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Vol. 11, No. 11

Welcome to Ute Country



**"Grown men can learn from very little children
for the hearts of the little children are pure.
Therefore, the Great Spirit may show to them
many things which older people miss."**

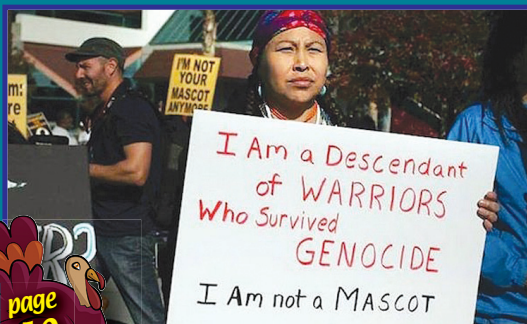
— Black Elk, Oglala Lakota Sioux

PEEK INSIDE...



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28th Annual Christmas in Divide



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Mascots, more than a name



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Little Elk Trading Company

Tourist And Locals Can Breathe Again

Thanks to Mark and Nancy, Owners of Whole In The Wall Herb Shoppe.

I went to the store to pick up the amazing Aquagen liquid oxygen supplement-Says Marti. This took away all my high altitude symptoms the first day using the product. While I was there I received a free sample of the Gold Mini Tabs. (Whole Food MultiVitamin).

This helped me with energy and mental focus.

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

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



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On Deck

Jane Doe was excited to see her family again upon returning from her deployment in 2014. Her husband, Jack and their two young daughters, Jenna and Jessica came to Fort Carson to greet Jane. She was so glad to see Jenna and Jessica and couldn't believe how they had grown! Jane and Jack decided to move to Woodland Park, CO where Jane had grown up so they could focus on co-creating home life for their family.

There was a lot to adjust to for everyone. Jack was looking forward to having a co-parent to help with the girls, the errands and household duties, as well as the hope that maybe he could find a full-time job as money was tight. Jane was looking forward to being woke up by the girls instead of a bugle, creating her own time schedule and menu, but most importantly, reconnecting with the family she fought for. What neither expected was an unusual disconnect between them; it seemed as though a giant elephant was in the room, that neither could put words to. They both agreed they needed to find a way to communicate, especially about raising the girls and decided to visit Community Partnership's office in Divide, CO.

The family agreed to enroll in the Parents As Teachers (PAT) program to help them get on the same page as co-parents. By getting the same information at the same time, they now had a mutual foundation for communicating about the girls. They worked together to decide on appropriate consequences that both were comfortable enacting. Doing so, pulled them together as a couple and gave them ways to reinforce each other's skills and compliment each other on follow through. They were surprised to see how Jenna and Jessica picked up on the compliments and they laughed as they heard Jenna compliment Jessica on, "Good job picking up your crayons!"

This program seemed so helpful to them that when they heard about the Active Parenting workshops, they jumped at the chance to attend the one geared for their daughters, "The First Five Years." They both enjoyed learning more about Jenna and Jessica's developing brains and what they are capable of understanding at such a young age. They not only learned how to better communicate with the girls, but learning how to handle power struggles as well as building self-esteem and techniques to promote their independence.

Jane and Jack soon realized their girls had little, if any, interaction with other children their age so they began to attend CP's annual Playgroup parties to help the girls develop social interactions with other kids, eventually deciding to enroll them in half-day preschool to give them opportunity to practice the skills they were learning. This gave them a chance to talk with other parents, which helped them feel more connected to the community and validated many of the struggles they were having.

Thank you,
— Kathy & Jeff Hansen

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

Publishers:
High Pine Design
Jeff & Kathy Hansen
POB 753, Divide, CO 80814
719-686-7393 or 719-686-7587
www.utecountrynews.com
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Publishers Emeritis: Carmon & Beverly Stiles

Cover Photo: Jeff Hansen

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Community Partnership

Helping families raise healthy children into adulthood

by Kathy Hansen

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They didn't feel so alone anymore; they found other parents also felt like failures when their children throw a tantrum and it was somehow easier to see how silly it can be to blame yourself for your child's behavior when you see someone else do it.

Jane was so excited about what she was learning, she decided to enroll in an online college program to work toward her bachelor's degree in Early Childhood. This was in part possible by the G.I. Bill, but also through the support she had from Jack and the girls.

In 2017, the family had hit a pretty hard time and although Jane was working part time, dad's physical disability made him unable to work a steady job. Paying the bills became a bigger challenge. Jane considered putting her education on hold, but that would only make that light at the end of the tunnel further away. CP was able to connect the family with a donor to help with Christmas gifts for the kids. Their PAT educator provided much needed support during this time by connecting the family with the Independence Center to help them file for disability. After an 18-month-long process, the family was finally granted their disability in the summer of 2019. They not only were granted disability, but they also received back pay and were able to put a new roof on the house, as well as pay off all credit cards and vehicle debt. At the same time Jane was granted a full-time position at her job. The family completed the PAT program this summer as their youngest child started Kindergarten this fall. The family reported they were greatly appreciative of the services and support CP offered them over the past 5 years. They still stay in touch and attend the bigger events when able.

The story above is from an actual family; fictional names were used however their process is the same and a comprehensive example of how CP can provide a variety of programs that assist families through various hurdles. Let's face it; raising children is a challenge and few of us have gone to college to learn how brains develop, how to develop a healthy self-esteem, how to promote independence or how to diffuse power struggles. CP has developed a variety of programs that weave these skills into a comprehensive tapestry their clients can benefit from.

All of CP's programs are free and require participation. While there is a fee for the GED test, there are scholarships available. That said, one does not have to be indigent in order to qualify for services. CP recognizes that ALL families need support that comes in a myriad of ways.

CP's services fall under two broad categories Family Development and Enrichment Services. Family Development is comprised for four categories: Basic needs (food, utilities, clothing, and transportation), Boot Straps (financial health workshop that helps families establish values,

budgeting, and people learn to become aware of financial priorities), Wraparound (focuses on youth with a goal of graduating high school by engaging community agencies to expand the family system) and Family Support Services (a case management program providing advocacy for the family utilizing strength-based strategies).

Enrichment Services are education based and include:

- Adult education — GED classes, tutoring and testing. This is the ONLY GED testing facility in Teller County. Scholarships are available for the testing fee, please inquire.
- Healthy Living includes a yoga class taught in both Woodland Park and Divide and two cooking programs: Cooking Matters, a six-week program that teaches families how to prepare food and become less reliant on processed foods. A bonus here is you take food home with you. Cooking in Your Community at each commodities distribution at the Aspen Mine Center with a live demonstration of how to prepare a recipe from food received in the commodities box.
- Community Gardens — there are a total of 22 beds, usually a waiting list at Summit Elementary and WP Community Church.
- Playgroup — structured play for caregivers and children 0-5 years, which follows the Parents as Teachers curriculum. This helps prepare children for preschool and Kindergarten.
- Parents As Teachers — a case management advocate works with each family providing assessments from hearing/vision/speech to readiness for Kindergarten. There are hands-on tactile exercises, in-home visitations, and goal setting.
- Active Parenting — this program is divided into three different sections by age: The First Five Years, Active Parenting Now (ages 5-12), and AP Teens (age 12 and up). There is also the Crossroads — Co-parenting Through Divorce, which is court appointed.
- Parent Advisory Committee — This is a monthly meeting with parents and caregivers regarding education, schools are involved. This group empowers parents by giving them a voice about what happens in schools. It gives schools the opportunity to listen to parents' needs and encompasses the entire community.

Please remember CP during IndyGive! Season, which began November 1 and runs through December 31. There is a total of 103 non-profits participating. All non-profits are vetted prior to permission to participate, so you know your money is being well-spent. All donations to CP are matched by Newmont Mine up to \$10,000. To make a donation via IndyGive! visit: <https://indygive.com/> where you can read about each non-profit or call 719-577-4545 or email: give@csindy.com or mail your check directly to Give! 235 S. Nevada Ave, Colorado Springs, CO 80903.

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Play is powerful!

by Cynthia Ivey, Florissant Library Assistant

Childhood memories of my grandmother teaching me how to play card games with my siblings while my parents visited with their siblings in the other room; spending hours with friends playing *checkers*, *Life*, and *Monopoly* (we only had the original back then); finally getting a household computer and playing *Pong*; spending hours as a teenager playing games like *Zelda* and *Sonic* at my friends' houses (we never had a gaming console other than the PC); and more recently, spending time on my computer with my granddaughter on my lap letting her press the buttons to "walk" and "interact" for me while playing *Neverwinter*, an MMORPG (Massively Multiplayer Online Role-Playing Game). Gaming has always been a part of my life, as it is for most of us. Even in the classroom, games are used to teach and review materials. I can remember playing *Hangman* to review vocabulary words and, as a teacher, I loved to create *Jeopardy* games as a review for testing.

Libraries frequently include play in their children's areas. The Florissant library has buckets of blocks for the kids to build with,

floor puzzles of the alphabet and the United States, board games like *Checkers* and *Sorry*, and coloring pages to spark children's imagination and creativity. The adult section tends to be books and movies. Many adults forget to play. In an effort to promote play at all age levels, the American Library Association, or ALA, has initiated International Games Week. This is a week in which libraries all over the world promote play to encourage us to continue using our imagination and creativity every day.

The Florissant Public Library recently added a community crossword, which has been a huge hit with our patrons. We have a whiteboard puzzle to exercise our brains. This puzzle changes weekly and includes riddles, Rebus puzzles, word scrambles and picture puzzles. We also provide "Color Your Own Bookmark" for all ages. For International Games Week, November 3-9, 2019, we are introducing a community jigsaw puzzle. We welcome all members of the community, whether you have a library card or not, to come and help put a piece or two in place.

Health Care for All

by Christine Scheberle

This is in regard to the abject disparity and inequity in our country's health care system. There is something truly immoral in, for example, an adult who receives the most cutting-edge treatment because they have excellent insurance and financial resources, and a child who is allowed to die because their family is poor and lacks insurance. These extremes are no exaggeration; rather they are a reflection of a cruel system in which not all lives are considered equally worthy.

In one of the wealthiest countries on earth, it is unconscionable that any person is unable to receive the same access to preventative services, treatment and care equal to any other person. Why does the cost and quality of care often depend on whether a person is male or female, young or old, rich or poor, black or white, straight or gay, and with or without some variation of health insurance? Why aren't the costs of a doctor visit, prescription medication, hospitalization and surgery the same for everyone? Why are insurance companies allowed to exist just to

profit from individual suffering? That we as a nation don't acknowledge the dignity and right of every human being to have access to the best health care available, is shameful. Other countries have shown that a system that serves everyone is less expensive for everyone. Supporting such a system can only make us a stronger, more viable nation.

Indeed, I know very few people who haven't been denied coverage for treatment considered imperative by their physicians. Denying payment is the goal of insurance companies in order to increase their profits. Providing the least amount of coverage, they can keep people just healthy enough to continue contributing to our economy and paying exorbitant premiums yet unable to fully enjoy their lives.

If you would like to learn more, there will be a public event to answer your questions about *Improved Medicare for All* on Saturday, November 9th, from 1:30 to 2:30 pm at the Canon City Library, 516 Macon Ave.

Adopt Me by AARF

Sam

This happy guy is Sam. He is 1 to 1.5 years old. We believe he is part lab, part pittie and maybe even some Great Dane. He is a very sweet guy who needs some training and lots of love! To set up a meeting with Sam give Dottie a call 719-748-9091.

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



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SPCFPD requests mil levy increase

Last was 20 years ago

by Flip Boettcher

Voters in the Southern Park County Fire Protection District will have a chance to vote YES or NO for a 4.424 mil levy increase, from the current 7.846 mils to 12.270 mils, in the upcoming November 5 elections, Ballot Number 6A.

Most small, rural fire departments are always strapped for cash; have aging, breaking down vehicles and equipment; small, hard-to-keep-and-train pool of volunteers; and a large district to cover. The SPCFPD is no exception.

The SPCFPD covers 242 square miles surrounding Guffey, sometimes making response times long. There is a low population density, which means not a lot of revenue. The average age of the department's vehicles is 23.5 years, resulting in often very costly breakdowns and repairs.

The SPCFPD was formed in 1987 as a fire response department only. The department has since added year-round fire, rescue, EMS and a transporting ambulance service and expanded from one station in Guffey to three — adding two stations throughout the district.

Each station has a fire engine, brush truck, squad truck and an ambulance. The district also has two water carriers (tenders), a mini-pumper and a rescue ATV. The district has full-time-paid chief and part-time-paid-call personnel. Currently, there are 20 volunteers on the roster, five of whom are EMTs.

The annual call volume has almost tripled in the last 10 years. EMS calls are up 210% due to increased population and tourism to and through the district, causing more medical and traffic accident responses. The aging population, with an average age of 62.5 years, has also added to the EMS call volume.

All this being said, the district has asked for only one mil levy increase, in 1999; that's 20 years ago. Current revenue is just not keeping up with call demand, even though the district pursues all avenues of income, including grants. Outdated equipment, long-deferred facility maintenance and budget shortfalls will negatively impact the department's ability to provide fire and EMS services in the future, stated the fire department board of directors' press release.

The district strives to provide high quality, timely fire and EMS services to the district; maintain a safe working environment for department members; train volunteer fire fighters and EMTs; and exercise strict fiscal discipline.

The district seems to have done a prudent job of working with short revenues to provide that service and add EMS services as well, under a 20-year old mil levy intended to cover fire response only.

The district fireboard, all volunteers, does not take the request for a mil levy increase lightly. The board conducted a complete assessment of the condition of the district's three stations, 14 vehicles, medical equipment and outdated fire equipment, and identified any deficiencies based on regulatory requirements, building and fire codes and just good, sound operating practices.

The fireboard developed a required five-year Capital Improvements Program (CIP) from their analysis. The CIP included 33 projects that were prioritized over the five years based on effective response, personnel safety, infrastructure maintenance, regulatory requirements, potential to impact the district's ISO rating, investment payback, and whether the district would "pay now or pay a lot more later" to correct deficiencies.

The Insurance Services Office (ISO), an independent for-profit organization, rating helps determine homeowner's insurance rates. The district is constantly working on keeping the rating low by improving response times, having an optimal staff level, training personnel, updating communications and fire prevention education. While lowering the ISO rating for most of the district's population is not realistic, improving and maintaining all aspects of the department is a benefit to everyone.

The total estimated cost to address

the district's deficiencies in the CIP is \$888,000. Even with the 4.424 mil levy increase the increased department annual revenue would be \$132,533, thus taking the department 6.7 years to complete the CIP. The board feels that with effective management, grants and increasing collections they should be able to complete the CIP within the five years, though.

Knowing that availability of water is critical in improving response time, the board recently built a 30,000-gallon water storage facility behind the station in Guffey, which included a fire hydrant, all paid for by grant monies. This project will decrease water tender fill times and make more water available to certain residents and businesses in Guffey-town.

In the last four years the department has gotten \$162,250 in grant monies which include \$77,000 for the water storage facility and hydrant; \$63,000 for firefighter Self-

Contained Breathing Apparatus (SCBAs) and bunker gear; \$5,000 for cardiac monitors; \$15,000 for medical equipment; and \$2,250 for advanced EMT training.

The tax increase for the property owner is based on the total property value. The fireboard did a detailed analysis of the tax increase. Tax on a property worth \$25,000 would be \$7.91 per year. Tax on a property worth \$400,000 would be \$126.53 per year. The median taxpayer could expect a yearly \$40.32 tax increase, or \$3.36 per month.

An increased mil levy will "add value to the district by increasing confidence that when district citizens make a 9-1-1 emergency call, the district will be there for them," stated fireboard member Gary Kaszynski in an email.

An increased mil levy will "fund anticipated budget shortfalls, maintain response capability and promote an enhanced EMS program," fireboard press release.

"If the mil levy is not passed, services could be curtailed, but the district will continue to provide services to the best of its ability," said Kaszynski.

The voter needs to weigh the advantages and disadvantages of a better district fire department and a little higher tax vs. a more limited fire department with no added tax.

In the voters notice of election pamphlet, there are some compelling reasons to vote for Referendum 6A in the summary section. There are no arguments against Referendum 6A.

For more information call the Guffey fire station at 719-689-94779, visit SPCFPD.org/6A or guffeyfire.net/6A, or email Chief Eugene Farmer, eugene@guffeyfire.net.

Everyone is welcome to attend the fireboard meetings the first Thursday of the month unless that falls on the 1st or 2nd, then the meeting is the second Thursday of the month, at 7 p.m.

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THE SUMMIT SINGERS performing at the Christmas In Divide Craft Fair several years ago. They will appear again this year — with new kids, of course.

A holiday tradition

28th Annual Christmas in Divide

by David Martinek

Way back in 1992, the fledgling Divide Chamber of Commerce held their first Christmas in Divide fair. Over the years, the event has been held in a few different places as it grew, the Divide Community Center being one, before landing a recurring venue in the Summit Elementary School gymnasium.

For 27 years, the Divide Chamber has been sponsoring a craft fair around Veterans Day as their major annual fund-raiser and to kick off the Christmas season in Teller County. For the 28th time, the 2019 Christmas in Divide Craft Fair will occur again on Saturday, November 16th at the Summit school from 9-2 p.m. and host many local crafters, a visit from Santa, a silent auction and some delightful entertainment.

Santa Claus will make a jolly appearance. The bearded elf will welcome children of all ages to sit with him for pictures and tell him what they want for Christmas. Photographer for Santa will be Jeff Hansen from the *Ute Country News*. Photos will be taken for 10-1 p.m. for a donation.

Beyond the plethora of enticing craft items, the real stars of the fair are, of course, the kids. Music director, Margaret Rudin, has arranged the entertainment agenda throughout the day, featuring young performers from Summit Elementary School (like the Summit Singers). Mrs. Katie Rexford, the school principal, will serve as emcee.

While the Chamber will offer baked goods or donuts and coffee (for a donation), the school's Parent/Teacher Organization (the "S.O.S. — Supporters of Summit") is scheduled to provide refreshments and lunch for the fair goers. In years past, their chili has been a favorite.

In the school's foyer, an extensive silent auction is planned featuring quality items donated by the fair's participating vendors and local merchants. The proceeds from the fair and the silent auction fund the Chamber's continued presence in the community and support such projects as maintenance of the "Welcome to Divide" sign and the continuing renovation of the Midland Depot at Divide.

Spaces have filled quickly this year. It is recommended that crafters check first with Joe Kain at Ancestral Arts 11115 Hwy 24 in Divide or call 719-687-2278.

Some traditions are worth continuing.

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Barbara Pickholz-Weiner



Art Scene

Deana - mixed medium photography

by Mary Shell

In the many years I have been in the art world I have seen some of the most unique and creative things artists can do with photography. Recoloring, watercolor overlays, highlighting and even glitter and glow in the dark paints have been interwoven into photographs. Some artists rip their photos and stitch the pieces together, and not always in the same order. With all the manipulating, disfiguring and overlays they paint the original image will shine through. None compare to what Deana does to her photography.

Reckless, expressive and explosive is how I would describe Deana's work. She works off the emotions of the painting and has little regard to the image. It's like she paints over the painting to express how it makes her feel. You find yourself wondering how does she see this? How does she come to this conclusion? To make it more interesting she takes these large photographs and attaches them to canvases. What you get is this abstract photo/painting with a bold presentation jumping off the wall.

Deana is passionate about cities and creating great places for people. Her diverse background in architecture, planning and real estate, working in cities and on developments of varying sizes across the United States, provides a basis from which the unique creative outlet ensues. Her urban design-based work strives to identify the right design approach or development program that creates a viable, sustainable place for a community parallels to creating the right artistic approach to each piece of art, stemming from the photo.

I asked Deana a few questions I thought we should know about her:

When and what made you start using this unique method of working with photographs?

I don't recall the exact a-ha moment, but it was about four years ago. I had been wanting to re-engage in art (from a little dabbling I had done in my college years) for some time. I have a substantial photo library from more than 20 years working in community revitalization and development, either taken during personal trips or work-related excursions. Each photo has a memory associated with it, so it is a bit cathartic to recall the moment when the photo was captured. I have a memory of that place which is unique to me. I want individuals who experience my art to inquire about the place, and more importantly, to go to that place and experience it themselves in its native setting. In essence, we all have our unique photograph of any place engrained in our memory.

What inspires you when you create? What is your favorite subject?

First it is a native photograph that grabs my attention and I can visualize how it could be manipulated and then potentially extracted onto the canvas via the painting. The photograph is then prepared to be gessoed (a process of preparing a surface to accept paint) on to a canvas or other base. My work started out with more architecture — or structures — in general but has evolved to include many more landscapes.

What makes you choose what you paint over the photos?

It really is organic. I may have an idea at the time of photo selection, but



some pieces turn out very different than I imagine going into it. I oscillate primarily between expressionism and a little impressionistic influence in style. It really depends on the look of the photo as applied to the canvas. I call it "extractionism."

How long have you been doing this?

I began this journey in 2016.

What would you like to try next?

There are so many things I would like to try: welding (re-use of existing items), encaustic, perhaps some single medium abstract (without photo). That said, there is so much more yet to explore with my current technique.

You can find Deana at artybydeana.art or come see her work at REM Art Gallery at 710 Main St. Cañon City 719-371-5405

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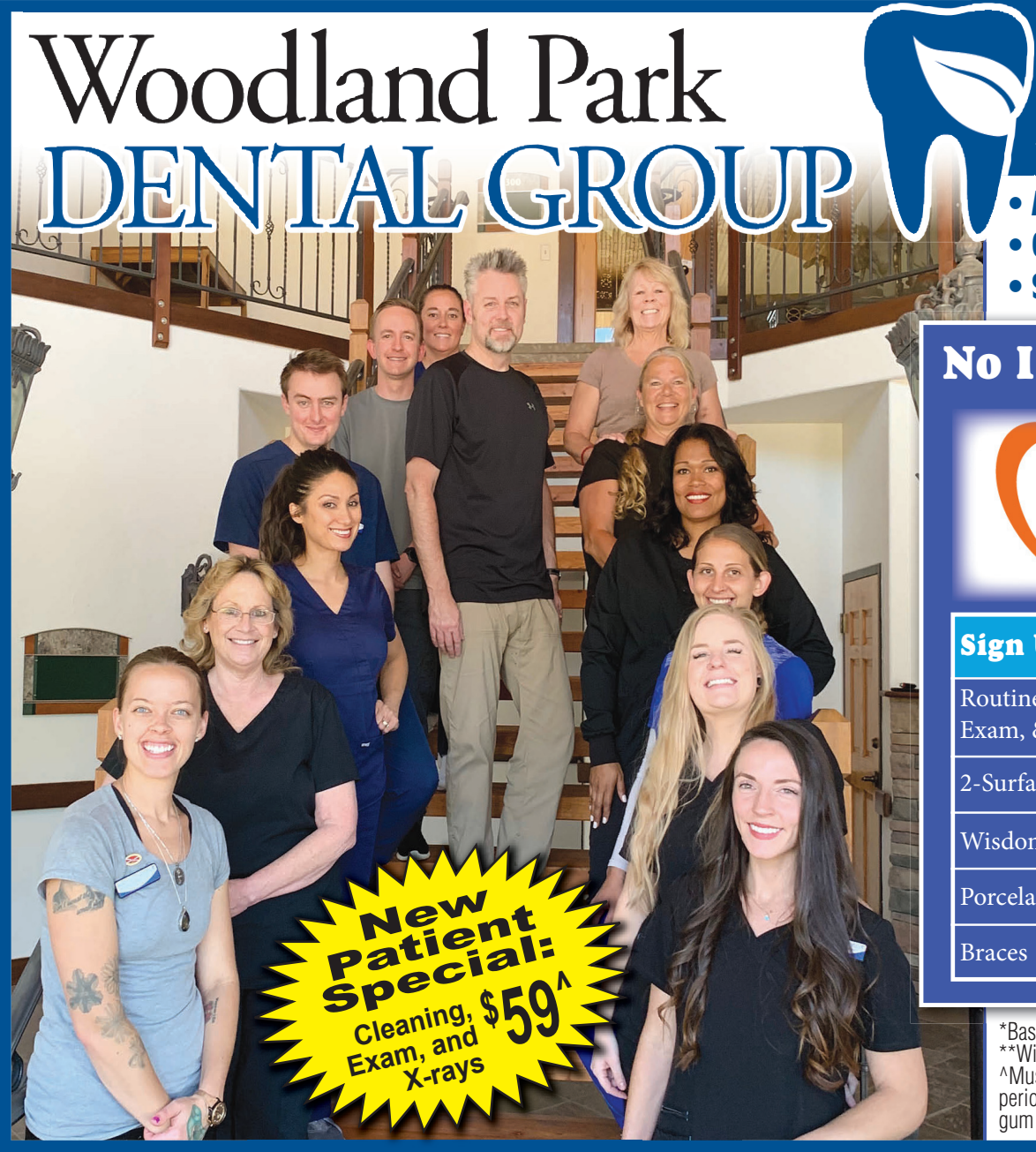
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The visitor
by Peggy Badgett

There is so much to love about living in the mountains: Pink granite peaks, ponderosa pine needles whispering in the breeze like a green ocean, breathtaking vistas from the seat of my bicycle, rugged rocky scrambles on hiking trails, snowflakes floating down from heavy grey clouds, beady eyes staring fearlessly at me from the engine compartment of my truck, mournful notes of a lone coyote singing to the crescent moon. WAIT. Back up! Noooooo!

It happened one morning, during an impromptu oil check on my ancient 4-runner. The hood protested with its usual loud creak as I hoisted the heavy metal lid onto its support arm. My rag at ready, I reached for the dip stick. Suddenly my eyes met another pair of peepers staring up at me. The scream died in my throat as my tightly clutched rag fluttered to the ground.

The pack rat paused, claws full of cracked corn and stalks of mountain sage, as I stood frozen in place. Then she carefully placed her loot next to the battery housing, flicked her long grey tail dismissively at me, and disappeared into the depths of my vehicle.

I leaned heavily against the rusty dented bumper and willed my heart to slow its frenzied gallop. Yes, I've faced my share of rodents since my move West. Neighborhood ravens fly by the platform feeder every morning, checking to see if any mouse traps netted them breakfast. But this was a new threat to my peaceful existence. Stories of instances where critters chewed through thousands of dollars of damage in wiring abounded in the country.

I donned a pair of gloves and my rock-climbing helmet (just in case she tried to jump on my head) and returned to the

4-runner. Armed with a wooden spoon raised at ready, I cautiously peered again under the hood. It was a mess. In just a few days since I had last driven the truck, she had accumulated a full pantry of food, and had artfully arranged weeds and seeds into a cozy little nest. How could I thwart this squatter from ruining my beloved vehicle?

A shoot-out at the duck-taped 4-runner corral certainly wasn't an option. As far as I knew, the rat wasn't armed. Which was a good thing, because she was probably a better shot. Plus, bullet holes in my vehicle would cause a whole new set of problems. No, I needed to be smarter than the sleekly furred intruder. So I assembled supplies according to quickly devised battle plans A and B. My small live trap was set up beside the truck with an enticing smorgasbord of tasty rodent treats, including aged Wisconsin cheddar cheese and crackers smeared with homemade berry jam. Next, I carefully placed a giant snap trap, armed with gourmet almond butter, on top of the battery and propped the hood open with firewood to allow room for the mechanism to work.

Plan C involved a shovel and borrowing a neighbor's night vision goggles. Plan D was tying my black and white mongrel, Jack, to the truck on a long leash. Jack had killed multiple rats at the Illinois farm over the years. But he was older, didn't like the cold, and arthritis hindered his quickness. I hoped neither back-up scheme would be necessary. Shaking the dust off my gloves, I stood back to admire the booby-trapped truck. Then I retreated into my cabin to bake chocolate chip cookies. Waging war made me hungry.

Just before our evening walk, the dogs and I stealthily approached the vehicle. The



Jack the dog

last rays of sunlight reflected off two small eyes shining out at me. Apparently, my target was avoiding the feast laid out for her. I slept restlessly, dreaming of sharp teeth and human-sized snap traps. For two battle days, the varmint eluded capture. Then, finally, on the third morning, I held my breath as I trotted outside in my hot-pink fuzzy robe, armed with a rolling pin. The live trap had been emptied of bait but was unsprung. My heart sank. Then I cautiously peered under the 4-runner's hood and yipped with glee. The nightmare had ended. My dead foe was deposited into the raven's platform feeder, accompanied by a very happy dance celebrating a major pharmgirl victory.

Peggy Badgett is a recent transplant to Guffey Colorado. She is a retired pharmacist, author of two books (The Rooster in the Drive Thru and Romancing the Bike), artist and avid adventurer. Her website is coloradopharmgirl.com, email is coloradopharmgirl@gmail.com.

2019 Lighter Side of Christmas Grand Marshal A passion for success!

Lots of folks are passionate about certain things in their lives. 2019 Lighter Side of Christmas Grand Marshal Gary Brovotto has numerous passions he cares deeply about.

Born and raised in Long Island, Brovotto attended Hofstra University and graduated with a degree in Engineering. Rather than wait to be drafted, Brovotto volunteered for the Air Force and was able to secure a pilot slot. Following a 22-year career, he retired as a Lt. Colonel after flying C130s, acting as a flying safety officer, war plans office and teaching Leadership and American Defense Policy Air Force ROTC at West Virginia University. "I wasn't confined to just one job, but was able to do many during my career," Brovotto said. Further career adventures included flying all over the world, Space division Squadron Commander at the Satellite Control Facility in Silicon Valley, Department of Defense Satellite Research and Development and Technical Advisor to NASA Ames Research Center, now relocated at Shriever AFB in Colorado Springs. "I was able to meet many of the icons in the industry," he said. "There was no operating manual. It was joint cooperative research between the Air Force Labs and NASA." During all of this he also found time to participate with local Boy Scouts and soccer leagues.

Brovotto says that after his travels all around the world and the US, he decided on Woodland Park as the place he wanted to live. "I arrived here in 1992," he said, "and found new things to do." Brovotto attended UCCS and was a licensed Professional Counselor working at Cedar Springs and in a private practice. Following that, he worked with Listen-Up Video designing large home theaters. Working with foreign exchange students also became a big passion for him. As an International Exchange Coordinator, Brovotto worked to recruit host families and match kids to those families and schools. Brovotto has hosted over 12 exchange students himself and traveled all over with them then, and then later when they came back to visit with their families. "They become ambassadors for our country when we host them and they go back home," he said. "The friendliness and openness of our kids here really stuck with them. They go back and give a first-hand view of America, not what's presented in the media."

"I enjoyed doing lots of different things, including running for Woodland Park City Council after retiring," he said. It was during that time in 2013 that he first heard about the Main Street Program while attending a Colorado Municipal

League conference. "A presentation by Sue Edmonson from DOLA talked about a program to revitalize downtown areas by preserving their history," he said. "It was a great way to grow our downtown and give folks a reason to spend time in our downtown." Brovotto recruited Gary Crane to help write the package to present to DOLA to make Woodland Park a designated city along with Vera Egbert and other members from the Woodland Park Historical Committee. Brovotto went before the council with a resolution to support the creation of the Woodland Park Main Street Program and asked the city for \$20,000 to get it off the ground. "It's a lot of work to even become a candidate for the Main Street Program. There is a lot of competition. During our round, only Woodland Park and Buena Vista were selected," he said.

Main Street is designed to promote the downtown area of a community and

Gary Brovotto enjoying time with his foreign exchange students.



vitalize that area. The program establishes committees for historic preservation and design, economic development, publicity and promotions. WPMS works developing key partnerships and funding opportunities. Woodland Park Main Street, the 2019 LSOC beneficiary, was involved with the historic mural at the Ute Pass Cultural Center, the Elk Antler archway renovation and the restoration of a new roof on the historic Midland Baggage building. "Our next goal is to reach Graduate Level," he said. "That will bring us national and international recognition. We have access to state experts for advice on revitalizing our community. A lot of this information goes into the Woodland Park Master Plan."

Brovotto will be recognized as Grand Marshal at the annual Lighter Side of Christmas Parade on Saturday, December 7. The Parade kicks off at 6 PM in downtown Woodland Park. The City will hold the tree lighting ceremony at Memo-

rial Park this year following the Parade. Mike's Crazy Hat Contest sponsored by Williams Log Furniture and trophy presentations will be at that time. The annual Gingerbread House Contest sponsored by Rampart Library District kicks off on the 7th as well. Entries are due at the Woodland Park Library December 6th. Be sure to check with LSOC Gold Sponsors each week for clues to the hidden Golden Squirrel. This year's treasure basket is valued over \$1000!! FMI: www.lightersideofchristmas.com or call 719-687-7375. Float applications are now available online.

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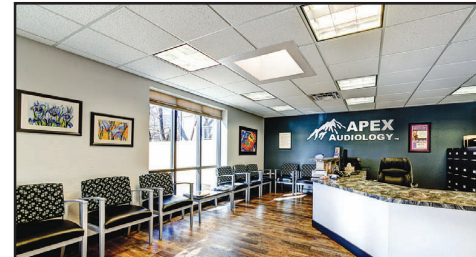


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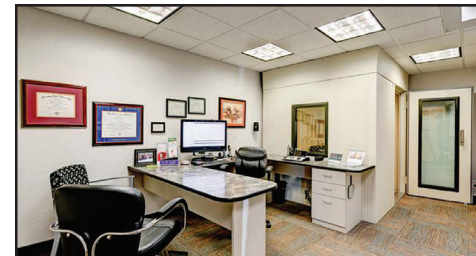
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Mascots

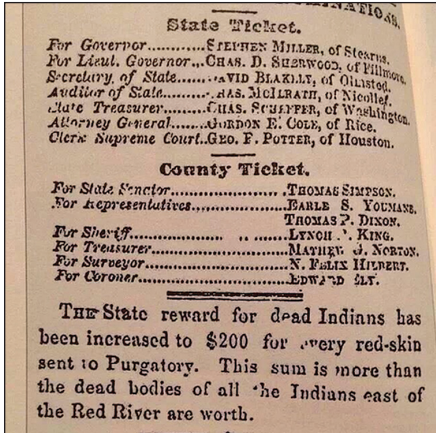
More than a name

by Urban Turzi

I reside in the Spanish Peaks region, on La Veta Pass, in Huerfano County, an area I call the “best kept secret in Colorado,” because of magnificent scenery, friendly and helpful neighbors, a vast variety of wild-life, flowers, and very peaceful and quiet. Prior to retiring, I spent over 10 years as the executive director of a non-profit organization (One Nation Walking Together), as a volunteer. Our mission was to make a positive difference in the lives of Native Americans. This article will hopefully partially relate the plight of Native People over the course of hundreds of years and how the term REDSKINS became an issue to me and others. Calling our Native brothers and sisters REDSKINS may not bother you, some Native Americans, an NFL Football team owner, some schools and others, but it is more than an irritant to me. This article is also a recap of what many folks in Colorado tried to get our State Legislature and our former Governor to address a few years ago with no success. If nothing else, maybe there might be a bit of information herein which explains the pros and cons of this highly emotional topic and maybe it will open some minds to see this as an issue worthy of further discussion by our state’s legislative body, and some school administrators.



The term “Redskin”, historically, represented a trophy, the bloody scalp of a murdered Native American, slaughtered for money, the amount dependent on whether it was a man, woman or child.... a symbol of hatred.



From The Daily Republican newspaper in Winona, Minnesota, Sept. 24, 1863.

A review of a couple of dictionaries (Merriam - Webster and the American Heritage Dictionary of the English Language) provide the following definition of the word redskin: *usually offensive/slang/ a disparaging term for Native Americans/a racial slur.* * Before addressing this issue, there is a very well-done one hour and 12-minute documentary called *More Than Just A Word* which addresses both sides of this subject. This documentary was shown as part of One Nation Walking Together’s film festival in 2016. If your group/school would like to view this film, then they can contact the One Nation Walking Together office staff at info@onenationwt.org Within Colorado, relationships with tribes to retain Native names have already been established at the high school level. Arapahoe High School (Centennial, Colorado) now uses a logo provided by the Northern Arapaho Tribe of Wyoming, which initially included an agreement that the image would not be placed on the gym floor or any article of clothing. The agreement also includes

tribal participation in school events. This collaboration between the tribe and the school is a wonderful model. In Lamar, Colorado, their school mascot is named the SAVAGES...enough said! In La Veta, Colorado, the local high school’s mascot is the RED SKINS. A couple of years ago, I was invited by a class of La Veta’s high school students to provide them an information only presentation dealing with the plight of the American Indian, whether living on today’s reservation or life as an urban Indian. I couldn’t pass up the opportunity to include a bit of my thoughts and feelings about their school’s mascot. Well, I suppose that night around some of the La Veta dinner tables, the mascot issue was a topic of conversation with strong parental input on “no way, no how” would there be a change in their mascot’s name. (Emphasis on parental input). In fact, it was quite apparent that the “older” community members, more so than the students, were steadfast on NO change. Soon after my presentation to the students, I decided I should bring this matter up to the school board. My very brief address became an article in both of the Huerfano County newspapers. A couple of months later, the La Veta school board opened the matter up for discussion with the community at large, and large it was with a very packed house in attendance at the school’s gym. A goodly percentage of those in attendance wore their school tee shirts, sweat shirts/jackets and there were spontaneous outbursts of the school Fight Song. The matter was amicably discussed but in very emotional overtones. The matter of the cost to change the mascot name and the fact this issue has come up on other occasions and “what about tradition” (?) resulted in this being tabled. Thirty of the local residents made their “con” arguments while I was one of three individuals who made their “pro” presentations for change. All 33 presentations were limited to three minutes each. To say the least, this turned into a most “enthusiastic” meeting on the part of the NO attendees. I was heckled, called an “outsider” and identified as “he’s not even an Indian so why should he care.” After the meeting ended with the board voting to keep the current mascot (partial rationale: too expensive to change the name; strong community pride in the mascot name, etc.), I was approached by two Native American high students thanking me for the effort but sharing in my disappointment as well. Before having this article printed, twice I emailed the La Veta School Superintendent and invited her to submit comments on this matter for inclusion in this article, and neither time did I receive a response. I am still amazed at being called an “outsider” as the entire town, less the Native American population, were at one time all outsiders. I must say I was very scared to leave the school and head for my car because of the nature of this gathering... sort of like the Christians being fed to the lions. The meeting was moderated by a superintendent from another rural school district who set the ground rules/decorum for this gathering. But that was never followed nor did he ever stop the verbal barbs being sent to the “lucky” three “Christians”... who were a local business woman, the husband of one of the school’s teachers and myself. I would suggest a collaboration between the La Veta school and one of the



We print this cartoon not meaning to offend, but to show the hypocrisy.

Ute tribes would show that the La Veta community recognizes the fact the Utes are a part of their history and a new mascot named after the Utes would be a most appropriate way to honor their Native American mascot. In Colorado Springs, a local school’s mascot’s name is the INDIANS. The Cheyenne Mountain High School truly honors their mascot name. In the recent past couple of years, their head cheer leaders’ outfits consisted of inappropriate attire towards the Native Americans, but once being made aware of this “Halloweenish” mode of dress, they immediately changed their costume and had the head cheerleader stop wearing a head dress.

Is there a team mascot anywhere in our country called the “Red Necks”? Just curious!

They even instituted a freshmen students’ induction ceremony whereby the freshmen are introduced to the upper classes, who in turn pledge to look after the freshmen as Native people look after each other. Caring and sharing for each other is a quality and attribute this school, learned from the Native American culture. The school also donates to the mission of One Nation Walking Together which shows the school’s concern for those living in poverty and hopelessness. Former Governor Hickenlooper was quoted by the *Denver Post* on both October 7, 2015 and again on April 21, 2016: “We’ve long been critical of school mascots such as the Lamar Savages and the La Veta Redskins, many finding this insulting and for good reason. Such names should be retired.” Washington D.C.’s NFL team has used the “Redskins” name since 1933, when it was based in Boston. Some argue/think, if America “always did it this way,” then why change? If that were the case, then terms like “Wetback,” “Jungle Bunny,” “Spade,” “Wop,” “Dago,” “Chink,” “Jap/ Nip,” “Greaser,” “Beaner,” “Kike,” “Jew Boy,” “Kraut,” would still be part of the lexicon of our country. ** The stereotyping of Native Americans must be understood in the context of history. This includes conquest, forced relocation, and organized efforts to eradicate the native American culture. We had government-mandated boarding schools of the late 19th and early 20th centuries,

which forcefully separated young Native American children from their families in order to educate them as European Americans. “Since the first Europeans made landfall in North America, native peoples have suffered under a sweltering array of stereotypes, misconceptions and caricatures. Whether portrayed as ignoble/ noble savages or teary-eyed environmentalists, their efforts to be treated with a measure of respect and integrity is undermined by images of flatten complex tribal, historical and personal experience into one-dimensional representations. This tells us more about the depiceters than about the depicted or the conquerors vs. the conquered. Why do people continue to make mockery of this culture of captured people? In almost every game of hockey, basketball, baseball, and football — whether high school, college, or professional leagues, we see some form of degrading activity being conducted by non-Indians of the Indian culture (e.g. the tomahawk chop, fans dressed in gaudy Native attire). Indian people never looked the way these caricatures are portrayed. Never have the Native Americans made a mockery of the white people. So then, why do “they” do this as it is painful to see by those who know the history of our First People. In fact, these people were not given citizenship until 1924, which seems humorous that “we” even thought they needed to be given this lofty status. Also, the right to vote was by not given to all our Indigenous People until 1962 when Utah was the last state to guarantee this privilege, originally approved in 1924. In the 1940s, the National Congress of American Indians (NCAI) created a campaign to eliminate negative stereotyping of Native American people in the media. Over time, the campaign began to focus on Indian names and mascots in sports. The NCAI maintains that teams with mascots such as the Redskins perpetuate negative stereotypes of Native American people, and demean their native traditions and rituals. Several of the founders of the American Indian Movement (AIM) were the first to protest names and mascots as an example of conscious racism that continues to maintain the superiority of the dominant culture. Not all Native Americans are united in total opposition to mascots. Steven Denson, director of diversity for Southern Methodist University and member of the Chickasaw Nation, stated there are acceptable ways to use Native American mascots if it is done in a respectful and tasteful manner. It must also be done with the support of the Native-American community. In 2005, the American Psychological Association (APA) issued a resolution “Recommending the immediate retirement of American Indian mascots, symbols, images, and personalities by schools, colleges, universities, athletic teams, and organizations” due to the harm done by creating a hostile environment, the negative impact on the self-esteem of American Indian children, and discrimination that may violate civil rights. It also impacts non-natives by reinforcing mainstream stereotypes, preventing learning about the Native American culture. In particular, studies support the view that sports mascots and images are not trivial. Stereotyping directly affects academic performance and self-esteem, which contribute to all of the other issues faced by Native Americans, including suicide, unemployment, and poverty. European Americans exposed to mascots are more likely to believe not only that stereotypes are true, but that Native Americans have no identity beyond these stereotypes. *** The following is from an article in the *Washington Post* (May 15, 2019): “Twenty years ago, Maulian Dana was

continued on next page

This photo shows the La Veta mascot doing his Michael Jordon impression. The wearing of a head dress is reserved for only those Natives who earned an eagle feather for some act of courage, akin to what our military members wear on their uniforms for bravery or distinction for exemplary duty. This caricature is in itself a sign of disrespect to all Indian tribes.

watching a Maine high school basketball game between two teams called the “Indians” and the “Warriors.” Her gaze drifted toward the student sections, where she saw kids chanting and dancing with fake feathers and war paint on their bodies. It was the first time she saw things she knew as “sacred and religious” to the Penobscot Nation being “mocked and degraded.” Today Dana is a tribal ambassador of Penobscot Nation who spearheaded the drafting of a bill signed into law Thursday by Gov. Janet Mills (D) that prohibits the use of Native American mascots in all public schools, colleges and universities. Maine is the first state to pass such a law. It prohibits public schools from “having or adopting a name, symbol or image that depicts or refers to a Native American tribe, individual, custom or tradition and that is used as a mascot, nickname, logo, letterhead or team name of the school.” The National Association for the Advancement of Colored People (NAACP) passed a resolution calling for the end of the use of Native American names, images, and mascots. This matter was the subject of a halftime essay by NBC’s Bob Costas when Washington played Dallas on a televised Sunday night game. In part, Costas said, “Think for a moment about the term ‘Redskins,’ and how it truly differs from all the others. Ask yourself what the equivalent would be, if directed toward African-Americans, Hispanics, Asians, or members of any other ethnic group. When considered that way, ‘Redskins’ can’t possibly honor a heritage, or noble character trait, nor can it possibly be considered a neutral term. It’s an insult, a slur, no matter how benign the present-day intent.” In 2001, the U.S. Commission on Civil Rights released an advisory opinion calling for an end to the use of Native American images and team names by non-Native schools. The Washington D.C. City Council also called for an end of their football teams’ mascot. The Houston, Texas School Board banned the use of Native mascots. The head of Canada’s Truth and Reconciliation Commission said in 2015, “sports teams with offensive names, such as Redskins and cartoonish aboriginal-looking mascots, have no place in a country trying to come to grips with racism in its past.” The American Holocaust was a model used by Hitler to plan his elimination of the Jewish race. One example of the similarity is as late as the 1960s, the Indian Health Services would sterilize Native women under the pretext they were having their appendix removed. Native Americans have high levels of psychological distress and are twice as likely to suffer from depression and alcoholism as other groups. They also have high rates of diabetes, asthma, tuberculosis, and suicide, even if Native Americans say the name is not offensive, they do not realize it is hurting their self-esteem. There are many benefits associated with sports fandom, both private (increased self-esteem) and public (community solidarity). The activity of viewing sporting events provides shared experiences that reinforce personal and group identification with a team. The name, mascot, cheerleaders, and marching band performances reinforce and become associated with these shared experiences. Some individuals who support the use of Native American mascots state that they are meant to be respectful, and to pay homage to Native American people. However, many note the behavior of fans at games is not respectful. Richard Lapchick, director emeritus of Northeastern University’s Center for the Study of Sport in Society, stated, “Could you imagine people mocking African Americans in black face at a game? Yet go to a game where there is a team with an Indian name and you will see

fans with war paint on their faces. Is this not the equivalent to black face?” The U.S. Commission on Civil Rights called an end to the use of Native American mascots was only for non-native schools. Clyde Bellecourt, when director of the American Indian Movement stated, “It’s the behavior that accompanies all of this that’s offensive. The rubber tomahawks, the chicken feather headdresses, people wearing war paint and making these ridiculous war whoops with a tomahawk in one hand and a beer in the other; all of these have significant meaning for us. And the psychological impact it has, especially on our youth, is devastating.” A survey conducted in 2002 by The Harris Poll for *Sports Illustrated* found that 81% of Native Americans who live outside traditional Indian reservations and 53 % of Indians on reservations did not find the images discriminatory. The authors of the article concluded that “Although most Native American activists and tribal leaders consider Indian team names and mascots offensive, neither Native Americans in general nor a cross section of U.S. sports fans agree... There is a near total disconnect between Indian activists and the Native American population on this issue.” An Indian activist commented on the results saying “that Native Americans’ self-esteem has fallen so low that they don’t even know when they’re being insulted.” More recent surveys, rather than addressing the larger issue, have targeted the controversy over the name of the Washington Redskins, asking if the word is offensive or if it should be changed. By a large majority (71–89 %), public opinion has maintained that the name should not change. However, more than half (53–59 %) agree that “redskin” is not an appropriate term for Native Americans. I don’t know about you, but I personally would not go up to a Native American adult, elder or teenager and greet them by saying, “What’s up Redskin?” The National Collegiate Athletic Association (NCAA) distributed a “self-evaluation” to 31 colleges in 2005, for teams to examine the use of potentially offensive imagery with their mascot choice. Subsequently, 19 teams were cited as having potentially “hostile or abusive” names, mascots, or images, that would be banned from displaying them during post-season play, and prohibited from hosting tournaments. All of the colleges previously using Native American imagery changed except for those granted waivers when they obtained official support from individual tribes based upon the principle of tribal sovereignty. Few professional teams using Native names and imagery remain, several changing when they moved to other cities, while others went out of business. The Atlanta Hawks were originally the Tri-Cities Blackhawks (using an “Indian” logo), and the Clippers were originally the Buffalo Braves. The Golden State Warriors eliminated Native American imagery in 1971. Native American rights advocate Suzan Harjo (Cheyenne/Muscogee) says the Chicago Blackhawks have escaped the scrutiny given to other teams using Native imagery because hockey is not a cultural force on the level of football. But she says national American Indian organizations have called for an end to all Indian-related mascots and that she found the hockey team’s name and Indian head symbol to be offensive. Native Americans used the occasion of the 175th anniversary of the founding of Cleveland in 1971 to protest the history of native mistreatment by non-natives, from massacres to Chief Wahoo. Protests have continued on Opening Day of the baseball season each year since 1973. Chief Wahoo is part of an exhibit at



the Jim Crow Museum of Racist Memorabilia maintained by Ferris State University in Michigan. For Dr. David Pilgrim, a sociology professor at Ferris State and an expert in racial imagery, the symbol is a “red Sambo” that hardly differs from the caricatures of blacks popular in the “Jim Crow” era in which the Cleveland Indians caricature, Chief Wahoo, was created, when such depictions of minority races were popularly used to inflame prejudice and justify discriminatory laws and behavior. Pilgrim explains how the exaggerated features serve their discriminatory purpose by emphasizing the differences of the depicted race, thereby reinforcing the idea that the caricaturized race is inferior. Starting with the 2019 season, the Chief Wahoo logo does not appear on uniforms nor on stadium signs, although it will still be licensed for team merchandise. The *Kansas City Star* reported in early August 2014 that the Kansas City Chief’s team’s management is planning discussions with some Native American groups to find a non-confrontational way to eliminate, or at least reduce, offensive behavior. Achieving greater visibility by reaching the playoffs in 2016, Native Americans at Haskell Indian Nations University in Lawrence, Kansas are asking the Chiefs to stop behavior that invokes stereotypes, such as wearing headdresses and doing the “tomahawk chop.” The Washington DC team receives the most public attention due to the prominence of the team being located in the nation’s capital, and the name itself being defined in current dictionaries of American English as “usually offensive,” “disparaging,” “insulting,” and “taboo.” Responding to a reporter’s question in 2013, team owner Daniel Snyder said, “We’ll never change the name. ... It’s that simple. NEVER — you can use caps.” Snyder also states that the name was chosen in 1933 to honor Native Americans in general. In June 2013, NFL Commissioner Roger Goodell also defended the name by citing its origins, traditions and polls that support its popularity. The July 2019 issue of the *SUN* magazine published an interview of Paul Chaat

Smith, who is a Comanche, an author and the associate curator of the Smithsonian’s National Museum of the American Indian. In this interview, Smith states, “Somehow there is an idea that Indians add meaning or value to a product. I don’t want to tell people whether these things should be gotten rid of, but when it comes to the Washington RED SKINS, the museum (Smithsonian) has taken a strong stand. The team’s name is a dictionary defined slur. And it is one of the most visible insults to Indians, and it is in our nation’s capital.” Latest update on the La Veta school’s use of REDSKIN as their mascot: in the September 12, 2019 issue of the Huerfano County’s *World Journal Newspaper*, “RE-2 School Board election...” the following is quoted in part, “With the design of the new (La Veta) school in mind, the subject of the school mascot and logos were brought up by Albright (School Board President). He said the REDSKINS name will remain but some of the school’s visual identity might change, alluding to recent concerns among some citizens. Albright stressed that the board could compromise on the logo but the REDSKIN name stays.” Is there a team mascot anywhere in our country called the “Red Necks”? Just curious!

References

- *Dictionary references
- ** Wikipedia: List of Ethnic Slurs
- *** “The Maine Campus headline: Maine high schools consider the harmful aspects of Native American mascots” and, *USA Today* headline: “Indian mascots hurt Native American children”
- **** *Washington Post*, May 15, 2019
- Additional sources/references: Shelley Morning Song and Fabian Fontenelle (Zuni Pueblo, NM), Darius Smith (Denver CO, Anti-Discrimination Office); Elizabeth Harrington (CEO Nation Enterprises); Dennis Banks, (AIM, 1970); Movie: More Than A Word; various web sites, Ernest LaPointe (Grandson to Chief Sitting Bull), Norberto Valdez, Ph.D., Associate Professor, Colorado State University (Center for Applied Studies in American Ethnicity).

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the tree spirit by Danielle Dellinger

It started when Amilia was a child. Every day after school she would make her way into the forest behind her house. There was a large tree near the middle that drew her attention the second she saw it. The thick, climbable trunk invited her up into the cradle of the branches. Where all the branches connected to the trunk is where she would nestle herself with her snacks and homework. During the winter, she reluctantly remained inside, because nearly every day the tree was covered in snow. Whenever she would pass by a window and look out at the tree, she felt a genuine tug at her heart. The tree was calling her.

When she became a teenager, she sought refuge in the tree's branches almost 24/7. It was one of the few things that made her feel safe. At least her parents always knew where to find her. All they asked was that she tie a red ribbon to a branch that would be visible from the back of the house to let them know where she was. She always appreciated that they gave her space.

The day Amilia left for college out of state was one of the hardest moments of her life. She faced the tree, admiring it in all of its beauty, and then she did her best to hug its trunk, pressing her ear into the soft bark. To her surprise, she heard a soft heartbeat coming from inside. She stepped back and stared at the spot where she'd hugged. It had to be her imagination playing tricks. Was she that distraught about leaving that she'd make up a heartbeat just to keep a connection with a tree? Amilia turned and walked away, puzzled, but always remembering that moment.

At the age of 30, Amilia returned home the day of her father's funeral. Her mother had died five years prior in a car accident. As she walked down the hallway at the back of the house,

she happened to glance out the window at the tree. She was shocked to see the branches covered with red ribbons. Who had put those there? She vowed to check it out in the morning, as the sun was about to set.

The next morning after showering and eating, and having a good cry, Amilia made her way out into the forest. When she reached the tree, she found a small shrine at the base of the trunk. A picture of her mother sat in a Ziploc bag. Amilia stared at the picture.

"Oh, Dad," she exhaled, her eyes drifting upward to the hundreds of fluttering ribbons. It was overwhelming, but she was glad to know the tree had also brought him comfort. She knelt in front of the shrine and clasped her hands together. She wasn't religious, but she knew this was a surefire way to speak to the dead.

"Mom. Dad. I hope you can hear me. I hope you're with each other on the other side. Dad, I'm so glad this tree was here to help you with your grief. I miss you both very much. I hope one day I can find the kind of love you guys had."

She picked up the picture and kissed the top of the frame. Next, she got up and hugged the tree. "Thank you for being here for my dad and bringing him comfort," she said softly. A moment later she could hear a strong heartbeat, louder than the last time, coming from inside the trunk. This time she didn't pull away. The sound was extremely soothing. She wondered if her dad had been able to hear it too.

That night, she laid in bed unable to fall asleep. She kept looking out the window that overlooked the backyard.

Every time she thought about getting up to go look out at the tree, she felt a strange pulling sensation in her chest. Finally, she couldn't resist the temptation anymore, and got up to stand in front of the window.

Amilia gasped when she saw the tree. It was like there were a million green fireflies rising from in and around the tree. The whole thing was illuminated by the fireflies' glow. As they reached the top of the tree, they spread out over the forest and up into the night sky. Amilia needed to see the phenomenon up close. She stumbled into her shoes, grabbed a jacket, and rushed out of the house.

Once she got close enough, she could see several fireflies dancing about in front of her mother's picture. A smile spread across Amilia's face. She knew Mom would've loved it. The fireflies were unfazed by her coming closer. In fact, they seemed to move about more exuberantly in her presence. Carefully, she knelt in front of the shrine, and the fireflies encircled her. It even felt like a couple kissed her on the cheeks. This went on for another minute or so, and then the last of the fireflies drifted up into the night.

Amilia closed her eyes and turned her face up toward the tree. "Thank you for that," she said.

"My pleasure. I thought you needed it." Amilia jumped at the sudden, unfamiliar voice. She opened her eyes, quickly looking around. "Who said that?" She was ready to bolt to her feet. Then, right before her eyes, a strange figure literally stepped out from the tree trunk. This being was unlike anything she'd ever seen before.

Their head was bald and a perfect egg shape, while the eyes were almond-shaped. They wore a white, layered chiffon robe. A delicate silver crown of woven leaves adorned their forehead, with a small sapphire jewel hanging between their eyes.

Amilia noticed their skin had the texture and color of a white eggshell.

"Who are you?" Amilia breathed, getting lost in the being's dark, warm eyes.

"I am Tria, the spirit of this tree," she replied. "You have shown me much love and kindness, you and your father both." "Wow. You're amazing! And so very beautiful!"

Tria smiled, walking around the shrine to meet Amilia. "I want to repay you for all that you've done."

Amilia's jaw dropped. "Me? I haven't done anything."

"Oh, but you have," Tria replied. "I've grown this tall and lush because you've cared for me."

Amilia blushed, feeling shy and unsure how to accept her gratitude.

"I will grant you one wish as my thank you to you."

"Oh gosh! I don't even know what to wish for!"

Tria smiled gently. "What does your heart truly desire?"

Amilia thought long and hard. "I would like to find my soulmate. I can feel him. I think he's close by."

"I think you're right. You should know the kind of love you've shown me. So, what's your official wish?"

"I'm sure it's against the rules for you to just make my soulmate appear, so I wish to know how to find him."

Tria closed her eyes and raised her arms out to the sides, palms up. A tree branch suddenly descended and carefully placed a silver leaf in Tria's hand. She opened her eyes and held out the leaf to Amilia.

"Take this. When it turns gold, you'll know that the person before you is your soulmate."

Amilia took the leaf. "How long will it take to find him?"

"Not long. As you said, they're close by. Your heart probably already knows who it is."

Amilia became lost in thought as Tria smirked and walked back to the tree.

"Good luck," Tria chuckled right before being absorbed back into the trunk.

Amilia stood there for a moment longer, and then walked back to the house. She sat on the edge of the bed and stared at the silver leaf for the longest time. How was she going to carry it and be able to see it so she wouldn't miss her chance? Her mind worked over a few options, but then she had the best idea. She would turn the leaf into a pin that she could wear on her cuff. The idea was so good she had to get started on it right away.

Over the next few weeks, Amilia interacted with as many people as she possibly could. Throughout each conversation, she would anxiously glance down at her cuff to see if the color had changed yet. Each time she was disappointed, and the longer nothing happened, the more disheartened she began to feel. Maybe she had been wrong. Maybe her soulmate wasn't close by after all. Had Tria actually been a product of her grief?

As she walked along the street toward her favorite bar, she passed by a man. When she did, she felt a random electrical shock inside her chest, which made her gasp and stop with her hand over her heart. She turned and watched the man walk away. Had he stuck her with something? It hadn't felt like it. But then something in the back of her mind told her to follow him. So she did. Thankfully, she didn't have to act too subtle because he seemed oblivious to everyone around him. They stopped at an intersection, and Amilia took the opportunity to glance down at the leaf. It was still silver. She wondered if she was close enough, so she tried

to inch nearer, but the few people in front of her were not about to move for anyone.

They crossed the intersection, and after another block he turned into a small café and got in line to order. Now was her chance! She got in line behind him and mulled over a few things to say to get a conversation going. Right when she was opening her mouth to speak was when he stepped up to the counter and placed his order. Flustered beyond belief at this point, she awkwardly walked up to the counter to order. She'd been so worried about speaking to him that she'd forgotten to look over the menu. In a panic, she asked for a hot chocolate, not remembering that it was 78 degrees outside. While she paid, she kept an eye on the man as he made his way down to the other end of the counter to pick up his things. She snatched the receipt from the cashier and hurried as casually as she could after the man.

However, she forgot to get her hot chocolate because she was laser focused on following the man out the door. Her cheeks burned bright red when she heard the clerk yell after her to come back and get her drink. With her tail tucked, she slinked back and grabbed the hot chocolate. All she could do was keep her eyes on the ground as she headed for the exit, feeling embarrassed and like she could never show her face at the café ever again. Just as she walked out of the establishment and turned to go in her original direction, her whole body collided with another person. The hot chocolate splashed to the ground but not before thoroughly soaking the front of her shirt.

"Oh, come on!" she exclaimed, ready to throw down with whomever had blocked her path. But when she looked up to face the human wall, she froze and her heart momentarily stopped. It was the man she'd been following, well, at least she thought it was him because he had his back to her. Finally, he turned around. "Sorry — Wow, your shirt is a mess!" he said. "Here, let me help." He grabbed napkins from a nearby outdoor table and handed them to her.

"Thanks," she mumbled, busying herself with drying her shirt. Mortified didn't even come close to describing how she felt.

"I'm sorry I stopped in front of you. Admittedly, I was on my phone answering a text. I should've moved more out of the way."

She noted his sheepish smile and pink blush. "It's fine. I wasn't watching where I was going."

He waved his hand. "It's my fault. I'll pay to have the . . . is that coffee?"

Amilia's face lit up red again. "Hot chocolate." She couldn't look at him. But while she was dabbing at her shirt, her eyes landed on the leaf, which was now a brilliant gold. She broke out into a grin and started laughing.

"Are . . . you okay . . . ?" he asked, fiddling with the extra napkins he was holding.

For some reason, that made her laugh more until she was doubled over and unable

to take deep breaths.

Worried that she was going to pass out, he came up beside her and gently put a hand on her shoulder. "Shall we go sit down so you can catch your breath?"

She nodded, still laughing, but she allowed him to guide her over to a table with chairs.

"Hi, I'm Max," he said, extending his hand to her to shake.

"I'm Amilia," she chuckled, shaking his hand.

After that, once she'd gotten all the giggles out of her system, they were able to have a deep conversation and spent the next couple of hours learning about each other.

TWO YEARS LATER

Max and Amilia stood in front of the tree behind her childhood home. She wore a flowing wedding gown while he had on a navy-blue suit with a red tie that matched the fresh batch of hundreds of ribbons tied to every single branch of the tree.

"You may now kiss!" announced the priest, shutting her notebook amid the loud cheers of the guests.

Amilia and Max leaned in and kissed passionately, making it one for the record books. Later, while the reception was in full swing, Amilia excused herself and made her way back to the tree. The shrine had been moved off to the side for the ceremony. Her mother's picture still sat in a Ziploc bag. Amilia stood before the shrine and smiled at the picture.

"I did it, Mom. I found the love of my life, my soulmate. I hope you and Dad like him. Don't haunt him, please," she chuckled. "I want him to stick around."

"Don't worry, he will," said Tria, coming forth from the tree. "You two make a lovely couple. It was truly meant to be."

Amilia's face lit up and she walked over to Tria. "Well, I couldn't have done it without you."

"Oh, you could have. But I know it's nice to have reassurance that you're on the right path."

Amilia smiled and unhooked the golden leaf from her dress. "I guess its job is done." She held it out to Tria.

"Place it next to your Mom's picture. It'll naturally decompose within the next six to 12 months. It's a slow process — much like healing from grief is — because it doesn't have the nitrogen needed to speed it along."


"Not everything needs to happen in a hurry."

"Nor should it. I'm happy to see you smile, Amilia. Welcome home."

— The End —

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Artistic furniture with a western flair in Buena Vista Little Elk Trading Company

By Kathy Hansen
photos by Jeff Hansen

Jonathan and Annie Frykholm had been creating hand-made furniture for brick and mortar stores in Denver and in Colorado Springs for about 25 years. When those stores closed their doors, it was actually a sense of freedom for the furniture-making pair because they could now enhance the unique aspects of the wood they were working with. A crack could be filled with turquoise, a burl could become a lamp base, the troughs burrowed by beetles could be embellished and “windows” in wood created by elk teeth could be a focal point on a single wooden peg. The possibilities are as unique as each piece of wood they find!

That's right, the pair, along with their sons Jameson and Jonah, as well as Jonah's wife, Bailey go to the forest to forage for dead wood to harvest; they ONLY remove dead trees. When they come across a dead tree, they look for that which makes the piece unique and then decide what type of furniture it will become; perhaps a headboard for a bed, a tabletop or tray, or maybe a bedside table.



Little Elk Trading Company can decorate your home or cabin with beautiful wood creations.

Jon expressed his gratitude for mentorship from one of the stores that taught him attention to detail, especially when it comes to the finishes. Jon has focused on staining, antiquing and painted finishes. Indeed, as you look at the furniture your hand will reach out to touch the smooth surfaces or to follow a groove along the grain. Jon enjoys incorporating his flair for Western design as he puts the creative touch on his pieces.

“We actually fold the art into our furniture,” Jon remarks as he points out a pegboard done by son Jonah that has turquoise inlay meticulously set into a crevasse of the wood. Annie enjoys wood burning and wood painting on serving trays; they are gorgeous!

Annie also enjoys the fiber art process of dry felting, which is a process using barbed

needles on layers of felt fabric to literally pull the design together. This creates a 3-D image that appears to be an oil painting from a distance. All of the dry felting pieces are framed in wood from the first cut at the saw mill. The textured frame works very well with the surface of the felt.

Those are not the only items in Little Elk Trading Company with a topographical feel to them as Jon's brother Peter creates wooden mountain relief carvings of some of our favorite local mountains, such as Mt. Princeton. The grain of the wood looks like the topographic lines on a map. The pieces are created using USGS topographical data to be accurate, although the grain is not correspondingly accurate.

Every room can be pulled together with a watercolor painting of Indian paintbrush or columbine, hand painted by Bailey. Her pieces are very realistic looking; one can almost feel the breeze that blows the leaves of the plants she paints. Bailey also makes soap.

Do you enjoy small boxes? Annie has you covered as she enjoys adorning small boxes of various sizes and shapes with little ornaments or dried flowers. She has quite the knack for flower arranging as she uses dried flowers to top off a rusty can or lantern that has suddenly transformed into a vase.

If you are seeking to furnish a new home or remodel a room in your home, consider visiting Little Elk Trading Company to find unique pieces. They have more items available on their website which is reminiscent of the prior business, The Cabin Collection (<https://thecabin-collectiononline.com/index.html>).

When the storefront in Buena Vista came available early August, the pair decided it was a good opportunity to move closer to their sons who live in Leadville, so they bought a place in Twin Lakes. As part of this transition, they decided to change their name to something more alive and agreed upon Little Elk Trading Company. The new website is in the works. Little Elk Trading Company is located at 301 East Main Street, Suite 201 in Buena Vista, Colorado. You will enjoy unique and artistic furniture at affordable prices.

They can be reached at 719-966-5175 or thecabin-collection@gmail.com.



Owners Jonathan and Annie Frykholm in front of one of their dry felt pieces.



Lamps made from burl wood (above) and hand-painted serving trays (below) are some of the items available.



Financial Focus Don't change 401(k) mix during market drops

As you're well aware, we've seen some sudden and sizable drops in the financial markets in 2019. While market volatility is nothing new, the recent plunges happened during a period of general political and economic unease. Still, it can be harmful to overreact to such events — especially if it means making radical changes to your 401(k).

Yet, many people do just that. During market downturns, investors often move money from their 401(k)'s stock accounts into perceived safer accounts, such as those primarily containing bonds or other fixed-income securities. This move may result in reduced volatility on your 401(k) statements, and if that's all you want, you might be satisfied. But you do need to realize the cost involved — specifically, fixed-income investments will not provide the same rate of return that equities (stocks) can. So, if you liquidate some of your equity holdings, you may slow the growth potential of your 401(k), which, in turn, could slow your progress toward your long-term financial goals. Furthermore, if you get rid of substantial amounts of your equities when their price is down, you won't be able to benefit from owning them when their value goes up again — in other words, you'll be on the sidelines during the next market rally.

Here's the key issue: A 401(k) or similar employer-sponsored retirement plan is a long-term investment account, whereas moves made in reaction to market drops are designed to produce short-term results. In other words, these types of actions are essentially incompatible with the ultimate objective of your 401(k).

Of course, when the market is volatile, you may want to do something with your 401(k), but, in most cases, you're far better off by sticking with the investment mix that's


appropriate for your goals, risk tolerance and time horizon. However, this doesn't mean you should never adjust your 401(k)'s portfolio. In fact, you may well want to make some changes under these circumstances:

You're nearing retirement — If you are nearing retirement, you may need to prepare your 401(k) for future downturns — after all, you don't want to have to start taking withdrawals when your portfolio is down. So, if you are within, say, five years of retirement, you may need to shift some, but certainly not all, of your assets from growth-oriented vehicles to income-producing ones.


Your goals have changed — Even when you're many years away from retirement, you probably have an idea of what that lifestyle will look like. Perhaps you plan to travel for several months of the year or purchase a vacation home in a different climate. These are expensive goals and may require you to invest somewhat aggressively in your 401(k). But you could change your mind. If you were to scale back your plans — perhaps more volunteering, less traveling — you might be able to afford to “step off the gas” a little and invest somewhat more conservatively in your 401(k), though you will always need a reasonable percentage of growth-oriented investments.

By responding to factors such as these, rather than short-term market declines, you can get the most from your 401(k), allowing it to become a valuable part of your retirement income.

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



Have 401(k) questions? Let's talk.



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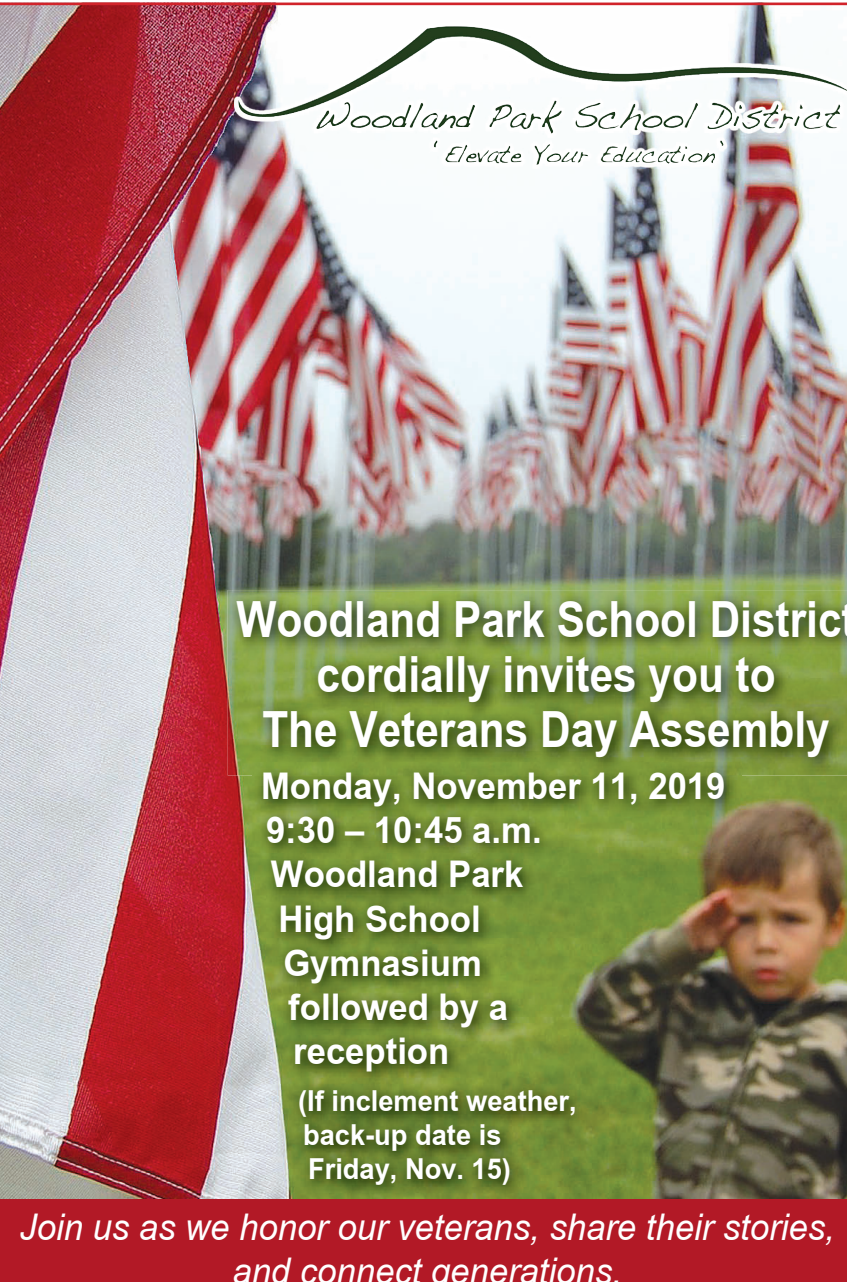
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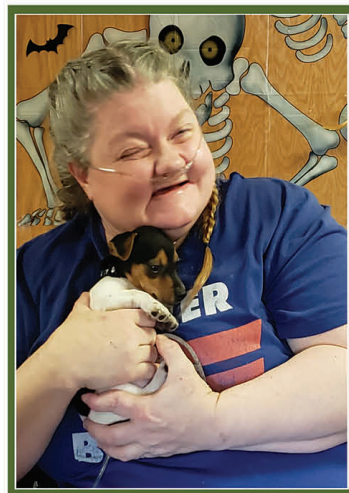


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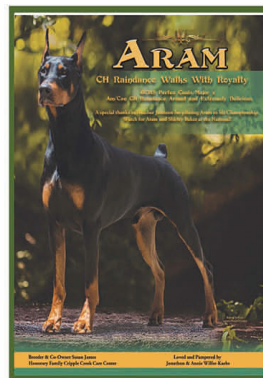
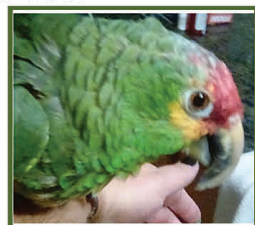
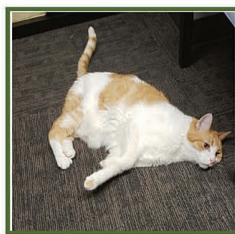
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Working together City Council and Board of Education Hold Joint Work Session

Woodland Park City Council and Woodland Park School District (WPSD) Board of Education held a joint work session on Wednesday evening, Sept. 25, to discuss the status of the 1.09% sales tax that was passed in 2016.

Board President Beth Huber opened the discussion with an explanation of public-school finance. Board members Dr. Gwynne Dawdy and Nancy Lecky shared how the idea of the sales tax, campaign, and implementation developed in 2015-16.

WPSD Director of Business Services Brian Gustafson shared information on how the District has allocated and utilized sales tax money including increasing staff

compensation, updating technology, adding innovative programing, providing career preparation, maintaining school facilities, and addressing safety and security needs.

The meeting, which was open to the public, lasted over two hours and included questions, answers, and discussion about improving communication and future collaboration between the District and the City.

Mayor Neil Levy thanked the participants and announced that council will take the information provided and discuss further. A statement was made by City Council that they have no interest in eliminating the sales tax at this time.

BV HOPE WalkForFreedom

by Kathy Hansen

There were close to 100 people attending Buena Vista's HOPE WalkForFreedom, part of A21 global campaign to put an end to human trafficking. There were over 500 Walks in more than 50 countries. Some silent walkers held signs and other silent walkers passed out flyers to inform curious bystanders of the group's mission: Slavery ends here; together, we are eradicating human trafficking through awareness, intervention and aftercare (<https://www.a21.org>).

Did you know that every 30 seconds, someone becomes enslaved and only 1% are able to escape? According to the website, "human trafficking is slavery. It's the illegal trade of human beings. It's the recruitment control, and use of people for their bodies and for their labor. Through force, fraud, and coercion, people everywhere are being bought and sold against their will — right now in the 21st century."

Something new this year came from volunteers willing to craft various items (matchbooks, picture frames, etc.) and apply a sticker that has a website printed on it so people learn more. Walkers

were encouraged to take one of the eye-catching items and put it somewhere in public. When a passerby sees and picks up the item, they can visit the website to learn more.

Beth Ritchie, BVHOPE's president would like to thank the many businesses and volunteers for making this year's walk another success! A special thank you to volunteers and these businesses:

- Beth Mason
- Buena Vista Rotary Club
- Comfort Gas
- Dick and Gina Lee
- Gone to the Dogs
- Hi Valley Pump and Supply
- K's Dairy Delight
- Larry and Sandy King
- Laura Lee Schauler
- Martin Family
- Noah's Ark
- Peak Performance Imaging Solutions
- Souled Out T-shirts
- Steadman's
- Swisher Diesel
- The Blade Barn
- The Essential Store

Where is Katee this month?

Katee is the mascot for the Pet Food Pantry for Teller County. As their mascot, she will be dedicated to helping families keep their pets at home when they fall on hard economic times. To keep herself in shape, Katee runs and her ears stick straight out!

On Saturday November 16th from 9:30-1 p.m. she will be at Woodland Hardware and Home, 100 Saddle Club Ave, Woodland Park, CO collecting donations and food for her feline and canine friends in exchange for homemade dog biscuits and/or catnip toys. Please stop by and meet her! Thank you for your support! Happy Thanksgiving!

FMI: www.PetFoodPantryTC.com.



Adopt Me

by Ark Valley Humane Society

Bubba

Sweet Bubba has been patiently waiting at the shelter for his perfect home since April. He's been lucky enough to spend most of that time in a loving foster home, but his foster dad is now traveling, so he is here at the shelter, ready to meet his forever family! His foster dad said he is a wonderful house dog! While he does tend to chew up select items (i.e. Crocs), if given enough durable toys then he is a breeze. He doesn't make a peep when left alone during the work day. He does need a home without cats — he potentially could live with another dog but would need to meet the pup here at the shelter first. He'd LOVE a home with a big yard where he can run around a play! If you're interested give us a call at 719-395-2737 or stop by the shelter to meet him. We're at 701 Gregg Drive in Buena Vista CO and are open from 12-5:30 p.m. 7 days a week.

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



Ample House

by Flip Boettcher
photo by Flip Boettcher

The Riviera Inn Motel located in Florence, Colorado, is a mixed operation motel. The Riviera offers regular motel rooms for overnight and monthly accommodations and also houses the non-profit Ample House program.

Ample House is a program for the homeless, domestic violence victims, and people in other situations, where someone just needs a little space and some time to get their life back together after a major loss, illness or addiction.

Michele Ring, who came to Colorado from New York in 1985, and arrived in Florence in 2013, started Ample House in 2014. At first, Ring sold clothes to help fund the program and seniors made tote bags to sell. Today they sell Ample Aprons.

Ample House has had workshops, taught people how to make jewelry, always had cold drinking water for the homeless, and taught people how to change watch batteries. All simple things the homeless could do to earn a little income.

Ample House has worked with Volunteers for Inter Valley Animals to get shots and wormer for homeless people's dogs. Ample House has also provided emergency medical care for infected feet, providing footbaths and most especially socks for the homeless.

Today Ample House is housed in the Riviera Inn Motel which Ring moved into in late 2016 and acquired title to in February of this year. Ring buys and sells on E-Bay and other online sources to help fund the program, as well as Victim Advocates, Loaves and Fishes, and Council of Governments.

Ample House also helps finance the Pause Program that offers up to five of their motel rooms for three months for individuals who need to reassess their life situation after a major life event. Normally the client is able to pay for one month

and Ring goes on to find funding for the other two months. This allows the client to find alternate housing, jobs, or whatever helps them get their lives back on track, said Ring. This has been successful for many who have either gone on to pay the full amount for housing at the Riviera, or find other forms of subsidized housing.

Amenities include first time towels and linens (which the guest thereafter washes), Wi-Fi, cable television, desk, small drawers, refrigerator, microwave oven, free laundry facilities, transportation to jobs, appointments, shopping, free office type of services, meals for those waiting for food stamps, tablets to borrow and usually smart phones for them to use.

The only requirement is that they continue going to any program that they are in and not make themselves a nuisance around the motel and the other guests.

Over the past winter several rooms were completely remodeled and beds upgraded, furniture repaired or replaced and carpets replaced. That was on top of already upgrading the wiring, plumbing, sewer lines, electric mains, and laundry. The phone system was hit by lightning in July and the main switchboard is working, but the room phones still need to be reconnected. Usually, the motel funds itself, and any



The motel Riviera in Florence houses the Ample House program.

short fall Ring and her husband self-fund and grants are in the works. This past winter though, Ring got sick herself and could not run the motel and has fallen dangerously behind in her bills, mostly energy bills which last winter typically ran around \$4,000 per month. Projected monthly costs for this coming winter said Ring will be around \$8,000 per month.

Ample House is looking for a sponsor or grants to help with this winter's energy bills. Ring is desperately seeking any help and assistance from the community to help get over this hump. "I would love to give up but then where would the people go?" Ring asked.

Contact information:
Riviera Inn Motel
136 E. Front St.
Florence, CO 81226
719-784-6716
Fax 719-784-6570
rivierainnfl@gmail.com
www.RivieraInnCo.com

Ample House board of directors are Rena Colgin, Larry Nelson, Twila Jackson and Juanita Bailey.

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Life-Enhancing Journeys What could be causing my pain?

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

There is no doubt that pain hurts. It is awful and, no matter what you do, if you're unable to get rid of it, it negatively impacts the quality of your life. You know that you need to do something so you make an appointment with your doctor where s/he diagnoses you with a medical condition (the possibilities are too numerous to even mention). Grateful that your doctor seems to understand and has given you a diagnosis based on your symptoms, you fill the prescription and hope that the medication or other suggested treatment works.

Even though you followed your doctor's orders, nothing really seems to help. Perhaps you even opted for surgery, but quickly found that didn't resolve the pain either. Your frustration grows so you then explore alternative medicine options. Maybe you took herbal remedies, vitamins or saw a chiropractor, a physical therapist, an acupuncturist, tried hypnosis, or even essential oils, yet the pain still existed. Your frustration now turns to anger because it seems like no one knows how to help relieve your discomfort. Possibly your doctor then refers you to a psychotherapist, suggesting that your pain isn't real and that it's all in your head.

You know you're not inventing or making up the pain! The agony in your body is real; however, the diagnosis you were given could be wrong. If it is indeed wrong does this mean it is impossible to heal? If there is no serious disease process occurring, you may still have a medical condition known as "Mind Body Syndrome," a term coined by Dr. Howard Schubiner. He describes the real problem as, "Your body is producing pain because it's manifesting unresolved stress, possibly from your childhood, or from stressful events in your adulthood, or from your present circumstances... Your mind has twisted your body into pain as a way to avoid some of the emotions that are inside you..."

As a registered nurse, a brain injury specialist and a psychotherapist, my years of education and professional experience (as well as from personal experience inhabiting a human body) has taught me how closely connected the body is to the mind. It is unfortunate that many people, physicians included, are unaware that diseases can be caused by stress due to unresolved emotional issues associated with past experiences. Can you recognize these aches and pains for what they are — physical manifestations of residual stress, anxiety, concerns, anger, fears and other emotions that are associated with being human? An important concept to acknowledge is that your pain is real and that emotions are very powerful forces that can cause physical symptoms. In other words, you are not crazy. Almost everyone I have ever met has experienced

some physical symptom due to stress and their reactions to it.

Almost four decades ago, Dr. John Sarno, a specialist in rehabilitation medicine at NYU Medical Center and author, wrote a book entitled *The Mindbody Prescription*. This book focuses on how people with certain ailments can become pain-free within a few weeks by adjusting their way of thinking and by using innovative exercises and approaches to help eliminate their discomfort. Initially, the person learns that stress, and one's emotional reaction to discomfort, whether in the present time or in the past, commonly will produce pain.

After our bodies heal from any structural injuries the pain should be gone — in theory. This idea of "in theory" must be emphasized because if the long-term chronic pain still exists, what's causing it? This unexplained chronic pain may have its origin going back many years, even decades.

According to author Suzanne O'Sullivan, author of the book *It's All in Your Head*, "up to one-third of people seen in an average general neurology clinic have neurological symptoms that cannot be explained and, in those people, an emotional cause is often suspected..."

Were you aware that where we encounter physical pain is closely linked to the experience of emotional pain? Initially the signals of pain pass to the thalamus which is a sorting station. The brain's emotional control center, the limbic system, is also activated, responding to how a person interprets the significance of the pain. Your perception of pain, therefore, is subjective.

Several years ago, a woman came in to see me because she had suffered most of her life with incapacitating migraine headaches. After ruling out any physiological causes, her medical practitioner suggested psychotherapy. During our time together, she was able to recognize that her headaches may have been her way of unconsciously punishing herself for, "...I killed my mother..." (her mother died during childbirth). With this awareness, along with incorporating new skills like journaling and self-hypnosis, she was able to forgive herself as well as forgiving her mother for "leaving me." The migraines stopped and have never returned.

Have you noticed that when you're feeling badly how soothing it is to have a loved one be concerned for you? The discomfort seems lessened simply by being attended to by someone who cares. Conversely, have you noticed how a bad relationship can actually make your pain worse? You might be wondering what a bad relationship has to do with your health? The quality of a relationship is very influential and the consideration that empathy and sympathy absolutely impact pain levels cannot be overstated. The reassuring touch on a loved one is a pain-killer, and on the other hand, its absence is a pain amplifier. If you want to aggravate chronic pain, surround yourself with nasty and unpleasant people.

Paul Ingraham, science writer and assistant editor for ScienceBasedMedicine.org, describes pain as an extremely personal challenge. "In the sense that pain is private and even isolating...there's just you and the pain, trapped together inside your skull. With chronic pain, there are no outward signs, nothing to 'prove' how much pain you're in, not even a way to compare directly with someone else's pain..." It becomes important to understand that the pain you are suffering is not something you have to deal with on your own — you are not alone.

To help heal from what Dr. Schubiner calls Mind Body Syndrome (also known as Tension Myositis/Myoneural Syndrome, or TMS), it will be useful to

"It is more important to know what sort of person has a disease than to know what sort of disease a person has."
— Hippocrates

investigate the emotional origins that are causing you distress. These include participating in exercises to help you understand yourself better and overcome MBS/TMS. If writing is a form of expression that is beneficial, contemplate writing about stressors and issues in your life or writing letters that will never be sent. You may want to consider writing dialogues which I find extremely helpful in dealing with uncomfortable conversations. There is an area within our Limbic System call Broca's Area, where language is located so we can find words to express what we are feeling. This small section of our brain shuts down when we become anxious therefore it is nearly impossible to talk without a text to follow. Creating a written dialogue or text before confronting a difficult situation can be extremely beneficial for enabling communication.

Think about using meditations that you can follow and listen to on your phone, or even download an MP3 player on your computer. I listen to a free meditation APP called "Insight Timer" which has over 15,000 options from which to choose. By bringing yourself to a calm and inviting place within your own body, you are better able to contemplate your future plans and envision what it might be like to live with purpose.

You may also want to adjust your nutrition to encompass wholesome choices. In addition to nourishing foods, there are some nutritional deficiencies that stand out as significant and legitimate causes of chronic pain such as a lack of Vitamin D and magnesium. Vitamin D deficiency is probably more common than once suspected — at least 1 in 20 people are lacking adequate quantities.

Breathe deeply in and out prior to doing or saying anything which enables you to respond instead of react. Continue breathing mindfully, with awareness, any time you become aware of your breath.

If you are experiencing pain, it is always advisable to visit a medical practitioner first to rule out any potential disease processes that may be occurring. If there are no obvious causes for your symptoms, you may be experiencing Mind Body Syndrome which can be healed.

The idea that healing through personal growth is that, if we truly focus on ourselves, we just might recognize and change the part of us which is hurting — even if we are unable to understand the connection. Mysterious problems sometimes just go away when we work on ourselves and by recognizing that "healing" is a term which can be used not only for a perceived illness, but also a term which can encompass our daily lives, we can sometimes find peace within that mysterious pain. When you learn to better understand yourself, you may recognize how issues from your past often influence your response to what you are experiencing at present. Bringing in this information can enhance our sense of control over our emotions and moderate our own reactions to stress. By so doing, you may discover how you can find genuine relief. Try it. What do you have to lose?

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

HRRMC News

HRRMC adds oncologist to medical staff

Kathryn Arrambide, M.D., FACP, has joined physician assistant, Carol Johnson, PA-C, in the Heart of the Rockies Regional Medical Center Oncology/Hematology practice in the Specialty Clinic at the Salida hospital, 1000 Rush Dr.

"Our Oncology Department is excited to have Dr. Arrambide as a part of its team. She has a kind and compassionate demeanor and the needed experience with medical oncology and hematology. We are looking forward to the partnership and consistency for our clinic and chemotherapy infusion patients," said VP Patient Services April Asbury.

Prior to joining HRRMC, Dr. Arrambide practiced as a medical oncologist and hematologist at Rapid City Regional Hospital in South Dakota. She also served as the principal investigator for clinical trials.

Dr. Arrambide is board certified in medical oncology by the American Board of Internal Medicine and is a Fellow of the American College of Physicians.

FMI, call HRRMC Oncology/Hematology Services at 719-530-2302.

HRRMC Salida Family Medicine open

The four family physicians with Salida Family Medicine have joined the HRRMC team and the practice is now known as HRRMC Salida Family Medicine.

Drs. James Wigington, Ashley O'Hara,



Vanna Irving and Stephanie Earhart with HRRMC Salida Family Medicine began seeing patients on Thursday, Oct. 3, in the HRRMC Medical Clinics building, 550 W. Hwy. 50, Salida.

Obstetric care will continue at HRRMC Buena Vista Health Center and primary and obstetric care will continue at the outreach clinic in Saguache. Patients at the outreach clinic in Cotopaxi will be referred to the practice's new Salida location. Service at the Cotopaxi clinic will be discontinued. FMI: 719-530-2000.

ENT and Allergy move to new location

HRRMC Ear, Nose and Throat, including Audiology, and HRRMC Allergy Clinic began seeing patients on Monday, Oct. 21, on the third floor in the HRRMC Outpatient Pavilion, 1000 Rush Dr., Salida.

"When the new medical office building was conceived, it was done so without knowing that we would soon be adding Allergy, ENT and Audiology services. Fortunately, our board of directors had the vision to include additional shelved space into the build, which is now being utilized to accommodate Dr. Napoli in Allergy, Dr. Streeter in ENT and Mr. Robert Furby aka 'Furb' in Audiology," said HRRMC's VP Business Development Peter Edis. "The new build-out provides ample provider office space, exam rooms, a nurse station and a procedure room for ENT. Additionally, there is a specific observation area for patients to be observed after receiving allergy shots. Furb has a fully equipped audiology room with new state-of-the-art equipment, including a handicap-accessible hearing booth. This move concludes relocation of our medical clinics. We look forward to providing these additional services in the pavilion."

FMI or to make an appointment with ENT or Allergy, call 719-530-2000.

Celebrate the 2019

Lighter
SIDE OF CHRISTMAS
PARADE
Woodland Park, Colorado

Holiday Treasure Hunt!
Visit **LSOC Gold Sponsors**
each Friday for clues to find **the SQUIRREL!**
Gift Basket currently valued at over \$1000!!!!

Gingerbread House Contest!
Drop your entries off at the Woodland Park Library
December 6th!
On exhibit Dec 7-21

Mike's Crazy Hat Contest!
Design a CRAZY hat.
Come to the Tree Lighting Ceremony following the parade at Memorial Park.
WOW the crowd! Win Great Prizes!!
Sponsored by Williams Log Cabin Furniture

Saturday December 7 is the LSOC Parade!
"Woodland Park's Christmas Vacation"

Elevate & Celebrate
Kickoff 6 PM
Downtown Woodland Park
Crazy Hat Contest Judging!
Trophy Presentation! Fireworks!
Tree Lighting Ceremony in Memorial Park!

2019 Beneficiary

DETAILS AVAILABLE AT
WWW.LIGHTERSIDEOFCHRISTMAS.COM

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Holiday Home Tour
Sounds of the Season

2019 Tweeds Holiday Home Tour
21st Annual "Sounds of the Season"
December 7th & 8th, 2019
10 a.m. – 5 p.m.

For more information and to purchase tickets visit our website:
www.wphht.org

Purchase your tickets by 11:59 pm Thursday, November 21st, 2019 to be eligible to win 4 tickets to:
Denver Broncos vs. Oakland Raiders
December 29th, 2019
One entry for every adult ticket purchased.
Drawing will be held November 22.

In 2016, Tweeds Holiday Home Tour, Inc. became an independent 501(c)(3) organization.

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~OUT AND ABOUT~

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

BUENA VISTA

2 UAS Club Central Colorado 9-10:30 a.m. at Central Colorado Regional Airport. FMI: 719-581-2010 or ccuasclub@gmail.com. Meets every first Saturday, usually at Central Colorado Regional Airport.

BV HOPE

9 Training class to learn more about human trafficking in our world, our country, our state and our community. We will learn the signs of human trafficking, how to report it and how to prevent it from happening. RSVP buenavistaphope@gmail.com and questions to Beth 719-395-6938. 23 BVHS PE complex Xi Mu Christmas Fair 9-3 p.m. BV HOPE will have a booth full of items from around the world, made by human trafficking survivors. All the proceeds go to the survivors through the Ucount organization. FMI: ucountcampaign.org. 24 Knights of Columbus breakfast 8-11 a.m. to benefit BV HOPE at the St. Rose of Lima Catholic Church. Suggested donation of \$6 for pancakes, scrambled eggs, sausage, or a breakfast burrito and your money will help fight human trafficking in our local area.

CAÑON CITY

1 First Friday Art Walk at REM Art Gallery 710 Main St. Artist wear reception 5-8 p.m. FREE rock and face painting for kids of all ages. Speed painting show by Mary Shell, where she gives away the paintings she creates. Come join the fun! • NAMI Connection Support Groups for those living with a mental health condition meets every Friday at 1 p.m., Community Education Room of St. Thomas More Hospital 1338 Phay Ave. These meetings are free and confidential. No reservations required. FMI 719-315-4975 or go to www.namisontheeastco.org • Yoga with Bill O'Connell at River Lotus Yoga Mondays 9 a.m., Wed 6:30 p.m., studio fees apply.

LIBRARY

2 Cañon City Public Library Foundation is hosting their annual used book sale 10-5 p.m. 2 Local author book sale and signing 10-2 p.m. Refreshments will be served. 6 Free Legal Clinic for those who have no attorney 2-5 p.m. Schedule 719-269-9020. 8 Breakout box 3-4 p.m. 9 Improved Medicare for All 1:30-2:30 p.m. 15 StudioH 3-4 p.m. • B.O.O.K. (Babies on our knees) Story time every Monday 10:30 a.m. • Story time and Crat Tuesday and Thursday 10:30 a.m. • Super Mario Smash Brothers gaming every Wednesday 3-4 p.m. FMI: 719-269-9020. Canon City Library is located at 516 Macon Ave.

CHIPITA PARK

2,3 The 16th Annual Chipita Park Association's Annual Arts and Crafts Fair. This year's fair will

again feature on-of-a-kind arts and crafts by well-known local artisans. Stop by to browse and enjoy lunch and baked goods. Admission is free for all. FMI DeeAnn719-465-2892 or decanbr@gmail.com.

COLORADO SPRINGS

2 Wags & Wishes 5 p.m. at Antler's Hotel benefit for TCRAS.

PIKES PEAK CENTER

1, 2 COS Philharmonic — Disney Pixar's COCO 7:30 p.m. 3 Double Dare LIVE! 7 p.m. 8 Whose Live Anyway? 7 p.m. 17 COS Philharmonic — Pacho Flores: Espiritu Libre 2:30 p.m. 19 COS Philharmonic — Pacho Flores: Espiritu Libre 7:30 p.m. 20 Art Garfunkel — In Close-Up Tour 8 p.m. 21, 22 Warren Miller's "Timeless" by Volkswagen 7:30 p.m. 29 COS Philharmonic — Nutcracker 2 p.m. & 7 p.m. 30 COS Philharmonic — Nutcracker 2 p.m. & 7 p.m. 1 Dec COS Philharmonic — Nutcracker 2 p.m.

CRIPPLE CREEK

28-Nov 18 Active Parenting First Five Years, Mondays 4:15-6:30 p.m. at Cresson Elementary. Discussion series for parents of children birth-5 years. Meal and childcare provided. FMI: AmyS@cpteller.org or 719-686-0705. • Alcoholics Anonymous meets at St. Andrew's Episcopal Church at 367 E. Carr St. Thursdays at noon and Sundays at 4 p.m.

ASPEN MINE CENTER

4, 18 Employment First 8:30-12:30 p.m. A DHS program for SNAP recipients. 5, 12, 19 Fall Prevention class 12-2:30 p.m. 5, 19 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m. 6, 13, 20 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis. 7 Southern Teller County Housing Task Force 8:15 a.m. 7 Southern Teller County Childcare Task Force 10 a.m. 9 A Cup of Christmas Tea 11:30 a.m. a fundraising luncheon benefiting Christmas in the Gold Camp. 12 Veteran Service Meeting 9-11 a.m. 12 All Vets, All Wars. Group participation 10-11:30 a.m. 13 Colorado Legal Services 1:30-3 p.m. The Colorado Legal Services is a non-profit organization that assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado. 21 OIB Group. This is a support group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room on the 2nd floor. FMI, Kathleen at 719-471.8181 X103. 22 Teller County Emergency Food Distribution Program (Communities) will be held the last Friday of the month 9-2 p.m. Please bring photo ID and proof

of Teller County residency. 22 Cross Disability Meetings for persons with disabilities 10-11:30 a.m. 22 Cooking Matters in Your Community 10-11 a.m. Find out how to get the best use from your commodities day food box items. Food demonstration and snack provided. FMI: Denise 719-689-3584.

26 American Legion Post 71 9-10:30 a.m. 27 Thanksgiving Dinner Celebration 11:30-3 p.m. 17th Annual feast. Come celebrate! Free and open to the public. • A Willow Bends every Thurs 4-7 p.m., every Fri 4-8 p.m., every Wed in the shack. • On-going: Our Health Navigator Krys Arrick is available Mon-Thurs 8-4:30 p.m. for families who are seeking access to affordable and quality health care. Call 719-689-3584 ext. 111. Unless otherwise noted all meetings are held in the 2nd floor conference room.

• Crystola Roadhouse 20918 E Hwy 24 free line dance lessons with Shell 6:30 p.m. Beginners on up. Every Thursday. Ongoing (shelly.paap@gmail.com)

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21 Parent Advisory Committee 5-7 p.m. Caregivers of children of all ages are welcomed to have a voice about CP programming and community needs. Meal and childcare provided. FMI: AmyS@cpteller.org or 719-686-0705.

LITTLE CHAPEL FOOD PANTRY 11, 25 The annual Thanksgiving turkey dinner distribution is the 25th. All families will receive a full turkey dinner to prepare at home along with regular food boxes. To volunteer or to register to receive food please email: littlechapelfoodpantry@outlook.com or visit: littlechapelfoodpantry.org

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Ridge Loop meet at Outlook Ridge Trailhead 9:15 a.m. 30 Hike: Homestead Mash-up Trails meet at Homestead Trailhead 8:30 a.m. Mueller events are free, however an \$8-day pass or \$80-annual pass are required to enter the park. FMI: 719-687-2366.

EVERGREEN 7 Free Legal Clinic for parties who have no attorney 3:30-5 p.m. Register 303-235-5275.

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