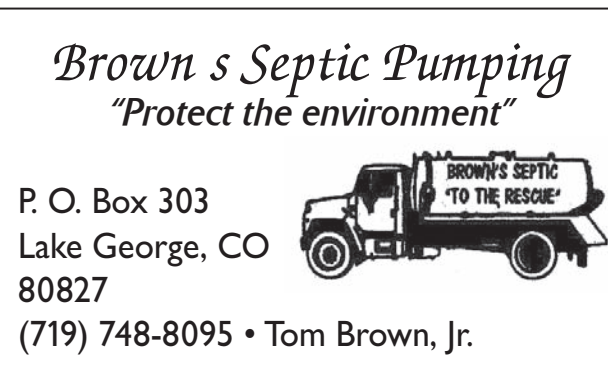


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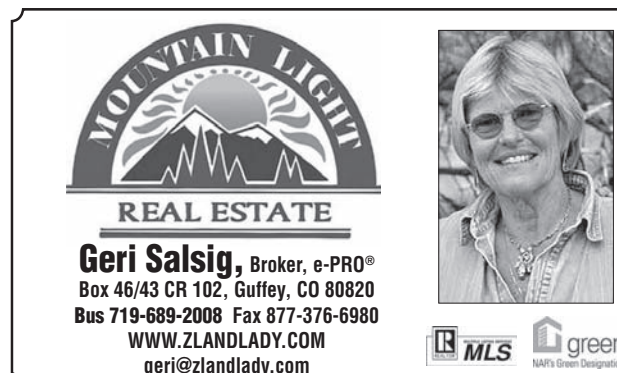
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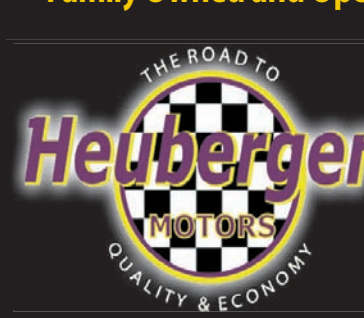
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