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October 2022

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Vol. 14, No. 10

Welcome to Ute Country



"The knowledge from an
enlightened person breaks on
the hard rocks of ignorance."
— Maharishi
Mahesh Yogi

PEEK INSIDE...



Bear necessities



A Look Inside the Artist



Halloween Happenings - Out & About

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On Deck



The beautiful face nature carved into this rock was a site for Jeff to capture with his camera's lens in September of 2018, as we visited the property of dear friends and took a walk. We could feel the wisdom of lives lived eons ago, energies held by the land still emanating through gentle whispers. The confluence of energies that create enlightenment seem to be threaded through time, ages and wisdom, just waiting for the slightest crack of a mind's openness, so it can be shared. I believe we all could agree there were times a tidbit of enlightenment came our way at a time we simply were not ready to receive it. Our October pages are filled with wisdom for those ready. We encourage you to read on!

Did you know that October is Domestic Violence Awareness month? A brilliantly penned poem by Asha, *The Cave and the Woods* is an example of a woman who has found her way out of the darkness of emotional violence. Yes! We can open our minds, follow our heart's song and get to a better place. In *A Look Inside the Artist* column, Cyndia Lee gives us a glimpse of how she transforms life's lessons into art. *Beasts of the Peaks* "Bear necessities" educates us on bears, best observed from a distance. *Fitness ON the Mountain* shares an exciting interview with "14er climber Courtney Hopkins," who is full of wisdom about balance, consistency, and how to prepare for a safe climb. *Life Enhancing Journeys* brings part II of "The art of breathing" sharing specific techniques for different results. *Growing Ideas* offers decades of advice whittled down to 10 tips for closing out the garden season. We trust the wisdom of our October pages will seep into those minds willing to receive.

Would you like to see your indoor or outdoor animal friends featured 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 special thanks to all listed here for their professional work and time to make this issue possible. If you have any questions please contact the publishers.

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Ute Country News



The Thymekeeper

The song of my sister

by Mari Marques-Worden

When I was a child, nature was my playground. I probably spent 90% of my free time outdoors and with so much to explore in the meadows, hills and forests, the television with its three channels had nothing to hold my attention. Trees were my favorite beings and when my parents moved me to the city where concrete and buildings were abundant, I had three tree friends in my yard where I spent most of my time and energy.

There was the weeping willow that wrapped me in its swaying leaves as I swung on my tire swing, the gnarly old apple tree that gave me fruit, kept my secrets, and hid my imaginary friends, and the elm tree that I enjoyed a snack with every afternoon. When I say snack, I mean I was literally peeling off the outer bark and consuming the inner bark known as the cambium of the tree. This prompted what I lovingly refer to as the song of my sister that sprung from the depths of her soul, and it rings in my ears to this day, "I'm telling on you! Mom! Mari is..." in this case, eating the tree.

I truly saw nothing wrong with my actions as I frequently ate from the plants in the yard. Although, if I would have thought about it, it may have seemed as weird to me as it did the other kids that I attempted to recruit. As I tried to explain it was kind of like gum, nobody else was buying it and I was swiftly abandoned by the other kids who had "normal" 9-year-old kid stuff to do.

It was approximately six months after I was moved from my tree friends that I ended up in the hospital with digestive issues of unknown origin. By the age of 17, I had contracted what was known as ulcerative colitis and stood at death's door as my body rapidly wasted away with no end in sight. No amount of conventional medicine made a difference and as circumstances would have it, I couldn't afford the barrage of pills that were recommended by the doctor. I was told by the doctors that I would be on medication at a rate upward of 12 pills per day for the rest of my life.

In my mind, if I was still symptomatic while taking the pills, I felt I would surely get worse and die without them. With tears streaming I called my mother. She recommended I try a remedy she had on hand called milk of magnesia. This marked the end of my bout with colitis. A mystery that was never solved, I can only guess it was the products ability to coat the lining of the gut that ended my affliction.

Thirty or so years passed when I discovered the medicine of the slippery elm bark and its affinity for the digestive system. It turns out, there was a reason I was indulging myself daily with the offerings of the elm tree. Slippery elm (inner) bark generously coats the gastric mucosa with mucilage (slime) and brings welcome relief to those with abdominal distress.

When we learned about slippery elm in herb school, we quickly deemed it *herbal snot* due to its slime factor. Although it sounds gross, nothing could be more healing to inflamed and damaged mucous membrane. From the top to the bottom, I've used slippery elm to treat scratchy sore throat, strained vocal cords, heartburn, ulcers and inflamed gut to name a few.

Since elm trees have been seriously impacted by Dutch Elm disease, I now turn to a common weed called marshmallow or mallow root which comes very close to slippery elm with regard to soothing, cooling and healing.

Taken as a powder, marshmallow root is easy to prepare. Simply add to room temperature water and shake or whisk it in. The cut root can be prepared the same way straining out the plant matter afterward. You can use hot water if you are going for a thick viscous remedy, and you may require this if you are trying to heal an ulcer. However, I



have found that the longer the cold preparation sits, the thicker it gets and cold is my preference when dealing with heartburn. It can provide instant relief and with its healing and anti-inflammatory properties. There is no life sentence attached to this one and no horrible side effects to worry about.

Other uses include chewing a leaf or two for those with scratchy dry sore throat that can result from overuse of the vocal cords or using a CPAP machine at night. Those who suffer dry mouth from radiation will also find it beneficial. The new green seed pods are packed with essential fatty acids to help keep the joints juicy and brain function intact. They are a welcome addition to my wild food salad. I include marshmallow root in my cough syrup not only for its soothing aspect, in addition it helps to thin and break up mucous making it easier to expel when in excess.

Marshmallow root has an affinity for all mucous membrane and does not need direct contact to provide relief. I include it in all formulas related to urinary tract irritation such as Urinary Tract Infection and those related to men's issues with urgency.

Now that I've described the cooling, soothing action of marshmallow root, imagine how nice it would feel on a sunburn or rash such as eczema or shingles. It can be used as a topical paste or poultice or added to the bath water for eruptive, hot skin afflictions including hemorrhoids.

Another benefit to marshmallow is that it contains quercetin. Quercetin is an ionophore and helps to escort zinc into the cells. Per Pubmed, "Quercetin, widely distributed in fruits and vegetables, is a flavonoid known for its antioxidant, antiviral, antimicrobial, and anti-inflammatory properties. Several studies highlight the potential use of quercetin as an antiviral, due to its ability to inhibit the initial stages of virus infection, to be able to interact with proteases important for viral replication, and to reduce inflammation caused by infection."

<https://pubmed.ncbi.nlm.nih.gov/34709675/>
Marshmallow or mallow root grows in

impacted poor soil, just about everywhere else it can plant and establish itself. With most plants considered weeds, there is no issue around scarcity. It does grow locally but since the root of the plant can take years to reach a desirable size for consumption, you can buy marshmallow root inexpensively either cut or powdered from reputable sources such as StarWest Botanicals or mountainroseherbs.com.


Now that I'm much older and both my sister and mother are long gone, I still hear the song of my sister when people nudge each other as I graze the weeds growing in my garden. "Look! she's eating the weeds!" they whisper and giggle to each other and it takes me back to my childhood. At least now I can explain myself on a level most people can understand, and I cherish the fact that life can be as simple as medicine in my garden.

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

Herbs I use the most in Fall/Winter, how to and why

Let's get together and talk about the most used herbs during the upcoming season. We'll learn best preparations and for what reasons we love these herbs. Boost the immune, treat viral infection, learn best treatment methods for relief and how to keep ourselves warm, cozy and happy during the dark months of the year. We'll demonstrate how to make herbal syrups, teas, steamers and everyone will leave with a sample.

Where: The Thymekeeper 1870 CR 31 Florissant
When: Saturday, October 15 1:30-3:30 p.m.
Cost: \$25
PRE-REGISTRATION IS REQUIRED as space is limited.



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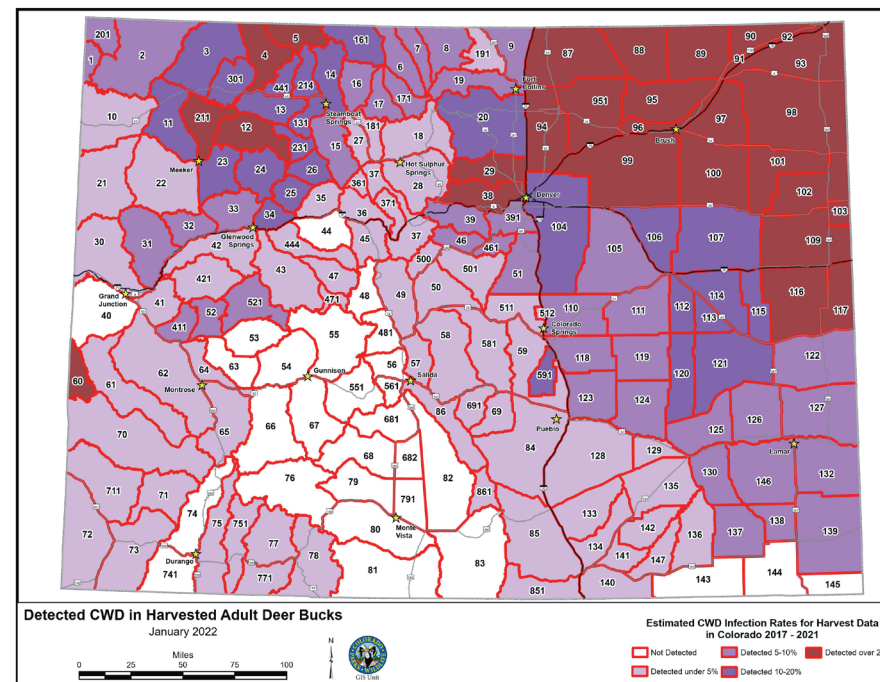
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Deer Hunters watch for CWD mandatory testing letter

by Joey Livingston

Colorado Parks and Wildlife (CPW) has selected specific deer hunts for mandatory chronic wasting disease testing in 2022 to inform how and where to fight the spread of Chronic Wasting Disease (CWD).

Beginning in early October, CPW will be sending letters to Colorado rifle season deer hunters who have been selected for mandatory CWD testing. CPW will require mandatory submission of CWD test samples (heads) from all deer harvested during rifle seasons from specific game management units to better evaluate the infection levels of CWD in herds. There will be no charge for mandatory testing. Find the hunt codes selected for mandatory testing of deer on pages 21-31 of the 2022 Colorado Big Game Brochure.

CWD testing locations

A complete list of CWD testing submission sites along with hours and locations can be found here: https://docs.google.com/document/d/e/2PACX-1vS4mrcgZtla-C15qPdu48geic1nEhV1PE-uzsi_k_yuJn6x-1EWL9V8XGBezyIfqSsQmhLOqJ0KR6-M2r/pub. CPW is continuing the use of temporary CWD submission sites to assist those who are hunting in remote locations.

Where has CWD been found?

The results of annual mandatory testing are yielding new insights into varying infection levels in deer herds throughout Colorado (see map above). As of April 2022, CWD has been detected in 40 of 54 deer herds, 17 of 42 elk herds, and 2 of 9 moose herds. The estimated proportion of sampled animals that are infected (or disease “prevalence”) appears to be rising in many Colorado herds. To read the 2021 Chronic Wasting Disease Commission Update, visit https://cpw.state.co.us/Documents/Commission/2022/May/Item.11-PWC_Memo_CWD_Update_EckertMill-

erWood_April2022-Matthew_Eckert-DNR.pdf

Testing in 2021

- Over 7,000 samples tested statewide (includes all species)
- None of the 14 elk herds targeted for mandatory testing had prevalence above 5%
- CWD prevalence in harvested elk appears to track prevalence in mule deer bucks harvested in the same Game Management Units
- Six mule deer herds were included in mandatory testing for a second consecutive year and the results confirmed the 2020 prevalence estimates

What is CPW doing to address CWD?

CPW is working to ensure long-term health of deer, elk and moose herds. Over time, this means minimizing the number of animals that get infected and die from this disease. To date, management actions have been prescribed for half of Colorado's 54 deer herds with the goal of reducing infection levels to below 5%. More information about our plan to manage CWD is available at <https://cpw.state.co.us/Documents/Hunting/BigGame/CWD/PDF/ColoradoChronic-WastingDiseaseResponsePlan.pdf>.

What are the health risks to humans?

CWD is a prion disease that affects Colorado's deer, elk and moose. The disease course generally lasts 2-3 years and is always fatal. Although there has been no evidence that CWD has yet been transmitted to humans, the Center for Disease Control, along with CPW, recommend that hunters not eat the meat of a CWD-infected animal.

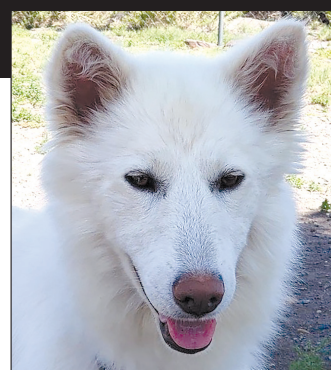
More information about CWD is available on CPW's <https://cpw.state.co.us/learn/Pages/ResearchCWD.aspx>.

Adopt Me by SLV Animal Welfare Society

Lacey

This is one-year-old Lacey. She is special needs as she is still very frightened of humans. Lacey is great with all dogs and cats and will come closer to you if her doggie friend is with her. Unfortunately, her wonderful foster home cannot keep her due to relocating in one month. Lacey has made great progress in the past several months! Recently, she went to a dog park with a pond and had a great time with the other dogs in the water. She weighs only about 30 pounds and is spayed, chipped, and current on vaccines. She needs her forever home or another quiet foster home with another dog. Adoption fairs 10-3 p.m. First Saturday of each month at 5020 N. Nevada Pkwy; all other Saturdays 7680 N. Academy PetSmart.

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



Growing Ideas Closing out the gardening season

by Karen Anderson “The Plant Lady”

“Autumn shows us how beautiful it is to let things go.” — (unknown)

October greetings gardeners and friends. As we approach the inevitable conclusion of our outdoor gardening season, I would like to take this opportunity to thank the folks who adopted houseplants, power perennials, native trees and shrubs from Paradise Gardens this year. I appreciate your trust in me and in the high-altitude landscaping guidance I am able to offer. I would also like to express my gratitude to our readers who are truly interested in *Putting unity in the community*. It has been a pleasure to meet new kindred spirits in the world of plants and it is always good to reconnect with former clients and friends to collaborate on creative and successful gardening projects. Also, I feel it is worth mentioning that there was a huge turn-out for the Harvest Center Garden and Greenhouse tour last month, with over 100 people visiting here and many other mountain garden locations.

In closing out the 2022 season, keeping it simple, I would like to offer my Top Ten List of important fall chores for October.

1. Continue watering your perennial beds and especially newly planted trees, until the time comes to drain and wrap up the hoses. It is important to provide that *last drink* to tide them over for the winter months.
2. Cut back the foliage from your perennials after that *killing frost* or even earlier, leaving a few inches of stalk above ground in order to locate and identify them next spring. Hardwoods are the exception as it is not recommended cutting back currants, potentillas, lilacs and similar bushes. I suggest pruning your hardwoods in late spring when you are able to spot the deadwood that needs be trimmed up.
3. You can recycle the trimmings from perennial foliage by running them through a shredder directly into a compost pile. I have found that it is best to let them dry up for a few days before feeding into the shredder as the really green stuff, especially grasses, clogs and binds up the blades. You will be adding nitrogen to the compost pile, helping it to *cook* a little faster.
4. If you have Aspen trees in your landscape, rake up those leaves and create a *leaf mold* pile for use next year. Please don't be concerned about the term *mold* as that shouldn't be taken literally, especially in our dry climate. Aspen leaves are a precious natural resource and composting them is a pretty simple process. Just find a fairly sunny spot, spread a layer of leaves on the ground, then add a layer of manure, a layer of leaves, a layer of manure and so forth, basically creating a *lasagna* of organic matter. Let it sit throughout the winter months and begin to turn it over or stir it up as it thaws in the springtime. This easy to make mixture can be used as a valuable and nutritious mulch for your gardens next year.
5. I would also suggest applying an ample amount of composted manure and bone meal to established beds. The manure will provide nitrogen and the bone meal is for better blooming next season. As I always say...keep adding organic matter to the soil.
6. Winter mulch your garden beds, particularly where there will be extreme sunny exposure. We don't want the ground to freeze and thaw, which will cause a *heaving* effect and therefore damage the root systems of perennial plantings. If you know me and my methods, then you will be aware that straw is my *friend* and is always on hand for use in my landscape. Other natural materials can be used for mulching, including cedar or

pine wood chips, pine boughs or leaves, but straw is my favorite after years and years of experimenting. The point is that we will want to provide a winter *coat* for our gardens to protect them from the winter weather extremities.

7. Bringing any garden decorations such as resin figurines into a protected space will help to keep them in good shape and prevent the discoloration that occurs with the harsh elements of winter. Also, if you have concrete bird baths or statues in the garden, I suggest administering a couple coats of concrete sealer to them and after a period of drying time, wrap them in heavy plastic to help preserve them. Otherwise, you may just find them deteriorating and crumbling after a few years.

8. If you would like to broadcast grass or perennial seed for germination next

season, the best time to do that is right before the first predicted snow late in the fall. This practice will allow the seeds to sink into the soil and due to the snow covering, will also keep the birds and other critters from foraging for them.

9. Fall is a good time to sharpen the shovels and other digging tools so they are ready to use next spring. Wooden handles may need to be sanded to avoid splinters, along with a new coat of stain and/or sealer.

10. Finally, celebrate Autumn. Harvest with gratitude. Enjoy the changes and colors of the season. Give yourself a hug for a gardening job well done. We've accomplished as much as we could this year and did our best. We put the gardens to bed and covered them with their winter blankets. We can look

forward to the next growing season and what that will bring, but first we take a well-deserved break, rest for a while and gear up for the holidays.

If you have any inquiries, I am here to help. You may contact me at 719-748-3521 or e-mail plantladyspeaks@gmail.com. As always, Happy Houseplants, Blessing Beads and other goodies are available for purchase at the Outpost Feed Store in Florissant, Shipping Plus in Divide and at Mountain Naturals in Woodland Park. Lastly, I would like to thank these stores for providing the space for me to display and offer my wares to you at convenient locations. You may also contact me personally for any custom plant arrangements or other special orders. Until next time, wishing you the best in health and happiness.



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And a special thank you to all of our wonderful golfers, Dixon Golf, Backswing Golf & Shining Mountain Golf Club! Thanks for making this event fun and amazing!



Beasts of the Peaks
Bear necessities

by Jessica Stevens

The night was quiet. A stray breeze lifted the red curtains ever so slightly, setting them to dancing. At my feet slept my ever-present companion: a red border collie with a stripe up his nose and a stain of white on his neck, breathing steadily. One paw gently twitched in dreamy sleep.

My pen flurried along the paper furiously, its dervish contrasting with the attitude of my surroundings. As I wrote in my journal, a sharp cry broke the silence. Ryley was up in an instant and on the balcony before I could even stand up from my chair.

Cautiously, I followed him out to the porch, whispering, “Ryley, come back inside now!” His brown nose twitched in the darkness, extending over the edge of the porch and testing the air for clues to the visitor’s identity. As his neck craned and time passed, his hackles began to flatten. A few minutes later, the mysterious cry of distress rang out in the dark street again. Ryley’s head shot to the south, where he began to sniff even more passionately.

The sound was unlike anything I had ever heard before. It was a lowing, almost like cattle, or what I imagined a moose could sound like. It was not impossible for moose to wander into Buena Vista, but it was very unlikely. Thankfully, the lone-some sound was not close. I patted Ryley on his back, tugged gently on his red collar, and we walked back to my room. Moments later, the mournful lowing came again.

“What do you suppose is making that sound, Mom?” I called out as she prepared dinner.

“I don’t know; it sounds like a... I don’t know.” We laughed.

Through the rest of the night, we heard the lonesome cry, which at times sounded like a bark and at others like a lowing. Near midnight, a telltale brown truck drove up to a house down the street. The cries grew in volume and intensity and then the night was silent once more. After the Colorado Parks and Wildlife (CPW) truck drove away, we didn’t hear any more sad sounds that night.

A few days later, as my high school band prepared to play for a football game, I was speaking with my band director. Excitedly, he told us that while he and his wife were away, a baby black bear had gotten separated from its momma and climbed up into their tree. His house lay just down the street from mine. CPW had come and safely relocated it. I was surprised to hear that the cries of distress I had heard belonged to a bear.

Black bears are not uncommon in Colorado and are especially active during the autumn as they prepare for winter. Though black bears are typically black, they are

not always so. These bears might be any variation of brown or cinnamon, with a light brown muzzle and sometimes white markings on their chest. Interestingly, they are most closely related to the Asian black bear, which displays a distinct white crescent on its chest as well.

Aside from their typical dark color giving rise to their common name, black bears are scientifically classified as *Ursus americanus*, which means bear of the Americas. Though there are 16 subspecies of black bear in North America, the ones in Colorado are *u.a. Cinnamomum*, found from Montana and Washington down through Colorado, and *u. a. ambyiceps*, distributed throughout Utah, Colorado, the southwest, and Mexico. The former is named for its cinnamon coloring. The latter comes from a combination of *ambly* — meaning “dull” and — *ceps* meaning “head.” I’m not sure where this name came from but it’s not nice to call someone “dull headed.” Aside from these two subspecies, black bear are found throughout North America.

Black bear males and females are difficult to discern with untrained eyes, however boars (males) are typically much larger than sows (females). Boars weigh an average of 275 pounds and females an average of 175 pounds. Black bears don’t often remain with the same mate and will breed sometime in June or July. Interestingly, the sow’s eggs don’t implant in her womb for four to five months after fertilization. In January or February, each sow will give birth to one or two cubs, but sometimes as many as six. Cubs weigh less than one pound at birth and nurse for 30 weeks. They are fully mature at five years old and may live past 23 in the wild.

Bears love to eat. Before they hibernate, they need to eat around 20,000 calories per day and more than 90% of their food is plant material, like berries, nuts, fruit, and grasses, according to CPW. They sometimes eat insects or carrion. Their sense of smell is 10 times more powerful than a human’s and they can scent food up to five miles away. They will hibernate from November through March and need fat for fuel during the winter. While bears are madly foraging for food during this time, they often wander into towns, especially if they smell unsecured garbage or remember finding food in town before. Sometimes people wake in the morning to find trash strewn about and their garbage bin on its side. Some people have been unfortunate enough to find a bear inside their home or vehicle.

Late one evening, I was saying goodbye to a friend on my porch in town. Just outside of the six-foot fence, I noticed an



unusual patch of darkness in the otherwise well-lit alley. As my eyes struggled to adjust to the night, a chunky black head slowly turned towards us and started watching us, sniffing the air. It was the fattest black bear I had ever seen! I should’ve stayed on the porch to observe it, but at the time I was too excited about my new camera and raced upstairs (none too quietly, either) to grab it. By the time I looked out of the window to take its picture, the chubby bear had disappeared in the night.

It is important to know safety while living in or visiting bear country. Though we love bears and want to coexist with them, it is wise for them to retain a natural fear of humans. As with most of our wild creatures, bears can be a road hazard and are occasionally involved in vehicular accidents. Deer aren’t the only animals to be aware of while driving!

Black bears will generally try to stay away from humans. It’s important to make noise while hiking to alert bears of your presence. Most of the time, they will want to avoid you. However, if you meet a bear face to face on the hiking trail or even in your driveway, the best thing to do is make yourself look big by raising your arms up or spreading out your jacket like wings and talking in a firm voice to the bear. Never turn your back to a bear, never try to escape by climbing a tree, and never run. Give it a chance to walk away first and make sure it has a clear escape route. If it is aggressive, CPW says it’s best to look big and back away slowly until you can no longer see the bear. “If it attacks, fight with everything you’ve got. Yell, throw rocks, use bear spray if it is 40 feet away. Convince the bear that you are not worth the trouble.”

At most campsites in Colorado, it is usual to see bear-proof dumpsters, which make it difficult for bears to raid. Not only

can human food be harmful for bears to eat, but it also creates a pattern in which bears expect to find food in human-populated areas which can lead to encounters that are dangerous for all parties. If you are camping, make sure to keep food, trash, and cooking utensils in a vehicle or other bear-resistant place. If you can’t do that, tie the food high up in a tree at least 30 yards away from your campsite. If one enters your tent, it is best to fight back. If you see one near your home, it’s in everyone’s best interest to scare the bear away. From an open window or other safe place, make lots of noise to get it to run away and always make sure it has an easy escape route.

I remember the time I had thought my family had forgotten to put away the cooler of raw meat after a long day of playing in Cottonwood Lake. Halfway through the night, my dog began to growl in the direction I had last seen the cooler. I was sure the heavy breathing and scraping noises were the sounds of a bear. We spent the whole rest of the night dreading every little noise and did not sleep a wink. As the sun rose, my eyelids heavy after the night’s duress, we discovered that the “bear” had only been my nephew sleeping on a cot under the Milky Way. How silly I still feel about this “encounter.” I’m just glad it wasn’t a real bear.

Since our black bears have such excellent memories and are obviously smart enough to warrant a special trash receptacle to keep them out, it still puzzles me to know that they are named “dull heads.” Maybe we should call them chunky-heads instead, since they are more fat than they are dull and more cute than they are stupid. If a racoon may be called a “trash panda,” then black bears should be called “cuddly no-no’s.” Remember, admire our bears from a distance, and let them remain in the mountains peacefully.



The author has his right hand on a section of a fossilized tree stump embedded in an igneous rock. While on a field trip, he discovered this specimen on a dump of rocks at the Cripple Creek and Victor Gold Mine on October 4, 2014.

Igneous Mystery

by Blake Reher

*Another mystery to be solved,
How our planet has evolved.*

*Once it was a tree,
Now hidden in debris,*

*Buried at 3,000 feet,
Gold mining in Cripple Creek.*

*Cast aside in a heap,
Curious rock from the deep.*

*Carbonized not permineralized,
Fossil specimen highly prized.*

*Amazing discovery,
For the world to see.*

Editor’s note: The author wrote this to celebrate National Fossil Day.

CORE Electric Cooperative withdrawal from Comanche 3

by Amber King

CORE Electric Cooperative (CORE) has asserted its right to withdraw from partial ownership of the Comanche Unit 3 power plant by written notice to Public Service Company of Colorado (PSCO), a subsidiary of Xcel Energy, Inc (Xcel). The notice stipulates that PSCO must purchase the asset from CORE pursuant to project agreements between the two parties. This action is an additional step by CORE to secure its clean and reliable energy future, recover costs and protect its members from future financial burdens due to ongoing mismanagement of the power plant by PSCO.

“Systemic failures by PSCO to prudently operate Comanche 3 since it came online in 2010 have severely impacted our commitment to providing affordable, reliable power to our member-owners,” said Jeff Baudier, Chief Executive Officer of CORE. “Despite every effort by CORE to be heard, PSCO has ignored our rights and driven this plant to dysfunction through mismanagement and incompetence. This situation is untenable, and CORE must move on to forge our clean, reliable, and affordable energy future.”

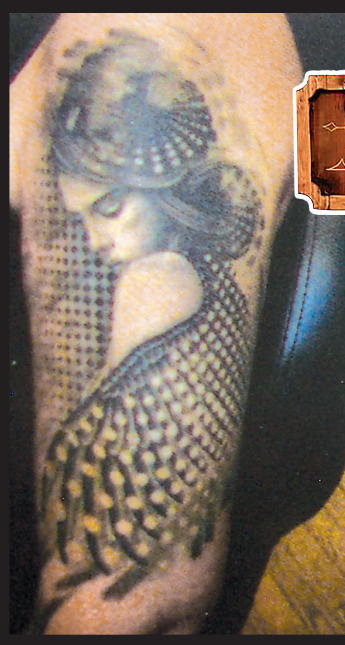
CORE currently has 25% non-operating

ownership in the Comanche Unit 3 power plant, which has been offline more than 700 days since 2010, including almost all of 2020 and half of 2022 to date. Due to PSCO’s failure to operate the plant in accordance with Prudent Utility Practices, CORE has incurred millions of dollars of additional repair and maintenance costs and has deprived its members of entitled power during the numerous, lengthy outages of the unit. Under the project agreements, CORE has the right to withdraw, and PSCO must buy out CORE’s interest.

The Colorado Public Utilities Commission’s (PUC) investigations into the plant concluded that the operation and maintenance performed by PSCO did not meet basic industry standards of prudence throughout the plant’s history. These conclusions mirrored those reached by PSCO’s own independent experts.

CORE filed a lawsuit on September 7, 2021, alleging that PSCO breached its contract related to Comanche Unit 3 on several accounts. The trial is scheduled for October 2023.

For more information, visit <https://core.coop/xceldispute>



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The hillside in the Black Mountain area west of Guffey showing the Western Spruce Budworm damage.

The power of numbers

by Flip Boettcher
photo by Flip Boettcher

Driving north on State Highway 9 from the Fremont County line up into South Park, one can see vast north-facing slopes covered with dead evergreen trees. The culprit is a small, approximately one-inch-long worm called the Western Spruce Budworm, which attacks the trees in vast numbers munching on the newly emerging bud tips in the summer and finally killing the trees before they move on.

The budworms attack many kinds of evergreen trees, including the grand fir, white fir, sub alpine fir, cork bark fir, white spruce, western larch, and common to our area, Douglas fir, blue spruce and Engelmann spruce.

The Western Spruce Budworm has a year-long life cycle spread over two years and is actually a small, inch-long moth at full maturity. In late July and early August, the moths emerge from the pupa and lay about 150 tiny eggs which hatch in 10 days and become larva. The larva spin a cocoon, and seek shelter over winter. Next April, May and June the worms emerge around the new bud tips, consuming them. Then the worms spin a silk web around the tips and foliage and pupate on the tips. When the moths emerge from the pupa within 10-15 days, the lifecycle is complete.

According to the Colorado State Forest Service website, the Western Spruce Budworm is the most widely distributed forest defoliator in western North America. Western Spruce Budworm populations are mostly kept under control by a combination of natural enemies, insufficient food supplies and adverse weather conditions.

Large temperature fluctuations in late spring and early summer can affect budworm populations by freezing the tree buds and eliminating the food supply.

Over 40 species of insects, including wasps and flies, feed on the budworms, as well as spiders, ants and some beetles. Mammals like chipmunks and squirrels and some birds like grosbeaks, warblers, thrushes, sparrows, fly-catchers, tanagers, siskins and waxwings feed on them too.

Natural predators are best when budworm populations are low but do not have much effect during a large one to three-year outbreak, though, when many trees can die; thus showing the power of numbers of the small, one-inch budworms and moths.

FMI visit the Colorado State Forest Service website <https://csfs.colostate.edu/forest-management/common-forest-insects-diseases/western-spruce-budworm/>

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by Ark Valley Humane Society

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Our Feline & Fido Photo Contest & Calendar fundraiser is October 17-30. Photos and votes can be submitted during these dates at gogophotocontest.com/avhs.

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



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Water quality and fen ecology

by Coalition for the Upper South Platte

Coalition for the Upper South Platte (CUSP) has been hosting Silverheels Middle School for over the past decade for an annual trip to The Nature Conservancy's High Creek Fen Preserve. The middle school students visit every year to explore microorganisms and test the health of the habitat (water pH, oxygen levels, and temperature). The environmental education program is generously funded by the South Park National Heritage Area.

South Park may be dry, but it does host one of the rarest wetland types on the continent — an extremely rich fen. Extremely rich fens are only found where groundwater is in contact with calcareous bedrock, such as limestone and dolomite. High Creek Fen is extremely rare because of the chemical quality in the groundwater. The water has high concentrations of calcium, magnesium, and other nutrients. These elements and minerals create a very basic (i.e., high pH) environment.

Given that South Park is so dry, how is the High Creek Fen wet and soggy? Groundwater. Precipitation infiltrates the surface and is held underground in aquifers, where water flows through spaces between the rocks. Groundwater is characterized by low turbidity, high concentrations of dissolved solids, and almost no microbiological contamination. The shallow aquifer is likely supported by seasonal precipitation and streamflow in High Creek. Stable and deeper aquifers, such as this fen, are associated with limestone bedrock that formed during the late Cambrian period. Sediments in this sea were deposited and over time converted to limestone and dolomite deposits found underneath South Park's valley floor. These deposits were also uplifted and subsequently eroded by glaciers and streams when the Mosquito Range pushed upward. Thousands of years of snowmelt



Students use tablets to turn the water various pinks according to the amount of oxygen in their water samples.

have found its way into these relatively porous bedrock formations forming a regional aquifer. Each year, as snowmelt rushes down the numerous creeks flowing out of the Mosquito Range, both the shallow and deep aquifer are recharged.

The Nature Conservancy has conducted studies of the site and believes that groundwater feeding High Creek Fen comes from two primary sources. A shallow gravel aquifer (glacial and stream deposits) and a deep limestone aquifer (associated with the Leadville limestone formation). Discharge from these aquifers occurs throughout various orifices — cobble beds, pools, springs, and floating mats. Groundwater discharge from gravel and cobble beds, outwash from past glaciation, can be seasonal or permanent. Cobble beds typically serve as the headwaters of numerous rivulets, which end up coalescing into larger channels and then proceed to sneak their

way through the fen. These channels also pick up slow-moving groundwater emerging from other sources such as springs, pools, and quagmires or floating mats. This water eventually gets channeled back into High Creek, which abruptly leaves the fen in the southeast corner with much more volume than when it entered.

In one study, only two thirds of High Creek Fen was examined. The study found that the fen is capable of holding 191-acre feet of water, or equivalent to a 20-foot deep, 10-acre reservoir. Considering that this study only examined two thirds of the fen, it is reasonable the entire fen can contain 317-acre feet of water, making that imaginary reservoir 10 feet deeper.

The High Creek Fen visit is a fall tradition for both the school and CUSP staff, to share this unique ecosystem in our own backyard.

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A Look Inside the Artist
Cyndia Lee - freelance and wood burner

by Mary Shell

I leave how I find artists for this column up to the universe. This time Cyndia Lee came to me through and interesting story. Kathy Hansen, the owner of Shipping Plus in Divide, CO emailed me urging me to contact this woman who made such magical artwork, that I should interview her for the column. She explained how the images seemed to pounce off the surface (see below). Of course, I had to find out who created art that so impressed my friend. Once I saw Cyndia's work, I totally understood what Kathy was saying. The images she creates seem animated and coming right at you. A freelance artist and wood burner her work is crisp and moving.

When did you discover you were and artist?

When I was 12 years old, I secretly created my own comic script. The main character was named Gidget. A girl same age as me dealing with school and life. I hid in my closet and did not share it with anyone. It was a form of therapy. That lasted for a month, then started drawing the characters seen in magazines and comics.

What is your favorite subject?

In middle school I really loved art class. The main art subjects that stood out to me was sculpturing with clay and metal jewelry with turquoise. Then I learned about graphic design through Colorado's Youth Employment Program. When I graduated, I went to Pikes Peak Community College and enrolled into graphic design, but it was all about printing! I stuck with it even though I wanted to become a commercial artist which was the class next door. From that point I worked in the printing business and worked on heavy equipment like the MBO folder and larger cutter and more. When I had the opportunity, I went back to school in my 40s for graphic design. I earned a bachelor's degree and had a good job. Then the economy crashed and decided to freelance. I did digital art throughout college and working at home. I worked with Illustrator, Photoshop and Painter. I also did some animation with Flash.

What's your favorite medium?

My favorite medium is pyrography, but once this piece is complete and sold, it gone forever. I can make prints out of pyrography art I have done on paper. I made cups, pillowcase and prints by using my sublimation printer. Now I added a new medium which is acrylic with charcoal.

What got you interested in wood burning?

An old friend talked me into selling my art at Busby's. I did digital art at the time. She was doing wood burning. I decided to try it and hated it. Once I bought a diamond tip burner and watched a couple of tutorials on YouTube I fell in love. When I started selling my art I was going through a medical scare. This led me to take a good look inside and watch my reactions to certain situations. I started to read a lot of self-help/spiritual books and I been working on myself ever since. It is a never-ending process. Which lead me to creating art with whatever life lesson I was going through and making it into art.

What's your process in creating your art?

One example of my creative process is if I need to learn to listen, (I have a bad



Cyndia's works seems to come to life! The angel looked to me like Metatron, the Archangel who helps teens, among other callings.

habit of interrupting) I would look for a quote and an animal that would match that quote. I would find the right piece of wood and prep it by sanding it down, transfer a basic outline of the figure, then freehand the rest with my burner. To learn more of this technique there are plenty of tutorials on YouTube.

My newest medium is acrylic and charcoal. First, I do a wash with acrylic, then coat it with charcoal powder. I use the grid method to draw in the subject with a charcoal pencil. I use a kneaded eraser to erase the highlights to create a fur texture... use Fixodent and repeat... this technic is also on YouTube.

Do you do commission work?

I have in the past, but I don't have time until November.

What was your most difficult project?

I did several projects that involved resin. These were large pieces. I think one was over 5 feet in size. I burned horses running through water. I created splashing effect with the resin. It really turned out nice. I have it posted on my Facebook page.

Another difficult thing is burning on paper. This process takes forever because

the heat has to be low. This makes it a very slow process. Plus, the paper ends up coating the tip on the burner. So, I would have to turn off the burner and clean the tip every time. That's why I don't burn on paper much, plus it doesn't sell well.

Wood burning is unforgiving. How do you deal with mistakes?

On paper your stuck with your mistakes. On wood, sandpaper is my eraser.

What's new for you in the future?

I want to add more color to my wood-burning and do more resin pieces. I will continue to play with other mediums. I want to sell more prints. I don't know where I am going with the sublimation printing. The problem is if you don't use the printer every week, the printer heads get clogged up. I am not going to buy another printer! There are other methods like direct print to film...but I can always outsource it also. I definitely want to sell on the web, just trying to figure out what is the best platform for me. Building a website it not the problem, it's what will be easier overall in running a business.

One thing "extra" I forgot to mention is that I am a member of The Mountain Artist. My art is sold at Brazenhead Vintage Market, Blues Natural Pet Market, Painted Bear and Good Karma Cafe. Plus, they can find me on Facebook or Instagram.

Find out more about Mary Shell at www.maryshellart.com



A creek running through a western landscape. Image by Pete Linforth from Pixabay.

A Hope that Flows

by Blake Reher

The cold creek twists and gurgles as it flows.

A murder of crows fly overhead, clouds roll by.

At the water's edge an old man bends down

to pick up a rock that sparkles. A glint of promise.

It's long past the days of gold, but the creek still flows—

and so does his hope.

Editor's note: This poem celebrates Earth Science Week: October 9 - 15, 2022

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The Adventure Carousel

Remember my name

by Gilrund the Historian

Ben and Jack were sitting in their favorite malt shop, the Blue Owl talking when the waitress approached and sat down with them. They were the only customers in the shop, and she had nothing else to do.

Janice was 28 and had been working at the Blue Owl for two years to make a living. She lived in a little one-bedroom apartment and was hoping someday to find a young man that was worth marrying.

"Hi guys," she started, "What are we talking about today? Going on another adventure? I heard you talking about a place that had weird clouds and helping a princess get her treasure back. You seem to have great imaginations for guys so young. Do me a favor will you? Remember my name the next time you have one of your adventures. I'd like to have some fun in my life too, even if I can't be there."

The bell on the front door rang and Janice got up from the table to see what the new customer might want.

Jack looked at Ben and said, "Wow, I didn't know we talked that loud. Janice must have heard a lot of what we talked about."

"Yeah," commented Ben, "I guess she has a really dull life to listen to us talk about our adventures. Well, you know what? I'm going to do what she asked the next time we have an adventure. It couldn't be too much trouble to just remember her name while you and I have a good time."

Jack laughed and finished his malt as he and Ben got up from the table and left the malt shop.

As they walked toward their homes they talked about their last adventure and decided that it was time to have another one.

"Tonight, at eight?" asked Ben. "See you then," replied Jack.

Eight o'clock found the two friends at the back of the Carousel of Happiness and Jack was unlocking the door with his skeleton key.

The boys quickly slipped inside and locked the door behind them as they turned to be greeted by their carousel friends, Leo the lion and Danny the dragon.

"It's been a long time since you have been here," said Leo, "We have missed you and our adventures together."

"Well, here we are," laughed Jack, "Where to tonight?"

"Wherever the mist takes us," grinned Ben as he scratched Leo behind the ears.

Jack had mounted Danny by then and Ben climbed on Leo's back as a mist started to form in the carousel building.

The friends were soon covered in the mist until a slight breeze blew the mist away and they found themselves

beside a slowly flowing river that was fed from a large lake some distance away. The lake was surrounded on three sides by a thick forest of aspen and pine trees.

The stream flowed into a large marshy area with tall grasses and trees, some old and broken, others still growing though at odd angles depending on where the river had flowed over time.

Ben and Jack were looking over the swamp as were Danny and Leo when Ben spotted something shining in the dim light of the sun that glowed through the thin mist that swirled just above the marshy land.

Ben dismounted from Leo and walked to where the shiny object lay in the mud on the side of the river. He saw that it was an old empty wine bottle that had the cork stuck back in the opening.

"Hey, look at this," said Ben to Jack as he picked up the bottle and wiped it off to look inside, "There is a paper inside. Help me get the cork out."

Jack jumped down from Danny's back and took the bottle from Ben and pulled at the little bit of the cork that stuck up from the neck of the bottle. It squeaked a little as he pulled and wiggled the cork as he worked to get it out. Little by

little the cork moved up and out of the bottle until it "popped" as it came out of the top. Jack shook the bottle upside down until the paper slipped out of the bottle into his hand. Ben took the paper and carefully opened it as Jack looked on to see what might be written on it.

"Wow, listen to this," said Ben as he read, "I am William Long the reigning King of the Kingdom of Lexton. I have been captured by the enemies of my kingdom and am being held in the dungeon of the castle on the edge of the Swamps of Sadness. Please inform my armies of my place of imprisonment so that they might rescue me. King William of Lexton."

"Can you believe that? It's a real message in a bottle that we have found. What do you think that we should do?"

"Well, we don't know where to find this king's army," returned Jack, "So, I think that it is up to us to find him and get him out of the castle and back home; don't you think?"

Ben grinned and said, "A new adventure for us. Let's do it." Danny looked around and then lifted into the air and flew around for a few minutes.

When he returned, he informed the others that the river flowed from out of the lake and that there was a castle hidden deep in the forest and that there was a stream that flowed past the castle.

"Do you see what that means?" Danny continued, "The king must be held in that castle. How else could the king have gotten his message in the bottle thrown into the river where we could find it?"

"It makes sense to me!" said Ben and Jack at the same time.

"So, how do we get him out?" asked Leo.

It was quiet for a few minutes as they all thought of how to get the king out of the castle.

"I say that we get into the castle by dragon

to release the king. The guards' shot arrows at them and missed. "Try and get him!" They shouted back.

Leo and Ben approached the castle gates and found that there were no guards there. They must have all been on the top of the castle watching the dragon. Leo pushed the gates open and walked carefully inside to find that all the guards had gone to the top of the castle to fight off a dragon. Leo and Ben entered the castle and looked for the way down to the dungeon. Room after room was entered and hallway after hallway was followed until at last, they found the door to the stairwell and started down into the darkness of the cold and damp dungeon.

Danny and Jack kept circling above the castle as the guards kept shooting arrows at them until they ran out of arrows. Then Danny started down toward them with flame shooting out of his mouth.

The guards ran through the door that led to the lower parts of the castle to escape the

flame as Danny and Jack landed on the turret.

Jack dismounted and started toward the door of the turret. Danny roared and called for Jack to stop.

"You are too young, my dear friend and they are well trained and armed with swords," said the dragon, "allow Leo and your friend Ben to continue the quest. We will wait and help them in a time of need."

Jack turned back and mounted the dragon again and they flew down to the courtyard of the castle to wait and to help if needed.

Leo and Ben were just starting down the stairs to the dungeon when they heard the running feet of the frightened guards as they ran towards the stables of the castle to mount their horses and escape the

dragon. Leo stood at the top of the stairs and roared a loud and ferocious roar that frightened the guards even more. They could hear one of the guards cry out, "Run for your lives. The castle is full of monsters wanting to eat us!" They had no thoughts of their prisoner, they just wanted to escape the deadly monsters that seemed to be everywhere in and above the castle.

Ben continued down the stairs until he saw a guttering torch down a long hallway. He stopped and took the torch with him as he found the door of the king's cell. He had gotten the keys at the first door, then he opened the door to release the king.

"We found your message in the bottle and have come to rescue you," explained Ben. The king wanted out of the dungeon, so they ran back to the top of the dungeon stairs where Leo waited.

There were many questions

as the mist grew even higher.

Soon the king could not see his rescuers for the rising mist, and he returned home to his castle and kingdom.

As he spent the next few days in celebration of his return, he often thought of the name Janice.

"Who was this woman Janice?" Where would she come from? Was she a princess in some other kingdom?" wondered the king.

Jack, Ben, Danny, and Leo were back at the carousel and were talking of the wonderful adventure that they just had as the mist cleared.

"Thank you," said the boys to their carousel friends as they walked through the back door of the building and locked it.

The boys went home, and the next day found them, once again, in the Blue Owl waiting for Janice to place their order.

A new girl came out from the back of the shop to take their order.

"Where is Janice?" asked Ben, as he looked around the room. "I'm Linda," was the reply, "Janice has gone off with her new boyfriend. So, I'll be serving you. What would you like?"

Ben and Jack placed their orders and when Linda left, Jack said, "That was quick. Janice didn't even have a boyfriend as far as I know."

As Linda came back with their malts, Ben asked her who Janice's boyfriend was and where did they go?

"Oh, he was some fancy guy, really well dressed. I think he was rich or something. I believe his name was Bill, yeah, it was Bill and he lived in a place, oh what was the name? Oh, yeah, it was Lexton. I think it is back east somewhere. Oh, his name was Bill Long. Anyway,

that's what I remember it being. So, is there anything else that you want?"

The two friends said that they had all that they wanted.

"He remembered her name, Jack," said Ben as he started to drink his malt.

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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The Cave and the Woods

For the men in the cave and the women in the woods
by Asha

He went to his cave. I let him go. He stayed inside for a little while. I waited for him while I was dancing, smiling and singing.

No big deal, I gave him space, we got along again.

He went to his cave, again and again, I wait for him in front of his cave, dancing and singing, not too much smiling.

He did it again, he went to his cave, again and again, I was waiting for him in front of the cave.

He came out of his cave, speaking a language that I didn't understand.

He went back to his cave, I was waiting for him, I wasn't smiling, singing or dancing while I waited for him. I went to the woods, to find ease in my heart.

He came out of his cave, he knew I will be there, in front of the cave, waiting for him.

He went back to his cave, more time than I expected. I lost my voice, no singing anymore.

I went to the woods; the trees were whispering at me something that I didn't understand. He came out of his cave. He changed his face.

He came back to his cave, I went to the woods, the trees whispered at me in a language that I understood! "Sing with us again, let's dance with the wind and smile with the Sun!

He came out of his cave, he didn't see me waiting for him, I was where I belong, singing with the trees, dancing with the winds, smiling with the sun.

He lives in his cave. I live in the woods.



Porch Pirates

They're here!

by Kathy Hansen

You may have heard of porch pirates: a vehicle that follows delivery trucks such as FedEx Express, FedEx Ground (separate businesses, separate trucks) or UPS only to pick up the packages the driver leaves right from the porch. They're here in Teller County!

We know this is true, thanks to one of our friendly customers at Shipping Plus who happens to have a security system that pings his phone whenever the porch area is triggered and his willingness to let us know how it happened...

His phone pings and he looks at it to see the delivery personnel drop a package on his front porch. Sure enough, the phone pings again just three minutes later and here is a person wearing a cap over the face, picking up that package, then rummaging through a vehicle that was not locked. Good thing his camera angle was wide enough to also capture the unlocked vehicle!

Our community-minded customer then called the Teller County Sheriff's Office to let them know what is going on. They take the report and say they'll do their best to get someone out there.

After 10 days had passed, our caring customer realized there must have been another situation for the sheriff's office to deal with as they had not stopped by. He then decided to give us a call to alert us of the situation.

We feel an obligation to inform our readers because 33% of packages are picked up by porch pirates!

What can be done?

A security system can be helpful but is not the only tool. When you are sending a package, especially if it has sentimental or monetary value be sure to request a signature at the door from the recipient. If the recipient is not at home, the driver will place a notice of attempt to deliver on the door. Please read that notice as each company's process differs slightly as to what to do next. In most cases, there is a second attempt the next day.

When you are receiving a package and you have the tracking number be sure to track its progress. Note: when you get that first email that the package has been delivered, that usually means the package has

been placed on the delivery truck for that day. If you can be home the day of the anticipated arrival (the expected arrival date is typically included on the receipt) that is best and if not, perhaps you have a friend, neighbor or family member that could be at your home to accept the package. When these options are not available, consider signing up for package acceptance services offered in Teller County at Shipping Plus* in Divide, and in Woodland Park the UPS Store or Anderson Pack N Ship.

If you happen to notice a vehicle following one of the primary delivery trucks, do your best to see the license plate and write it down. The make/model/year of the vehicle, and the address the theft occurred can also be helpful information. Do NOT attempt to approach the vehicle on your own! If you have a camera or cell phone, take a photograph of the vehicle.

Be aware of porch pirates, especially as we roll into the holiday season when all the routes change due to package volume, and do what you can to protect your packages!

*Shipping Plus has two types of package acceptance options. For those who order weekly or monthly from Amazon, the debit program would be most cost effective as you put \$20 down and we chip away at that \$2 per package. When the money is gone, you make another deposit on your account. The second option is to pay for packages \$2.50 at a time. Each delivery service is aware of Shipping Plus as we see them most every Monday through Friday. We hold your package until it is convenient for you to pick it up (for those with long hours, we can still accept the package for you and if you tell us whom you have given permission to pick up on your behalf, we're happy to check their identification.)

Our service works really well this time of year for Chewy packages as bears have easily identified Chewy packages as a really easy way to consume their 20,000 calorie per day requirement. Also, during snowstorms MANY of the drivers will ask if we can hold packages for customers if their trucks are unable to access in icy conditions. FMI 719-686-7587 or ShippingPlusCO@gmail.com.

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Annabelle

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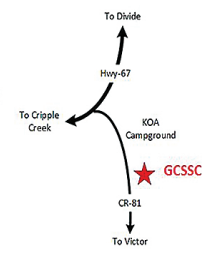
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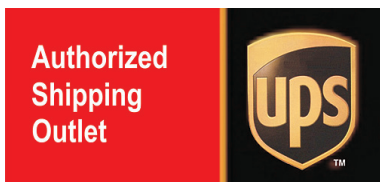
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Fitness ON the Mountain

14er climber Courtney Hopkins

by Lori Martin



In last month's issue, we talked about balance and consistency in our workouts. Whether we are novice or extreme athletes, we need to pay attention to how we train our bodies all year round. In this month's column, we have a young woman who has been summiting 14er's for almost 12 years. Courtney was kind enough to answer a few questions that will give us insight into how she applies balance and consistency in her routine both on and off the mountains.

When not working in the field of Behavior Therapy, 31-year-old Courtney Hopkins can often be found summiting one of Colorado's 58, 14er's. She's graciously shared with us what she has learned to keep herself in the best physical condition, injury free and driven to complete her goal of summiting all 58 peaks above 14,000' elevation.

Tell us how you got interested in your sport.

You know, it was kind of by accident. I had decided to move to Florida and I made it my goal to summit one peak before I left the state. Well, I did and I was hooked! I quickly worked my way up to hiking harder and harder trails. My first 14er, which, was Pikes Peak, wasn't even my intention when I set out on the trail that day.

I was planning on hiking up to Devil's Playground from the Craggs and when I got up there, I couldn't help but just continue pushing toward the summit! It was my first 14er, as well as a solo summit! From then I was hooked and hiked as many as I could the rest of that summer.

What specifically about your sport was it that drove your interest?

Attempting to hike Colorado's 14-er's, is unlike anything else. It requires intense training, heightened awareness, at all times (especially above tree line), the right gear and beginning (the ascent) in the dark to ensure you're off the summit by noon.

I've hiked 29 of the 14-er's, which means I'm halfway to summiting all 58.

We'd love to hear what you consider your biggest "moment" or accomplishment in your sport, thus far?

My biggest accomplishment so far, has been Crestone Needle. Located at 14,203 feet elevation in the Sangre de Cristo Range.

Summitting that mountain at all is a great achievement. The Needle requires hours and hours of Class 3 and Class 4 climbing. Many people have gotten off-route, especially during the descent, and gotten themselves in trouble. I couldn't even celebrate when we got to the summit because most of the challenge is on the descent. Once we got back down to an area that was safe, that's when I celebrated and also took some sighs of relief.

What do you believe is the number one contribution in your training protocol that has led to that huge accomplishment?

My number one contribution has been hiking through every weather condition, during on-season; preparing myself for all the elements; rain, snow, ice as well as scorching hot temperatures.

Different muscle groups are utilized in each. Staying fit and in good shape all year round, is also a priority for me. In the winter, I enjoy snowshoeing some of the 13er's where the avalanche risk is low. It keeps me better acclimated and my mind focused on my upcoming goals.

During pre-season, which order of importance do you place on training for your sport? (1 = Most Important 8 = Least important)

1. Cardiovascular Conditioning for endurance
2. Agility Specific to my sport of climbing 14er's, especially, above the tree line
3. Balance (especially, when hiking/climbing the more technical peaks)
4. Muscle Endurance
5. General agility
6. Range of Motion/Flexibility
7. Muscle Strength
8. Muscle Hypertrophy (Increase muscle size)

It doesn't take a lot of muscle necessarily, to hike 14er's. It will help, for sure, especially if you are trying to be a faster hiker. However, it can be done without a lot of muscle mass. That's why cardiovascular conditioning and agility specific to climbing 14er's are most important, in my opinion.

What are your recommendations on climbing solo vs climbing with partners/groups?

I usually have a partner. I've done three solo summits (Pikes Peak, Quandary Peak and Mt. Sherman). All three of those are pretty easy for solo trips. Lately, I go with my friend Olivia, who is a 14er finisher. She has almost climbed all 100 Centennial peaks in Colorado. I also hike with a few of my best friends for some of the easier ones I have left, as they are just starting out in their 14er journey.

Our readers are active people. I think they would find it interesting to hear what importance you place on RESTING your body before the next event as well as, the importance of fueling your body.

I absolutely believe in resting, especially the night or two before the next hike/climb. If you are sore or tense, your agility will be decreased when you need it the most. Adequate sleep and the right fuel (food) are equally, important in the day(s) prior.

You mentioned your biggest accomplishment was climbing Crestone Needle.

Was this also your biggest challenge?

Yes, I would say it was also my biggest challenge. There were parts where I wasn't sure if we would be able to keep going due to the route on 14ers.com not being updated. The standard Class 3 route has a section where you have to make a kind of a leap over a big gap in the rock. There used to be a boulder in that gap that made it a Class 3 move. However, that boulder had been washed away so it was no longer a Class 3 move. It was almost impossible to cross, especially for shorter people like myself, without help. Thankfully, another group was coming up at the same time and we worked together to figure out a way across. Two weeks later, the website updated its' classifications ratings. Another reason I consider Crestone Needle my biggest obstacle was due to the 6-8 hours of intense focus required to make sure you summit (and, especially, descend) safely.

Another, intense climb was Longs Peak as it took 15 hours to complete. We started at 3:30 a.m. and finished around 6:30 p.m.

Speaking more specifically about your sport, based on your experience, what are the top three mistakes people make when starting out?

1. Being over confident, especially if they are from out of state, or already avid hikers. The mountains should never be underestimated.
2. Dehydration. I recommend not drinking alcohol the day before and bringing more water than you think you need because when you are just starting out, you won't really know how much your body needs.
3. Not carrying the 10 Essentials of Survival which, is a list of various things that help you stay safe and alive if anything were to go wrong. (You can find a list of essentials for various conditions on 14ers.com)

What would you say are the top three most preventable injuries or conditions that can be avoided through proper training, nutrition, etc., related to your sport?

1. Altitude sickness. This is usually due to dehydration and not being acclimated enough. Camping at the trail the night before can help with acclimation.
2. Muscle injuries. This happens often for those who do not have appropriate stretching, agility training and/or muscle conditioning routines in place.
3. Mental preparation. Any injury can easily happen without the right mental preparation. So much of hiking 14er's, is purely mental. Proper fitness training and nutrition will help prepare your mind and your body to be able to handle whatever adverse conditions are thrown your way.

Do you increase carbohydrates, proteins and/or fats in preparation for your attempted summits?

Usually, the night before I eat a good amount of carbs with my dinner to ensure I have the needed energy the next day. I always keep carbs with me on the mountain, also. I really like bringing Pro Bars (The Superfood Slam is my favorite) and granola/oat bars, as well. They really help keep me going.

In this world of apps and devices, which do you find are most reliable while ascending and descending 14er terrain?

Weather tracking is a serious consideration. Having more than one app or device is a good idea.

One weather app I use is: <https://www.mountain-forecast.com>

During solo climbs I use Spot GPS otherwise, my hiking partner carries a Garmin In-Reach Mini. I'd recommend having at least one satellite device.

We all look forward to watching as you complete your goal of summiting all 58 Colorado 14ers, Courtney!

Many of us are fans of Apple Watch, etc. but, while some older devices offer have SOS features when cell service is available you might want to upgrade to the one of the newer models. According to Apple website, starting September 23, 2022, Apple Watch ULTRA is released. It is touted as having a more rugged design, precision dual-frequency GPS, and up to 36 hours of battery life. I'll be doing my research before I make my purchase as, iPhone 14 will also come with Emergency SOS via Satellite, as well.

As I conclude this Fitness ON the Mountain column, I hope your take away is to follow your fitness dreams with a better understanding of preparing your body. Whether you desire to attempt any extreme sport or simply want to tend to your garden injury free next summer, there are many things to consider for each activity. A simple Internet search is one source of information you might gravitate towards. Do yourself a favor and also research local professional trainers and organizations that specialize in your sport. They will be able to assess you individually, find your strengths and weaknesses and guide you to the appropriate training. You will ultimately, enhance your experience and reduce opportunity for unnecessary and costly, injuries.

Fitness ON!

Lori Martin's career as a certified Personal Trainer and Group Exercise Instructor spans the course of over 30 years. Lori is available for consultations and Individual Personal Training sessions. FMI lorimartinfitness@icloud.com



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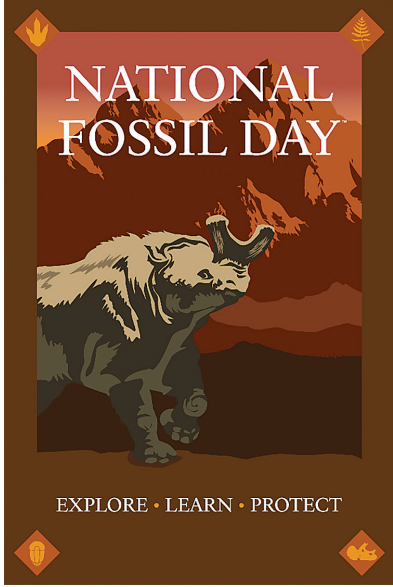


Fossils

by Steven Wade Veatch

Fossils. Mammoth bones, petrified trees, insects trapped in amber, pine pollen, a moss spore, impressions in paper-thin shale, stony steps of a dinosaur trail.

Just fragments of time, puzzling pieces, vestiges in layered ground: A kingdom come, a realm now gone, past worlds in stone.



Editor's note: October 12 is National Fossil Day!



Fossil branches of the Florissant redwood, *Sequoia affinis*. Specimen FLFO-4858 from the collection of Florissant Fossil Beds National Monument. Image date Oct 2003 by S. Veatch.

Mueller State Park Welcoming Autumn

Mueller State Park is a gorgeous place to welcome autumn! The aspen trees turn a rich gold and illuminate the mountain slopes. The weather is usually beautiful, perfect for a crisp hike or picnic. Birds are flying south and animals are preparing for winter. Join us for a guided hike or program to get out and enjoy the beauty.

Leisurely walks or lengthy hikes can help you explore all the hills and valleys. Kids programs can excite their natural curiosity about nature. Special evening programs include an elk bugling hike, Stories and S'mores around the Campfire or a Star Party with the Colorado Springs Astronomical Society!

- 1 The 10th Annual Hiking Challenge, Hike #9 meet 8:15 a.m. Homestead TH
- 1 Hike: Cahill Loop 9 a.m. meet at Grouse Mountain TH
- 1 Archery 1 p.m. meet at Dragonfly Pond
- 1 Living with Wildlife 7 p.m. Amphitheater
- 4 The 10th Annual Hiking Challenge, Hike #10 8:15 a.m. meet at Black Bear TH
- 4 Hike: Elk Meadow* 9 a.m.
- 5 Hike: Rock Pond 9 a.m. meet at Visitor Center
- 6 The 10th Annual Hiking Challenge, Hike #11 8:15 a.m. meet at Black Bear TH
- 7 Hike: Dynamite Cabin 9 a.m. meet at Grouse Mountain TH
- 8 The 10th Annual Hiking Challenge, Hike #12 8:15 a.m. meet at Dragonfly

parking lot.

- 8 Hike: Homestead Trail* Loop 9 a.m.
- 8 Mammals of Mueller Touch Table 1 p.m. meet at Visitor Center
- 13 Hike: Geer Pond 9 a.m. meet at Homestead TH
- 14 Hug a Tree to Survive! 2 p.m. meet at Visitor Center
- 14 Elk Bugling 5:30 p.m. meet at Grouse Mountain TH
- 15 Nature BINGO! 1 p.m. meet at Visitor Center
- 15 Stories and S'mores 7 p.m. Amphitheater
- 18 Hike: School Pond* 9 a.m.
- 20 Hike: Bird Walk 8:30 a.m. meet at Elk Meadows TH
- 22 Forest Bathing/Shinrin-Yoku Walk 10-12:30 p.m. meet at Visitor Center Patio
- 22 Hike: Preacher's Hollow* 9 a.m.
- 22 Star Party 7 p.m. meet at Visitor Center
- 25 Hike: Wapiti* Nature Trail 9 a.m.
- 27 Hike: Outlook Ridge* 9 a.m.
- 28 Tracking and Trailing 2 p.m. meet at Visitor Center
- 29 Hike: Bacon Rock 9 a.m. meet at Homestead TH
- 31 Hike: Red Tail Overlook 9 a.m. meet at Outlook Ridge TH

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

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

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Life-Enhancing Journeys

The art of breathing - part II

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

Everyone is born with the instinctive knowledge to breathe, yet not everyone knows how to breathe properly. The health benefits of proper breathing are vast: from stress reduction to a slower heartbeat to lowered blood pressure and calming the mind. Breathing consciously possesses a special power for calming the mind and body which contributes to well-being. There is so much information about this topic therefore I decided to separate the subject into two months. This month's article is providing additional material to the September 2022 column.

Were you aware that eight out of 10 people breathe inadequately? One out of four people suffer from serious "over-breathing" (rapidly breathing more air per minute than is usual; also known as hyperventilation). It seems confusing that rapid breathing will lead to low oxygen levels in cells, yet it does. Taking quick breaths can contribute to, and even worsen, panic attacks; fear causes us to breathe faster which then intensifies the anxiety. Hyperventilation has been observed in people who were experiencing a panic attack. Exhaling into a paper bag then inhaling that breath can alleviate symptoms. It works by putting some of the lost carbon dioxide back into your lungs and body.

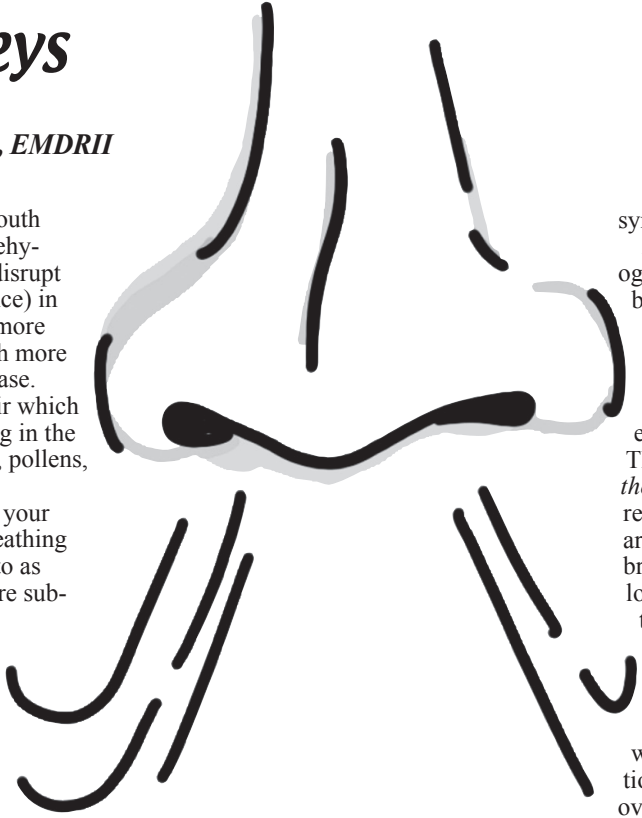
Half of all humans snore on occasion and about one quarter suffer from the chronic nighttime asphyxia, also known as sleep apnea, identified with symptoms such as loud snoring and episodes where the individual stops breathing while sleeping.

As many as half of us breathe through our mouths instead of our noses. Did you know that we lose 40 % more moisture

when breathing through the mouth causing our body to become dehydrated? Mouth-breathing can disrupt the pH (the acid/alkaline balance) in the mouth which makes teeth more prone to cavities and the mouth more susceptible to periodontal disease. The mouth is unable to filter air which exposes our lungs to everything in the environment such as pollution, pollens, dust, toxins, and more.

Although breathing through your nose takes more effort than breathing through your mouth (referred to as "resistance breathing") there are substantial benefits. According to researchers at the University of Colorado, resistance breathing activates and strengthens the respiratory muscles which can lower blood pressure better than exercise or medication. Researchers have also found that breathing through the mouth may lower one's IQ by impairing the prefrontal cortex (behind your forehead) which helps with decision making and logic. Mouth breathing can be detrimental to your ability to think.

Improper breathing (i.e., rapid or mouth breathing) can harm our health with conditions such as hypertension, neurological disorders, autoimmune diseases, asthma, and/or metabolic diseases, to name a few. These ailments can either be caused or intensified by poor breathing habits. Besides all the potential health problems ineffective breathing may cause, it can also contribute to increasing anxiety and



Breathing has a powerful influence over the mind.

other mental health problems. Trauma survivors prepare themselves for unbearable physical sensations by unconsciously tightening their muscles which causes rapid, shallow breathing or they hold their breath. New York psychiatrists and authors, Dr. Richard Brown and Patricia Gerbarg, found patients who practiced slow-and-low breathing could reduce the

symptoms of distress.

A basic understanding of physiology can help to explain why controlled breathing can increase relaxation. There is undeniable evidence that emotions affect the body. When experiencing a sense of happiness, calmness, safety, or are engaged in a pleasant social exchange, breathing slows and deepens. This awakens the body's parasympathetic nervous system which produces a relaxing effect. Conversely, when you are feeling frightened, in pain or tense, breathing speeds up and becomes shallower. The sympathetic nervous system is then triggered, which is responsible for the body's reactions to danger. As the result of the close connection between the body and the mind, these effects also occur in the opposite direction, where the state of the body affects emotions. Breathing has a powerful influence over the mind. Breathing exercises can function like meditation, drawing the focus to the breath and clearing racing thoughts from our mind. When you feel stressed, simply breathing deeply for a few seconds can give you instant relief.

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.

Here are some tips for Conscious Breathing

Remember to be realistic when beginning to practice conscious breathing. These exercises should always be performed in a safe location. Starting gently will enable your body to build lasting habits so avoid overwhelming yourself during these early stages. Perform each exercise then choose one technique to do for a few minutes each day. You can gradually increase the duration or the number of times you complete it. Allow yourself to notice any changes you may experience in your physical body, emotions, and mind. Being aware of these subtle shifts will help reinforce the healing benefits of breathing properly.

Warning — If you experience persistent dizziness or lightheadedness while performing these exercises, pause, remain seated, then return to normal breathing.

- **Breathe through your nose.** Nasal breathing relaxes the blood vessels in the respiratory tract allowing more oxygen to reach the body's tissues. Nasal breathing also filters bacteria and viruses while moistening the air as it enters the body. It pressurizes the air we breathe which enables the body to absorb about 20 % more oxygen with each breath. It allows you to take fewer breaths to get more oxygen. Breathing through your nose can aid in more restful sleep. If your nose is congested, find a way to unblock it.

I have lived for over four decades at high altitude (I live at 9,500 feet) and it is now necessary for me to sleep with oxygen using a nasal cannula. Due to this, I needed to create the habit of breathing through my nose which initially took effort. I even taped my lips together for a while which forced me to breathe through

my nose. Although I continue to use oxygen while sleeping, I believe nasal breathing has helped me avoid respiratory and other illnesses for several years now. Coincidence? I am sure other aspects of my lifestyle have promoted my good health yet I theorize that nasal breathing has been a contributing factor.

- **Follow your breath** — an exercise that consciously directs you to concentrate on your breathing while you are sitting with your eyes closed. Focus on your breaths and block out other stimuli like noises or smells. Notice — Do you breathe into your chest or abdomen? Does your breathing feel slow? Fast? Are your breaths shallow? Deep? Pay attention to your breathing rate, the rise and fall of your chest, and how the air feels in your lungs.
- **Alternate nostril breathing** — slowly inhaling through one nostril and exhaling through the other by applying finger pressure to the side of the nose not being used. It encourages deep relaxation because it balances the left and right hemispheres of the brain while calming the nervous system. It relieves anxiety and quiets an unsettled mind.
- **Abdominal breathing** — Also called diaphragmatic breathing, it gives the nervous system the "rest-and-digest" message as opposed to the "fight-or-flight" response. In addition to getting air into the body and expelling carbon dioxide, the diaphragm is actually a pump for our blood and our lymph system. Abdominal breathing strengthens the diaphragm muscle, slows your breath rate, increases your ability to stay focused and decreases

your need for oxygen overall.

Begin by placing one hand on your chest and the other hand on your lower stomach. This helps you to feel and track your breaths. Your hands will help you know if you are breathing into your belly or high in your chest.

Inhale through your nose making sure the hand on your lower stomach rises while the hand on your chest remains relatively still. Inhale until you are unable to take in any more air comfortably.

As you exhale, tighten your stomach muscles. Push out as much air as you can by using your abdominal muscles as you exhale.

Although fashion may have dictated that holding in your stomach is more attractive, it is a bad idea because it prevents your lungs from inflating or expanding as much as is needed. When our bodies get too little oxygen, it is harder for our muscles to create energy, for our heart to pump blood to our limbs, and for our digestive system to work correctly.

- **Box breathing** — considered to be so effective that the US Navy Seals use it to remain calm under pressure. It is also easy to teach, remember, and use. Think of the sides of a square as you breathe: Inhale to a count of 4; hold 4; exhale 4; hold 4. Repeat

- **Think reassuring thoughts while breathing.** This is a technique that emphasizes harmony of body and mind, where you use breathing as a focal point to divert attention from negative thoughts. With each breath, think soothing thoughts ("I am inhaling calm"). With each exhalation, imagine that you are expelling your fears and worries ("I am exhaling stress"). Cre-

ate whatever phrases work for you.

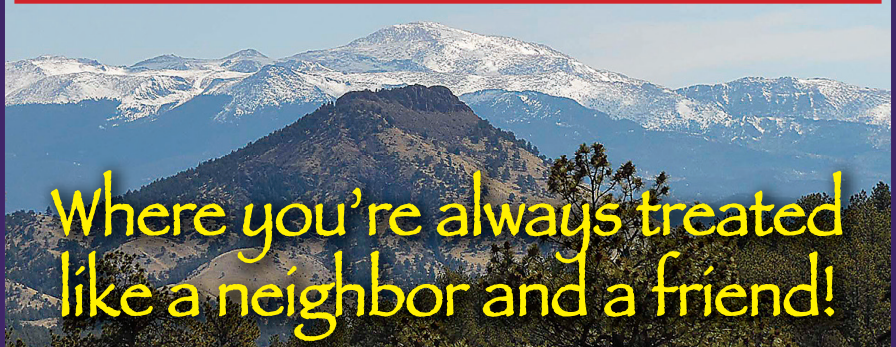
- **Slow breathing exercises** (breathing in and out slowly for six respiration cycles per minute instead of the usual 12 cycles) before going to bed can improve sleep. Insomniac participants went to sleep faster, woke up less frequently during the night and went back to sleep faster if they did wake up. This is particularly effective in people with conditions such as phobias, depression and/or post-traumatic stress disorder.


- **Cardiac coherence** — This is a technique that synchronizes breathing with your heart rate. Allow yourself to exhale a bit longer than you inhale, breathing out twice as long as you breathe in. This will slow your heart rate by stimulating the vagus nerve which signals your nervous system to turn on its relaxation mode. The heart rate slows and becomes regular; blood pressure decreases; muscles relax.

Paying attention to inhaling and exhaling activates the brain's calming response, easing stress and negative emotions. This reduces activity in the amygdala, part of the survival brain responsible for setting off emotions. When an individual concentrates on breathing, they are unable to think about their worries.


Achieving control over each breath is so helpful for slowing a busy mind, reducing stress, and assisting in calming ourselves. Your conscious breathing is your built-in *superpower* that positively affects your mental and physical wellbeing. Know that you are worth the effort to become your strongest self. Never settle for less than what you deserve.

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Currant Creek Characters

The Rowes to the Harvey's part XXI

by Flip Boettcher
photos by Flip Boettcher

Leonard John Harvey, better known as Johnny, bought the vast Gene Rowe ranch from Rowe's executor, The First National Bank of Pueblo, in 1964 and almost immediately started selling off acreage. Some of Rowe's holdings became parts of the Christopher, Nash, Hobson, Neff, Short Creek and Berthrong ranches. In 1966 and 1967, Johnny sold property to Dr. Morgan Berthrong, who eventually had 5,000 of his own acres. Around 1969, Johnny sold 4,000 acres, which would become the Pike Trails subdivision west of Guffey, to land salesman David Holcomb and developer Steve Ness. The first Pike Trails filing was 1970 and there were several other filings in 1972, 1974 and 1976.

Some of the earliest residents in Pike Trails were the Andersons, Mandel's, Berry's, Slater's, Larson's, Ruvo's and Magee's. Even though Johnny had sold the Pike Trails property, he still tried to run his cattle on it, according to Jean Anderson, a Pike Trails resident.

John Harvie, born in Scotland, came to Virginia at an early age and became a lawyer. He was part of the Continental Congress in 1777. John married Margaret and had four sons, Ben J, Nicholas, John and James. John died in 1807.

The Harvey family migrated across the country some settling in Ohio, Iowa, Indiana, Illinois, Kansas and Missouri. Some family members eventually settled in the Florence area. Our interest is in the Harvey's who settled in the Cañon City, Parkdale and Guffey areas.

Gilbert Bozwell "GB" was born in West Virginia in 1825, and had eight siblings, all born in West VA or VA. GB's father died when he was young and relatives raised him. GB served in the 11th U.S. infantry in 1847-1848 during the Mexican War, serving with General Winfield Scott and the taking of Mexico City.

In 1850, GB moved to Ripley, VA and married Mary Madelyn Vandive, on January 17. The couple had six children: Mary Alice; William K., 1851-1908; Mary Ellen and James Gilbert, Sr., 1858-1915, all were born in W. VA. Gorey, 1865-1914 and Martha B. were born in MO.

Mary M. died of Bright's disease in 1883, the first Harvey buried in the Greenwood Cemetery. GB died of heart and bladder failure in 1896 and is buried beside his Mary. The four corners of their plot have a small ceramic stone marker with the letter "H." Their sons William K., James G., Sr. and Gorey are also in the Greenwood Cemetery.

In 1858, GB left his family bound for Colorado and was the first Harvey in the Cañon City area. GB came to Colorado primarily to hunt big game and prospect for gold. GB returned to Ripley after the

Civil War to move his family to Colorado. Prospecting seems to have run in the family as GB's brother Andrew Wilson is listed as a miner in El Dorado, California in 1870 and 1880. His brother Henry Clay is a miner in CA with Andrew in 1880. A relative had a mining claim at Bumback Springs in 1898. Another article in the January 1899 *Park County Bulletin*, reports that miners Pew and Messenger are working the Harvey tunnel in Cripple Creek at James, Sr's claim. James had prospected with his father, GB, in Gothic and he mined in Cripple Creek until a month before his death in 1915.

The 1860 census shows GB in Ripley with Mary and their children William, Alice, James G. and Mary Ellen, they are in MO from around 1860-1870. GB is a farm laborer living with Mary, Nancy Alice, William, Mary Ellen and Martha B. The family arrived in Cañon City in 1873. By 1880, 54-year-old GB is prospecting in Gothic with his 21-year-old son James. GB's wife Mary is living in Cañon with their 10-year-old daughter Martha.

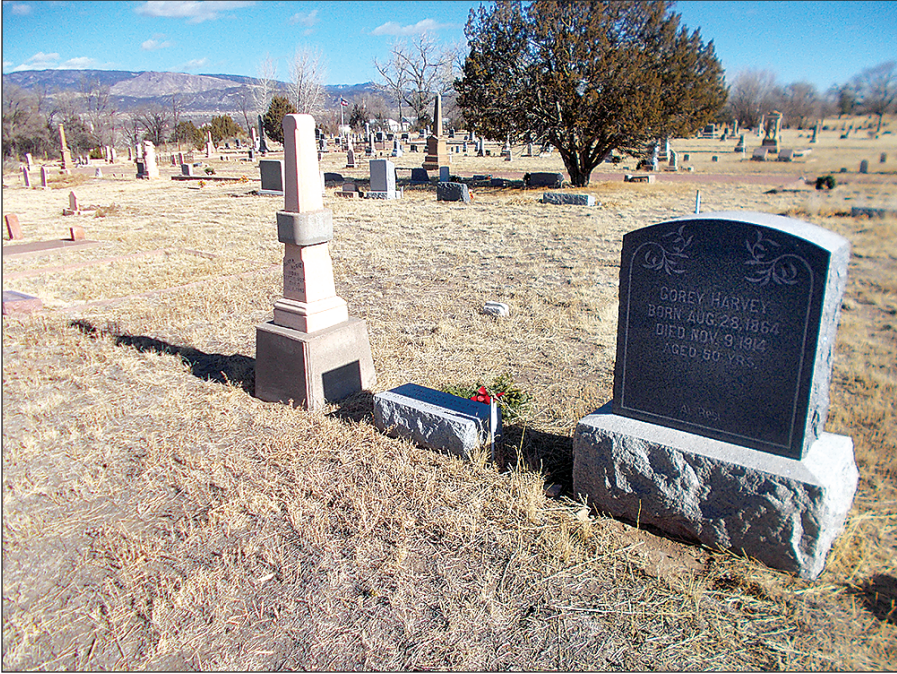
The next Harvey in the area is George W. Harvey, who came in 1867 for a 120-acre military-land grant near Florence for his service in the Civil War. George returned to Iowa.

There is not much mention of this family, but George W. married Sarah and the 1855 Iowa census lists George, 30, Sarah, 20, A.L., 2 and Kate, 1. The 1860 U.S. census has the family still living in Iowa with their children Anna, Kate, William W., and Frank. The 1870 census lists them still in Iowa with children Anna, Kate, William, George D., Sam, John, Jesse, Joseph, Alice and Ada.

There is no other mention of this family, but at the Greenwood Cemetery, next to GB, his wife Mary and son Gorey, according to cemetery records, are a George, died 1896, a George, died in 1913 and a Kate, died in 1896. Sadly, there are no markers, just dried grass and space. Perhaps this part of the family came back to homestead the land grant near Florence and are buried at Greenwood. We will probably never know. Although they are related, there is no direct link between these Harvey's and GB.

GB's son William K. married Rena Clara Meadows in 1879; he was 26 and she was 17. The couple had an infant daughter January 1888-June 1888. The daughter is buried next to her father William K. in the Greenwood Cemetery. The couple also had two sons, Albert and Frederic Cecil.

The 1880 census has the family living in Cañon City and William is a freighter. An October 1907 *Colorado Springs Gazette* article mentions that a William Harvey falls 40 feet at the Cycle Mill and



Harvey headstones at Greenwood Cemetery (above) from left to right are Mary M. Vandive, Gilbert Bozwell and Gorey.

The Harvey plot at Greenwood Cemetery (below) from the front to the back are Frederick Nye, Josephine Marie, infant daughter, James Gilbert, Sr., Lucinda Nye and Leonard H.



a year later, he dies in December 1908. GB's son Gorey, also known as Gora or George, married Mary Rebecca Young in 1885 in Cañon. Gorey had a 160-acre homestead northeast of the Frank Rowe homestead near Micanite, which was southeast of Guffey. Gorey had four sons, Calvin, Walter, Harris and Arthur.

Gorey's Micanite ranch is referred to in several newspaper articles. The March 1905 "Guffey Section" of the *Park County Bulletin* reported that "Vern Bowman and bride are residing at the Harvey ranch," he had been all over the Cripple Creek District, according to his obituary and had the Harvey tunnel in Cripple Creek.

A 1913 article reports that Mrs. George Harvey of Micanite is visiting her mother, Mary J. Bolin of Cañon City.

At the young age of 49, Gorey died of mitral and arterial heart damage from injuries sustained in two wagon accidents involving runaway horse teams in two years. He was laid to rest beside his father GE and mother Mary, in the Greenwood Cemetery.

Gorey's son Harris continued the ranch and proofed up the homestead in 1915. There is a report in the November 13, 1936 *Cañon City Daily Record* that H.C. Harvey, Guffey rancher, got a "deep cut on his chin when his motor-powered buzz-saw he was using at his ranch broke teeth from the saw striking him." The saw teeth went through the skin on his lower jaw without breaking his jaw. H.C. also sustained a cut on his shoulder. He was treated and released from the hospital.

GB's last son, who is of interest to us, is James Gilbert, Sr. James, 21, married Sidney Lucinda Nye, 18, on December 12, 1883. Lucinda was born in Ohio in 1866. They had five children: Frank

James, 1884-1951; Mary Emerilles, 1886-1941; Frederick Nye, 1893-1895; Leonard Howard, 1896-1974; and James Gilbert "Jim", 1899-1983.

James accomplished many things in his short life. He was one of the noted freighters in the area, mostly from Cañon to Leadville and for a time, drove a hearse in Leadville. He became a rancher on Currant Creek and leased a dairy from T.J. Dickson in Cañon in 1899. James mined in most of the big mining strikes in the state. "As a cowboy and bear hunter," he had been all over the Cripple Creek District, according to his obituary and had the Harvey tunnel in Cripple Creek.

James spent 16 years as a guard at the Colorado State Penitentiary in Cañon. James spent his later years stock raising, raising fruit and farming, acquiring 320 acres on Currant Creek at the bottom of Gribble Hill on Colorado State Highway 9, which was proofed up in 1916. It was called the 12-Mile ranch as it was in 12-Mile Park west of Cañon. Today it is the Horseshoe Place.

A 1911 *Cañon City Daily Record* reported that S.S. Worrell killed a buck on the Harvey Ranch on Currant Creek. James worked on the ranch until he died at 57 years old of pneumonia. He contracted a bad cold in Cripple Creek which turned into pneumonia. He is buried in the Greenwood Cemetery. After James died, Lucinda went to CA with her daughter for her health and died there at the Paradise Valley Sanitarium in National City in 1919. She is laid to rest beside her husband in the Greenwood Cemetery.

To be continued...

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

CAÑON CITY

- 1 Brew Ha Ha at Macon Plaza 1-6 p.m. Live comedy show, beer, live music and more. FMI: www.fremontarts.org/ or 719-275-2790.
- Sundays Paint Party 1-5 p.m. at Mary Shell Studios. \$45 includes dinner, dessert, wine and cocktails. No experience necessary, just the willingness to have fun! Reservations required. FMI text 719-371-5405 or paintwith-mary@yahoo.com or <https://maryshellart.com/>

LIBRARY

- 6 Writing Your Life Story Class 10 a.m. by Jeanne Schmidt. Drop ins welcome. \$5 fee.
- 7 First Friday 150th Anniversary Celebration with a Native American theme, all at Macon Plaza.
- 19 Emergency Preparedness 2 p.m. by Mykel Kroll from the Fremont Emergency Management Office.
- 21 Creative Crafting 3-4 p.m. for all ages, free!
- 29 Annual Pumpkins in the Plaza 2 p.m. Children are welcome to come and decorate a pumpkin (100 pumpkins will be provided, first come, first served). Trunk or treat at same time!
- Adult literacy program. We have tutors available to help for FREE!
- B.O.O.K. Babies on our Knees Monday 10:30 a.m.
- Break out box 2nd Friday each month 3-4 p.m.
- Chess Club Wednesday 2 p.m.
- Cribbage Club Fridays 10 a.m. All ages welcome!
- Filler Friday (different activity each month) 3rd Friday each month 3-4 p.m.
- Fremont Brain Injury Support 1st Tuesday 12:30 p.m.
- Lego Club 1st Friday each month 3-4 p.m.
- Metaphysical Group every Saturday 10:30 a.m.
- New Neighbors Genealogy 1st Friday 1 p.m.
- Story Swap Book Club 1st and 3rd Tuesday 3-4 p.m.
- Story time and craft Tuesday and Thursday 10:30 a.m. All at 516 Macon Ave. FMI 719-269-9020.

COLORADO SPRINGS

- 1 Second Annual Blues on the Mesa 11-6 p.m. FMI email amusiccompany@hotmail.com or amusiccompany@hotmail.com or www.amusiccompanyinc.com
- 7 & 8 Evergreen Cemetery presents "Beyond the Grave: The Legend of Sleep Hollow" 5-9:30 p.m. presented by Evergreen Heritage and Front Range Theatre Company. Proceeds benefit Evergreen Heritage. Ticket sales end 5 days before the event visit: <https://www.eventbrite.com/e/beyond-the-grave-presents-the-legend-of-sleepy-hollow-tickets-407612729647>.
- 23 John Mulaney's From Scratch Tour at Broadmoor World Arena.

PIKES PEAK CENTER

- 4 Halestorm with the warning and New Years Day
- 7 Nate Bargatze: The Raincheck Tour 7 p.m.
- 14 Menopause the Musical
- 15 Kathleen Madigan: Do you have any ranch? 7 p.m.

CRIPPLE CREEK

- 6 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Carr St., Food and refresh-

- ments at 5 p.m.
- GED classes Mondays & Wednesdays 1-3 p.m. New students (minimum age 16) may join GED classes after completing orientation and \$40 registration fee. FMI katy@cpteller.org or 719-686-0705.

ASPEN MINE CENTER

- 28 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.

CRYSTOLA

- 28 Sunburn in the Shade 7-11 p.m. Halloween costumes encouraged!

DIVIDE

- 7 The annual Potato Soup Supper 5:15 p.m. at Pikes Peak Community Club 11122 US Hwy 24, SE corner of Hwy 24 & Hwy 67 South. This annual tradition celebrates the history of the Ute Pass area. The cost is \$5, for potato soup, green salad, roll, beverage and dessert. The UPHS Bookstore will be on hand with a large selection of books and the 2023 Pictorial Calendars, available for \$14 + tax. Cash or check only. FMI utepasshistoricalsociety.org or 719-686-7512.
- 10 & 24 Little Chapel Food Pantry distribution. This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are:

- Last name beginning with:
A-H 3:30-4:30 p.m.
I-Q 4:30-5:30 p.m.
R-Z 5:30-6:30 p.m.

FAIRPLAY

- 29 Rocky Mountain Cigar Company Comedy Night, 6:45 p.m. & 8:45 p.m. Download the Eventbrite ticket app and tickets are \$25 each or visit the website www.rockymountaincigarco.com. The comedy nights are a non-smoking event. FMI 218-556-3809.

FLORENCE

- 8 Second Saturday Sales Pet Parade and Danata's Hot Dog Cart.
- Saturdays in October, the Florence Pioneer Museum and Research Center 100 E. Front St., will be celebrating the different heritages that came to work and live in Florence and Eastern Fremont County. We are open every Saturday 10-4 p.m. The museum encourages families to bring in their scrapbooks, pictures and memories to share with others about where their family came from. Entrance by donation. Coffee and treats available. FMI www.florencepioneermuseum.org.

FLORISSANT

- GRANGE
- 8 Pine Needle Basket Class 9-12 p.m. This is an advanced class.
- 11 & 25 The Florissant Grange Quilts of Valor Guild meets 9-12 p.m. Join us in making these beautiful quilts for Veterans of Teller County. It is also a great way to learn to sew.
- 15 The First Annual Art Show, Contest and Sale 10-2 p.m. Join us at this event to meet and purchase beautiful art from local artists. Vote on your favorite piece of art and enjoy some cheese, crackers and mimosas. We have 20 local artists participating; each has entered one piece with the theme "Colorado" into the Art Contest that you can vote on and purchase. Art entries will be displayed in the Grange Hall for a month
- 26 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. FMI 719-689-9280 or Guffeylib@parkco.us.

GREEN MOUNTAIN FALLS

- 2 Forte' Handbell Concert 7 p.m. at Church in the Wildwood. FMI wildwooduce.org.

GUFFEY

- Happy Hour Yoga at the Guffey Community Center Mondays 4-5:15 p.m., all levels, donation-based. Drop in, text or register online for an email reminder <https://SunMountainYogaTherapy.as.me/CommunityYogaor303-588-0232>.
- LIBRARY
- 4 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.
- 24 Guffey Literary Society 1 p.m. October book is *The Adventures of the Peculiar Protocols* by Nicholas Meyer. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome!
- 26 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. FMI 719-689-9280 or Guffeylib@parkco.us.

LAKE GEORGE

- 29 Lake George Charter School Halloween Carnival 2-5 p.m. See page 11.

MANITOU SPRINGS

- 1 Clayfest FMI <https://clayfest.com/>
- 5 Open Streets, Open Arts 3-7 p.m. FMI <https://manitou-springscd.org/openstreets-openarts/>
- 7-10 Indigenous Peoples Day Celebration
- 7 Friday: The day is filled with activities starting at 11 a.m. to darkness
- 1-6 p.m. Registration for contest pow wow starts at Memorial Park, open pow wow dancing.
- 6-9 p.m. Meet and greet in Manitou Springs City Hall. Preparation of ceremonial site (smudging, blessing ritual).
- 8 Saturday:
- 9-9:30 a.m. Utes ride horseback down Traditional Ute Indian Trail into Manitou Springs from Longs Ranch, which can be accessed from Hwy 24, halfway between Cascade and Manitou Springs or alternatively from the Manitou Springs Water Treatment Facility.
- 10 a.m. Utes rededicate the Trail
- 11 a.m. Welcome by Manitou Springs Mayor for Ute dignitaries.
- 11:15 a.m. Lt. Governor Diane Primavera, Chairperson of the Colorado Commission of Indian Affairs
- 11:30 a.m. addresses from leaders of the three Ute Groups
- Chairman Luke Duncan – Northern Utes
- Chairman Manual Heart – Ute Mountain
- Chairman Melvin Baker – Southern Utes
- Ute Mountain Princess
- Southern Ute Princess
- Other respected Ute Tribal Councilmen and Royalty
- 1-6 p.m. Pow wow
- 9 Sunday
- 10-12 p.m. Contest finals and awarding of cash prizes to pow wow winners at Mansions Park Pavilion (bad weather backup Memorial Hall)
- 12-5 p.m. Open schedule. Pow wow soaking at SunWater Spa.
- 5 p.m. Potluck in Manitou Springs City Hall
- 10 Monday
- 9 a.m. Red-dedicate waters at the Seven Minute Spring
- 7-28 Historic Ghost Tours FMI <https://www.eventbrite.com/e/ghost-tours-of-old-manitou-walking-tours-2022-tickets-334047132967?aff=ebdsbdestsearch>
- 14 Crossroads of Co-Parenting Seminar 9:30-1:30 p.m. Teller county court approved parenting & divorce class. \$35 registration fee required. FMI Michelle@cpteller.org
- 22 Fall Fest 11:30-1:30 p.m. Fun for the whole family. Activities for all ages, snacks, food trucks, games and giveaways. FMI Jackie@cpteller.org.
- 25 Circle of Parents Fatherhood Connection time TBD. A group for fathers and caregivers in the fathering role. Meal and childcare provided. FMI Michelle@cpteller.org
- FREE Yoga with Leah Mondays 10-11 a.m. First come, first served. Doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org
- FREE Yoga with Leah Wednesdays 5-6 p.m. First come, first served. Doors lock at 5 p.m. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org
- GED class Mondays & Wednesdays 5-7 p.m. New students (minimum age 16) may join GED classes after completing orientation and

HARTSEL

- Country Church of Hartsel meets at the Hartsel Com-

~OUT AND ABOUT~



FAIRPLAY

- 31 South Park City Museum will be hosting the annual Halloween Trick-or-Treating Extravaganza time 5-6:30 p.m. The theme this year is Glow Party Clowns and you must dress up for this free event. Spooky décor and tasty confections will rattle your bones and delight your senses! FMI 719-836-2387, photo by Julia Demarre.

WOODLAND PARK

- 19 BINGO! Every 3rd Wed 6:30 p.m. Ute Pass Cultural Center. Open to the public! Proceeds benefit Kiwanis.

COMMUNITY PARTNERSHIP

- Continues through Dec 19 Nurturing Families Mondays 5:30-7:30 p.m. 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
- 1 & 8 Cornerstone: Foundation in Financial Health 9-11 a.m. Provides tools to help stabilize your economic situation and overall financial health through simple everyday life choices, ensuring your spending habits align with your personal goals and values. FMI Michelle@cpteller.org
- 5-11 Nov 16 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 workshop. Take home groceries to practice the recipes. Meal provided. FMI Michelle@cpteller.org
- 14 Crossroads of Co-Parenting Seminar 9:30-1:30 p.m. Teller county court approved parenting & divorce class. \$35 registration fee required. FMI Michelle@cpteller.org
- 22 Fall Fest 11:30-1:30 p.m. Fun for the whole family. Activities for all ages, snacks, food trucks, games and giveaways. FMI Jackie@cpteller.org.
- 25 Circle of Parents Fatherhood Connection time TBD. A group for fathers and caregivers in the fathering role. Meal and childcare provided. FMI Michelle@cpteller.org
- FREE Yoga with Leah Mondays 10-11 a.m. First come, first served. Doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org
- FREE Yoga with Leah Wednesdays 5-6 p.m. First come, first served. Doors lock at 5 p.m. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org
- GED class Mondays & Wednesdays 5-7 p.m. New students (minimum age 16) may join GED classes after completing orientation and

MOUNTAIN VAPOR LOUNGE

- 6 Celebrate our 5-year Anniversary & Ribbon Cutting with the Woodland Park Chamber of Commerce at 4 p.m. Join us in celebrating being a part of the community! We want to share what we are about and our continued plans. We will also feature Mountain Harmony Holistics during the event.
- 8 Wellness Open House 11-4 p.m. Mountain Vapor Lounge is featuring Mountain Harmony Holistics. Come learn more about using essential oils for supporting your health and a toxin-free home for you and your family.

- Save the November Dates! 3-5 Munchkin Market at Woodland Park Community Church.

FALL FEST

Fun fall activities, snacks, food trucks, games, and giveaways. Fun for the whole family.

All ages welcome.

Saturday, October 22

11:30am-1:30pm

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