



UTE COUNTRY NEWS

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October 2021

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Vol. 13, No. 1

"Now is our time. It's our time to chase rainbows and build castles in the sky. It's our time to create a life that we love. Because someday, it will no longer be our time."

— Shawn Anderson

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Beasts of the Peaks



Little Chapel Food Pantry

69 County Road 5, Divide, Colorado 80814

Our benefit fundraiser Golf Tournament on August 30th was our most successful ever!

The funds that were raised will help to feed hundreds of families all across Teller County,

And we are truly grateful for everyone who participated in the tournament, both players and sponsors. We would like to express our gratitude by publicly recognizing all of the sponsors and donors of various prizes and gifts!

A heartfelt thank you to the following supporters of the Little Chapel Food Pantry Benefit Golf Tournament:

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Oasis Liquor Banana Belt Liquor Denver Art Museum Manitou Cliff Dwellings

Special Contest Awards:

1st Place Team: Glaser Energy Group (who donated their entire cash prize back to the Pantry!)
2nd Place Team: 3-D Landscaping
3rd Place Team: Log Cabin Liquors

And Special Thanks to Jude Brock (our team leader), Dixon Golf, Hole-in-One USA, Shining Mountain Golf Club, and the awesome golfers who made it so much fun, and all the wonderful volunteers who came to help!

Thank you for helping us provide much needed food to families in need in our community!



October's cover photo was taken by Jeff on July 4, 2021. We decided to meet some friends and tour Bishop's Castle in Rye, Colorado. This is a site one must experience to genuinely appreciate; it was built by one man, Jim Bishop and it all began with his dream, followed by his will- ingness to make that dream manifest.

We celebrate the power to create in Octo- ber! Whenever you need a little inspiration, you can always count on Mary Shell's *A Look Inside the Artist* — John Lockhart is featured this month. Find out how he found his spiritual inspiration through art. Cath- erine Rodgers' *Musings Along the Way* is all about "Getting to the heart of good vibra- tions," which inspires us to retrain our heart to feel good. Barbara Pickholz-Weiner's *Life Enhancing Journeys* column teaches us about "Trauma — how we can heal" so we can create a better future for ourselves. Flip Boettcher gives us a history lesson and treats us to "Currant Creek Characters — Chapter XIV" where we learn about the sordid past of The King of Freshwater. For those who need only immerse themselves in nature to catch a creative vibe, read Jessica Stevens' *Beast of the Peaks* — *Indelible* to learn more about the mule deer that populate our area. For those seeking something more tangible, Dr. Bec is *Panning for Good* as she explores "Treasures beneath our feet" in her article about rock hounding. The cover quote is true, "It's our time to create a life that we love because someday it will no longer be our time."

We know you'll enjoy Critter Corner as much as we have enjoyed our Cat Mas- terson and "Humming Bert" who spent at least 20 minutes straight enjoying each other's company. Those two snuggling dogs are rather precious as well, thank you to John. Would you like to see your pets in Critter Corner? All you need to do is email (utecountrynewspaper@gmail.com) or snail mail them to POB 753 Divide, CO 80814 or drop them off at Shipping Plus in Divide M-F 9-5:30 p.m.

Thank you,
— Kathy & Jeff Hansen

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

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The Thymekeeper

Seasonal maintenance, stock your toolbox!
by Mari Marques-Worden

If there is one lesson I've learned in my years as a practicing herbalist, it's that the human body has an amazing ability to heal and maintain health when given the tools it needs. Seasonal change is the perfect time to check and stock our toolbox. There are actions you can take every day for little or no cost to your bank account.

As we are entering the darker months of the year, hence cold and flu season, let's take a look at how we can help to facilitate our bodies natural healing processes.

Maintenance

With the wildfire smoke seeming to increase every year, it's important help clean our filters. Think of the filter to your furnace, at some point the filter becomes clogged and needs to be cleaned or changed or the functionality of the furnace becomes hindered. The same is true of your nose and throat which are constantly filtering the air around you 24/7, 365 days of the year. The mucosal tissue of the nose, mouth and lungs have innate immunity where much of your protection lives so it makes sense to occasionally cleanse the airways.

A warm salt water gargle using sea salt has been an old folk remedy go to for sore throat since I was a kid. However, the benefits go beyond relieving a sore throat. Gargling with salt water is like turning on the carwash. Sea salt has antibacterial properties and works by a process called osmosis. Dictionary.com defines osmosis as "the tendency of a fluid, usually water, to pass through a semipermeable membrane into a solution where the solvent concentration is higher, thus equalizing the concentrations of materials on either side of the membrane."

When you gargle the salt moves into in- flamed tissues and draws out moisture from them. Salt has antibacterial properties, it kills some bacteria and helps flush out tox- ins, it also makes the area inhospitable for bad bacteria to thrive. With its ability to re- duce inflammation, in turn, it reduces pain. To make a salt water gargle use 1 teaspoon salt per cup of warm water. The key is not to overdo it, by no means does this need to be a daily practice and try not to swallow too much or it can cause nausea.

A good herbal steam or a nasal irriga- tion using a netty pot with salt and water has shown benefit for chronic and acute bacterial sinus infections, seasonal aller- gies, viral upper respiratory infections and irritant derived congestion such as that from smoke. In addition to breathing easier, many people report an enhanced ability to smell and taste after using one. They are generally considered safe as long as they are used and cleaned properly.

Herbal steams using rosemary, thyme or oregano heat up the respiratory system in ad- dition to coating the mucous membrane with anti-microbial volatile oils as well as having decongestant properties to loosen and move mucous thus creating a flushing effect.

Food grade hydrogen peroxide can also be added to a steam as it has vast antimicro- bial properties. It uses the lungs, which have a rich supply of blood vessels, to ac- cess the rest of the body. Also, by using the lungs, there is direct access to the organs that are most effected by viral infection like sinuses, throat, bronchial tracts, and lungs.

The dilution recommended is as fol- lows: 1 part 3% peroxide to 5 parts boiled water (example: 1 cup 3% peroxide to 5 cups water): put head over the mist and breathe in the steam. https://auburnnaturo- pathicmedicine.com

Cleanse and build

As we enter the seasonal change, we tend to close ourselves in more with less access to fresh air. In the past I've recom- mended smudging the living quarters

using sage to clear the air of pathogens, however, we have been inundated with smoke lately. Common house plants such as mother in laws tongue, peace lily, philodendron and aloe have shown to be incredibly effective at cleansing the air in your home. In fact, aloe vera is particu- larly effective for clearing formaldehyde and benzene when given off by paints, cleaners with chemical ingredients and other products that also burn in a wildfire.

Diffusers can be used in addition to keep the air in your home clear of pathogenic intruders using essential oils. Care must be taken however if you have pets as some essential oils can be toxic to animals. Make sure you eat real and healthy food instead of food-like products. The less processing involved, the better. Drink clean water. If you have city water, it's best to filter it and add trace minerals back in. If you don't filter the water, you will become the filter.

Access to clean food, clean water and clean air are all essential to maintaining good health but just as important is the nutritional status to give a person overall resiliency. If you are undernourished, which most people are, you are more susceptible to colds and flu. If you are mineral deficient you are basically a magnet for toxins as minerals help to clear toxins such as heavy metals.

I cannot stress enough the importance of optimal levels of vitamin D3. There is clear evidence to show vitamin D plays an important role both in prevention and recovery from illness. Nearly every tissue and cell type in your body has receptors for vitamin D. At higher altitudes it isn't possible to get enough vitamin D from the sun through the darker months of the year without supplementation. The adult rec- ommendation is 5000-10,000 IU per day.

Zinc is another important mineral that pro- motes immune system function in a variety of ways. Most importantly, natural killer cells that specialize in killing tumor and virally infected cells need zinc to function properly.

Zinc is found in nearly every cell of the body and is most helpful when coupled with quercetin which is an ioniphore help- ing to escort it into the cells. Quercetin can be obtained through foods such as green tea, onions, blueberries and capers.

Vitamin A is necessary for the absorp- tion and metabolism of zinc. Red wine also enhances absorption however, over consumption of course can lead to other issues. (*The Healing Power of Minerals* ~Paul Bergner)

Last but not least is Vitamin C. Many studies indicate that Vitamin C can lessen the severity of the common cold, however, there are a whole host of other benefits to consuming and supplementing with it. It's

important to note that everyone's tolerance level will differ, in some cases to high a dose can cause diarrhea. If this occurs, you have exceeded your tolerance level.

Fact: Elderberries contain zinc and vita- min C and promote a robust immune system.

Gut Immunity

Seventy-eighty percent of your immune function lives in your gut. Keeping your gut microbiome intact with fermented foods and probiotics will ensure a healthy immune response.

"Bacteria in our guts can elicit an effec- tive immune response against viruses that not only infect the gut, such as norovirus and rotavirus, but also those infecting the lungs, such as the flu virus. The ben- eficial gut microbes do this by ordering specialized immune cells to produce potent antiviral proteins that ultimately eliminate viral infections." See more here: https://umassmed.edu/news/news- archives/2021/01/a-healthy-microbiome- builds-a-strong-immune-system-that- could-help-defeat-covid-19/

It is helpful to reduce inflammation early on if you become infected. One method to reduce inflammation would be to balance out the omega 6 to omega 3 ratio of essential fatty acids. Most Americans have a 25:1, 6:3 ratio and this promotes inflammation. Cutting grains out of the diet can help reduce omega 6. Another is to have access to sunshine as much as possible, exposure to sunshine helps produce melatonin which has anti-inflam- matory effects. Sunshine is also uplifting and can help lift you out of depression.

Managing stress is another way to keep your immune intact. Cortisol, the stress hormone is a catabolic hormone that causes muscle degradation, muscles are a storage unit for the immune, when you are sick the immune is tapping into the reserve. A little daily resistance exercise can help.

Get good sleep, your body heals at night starting at 10 p.m. Rest and recuperation is of the utmost importance if you do get sick. Convalescence time cannot be overstated.

The key is to put your body at its best advantage. Give it what it needs and let it do what it does naturally, whether it be to maintain health or heal from infection. My preference is to cleanse and build on the front end of seasonal change and avoid illness altogether.

Locally grown elderberries available at Mountain Naturals in Woodland Park and at Shipping Plus in Divide. Mari Marques- Worden is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari at mugsyspad@aol.com or 719-439-7303. Mari is avail- able for private consultation.



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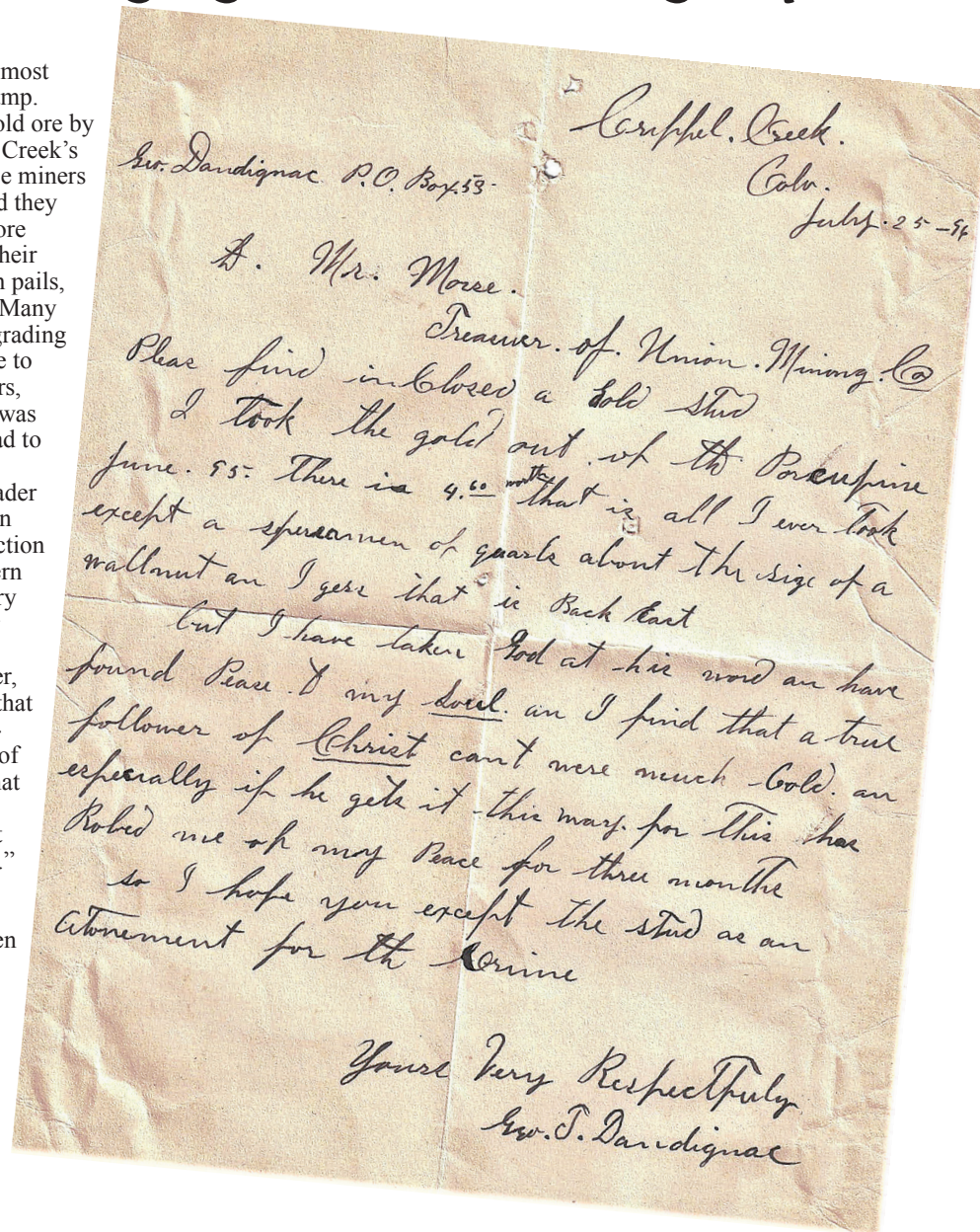
Cripple Creek high-grader has change of heart

by Steven Wade Veatch

Cripple Creek is Colorado's most famous and storied gold camp. High-grading, or the theft of gold ore by miners who worked in Cripple Creek's gold mines, was rampant. These miners were called "high-graders," and they snuck out small pieces of rich ore in their hair, secret pockets in their clothes, boots, toolboxes, lunch pails, and anywhere else they could. Many people were involved in high-grading — from those who stole the ore to those who bought it — assayers, bank tellers, and merchants. It was a dilemma that mine owners had to deal with constantly.

A letter written by a high-grader was recently found in the Union Gold Mining Company's collection of correspondence at the Western Museum of Mining and Industry in Colorado Springs. The letter was addressed to the company treasurer. In the letter, the writer, George Dandignac, confessed that he took some ore from the Porcupine mine during the month of June 1895. Dandignac wrote that a year later he found God, and that he is compelled to return it "as an atonement for the crime." The high-grader was returned with the letter. Dandignac also confessed to stealing a specimen of quartz the size of a walnut but could not return it as it was "back east."

This crumbling letter, more than 12 decades old, attests to how Dandignac's newly found faith produced such an amendment of his life that he could not keep his ill-gotten gold.



Cargo Clothing and curiosity

by Flip Boettcher

photo courtesy of Vickey Huffman

Colors, colors, colors and fabrics, that's what you will find at Cargo, Clothing and Curiosity, the newest shop in Florence, at 100 East Main Street. Cargo, owned by Vickey Huffman, "findologist," is opening October 7. Cargo is open Thursday, Friday and Saturday 10-6 p.m.

The love of color, design and clothing came from her grandmother, "Big Mama," who was part Cherokee and Choctaw. Big Mama brought an appreciation to beauty, said Vickey.



Vickey in her shop Cargo - Clothing and Curiosity.

"Cargo is a shop for all who want to release the child within, where you find that special wardrobe piece that brings a smile to your face and laughter to your heart."

Big Mama taught Vickey how to sew on a pedal Singer sewing machine and how to cut patterns from newspaper.

"Cargo is a shop for all who want to release the child within, where you find that special wardrobe piece that brings a smile to your face and laughter to your heart." The name Cargo comes from all the old Errol Flynn movies about tall ships, pirates, cargo and goods carried all around the world.

Cargo sells "memories from all decades, new, re-owned, name brand and retro." The shop features "hats, shoes, jewelry, costume items and collections to fill your treasure chest." All the shop's clothing is bought because of material, color or design.

Vickey has been married 37 years to her husband Bob. Of the many adventures they have shared, two stand out. The couple were extras in the filming of *Last of the Mohicans* with Daniel Day Lewis and Russell Means, which was filmed at Lake James, NC. The couple were also extras in *Journey of August King* with Jason Patrick and Larry Drake.

"May God bless us all to enjoy what we love and maintain the vision of seeing not an end or beginning — but life itself."

Come on down and see what Cargo might have for you. See you there!

For more information contact retro-mall2@yahoo.com.

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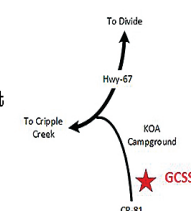
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**** Be sure to visit www.tcass-co.org for schedule updates ****



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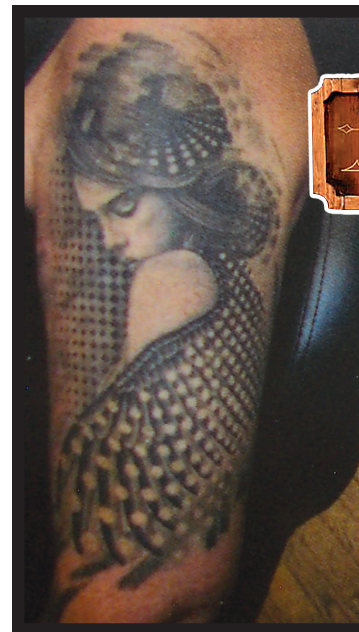
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Your money

Colorado study finds single-payer healthcare system would save billions

A study by the Colorado School of Public Health examining three types of health care systems shows that a state single-payer-type health care system would save billions of dollars in Colorado each year.

"This Colorado data confirms the 20 or more studies in the U.S. that a single-payer health care system is the most cost effective," said Bill Semple, Board Chair of the Colorado Foundation for Universal Health Care (CO4UHC). "It's time for people to rise up and demand an improved Medicare-for-all health care system."

The State Legislature commissioned the study in 2019 with passage of the Health Care Cost Savings Act, H.B. 19-1176, introduced by Reps. Emily Sirota and Sonya Jaquez Lewis and Sen. Mike Foote. It passed with bipartisan support. The report was expected to be released Sept. 1.

"This new report says Colorado can solve a major state problem — more than 350,000 people with no health insurance — and save money in the process," said T.R. Reid, who was also a member of the 1176 Task Force authorized by the legislation. "We can provide insurance for everybody, which will save lives and improve our overall population health, with a system that actually costs less than we're spending now."

The bill's aim was to analyze health care financing systems across three health care systems — our current insurance-based health care system; a publicly and privately funded multi-payer health care system; and a publicly financed, privately delivered universal health care system that would pay providers directly. The study's objective was to give lawmakers and the public key data on which system could provide good health care to Coloradans at the lowest cost.

In addition to saving money, a single-payer health care system would prevent financial hardship for millions across the U.S., where an estimated 7 to 9 million people are driven into poverty by health care costs.

The report was expected to be published Sept. 1 on the Task Force web site: <https://hcpf.colorado.gov/health-care-cost-analysis-task-force>.

Bill supporters included the Foundation, Colorado Social Legislation Committee, County Commissioners Acting Together, Health Care for All Colorado, Colorado Chapter of the National Association of Social Workers, Our Revolution Metro Denver, Our Revolution Boulder, Democratic Socialists of America Denver Chapter, Arvadans for Progressive Action, Colorado Working Families, and Indivisible Colorado Legislative Table.

Paint the town 2021

by Lynn Oliver

From October 11-17, 2021, plein air artists will gather from miles around Florence, Colorado (three states) to paint outdoors in the plain air. The Florence Arts Council has presented this event for over 15 years. This year there will be \$4,000 in prizes awarded to the winners among the 40 participating artists submitting paintings.

Artists will gather early on October 11 at the Bell Tower to register and receive a map of places for painting through October 15 which may include Lavender Farm, Colon Orchards or anywhere within the designated area. On Friday, all artists are requested to paint on Main Street in downtown Florence. The artists then frame their work (three pieces per artist are allowed) and present them for hanging by noon on Saturday. But wait, we aren't finished yet...

For the courageous artists in the group,

there is The Quick Draw on Saturday 1-3 p.m. at a secret location disclosed at 12:30 p.m. Finished work from this event is due back at the Bell Tower at 3:30 p.m. framed and ready to hang. This event is judged by People's Choice.

The culmination of this awesome event is the exhibit, reception, judging, and sale of these paintings on October 17 at 5 p.m. at the Bell Tower Cultural Center. The exhibit/sale continues thru November 30.

This is not just a great time for meeting artists and seeing art being created, but it is a great time to purchase art. The prices are always reasonable. The stunning landscapes are hot off (and sometimes wet from) the artist's brush.

FMI 719-784-2038 or Facebook.com/belltowerculturalcenter or florencearts-council.com.

Adopt Me

by Ark Valley Humane Society

Trixie

Trixie first came to AVHS as a stray pup near the end of June this year but unfortunately no one ever came in to reclaim her. She appears to be a purebred Bull Terrier.

Trixie's favorite place to be is by you! She enjoys spending time out in the yard playing, often getting the zoomies, and is then content to just lay in her doggie bed by your feet for the rest of the day. She has made fast friends with every new person she has met, winning over everyone quickly with her loving demeanor. Trixie is our go-to office dog, as she is very well behaved at our front desk and does well with the public. She's often been described as a cartoon dog, with her goofy habits and interesting nose! She loves playing with toys and getting treats.

Trixie doesn't do well with other dogs, so she will need to be the only dog in your home. She is very friendly with humans, loves to cuddle and be with people. The more time Trixie spends at the shelter the more anxious she is getting. We're hoping you or someone you may know will consider giving this sweet senior dog a loving and relaxing forever home for the rest of her years.

This pup had a rough journey her first few months with us. Upon completing the spay procedure, we found out that Trixie had Pyometra, an infection of the uterus. Luckily the spay procedure and post-operative antibiotics resolved this infection. At this time Trixie's health and demeanor have drastically improved within our care.

To adopt Trixie, please email info@ark-valley.org with questions or to apply!

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



October at the Cripple Creek District Museum

October starts out with a free concert presented by The Cripple Creek District Museum (CCDM) on Saturday, October 2. Enjoy the music of Collective Groove noon-4 p.m. at the Cripple Creek Hospitality House. Bring a chair, bring a blanket, come enjoy good music and a good time.

Hankering to hear some Ghost Stories? CCDM will continue their Ghost Tours on Saturdays at 3 p.m. in October. Come enjoy a frightening tale or two; and don't forget to take photos! An occasional appearance has been known to happen. Call 719-689-9540 for more information or to make reservations.

CCDM will wrap up their history talk series in October with two presentations. The first talk will take place on October 10 with Native American Tipis. Tipi, Teepee, Teepee. No matter how it is spelled, the Tipi is an icon of the Native American Indians. But not all Native Americans lived in Tipis. The Tipi was used by the nomadic tribes of the Great Plains and Rocky Mountains. It's simple yet sturdy construction kept the occupants warm in the winter and cool in the summer, it stood strong against strong winds, and was easy to put up and take down during a move. Ed Held, a Native American, will be sharing his knowledge of this iconic structure. Ed will speak on the differences between the tipis used by various tribes, tipi etiquette as well as its construction.

Zebulon Pike's Expedition into Colorado presented by John Randall will conclude the history talk series on October 17. Not all the interest and excitement of the Cripple Creek area had to do with gold. Early on, the interest was in exploration and territory. On October 17, John Randall will address the 1806-1807 expedition of Zebulon M. Pike into the then southwest portion of Louisiana. It will be centered upon the personal history of Pike and specifically describe the expedition's time in Colorado, including the "discovery"



Zebulon Pike

ery" of Pike's Peak.

John Randall, B.A., M.A. from Western Colorado University, is a Colorado native who grew up in Gunnison and has been fascinated with Colorado history all his life. He spent 33 years teaching (with an emphasis in the history of Colorado and the American West) and coaching football. He now lives outside of Cripple Creek with his wife Leslie, who is a native of Victor.

Both talks will be held at the Cripple Creek Heritage Center. The Heritage Center is located on Hwy 67 outside of Cripple Creek. This program is presented as a public service of the CCDM in partnership with the City of Cripple Creek. Admission is free and refreshments are served. Seating is limited. Call 719-689-9540 to make reservations or to get more information.

Obituary

Cindy Lou Corrigan

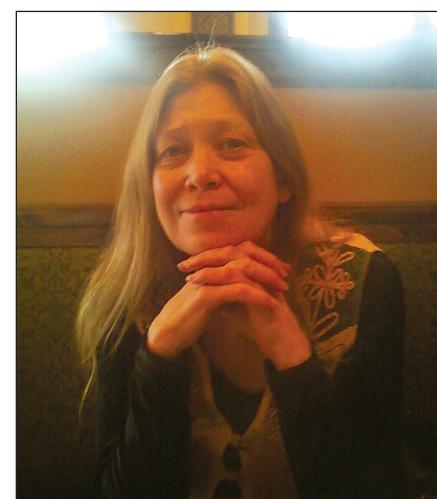
In loving memory of Cindy Lou Corrigan, 62, of Teller and Park Counties. Cindy went to be with the angels after passing away at Penrose Hospital Hospice on Sunday morning August 22, 2021. Born on October 23, 1958.

Cindy dedicated her life to serving others in need of alcohol treatment programs to residential treatment for children at Pikes Peak Mental Health.

In 1984, to expand her career and begin a great adventure, she moved to Bethel Alaska, with her partner, soulmate, and husband Joe "Philly Joe" Corrigan. They were blessed to spend 42 wonderful years together.

In Alaska she became an EMT. She worked the Children's Emergency Center, the Bethel Group Home, Tundra Women's Shelter, and the Bethel Detention Center. They returned to Colorado in 1995 to purchase and operate Corrigan's Stagestop Store and Saloon in South Park. In 2010 they moved to Cindy's last residence, a home she loved so very much, in Lake George Colorado. At 51 she returned to school and became a CNA. After graduation she worked at the Cripple Creek Senior Center. She loved camping, fishing, motorcycles, boats, and Jeeps. She loved music, especially the oldies. She always had a good book to finish. She loved the Fall, Halloween and Christmas. Most of all she loved her "babies" her pets, a parrot, dogs, cats, and any that showed up in the yard. She was an avid lover of exotic birds, rescued and cared for many.

I would like to take this opportunity to give my appreciation to family and



friends, especially to Cindy's family that were at the hospital 24/7 so she would never be alone. From Colorado to the East Coast to Alaska, may God bless each and every one of you. The overwhelming support you all have shown me, helps me get through each day. I am truly blessed.

Cindy is survived by her husband Joe Corrigan, mother Darlene Brown, her sisters Kathy Mueller, husband Kevin, Pam Brown, Tootie Mobray, husband Tom, Bonnie Glide, and Elizabeth Martinez, her brother Don Brown and wife Sherry, nieces and nephews Tera Brown, Baileigh Baker, Colleen Dillinger, Ashley Runion, Alysia Davis, Will Harold and wife Jen, and many more family members. Also, her "babies" Chewy, Joey, Apple, Phyllis and Stinky.

A Celebration of Life will be held at McGinty's Irish Pub and Restaurant in Divide Colorado, on Cindy's birthday, Saturday October 23rd from 11-2 p.m.



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Panning for Good

Exploring treasures beneath our toes
by Dr. Bec

Have you ever been completely fascinated by something? Did it feel like you could never get enough of it and thinking about it made you incredibly excited, engaged, and loving life? Well for me, one of those things is definitely rocks. My recent search for a raw, natural ruby to commemorate our 40th ruby wedding anniversary, led me to a treasure trove of wonderful people who share my passion and provided me with a great deal of helpful information and resources.

These mountains we live in are a rock lover's paradise! This summer I was able to go to rock shows in Lake George and Woodland Park. Shows in our area this year also included Buena Vista, Fairplay, Victor and the soon to be held Colorado Springs Pikes Peak Gem, Mineral, and Jewelry Show (October 1-3) and many shows in Denver. My trip a few summers ago down into the Molly Kathleen Mine and recently to the Gold Mine Rock Shop in Cañon City along with frequent visits to the Pike's Peak Rock Shop in Cascade, Southwest Silver in Manitou, and any other rock shops I can find, bring me great joy. It feels like God is saying to me, "All you have to do to find the beautiful things I've hidden away for you is to take some time, have some faith, and dig a little!" The fact that beautiful gems and minerals are treasures usually covered with dirt that take some effort to find and clean, a powerful metaphor for how life typically works.

Gifts from the earth, such an incredible thing, and we live in an amazing place for it.

After retiring early from a career in the pharmaceutical industry, Richard Kawamoto, the current president of the Lake George Gem & Mineral Club, and his wife Jerrolynn, moved from Lebanon, Ohio to Divide, Colorado to fish and spend time in the mountains. It was just by luck that they attended the annual Lake George Gem & Mineral Show (now in its 21st year) and became interested in the geology of the area. As they began to learn how to discover and process beautiful minerals near their new mountain home, Jerrolynn decided to attend a gem cutting class at the Pikes Peak Senior Center in Colorado Springs. This led to her developing serious gem cutter (faceting) skills. Her meticulous faceting of a piece of Pikes Peak topaz was featured in the Colorado School of Mines Museum in an exhibit showcasing Colorado stones cut by Colorado faceters.

The following is a summary of Richard's words about his love for the outdoors, his interest in gems and minerals, and some tips for those interested in learning more.

When we drove around this area with the realtor years ago, I thought, this is really something Jerrolynn and I would be comfortable with. Our main focus was on the great access to the hunting, fishing, and the general outdoor types of activities. The mineral part was happenstance. It was a serendipitous find that we are in a very important mineral rich area. People often wonder why minerals and gemstones in this area can often be found close to the surface, when in other places they are found deep in the earth? A quick explanation would be that the Rocky Mountains have basically been ground down and the minerals are now exposed because of the eons of erosion. Gems and minerals that we would expect to have been many hundreds of feet down, are now near the surface because of how long the process of erosion has been taking place.

People from around the world come to this area to find gems and minerals because the geology is favorable. We are in a unique situation

here because we have a lot of opportunities to dig for minerals. There is a common misunderstanding that you can just come out to Colorado and dig anywhere on public land. This is not true. You can dig for minerals in many areas of public land. However, there are many mining claims on public land. To dig for minerals on someone else's mining claim is mineral trespass, a federal offense. When the Prospectors TV series hit in 2013-2016, we had people writing to us (The Lake George Gem & Mineral Club), saying, "I quit my job so I can come to Colorado and get rich?" or "I'm coming out for vacation, can you show me where to dig?" It's not wide open out here, there are still rules and regs and you have to respect what is public and private. Clubs are good because claim owners often give access to their claims for gem club field trips. People can't just think this is still the Wild, Wild, West. The Bureau of Land Management (BLM) is in charge of the mining rules and the US Forest Service has their own set of rules.

Looking for minerals is a good, safe, outdoor activity within the bounds of the regulations. Not many people know much about the geology of this area and don't realize when they go out for a walk, they're stepping all over incredible gems and minerals! It's a hoot! When there is a monsoon, or when storms come through, people can walk the edge of the road and look in gutters or where the water has eroded dirt away and make amazing finds right on the earth's surface.



Richard Kawamoto, the current president of the Lake George Gem & Mineral Club

The three main types of rocks typically found in the Lake George area are smoky quartz, amazonite and topaz. You can also run into fluorite, calcite, magnetite, and hematite along with others such as agate and jasper. The Gold Rush made the Pikes Peak area famous for its precious metals. Gold and silver are pretty sexy stuff. People know they have monetary value. Yet with a little bit of effort, beautiful gems and minerals can be found here also, and the average Joe can make them look really good by learning the dos and don'ts of cleaning processes. The availability of the precious stones is incredible and creates a variety of business opportunities.

The Lake George Gem and Mineral



Darlene Cotton (left) and Cathy McLaughlin-Treasurer (right).

Club website, <https://www.lggmclub.org/>, describes their group this way:

The Lake George Gem & Mineral Club is a group of people interested in rocks and minerals, fossils, geography and history of the Pikes Peak/South Park area, and the great outdoors. The club's informational programs and field trips provide an opportunity to learn about earth sciences, rocks and minerals, lapidary work and jewelry making, and to share information and experiences with other members.

The club typically meets the second Saturday of each month at the Lake George Community Center. However, they have recently canceled meetings due to a recent COVID surge, but will hopefully start up again soon. The club is a nonprofit educational organization and a member of the Rocky Mountain and American Federations of Mineralogical Societies (RMFMS & AFMS). Anyone can attend meetings of the Lake George club, but to apply for membership, those interested can fill out applications only between January 1 through March 31st. Yearly dues are \$15 for individuals and \$25 for family memberships. The club shares a monthly newsletter with members and also makes the newsletter available on their website to anyone interested. They also have a Facebook page.

After many hours of walking in, under and through tents at outdoor rock shows while thoroughly enjoying myself, I found our raw ruby 40th anniversary stone at the Lake George Gem & Mineral Show at the Art by Nature and Design tent. I then had it wrapped into a pendant by Veronica Michels, co-owner of the Allin Gem Rock Shop in Woodland Park. The stone means a lot to me, not only because it commemorates an iconic celebration with my wonderful husband, but also because it has opened the door to a welcoming community who shares my excitement and passion for the treasures beneath our toes!

Resource: The 2021 Calendar of Gem, Mineral, Fossil, and Jewelry Shows in Colorado can be found at: <https://xpo->



40th anniversary commemoration

press.com/show/state/Colorado

Jokes (from kidadl.com):
• You've got to commit to geology. It's all ore nothing!
• Some of your jokes fluorite over my head.

Q: Why was the gemstone scared of his exams?
A: Because he was afraid he wasn't going topaz.

Quote: Everything changes, even stone.
— Claude Monet

Challenge:
Unearth something beautiful in your life. Maybe it's a hidden talent or a new connection that could lead to friendship or love. Dig for a stone, a song, a piece of art or a poem that is particularly meaningful to you. Bring joyful treasures into your life by intentionally looking for what is positive and create more of it through your awareness.

Musings Along the Way

Getting to the heart of good vibrations
by Catherine Rodgers

"Let yourself be drawn by the stronger pull of what you truly love."
— Rumi

Autumn in Victor fills my heart with overflowing joy. The blustery winds have blown away the smoke from the Western fires, and we can once again see the sun and cloud shadows rolling over the vast vistas of the Sangre de Cristos and Continental Divide. I fell in love with this village nestled below Mother Mountain Tava 44 years ago and she has never let me go. Although more and more she leaves me breathless at 9683 feet, my heart expands here in the magic of the Ineffable.

When I first sat on the porch of the miner's shack that was to become my home, I envisioned Egyptian gods or kachinas walking along the range of the Sangres. I was awed by the Presence of Divine Beings. Later I learned that kachinas, like the towering thunderclouds, are thought to be the spirits of our ancestors who bring the life-giving rain to the people. The word also refers to the husk around the corn, as well as the mortal coil that we shuck at death. My home has been a gift to support my walking in beauty on this spirit path, challenged and supported by the community.

One aspect of my growth has been getting in touch with my heart. I confess that part of me came to the high mountains to hide out. I felt very wounded and rejected. There have been times when heat spread from my third eye to flushes throughout my frame as I entered a room. I was feeling an energy that was out of sync with mine. Because my upbringing had so many contradictory signals between what I felt and saw going on, and what my mother told me was "really happening," I did not trust myself. Hence, I put up with a lot of dysfunctional relationships which made me feel bad, albeit offering valuable lessons. So, a big part of my journey has been learning to trust my own feelings and to follow my intuition. Learning that the voices of kindness and love are the true voice of what we call God or angels or ancestors allowed me to shine a light on the shadows that dragged me down. Chogyam Trungpa's book, *Shambhala: The Sacred Path of the Warrior*, was very helpful in showing me how to make friends with myself.

Having a more loving relationship with myself allows me to be more open to other people with less judgement, to share my joy, and to be mostly fearless. I know that every person and situation I meet is a reflection of myself, here to show me my blind spots and to practice compassion. Lately these situations also overflow with bliss. This momentum draws ever more wonderful and loving people into my orbit, and I glide through my days with an ease and delight in sharp contrast to my previous experiences. I feel guided to

perfect opportunities which, at first blush, may appear as problems but approached with equanimity and inquiry, offer insight and growth. Lately what has shown up is the Global Coherence Initiative.

The Global Coherence Initiative by the Heartmath Institute is "a science-based, co-creative project to unite people in heart-focused love and intention, to facilitate the shift in global consciousness from instability and discord to compassionate care, cooperation and increasing peace." According to Research Director Dr. Rollin McCraty, "Coherence is the state when the heart, mind, and emotions are in energetic alignment and cooperation. It is a state that builds resilience." Anger, anxiety or frustration produce an erratic heart rhythm because the parasympathetic and the sympathetic systems are out of sync which impacts the brain and body. Positive emotions such as compassion and love generate a harmony in the heart that leads to more alpha waves in the brain supporting calm and creativity and promoting greater focus.

The Institute has found that the heart's electrical field is about 60 times greater than that of the brain, and its magnetic field is more than 100 times stronger than the field generated by the brain. These fields can be felt 3 feet away from the body, in all directions, as measured by SQUID-based magnetometers (Heartmath.org). So that glad all over feeling you get being around positive and loving people? There is now scientific evidence that acknowledges the energetic exchange between us — those good vibrations are real!

German researchers at the University of Kassel have shown that while the chest area of an average person emits only 20 photons of light per second, someone who meditates on their heart center and sends love and light to others emits an amazing 100,000 photons per second. That is 5,000 times more than the average human being! Numerous studies have also shown that when these photons are infused with a loving and healing intent, their frequency and vibration increase to the point where they can literally change matter, heal disease, and transform negative events. When we are attuned or coherent, we are more empathetic and able to hear the deeper meaning behind spoken words. Others feel fully heard which supports greater rapport. We speak authentically "from the heart" which aligns us all towards common goals and greater world peace.

The Heartmath Institute offers a Coherent Communication Technique workshop. To get an idea of this work, Jessica I. Morales, CHt/EFT provides some guidelines in "Building the Habit of HERO," reviewed by Kaja Perina in Psychology Today, November 29, 2020. some steps for greater heart-brain coherence are summarized below.

1. Focus attention on your heart. You can

The (Heartmath) Institute has found that the heart's electrical field is about 60 times greater than that of the brain, and its magnetic field is more than 100 times stronger than the field generated by the brain.

- place your hand on your heart to connect.
2. Conscious breathing lowers the heart rate. One method is Dr. Andrew Weil's 4-7-8 Relaxing Breath Technique: breathe in 4 seconds, hold 7 seconds, exhale slowing with a whoosh for 8 seconds. Block breathing of 4-4-4-4 could also be practiced.
 3. Think about something that makes you feel gratitude, joy or love, or all three!
 4. Allow that smile on your face to spread as you savor times of laughter, inspiration, awe, beauty, hope.
 5. Visualize sending these feelings from your heart to your brain, as well as to other areas of your body and cells. You can picture these as healing light or shooting stars or dancing devas. Be creative!
 6. Expand this loving energy to include your home, your village, state and the world around you — and beyond! Doing this before bed helps restful sleep.

If you don't want to practice controlled breathing or other steps, simply bring up some positive feeling such as a prayer of gratitude or heartfelt love which also increases cardiac coherence. Retraining our hearts to feel GOOD amplifies over time so that the brain releases chemicals that support well-being and healing. Intention is key. We need faith not just in a Divine Intelligence but faith in goodness, faith in everything is working out, faith in ourselves and others. Taking that leap of faith, we need to expect to be supported, to act AS IF this is true. This means trust. Trust in the process unfolding. Trust in good results regardless of appearances. Trust that the universe is friendly. I certainly feel better orienting myself this way.

As we align with these higher frequencies, expand our heart and send that love outward, I believe that we really are fulfilling our destiny on this planet. Our loving intentions and gratitude raise the frequency not just of Gaia but of the entire galaxy! Imagine that.

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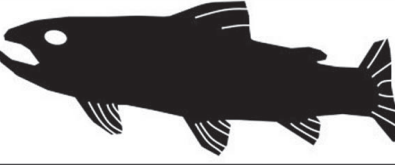
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Gwen had been waiting at the gate to the cemetery for over 15 minutes for her “friends” to arrive, so that she could start her initiation into the most popular club on the campus of the Hampton Collage; the Gold Ring.

Only the richest students were invited to join, and Gwen’s family had more wealth than most of the students on campus. She had been attending class at the college for over two years and had just now been asked to join.

She knew why it had taken so long. Unlike the other members of the Gold Ring, Gwen wasn’t very attractive. She had a round face with big round eyes and her ears stuck out like a monkey. She was short and heavy, and her hair was “dish-water brown,” thin and short. The only thin thing about her was her nose; she thought it looked like a fairy nose. She would love to look like a fairy, instead of what the others called her.

She knew what the others called her when they thought that she couldn’t hear, “The Gnome.” They would laugh and say that all she needed was the pointed hat.

She had friends, but they were the “Nerds” the other students with exceptional brains, but not the good looks. She just didn’t seem to fit in with any other group.

She had talked to her parents about it, but they just said that she would, “Grow out of it.”

“Well,” she thought. “I am 19 years old, when most young women were at their prime and being looked at by young men as a potential wife. She felt that there was no future husband for her. Who would want to marry a Gnome? The guy would have to be blind.

She had talked to Stacy, the only friend in the Gold Ring club that would talk to her and asked her if she could join the club.

Two days later Stacy had told her that she could if she could pass the initiation. Then a day later she was approached by Reggie, the president of the club along with Molly and Christy, other members of the club.

Reggie was what every girl wanted in a man; tall, dark and handsome and a voice that would melt any girl’s heart. Molly and Christy were what Gwen would loved to have looked like, tall and slim figured. Molly had long, curly blonde hair and Christy had dark, naturally wavy hair down to her waist. They both had faces to match their figures.

“So, you would like to become a member of the Gold Ring?” said Reggie, “It shouldn’t be too hard for you. All you have to do is go into the Morgan Hill Cemetery on the night of the new moon with 13 roses; six of the white and seven of the red. Walk to the crypt of the Morgan’s and press the “M” that is on the door into two petals of a red rose and then knock 13 times, then wait for 13 minutes. Then you must return to us, we will be waiting at the gate.

Show us the rose with the impressions to prove that you were really there, and you will be our newest member of the Gold Ring. Do you think that you can do that?”

Gwen was about to answer, when Reggie said, “One more thing, you must do this by yourself. No one can go with you.”

“When is the next New Moon?” asked

Gwen, “I have no fear of ghosts or spirits or anything associated with the cemetery.”

Reggie looked at his notebook and answered her question. “It will be this Friday night, the 13th. Will you be able to make it then, or should we do it another time?”

“I will be there,” answered Gwen, “Is there anything special that I must wear?”

“Oh, no. You may wear whatever you wish, but be there at 11:30 p.m. sharp. Molly and I will meet you and anyone that you wish to bring with you. But remember that you must enter the cemetery alone.”

Gwen watched as Reggie and the girls walked away and left her alone with Stacy.

“Will you come with me, Stacy?” asked Gwen.

“Yes, I will, but Gwen, I’ve never heard of any initiation to join the club. I think that they hope you won’t do it and they won’t have to let you in the club.”

“I’m sure you’re right, Stacy,” answered Gwen, “I heard all of the 13s and the bad luck of the red and white flowers and the knocking on the door 13 times. I want you there to be my witness, so they can’t say I didn’t do it.”

Gwen waited at the gate with Stacy until Reggie finally arrived along with Molly.

“Sorry, we’re late. My car wouldn’t start,” Reggie lied, “I can see that you are ready by what you are wearing.”

Reggie had really waited, hoping that Gwen would have left because they weren’t there on time.

Gwen was ready, she was wearing a white gown with a white veil, white stockings and white high heel satin shoes. She carried a small flashlight to help her find the way, for it was as black as it could be without the moon to light the way. She had worn white so that she might be seen and they would know that she had actually gone to the Morgan crypt.

“Be sure that you hurry, for you must be at the crypt at 12 midnight!” reminded Reggie.

Gwen started up the road that led to the Morgan crypt at a quick pace. She only had 10 minutes to get there and walking it would take at least that long.

It was 11:59 p.m. when she arrived at

the gate to the old crypt. It was a large building, bigger than a two-car garage and made of carved marble stone. The roof had been made of copper but had gained a deep green patina over the years.

Gwen opened the gate and walked up to the heavy iron door of the crypt and with her flashlight was able to see the small “M” on the center of the door.

She was about to press the red rose peddle on it when she saw a tall, well dressed, male figure come around the corner of the building and approach her.

“Good evening,” said the man in a voice that was deep and resonant, “You know that you shouldn’t be here at this time of night. The cemetery has been closed for several hours. Why are you here? Is this some sort of hazing?”

Gwen looked at the man; he appeared to be in his middle twenties, with handsome features and dark hair to his shoulders and tan skin.

“Who are you?” she asked.

“I should be asking you the same question,” answered the Victorian dressed gentleman, “You are on my property at an unlawful hour, dressed as a bride for her wedding. But as you did ask first, I am Sir Robert Morgan, and this crypt belongs to my family.”

Gwen answered, “I, Sir, am Gwendolyn Marks, daughter of Mister Roger Marks, of this city. If you will permit me, I will explain why I am here on your property, dressed as I am at this hour of the night.”

Gwen didn’t know why she was speaking in such strange terms, but it seemed appropriate to do so.

Sir Robert motioned her to a stone

by Gilrund the Historian

“Here is my price, if you are willing to pay it. I will give you everything that you said that you wanted tonight, if, you will marry me and spent all of eternity with me as my bride.”

“Who are you?” cried Gwen as she jumped back away from him, “Are you the Devil? Are you after my soul?”

Robert laughed a gentle laugh, “No, I’m not the Devil, but I am a ghost. The ghost of Sir Robert Morgan. A man who died before he could find a woman to love with all his heart and spend his life with. I wanted the same things that you have told me that you want.”

“How can that be?” asked Gwen, “You’re handsome and kind and willing to listen.”

Robert smiled and told her quickly of his life. He spoke of being born into a rich family and going astray as a youth. He told her how he had left his family and learned to be a magician, actually a wizard. He told her how he excelled at his art and was hated and feared by the towns people.

He told her how they chased him into the crypt that had been in his family for generations and how the door was sealed, and he couldn’t escape in a bodily form. He told her how he used his magic to hide his spirit in a tree across from the crypt and to keep his body from decaying. His father had asked for permission to inter him in a proper way and his body was placed in a coffin and put in the crypt.

He told her how he would come out at night and walk in the city when there were few people about, and that was how he had found her on this night.

He had been doing this for over 150 years. Then he said, “Gwen, I can give you everything that you said that you wanted, if you will marry me and love me for the rest of your life. Will you do this? Or do I look for another?”

Gwen looked into his eyes and then stood and took one of the roses and pressed two of the peddles onto the “M” on the door. She turned back to him and said, “I agree.”

Robert stood and waved his hands over Gwen’s body, slowly and muttered several words that she didn’t understand. Then he stood back and said, “I think that will do.”

Gwen knew that something had changed, the clothes didn’t fit her the same. Robert waved his hand and there before her was a full-length mirror with a soft light that shined on her.

She saw that she had become the fairy girl that she had dreamed about. The slim figure, the long blond hair, the pretty face and smile, it was all there, but the wings.

She threw her arms around Robert and held him as though the hug would last forever.

Robert smiled as he finally pulled away and took her hand and said, “Come, your friend is waiting.”

It was two days later that the Gold Ring costume ball was happening, and Gwen and Robert were the last to enter the ballroom.

All the other members stopped and watched as Gwen and Robert walked to the dance floor and started dancing to the slow waltz that had started playing. Slowly, the others joined in and they danced the night away.

Reggie kept moving Molly close to Gwen and Robert trying to figure out just who they were.

When the music stopped, Stacy and Glen were next to Gwen and Robert as were Reggie and Molly.

Gwen smiled and handed the rose that had the two “M” impressions on the petals. Reggie looked at the rose and then said, “Gwen?”

With that, he started shrinking into his costume as Molly screamed and jumped back away from him. Soon there was just a pile of clothes on the floor.

Stacy leaned over and picked up some of the cloth. Molly screamed again and fainted, as Glen caught her.

There on the floor was a big Bull Frog and it was croaking, “Gwen, Gwen.”

Stacy smiled and said to Gwen, “Well done. He had it coming!”

Molly had revived by that time and Stacy looked at her and said, “Kiss him, Molly, maybe he’ll turn into a handsome prince instead of the pig that he was.”

Stacy, Glen and Gwen and Robert walked out to wait for their cars to be brought to them and soon Molly came out carrying the frog in her hands and crying.

Gwen looked at her and said, “He will be back to normal in about 24 hours. Just keep him wet and well fed on flies.”

Stacy laughed so hard that she nearly wet herself as Molly walked away with the frog on her way to her car for the trip home.


“What now Gwen?” asked Stacy, “I think you have taught them a lesson or two.”

“Robert and I will be married tomorrow and then we will go where-ever he wants to go.”

After their wedding on that Sunday, Robert and Gwen weren’t seen again after they drove out of town. But on certain nights during the year a beautiful fairy princess and a handsome Victorian man could be seen walking the streets of that town on their way to the Morgan Hill Cemetery.

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

Paintings by
Mary Shell



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A Look Inside the Artist Tom Lockhart, fine artist

by Mary Shell

I have interviewed many artists since beginning this column a few years ago, from musicians to book authors, each with their own unique stories and talents. This month I am graced with interviewing prominent local artist Tom Lockhart. I am truly in awe of his work. You can almost smell the clean air in his skies, feel the distance in his landscapes, and taste the fruits in his still life paintings. As a self-taught artist, I am amazed at the professionalism in his approach and finished work. His details are crisp, clean, and precise.

When I was studying at the Rhode Island School of Design I had a favorite teacher who once told me, "In order to paint an apple you first have to devour it." Those words have stuck with me for years and have used them in my teaching. Tom devours the images he portrays as if he had a secret way of seeing things. It's not easy taking something you see and expressing it on canvas. It takes practice and understanding. The difference between looking and seeing is understanding and Tom has found a way of capturing the essence of his subjects and expressing them in beautiful ways. You can get lost in his paintings.

How old were you when you first started painting?

I started few art lessons at the age of 8 or 9 as a Christmas gift from my parents. All I wanted to do was paint dinosaurs and volcanoes.

What's your favorite medium?

My favorite medium is the one I'm working with now. I love working in watercolors, however, the market has change so much over the years. Besides, I love painting on location (Plein-Air),

and watercolors became difficult in cold weather. So, I do most of my Plein-Air paintings in oils.

Can you explain your process?

Yes, I prefer, (if I can), to work from life as much as possible, so I do a black and white (pencil, graphite or felt tip) contour drawing/sketch. Along with my photos (now digital) and a small study/painting. Sometimes a small watercolor; then into a studio oil or vice versa.

Who inspires you to create?

I think the inspiration was Spiritual. I never knew I had this in me. I was taking an elective art class my second year in college and the professor saw my work and said, "Why aren't you an Art Major?" I then realized that I was being guided by a Higher Power to create art. Fredrick Edwin Church sparked my interest in college. I was being pushed to do abstract work by the professors, and then I saw Fredrick Church's paintings, the same Spiritual Guidance.

Who's your favorite artist?

My favorite artist?? Wow, I don't know where to begin. I've met some truly GREAT artists. Ray Vinella and Lowell Ellsworth Smith really got me started. Two other great artists, the late Richard Schmid and the late James Reynolds.

What's your favorite subject?

Rural scenes and mountains, my roots, I guess.

What is the most difficult painting you have created?

A Commission that the client kept



changing and changing and changing.

Is there anything new in your future?

I'm always looking to try new things and in a different manner.

What haven't you tried that you would like to do in art?

At my age, I think I've done more than enough. I've sculpted, I've created jewelry. I've done pottery, screen printing and even blown freeform glass. I really liked that. But striving to be as good a painter as possible is my most treasured desire.

What is your favorite painting that you made?

"Sunset over Trout Lake" a 26" x 38" oil, from a mountain road west of Trout Lake on Lizard Head Pass and "Sun Up on Sacred Ground" a very large painting of the Sunrise in Canyon de Chelly.

What is it that you want people to see in your art?

My desire for the subject at hand. The way I handle the light, the atmosphere, the mood, the skill to recreate nature and all its beauty and be expressive as much as possible.

How do you choose your subjects?

Good question. Usually I'm out driving around looking for ideas or I'm scouring through subject matter (that I've taken photos of), and it will speak to me or inspire me. I will soon get the urge to start working it up into a large sketch, then into a rough start on canvas or paper.

In your process of painting, do you make several studies before the finished work?

Sometimes, it depends on the size and complexity of the painting, a sketch, or a preliminary study, but most often I just GO.

Do you create a story with your paintings?

I think the older I get, the more I see a story unfolding when I do a painting.

I know you work on large canvases, how long does one of your paintings take?

A small painting (like a study on location), can sometimes take an hour to 2 hours, (keeping it fresh and not over-worked). A large 30" x 40" can take as much as a month.

What else can you say that people would like to know about you?

Being primarily a self-taught artist, it was a lot of trial and error. I just painted because I loved it. I knew each time I proceeded to paint, a new desire or subject would kick me in gear. At one point I was stalled not going forward, I read countless art books and methods. Studied endlessly other artists. Finally, I took a workshop from a well know landscape artist by the name of Ted Goerschner. He got me motivated. Eventually I studied and met several other noteworthy artists. Each with their own style and recommendations. They gave me their Blessings and their approval, which kept me moving onwards and upwards. I've supported a family and have made a living from my art for nearly 40 years now.

You can learn more about Tom Lockhart on his website www.tomlockhartfine-art.com

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Nikolai Janulis gets a running start!

by Jeff Platt

Take a look at Summit Elementary

School Kindergartener Nikolai Janulis! He started running competitively when he was just 3 years old and has completed the 5K Bounce race, American Ninja Obstacle Course Fun Run, and the 5K Colfax Marathon. Now he's running to help raise money for his classroom. Nikolai is participating in the Summit Elementary Walk-a-Thon and has pledged to run 1 mile for donations to his school. He even started a GoFundMe page (<https://www.gofundme.com/f/summit-elementary-walkathon-nikolai-janulis>) with his mom's help and has already raised \$500!



Rainbow Trail relocated to BLM lands

The Bureau of Land Management (BLM) Royal Gorge Field Office has issued a decision that will reroute a severely damaged section of the Rainbow Trail near Coal Dale from the adjacent San Isabel National Forest to BLM-managed land. The trail, previously located in Wolf Creek drainage, was damaged beyond repair in flooding that occurred after the 2016 Hayden Pass fire.

In addition to routing approximately 3.9 miles of the trail through BLM lands, an access point will allow space for trailer-friendly turnaround and limited parking beyond the end of Fremont County Road 40. The reconstructed section of the Rainbow Trail will be open to foot, equestrian, bicycle, e-bike, and motorized single-track use, consistent with the section of trail being replaced.

"The Rainbow Trail is an important recreational resource for the local area and for the region," said Royal Gorge Field Manager Keith Berger. "This was an unusually complex resource decision that will make the trail sustainable and provide access for trail users into the future."

The Hayden Pass Fire burned part of the Rainbow Trail's original route near Coal Dale in 2016. Post-fire flooding in



the Wolf Creek drainage in subsequent years destroyed a 3.3-mile section of the trail. Alternative routes were explored to keep the trail on US Forest Service lands but those were found to be unsustainable due to steep terrain, erosive soils, and continued risk of flooding. Construction on the rerouted section of trail is expected to begin in 2022.

The Final Environmental Assessment and other documents can be found on the BLM's ePlanning website at <https://go.usa.gov/xGVwS>.

Adopt Me Buddy

by SLV Animal Welfare Society

Seven-year-old Buddy seldom gets noticed for a forever home. His eyes are looking sadder and sadder. He loves to ride in vehicles and cuddle! He doesn't like other dogs and needs a fenced in yard. He is neutered, current on all vaccines and is a German Shepherd mix, weighing in at about 65 pounds. Buddy is best with a family without children. To learn more about Buddy call us at 719-587-9663 (Woof).

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



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Where is Katee this month?

During October, Katee with her mummy will be collecting treats for her canine and feline friends from neighbors and friends. Katee wants to thank everyone who is continuing to support the Pet Food Pantry with donations so that her canine and feline friends can stay at home with their families.

You can drop off donations at TCRAS, Blue's Natural Pet Market, or the UPS Store located in the Safeway Shopping Center. You can

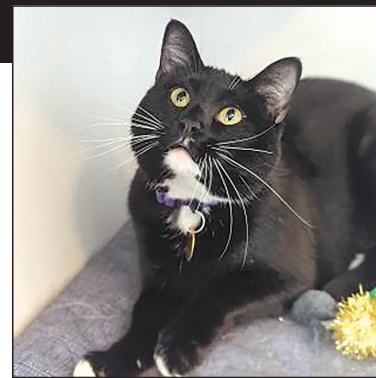
also donate online, www.PetFoodPantryTC.com. Thank you for your support!



Adopt Me by TCRAS Apollo

Hello, I am Apollo! I have the most handsome face and I'm such a lover once I get to know you. I like to take my time to make sure that I'm safe, but once I am, I promise I'll make the best cuddle buddy. If I am the handsome man you need in your life, please call my friends at 719-686-7707 to set up an appointment to meet me! I'm only 3 years old, already neutered and TCRAS always assures my vaccinations are current.

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Beasts of the Peaks
Indelible

by Jessica Stevens
artwork by Jessica Stevens

Upon the wall of my living room hangs a shadow box. Inside it are pinned a turkey’s tailfeather, a pheasant’s plume, and a single antler from a spike buck. Each of these were reaped during some winter back when quiet places were unspoiled, life was simple, and things weren’t complicated. Each are relics of adventures in the wild. Though pheasants prefer low elevations and are rare in the mountains, Mike was able to find one here. Turkeys are common in the Rockies and mule deer are teeming.

These ungulates are an indelible icon of Colorado’s heritage. Through the decades they have sustained us in one way or another, keeping our bodies alive and souls strong. Buena Vista is only one Rocky Mountain town where mule deer can be found year-round.

The mule deer in Buena Vista are amusing. They lounge in yards and under trampolines. They drink from rain barrels. They sneak up on your horse and try to filch his feed. They even jaunt across the streets by using the crosswalk! Mule deer “stot” away from danger, like a bounding bunny. More than once while walking my dog, I crossed paths with one herd on Gunnison Avenue. In this family lived *The Aunt*, as I call her. She was a doe whose face was different than the others: she had a more serious expression (if deer may have expressions!). The Aunt never bore any fawns of her own, and I’ve always wondered why. Perhaps she had licked the cows’ salt block one time too many and her bitterness repelled the bucks! Ha! Deer don’t always flee; the Aunt would see us, and every time assume a threatening gait, as deer do when they assert themselves. Rearing her head high, ears pricked, seriously. The Aunt hated dogs. Ryley didn’t often bark at them, except of course, when The Aunt would threaten us. “Get off my lawn!”

“What was that, twinkle toes?!”
“You heard me, dog-breath!”
I came to avoid the area if I saw The Aunt’s herd. She won.

Mule deer are named for their ears. They are huge. This makes them super cute, especially paired with their enormous, black eyes. Their scientific name is *Odocoileus hemionus*. Though there are seven subspecies of mule deer, the one found in the Upper Arkansas Valley is *Odocoileus hemionus hemionus*, the most common. Their first name comes from the Greek for *hollow tooth*. Many ungulates have molars with structures called infundibulum. These are funnel-like cavities in a tooth, which increases surface area and the grindability of herbivores’ teeth. Their second name *hemionus* is Greek for *half ass*.

These deer are browsers; they eat rough forage like twigs, grama grasses, and even bark. Mule deer are concentrate-selectors, meaning they have sensitive stomachs and have a more specific diet than elk or cattle. They can’t eat too much “junk food” or they’ll get sick. These deer prefer grassy, semi-arid conditions and are found all throughout the Rockies and on the plains west of the Mississippi.

There are two true species of deer (not including other cervids like elk, moose, and caribou) endemic to North America. There are whitetail deer, which are plentiful in the flatter regions of the continent. The mule deer is the species seen most often in the Rockies. Historically, Colorado has been home to the largest herds of mule deer.

Mule deer are bigger than whitetail deer but smaller than the other cervids. They can stand an average of three and a half feet high and up to seven feet long, weighing up to 270 pounds. They are darker in color than their flatlander

cousins and in the spring and summer, mule deer sport tawny, reddish tints in their coat. Come fall, that coat dulls to a grayish brown which helps it camouflage very well. In autumn, bucks sport what I love to call “angry eyebrows”, which darken during the rut and give bucks a grouchy expression (again, if deer may have expressions!). This is often how one may differentiate between sexes even after its antlers have fallen.

Bucks grow a pair of antlers every spring. When a buck hits puberty, they grow a pedicle since they are not born with one. This is the base on which antlers grow. When they are in their first or second year, they grow *spikes*, which are small antlers with only one or two tines. Each year bucks grow a larger rack than before. Whereas whitetail deer grow the classic antler shape resembling a menorah, mule deer grow antlers which, to me, resemble a river tributary system. The antlers grow in the late winter and spring, then all the velvet peels off and the antlers are ready for dueling. Antlers shed after mating season, in the middle of winter. Females (does) do not grow antlers.

The mating season takes place between October and December, when bucks will duel each other to gather a harem. The strongest and most agile buck wins. Though does are able to reproduce at 18 months old, bucks don’t often participate in rut until they’re at least two, sometimes four years old. Females have a gestational period of 210 days and fawns are born in April or May, though some might come along as late as June. Deer weigh as little as five pounds at birth and are covered in spots. They are weaned after a few months but often stay with their mother for much longer. Wild mule deer live between nine

As CPW states, “If you [feed the deer], you quite literally could end up loving our wildlife to death.”

and eleven years.

Mule deer are widespread in the mountains and on the plains; however, mule deer have had dramatic oscillations in population over the decades. Their numbers have dipped during the gold rush, after an industrial boom in the 1960s, and populations on the Western slope are currently in decline. Colorado Parks and Wildlife is not sure why, though they cite deer populations are impacted by many things: human activity, hard winters, loss of habitat, and interactions with elk and mountain lions.

Mule deer and people have coexisted well for a long time. However, as with all things, the presence of one affects the other. We’ve hunted them. The proceeds from Colorado’s draw system has sustained the Division of Wildlife and most of its financial support comes from the passes and licenses purchased through the lottery.

Unfortunately, the coexistence of humans and animals isn’t always good. Late one Christmas Eve-Eve, during a snowstorm with horrible visibility, not one but two deer synchronously lept in front of us and destroyed the front end of my mom’s new car. Other times, the deer hits YOU! On a separate occasion we slowed to a stop among a herd crossing the road and one buck spooked, slamming himself into the fender.



The Mule Deer’s antlers grow in the late winter and spring, then all the velvet peels off and the antlers are ready for dueling.

An interesting remedy to this issue is the wildlife bridges that either go under or over a busy highway. High fences are erected in areas with high wildlife traffic discourage deer, elk, moose, and other animals from getting on the roadway. There are various special exits in case a creature finds themselves trapped. So far, these bridges seem to help at least a little.

Another negative interaction is disease. Chronic Wasting Disease (CWD) is always fatal. It is disease of proteins. First recognized in Colorado in the 1960s, these proteins, called prions, can’t correctly “unfold” during replication, and an infected animal’s body builds up dangerous levels of malfunctioned prions, and eventually they travel to the brain and destroy it. Infected animals are sluggish, drool, isolate themselves, stumble, tremble, circle, and lose serious weight. It is always deadly and can progress over years. What’s worse is that the prions can live on the ground in extreme conditions for long periods of time, maybe decades. Clinical signs don’t appear until the disease is progressed and other animals have already been infected. CWD can spread to deer in every way, even through antler velvet. Since its discovery, CWD has been recognized in other continents infecting other cervids. Though current science says that CWD cannot cross from deer to humans, studies have shown it does cross to primates, and it is still recommended that CWD-infected meat not be eaten.

I was surprised by mountains of corn, syrups, salt blocks, and hay stacked at the entrance of virtually every gas station when I first moved to Oklahoma. Baiting animals is illegal in Colorado, where I grew up. CWD can be easily spread through feeding stations and baiting is

illegal to prevent the spread of disease like CWD, tuberculosis and brucellosis. Baiting is also illegal because it causes predators to congregate where the deer are. The deer and other wild animals also might leave their historic range and lose their habitat to human development projects. In Colorado, there is a fine of \$100 for anyone caught feeding any large game animal.

Don’t feed the deer!
I loved to walk my dog in the cool evenings. There is an extra quiet neighborhood on the outskirts of Buena Vista where the cottonwoods glow a little greener in the evening. One such evening, I watched an old woman lean out of her screen door and calmly slice piece by piece of cheddar off a block, straight into the mouth of an eager...deer? I think my jaw hit the sidewalk. Cheese?! I’m human and even I can’t digest cheese all that well.

Mule deer require a diet of rough forage. They were designed to eat the twigs, bark, and grasses native to our mountains! They are ruminants; they chew, swallow, break down, regurgitate, chew, swallow, and digest some more. If they eat anything other than what they’re designed to eat, it can literally plug their system and kill them. This is the same reason why tampons shouldn’t be flushed. As CPW states, “If you [feed the deer], you quite literally could end up loving our wildlife to death.”

What would Colorado be without the mule deer? They are an enduring symbol of Colorado’s pioneer spirit and wildness, hopefully never to be wiped away. Though their populations have struggled sometimes, they always come back. Their majesty and humor fill our mountains with an irreplaceable presence, and they are greatly cherished.

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Fremont Provisions

Fremont Provisions, a farm-to-table restaurant on Cañon City's Main Street, is offering a new Harvest Menu paired with updated hours and a new discount day for Community Heroes this October. This Unbridled company is excited to continue serving locals and tourists alike through the fall and winter months with this new menu and hours available early October at 507 Main St.

FREMONT PROVISIONS
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Taylor Miller, the Executive Chef of Fremont Provisions.

"We're bringing classic fall flavors to our menu with a unique twist that captures the palate of the region," said Taylor Miller, the Executive Chef of Fremont Provisions. "Crowd favorites from our original menu will still be available, but we're excited to offer these new items that encapsulate the coziness of the season."

Centrally located and housed in a historic storefront built in 1903, Fremont Provisions offers excellent dining and catering, as well as a local, fresh-food mercantile. The mission for Chef Taylor and staff is to nourish freedom on Main Street and in Fremont County by preparing folks for their journey ahead with wholesome, locally sourced provisions. With this new crafted seasonal menu and a sharp in-house bar, the staff seeks to create a memorable dining experience that binds the community together.

Now open 11:30-9 p.m. Wednesdays through Fridays and 8:30 a.m.-9 p.m. Saturdays, Fremont Provisions has indoor and patio dining, as well as an ever-evolv-

ing fresh-food market in-house. To honor various community members, Wednesdays will have a Community Heroes discount for 10% off all first responder, military, farmer, teacher, and senior meals.

Those who are looking for unique seasonal dishes that are delicious and locally sourced should head to Fremont Provisions this fall. Local farmers or food artisans interested in partnering with Fremont Provisions, please email info@fremontprovisions.com.

For more information on Fremont Provisions, head to fremontprovisions.com. For information on venue rental and catering, please call Fremont Provisions at 719-480-8360. To be part of their journey, follow them on Facebook and Instagram, @fremontprovisions.



Life-Enhancing Journeys Trauma: What it is and how we heal

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

Over the past several months, I have gotten many comments and questions about trauma and stress, especially with the resurgence of the pandemic. So many people have expressed frustration, exhaustion, fear, and anger because our lives have been so disrupted for more than 1 ½ years, and here we are, experiencing another wave. This seemed to be an appropriate time to focus on this topic.

To better understand trauma, it is helpful to understand the brain structures that are involved. In this article I will focus on two structures — the cortex and the subcortical area. Even though they are connected, they function so differently that they seem like completely different organs.

The cortex is the advanced, more developed part of our brain. Within it, we process sensory information and make choices based on that information. It is where we store memories of our experiences and develop our unique personalities. This is what is considered the high-level cognitive functioning or the evolved brain which enables us to use language, problem-solve, reason, think and make decisions.

Below the cortex is a smaller set of structures referred to as the subcortical areas. These parts of the brain are essential to our survival as animals and is part of our survival brain. The subcortical areas of the brain are responsible for our instincts including the "fight or flight" response, sexual desire and arousal, and our biological functions like breathing, heart rate, and digestion. These abilities are all non-voluntary reactions to our perception of the world around us therefore they occur without any thought or planning; it is automatic.

We have the largest cortex of any species we know of therefore "we rule the world." According to Dr. John Rigg, the director of the Traumatic Brain Injury Clinic at Fort Gordon, "The human species has been around for about 300,000 years, but for 300 million years, animals have had a flight-or-fight reaction." This means that although the cortex is powerful, our animal instincts or survival brains are often much more powerful, especially in the cases of traumatic experiences.

Trauma is so common that to focus on it seems comparable to focusing on air; it is all around us, all the time, even though we may be unaware of its presence. The truth is trauma affects every one of us, but the degree to which it influences our lives differs dramatically from person to person.

There are many variables when it comes to how trauma will affect us. A stressful event is most likely to be traumatic if:

- It happened unexpectedly.
- You were unprepared for it and it was

- unpredictable.
- You felt powerless to prevent it.
- You felt helpless and hopeless, like prey.
- It happened more than once, or repeatedly.
- Someone you trusted and depended upon was intentionally cruel.
- It happened in childhood. The younger you were the more distressing the effect.

Trauma is the result of extraordinarily stressful events that can shatter your sense of security, making you feel helpless and vulnerable, regarding the world as a dangerous place. Sometimes the effects from these experiences remain hidden for months or even years then symptoms may appear in the form of psychosomatic or body complaints such as headaches, an upset stomach or as unexplained anxiety or depression.

Traumatic encounters often involve a threat to life or safety, real or imagined, but any situation that leaves you feeling overwhelmed and confused can be traumatic, even if it never involved physical harm. It is not the objective facts that determine whether an event is traumatic but your interpretation of the event. In other words, what actually happened to you is less significant than how you perceived the experience. The more frightened and helpless you felt, the more likely you are to be traumatized. Trauma can be described as any unresolved autonomic nervous system response to or perception of an event, not necessarily the event itself.

People are also more likely to be traumatized by a new situation if they experienced trauma in the past, especially if the earlier torment occurred in childhood when they had fewer resources, skills or ability to handle it. Children who have been traumatized see the world as a frightening and dangerous place and it can have a severe and long-lasting effect. When childhood trauma is unresolved, the underlying sense of fear and helplessness can carry over into adulthood setting the stage for further trauma even with minimal triggers (this concept is known as "kindling").

Childhood trauma results from anything that disrupts a kid's sense of safety and security.

Post Traumatic Stress Disorder (PTSD) is the most severe form of emotional and psychological trauma. Its primary symptoms include intrusive memories or flashbacks, memory lapses, anxiety, the inability to control emotion or restrain violence, avoiding things that remind you of the traumatic event, and living in a constant state of "red alert."

Trauma disrupts the body's natural equilibrium, potentially freezing you in a state of hyperarousal and fear, therefore your nervous system can get stuck in an agitated

state. The key to healing traumatic symptoms is to access the cortex, the evolved brain and call off the survival brain.

Trauma is always experienced as a physiological or a body reaction. Our muscles tighten, our heart races, palms sweat; all the sensations associated with an adrenalin rush. When we are overwhelmed by threat, our bodies and nervous systems activate life-preserving survival responses (subcortical regions). Initially, the survival brain will prepare to fight or run, however, when faced with what is recognized as an inescapable or overwhelming threat, the freeze response gets activated. It is the freezing or immobility response that leads to problems associated with trauma. Freezing enables us to enter an altered state in which no pain will be felt. After realizing that we have survived, we may appear calm on the outside but something very different is going on internally. The heart is still racing, blood pressure remains high and inside our head, the biological stress chemicals are saturating the brain. This "frozen" state, while still appearing calm (sometimes even unresponsive) our bodies remain prepared for the possibility that we may need to initiate the flight or fight reaction that never had a chance to be activated. Because we were unable to complete the instinctive survival "action plan," a vast amount of energy remains inside us undischarged. When this occurs, the residual energy stuck in our bodies and minds can appear as symptoms of trauma. An important concept to remember is that the reaction is involuntary without being under our conscious control.

In many people suffering from anxiety reactions and so-called "psychosomatic" conditions like migraines, muscular syndromes (e.g., fibromyalgia, back and neck pain), gastrointestinal disorders, severe PMS, asthma and even some epileptic seizures, these symptoms can be caused by the nervous system's attempt to suppress the intense survival energies that remain in the body/mind as the result of unresolved trauma. When these energies are gradually discharged physiologically, the symptoms may be dramatically reduced or even eliminated. According to Dr. Peter Levine, Developer of Somatic Experiencing® a neurobiological approach to healing trauma, he identified humans as the only mammal who rejects shaking off the energetic residue following a traumatic event (recall how a dog may shake after it has been scared). To enable healing, let yourself shake or tremble while acknowledging your symptoms ("...I'm noticing my stomach is in a knot and I feel like throwing up...") because this helps the body discharge stored energy from the

trauma. This gentle shaking while focusing on your symptoms gives your unconscious mind the message that it is OK to let go now. Shaking off physiologically while adjusting your thoughts from negative and helpless to positive and effective (such as "...I'm helpless...I thought I was going to die..." to "I got through this...I am still here") releases trauma. Consider intentionally shaking off the day each night before going to bed. You may sleep better.

I was trained by Dr. Francine Shapiro in 1995 and 1997, the developer of Eye Movement Desensitization and Reprocessing (EMDR), to use this trauma healing protocol. EMDR is a groundbreaking therapy for trauma and, while employing this method, I have witnessed miraculous changes in people who have suffered for years from trauma.

How does one go about reconnecting to your brain structures? When you recognize a sensation in your body that you identify as stressful, pause, then put how disturbing the sensation is on a scale from 0-10 (known as SUDS — Subjective Unit of Disturbance Scale). Next, start talking to yourself about what is going on — not why ("OMG! My heart is racing, my gut is tight, my thoughts are looping, I'm feeling so anxious, yet as I breath I can feel the stress leave my body."). Continue talking to yourself until you feel you are complete for now — usually you might notice a sigh — just exhaling. Use the SUD scale 0-10 again to notice if you are at the same level or if the level came down to a more comfortable place. In honing this skill, you will learn that you are in charge of your involuntary emotions and this exercise can strengthen you.

Because we are human animals, trauma is a fact of life, however, it never has to be a life sentence. With guidance and support, we are capable of learning to shake, tremble and rethink our way back to health. In being able to harness these primal and instinctual energies we can move through trauma and transform it.

Trauma is about broken connections with the body/self, family, friends, community, nature, and spirit, perpetuating a downward spiral. Healing trauma is about restoring these relationships and becoming free from the torment of trauma. It is unnecessary to keep suffering.

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

Community Partnership
 Family Resource Center

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 www.facebook.com/communitypartnershipfamilyresourcecenter

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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.

AVAILABLE VIRTUALLY

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

COMMUNITY PARTNERSHIP

- 7 Circle of Parents Kinship Connection 5-6 p.m. Are you raising your grandchildren or kin? Do you feel like you are raising them alone? A place where you can find and share support. FMI AmyS@cpteller.org.
- FREE Yoga with Leah Mon 10-11 a.m. FMI Jamie@cpteller.org
- FMI Community Partnership events 719-686-0705.

BUENA VISTA

- 2 UAS Club Central Colorado 9-10:30 a.m. at Central Colorado Regional Airport. FMI 719-581-2010 or ceuasclub@gmail.com.

- 18 UAS Roundup! We have panel discussions on regulatory changes, beyond visual line of sight operations and emerging technologies. FMI www.uasroundup.com.

CAÑON CITY

LIBRARY

- 1 *Treasure Chest of Hidden Family History* by Bob Silva 6 p.m. Ancestry fans, genealogists and history buffs alike will be spellbound by tale after tale of riveting finds!
- 6 FREE Legal Clinic 2-5 p.m. Call 719-269-9020 for appointment.
- B.O.O.K. Babies on our Knees Monday 10:30 a.m.
- Story time and craft Tuesday and Thursday 10:30 a.m.
- Virtual story time Wednesday 10:30 a.m.
- Lego Club 1st Friday each month 3-4 p.m.
- Break out box 2nd Friday each month 3-4 p.m.
- Filler Friday (different activity each month) 3rd Friday each month 3-4
- Chess Club Wednesday 2 p.m.
- New Neighbors Genealogy 1st Friday 1 p.m.
- Metaphysical Group 2nd and 4th Saturday 10:30 a.m.
- United Health Care 2nd and 4th Thursday 9:30 a.m.
- Fremont Brain Injury Support 1st Tuesday 12:30 p.m.

All at 516 Macon Ave. FMI 719-269-9020.

COLORADO SPRINGS

PIKES PEAK CENTER

- 28 Long Island Medium 7:30 p.m.

CRIPPLE CREEK

- 2 Stories at the Strong Mine
- 2, 3 Two Mile High Club Aspen Tours
- 7 American Legion Post 171 meets 6 p.m. at 400 E. Carr Ave., hot dogs at 5 p.m., weather permitting.
- 29 BOOzar
- 31 Trunk or Treat
- Thin Air Theatre presents Haunting at the Old Homestead through Oct 31. FMI 719-689-3247 or 719-689-6402 or buttheater.com.
- GED classes 1-3 p.m. FMI Michelle@cpteller.org or 719-686-0705.

CRIPPLE CREEK DISTRICT MUSEUM

- See page 9 for list of events

CRYSTOLA

- 17 The 4th Annual Britt Awards Banquet 3-6 p.m. at Crystola Roadhouse (also providing dinner). RSVP by Oct 11. Tickets \$50 per person or \$265 for table of 6. Presented by T.H.E. Coalition. This year's honorees are Mrs. Jane Lass, The Victor Heritage Society and The Goldbelt Byway Tour Association. FMI 719-650-4089.

DIVIDE

- 9 or 10 Pikes Peak Group of the Colorado Mountain Club is coordinating with the National Forest in hopes we can reroute the trail around the private property from Hwy 67 to Horse Thief Park (and beyond to Pancake Rocks). A lot needs to go right to make it happen and we need volunteers! Please sign up to work on Oct 9 <https://cmc.org/Calendar/EventDetails.aspx?ID=53829> and also for October 10 at <https://cmc.org/Calendar/EventDetails.aspx?ID=53830>. No experience is necessary. We provide the tools, training and leadership! The work is similar to a day of serious gardening. Thank you!
- 9 - 10 The Friends of Mueller

State Park are sponsoring a firewood sale Oct 9 and 10, 10-4 p.m. or until all the wood is sold. Forest thinning to improve forest health and wildlife habitat and to reduce wildfire threat has created stacks of wood that will be available for sale. The wood is unsplit, mixed dry and green, cut to 12-24" lengths. Cost is \$60 for short bed pickups and \$80 for long beds. Loaded by you and sorry, no trailers. The location is on Hwy 67, about 2 miles south of Divide about 1 mile north of the Mueller State Park entrance, near the intersection of Hwy 67 an Canterbury Rd. Turn west at the gate for directions to the loading area. Signs will be posted from both directions. Please join us to support the Friends of Mueller and stock up on firewood at bargain prices!

• Mondays FREE yoga with Leah 10-11 a.m. at Pikes Peak Community Club. Limited class size; doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI Jamie@cpteller.org or 719-686-0705.

LITTLE CHAPEL FOOD PANTRY

- 9, 23 This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are:
- Last name beginning with:
- A-H 3:30-4:30 p.m.
- I-Q 4:30-5:30 p.m.
- R-Z 5:30-6:30 p.m.

FAIRPLAY

- 31 South Park City Museum's Haunted Museum 5-7 p.m., if you dare! FMI 719-836-2387.

FLORENCE

- 11-16 Paint the Town Plain Art Event. See page 14.

FLORISSANT

- GRANGE
- 9 Pine Needle Basket Class 9-12 p.m. We may do some painting too. Make plans to join us! To sign up call 719-510-2325.
- 31 Haunted House 2-2:30 p.m. just like the old days. We have the corn maze, crafts for kids, lots of candy, treats and hot dogs too. Halloween fun at the Grange!

GUFFEY

LIBRARY

- 5 Walking, Talking Threads 12:30-3 p.m. Meets every first Tues of the month. Take a nice brisk walk around Guffey Town and meet back at the library to crochet, knit and talk away.
- 25 Guffey Literary Society 1-3 p.m. Book choice for Oct discussion is *The Dictionary of Lost Words* by Pip Williams. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join.
- 27 Rocky Mountain Rural Health Outreach 11-2 p.m. Weather permitting, RMPH representatives will be offering free health screenings, sound financial medical advice, free clothing and much more.
- FMI 719-689-9280 or Guffeylib@parkco.us.

LAKE GEORGE

- 30 Halloween Carnival 2-5 p.m. at 38874 US Hwy 24. Games, raffle, bingo, cakewalk, nerf on the turf and more!

NATHROP

- 17, 18 The 9th UAS Roundup at Mount Princeton Hot Springs Resort. We will have flying demonstration and the one-of-a-kind Buena Vista Drone Flying Park. Sunday noon-6 p.m. we'll have demonstrations and a welcome reception at the BV Drone Flying Park. Monday 8:30-4 p.m. are regulatory updates, BVLOS & emerging technologies. FMI UASRoundup.com.

SALIDA

- 16 Walk for Freedom 1-3 p.m. Poncha Blvd. Registration at 1 p.m., get a free hat, sign up for free drawing followed by a message from the director at 1:30 p.m. Walk begins at 1:45 p.m. with refreshments and free drawing afterward.
- 30 Halloween Jazz concert/dance and fundraiser for BV HOPE 7-9 p.m. at Salida Steam Plant featuring The Jazz Merchants Big Band 220 W. Sackett Ave. Donations at door for entry, silent auction and live auction for larger items.

VICTOR

- 2 Special Tour — Victor's Strong Mine. Victor's historic Strong Mine and hard rock mining will be the center of attention as a special Gold Camp Adventure Tour will shuttle participants to the 1899 mine site. The day begins at 10 a.m. at the Victor Lowell Thomas Museum with a short mining history presentation, then a shuttle to the mine site. Tickets are \$15 and can be reserved online at VictorMuseum.com or purchased at the museum. Space is limited. FMI 719-689-5509.

WOODLAND PARK

- 5 Nonprofit Cooperative Meeting 9 a.m. via zoom and in person. Meetings include discussions, training and collaborative opportunities. Share the message of your nonprofit with a network of people who can help you spread the word.
- 7-8-9 Munchkin Market is a HUGE consignment sale of gently used children's items including clothing, shoes, all types of baby gear, strollers, car seats, high chairs, cribs, outdoor play equipment, toys, media, health and safety, maternity, accessories, bedding and more! A portion of the proceeds from the sale help fund our MOPS program. If you are interested in consigning, we would love for you to join us! Register to consign at <http://www.utepassmops.org/> or consignors. Held at WP Community Church 800 Valley View Dr.

- Times each day as follows:
- Thurs 5-8 p.m.
- Fri noon-7 p.m.
- Sat 9-1 p.m.
- 28-30 Charis Women Arise Conference. See page 6.
- 31 Last Sunday Art Walk 11-1:30 p.m. meet at Reserve — Our Gallery 400 West Midland, Suite 120. Visit with artists in town as we walk to explore new art and locations. Dress up as your favorite artist or the subject of a painting, if you'd like, it's Halloween!

CITIZEN'S CLIMATE LOBBY

- 9 Join us for our monthly meeting 11 a.m. at the library. Please RSVP ppjotsticker@gmail.com.

COMMUNITY PARTNERSHIP

- 18 Playgroup begins 9:30-11 a.m. Parent or caregiver with children 5 & under. FMI Cory@cpteller.org.
- GED classes 5-7 p.m. Mon & Wed. FMI Michelle@cpteller.org.
- FREE Yoga with Teresa 4-5 p.m. Tues & Thurs at Mountain View United Methodist Church. Limited class size; doors lock at 4 p.m. Bring your own mat and props. All levels welcome. FMI Jamie@cpteller.org.
- Thru Nov 8 Active Parenting NOW 5-7:30 p.m. Mondays at Columbine Elementary School. Bring back the JOY of parenting your 5-12-year-old and leave a positive, lasting impact on their childhood years. Meal and childcare provided. FMI Michelle@cpteller.org.
- 30 Gold Hill Shopping Center Trick-or-Treating 4-6 p.m. at Community Partnership Family Resource Center. FMI Cory@cpteller.org.
- FMI on Community Partnership events 719-686-0705.

LIBRARY

- 14 Local Author Showcase 2 p.m. Hear from local authors including John Anderson, Linda Arocha Boylan, Robert Boylan, Mary Burnette Brown, Gabriele Ewerts, Ariel Heart, Donna Kunkel, Diane Reed. FMI 687-9281 X 103 or jennied@rampartlibrarydistrict.org.

UTE PASS HISTORICAL SOCIETY

- The 2022 14-month pictorial calendars, both Ute Pass and Green Mountain Falls editions are available for sale for \$14 + tax. While you're at the UPSH Gift Shop check out our great selection of books, cookbooks, drums, jewelry and art. You may also request a free tour of History Park. The Gift Shop and History Park are located at 231 E. Henrietta, next to the library. FMI 719-686-7512.

- Woodland Park Community Singers 1 up and singing and is looking to add to their group. Come join them on Monday nights 6:30 p.m. at United Methodist Church. FMI Melissa 620-482-2170 or www.WPCSingers.org.

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Fall programs at Mueller State Park

Cooler days and fall colors offer a great time to visit Mueller State Park! With the last of the aspens in gold and the elk busy with their breeding season or rut, it makes for an interesting time to hike, camp or visit Mueller. A number of guided hikes and naturalist programs are scheduled for folks able to come out to enjoy this beautiful season!

Mueller is open to guided educational field trips for school groups! Bring your students to the park for an educational experience they will not forget.

Come on up to Mueller to enjoy it while the weather is still nice and the park is much quieter! See a full list of programs below.

- 1 Hike: Peak View Pond 10 a.m. meet at Elk Meadow.
- 1 Mountain Lion Touch Table 11 a.m. meet at Visitor Center.
- 1 Watercolor Painting 1 p.m. meet at Visitor Center.
- 1 Nature Crafts 2 p.m. meet at Camper Services.
- 2 Hiking Challenge — Trails 12, 26, 25, 27, and 28 meet 8:15 a.m. at Homestead TH.
- 2 Hike: Grouse Mountain* meet 9 a.m.
- 2 Fly Fishing 10 a.m. meet at Dragonfly Pond.
- 2 Archery 1 p.m. meet at Dragonfly Pond.

- 2 Golden Hour Elk Hike 5:30 p.m. meet at Grouse Mountain TH.
- 3 Mammal Touch Table 1-3 p.m. meet at Visitor Center.
- 4 History Hike 10 a.m. meet at Grouse Mountain.
- 4 Hike: Outlook Ridge* meet 1 p.m.
- 5 Hiking Challenge — Trails 13, 12, 31, 30, and 14 meet 8:15 a.m.
- 6 Hike: Wildernessing 10 a.m. meet at Black Bear TH.
- 7 Hiking Challenge — Trails 12, 16, and 32 meet 8:15 a.m. at Black Bear TH.
- 8 Hike: Cahill Loop 11 a.m. meet at Grouse Mountain TH.
- 8 Hug-a-Tree 2 p.m. meet at Visitor Center.
- 8 Patio Talk: History of Mueller 4:30 p.m. meet at Camper Services.
- 9 Hiking Challenge — Trails 29 and 20 meet 8:15 a.m. at Dragonfly Pond.
- 9 Fall Geocaching Hike 10 a.m. meet at Visitor Center.
- 9 Critter Crafts 11 a.m. meet at Visitor Center.
- 9 Archery 1 p.m. meet at Dragonfly Pond.
- 9 Sunset Hike 6 p.m. meet at Outlook Ridge.
- 10 Elk Touch Table 10-12 p.m. meet at Visitor Center.
- 10 Elk Bugling Hike 5 p.m. meet at Grouse Mountain TH.
- 15 Tracks and Trailing 2 p.m. meet at



Camper Services.

- 15 Patio Talk: Animals of Mueller 4:30 p.m. meet at Camper Services.
- 16 Geocaching Spooky Spectacular 10 a.m. meet at Visitor Center.
- 16 Tree Cookie Painting 11 a.m. meet at Visitor Center.
- 16 Truck or Treat 1 p.m. meet at Visitor Center.
- 17 Hike: Cahill Cabin 10 a.m. meet at Grouse Mountain TH.
- 17 Hike: Mueller in Gold 5:30 p.m. meet at Grouse Mountain TH.
- 21 Hike: Homestead Trail* meet 9:30 a.m.
- 21 Nature Bingo 1 p.m. meet at Camper Services.

- 24 Hike: Cahill Loop 9:30 a.m. meet at Grouse Mountain TH.
- 24 Forest Bathing & Ephemeral Art Making 10-1 p.m. meet on Visitor Center Patio.
- 24 Bear Sunset Hike 6:30 p.m. meet at Grouse Mountain TH.
- 31 Hike: Rock Pond 9:30 a.m. meet at Visitor Center.

*Indicates to meet at Trailhead (TH) of the same name.

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

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