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November 2022

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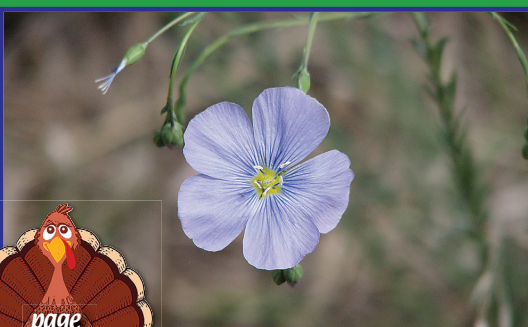
Vol. 14, No. 11

Welcome to Ute Country

**"Be thankful for what you have;
you'll end up having more.
If you concentrate on what you don't have,
you will never, ever have enough."**

— Oprah Winfrey

PEEK INSIDE...



A Tree through Time



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On Deck
We were exploring a backroad to Buena Vista when we came upon this raft of turkeys! A group of turkeys is called a raft because when buildings were being constructed, turkeys were often found roosting in the rafters. Yes, they can fly if their wings are not clipped. We felt this photo was appropriate for our November cover as we celebrate Thanksgiving and Oprah's quote fit perfectly because it reminds us to focus on our many blessings, for which we are grateful.

If you need a nudge to open your heart to gratitude, take a moment to read *The Carousel of Happiness* — A Thankful Heart as this tale reminds you to be grateful for the basics in life. *A Tree through Time* reminds every outdoor enthusiast the abundance of nature that surrounds us. *Fitness ON the Mountain* gives us the courage to create and design our Marginal Decade. For those feeling stuck dealing with mental health issues, *Life Enhancing Journeys* asks, "Dare we talk about psychedelics?" as new research is ground-breaking and promising! Music lovers gain appreciation for the process of tuning musical instruments and shares the soundwaves of the Universe in *Panning for Good*. Mark your calendar for the Ute Pass Chamber Players' We are thankful for the music concert on November 19 or as I call it, "music therapy."

Check out our cats in Critter Corner. We will continue to proudly display photos of our amazing cats until we receive photographs of YOUR indoor or outdoor animal friends to feature in Critter Corner. Email your photos to utecountrynewspaper@gmail.com, bring them into Shipping Plus M-F 9-5:30 p.m. or snail mail them to POB 753 Divide, CO 80814.

Thank you,
— Kathy & Jeff Hansen



A Look Inside the Artist Vickie Lee Krudwig, artist, author

by Mary Shell

Artists find their inspiration and purpose from a variety of places. Some find nature to stimulate their creative juices. Regardless of the source, the purpose is to communicate to the soul. Art is the language of the soul. Some find spirit to be the place they find inspiration. Regardless of what sparks artists to create, it always boils down to what touches the soul. Art that is created from the soul has deep rooted ancient purpose. Vickie's artwork is deeply connected to spirit, and it shows. Her work has soulful meaning and deep stories, and it makes my heart sing when I view her work.

Tell me a little about yourself

I am a Colorado native, born in Colorado Springs, Colorado. We moved to Cañon City when I was 15. After a year and a half, we moved to Denver Metro area, where I have lived since. I currently live in Westminster, CO. I am married with three adult children (and their spouses) and we have four grandchildren.

I am a published author of numerous books for children. My first picture book, *Cucumber Soup*, won a Benjamin Franklin Award in 2000. I also published *Hiking Through Colorado History* (a resource book and guide for teachers) in 2000, as well.

My book, *Searching for Chipeta: The Story of a Ute and Her People* was released in 2004. It was born from a dream I had on April 22, 2000. Chipeta had appeared to me in the dream and asked me to follow her. We ended up at a reservation. Right before I woke up, she asked me to write her story. It took me two years to really pursue. I was a white woman and wasn't sure I should take on such an assignment. I was also at the peak of a massive anxiety disorder.

Still, I would have more dreams, and then wrote her story. It won the 2005 Mountains and Plains Booksellers Association award. My website has my resume where you can see all the books and artwork. I created a book, *We are the Noochee: A Brief History of the Ute and their Colorado Connection in 2005*, along with *Keeper of the Pipe*. Both books would also win Evvy Awards in 2005. Another dream came, which would be led by another dream to help the Cheyenne and Arapaho Tribes of Oklahoma produce four books for their children (based upon the same format as *We are the Noochee*). I've just finished my memoir of my experiences writing *Chipeta's story: Walking Two Roads*.

Writing *Searching for Chipeta* is online at www.walking-two-celestial-roads.com. My website is www.harmonyhousestudio.com.

How long have you been creating art?

When I was as young as four, I knew I wanted to be an artist. I drew anytime I could. My father, a *Gazette* Telegraph reporter in the early 1960s published one of my drawings to go with a story he had written about children playing in a nearby field. I want to try and find it. I wouldn't start painting in earnest until 1983 when I took my first art classes at a local community college. I would dabble with watercolor, pen and ink, and multimedia. The work I am creating now, came from my experiences writing about Chipeta. Homare Ikeda, my instructor at Front Range Community College encouraged me to meditate before I painted. The art suddenly came to life. The images from my dreams, journals, and experi-



ences while traveling for research poured out of my heart and hands. In fact, the pieces seemed to paint themselves. I've been painting ever since.

What's your favorite subject?

My favorite subject is the spiritual artwork, in which I can connect to the Ancestral world of Native American. The spiritual artwork is imbued with star-scapes, which represent our connectedness to the cosmos. My Native American friends, seem to all connect deeply with

the stars, and some say the stars in the Milky Way are the Ancestors watching over us. I love that concept. It's meaningful. We are born of the stars and return to the stars. The same elements that make up stars and planets, are the very ones that humans are made of.

What's your favorite medium?

I love acrylic the best. I find it forgiving and versatile! I can paint in bold colors, thick pigments, and add layer upon layer when I want. I've used watercolor and oil for landscapes and some of my spiritual paintings, but I find the acrylic is able to keep up with the flow of spirit while I am working.

continued on page 4

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A Look Inside the Artist Vickie Lee Krudwig, artist, author

continued from page 3

Is there someone who inspired you to create?

My father, George Douhit was a watercolorist and later an oil painter. He was a late bloomer for becoming an artist. His work was primarily in landscape. He'd encourage me to paint and draw, even at a very early age.

The other huge influencer was a friend, Frank Lloyd Kramer, who loved to encourage me to dig deeper in the process of creating artwork. Homare Ikeda, too, played a role in my art. Frank died of Covid in April 2020. We had been friends for 24 years.

Wassily Kandinsky and Klimt are two of my favorite artists, as is Fritz Scholder. They influence and inspire my art, as well as primitive rock art images seen around the world and the American Southwest.

What is your favorite creation?

One of my favorite creations was called, *Blue Light*, based upon the dreams I had. It captured the essence of the Ancestral spirits who visited me in the dreams. It sold recently, and had been on exhibit at the Ute Indian Museum in Montrose, CO.

Do you create stories with your paintings?

All my paintings are stories. When I finish them, I set them up on the wall in my studio, and then wait for the story to emerge, if I haven't already had one. I write brief essays with my artwork. The Ute Indian Exhibit was about my experiences writing Chipeta's story.

What's in the future for you?

My future is yet to be determined. My vision became an issue right after I finished the book on Chipeta. Over the past 17 years my eyes continue to cause major problems. I had eye muscle surgery in 2013 to try and re-align the eyes, and again in 2017. Both surgeries resulted in worsening my condition. Doctors call my eyes complicated. It has been a frustration for me as I have to block one eye in order to have singular vision. Prisms no longer

work. I have no depth perception, so art making is quite different and challenging. My artwork is a bit wobbly but I'm grateful I can see to paint. I plan to keep painting for as long as I can.

My next body of works is a series of paintings on rivers of Colorado and water. It seems timely and I just got a few pieces done. From the headwaters of the Arkansas River to the Uncompahgre River, these paintings will depict life in and alongside the river.

I hope to print my book, *Walking Two Roads: Writing Searching for Chipeta*. It's a memoir that shares my life before and after writing about Chipeta. Printing is a bit expensive now, so I am blogging my story. I wanted to share the real life struggles I had before the dream about Chipeta, and the healing that took place in my life after the book was done. My art became my healing place, a sacred space from the difficult times. The journey I took brought me full circle to a very fulfilled life, despite being a "one eyed artist."

I realized in 2006 when I was invited by the Ute Indian Museum to share my art, that it was my artwork in the gallery in my very first dream about Chipeta. I've met the descendants of Chipeta, Ouray, and many of the other well-known Ute leaders. I also met the descendants of survivors of the Sand Creek Massacre when working with the Southern Cheyenne and Arapaho tribes of Oklahoma.

In 2005 I was invited to present my self-publishing workshop, Preservation through Print at the National Indian Education Association. I would travel to Oklahoma to teach it again and show tribes how to write their stories and histories from the tribal perspective. Who knew the dream in 2000 would lead me forward like this?

You can see more of Vickie's artwork on Facebook.

Mary Shell is an artist, author and workshop facilitator. Find more at www.MaryShellArt.com

Peggy Sorenson wins prestigious award

Cripple Creek's local superstar Peggy Sorenson won The Jack Snow Outstanding Volunteer Award given out by the Colorado Tourism Office, a division of the Office of Economic Development and International Trade. Peggy was one of many volunteers who were submitted for the award but reigned supreme over the other volunteer submissions.

Peggy is involved with the Two-Mile-High Club, the Gold Camp Victorian Society, the Gold Camp Association, and many other community-driven projects. Peggy has always been an active member of the community and can frequently be found around Cripple Creek doing amazing things for her town. After thousands upon thousands of hours of volunteering, Peggy earned her new title with honor.

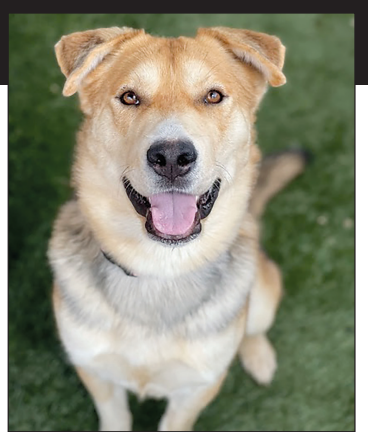
This volunteer award was presented for the very first time at the Governor's Tourism Conference in Snowmass in late September, which makes Peggy the first recipient of this honor. While Peggy was presented The Jack Snow Outstanding Volunteer Award, she received a standing ovation from the audience of about 400 people.

Adopt Me by TCRAS Palmer

I'm Palmer! I'm a very handsome, 3-year-old I/shepherd mix or at least that is what I'm told in both English and Spanish! I know how to sit when commanded in English and Spanish. I am very smart and excited to learn some new commands. I'm energetic and a lot of times I forget my manners and jump up on people to say "hi." My new friends and I are working on that! I've very interested in other dogs. In the foster home I had others to play with and we got along just fine. If I sound like a good fit for your family, please call 719-686-7707 to set up an appointment to meet me.

Wags and Wishes benefit is held on the 5th from 5-9 p.m. at Garden of the Gods Resort in Colorado Springs. Dinner and auction. Please join us on this special event night to support our furry friends of TCRAS!

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



Growing Ideas Knock out gnats and happy holidays by Karen Anderson "The Plant Lady"

"Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

— Melody Beattie

November greetings gardeners and friends. Now that we are all tucked in for the coming winter months, many of us may have brought some plants from the outdoor world to inside our warm homes and with that transfer we might notice and be bothered by some pesky gnats that just won't leave us alone. These annoying little rascals are called moisture gnats or fungus gnats (that sounds a bit scary) from the Family *Sciaridae* of insects associated with dampness in the soil of our houseplants. They are primarily a very big nuisance as they race around flying everywhere, getting in your face and generally bugging (pun intended) the heck out of you. The good news is that actual damage to our plants is fairly minimal unless the problem goes untreated for a long period of time.

These types of gnats love to lay their eggs in moist soil. The eggs turn into larvae which feed on the fungus in that soil and then proceed to hatch into the flying adults and then completing the cycle of their little lives, return to the moist soil to lay more eggs. So, with this continuing sequence of events, we need to treat in a two-fold process and the sooner the better.

On Google there are many theories and methods to rid yourself of these annoying insects, however over the years and years of experimenting with various organic strategies, I have discovered a modus operandi that really works for me. Gardens Alive.com offers a completely organic product called *Knock Out Gnats* which comes in granular form. It is a biological larvicide which kills the insect larvae in the soil and is used as a water-soluble soil drench treatment. Depending on the degree of infestation, you may need to apply sev-

eral doses weekly to ALL of your houseplants just in case there are eggs distributed in the soil of those as well.

Those little buggers don't discriminate. As long as the soil is wet, they will be attracted to it. Of course, we can't stop watering our plants, but we can manage the situation. Since the *Knock Out Gnats* will not control the adult insects, we will need to catch them on some yellow sticky traps (also available at Gardens Alive in butterfly shapes) which can be discreetly placed somewhere near the potted plants. In order to truly diminish the pervasiveness of these tiny invaders in our sacred spaces, we need to use this two-fold method and keep treating until we see the results of significantly fewer flying gnats.

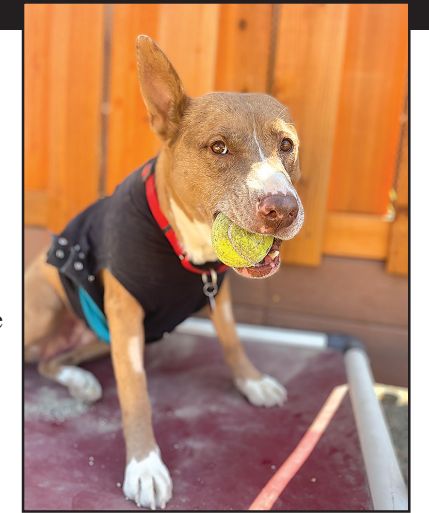
We may not get to 100% bug free, but persistence pays off big time. By the way, most of the bagged potting soil you buy, cheap or expensive, will more than likely have eggs coming along with it, so I suggest that you treat the new soil with a medicinal soil drench as you plant. As you are gathered around the Thanksgiving Table with family and friends for feast and gratitude, you just might not have to be swatting at those pesky gnats who would love to join in the festivities!

As we gear up for the Holidays, Mike and I would like to wish you all a peaceful and light-hearted season filled with comfort, joy and hope. I will be taking a short break from writing the *Growing Ideas* column for a few months and will catch up with you next year. Until then, please be kind to each other and continue to practice putting *Unity back in the Community*. Before I close, I would like to remind you that Happy Houseplants, Blessing Beads, my Heritage Seed Collection and other earthly creations are available at The Outpost in Florissant, Shipping Plus, Nature Mama's (above Shipping Plus) in Divide and at Mountain Naturals in Woodland Park where you may find some unique gifts for those special folks in your life. Please contact me personally at 719-748-3521 or email plantladyspeaks@gmail.com if you are interested in purchasing Gift Certificates for any amount, for any of the goodies I am offering from Paradise Gardens. Happy holidays, many blessings and peace.

Adopt Me by Ark Valley Humane Society Mya

Mya is a goofy and loving 2-year-old Australian Cattle Dog mix who truly deserves the BEST home. She's been at the shelter since August and hasn't had any luck finding a new family. We hope the dear readers of *Ute Country News* will help her get adopted! Mya is a sweet dog with beautiful markings. When you first let her outside in the mornings she will run straight to her favorite toy — either a toy tire or a tennis ball. She could entertain herself for hours! Mya also enjoys walks — in fact, she is our volunteer's favorite dog to walk. She is great on a leash. On rainier days, she will demonstrate her top-notch couch snuggling skills with staff in our flex room. Mya recently met a group of girl scouts who dropped by the shelter and she was a big hit! She can be picky about her dog friends, so make sure to bring your pup to the shelter to meet Mya first. Mya prefers a kitty-free home. Give us a call at 719-395-2737 to set an appointment to meet Mya!

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A Tree through Time

by Steven Wade Veatch
photos by Steven Wade Veatch

Thirty-four million years ago on a dismal Eocene afternoon near present-day Florissant Fossil Beds National Monument in central Colorado, woodland creatures fled as the ground shook from a fiery power held deep within the Earth. This dark force manifested on the surface, where toxic gases, ash, and molten rock shot through open vents — filling the air. A red glow painted the sky as cinders rained down through the smoky, sulfurous air onto the landscape. Flows of searing lava, which can reach 2,000 degrees Fahrenheit, oozed from volcanic vents, burning everything in their path.

Following this concentrated chaos, hot ash and mud raced down the slopes of several volcanoes. Swirling mudflows pulled in surface materials, knocked down and carried small trees with their root wads, and then surrounded the bases of towering redwood trees. After frequent periods of active eruptions, the volcanic complex ultimately quieted down to dormancy and peaceable extinction. The mud that encased the bases of the redwoods enabled the slow petrification process to begin. The wayward mudflow also dammed a prehistoric stream and quickly formed a lake. Plants, insects, and other organisms were trapped in the lake sediments. As time passed, the lake sediments turned into shale containing fossils of these organisms.

Today, enormous redwoods grow at their ecological limit in a narrow zone along the California and Oregon coasts. Redwoods still exist at the Florissant Fossil Beds National Monument, but only as fossil leaves, cones, or petrified stumps. It would be impossible for redwoods to grow today in Florissant's cool, temperate highland climate. Redwoods reached towering heights in Florissant's Eocene past, when the climate was warm and temperate.

There is a remarkable site at the monument where a singular fossil redwood stump endures despite the unavoidable and inexorable power of erosion and weathering. This petrified redwood base is unique among the others: It has a ponderosa pine tree growing from its stone center. I have always been spellbound by this juxtaposed image — the prehistoric stone stump with a living ponderosa tree growing out of it. I wanted to look at it again and make a deeper connection with this geological marvel.

As I walked on a trail to its location, Pikes Peak loomed in the distance. I passed a long, low, grass-covered meadow bounded by treed hills. A green swath of lichen-capped rocks fringed the trail. As I neared the scene I sensed a weight to the afternoon: windy weather brought a grey, clouded sky that rolled over the land. The warm, heavy smell of rain soon rose from the wet and glistening forest floor. Glittering drops of water



Big Stump, Florissant Fossil Beds National Monument. Photo date 2020.
On the cover: A blue flax blossom at the Florissant Fossil Beds National Monument. Photo date 2003.

rested on leaves. The wind began to whistle through the trees while flowers of sky-blue flax nodded. As the rain clouds broke up, an elk wandered this high stretch of land while a coyote trotted by.

When I reached the fossil redwood, I sat down on a bench to soak in the experience. As I looked at this remarkable remnant of a primeval redwood I noticed patches of soft, velvety, emerald green moss gripping sections of the petrified stump. There are small forest sounds:

a bird chirps in the distance while a chickadee croons a love song from a place deeper than daydreams. A jay scolds me from the safety of a high branch overhead. There are little rustlings in a tree behind me where a black, tufted eared Abert's squirrel worries a pinecone. These sights, sounds, and smells make me content, and mark this natural place as special.

Fossils are the letters that form words in a geologic story. Together, these words complete the pages of the area's paleontological record: messages from a distant time telling a story of plants and animals that once lived here and are now gone. The pages document the broader climate and the ecosystem it supported. Most importantly, these intimate histories — written in stone — yield a narrative of how an ecosystem responds to climate change. The Eocene marks the start of a gradual global cooling.

The secrets of deep time are exposed in fossils on pine covered hills and grassy meadows of Florissant. At the Florissant Fossil Beds lie some of the world's richest fossil deposits, remnants of life ranging in size from a tiny grain of pollen to massive redwood trees. Time is no longer the trickster under Florissant's vast summer sky; instead, time is captured as a memory in each fossil and is brought forward to the present, where these vital fossils reveal a primeval Eocene ecosystem. I immersed myself in its story.



A living ponderosa pine tree grows from an ancient redwood that has turned to stone. Photo dated 2013.

50th Anniversary of the Clean Water Act

by Coalition for the Upper South Platte
photo by CUSPWS.



Eleven Mile Diversion Dam Structure located at the entrance to Eleven Mile Canyon.

The federal government passed the Clean Water Act (CWA) 50 years ago re-establishing the way we manage water and, over time, transforming our wetlands into the healthier habitats we see today. The act is a testament to those who first laid the foundation to regulating pollutants under the Federal Water Pollution Control Act of 1948. After being significantly reorganized and expanded in 1972, it became what we know now as The Clean Water Act.

CWA is one of the most influential en-

vironmental federal laws. It governs water pollution, aims to restore the nation's water quality and integrity for public consumption and healthier wildlands. Over the past five decades that act has regulated the various point and nonpoint source pollutants that negatively affect our watersheds.

The Coalition for the Upper South Platte (CUSP) is happy to celebrate the CWA's 50th anniversary, especially given that our mission is to protect the water quality and ecological health of the Upper South Platte

Watershed. CUSP would also like to celebrate how the act has holistically benefited our wildlands across the nation. Just as we believe that looking all around helps us to better understand our place in the world, we recognize a wide variety of factors and processes affect the watersheds we rely on — not just the water.

Protecting water quality is a core part of CUSP's vision and the definitive indicator of the health of the watershed. Through our water monitoring program, we strive to understand water quality conditions and

proactively address pollution throughout the watershed. We also believe that rivers are the lifeblood of our communities and our watershed. CUSP is committed to protecting our rivers and streams so we can all enjoy them for generations to come. We work with partners from all sectors to restore aquatic habitats, improve water quality, and ensure recreational opportunities abound in and along rivers and streams. We use techniques that work with nature to restore natural hydrologic processes and provide long term solutions.

We're especially happy to be celebrating this year given the upcoming Eleven Mile Dam Diversion Structure removal project. This structure served as a diversion dam for Colorado Springs Utilities until the early 1990s. It now represents the last remaining blockage for aquatic species movement between the Eleven Mile Reservoir Dam and Strontia Springs Reservoir located south of Littleton in the Waterton Canyon. Removal was identified in the 2015 Roads to Rivers Assessment as a desired project to restore and preserve riparian function and resilience. It is a wide collaborative project bringing together federal, state, county, private, and utilities partners. With such a diverse stakeholder group, CUSP is excited to be overseeing such a monumental project. You can support this project as well as our water monitoring programs by donating at cusp.ws today!

Experience with dedication

by Tracie Bennitt

Teller County voters have another choice on the ballot this year as long-time resident Dennis Luttrell has entered the race for County Commissioner following a short retirement.

Luttrell, a resident of Divide, is a Director of the Divide Fire Protection District and involved with the NoFloCo Fire Mitigation Posse, working to provide fire mitigation to properties in the district. "We live near the National Forest and people need to be educated about the things that can help them keep their properties safe," Luttrell said. "This program needs to be expanded throughout the rest of the county as it's going to continue to be hot and dry in the future."

Low Income Housing is another major issue for Teller County, according to Luttrell. "I was successful acquiring grant monies to assist with housing for low income and homeless families," Luttrell stated. "There is money available out there. Folks need to be able to afford to live here if they're going to work here. This issue needs to be addressed and solved as our local businesses need employees."

Luttrell developed the Teller County

Growth Management Plan 35 years ago while serving as Commissioner. That plan is still in effect today. "Inaction is an action unto itself. You have to grow and change," he said. "I got my start in government here years ago and gathered a lot of experience during my time in New England. I want to give back to my community and be a true public servant. I plan on donating my \$85,000 salary to area nonprofits."

Working on government efficiency and using a Total Quality Management approach are important to him. "Poor policymaking has led to the reduction in county services at the taxpayer's expense," according to Luttrell. "Public Works and the Sheriff's Department are understaffed. This can be addressed in a fiscally conservative manner." Luttrell states that he plans to utilize his knowledge, governmental management experience, insight, and vision to improve the county services and reduce the costs to the taxpayers. "By instilling a Total Quality Management approach to Teller County government, we will be able to improve services, apply best management practices, protect our fragile environment and maintain and expand Teller County's



Dennis Luttrell

water rights," he added.
Luttrell can be reached at 719-686-

7791, dfluttrell64@gmail.com or www.relectluttrell.com.

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One of the floats from the 2021 Lighter Side of Christmas Parade.

May the forest be with you

by Tracie Bennitt
photo by Jeff Hansen

Every holiday season for the last 34 years, lots of volunteers have combined their energies to produce one of the largest holiday events in Woodland Park. The City of Woodland Park Lighter Side of Christmas Parade brings friends and family to Midland Avenue in Downtown Woodland Park to enjoy the "lighter" side of the holidays. The parade will take place this year on Saturday, December 3 and kicks off at 6 p.m. entertaining the theme "May the Forest Be With You" as we celebrate anniversaries ranging from Bambi to Fern Gully to Star Wars and ET, celebrating forests around the universe.

Focus on the Forest (FoF) is the 2022 beneficiary. They are dedicated to cleaning up OUR National Forests using alternative solutions to motivate and enable communities to keep OUR public lands clean. The FoF motto continues to be "ONE Piece at a Time" and this is how in 5 short years volunteers have removed over 425,000 pounds of trash, over 600 tires, completed mass cleanups with 200+ people, hotspot cleanups, removed abandoned trailers, created both a Graffiti Removal Team and also an Abandoned Campfire team. FoF partners with the US Forest Service and collaborates with numerous environmental groups and Off Highway Vehicle (OHV) clubs. FoF has over 3,400 followers on Facebook, and continues to still be 100% volunteers. FoF has expanded from Teller County to the surrounding counties (El Paso, Chaffee, Park, Douglas and Jefferson). Areas cleaned up include campsites, gun ranges, open forests, hiking and riding trails. <https://www.focusontheforest.org/>

The Lighter Side of Christmas Holiday Treasure Hunt kicks off with the first clue on November 18th. A new clue is revealed to LSOC Gold Sponsors (listed on the webpage and a week delayed on the Facebook page) every Friday for those treasure hunters searching for the hidden tree. Stop in and visit these businesses each week for clues. Whoever finds the little tree will receive a holiday basket valued at over \$1000 with gifts provided by local businesses.

Other LSOC events include the annual LSOC Gingerbread House Contest. The Rampart Range Library District is hosting the competition again this year at both the Woodland Park and Florissant locations. Information is at www.lightersideofchristmas.com Woodland Park Wind Symphony is overseeing the 3rd Annual Dan Makris Outdoor Decorating Contest. Information will be available on their webpage www.woodlandparkwindsymphony.com.

The LSOC Crazy Hat Contest, sponsored by Williams Log Cabin Furniture, is held the night of the parade. The parade awards and Crazy Hat Contest will take place at the Ute Pass Cultural Center following the parade. The City of Woodland Winter Day in the Park with annual Tree Lighting annual event in Memorial Park starts on Friday, December 2nd at 3:30-5:30 p.m. followed by the Annual Holiday Tree Lighting from 5:30-6 p.m. For more info visit www.city-woodlandpark.org

Information on these and other holiday events are available at www.lightersideofchristmas.com and updates at www.facebook.com/LighterSideofChristmasParade

Seeking vendors for Health, Wellness and Fitness Fair

Are you a professional entrepreneur in the fields of health, wellness, fitness or any organization that offers similar services at an affordable cost? Would you like an opportunity to meet potential clients in person during a health fair? Please consider becoming a vendor at the Health, Wellness and Fitness Fair we are offer-

ing January 7, 2023 at the Pikes Peak Community Club in Divide. We intend to offer demos and giveaways, as well as an opportunity to chat with potential new customers and network with various professionals. If interested, please contact Lori Martin 805-813-3997 or lorimartinfitness@icloud.com.

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Stevie

Meet Stevie! He is a 1-year-old mix, about 70 pounds. Stevie is very affectionate and he gets along with other dogs well. He is neutered and current on all vaccinations. He is also micro-chipped and house trained. Adoption fairs 10-3 p.m. First Saturday of each month at 5020 N. Nevada Petco; all other Saturdays 7680 N. Academy PetSmart.

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



Currant Creek Characters

The brothers part XXII

by Flip Boettcher
photos by Flip Boettcher

When Lucinda died, her son Frank J. is living at the 12-mile ranch. Frank's brothers Leonard, 23 years, and James Gilbert "Jim," 20 years were also living at the ranch.

Frank married Cordelia Kent Jewett. The couple had an infant daughter Josephine who died of asphyxia in 1913 and is buried in the plot at Greenwood Cemetery with her grandfather James, Sr. Frank and Cordelia are buried in the Lakeside Cemetery.

The 1920 census has Jim living in Parkdale and raising stock. He is living with Joseph McCury, 66 years, a laborer. In July 1923, Jim married Martha Lloyd in Parkdale. Martha was born in 1898 in Rockvale. In 1929, Leonard John "Johnny" is born in Pueblo.

In 1930, Jim, his wife Martha and children Martha Jane, 1924; Mary Jean, 1925; and Johnny are living in Pueblo. Jim is a truck driver.

Jim and his older brother Leonard Howard were inseparable growing up on the Harvey ranches, which were located at Parkdale, the 12-mile ranch at the bottom of Gribble hill on State Highway 9 and Gorey's Micanite ranch, southeast of Guffey.

The brothers were inseparable partners in ranching, politics and specialized as bridge building contractors for the state highway department. They built bridges in remote and difficult locations in the early 1930s. The brothers built the well-known Wolf Creek Pass Bridge.

After surviving the Great Depression, Jim and Leonard are living in Cañon City with Jim's family in 1940. Jim is a farmer. The year 1946 has Leonard in Parkdale and in 1949 the brothers acquired property at Parkdale.

Jim's son Johnny was a partner in the ranching business with his father and his uncle Leonard and ranched all his life, starting at age 10 in 1939 helping the family.

There is not much mention of the Harvey's until 1964, when Johnny bought the vast Gene Rowe ranch from The First Bank in Pueblo, Rowe's executor. Johnny, his father Jim and mother Martha and Uncle Leonard lived at the ranch house, the original Dell house, according to Pat Ownbey. Ownbey remembered that Leonard was all crippled up and Johnny carried him around. There was that article from 1896 that said baby Leonard was quite sick.

The Harvey's were generally not well-liked and thought to be scoundrels, according to Jean Anderson, a Pike Trails resident. Ann Erickson, another Pike Trails resident, also said that Johnny was dishonest. Ownbey said that Johnny must have cheated Gene Rowe out of his property, because Gene would never have sold any of his property to a Harvey.

The locals who Anderson first met, Charlie and Buford Dell, their sister Louise Hyde and Henry Reed, all talked about the Harvey's as scoundrels and not to be trusted.

Johnny's years of experience in the legal offices of Ed and William Stinemeyer in Cañon City were an asset in his cattle business and he was the president of the Harvey Land and Cattle Company, Inc. in Fremont and Park counties. His mother Martha was the secretary-treasurer.

Johnny also used his legal experience against his neighbors and the family was very much old-west, take the law in your own hands types and not too keen on the newcomers moving in and challenging the old ways, said Anderson.

Johnny actually threatened Anderson, telling her if any of his cows turned up missing around her house he would have to take the law into his own hands. This was after he had sold the 4,000 Pike Trails acres to Steve Ness and David Holcomb in 1969.

The Harvey's were generally not well-liked and thought to be scoundrels, according to Jean Anderson, a Pike Trails resident.

Johnny felt he should still be able to graze his cattle in Pike Trails like he always had. In fact, he even put up a huge wire gate across County Road 88 to try to keep his cows in Pike Trails, said Anderson.

In June, 1973, Johnny married Delores Edna Schmidt at the Harvey homestead (Dell Ranch). Delores' parents, Walter and Anna, announced the engagement in a May 1973 *Colorado Springs Gazette* article.

Delores was born in 1936 in Goessel, Kansas and died in Newton, Kansas in September 2021. Around 1955 she married Larry Joe Cook, 1936-2012, in Kansas and they had three children: Kevin, Sandy Cyre and Anna Warnock.

In the early 1970s, the couple came to Fremont County where they got a divorce. Before marrying Johnny, Delores worked in the Fremont and Park county assessor's offices. After the marriage, Johnny and Delores moved to the Harvey headquarters, the Dell ranch.

Nine months after Johnny's marriage to Delores, his uncle Leonard died in 1974 and is buried in his father's plot in the Greenwood Cemetery. Johnny's father



James G "Jim" and Martha Lloyd Harvey headstone at the Lakeside Cemetery in Cañon City.



Leonard John "Johnny" Harvey headstone at the Lakeside Cemetery next to his father and mother.

Jim resided at his ranch in Parkdale and at the Harvey headquarters. Jim died in 1983 and is buried at the Lakeside Cemetery in Cañon City. His wife Martha died at 96 years old in 1994 and is beside her husband at Lakeside. According to Erickson, Martha was a tough old gal.

Delores' younger sister Ruth Ann married Adolph Smith and lived in the homestead house at the corner of CR 88 and State Highway 9, across from the Harvey headquarters, according to Ownbey and Anderson. Current ranch owner Roberta Smith thought that Johnny gave the property to Ruth Ann. That homestead house was torn down several years ago.

There is talk that Johnny mentally abused Delores and that he had a limp. Johnny had two strokes and was quite sick for several years before he died in 1989 and Delores took care of him. Johnny is buried with his father and mother at Lakeside Cemetery.

After Johnny died in 1989, Delores sold the Harvey headquarters to Jim and Roberta Smith in 1992. In spite of Gene Rowe's vast acreage that Johnny bought, the ranch was about the size of the two original Dell homesteads, 320 acres. Smith's still own the ranch.

Thus ends the Harvey's of Currant Creek.

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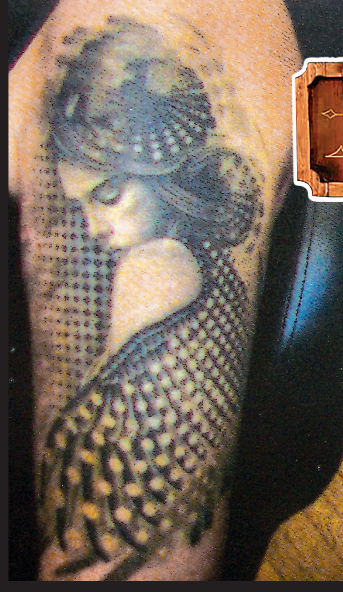
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Beth and Wilbur Hall, owners of the Wild Spirit Mountain Lodge.

Wild Spirit Mountain Lodge

by Flip Boettcher
 photos by Flip Boettcher

The Wild Spirit Mountain Lodge is a charming place, the newest venue in Guffey. The lodge is ready to open, after having several gradual soft opening events over the summer.

Wilbur and Beth Hall purchased the building in July 2021 and have done extensive re-modeling, including re-doing the kitchen, the main room, moving the bar piece-by-piece, and re-doing the upstairs lodging rooms.

The Halls live and work in the Denver metro area; Wilbur is a general contractor and Beth has taught school for 20 years. The couple wanted to slow down and get out of the metro-madness. They purchased the property in Guffey and eventually will move here, said Beth.

At first, the name was going to be the Bull Moose Lodge, but with women having built the building and a strong women's community here, that wasn't quite right, said Beth, and neither was their second choice White Buffalo.

They finally settled on Wild Spirit Mountain Lodge, which represents Guffey's wild spirit, wild life, area hunt-

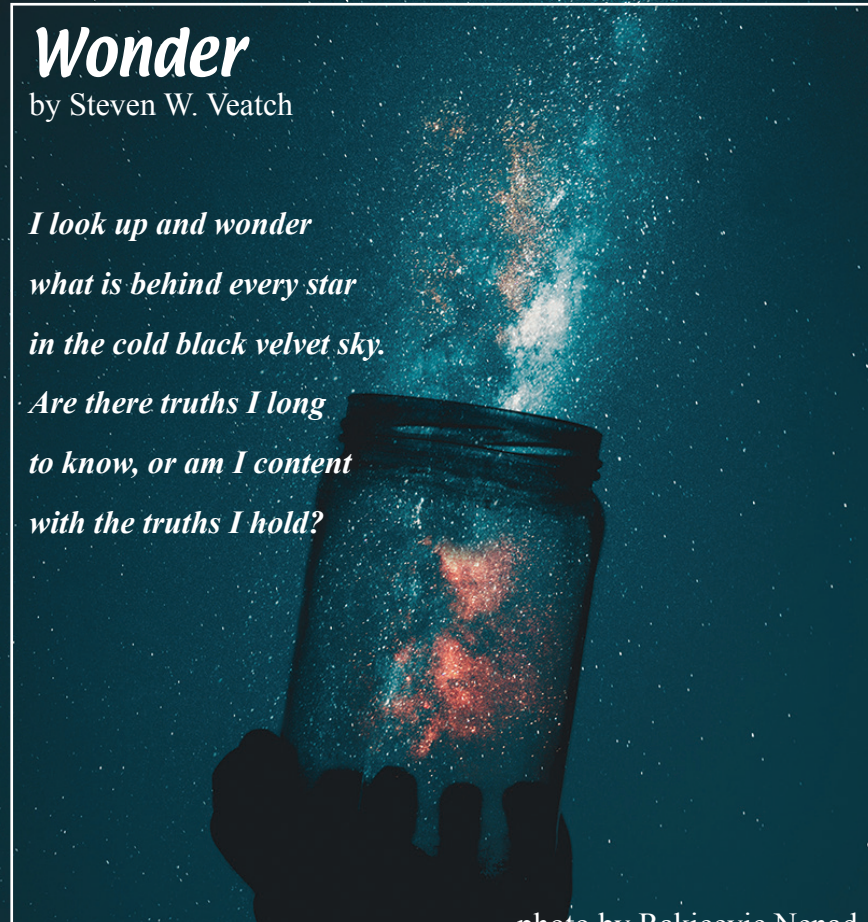
ing, fishing, ranching and the Western spirit, Beth said, to celebrate, lift up and bring the community together.

The Wild Spirit Mountain Lodge is a venue for local and special events including family reunions, weddings, birthdays and fundraisers; where the whole lodge and outdoor space is rented out.

The lodge got their liquor license in May this year and will serve beer, wine and mixed drinks for their events. There will be limited food and specials for their events, as well. The three lodging with breakfast rooms are for their events and for locals who need the rooms for visiting family and friends.

All the artwork and decorations in the lodge have a story, with many of them donated by locals. The Wild Spirit Mountain Lodge is a place to get away from it all; a place to feel at home, said Beth.

The Wild Spirit Mountain Lodge is located at 1245 Canon Street in Guffey. FMI and availability call 719-357-5452 or 303-523-9884 or wildspiritmountainlodge@gmail.com.



Wonder
 by Steven W. Veatch

*I look up and wonder
 what is behind every star
 in the cold black velvet sky.*

*Are there truths I long
 to know, or am I content
 with the truths I hold?*

photo by Rakicevic Nenad

Language Assistance Hotline launches

by Secretary of State Jena Griswold

Since October 17, Colorado voters can call the Secretary of State's Language Assistance Hotline for assistance with interpreting their ballot. The new hotline will allow Spanish, Korean, Chinese, Taiwanese or Vietnamese speakers to receive real time translation of their ballot content from live interpreter. Additional languages are available for interpretation upon request.

"Voting should be accessible to every Colorado voter," said Secretary Griswold. "The new Language Assistance Hotline does exactly that by assisting Colorado citizens who may only speak or read limited English with live ballot interpretation."

To access the hotline, voters may call the Secretary of State's Office directly at 303-860-6970 and a staff member at the Department will connect with an interpreter to assist with translating the content of the ballot. Voters may also call their county clerk's office or visit a voting center and speak to an election judge or county staff about using the hotline.

In 2022, the Language Assistance Hotline is available to voters for the General Election beginning Monday, October 17, 2022, through Election Day, Tuesday, November 8, 2022. From October 17-November 4 the Hotline will be available during regular business hours, 8 a.m.-5 p.m. MT. On Monday, November 7 and Election Day, Tuesday, November 8, the Hotline will be available from 7 a.m.-7 p.m.

The Language Assistance Hotline is available to voters as a result of HB21-1011. Per Colorado Statute, interpretation services may only be provided for interpretation of the ballot content, and not on Bluebook content or to describe the measures. This includes providing instruction guidance on completing the ballot, such as:

- how to fill in ovals or make corrections,
- how to properly put the ballot in the bal-

- lot envelope and sign
- how to return the ballot by mail, drop box, or Voter Service and Polling Center

Election judges and staff may send a voter in need of assistance on other matters such as updating registration to other resources for additional information.

Coloradans can still register to vote, receive a ballot, and vote in person at a voting center until 7 p.m. on Election Day.

Important information for Colorado voters:

- All Colorado voters can sign up to track their ballot from sent to counted using BallotTrax.
- After October 31st voters should return their ballot to a drop box or voting center.
- In person voting on Election Day, Tuesday November 8th, will be available from 7 a.m.-7 p.m.
- Eligible voters must have returned their ballot to a drop box or voting center by 7 p.m. on Election Day or be in line to vote by 7 p.m. on Election Day for their ballot to be counted. Ballots cast by military and overseas voters must be sent no later than 7 p.m. on Election Day and received by close of business on the 8th day after the election (November 16).

Colorado voters can visit GoVoteColorado.gov to:

- Register to vote or update their voter registration
- Find their local County Clerk
- Find their closest drop box or voting center
- Sign up to track their ballot using BallotTrax
- Find accurate election information

Prescribed burning in Park County

by Ralph Bellah

The Pike National Forest South Park District is preparing for prescribed burning in Park County. This may include up to 715 acres of broadcast burning, which involves the ignition of surface fuels within prepared units. The projects are Beaver, 7.5 miles Southwest of Lake George near the Echo and Beaver Valley Ranches, and Wilson, 1-2 miles South of Lake George near Blue Mountain.

The Pike-San Isabel National Forest & Cimarron and Comanche National Grasslands will resume with prescribed fire projects with the national direction from Chief Moore. The Forest Service recently completed a 90-day nationwide operational pause and program review of protocols, decision support tools and practices related to the implementation of prescribed fire. This pause allowed the Forest Service to identify and immediately implement program improvements to ensure firefighters have the resources, tools and support needed to safely carry out prescribe fire operations.

Burning began in mid-October and exact future dates are uncertain. Local fire managers will monitor weather and fuel conditions closely to ensure burning only takes place when weather and fuel conditions are within the requirements of the burn plan. When burning does take place, it may continue from one to several days. Expect smoke to be visible from Highway 24 and other areas during actual burning days. Smoke may linger in the air for several days after ignition is completed.

Vegetation types are predominantly



Ponderosa pine and Douglas-fir with grass, shrubs, and aspen. Surface burning of the area is designed to reduce the amount of timber needles and woody debris on the forest floor and to remove a portion of small diameter trees and low-hanging branches of larger trees. In addition, prescribed burning helps to restore the health of open conifer stands and aspen groves by improving soil nutrients and re-sprouting grass and shrubs for wildlife habitat.

Fire personnel will patrol burn units as needed until the fires are out. Weather and fuels conditions will continue to be monitored through this process to ensure adequate resources are available. Prescribed fire smoke may affect your health. For more information, please visit: <https://www.colorado.gov/cdphe/wood-smoke-and-health>.

Follow us on Facebook and Twitter @PSICC_NF for up-to-date information on this and other topics. Use #LkGeoRX for South Park Ranger District prescribed fire information. For more information on the Beaver and Wilson projects, contact Mike Hessler at 719-836-3858 or Chris Rokosh at 719-748-8505.

The City of Woodland Park presents



Lighter
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2022 "May the Forest Be With You"
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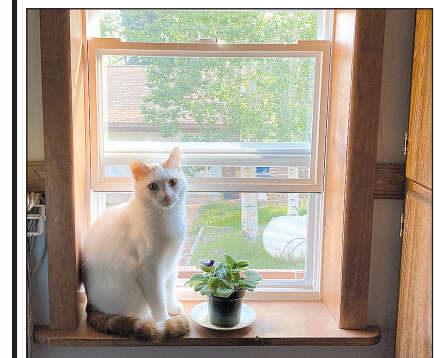
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**Pookie's hiding spot -
Kathy Hansen, Florissant, CO**



**Merril in the window -
Jeff Hansen, Florissant, CO**

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The Adventure Carousel

A Thankful Heart

by Gilrund the Historian



It had been a while since Ben and Jack had been in the Carousel of Happiness at night. School and homework had taken up a lot of their time and with the after-school sports they were a part of, they just didn't have the time for an adventure.

But now there was a short break from school for the Thanksgiving holiday. The big day was on Thursday, as usual, and they were out of school for the whole week, plenty of time for an adventure.

It was Tuesday. Ben was at Jack's house and they were thinking of something to do when Jack said, "I wonder what the animals on the carousel do for Thanksgiving Day? They don't have to work 'cause the carousel is closed and I'm sure that they don't eat turkey and dressing then sleep the rest of the day like we do."

Ben laughed and suggested that they go and ask them.

"Great idea!" returned Jack, "We haven't been there for a long time. I wonder if they will remember us?"

Ben laughed again and said, "Oh, I don't think that will happen after all the adventures we have had with them. Let's go tonight and find out for sure. Eight o'clock?"

It was dark when the two friends met at the back door of the Carousel of Happiness and Jack put his skeleton key in the lock and turned it. A soft "click" then they opened the door and slipped inside.

A soft mist rose from the floor and soon they faced Danny the dragon and Leo the lion.

"It's been a long time, boys," said Leo, "How have things been going with you?"

Jack put his arm around Danny's neck and hugged him as the dragon gently growled a greeting.

"We've missed you too," said Jack as Ben scratched Leo behind the ears. "It's been a busy time for us lately. School has been very busy and with sports after school, we haven't had much time to spend with you. But here we are, what shall we do tonight?"

"Yeah, what do you carousel animals do for Thanksgiving?" asked Ben.

"We do what all animals do at this time of year," said Leo, "We give thanks. Not like you humans do, but in our own way."

"Yes," added Danny, "Get on our backs and we'll show you."

The boys mounted their friend's backs and the mist rose up and covered them completely until a slight breeze blew it away. They found themselves deep in a forest of pines approaching a large grassy meadow.

They could hear a lot of animal sounds that seemed to be coming from the meadow as they drew nearer. They stopped when they were between two large pines and looked into the meadow that was illuminated by a full moon.

There were lots of animals standing in the meadow. They were all talking at the same time until a large bear walked out into the center of the meadow, stood up and growled loudly to get their attention.

"As you know," said the bear in his deep voice, "We have come once again to share what Mother Nature has done for us

this year. I will start and then those that wish to share may speak after I finish." The bear cleared his throat and started as the rest of the animals quieted down.

"I have much to be thankful for at this time. For besides all the wonderful berries and fish that were given for me to eat, I was saved from a human hunter by finding a deep cave to run into and hide until it gave up and went away."

The bear stepped back into the circle of other animals and watched as a large buck with beautiful antlers stepped into the center of the meadow.

"I too have much to be thankful for," he started, "I have had plenty of fine grass and vegetables to eat this year. I have been provided with many does to mate with and give young ones to the herd. As the bear said, I too have been protected from the hunters by my great running speed and the way that I can hide in the forest."

The buck lowered its great antlers and then backed into the circle of other animals as a doe stepped forward to stand at the center of the meadow. She looked around as though a bit frightened and then started to speak.

"I am thankful for the protection of my wonderful buck for providing protection for me and my little ones. Also, he has

led us to plentiful grass, also fruit and water to feed on as the little ones grew so quickly." She looked around quickly as she backed into the circle of other animals that stood listening and waiting for their turn to speak.

It was silent for a while until a cottontail rabbit hopped forward with its ears straight up and its nose twitching back and forth. The rabbit looked around at the other animals as it scratched behind its ears with its back foot and then sat down.

"I am very thankful for the great amount of food that has been given me this year. I was lucky to have found a garden that was planted by one of the humans at the edge of the forest. The human took very good care of the garden and when the carrots grew up and the nighttime came, I filled my stomach again and again. The lettuce was wonderful as were the radishes and cucumbers and spinach. It wasn't long before I brought my whole family to the garden. The best part was that the human didn't seem to care if we ate her plants. She just kept watering them and putting something on them to make them keep growing. My mate said that the human wanted us to eat in the garden or she wouldn't have allowed us to keep coming back each day. Yes! we came

during the daylight, and I noticed that the human watched from the big house as we filled ourselves each day. Never once did I feel that we were threatened. For I know that some of the humans will kill and eat us, but this one didn't. Even as my family grew, the human just made more things grow that we could eat." The rabbit looked around again as he scratched behind his ears and then hopped back over to the circle of animals.

A squirrel then scampered to the center of the meadow and sat up to look around as her tail twitched back and forth.

"I am thankful for the trees that grow in the forest," she said in her squeaky voice, "They provide everything that I need. I have plenty of nuts, pinecones and seeds to eat. I also am provided with a place to make my home in the hole that I dig in the side of the tree. It is high above the cold snow that comes in the winter and gives me protection from the cold wind and rain. I love the many branches to run along and jump from one to another in search of food and to escape from those that would try to hunt me. Also there has been much grass and seeds on the ground to eat and water to drink. My family has grown, and I am happy." The squirrel ran back to the circle of waiting animals and was quickly

replaced by a robin that hopped and ran to the center of the meadow where it stopped and quickly looked around at the other animals and the surrounding forest. It wiped its beak on its wing and then spoke.

"I too am thankful for what has been provided to us. I have had plenty of insects to eat for the ground was moist and the worms were plentiful. Black beetles, spiders and ants seemed to be everywhere, just waiting for me and my kind to feed on them. Like the squirrel, I too, am thankful for the abundance of trees and the protection that they supply for me, and others like me. The branches and trunks are strong and hold my nest as the young ones grow. They also provide insects places to crawl so that they can be caught and eaten. I have even used the holes in the trunks for my nests." The robin hopped to the side of the circle and a bluebird fluttered to the center of the meadow to speak.

"The Robin speaks the truth, for I too have fed well this year on the flies and other insects that were abundant in the forest. The trees and the ground seemed to be covered with them. I have had three broods this year and they have all been well fed and thrived. Nature has provided well for my kind." The Bluebird flew off to land at the edge of the meadow with

the other animals as a sparrow flew to the center of the circle. Its small voice could be heard for it was very quiet at that time.

"My family has done well this year for the same reasons. We have had lots of food and shelter in the trees. The ponds provided all the water that we needed. The grassy plants gave us many seeds to eat and the grass to make nests that were comfortable of us and our young."

One after another the different birds came and told of the abundance of food that they had. They spoke of how the trees gave them protection from wind and rain, as well as places to nest to raise their young and teach them to fly.

Other animals came to the center to tell of how thankful they were that Mother Nature had given them so much this year. One of the common things that they were thankful for was that the humans hadn't come to the forest to hunt. They didn't know why, but they were thankful for the freedom to roam and fly in safety.

Ben looked at Jack and Jack had a huge smile on his face as he leaned forward on the back of Danny the dragon to listen to the animals tell of how grateful they were.

Jack looked over at Ben and said, "We should take a lesson from all those animals. We should think of all the things that have been provided for us. Our parents work hard so that we have a nice place to live, good food to eat and warm clothes to wear."

"Yeah, it gives me a whole different way to look at Thanksgiving this year," replied Ben, "I just kind'a took it for granted that all the things that we have were just there. I see now that I need to be thankful to my parents for what they have done for me. I'm glad that we came."

Jack was quiet for a moment and then said, "Yeah, me too. Let's go home. I need to talk to Mom and Dad."

Danny had a smile on his face as did Leo the lion while the mist started to form around them.

It was just a few moments and the four friends found themselves back in the carousel and the mist cleared away.

"See you later, guys," said Ben.

Jack turned back for a moment and said, "Thanks for all the adventures and being our friends. It's been great!"

The two boys walked out of the door and locked it, then started home discussing how they were going to thank their parents for all that they do for them.

"Well, they really learned something this time, didn't they?" said Leo.

"It was a good lesson, Leo," replied Danny, "I wonder what the next adventure will be like? Christmas is coming soon."

Leo and Danny walked back to the carousel and took their places.

To be continued...

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.

Thank you to the kind folks at Carousel of Happiness for engaging in this fictitious series based on their carousel. Carousel of Happiness is located at 20 Lakeview Drive in Nederland, CO.

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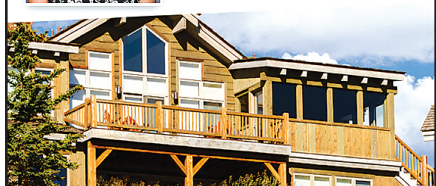
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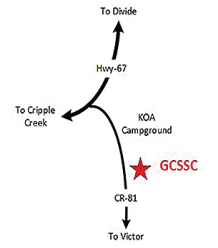
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A mule deer buck with a hammock tangled in its antlers is also caught in barbed wire fencing. photo courtesy of CPW.

Please remove tangle hazards!

by John Livingston

Antlered wildlife across Colorado are on the move during the fall months as they migrate to winter range and seek mating opportunities. During this time of year, deer, elk and moose are increasingly prone to becoming entangled in objects found around homes.

Earlier this month, Colorado Parks and Wildlife (CPW) officers in Durango had to tranquilize a mule deer to safely remove a cage for a tomato plant from its antlers. The cage would swing in front of the buck's mouth to prevent it from eating.

The same week, a wildlife officer in Woodland Park had to tranquilize a buck to get a plastic ring removed from around its hoof. Every year, wildlife officers across Colorado respond to incidents like these when deer, elk and moose have become entangled in hammocks, volleyball nets, holiday decorations and more.

That's why CPW asks the public to assess their homes and yards for potential tangle hazards to wildlife. People can help by putting away summer recreational equipment that is not in use and by making sure any holiday lights and decorations are wrapped tightly wherever they are strung. "Right now is a good opportunity to clean up your yard and to remove items a curious animal might stick its nose in or get wrapped up in," said CPW Assistant Area Wildlife Manager Steve McClung out of the Durango office. "We see animals get wrapped up in netting, landscaping materials and holiday decorations all the time, and it can impair their mobility, vision and ability to eat and drink."

When deer and elk become entangled, the stress involved and the physical exhaustion caused by trying to break free can lead to death.

Wildlife officers can often get deer untangled if they are nearby and notified in a timely manner. In some cases, they will cut off the animal's antlers to free it. In other instances, they can remove the object. Some cases do not require human assistance if the entanglement is not preventing the animal from eating or drinking or if there is low risk that the animal could get caught up in other items that would prevent it from being mobile. In those instances, the animal will be free of the burden when it sheds its antlers.

"We need to know about these situations quickly," McClung said. "It's best if we can

get to these animals before they've undergone too much stress and have exhausted themselves. Darting them also creates stress and can lead to mortality if the animal has already been stressed too much.

"If the animal is not tethered to what it is tangled in, it can also be difficult to chase them through a neighborhood and get into a position to dart them, or sometimes they disappear and we never catch up to help them. The sooner we get information, the more likely we will be able to assist that animal."

When deer and elk become entangled, the stress involved and the physical exhaustion caused by trying to break free can lead to death.

As people begin to hang holiday decorations this season, CPW recommends lights and other decorations be placed higher than six feet or attached tightly to trees and buildings. Lights that hang low or that are draped insecurely over vegetation easily get tangled in antlers.

If you see wildlife that does become entangled, wildlife officials ask you to report that directly to CPW by calling an office local to you or through Colorado State Patrol (CSP) if it is outside of normal business hours. When calling CSP, they will relay your information to the on-call wildlife officer in your area.

Be prepared when calling CPW with information regarding the animal's location and time observed, its behavior, whether it is tied to an object or still mobile and if the hazard is preventing the animal from eating, drinking or breathing.

Do not try to free wildlife from entanglements yourself and always call CPW. The rut — or breeding season — for deer enters its peak in late November and will last through mid-December.

During this time, bucks have a one-track mind — they want a mate. They can become agitated if any other animal, object or person appears to be posing a challenge. Dogs are often targets and they can be badly injured by a buck's antlers. Deer can become aggressive toward humans, too, so stay well away from them. Attacks get reported around the state each fall.

During the rutting season, bucks will also rub their antlers on various objects to mark territory and signal their presence to other bucks. That can further increase the possibility of tangle hazards.

You can learn more about living with wildlife by visiting the CPW website (<https://cpw.state.co.us/learn/Pages/LivingwithWildlife.aspx>).

Steve Harris Songwriter of the Year Contest

by Rocky Mountain Highway Music Collaborative



The 3rd Annual Steve Harris Songwriter of the Year Contest sponsored by Graner Music is underway! Put your song-writing cap on and create a ditty you'd like to perform at the May 26, 2023 MeadowGrass Music Festival. You may submit your entry via email, attention Nicole at RMHMC09@gmail.com. There is a \$10 entry fee to be paid through our website: <https://rockymountainhighway.org/index.php/donate-to-the-rocky-mountain-highway/> or mail a check made out to Rocky Mountain Highway to POB 38943 Colorado Springs, CO 80937.

No one will be turned away, so please reach out to Nicole for an entry fee stipend 719-426-1483 or RMHMC09@gmail.com. Thank you for participating in this unique community event!

The following parameters are in place for this contest:

1. Your song must be original and performed by you. You may have one accompaniment.
2. All music genres are welcome.
3. One song only; five minutes or less.
4. There will be two age categories: 13-18 years of age (\$500 prize) and 12 years

of age and under (\$250 prize). Each category will have an honorable mention.

5. All contestants plus 1 guest get into MeadowGrass free on May 26. We also offer ½ price weekend tickets to contestants' immediate family.
6. All submissions will be anonymous to the judges; each judge will receive copies of the recordings without personal identifying information. Therefore, please do not introduce yourself in the video. Stating the name of your song is great though!
7. Judges will receive a scoring sheet for use in evaluating. Your song will be judged on the following categories: melody, lyrics, originality, and overall effect.
8. The questions below must be answered and submitted with your song. These questions will not be included in the judges' evaluation; they are for organizational purposes only.
9. Entry deadline: April 24, 2023.
10. Please note, if you are chosen as one of the front runners you will need to be prepared to perform on the main stage at MeadowGrass. We provide sound and tech support, but not instruments.

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Fitness ON the Mountain

Life span, health span and our *Marginal Decade*
by Lori Martin

The subject of this article has me very intrigued and very excited to share. In the early years of my fitness adventures, I made myself a pact. I was determined to reach age 50 both healthy and physically fit. Aside from being diagnosed with thyroid cancer and undergoing a complete thyroidectomy, I am proud to have achieved that goal.

It's what happened after I retired from taking care of the fitness needs of others, that has my attention. I began to focus some much-needed attention on myself. Now, at age 63, I have decided it's time to start planning what the next 30 years of my life are going to look like.

Filling my days with personal training clients and teaching 10+ classes per week was very rewarding. I loved my job! It was also, physically and mentally exhausting which, may have contributed to this diagnosis. I chose to view this situation as a blessing and, I designed a new fitness routine that consisted of dog walking, Pilates and hiking.

The pendulum of life can be a tricky one to navigate. We know it's not a good strategy to go from physically and mentally exhausting ourselves for 30+ years, to navigating the TV remote for the remaining 30+. We are wiser than that and we would tell our loved ones it's not a good idea! Taking care of others becomes more important than taking care of ourselves until we are exhausted, dealing with medical diagnosis's and/or injuries. Then, we settle into that reclining chair we thought we would never own.

No matter our age, we can start right now! We can do that by, first, reflecting on what we want for our future selves and, secondly, decide to take control. The focus of my original fitness goal was related to my Health Span without consideration for my Life Span. It seems I did such a great job getting myself to 50 years old, my 60s, just kind of happened. Very little thought went into the last 13 years of my life.

Unless we've been a caregiver for a patient or loved one experiencing their own last decade of life, we may not have thought much about what our personal *Marginal Decade* will look like. (The *Marginal Decade* is the last decade of life, whenever that is.) We've heard the stories and seen it depicted in movies or books. Some of us may have neighbors we like to check in on, from time to time.

We really only have 1 choice to make and, we should decide, right now:

1. Do we visualize our futures as out of our control, in continual decline, experiencing loss of muscle mass, bone strength, cardiovascular endurance, stability and, eventually, our independence?
2. Do we see a proactive future and commit to life altering changes? Do we see ourselves on the ground playing with our grandkids, playing tennis or traveling? How important is remaining independent?

Here's the great thing! It's not too late to start working toward being a more fit, healthy, mobile, cognitive and productive member of society. Your family will thank-you, your dog will thank- you, your neighbor will thank-you. They will all look at you and say, "I want that!"

Of course, many factors influence where we are, right now. Our age, health, habits and lifestyle may have created some obstacles. There are some simple things we can do right now to alter the destiny of how we live out our *Marginal Decade* regardless, of those obstacles.



Something as simple as walking your dog regularly can help ease you into your *Marginal Decade*.

Planning out our *Marginal Decade* isn't going to be an easy task, for most of us. First, we need to visualize, in great detail, what that time of our life is going to look like. We'll need to assess where we are now and, reverse engineer every aspect of those details.

What do we eat?

Most of us were raised on the Standard American Diet (SAD). The SAD way of eating is hard to bust out of, for a few reasons. It's easy, cheap and it comes with the reminders of our youth, of family gatherings, holidays and traditions, the smells, the sounds... comfort food.

It's time to create new memories, new comfort foods and better health. Restrictive diets can help us transition to healthier eating, if done correctly. Constantly jumping from one restrictive diet to another is neither, healthy nor safe.

How is our muscle strength, muscle endurance? Are we stable?

Falls don't typically, happen because a 70-year-old was doing something dangerous. In many cases, the body fails the 70-year-old. The body fails because we ignore the things that are easy fixes when we are younger. It is inevitable; the small issues we ignore today are going to become big issues, one day.

There are some simple tests that can help us determine our overall strength. Once we have a better understanding of our strengths and weaknesses we can then configure what we need to do, now to meet our goals for that *Marginal Decade*.

What activities do we participate in that challenge us?

We need to consider our aerobic and anaerobic conditioning. Think of "aerobic" exercise as being a constant and continuous flow of movement.

Setting your stationary bike on the same speed, resistance, frequency and duration daily, is the minimal we should do. The benefits of gradually, mixing up your routine will help increase your aerobic and anaerobic capacity, and offer the motivation needed for adherence to your goals.

For example, one week your focus can be on *speed* with a lower resistance for 15 minutes and follow up by increasing your *resistance* for the last 5-10 minutes. Equally, consider the frequency and duration of our activities. Instead of the same 30 minutes 3 times a week, alter your program by increasing your frequency to 5 days a week or your duration to 45 minutes.

Think of anaerobic conditioning as activities that require bursts of movement.

How well do we handle stress?

It is well known that with life, comes stress. It's how we deal with these stressors that dictates our quality of health. For some, meditation may sound too *new age* or time consuming but, even five minutes of sitting in silence is helpful. Prayer is another form of coping. Listening to music, reading books, taking walks, enjoying nature, journaling, keeping a gratitude list and one of my favorites, snuggling with my 2-year-old dog, Colt, are effective ways to de-stress.

Have we identified and, do we have a plan for the inevitable obstacles we face?

Investigate which nutrients we are low in and, if needed, add a good quality supplement to our daily regimen. As we age and/or go through hormonal changes there are options to enhance our quality of lives, as well. Looking into preventative and regenerative health for aches and pains before they get to the point of needing surgical intervention is critical. My all-time favorites, a strong core, good posture and practicing 360-degree breathing are going to enhance your life, at any age.

Making all these things habits before we reach our *Marginal Decade* will increase our chances of being fit, agile, healthy and independent as we age. Our families will breathe a sigh of relief, the younger generations will be inspired, dogs will joyfully walk by our sides.

If you are under the supervision of medical professionals, it's always important to check in with them before making drastic changes.

Fitness On the Mountain is not only a fitness column in the *Ute Country News*, any more. You can now attend Fitness On the Mountain classes, on a donation basis:

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Bring a mat and dress comfortably.

Save the date of January 7, 2023 for a Health, Wellness and Fitness Fair. More info to come!

I'm really excited to do more of what I love doing and to do it on a more personal level, at that.

If you have any questions, please contact me at: Lori Martin 805-813-3997 lorimartinfitness@icloud.com

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Life-Enhancing Journeys

Dare we talk about Psychedelic Therapy to ease the Mental Health Crisis?

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

Around the world, mental health is in crisis. Even before the pandemic, rates of mental health disorders were rising globally. What would it be like living with debilitating conditions such as depression, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), anxiety/panic disorder or addiction? How about living with a terminal illness — what is it like living when you are diagnosed with a fatal disease? What if there were treatments available that could potentially eliminate the dread you are faced with, from these conditions, yet you or your loved one may be unable to access it? I view sharing updated and accurate information with you regarding the latest studies involving psychedelic treatment as important.

The promise of psychedelic therapy to treat widespread human suffering has gained a lot of attention recently, especially as researchers collect more clinical and anecdotal evidence. The stigma that had previously surrounded taboo substances such as psilocybin, LSD, and MDMA which started in the 1970s is declining as mental health providers seek these treatments for a variety of treatment-resistant mental health disorders.

From the 1940s through the 1960s, an uncountable number of studies on the use of LSD and psilocybin were conducted. The substances became “dangerous” in the early 1960s despite encouraging research. These studies came to an end when psychedelic drugs became criminalized in 1970 with the Controlled Substances Act. They were then classified as Schedule I substances, meaning they are illegal to manufacture, buy, possess or distribute and are defined by the Drug Enforcement Administration as having “no currently accepted medical use and a high potential for abuse.” This has now been debunked by scholars and researchers worldwide. It has been clearly confirmed, too, that there is no relationship between the harms of drugs and whether they are illegal or legal as evidenced by alcohol-related deaths as well as the opioid crisis.

Scientists studying the effects of these substances that were once believed to be harmful, have now recognized that there is a big difference between therapeutic use and the recreational use of psychedelic drugs. Johns Hopkins University researchers expressed, “Our goal is to move psilocybin out of the criminal framework so we could provide access to anyone who might safely benefit.” With legislation introduced in 1992, studies have been conducted to further understand the uses and potential benefits of psychedelics for several mental health disorders, including depressed mood, anxiety disorders, obsessive-compulsive disorder, alcohol use disorder, and tobacco use disorder. Due to these studies, the Natural Medicine Health Act will be on Colorado’s November ballot to help enable more research on psychedelic therapies at the UC Health Anschutz Medical Campus. If the NMHA passes, people suffering with treatment-resistant mental health conditions will have access to plant medicines without fear of persecution.” To learn more about the Natural Medicine Health Act visit: <https://naturalmedicinecolorado.org>

As a baby boomer during the 1970s, I came of age at a time when the use of recreational drugs seemed both an act of rebellion and a rite of passage. I was intrigued so I cautiously participated. Even though I have avoided these substances since I was in college, I am grateful that I had those experiences, which may have been beneficial for easing my depression and anxiety as well as for discovering and expanding insights and creativity.

When I first read about the growing research on the therapeutic use of

psychedelics to treat emotional disorders, I reflected on those uninhibited days. It all seemed so hip back then, wearing tie-dyed T-shirts and bell bottoms while grooving at rock concerts. Times certainly have changed since then and I am grateful that I came through those experiences intact, although I am aware that not all who experimented did. In the 1960s, there were few controls on psychedelic substances therefore, it was risky because we were unsure of what we were ingesting and what was the strength of each dose.

Scientists are now looking “outside the box” by studying the effects of various psychedelics, particularly LSD (street name acid), DMT (a rapid onset plant-derived hallucinogen), psilocybin (hallucinogenic compound in psychedelic mushrooms) and MDMA (street name molly or ecstasy), according to Edward MacPhee, MD, psychiatrist with the CU School of Medicine. “Part of the reason this research started to take off is that our medications and our psychotherapies are not as effective as we would like... There are a good number of people who don’t achieve remission of their depression, anxiety, PTSD... so we need alternative treatments.” MacPhee acknowledged.

Scientists are now looking “outside the box” by studying the effects of various psychedelics, particularly LSD (street name acid), DMT (a rapid onset plant-derived hallucinogen), psilocybin (hallucinogenic compound in psychedelic mushrooms) and MDMA (street name molly or ecstasy)...

Along with Dr. McPhee, Jonathan Treem, MD, a palliative care provider (treatment of the discomfort, symptoms, and stress of serious illness) at University of Colorado Anschutz Medical Campus and some of their colleagues, are promoting the study of psychedelic-assisted mental health therapy. Based on early research of hallucinogenic compounds — rooted for millennia in many indigenous cultures as a tool for well-being — psychedelics could pave the way to a much-needed therapy for treatment-resistant mental health disorders that plague the nation and the world, from severe depression and suicide to stress disorders and addiction.

For thousands of years humans have ingested psychoactive mushrooms in various settings for celebrations, healing rituals, and religious ceremonies. Psilocybin, the active ingredient in “magic mushrooms,” is presently being tested in clinical trials, in combination with psychotherapy, to alleviate anxiety and depression related to life-threatening or terminal illnesses, substance abuse disorders, nicotine dependence, eating disorders, obsessive-compulsive disorders, post-traumatic stress disorders, cluster and migraine headaches, and anxiety. Researchers are also investigating the use of psilocybin to treat anorexia

nervosa and neurodegenerative diseases like Alzheimer’s and other dementias. In some research volunteers, psilocybin has been shown to increase overall well-being and life satisfaction.

Described as a “potential breakthrough” in some palliative care journals, Dr. Treem said the psychedelic therapy could be viewed as the “holy grail” for one of life’s hardest challenges — accepting death. “Existential distress (a feeling of unease, dread, or apprehension associated with thoughts of death) has its own set of symptoms, and I don’t think antidepressant or anti-anxiety medicines really touch that particular type of distress... We need other ways to make... people’s lives more bearable.” Dr. Treem concluded.

When asked about his view regarding what it might be like to live with an unrelenting, debilitating mental health disorder or a terminal illness, Dr. Treem addressed these questions by painting a picture that resembles a nightmare, “It’s like being in a perpetual horror movie, where a killer lurks inside your home... you’re the main character, alone with the murderer, who lies in wait. As you creep from dark room to dark room, searching for a monster sure to overpower you, the dread builds... you never know when that thing is going to jump out at you or where it’s going to happen... that sort of dread generates an incredible amount of stress... and suffering.” No one should be stuck living in a nightmare especially when there is the promise of relief with psychedelic treatment. Dr. Treem continues, “There seems to be a relaxation of that very fear, that idea that you are walking around ... and death exists in that house, but you are not afraid that it will jump around the corner. In fact, you know it will, and you accept that. It becomes essentially a part of reality itself, and it doesn’t generate fear... Anxiety, depression and the pain and agony over a life that’s ending ... subsided quickly, with benefits lasting up to six months among a majority of study subjects. What we find with psilocybin is that it brings peace. And that’s what palliative care is meant to do.”

Johns Hopkins University researchers published results from the first randomized controlled trial of treating major depressive disorder with synthetic psilocybin. Their study, published in JAMA Psychiatry, found 71% of patients experienced a “clinically significant response” (an improvement that lasted at least four weeks after treatment) and 54% met the criteria for total “remission of depression.” Psychedelic drug therapy is also unique in that the effects are often instantaneous after the first treatment session and additional treatments may be unnecessary to maintain the clinical benefits. A recent review of 10 independent psychedelic-assisted therapy trials in which patients with either anxiety, depression, obsessive-compulsive, or substance-abuse disorders, were given either psilocybin, ayahuasca (a hallucinogenic brew that occurs naturally in a plant from South America), or LSD, reported that the therapeutic benefits lasted for up to one year. The positive results with psychedelics have never been achieved with traditional pharmaceuticals. Most antidepressant medications (SSRI’s), currently available can take several weeks or months to work and may have intolerable side effects.

In 2023, Oregon will be the first state to allow psilocybin-assisted therapy. Colorado and several other states are looking into the possibility of legalizing psychedelic mushrooms.

Psilocybin has been shown to benefit people suffering from anxiety or traumatic memory, according to Michael P. Gentile, MD, a psychiatrist who runs the Wyckoff Wellness Center. Dr. Gentile noted that

psilocybin directly enhances serotonin — a chemical that carries messages between nerve cells and throughout the body. It also resets the brain resulting in a potential positive impact on an individual’s well-being. Study participants described looking at their lives in a new way, with feeling of interconnectedness, a sense of empowerment, an impression of belonging and acceptance.

A growing field of therapeutics called “psychedelic integration psychotherapy” reinforces positive changes after doses of psychedelic treatment have reorganized the brain pathways which is why the use of psychedelic mushrooms has been gaining support for therapeutic purposes.

Johns Hopkins neuropharmacologist Roland Griffiths, lead author of the initial 2006 study on depression, recognized there was a significant difference between psilocybin and other mood-altering drugs or pharmaceuticals. The participants in the studies were able to quickly alter the beliefs and meaning of their mental health problems. Dr. Griffiths described the effects as, “... it helped ‘reorganize’ in a way they don’t get with other drugs... It’s almost like reprogramming the operating system of a computer.” Research has shown that psychedelic drugs can increase communication between different parts of the brain which means that psychedelics offer new routes and directions to think, feel and behave.

Michael Mithoefer, MD, a professor at the University of South Carolina Medical School, and his wife, Annie, a nurse, who together have been leading research into the effects of combining doses of MDMA, a pure form of the club drug Ecstasy, with psychotherapy. The neurochemical action of MDMA seems custom-made to treat PTSD. It releases a variety of feel-good neurotransmitters, including serotonin, dopamine, and norepinephrine. It also releases oxytocin, the hormone that increases our positive feelings and the ability to bond to one another. It also quiets the amygdala, the brain’s fear center, while boosting the higher functioning of the prefrontal cortex (the brain structure behind your forehead). This decreases the crushing anxiety that individuals with PTSD endure.

The following is a description of an actual psychedelic experience the Mithoefer’s wrote about in the journal *Psychotherapy Networker* — Sept/Oct 2018:

“Long back from two tours as a Humvee turret gunner in Iraq, Nicholas is a Marine combat veteran in the midst of a mighty struggle with treatment-resistant PTSD. Among the symptoms he’s grappling with is uncontrollable anger, causing him to blow up frequently at his wife and other people in his life. With him are psychiatrist, Michael and nurse, Annie Mithoefer. They’re sitting with Nicholas for a session on the drug, having already prepped him in meetings beforehand to explore his trauma while under its effects.

Nicholas goes on to tell them, “I have this negative battle going on in my head, this part that’s just saying I’m a murderer and killer... that I wanted to do it, I wanted to go over there and hurt people... That evilness; I don’t want any space for that in my life.”

“It’s a really important part of you that doesn’t want that,” Michael Mithoefer says, but reminds Nicholas that we all have parts that carry rage and the potential for violence: they just don’t need to be in charge. He suggests it may be time to understand that part of himself and help it heal.

At first, the words don’t help; Nicholas says he can’t let them in because it makes him feel too helpless. But soon he’s sobbing, telling them a part of him wanted to die at war. “I just wanted to be done,” he says. The Mithoefers both put their arms around him as he cries, and



Psychedelic mushrooms produce the hallucinogenic compound psilocybin.

they nod when he quiets and tells them, “I just don’t let myself feel sometimes, how much it hurts.”

The film skips ahead to another MDMA trip with Nicholas. He’s been listening to instrumental music to facilitate his inward journey and suddenly speaks up to tell the Mithoefers that its intensity has just reminded him that he was brave and strong in Iraq. “I saw myself in a whole new light,” he reports. “I’ve seen how low man can be... that side of the spectrum that’s so dark and so evil. There’s that other side that’s a balance to it. Accepting those things really makes me feel complete.” Now, instead of burying his past in a way that’s been hurting him, he wants to acknowledge and embrace all parts of himself, the warrior as well as the softer side: he now wants to think of himself as a “peaceful warrior.”

We see Nicholas a final time, in a chair on a stage wearing a well-tailored suit, his hair longer, his life different, as he talks about how he wouldn’t be here today without MDMA-assisted psychotherapy. He tells the audience that since his experience with the Mithoefers, he and his wife are going to have a baby. He says, “I finally feel like I have my head together. I didn’t want my child to see me the way I was before, and I’m so grateful for this therapy.” Without it, he adds, “I wouldn’t be alive.” Psychedelic-assisted therapy acts as a catalyst for a participant to go deeper within themselves, while the psychotherapy makes the experience meaningful and restorative.

Since 2004, when the Mithoefers first started testing MDMA-assisted psychotherapy, more than a hundred vets, cops, firefighters, and sexual assault and abuse survivors have undergone treatment. It provides an opportunity to re-frame memories relating to trauma, shifting from a perspective of blame and rage to a more compassionate outlook. The approach has proven so successful that the Food and Drug Administration has deemed it a “breakthrough therapy” for PTSD and is helping the Mithoefers move to the final phase of trials with hundreds more trauma survivors. More than 20,000 have already signed up to be part of these experiments.

The Mithoefer’s original phase-2 study with treatment-resistant PTSD subjects, with the average of 19 years with the disorder, an astounding 83% of participants no longer met the criteria for PTSD after completing treatment.

When they followed up with them 45 months later, 74% had sustained their improvement. They also reached out to subjects from all six of their phase-2 studies at the one-year mark. When they gathered those results, 68% still had no symptoms of PTSD, and one of the trial sites in Colorado claimed 80% of its subjects stayed free of PTSD symptoms. Contrasting those results with traditional talk therapy, the improvement in clients was only shown to be 44%. They also found commonly prescribed antidepressant drugs, like Paxil, Zoloft, and other SSRIs, were effective less than 30% of the time.

According to Todd Gould, MD, Professor of Psychiatry at the University of Maryland School of Medicine, Ketamine (which is not a classic psychedelic but is a hypnotic-sedative pain-reliever, street name Special K), has also been found to be healing. He related, “We think that depression is associated with weakening of connections between neurons, which are the principal cells of the brain. Ketamine appears to work by rapidly repairing and strengthening those connections.” Ketamine has been legal for six decades, proving its benefits as a “battlefield medicine,” rescuing injured soldiers from shock, trauma, and cardiovascular collapse from blood loss. Ketamine, when used properly, has a long safety record.

“Psychedelics inherently don’t tend to be addictive because they’re not flooding the brain with tons of dopamine like speed, crystal meth, or cocaine do and they’re not flooding your opioid receptors like downers or heroin or prescription painkillers.”

— Mike Dow, PsyD, PhD

Research is still at the very beginning stages to determine what population is best served by psychedelic therapies, at what dose, for what drug and for what period of time. Psilocybin is not a treatment option for everyone. It can potentially pose risks to people who have experienced episodes of mania or psychosis. For this reason, people with certain mental health conditions such as bipolar disorder or schizophrenia should not try psilocybin-assisted therapy.

Matthew Johnson, a psychiatry professor at the Johns Hopkins Center for Psychedelic and Consciousness Research who has conducted numerous studies on psychedelics, addressed the issue of safety. Johnson acknowledged that despite public testimonials about the positive therapeutic effects of psychedelic usage, “there are dangers, and it is illegal.”

Mike Dow, PsyD, PhD, recognizes that some people may fear becoming addicted. “Psychedelics inherently don’t tend to be addictive because they’re not flooding the brain with tons of dopamine like speed, crystal meth, or cocaine do and they’re not flooding your opioid receptors like downers or heroin or prescription painkillers,” he says.

Dr. Alexander T. Shulgin, medicinal chemist, biochemist, organic chemist, phar-

macologist, psychopharmacologist, advises “...any person anywhere who experiments on himself, or on another human being, with any of the drugs described herein, without being familiar with that drug’s action and aware of the physical and/or mental disturbance or harm it might cause, is acting irresponsibly and immorally, whether or not they are doing so within the bounds of the law.”

Even though I experimented in my youth and I feel grateful I did no obvious damage to myself, I discourage anyone from attempting to use psychedelics on their own and should only be used under the supervision of a trained mental health professional. It is important to note that all studies have occurred in clinical settings under specific dosages. If you have any interest in participating in research trials because you struggle with symptoms such as depression, PTSD, anxiety, addiction, a terminal illness, go to ClinicalTrials.gov to find the studies in which you might be accepted.

Recently, when I typed “psilocybin” studies in the United States, 67 trials came up. All are being conducted at well-known academic medical centers, which means the studies are done with pure drugs, approved by the FDA and licensed by the Drug Enforcement Administration, which means the trials have regulatory approval. This is motivating UC Health Anschutz Medical Campus to ask the citizens of Colorado to grant permission to perform more studies (hence the two ballot issues).

As psychedelic therapy becomes more effective, its use in helping to improve mental health, may become a powerful treatment tool for transformation. Although many questions remain unanswered when exploring the clinical use of psychedelics, it is worth considering its potential value. Will psychedelic-assisted therapy continue to be supported by the mental health community? Will it eventually change therapist’s method of providing treatment? Can it offer sustainable relief for patients/clients? These are very important questions, yet what is clear is that the current interest in psychedelics is much more than a hippie, counterculture pursuit of a mind-expanding adventure. It can be a promising option or addition to alleviating the mental health crisis.

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

Barbara will enjoy a well-deserved respite from this column in December. We look forward to reading this column again in our January 2023 issue.

Editor’s note: Shout-out to Caserole — so glad you were willing to try this breakthrough therapy with positive results — way to go!



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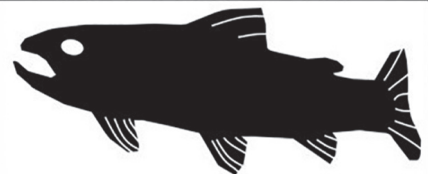
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Panning for Good

Exploring musical tuning part I of II

by Dr. Bec

Struggling to hit those high notes? It may not be your fault! Standard tuning of instruments is higher now than during the 18th and 19th centuries when some of the greatest classical, operatic and religious music was composed.

If you have ever attended, played or streamed a symphony performance, you have probably noticed the concertmaster (first chair, first violin) play an “A4”, the musical note A above middle C, before the first piece is played. This is done to ensure that every instrument is tuned to the same frequency. Typically, this “A” would be tuned to the current concert pitch standard of 440 Hz.

What does the abbreviation Hz mean? Named for Heinrich Hertz, a German physicist, the Hertz (Hz) is a unit of frequency of one cycle per second. “For example, a typical U.S. home would have electricity supplied at 60 Hz. This would indicate that the electrical current would change direction or polarity 120 times, or 60 cycles per second. Hertz replaces an earlier term ‘cycles per second (cps)’.” (techtargert.com)

Musical tuning has a long history. The internet and musical libraries are full of all kinds of information about it, some credible and some questionable. Along with digging through sources, I wanted to learn directly from experts who daily used musical tuning in their professions. I chose the following three people: Juan P. Mijares, a local luthier *stringed instrument maker*, the late Anthony Morss, a renowned symphony conductor and Lizzy May, a classically trained, international cellist and quantum healing practitioner. Through the eyes of these three incredibly talented and knowledgeable people, we can uncover some “in the trenches” insights about musical tuning. Let’s begin with Mr. Mijares.

Juan P. Mijares: Local Luthier—Stringed Instrument Maker
<https://www.mijaresviolins.com/>

Juan Mijares lives near Woodland Park, Colorado. He attended the Violin Making School of America in Salt Lake City, UT where he graduated with the degree of luthier. He worked with master violin makers including Peter Paul Prier who graduated from the respected Mittenwald School of Violin Making in West Germany. Juan also worked in a variety of notable violin shops before opening J. Mijares Violins in Colorado Springs in 1987.

When I entered Juan’s shop, creativity, peace and curiosity were tangible entities and time began to stand still. I became enthralled with the aroma of wood shavings and glue, the antique-looking bottles full

of resins and brushes, and the unique tools of a luthier. These trappings of master craftsmanship encircled me in their rare embrace. Seeing beautiful instruments at different points in the creation process was inspiring. Juan carefully pulled out a beautiful Baroque violin, the type that would have been used by violinists before the early-mid 1800s and rested it next to a Modern version (see picture). He then explained a few of their differences. I have recorded the comparisons he shared with me in the following table:

Baroque Violin Before early-mid 1800's
<ul style="list-style-type: none">• Shorter fingerboard• Shorter neck• Lower angle over the bridge• Gut strings-hand twisted sheep gut, shaved down
Lower tension, mellower, quieter sound
Modern Violin Began changing early -mid 1800's, hasn't changed much since then
<ul style="list-style-type: none">• Longer fingerboard• Longer neck• Higher angle over the bridge• Metal strings
Increased pressure and tension, for a brighter, bigger sound designed to fill bigger concert halls

The modern violin also looks like it has a larger chin rest and elongated f-holes (where air escapes to produce more sound). Over time, these changes kept pace with performance needs in large venues.

Instruments are where the rubber hits the road, where the notes become reality. We know that historically, musicians didn’t have an app on their phones to give them perfect electronic pitch in Hz. They used tuning forks and relied on musicians who could tune by ear. They also used the mathematical relational tuning of thirds, fifths and other intervals. Certain lengths of pipe for instruments such as flutes or organs provided a type of general standardization and these methods worked if you only had to perform locally (except when the temperature changed and wood differed from tree to tree). However, when musicians started traveling, standardization became desirable because transposing music into different keys is not easy on the fly if, for instance, the local organ was pitched higher than the visiting composer’s music.

Tuning can be tedious, but it is basic and must happen before beautiful musical can be produced. Juan tunes stringed in-

struments constantly and doing it correctly is central to his work. He would love to invent a violin that tunes itself!

Synopsis of Tuning History:

- 16th -18th centuries:
 - o No consistent tuning in Europe existed for a variety of reasons including slow communication, varying capabilities of singers and instruments, political divisions and preferences of composers, leaders and congregations. Through an analysis of historic instruments and tuning forks, it was determined early modern German pipe organs available around 1511 had pitches that varied from a high of A4 = 567 Hz to a low of A4 = 377 Hz.
- Mid-19th Century:
 - * Different countries were still typically setting their own tuning standards, but some standardization was beginning:
 - * 1859, France standardized A4 = 435 Hz
 - * 1896, A4 = 439 Hz in Britain
 - *1939: London International Conference, A4 = 440 Hz. There was a push for standardized tuning at this time due to Music Broadcasting which made it possible for live or recorded music performances to be broadcast from all over the world.
 - *1955 and reaffirmed in 1975: The International Organization for Standardization officially recognized A4 = 440 as “concert pitch”
 - *1980’s-90’s: Schiller Institute organized a petition to lower the standard pitch from A4=440-450Hz to A4 = 432Hz. Thousands of top classical singers during this time period signed the petition including Luciano Pavarotti, Birgit Nilsson, Plácido Domingo, and Mirella Freni.

Anthony Morss: Symphony Conductor
Saving Grace, Saving Voices—Anthony Morss

Anthony Morss, who passed away in 2018, was a renowned conductor. His roles included Chorus Master, Music Director and Principal Conductor at Juilliard, the Mjorca and Saragossa Symphonies in Spain, the Norwalk Symphony, New York State Opera Company and others. As the conductor for many operas, he felt that that tuning “A4” to 432 Hz was more appropriate when trying to correctly portray dramatic characters. He felt singers with lighter, more lyrical voices, who could hit higher notes, would have to be chosen to play roles that could be better performed with stronger, more resonant voices. Morss wanted voices for operatic roles that more accurately represented the intended color of characters created by the classical masters. He also felt that higher tunings burned out voices, shortened careers and were, in general, detrimental to the opera.

Here are some of his thoughts on

tuning as quoted from a speech he gave in 2017: <https://www.youtube.com/watch?v=PebY03U8jQs>

“...Actually 432 is ideal because it derives from middle C at 256 which is a major scientific constant...the characteristic vibratory rates of the subatomic particles are all within the same scale of values as 256. The universe is singing, basically, to all the same tune... The most compelling reason to tune at 432, championed by the great Giuseppe Verdi himself, is not just its scientific and theoretical significance, but rather the extremely obvious gain in beautiful tone for stringed instruments... and of course even more important for the singing voice...”

I enjoyed learning about Anthony Morss and the Schiller institute he was associated with. I’m in the process of re-researching the studies he is referring to and will share my findings next month as part of *Exploring Musical Tunings part II*. I’m not sure how A4 = 432 Hz derives from middle C at 256 Hz, but I’d like to think the universe is singing to all the same tune; it sounds whimsical and unifying. I’m wondering if that can be proven. I will let you know what I find out next month along with Lizzy May’s insights about her experiences with A4 = 432 Hz tuning. For a sneak peak, check out the links below.

Lizzy May: Professional Cellist and Quantum Healing Practitioner
Lizzy May performing Bach Air on the G String: <https://www.youtube.com/watch?v=Ri8hDWRRde0>
<https://www.healeruk.com>

Jokes:
<https://www.classicfm.com/discover-music/latest/classical-music-jokes/>

Q: Why couldn’t the string quartet find their composer?
A: He was Haydn

Q: Why didn’t Handel go shopping?
A: Because he was Baroque

Challenge:
How do you tune? What needs to be done first to produce your best self? Identify a few things that you feel would set you up to be your best.

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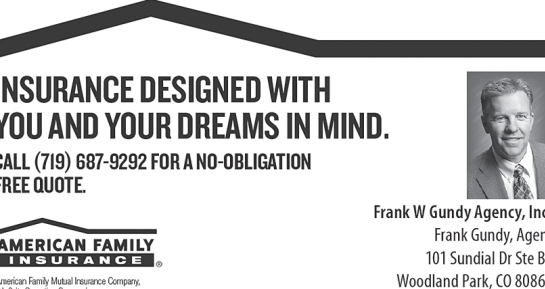
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(719) 510-1268
750 Highway 24 Suite 120 Woodland Park, CO 80863
www.journeyscounselingcenter.com
journeyscounselingctr@gmail.com



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Save our forests and homes!

~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

BUENA VISTA
6 Paws for Thanks: An open house event for Ark-Valley Humane Society 12-3 p.m. Tours and lights refreshments will be provided at 701 Gregg Drive.

CAÑON CITY
LIBRARY
2 FREE Legal Clinic 2-5 p.m. Call 719-269-9020 for ap-
pointment.
3 Write your life story with Jeanne Schmidt at 10 a.m.
5 Local author and book sale (new and used) event 10-2 p.m. Over 20 local authors will be here with their books. Books make great Christmas fits.
18 Creative Crafts 3-4 p.m. We are decorating mason jars and placing tea lights in them for holiday decorations. All ages are welcome to do this craft. Reserve your spot 719-269-9020.
• Story times Mon, Tues & Thurs 10-30 a.m.
• Lego Club first Friday 3 p.m.
• Breakout Box second Friday 3 p.m. FMI 719-269-9020.

CRIPPLE CREEK
3 American Legion Post 171 meets the first Thursday of every month at 6 p.m. 400 Carr St. Food and refreshments at 5 p.m. (weather permitting).
26 Head-frame lighting begins on weekend nights, weather permitting.
• GED Class 1-3 p.m. Mondays & Wednesdays. New students (min. age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org

CHIPITA PARK
5, 7 The Chipita Park Association's 18th Annual Arts & Crafts Fair Saturday 9-4 p.m. and Sunday 10-3 p.m. at Marcroft Hall 9105 Chipita Park Road. Area

COLORADO SPRINGS

5 Wags and Wishes benefit is held on the 5th from 5-9 p.m. at Garden of the Gods Resort in Colorado Springs. Dinner and auction. Please join us on this special event night to support our furry friends of TCRAS!
17 Community and Veterans Job Fair. See page 4.
20 Trans-Siberian Orchestra's "The Ghosts of Christmas Eve" 2 p.m. and 7 p.m. at Broadmoor World Arena.

PIKES PEAK CENTER
8 Blue's Clues & You!
14 David Sedaris 7:30 p.m.
30 Disney Junior Live On Tour: Costume Palooza

DIVIDE

• Fitness Classes Wednesdays 10-11 a.m. at Pikes Peak Community Club 11122 US Hwy 24 by Fitness ON the Mountain. FMI 805-813-3997 lorimartinfitness@icloud.com
10 Veteran's Appreciation Dinner 6:30 p.m. at Little Chapel of the Hills for FREE! All Veterans and their spouses/significant others are invited. Space is limited. RSVP by Nov 5. Text Judi 719-331-1087 or veteransdinners@gmail.com.
14 & 28 Drive-up food distribution.
21 Full turkey dinner distribution so you can cook the meal at home, to every family!
• Save the date – Dec 19 Special Christmas food distribution.

FLORISSANT

11 The Florissant-Lake George Veterans of Foreign Wars Post#11411 and its Auxiliary will conduct its Honor Guard Ceremony for Veterans at the Florissant Cemetery at 11 a.m. The public is invited to attend the ceremony. Please come to the ceremony to pay tribute to our local Veterans!

ASPEN MINE CENTER
18 Commodities distribution (drive up basis) 9-1 p.m.
• Tuesdays BINGO 10:30 a.m. for seniors.
• Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed, FREE!
• Thursdays Mexican Train 10:30 a.m. FMI 719-689-3584 x124.

GRANGE

8 & 22 Quilts of Valor 9-12 p.m. to make beautiful Quilts of Valor of our very deserving vets.
12 Basket Class 9-12 p.m. All levels are welcome to join us. Fee is donation to the Grange. RSVP.
15 Paint with Me Class 10-12 p.m. We will be painting a winter scene. Cost is \$20 donation and if you want to keep the supplies, it is an additional \$20. RSVP.
23 FREE Community Thanksgiving Dinner 6-8 p.m.? Everyone is welcome to this traditional Thanksgiving Dinner (Turkey, mashed potatoes, gravy, dressing, cranberry sauce, apple and pumpkin pies). Music by the Thursdays night dedicated band members. Volunteers are always appreciated!
• Thursdays Potluck and Music 6-8 p.m. (join us Wed 23 before Thanksgiving).
• Sun Mountain Yoga 9-10:15 a.m. Mondays. Donation based. All levels welcome! RSVP or FMI 719-510-2325

LIBRARY
9 Florissant Bookworms Book Club 10:30-12 p.m.
10 Free Legal Clinic 2-5 p.m. Call to get appointment.
15 Read Amok Book Club, themed "childhood" 11-12:30 p.m.
18 Friends at the Table Cookbook Club November's theme is pot pie 11:30-1 p.m.
• Tuesdays Tai Chi 10-11 a.m. (Cancelled on the 8th for Voting in person)
• Thursdays Yarnia! 10-12 p.m. Beth 10 a.m.
• Fridays Storytime with Ms. Beth 10 a.m.
• Family Fun Fridays 2-4 p.m. (10-5 p.m. on 2nd and 3rd Fridays) FMI 719-748-3939.

GUFFEY

LIBRARY
1 Walking, Talking Threads 12:30-3 p.m. Meets every first Tuesday of the month. Take a nice brisk walk

around Guffey Town and meet back at the library to crochet, knit, and talk away.

23 Rocky Mountain Rural Health Outreach 11-2 p.m. Weather permitting, RMRH representatives will be offering free health screenings, sound financial medical advice, free clothing and much more.
28 Guffey Literary Society 1 p.m. November book is 52 Ways to Walk by Annabel Streets. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join. FMI 719-689-9280 or Guffeylib@parkco.us.

HARTSEL

• Country Church of Hartsel meets at the Hartsel Community Center 80 Valley View Drive 10 a.m. Sundays. Everyone is welcome! FMI call Jimmy Anderson 719-358-1100.

MANITOU SPRINGS

24 Salvation Army Community Thanksgiving Dinner 10-2 p.m. in Memorial Hall at City Hall 606 Manitou Ave. FMI Andy 719-459-1630. Volunteers call 719-636-5277.
25 Christmas Tree Lighting and Christmas Parade with Santa 5:30 p.m. for tree lighting, 6 p.m. parade starts.
25, 26, 27 Victorian Christmas at Miramont Castle 11-4 p.m. FMI 719-685-1011 or www.miramontcastle.org
26 Small Business Saturday! Shops all over Historic Manitou Springs participate in this national day of celebration and support for and from the community in honor of our Manitou businesses.
27 Holiday Brass & Wonderland Dancers 12-2 p.m. Come experience the magic of Christmas in Manitou Springs every Sunday from Thanksgiving to Christmas. Musicians stroll along Manitou Blvd playing Christmas Carols while dancers prance

around downtown bringing Christmas magic to all who visit Manitou Springs!

VICTOR

25 Victor Lowell Thomas Museum open 10-5 p.m.
26 Head-frame lighting begins on weekend nights, weather permitting.

WOODLAND PARK

3-5 Munchkin Market is a HUGE consignment sale of gently used children's items with clothing, shoes, all types of baby gear, strollers, car seats, high chairs, outdoor play equipment, toys, media, health and safety accessories, maternity, bedding and more! A portion of the proceeds from the sale help fund the Ute Pass MOPS group in Woodland Park. We accept cash, checks and all major credit cards. If you are interested in consigning, we would love you to join us! You can receive up to 70% of the selling price of your items.
Thurs 3-7 p.m.
Fri noon-7 p.m.
Sat 9-1 p.m. (1/2 price day, all items 50% off!)

Woodland Park Community Church 800 Valley View Dr.
12 Holiday Bazaar & Bake Sale at Woodland Park Senior Center. Ready to get started on your Christmas shopping? Stop by the Woodland Park Senior Center (SE corner of Lake Ave & Pine St) 9-1 p.m. Our ladies have been working overtime on awesome holiday crafts and hand knitted/crocheted items as well as home-made, edible goodies. All proceeds support activities and programs of WP Senior Citizens Club — Retired not expired.
19 Farmer's Market 9-1 p.m. at Ute Pass Cultural Center. Featuring over 100 vendors. See ad page 14. FMI www.wpfarmersmarket.com.
19 Ute Pass Chamber Players

continued on next page

~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.

We are Thankful for the Music concert, 8 musicians playing up a storm! 3 p.m. at High View Baptist Church 1151 Rampart Range Road. Tickets are \$15, \$5 for students.

26 The Mountain Artists Holiday Show & Sale 9-4 p.m. at Ute Pass Cultural Center. FREE admission! Drawing every half-hour for \$10 coupon for use at any booth during the show. Artwork for gifts or for home.

27 Artists Sunday Hosted by Reserve Our Gallery 11-3 p.m. at Ute Pass Cultural Center. Art demos, displays, classes and gifts. FMI 719-401-2301.

• BINGO! Every 3rd Wed 6:30 p.m. Ute Pass Cultural Center. Open to the public! Proceeds benefit Kiwanis. Naples2Colorado@gmail.com is contact 719-339-3520.

• Ute Pass Historical Society's gift shop located at 231 E. Henrietta Ave, across from the WP Library. We have historical books, jewelry, kids' books, drums and much more. Open Wed 10-noon and Thurs-Sat 11-3 p.m. Call to schedule a FREE tour of History Park! FMI 719-686-7512 or utepasshistoricalsociety.org.

COMMUNITY PARTNERSHIP

1 Crossroads Co-Parenting Seminar 4:30-8:30 p.m. Teller County court-approved parenting and divorce class. \$35 Pre-registration fee required. FMI Michelle@cpteller.org
8 Technology Myths & Facts 5:30-8 p.m. at Ute Pass Cultural Center. Community discussion on societal tech use including the film Screenagers: Growing Up in a Digital World. Giveaways! Meal and childcare provided.

Inquire about virtual option. FMI Michelle@cpteller.org.
• Nurturing Families 5:30-7 p.m. continues Mondays through Dec 19. A nurturing and active approach to parenting in a supportive peer environment. Support for every step of your child's physical, emotional and cognitive development. Meal and childcare provided. FMI Michelle@cpteller.org.
• Cooking Matters for Families 5-7 p.m. School-age children (ages 6-12) and their parents learn about healthy eating as a family and the importance of working together to plan and prepare healthy meals on a budget. Hands on workshopping. Take home groceries to practice recipes. Meal provided. FMI Michelle@cpteller.org.
• FREE Yoga with Leah Mondays 10-11 a.m., Wednesdays 5-6 p.m. First come first served, doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org.
• GED class 5-7 p.m. New students (min. age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org.
• Playgroup Tues, Wed & Fri (not on Nov 25) 9:30-11 a.m. Parents and caregivers with children ages 5 & under. Older siblings are welcome. FMI Jackie@cpteller.org. All events at Community Partnership Family Resource Center 701 Gold Hill Place, South unless otherwise noted above. FMI 719-686-0705.

LIBRARY
November is Dinovember! Each event has a prehistoric, dino-tastic theme!
2 Family Art Day 11-5 p.m. in

Children's Activity Room
2 Teen Craft Day 3:45-5:30 p.m.
2 Evening Adult Fiction Book Club 5 p.m. NEW! For adults who work during the day
5 DiNovember at Rocky Mountain Dinosaur Resource Center 11 a.m.

9 Not So Young Adult Book Club 11 a.m. in Teen Room. For adults who love to read or discovery young adult fiction
9 & 23 Anime Club for teens in the Teen Room 3:45 p.m.

10 Reader's Choice Book Club (previously Senior Circle Book Club) 10:30 a.m. in the large meeting room.
10 Free Legal Clinic 2-5 p.m. Call 719-748-3939 to sign up

16 Family Art Day 11-5 p.m. in Children's Activity Room

16 Teen Craft Day 3:45-5:30 p.m. in Teen Room

19 TCRAS adoption event 11 a.m.

23 Movie Day! Come watch *We're back!: a dinosaur's story* 12 p.m.

26 DiNovember Tea Rex Party 12 p.m. Come have tea like a tea-rex!

• Tuesdays Books and Babies 10 a.m.

• Thursdays Preschool Storytime 10 a.m.

• Thursdays Tai Chi 5 p.m.

• Fridays Tai Chi 10 a.m. FMI 719-687-9281

Save the December Dates!
1 Holiday Happy Hour & Meet the Artists 6-7:30 p.m. at Reserve Our Gallery. FMI 719-401-2301.

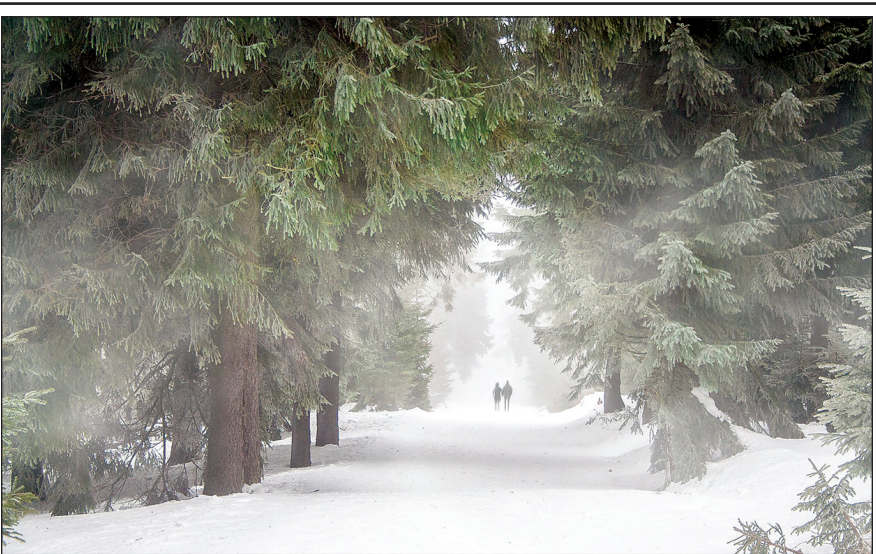
3 & 4 Tweeds Holiday Home Tour 10-5 p.m. both days. FMI 719-687-1115 or www.wphht.org.

3 & 4 WP Senior Center will be a hospitality stop for HHT. The Sounds of the Season

musical performances are on the agenda for both days. Enjoy cider, coffee, tea, and treats while taking this opportunity to kick start your

holiday. Plan to come for pictures with Santa and Mrs. Claus on Sunday noon-4 p.m. No ticket required.
4 Swing Factory Christmas

Concert 6 p.m., reception with Christmas cookies and wine, 7 p.m. Christmas jazz. FMI www.woodlandpark-windsymphony.com



Mueller State Park

Mueller State Park invites visitors to come out to the park to enjoy the peace and quiet the winter months can offer! Hiking goes on year-round and once the snow arrives, come out for snowshoeing, skiing and sledding. The park is open every day for outdoor activities and the Visitor Center is open every day from 9-4 p.m. except Thanksgiving and Christmas Day. See you on the trails!

5 Forest Bathing and Ephemeral Art 10-1 p.m. meet at Outlook Ridge TH
6 Hike: Rock Pond 9 a.m. meet at Visitor Center

26 Hike: Outlook Ridge* 9 a.m. *Indicates to meet at the Trailhead (TH) of the same name.

Mueller State Park events are free! However, a \$9 day-pass or \$80 annual-pass per vehicle is required to enter the park.

UTE PASS Chamber Players



PRESENT

THE WE ARE THANKFUL FOR THE MUSIC! CONCERT

Music of Donizetti, Johann Christian Bach, David, Poulenc and Beethoven!

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GUY DUTRA-SILVEIRA, Oboe
PAMELA CHADDON, Cello
DINA HOLLINGSWORTH, Flute
CARLA PARMENTIER, Piano
INGRID RODGERS, Viola
ELISA WICKS, Violin
CLARK WILSON, Bassoon
BARB RILEY-CUNNINGHAM, Piano

Saturday, November 19, 2022, 3:00 PM
High View Baptist Church
1151 Rampart Range Road in Woodland Park

ADMISSION: \$15, \$5 for students with valid school ID

Affiliate Member
woodland park Arts alliance

Where is Katee this month?

by the Pet Food Pantry

Katee will be at the Little Chapel in Divide helping to distribute food for her canine and feline friends in need on November 7 and 24 from 2-5 p.m. 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. Happy Thanksgiving!



Happy Thanksgiving from the Pet Food Pantry Volunteers!
And all of the dogs and cats that you help to provide supplemental food to say "Woof Woof" and "Meow Meow"!



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DECEMBER 9-11

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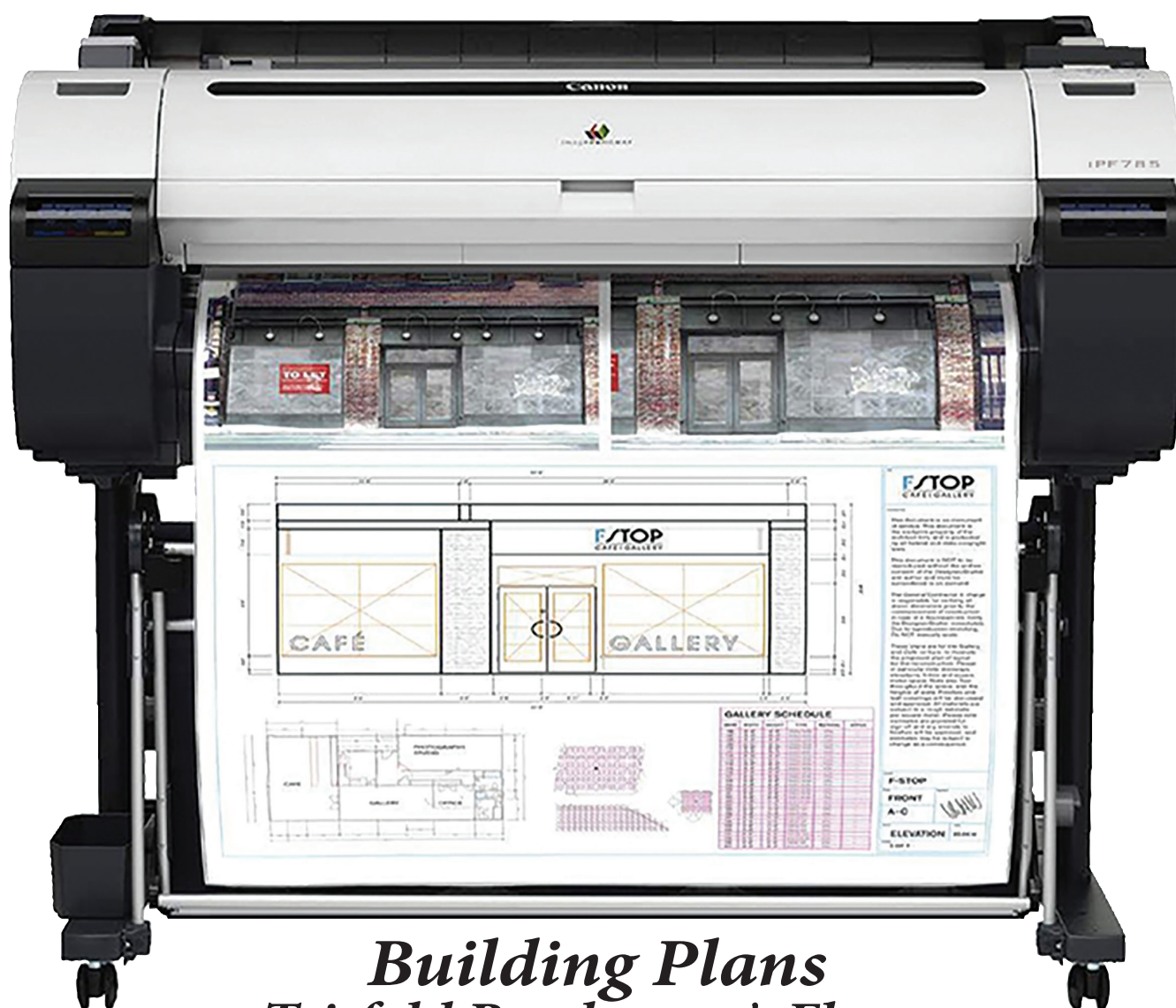
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