

BOCC: Bogle Boogies, Shots Fired, Criminal Reports Up

by George Gramlich,
News and Commentary

The March 8, 2023 Custer County Board of County Commissioners meeting started at 9 am and lasted ONLY four hours. All three mighty musketeers were present: Chair Kevin Day and members Bill Canda and Tom Flower.

During Commissioner Items, it was announced that two members resigned from the Attainable Housing Board: Charles "Grant King" Bogle and Tracy Ballard. (We believe Grant King was the board's Chair. One source reported that a fellow board member stated in a meeting that the board needed new leadership, and voila, Bogle resigned. This is going to be interesting as Bogle was the main leader on this socialist housing effort.) The board is currently looking for new members.

A Silver Cliff resident, Wes Taylor, spoke about allegedly

unsafe shooting and hunting near his property. Taylor said people are hunting dangerously. He said some of them were Amish. Taylor said these rifle bullets go far and it is scary.

Staff Reports were next. Sheriff Rich Smith was up first. Smith said that the Sheriff's Office (SO) was a tiny bit over budget. Smith reported that one car needed a transmission but the good news on vehicles was that he found two slightly used vehicles in Texas at a big savings.

Smith noted that more people have to sign on the Everbridge reverse 911 phone system. He is starting a mail campaign to motivate people to sign up. The Tip-A-Cop on Willey's Diner raised \$3,300. Smith is working with Sol Vista health for people with mental health issues. He said Sol Vista is opening a 24/7 mental health center in Salida and will also have a mobile team that will come to Happy Valley. Sol Vista will also have a detox center opening in

Salida this summer. (The county is going to need a big bus to get our nutcases/drunks and druggies up there for treatment.)

The Sheriff noted that transports to and from the Fremont County jail are a lot less than expected. He said they predicted around 10 a month but last month they only did three. (Reinforcing the correct decision to close our jail.) Smith said the number of criminal reports was up 16% YTD and arrests were up 50% (due mostly to more DUI busts.) The Sheriff said all the deputies and posse members are now trained in how to use the fentanyl antidote Narcan and all SO vehicles have the substance.

Canda asked Smith if Happy Valley has a fentanyl problem and Smith responded no but they had an unattended death last week and that case might be one.

Reggie Foster of the Extension Office reported that they had around 30 families enrolled in the shooting sports program.

Dorothy Carsten of Planning & Zoning said total zoning permits were up one from last year and the Use Tax has brought in \$17,941. Carsten said based on some company's review of Short Term Rentals in the county that there are twice as many STR's operating than are permitted and this is bad.

IT guru Vernon Roth reported that he is swamped with cyber security stuff, new computers for the Sheriff's Office, and implementing the new Fremont County dispatch software.

The county's new Office of Emergency Management, Robyn Knappe said a bunch of grants are "in jeopardy" as FEMA rejected the county's HMPG plan and the plan has to be fixed real quick and sent back the zombies at FEMA. She also said the Emergency Operations Plan needs to be soon, or else.

And that's that in Happy Valley.

Alamosa's World Famous Restaurant: The Friar's Fork & Sanctuary

by Abigail Beckman,
Colorado Public Radio

Just beyond an adobe archway and a charming, enclosed courtyard, a cardinal red wooden door welcomes visitors into The Sanctuary, just one facet of the Friar's Fork. Stepping inside, it's clear the building was once a church, although its mission is much different now.

Denise Vigil, owner and executive chef, said the work she does here is deep-seated in her soul.

"You spend all this time building these things that are gone in 20 minutes once it's out on the table," she said. "But there's something beautiful in that it's quite literally internalized by the people who want to be here."

Guests at The Sanctuary enjoy high-end, handcrafted cocktails, freshly brewed coffee and specialty lattes. They unwind in intimate sitting areas with a mishmash of chairs and benches situated around patterned rugs. Rows of diamond-patterned stained glass windows help fragment the room, interrupted by oil paintings of monks enjoying alcoholic beverages.

The building was desanctified several years ago and sat vacant. The altar was left behind as was



The Sanctuary was created in the footprint of the former historic St. Thomas Episcopal Church in Alamosa.

Abigail Beckman/KRCC News

a high-backed, ornately carved Bishop's chair. A handful of pews also remained. All have been put to use in the space — an intentional homage to its former life as a 1920s-era Episcopal chapel.

Just next door, through a small door adjoining the two spaces, is The Friar's Fork. The softly-lit dining room offers a handful of tables. The pulpit that was left in the chapel has been repurposed as a host stand. Former Sunday school classrooms, still with original chalkboards, offer private dining spaces.

Vigil, an Alamosa native, opened the business in July of 2022, along with her husband Neelson Vialpando. Now, just eight months later, The Friar's Fork is in the running for a James Beard Award for Best New Restaurant, one of the highest honors in the United States culinary world.

"I've been doing this for a little over 30 years now," Vigil said, describing her career in the restaurant world. "But this is the first time that I've had a place of my own."

Together, the pair spent a solid

nine months restoring The Sanctuary and the adjoining building that now serves as a dining room.

"We had a lot of people when we first purchased the site that saw it and they thought, well, you're crazy. This is a huge, huge project," Vigil said. "But, we had a vision."

That huge project included removing carpet and sanding floors to reveal the original hardwood. They retextured the walls to give the space the ambiance of a European salt cave. A commercial kitchen was added to what was once the parish hall.

Vigil said she saw the venture as a chance to return to her hometown and open a little restaurant to focus on for the next few decades of her working life. She said she thought it would go "unnoticed."

She was wrong.

The James Beard nomination launched a whirl of attention for The Friar's Fork. In addition to her time spent in the kitchen and behind the scenes, Vigil has been fielding press interviews and penciling in reservations for people from places like Portland and New Jersey, just to name a few.

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And it shall
come to pass, that
whosoever shall call
on the name
of the Lord
shall be saved.
Acts 2:21 KJV

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The Voice of Conservative Colorado!



We believe that freedom is a gift from God and not granted to us by politicians or governments. Freedom demands responsible behavior of all citizens and must be consistent with the truths expressed in the great moral and governing guides as The Ten Commandments, The Declaration of Independence, The U.S. Constitution and The Bill of Rights.

These were the principles that guided our founding fathers and which we believe are still relevant. These are the principles that will guide our reporting and be the basis of all our views.

We will not be constrained by the illogical, misleading and inaccurate thinking and use of "political correctness" but by truth, facts, logic and common sense.

The Sangre de Cristo Sentinel (USPS 11280) is an independent newspaper, published weekly by The Mountain Publishing Company, Inc. P.O. Box 79, Westcliffe, CO 81252.

POSTMASTER: Please send address changes to The Mountain Publishing Company, Inc. P.O. Box 179, Westcliffe, CO 81252. Periodicals postage paid at Westcliffe, CO and additional mailing offices.

Key Personnel

- George Gramlich - President & Managing Editor
George.Gramlich.sdc@gmail.com
- Fred Hernandez - Vice President
Fr3ddie.sentinel@gmail.com
- L. Vass - Secretary and Asst Editor / Graphics Layout
sdc.sentinel@gmail.com
- Katherine Brenchley - Advertising Coordinator
SentinelAds1791@gmail.com

Office Support

- Accounting Services
Bookkeeper.sdc@gmail.com
- Dan Bubis - IT Support
sdc.sentinel@gmail.com
- Yvonne Phillips
sdc.sentinel@gmail.com

Mailing & Delivery
Galen Studebaker

Sentinel Founders

- Mike Hess
- George Gramlich
- Mary Seifert
- Rob Canterbury

Sentinel Honor Roll

- Jackie Bubis
- Carol Clemenson
- Scott Clemenson
- Barbara Napolitan

Contributors

- Audrey Slater
- Gene Ferraro

Mnt. Photo in Logo by Peggi Collins

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- Tues: 9 a.m. - 4 p.m.
- Wedn: 9 a.m. - 4 p.m.
- Fri: 9 a.m. - 12 p.m.
- Closed Weekends

Subscription Rates:

- \$34 yearly for 81252 zip code
- \$44 yearly elsewhere
- \$29 yearly for Digital Edition

How to contact us:

719-783-3360
P.O. Box 179
601 Main Street
Westcliffe, CO 81252



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Please send your letters or other submissions to: sdc.sentinel@gmail.com

Stop Vaccines Already Be Informed Before Taking

by Fred Hernandez
Opinion

Almost on a daily basis hundreds of doctors, scientists, pharmacists, scholars, intellectuals and learned individuals from academia bring forth new information about the uncertainties of the vaccines.

These are well educated, highly trained, respected worldwide and capable individuals who speak the truth and they speak it loud and clear. Before the advent of the virus these people were respected and sought after by world leaders, media and corporate giants. They are spreading the news to you. But we will not hear the truth on mainstream media which is at best compromised and in some cases down right corrupt. It has been three years since the "pandemic" first materialized almost out of nowhere creating havoc

on people's lives not only in this country but throughout the world. Today we should have learned the lessons about the real reason for this global event. If nothing else we should now know that the vaccine being pushed by the government is not a surefire deterrent against the virus.

There have been hundreds if not thousands of adverse effects officially recorded and documented. In fact there are volumes of good, solid information that show most of those contracting the virus these days are vaccinated. Anyone who has any interest in finding out the hard facts can easily go online and readily find this information. Yet in some states the administrators continue to promote taking the jab. What is even worse is that there are those who obediently follow these

directives. Before you take another shot, do yourself and/or your loved ones a favor: know the facts and understand that you have rights. You have every right to accept medical treatment if that is what you really need. You also have every right to refuse medical treatment if you do not want it. These rights are contained in FEDERAL as well as COLORADO STATE Law. Both of these laws state unequivocally that adults who are able to make a decision and express those decisions have an intrinsic right to the following:

- First of all, they have a right to be given information regarding their condition (if they have one) and its treatment and that information has to be given in a way that they can fully comprehend all details including risks, benefits, alternatives and the possible result of the treatment.
- They have a right to give their consent to the medical treatment, as explained, should they agree with it.
- They also have the right to reject the treatment proposed at any time and for any reason even if by their refusal of the treatment the result might be negative (including possibility of death).
- They have a right to make their wishes known before they need the treatment.
- They have a right to assign another person to make medical decisions for them in the event they are unable to do so.

YOUR RIGHT TO INFORMED CONSENT

Except in an emergency you have the right to give your consent to receive treatment and you must be told beforehand what the treatment is, for what reason, why it will be helpful and what the risks and side effects might be. You have a right to a second opinion and you have a right to discuss it with your family or friends before making your final decision.

YOUR RIGHT TO ACCEPT TREATMENT

Once you have been fully informed you may accept by saying "OK" and sometimes a verbal acceptance is enough. Or, you may be asked to sign something at which time you have the right to have it explained to your satisfaction before you sign anything.

YOUR RIGHT TO REFUSE

Once you have been fully informed to your satisfaction you have the right to refuse any and all medical treatment even if it will cause an adverse effect on your condition and that includes the possibility of one's death.

YOU HAVE A RIGHT TO MAKE YOUR DECISIONS KNOWN

Should you have a preference as to the type of medical treatment you believe you should have you can make it known. You also have a right to appoint someone else of your choice

to make decisions for you.

It is of paramount importance for you to get all the information about your rights with regard to your care. It is contained in the law of the land and you have a duty to yourself to know these rights for your own protection and well being. Do not agree with everything you are told just because they are employed by a government agency. You have an obligation to yourself and your loved ones. visiting ColoradoAdvancedDirectives.com.

You can also contact your local physician, your local hospital or even your senior group. These organizations below will also give you the information you need.

Colorado Department of Public Health and Environment

Colorado Department of Social Services.

Colorado Hospital Association

Colorado Medical Society

Colorado Advance Directives Consortium

Finally, there is a booklet from the Colorado Hospital Association entitled Your Right to Make Healthcare Decisions which can be gotten free of charge by simply calling 1-720-489-1630. There is no reason for anyone to be lured into any kind of treatment. Get fully informed and take care of yourself. It is your right. It is your obligation to yourself and your loved ones.

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Local Mountain News & Notices

Colorado GOP Picks Dave Williams to Lead Party

by Bente Birkeland,
Colorado Public Radio

Colorado Republicans have selected former state Rep. Dave Williams to lead their party for the next two years, as the GOP tries to chart a path forward following several rounds of steep election losses, culminating in the lowest number of members at the Colorado legislature in state history.

Williams defeated six candidates, including former Mesa County Clerk Tina Peters, who eventually threw her support behind Williams. He thanked her after his win. Peters is awaiting trial on charges that she broke the law while violating the security of her office's election equipment.

[Kevin Lundberg also announced he was throwing his support behind Williams.]

By the third round of voting, only Williams and former 7th Congressional District candidate Erik Aadland remained in the race. That round wrapped up with Williams getting 54.8 percent of the vote.

He told assembled party members that the Republican Party in Colorado is at a historic crossroads and it's time to chart a new course, unleashing the full potential of the conservative grassroots movement.

"Here's the truth — that the fake news media, crooked politicians, and the failed consultants won't tell you," Williams said in his speech at the Embassy Suites Convention Center in Loveland, "our party can win again, but only if we first reject their failed leadership and go on [the] offense."

Williams, who is Latino and lives in Colorado Springs, served six years in the state legislature before mounting an unsuccessful primary challenge against congressman Doug Lamborn last year. He tried to include the anti-Biden slogan 'Let's go Brandon' as his nickname on the ballot, but was denied by a judge.

Saturday's GOP reorganization meeting was held in the shadow of ongoing electoral losses. Democrats currently hold every statewide office and five of Colorado's eight congressional seats (and came within 546 votes of claiming a sixth).

In December, Kristi Burton Brown, the party's first female chair, decided not to seek a second term, opening the race up to candidates who vowed to move in a different direction. Almost all of the seven who made it to Saturday's meeting came from the party's right wing, while the party members doing the electing were a mix of current and former Republican officials, local party officers and conservative activists.

During the meeting, members also reelected Priscilla Rahn as vice chair.

In laying out his plan to help the party find its way back to power, Williams told the crowd that he doesn't believe Republicans have a brand problem. Instead he blamed "feckless leaders who are ashamed of you." He said too many Republicans constantly apologize to the media and Democrats for Republican values.

Williams pledged to be a wartime leader, rallying party members

"as we march against the crooked Democrats to expose them as out-of-touch and corrupt."

Williams' election brings most conservative wing of party to greater power

While at the Capitol, Williams was among its most conservative lawmakers, introducing bills to ban abortion, punish local governments that provide services to undocumented immigrants and protect business owners who refuse potential customers because of their religious beliefs. All of those measures failed to advance in the Democratic controlled house.

"I think in the legislature he really proved [he would] stand firm and strong for Republican and conservative values," said Republican state Rep. Brandi Bradley of Douglas County, who backs Williams.

Williams has also been a staunch supporter of controversial El Paso County GOP Chair Vickie Tonkins, which has led him to butt heads with other El Paso County elected officials who wanted her to step down. Tonkins recently won reelection for a third term.

Republican State Sen. Larry Liston of El Paso County didn't attend Saturday's meeting because he said there wasn't a candidate he was passionate about. But he said with Williams' win he'll be less active in the party.

"I won't donate money and I won't encourage others to donate money," said Liston, who has been a strong opponent of Tonkins. He sees it as a loss for the state to have someone like Williams, who he considers so

divisive and out-of-touch, running the party and he worries that under Williams, the Colorado GOP will be a less robust check on Democratic overreach.

"Do we want to go from purple to blue to deep blue? I don't think so," he said.

Several other longtime Republican lawmakers also expressed disappointment in Williams' selection, but Sandra Lull of Loveland, who attended the meeting but is not a voting member, sees Williams as a good choice. She said she liked all the candidates and wants the new chair to help unite the party.

"We've been shamed since the Trump movement, I guess you'd say. People want to label people now, where they want to put us in a box." Lull said everyone should have their own freedom, and be left alone by the government.

Williams said one of his top goals is to close the Republican Party's primary elections, which he doesn't think should be open to unaffiliated voters. He's concerned liberal-leaning unaffiliated voters — and Democrats who drop their affiliation — could use the state's open primaries to knock out GOP candidates they don't like, as some tried to do in Congresswoman Lauren Boebert's race last year. Colorado opened primaries to unaffiliated voters through an initiative in 2016.

Not all Republicans agree with that approach.

"You close our primaries and you're shutting down the voters and unaffiliated voters, then you're gonna go to ask for their support in the general election?"

asked former Weld County Clerk Steve Moreno. "It's like, why would you not want to gather that vote, at the very beginning, all the way through to the general election?"

Moreno declined to say who he backed in the contest for chair, but did say he doesn't want Republicans to continue to push election denialism and hopes the party can move past differences and unite behind candidates.

Morgan County GOP chair Dusty Johnson also wants to keep primaries open to unaffiliated voters. She said there are a lot of voters on the Eastern Plains who have conservative values but don't want to join the Republican Party.

"Those are the issue voters, not the party voters. So I want to include them, and just not close out those people," she said.

Former Larimer County Republican Party chair Bob Morain said he's tired of litmus tests and Republican infighting, referring to Republicans who blast candidates for moderating on any issue, including abortion.

"There are those who won't support a candidate if they moderate that position a little bit," he said. "So that's the ironic part. The thing that unites us the most, the principles we believe in the strongest, are the ones that end up dividing us."

Please see: <https://www.cpr.org/2023/03/11/colorado-republicans-pick-former-state-rep-dave-williams-to-lead-party/>



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SDCEA Rate Restructuring: Deja Vu?

Sangre de Cristo Electric users, SDCEA's proposed rate restructuring looks eerily familiar, as if we've been here before. Like a year ago, there are some disturbing elements to their plan.

1. It includes the same 45% increase in the fixed monthly service charge, which will hurt low use consumers. Members will pay over \$54 before they even flip on a light. Shifting more costs into fixed charges ties the hands of members who want to save money and/or conserve energy. Our research shows that this fixed

charge increase will make it the second highest co-op fixed charge in Tri-State's four state area.

2. Net-metering members will see bills go up by 40% or more. A proposed optional "energy+demand" rate schedule would more than double the annual cost for net-metered members. This begs the question, why is this option even being suggested? Will it be imposed on members in future rate restructuring?

SDCEA still refuses to properly value the energy that members send back to the grid. Many

rooftop solar members generate excess energy that is sent to the grid for the co-op to sell at full retail rate. Transmission cost for this excess energy is lower, yet that's not being considered. Neither are the social and environmental benefits of this renewable energy generation, or the resiliency locally generated energy adds to the grid. Instead, the proposed rate changes penalize members who conserve energy or who produce renewable energy. Other co-ops in Colorado and New Mexico have found ways to lower rates while embracing local renewable energy generation.

Why does SDCEA continue to struggle with this?

Just like last year, this rate restructure is being rolled out without a public forum for member input. Members made it clear last year that they want more input and improved transparency from their co-op. And yet, here we go again. SDCEA said they plan a Town Hall meeting about the rate restructure this month, but no date has been set.

The SDCEA board will vote on adopting this rate restructure at their March 29 meeting. We urge

members to attend, in person or virtually, and/or write to the board members to request they scrap the proposed rate restructure and work with members toward a better plan. Please let your voice be heard respectfully. Remember, the SDCEA board are community members too. Now is your time to participate, again.

*Ark Valley Energy Future
Directors*

*Rich Shoemaker, Sandy Long
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www.arkvalleyenergyfuture.org

A Call to Action! The Time Is Now!

Thomas Paine may have saved America. How you ask? Because he wrote "The American Crisis" during the cold winter of 1776-77 when many colonists were doubting their revolutionary cause. His series of 16 pamphlets rallied the people and energized the American revolution. In December of 1776 George Washington was facing certain defeat by the British. His soldiers were hungry, cold, demoralized, and ill-equipped (many without shoes). Six thousand were going home when their enlistments expired in two weeks. Washington needed a miracle from God. On December 23, he gathered his beleaguered troops and quoted Thomas Paine: "These are the times that try men's souls. The summer soldier and the sunshiny patriot will, in this crisis,

shrink from the service of their country; but he that stands it now, deserves the love and thanks of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph". This powerful quote energized the rag tag army. Two days later (Christmas night) they crossed the frigid Delaware River (2 soldiers froze to death) and captured 1,000 hungover Hessian mercenaries hired by the British. The stunning victory gave the army new hope and conviction for their cause of liberty from England. They went on to win the Revolutionary War, and gave us the freedoms and opportunities we have as a nation today.

Let us not waste these freedoms and opportunities. Start at the local level. Contact political groups that you support and attend a meeting. Decide who to vote for in upcoming school board elections. Get involved. Buy American. Check out the website 2ndvote.com. It rates companies according to their political ties/donations. Spend your money wisely.

I support the Convention of States. It's a grassroots movement that uses Article V of the Constitution. This important Article gives each state the ability to take power away from the bloated federal government. Conventionofstates.com is an excellent website. Check it out and contact your local COS volunteer. The process will take time, so be patient,

but be active! The movement is gaining traction in several states. Let's keep it going!

The threat is real, and we can't ignore it any longer. Motivate yourself, your friends, and your family. I too have been complacent. But no more! Too many Americans have died to give us this freedom, and it's our duty to preserve that freedom. Freedom that's in jeopardy. They locked us in our homes! Mandatory masks! They muzzled us!! How much more freedom will they take? What's next? Jail time? That sounds far-fetched, but maybe not. We can't take the chance.

Let's put patriotism first, instead of the "woke" ideology and racial divide that plagues America. Listen to what the patriot Patrick Henry once said, "Is life so

dear, or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take, but as for me, give me liberty or give me death!". That quote gives me chills, but also gives me fire. Let the passionate fire of patriotism spread throughout America! The time is now! Do whatever you can. Pray to God, as did Washington and Paine and most of our founders. It worked for them. Display the flag! It inspires all of us! Be a proud American! These are easy things we all can do. Let's unite! No matter your political party, together we have the power to make America great again!

*Guy Richter
Rural Custer County*



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Local Mountain News & Notices

Custer County 365 Health Fair

Press Release, Public Health

More than one million Coloradans lack access to a doctor, and for those who are fortunate to have a doctor, many postponed preventive health care during the COVID-19 pandemic. To improve the health of Custer County we are offering a local **365Health Fair Saturday, April 15th from 7 a.m. to noon at the Custer County School.**

We suggest contacting your primary care provider ahead of the fair to see what lab

tests they would like you to obtain. After receiving your results, you can make an appointment and take those results to your provider for further guidance. **THE HEALTH FAIR DOES NOT SEND RESULTS TO ANYONE BUT YOU!**

Decrease Waiting! On-line registration information <https://365health.org/health-fairs/spring/658/index>

Lab and free health screenings will be available. For further information call Public Health 719-783-3369.

“Guiding Good Choices” A Free Course for Families

Press Release

Custer County Public Health Agency

A second evidenced-based program designed to prevent substance use among adolescents is now available in Custer County. Complimenting the Botvin Life Skills Training that’s already being taught at the school, **Guiding Good Choices (GGC)** is a family skills-training program delivered to parents or caregivers of 4th to 8th graders.

The primary goals of GGC are to enhance positive parent-child interactions and help parents prevent their children’s drug use and other risky behaviors. This is accomplished in five 2-hour sessions with a small group over the course of five weeks. Using the Social Development Strategy, GGC provides families with information and tools that work to protect their children from the inevitable risks

they will encounter as they become more independent.

Research has shown that four to six years after participating in GGC, youth (compared to a control group) were 28% more likely to remain drug free, 41% less likely to use alcohol and cannabis, and 54% less likely to progress to more serious substance use.

If you or someone you know may be interested or would like more information, please contact Patrick Fiore at 719.207.0014 or patrick@custercounty-co.gov. To better accommodate busy schedules, please consider what day of the week and time of the day best suits your needs. The program is free and can be offered either in-person or remotely via Zoom. See www.communitiesthatcare.net/programs/ggc/

New law Requires Colorado Drivers to register vehicle or pay up

Press Release

LAKESWOOD, Sunday March 12, 2023 -- Colorado drivers with expired registration, your day of reckoning is nigh.

On January 1, 2023 the clock began ticking for drivers who have refused to properly register their vehicles when they move to Colorado or have an expired temporary tag.

No longer will drivers be able to avoid paying the statutorily required taxes and fees owed to counties they reside in. If you moved to Colorado and haven’t properly registered your vehicle within the

required time frames or let your temporary tag expire after the new year, expect to pay more when you finally do.

Last year the Colorado legislature passed the Colorado Registration Fairness Act (HB22-1254), effectively ending the free ride for many Coloradans who choose not to properly register their vehicles in a timely manner after moving to Colorado before the temporary tag expiration. The new law adds teeth to existing laws by requiring the collection of owed back taxes and fees for delinquent registrations. The late registration fines and payment of back taxes

and fees will apply to all Coloradans who register their vehicles after the temporary tag expiration date, or after the 90-day grace period given to new residents moving into Colorado.

Prorated back taxes and fee amounts will vary for each Coloradan based on the vehicle and county of residence. Coloradans should visit their county motor vehicle office to find out how much they will owe if they are delinquent in registering their vehicle.

For more information about the new late fees, visit www.DMV.Colorado.gov/Taxes-and-fees.

Top o’ the Mornin’ Breakfast



Saturday, March 18th 8 a.m. to 10:30 a.m.
Wetmore Community Building at 95 CR 393, Wetmore

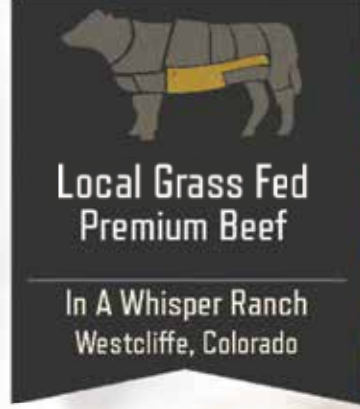
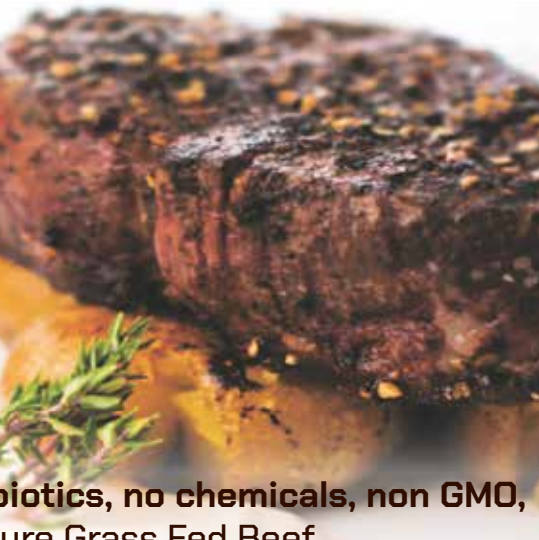


Pancakes, Sausage & Bacon, Eggs, Fruit

Free. Donations always welcome.

Sponsored by Wetmore Community Church

for more information, call (719) 784-3208

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719.783.0982

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<ul style="list-style-type: none"> ▪ Atlas Copco Air Compressor ▪ 2001 Roscoe Chip Spreader 250 Hours Cummins Motor ▪ 11’ Road Groom ▪ 1979 JFW 3 Axle Trailer ▪ 2004 Ram 1500 Pickup 5.7 Hemi ▪ 2004 Ram 1500 Pickup 4.7 Liter ▪ 2006 Dodge Durango 	<ul style="list-style-type: none"> ▪ 2002 GMC Yukon ▪ 1998 Chevy S10 Blazer ▪ 1994 Chevy 350 Plow Truck ▪ 1976 Ford F 800 Trash Truck 391 Tall Block <i>(This item is located at the Landfill)</i> ▪ 1997 GMC 1500 Pickup ▪ 1990 Chevrolet 2500 Pickup
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These items are being sold AS IS
 If interested, please come by to check them out or bring sealed bid to Custer County Road and Bridge Office 213 North 4th Street.
 Hours: 7:00 to 5:00 Monday through Thursday
 By March 27,2023



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Local Mountain News & Notices



Bobcats Sports Schedule

MS BOYS BASEBALL

MS Baseball vs Pueblo U14
Sat, March 18, 12 – 2:30 p.m.
Pueblo - Greenhorn Park

MS Baseball vs Cotopaxi AWAY
Thu, March 30, 4 – 5 p.m.

JV & VARSITY BOYS BASEBALL

JV Baseball vs Cotopaxi
Fri, March 17, 1 – 2 p.m. Cotopaxi

V & JV Baseball vs Las Animas AWAY
Wed, March 29, 4:30 – 5:30 p.m.

Varsity Baseball vs Peyton HOME
Sat, April 1, 11 a.m. – 12 p.m.

HS Track & Field

Sat, March 18, 10 a.m. – 7p.m.
Pueblo-Dutch Clark

HS Track & Field
Fri, March 31, 9 a.m. – 4:30 p.m.
Mosca

ENJOY SPRING BREAK BOBCATS!

STEM Bridge Projects

Bridge Building Contest

For ages 11-18

Challenge yourself or your friends to build the strongest bridge. It could also be beautiful, innovative or anything else you desire.

Prizes!!!

There are a few STEM Bridge making kids left at the West Custer Library for any students who would like to participate. The project started in February for ages 11-18. On March 30th at 4:15 p.m., participants will test its weight limit and compete for prizes. Pizza will be served. The project is sponsored by the Library and the 4H Home extension office.

WMAW Pet Food Giveaway



WET MOUNTAIN ANIMAL WELFARE: FREE pet food give-away on the second Saturday of every month at the high school parking lot between 10-Noon, and at the TEFAP distribution behind the courthouse at 9 AM on every second Wednesday after the second Monday of each month. 95% of the pet food and supplies we provide comes through donations. Please give us a call to help: 719-430-5494.

Spring Break Ideas

Spring Break On a Budget

Museum Of Colorado Prisons

Open daily 10 - 6
(719) 269-3015
201 N 1st St., Cañon City, CO 81212
<http://www.prisonmuseum.org>

Magic Town

Open daily 10 - 5:30
3,000 square foot tiny town. "Michael Garman's Magic Town is a miniature city that combines hundreds of intricately detailed sculptures and cityscapes with magical elements to create one of the world's truly unique attractions."
Included a scavenger hunt.
<https://www.michaelgarman.com/>
(719) 471-1600 2418 W Colorado Ave
Colorado Springs, CO 80904

Florence Pioneer Museum

Tuesday-Friday: 1 - 4
Saturday: 10- 3
Sunday-Monday: CLOSED
100 E Front St., Florence, CO 81226
<https://www.florencepioneermuseum.org/>

Sand Dunes Recreation

Large family pool maintained at 98 degrees, 25-person hot tub, 2 on-site restaurants, gift shop, RV/Tent Camping & Cabin Rentals.
1991 County Road 63, Hooper, CO 81136
(719) 378-2807
www.sanddunespool.com

Pueblo Railway Museum

Visit any time during daylight hours. Located behind the Pueblo Union Depot

for a self-guided tour. Call our Tour Guide, Ron Roach, at 719-544-1773 for a guided tour of the restoration shop.
<https://pueblorailway.org/>

Two museums in one

Southern Colorado Space Museum And Learning Center

Includes Curator Steve Janssen of Custer County personal Collection
Monday - Saturday 10 - 4
Sunday 1 - 4
31001 Magnuson Ave. Pueblo, CO 81001

Pueblo Weisbro Aircraft Museum

Open daily 10-4
31001 Magnuson Ave. Pueblo, CO 81001
<https://pwam.org/>

Sangre de Cristo Art Center

Wedn. – Sat . 10-5 and Sunday 12-4
(719) 295-7200
210 N Santa Fe Ave Pueblo, CO 81003
<http://www.sdc-arts.org>

Higher Budget Trips

Mount Princeton Hot Springs Resort
15870 County Road 162,
Nathrop, CO 81236 (719) 395-2447

Ski at Monarch Mountain
#1 Powder Place, Salida, CO 81201
(719) 530-5000

Great Wolf Lodge – Water Park Colorado Springs, CO

<https://www.greatwolf.com/colorado-springs/waterpark-attractions/indoor-water-park>

KIDS

Friday, March 17, 2023

Dandelions

Spring is almost here and with spring comes a lot of weeds. This week we will be talking about dandelions. I remember as a kid my dad would send me out to the lawn with this weed eater and tell me to put the weed killer on all the dandelions. He said they are weeds and we don't want them spreading. So, what is a weed? It is a flower or plant that someone doesn't want in their yard or garden.



Now that I am an adult, I found out that we should not have been killing all those dandelions because they have many health benefits for us and they are edible.

A dandelion flower head composed of numerous small florets (top). The seedhead is shown below it.



The word dandelion comes from the French dent-de-lion which means lion's tooth. They grow just about anywhere in any conditions. They are actually a member of the daisy family, however, botanists consider them an herb. The entire body of a dandelion from bloom to stem is edible and they actually have more nutrients and are better for you than many of the vegetables in your garden.

They are a rich source of vitamins C and A, potassium plus iron. The leaves have been used over the centuries for medicinal purposes, including as a treatment for dental issues, baldness, dandruff, liver function, even mental ailments such as depression and lethargy. They are an antioxidant and contain beta-carotene polyphenols. Studies have shown that dandelion roots and leaves can reduce cholesterol and boost the immune system. Now that makes them a very useful weed as far as I am concerned.

Despite many people thinking that they are a weed and a nuisance in the yard, dandelions are actually good for the grass as their roots spread wide, acting as an aerator for the soil. They also soak up nutrients from the deeper soil and spread those nutrients throughout the yard, working as fertilizer. They show up practically overnight and flower before you have time to catch them. They grow fast, live for years and have a very deep tap root.

So, the greens can be added to salad or any dish as an herb. Dried roots are sold as a coffee substitute in stores and they can be used to make tea, or even dandelion wine. So, don't forget to harvest those dandelions.

by Audrey Slater. Sources: <https://www.flowerglossary.com/dandelions/> Photos: https://commons.wikimedia.org/wiki/File:Dandelion_florets.jpg, <https://www.flowerglossary.com/dandelions/>, [https://en.wikipedia.org/wiki/Taraxacum#/media/...](https://en.wikipedia.org/wiki/Taraxacum#/media/File:Dandelion_seed_head.jpg)

Sangre de Cristo Sentinel • Westcliffe, Colorado

CORNER

“For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.”

Romans 8: 38-39

Local Mountain News & Notices

Sky Dome



Another fun event for Custer County Schools was the Sky Dome events hosted by Dark Skies, an introduction to constellation recognitions. Pictured above is the inside ceiling with just one of the "projections" the students got to see and the exterior of the inflatable indoor planetarium dome.

Photos courtesy of Custer county Schools



Astronaut Cary Visits

Astronaut Duane G "Digger" Cary, (Lieutenant Colonel USAF Retired) Visited the Custer County School and did a presentation.

Cary had a full military career beginning in the 1980's after he graduated with a BA in Aerospace Engineering and Mechanics and a Masters of Science. He was selected as an astronaut candidate by NASA in April 1996. He was initially assigned to technical duties and later served as a shuttle CAPCOM in Mission Control. In 2002 he logged 10 days in space serving as pilot on STS-109. He helped in the successful Space Shuttle Columbia mission in 2002 which performed the fourth Hubble Space Telescope servicing mission.

L to R: Steve Janssen Space Museum. Curator and Astronaut Cary Photo Courtesy of CCSD-1



Jeremiah Coleman New Fire Chief



from Wet Mountain Fire Protection District facebook

It's official! [At theWMFPD] Board of Director's meeting, Jeremiah Coleman was appointed Fire Chief.

Coleman is a life long resident of The Valley and has been with the department since 2011. Coleman previously served as Assistant Chief, and served on the BOD from 2018 to February of 2023 when he resigned from the board to step into the role of Interim Chief.

Congrats Chief...the department and district [are] lucky to have you!

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Local Mountain News & Notices

Events

- Friday, March 17, 6-9 p.m.**
St. Patrick's Anglican Church Open House
- Saturday, March 18, 8-10:30 a.m.**
Top o' the Morning Breakfast
Wetmore Community Bld.
- Saturday, March 18, 4 - 6 p.m.**
Fine Wine & Fine Art for a Fine Cause
Fundraiser for Altitude Fitness Pool Repair
50 East Main St, Silver Cliff
- Tuesday, March 21, 10 a.m.**
Library Hosting Geologist Jay Temple:
Rare Earth Mineral Findings in Custer County
at All Aboard Westcliffe Facility at 110 Rosita Ave.
- Friday, March 24 & Saturday, March 25**
Annual Westcliffe Men's Christian Conference/Retreat
- Sunday, March 26th, 3 -5 p.m.**
Community Rally w/Dave Roever
at Eagles Summit Ranch
- Saturday, March 25, 4 - 7 p.m. \$42**
Beckwith Ranch March Madness Murder
Mystery and Soiree at Beckwith Ranch
Adult only event. Purchase tickets by March 22
719-371-3249/303-589-3575
- Saturday, April 18, 7 a.m. to Noon** 365Health
Held at Custer County School
- April 21-23 and 28-30 - The Jones Theatre**
Steve Martin's play "Picasso at the Lapin Agile"

Recurring Events

- Monday**
10 a.m. Pickle Ball Silver Cliff Memorial Park
More info: lizbrannen@gmail.com
- 6 p.m. Alcoholics Anonymous (CLSD)** 12 Step study, at St. Luke's, 3rd & Rosita in Westcliffe. Jim at 783-2053.
- 2nd and 4th Monday**
9:30 a.m. Mothers of Preschoolers (MOPS) .
at Valley Bible Fellowship, 116 Hermit Lane in Silver Cliff. Call 913-710-6109
- 6 - 7 p.m. Narcotics Anonymous**
Community United Methodist Church Fellowship Hall.
Children Welcome. colobamananana@yahoo.com
- 1st Tuesday of the Month**
4:15 p.m. Post 170 Auxiliary monthly meeting (year-round) at the Cliff Lanes meeting room.
- 6:30 p.m. American Legion Post 170** monthly meeting at Cliff Lanes meeting room.
- 4-6 p.m. Christian Music on KLZR 91.7 FM**
- Wednesday**
9 a.m. Couples Bible Study (FBC folks)
Meet at the Custer County Senior Center
- 9:30 - 11 a.m. Line dancers** meet at the United Methodist Church, 204 S 6th St. Call Debbie Underwood at (432) 553-7483.
- 9:45-11:30 a.m. The Posse Ladies Bible Study**
Oct 12- May31, at 60260 Hwy 69. (Main Bldg. of Cowboy Church.) Holly 703-338-4100
- 10 a.m. Pickle Ball** Sil4er Cliff Memorial Park
More info: lizbrannen@gmail.com
- 6 p.m. Alcoholics Anonymous (CLSD)** Big Book Study at St. Luke's, 3rd & Rosita, in Westcliffe. Jim at 783-2053.
- 6:30 p.m. Adult Bible Study.** First Baptist Church of Westcliffe. Call 719-783-2498.
- 2nd Wednesday of the Month**
5:30 p.m. Custer County Republican Central Committee meeting. The public is welcome and encouraged to attend. **MARCH meeting at Court House basement.** See www.CusterGOP.com or Facebook page at https://m.facebook.com/custergop
- First Thursday of the Month**
9 a.m. - 3 p.m. Comfort Quilters, First Baptist Church Community Room (log building next to the church) located at 417 S. 6th St. Contact Delores Jobe at 719-371-1451.
- 3rd Thursday of the Month**
2 p.m. Round Mt Water District Meeting. Loc. TBA
- 6 p.m. Liberty Rocks** 5:30 order, 6 p.m. Presentation at Tony's Pizza, Silver Cliff.
- Friday**
10 a.m. Pickle Ball Silver Cliff Memorial Park
More info: lizbrannen@gmail.com
- 1 - 4 p.m.- Mah Jongg** at the Senior Center
- 6 p.m. Alcoholics Anonymous** Open Discussion, St Lukes, 3rd & Rosita. Call Martha 719-371- 1853.
- Saturday**
10 a.m. Wet Mountain Al-Anon Family Group meets at St. Luke's Episcopal Church. Call Dec (719) 404-1851 or Jean (719) 371-1229.
- 3rd Saturday of Month**
1 p.m. VFW meeting at Cliff Lanes Conference Room, Post Commander Burt Daniels 719-783-3050



Ronnie Miller
Owner

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We do not count a man's years until he has nothing else to count. —Emerson

Classifieds

Announcements

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Must be in excellent shape
Douglas 783-3230

Airport Manager

Custer County is looking for an Airport manager to execute initiatives put forward by the Custer County Airport Board. The ideal candidate will be self-motivated, hard-working, organized, and have experience with airport management or be familiar with the industry. Deadline to apply is March 22.

Applications and full job description are available at: <https://www.custercounty-co.gov/employment> or Custer County Finance & Human Resources Department
205 S 6th Street
Westcliffe, CO 81252
Monday through Thursday
8:00 am to 5:00 pm

Please submit applications to the address above or email hr@custercounty-co.gov

Custer County School District Openings
Custer County School District is now hiring for

the following positions:
Certified Positions include Substitute Teachers. Classified Support positions include full-time Technology Director, Administrative Secretary, Instructional Paraprofessional, Paraprofessional, MS Baseball Coach, and Assistant Girls MS Basketball Coach. Any Certified Teacher/Substitute application without a CDE license is incomplete and will not be considered. Online applications only. Please visit us on the web at: custercountyschools.org/employment for more information and to apply.

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Happy Anniversary
Jerry & Elaine Green

To Place an ad, please call 719-783-3360 or email sdc.sentinel@gmail.com.
The deadline for getting your information into the Classifieds is Monday at 4 p.m. for that week's edition.

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The American Legion
Monthly Meeting is the
1st Tuesday of every month at
6:30 p.m. at the bowling alley.

American Legion and VFW Monthly Meetings

The Veterans of Foreign Wars
Monthly Meeting is the
3rd Saturday of every month at
1 p.m. at the bowling alley.




He causeth the grass to grow for the cattle, and herb for the service of man:
that he may bring forth food out of the earth; Psalm 104:14

Local Mountain News & Notices

The World's Top Pinball Player Is a 19-Year-Old From Longmont

by Matt Bloom,
Colorado Public Radio

Escher Lefkoff, 19, of Longmont, is the new Open World Champion pinball player. He practices on a collection of machines in a converted barn created by his dad, Adam Lefkoff, who is also a collector and competitive pinball player. February 1, 2023.

The journey of the silver ball isn't just an arcade game for 19-year-old Escher Lefkoff.

It's a metaphor for life.

Every game has a beginning, a launch. It's followed by unexpected twists and turns. Then, finally, every round will end. Every ball will drain.

"We are all going to die," Lefkoff said. "That is just a fact of life. So it really depends on what you do with the ball — with your opportunities."

Lefkoff has taken that carpe diem attitude to the next level as of late. He became the International Flipper Pinball Association's number-one ranked player in the world after winning a series of national tournaments in Wisconsin last August.

He's been defending that title ever since. And the 100-year-old underground game (or sport, depending on who you ask) has seen a resurgence among young players. Meaning Lefkoff now has a singular mission: besting any and all that come for his crown.



Escher Lefkoff, 19, of Longmont, is the new Open World

Courtesy photo

"There's so many good players now, especially in Colorado," Lefkoff said. "So you have no other choice but to quit or get good, and the people that choose to get good get really good."

Pinball's community and physicality keep Lefkoff hooked. It sets it apart from other games in an increasingly digital world of video streaming and social media.

"That's the main reason I play it. It's not digital. There is an actual steel ball rolling around that I have control over," he said. "I play video games and online games, but nothing really is the same. I just love it."

Arcades such as "1-up" in Denver and "Pinball Jones" in Fort Collins

regularly host tournaments where Escher and other world-class players based along the Front Range face off. They see the game as a way of life — similar to Lefkoff and his father, Adam, who inspired him to start playing.

A pinball family dynasty

It all began as a way for Lefkoff to spend time with his dad, Adam. His family has a pinball machine- and trophy-filled barn in Longmont, and Adam is also an accomplished competitive player and local league organizer.

PINBALL WIZARD
see page 24

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Custer Senior Center Menu

<p>Monday, March 20 #17 Black Bean and Tortilla Casserole Steamed Brown Rice Whipped Sweet Potatoes Mixed Fruit</p>	<p>Tuesday, March 21 #73 Roast Chicken Mushroom Sauce Steamed Brown Rice Cauliflower Broccoli Mix Apple Pear Salad w/Almonds WW Bread w/Butter</p>	<p>Thursday, March 23 #95 Taco Salad Salsa, Tomato, and Lettuce Garnish Strawberry Applesauce Flan Custard Cornbread</p>
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Please call (719) 783-9508 before 9:30 a.m. for reservations or grab-n-go meals
Served Mondays, Tuesdays, & Thursdays. All menus subject to change.

Community Services

Altitude Community Fitness
(719) 783-0750

Custer County Community Sharing Center Inc.
120 N. 3rd St. Fri. (719) 783-2994
OPEN First 3 Fridays of the month 12 - 3 p.m.
TEFAP Surplus 2nd Monday of the month 1 - 3 p.m.
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Family Crisis Services
Domestic Violence and Sexual Assault Center for Fremont and Custer Counties
(719) 275-2429
FamilyCrisisOnline.org

Front Range Clinic
Medications for Addiction Treatment (MAT)
1-866-MAT-STAT
www.frontrangemd.com/mobile-unit

Lighthouse Pregnancy Resources
Monday and Thursday 11a.m. to 4 p.m.
Friday 10 a.m. to 1 p.m.
(719) 783-4357

National Suicide HOTLINE
1-800-273-8255
Veterans Press 1

Solvista 24/7 Crisis Line for Fremont and Custer Counties
1-719-275-2351

Veterans Services
VSO Officer Jared McClain
Mon-Thursday 8 a.m. - 4 p.m., Fri 8 - 11 a.m.
615 Rosita Ave, Westcliffe, CO
719-783-9470

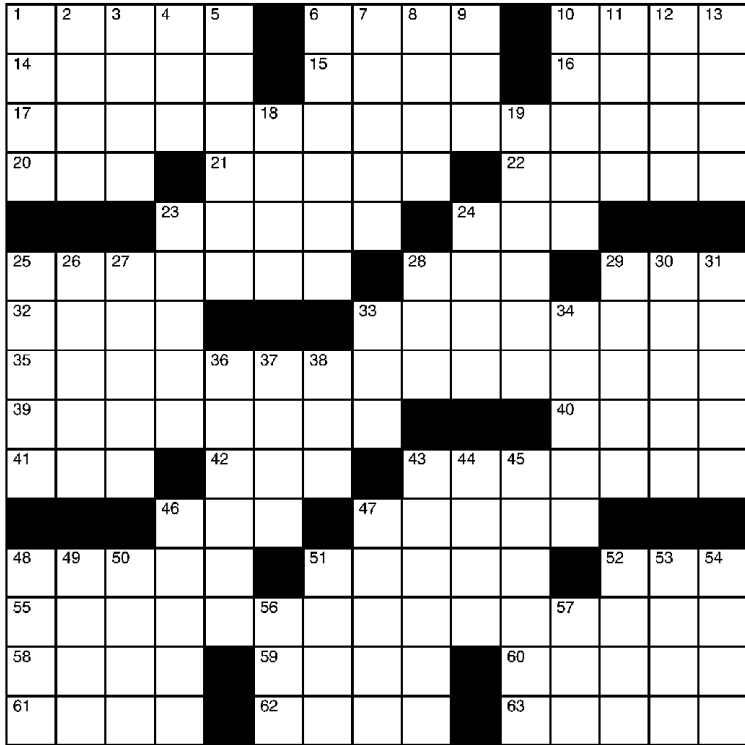
West Custer County Library
209 Main Street Westcliffe, CO 81252
(719) 783-9138
Tue. - Fri.: 10 a.m. - 5:30 p.m.
Saturday: 10 a.m. - 2 p.m.

Wet Mt. Rotary Van Service
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The LORD is good, a stronghold in the day of trouble;
he knows those who take refuge in him. Nahum 1:7



CROSSWORD PUZZLE

ACROSS

- 1 Author of *Butterfield 8*
- 6 Flash
- 10 Shady Brit
- 14 Sorrow
- 15 Liturgy
- 16 Alan or Robert
- 17 Pacino film about Attica
- 20 Health resort
- 21 Beasts, in Brest
- 22 Pastoral poems
- 23 Knack
- 24 NFL aims
- 25 Visitors
- 28 Petition
- 29 Fitting
- 32 Water, to Juan
- 33 *Mimidae* member
- 35 Start of Michael J. Fox trilogy

- 39 Moreover
- 40 Elvis's middle name
- 41 USNA grad.
- 42 Wallet stuffer
- 43 Old-time farmer
- 46 NYC airport
- 47 Get to
- 48 Colored flare
- 51 Saddle girth
- 52 Ingmar's leading lady
- 55 1983 sci-fi film
- 58 Buck heroine
- 59 Singer Fitzgerald
- 60 Pineapples
- 61 Only
- 62 Nourish
- 63 Irregular Head

DOWN

- 1 Bookie's concern
- 2 Embroiderer's need
- 3 Water plant

- 4 Laver, of tennis
- 5 Suitable for plowing
- 6 Free
- 7 Certain prisoner
- 8 Baseball brothers
- 9 Like Willie Winkie
- 10 ___ of time
- 11 Disconcerting action
- 12 Word with matinee
- 13 Delivery wagons
- 18 Twelvemonth
- 19 Ottawa canal
- 23 Chip
- 24 Sward
- 25 Stitch sort
- 26 Once more
- 27 Lots
- 28 That girl
- 29 ___ Mazda
- 30 Juan or Evita
- 31 Humber tributary
- 33 Article
- 34 Hiding place
- 36 Sought-for theater ticket
- 37 Sty sound
- 38 Half a dangerous fly
- 43 Group of five
- 44 Every's partner
- 45 Small, dry one-seeded fruit
- 46 Young, in Paris
- 47 Plunder
- 48 Out of
- 49 Ubangi tributary
- 50 Leading actor
- 51 *Unforgettable* name
- 52 Late-night host
- 53 Castor's killer
- 54 Workbench accessory
- 56 Ship-shaped clock
- 57 Clash

"Past Attractions"

A Charles Preston Puzzle

Puzzle Key on page 20

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Notice NOTICE TO CREDITORS

District Court,
Custer County, Colorado
205 S. 6th Street
Westcliffe, CO 81252

In the Matter of the Estate of:
Charles Edward Bryson III
Deceased

Attorney or Party Without Attorney :
Jessica Faggiano
495 County Road 119
Westcliffe, CO 81252
Phone Number: 831-524-0134
Email: jfabryson.3@gmail.com
Case Number: 2023PR3
Division 1 Courtroom 1

NOTICE TO CREDITORS BY PUBLICATION PURSUANT TO § 15-12-801, C.R.S.

NOTICE TO CREDITORS

Estate of: Charles Edward Bryson III,
Deceased
Case Number 2023 PR3

All persons having claims against the above named estate are required to present them to the personal representative or to District Court of Custer County, Colorado on or before **July 20, 2023**, or the

claims may be forever barred.

Person giving notice:
Jessica Faggiano
495 County Road 119
Westcliffe, CO 81252

First Published: March 10, 2023
Last Published: March 24, 2023
Sangre de Cristo Sentinel
Westcliffe, Colorado

NOTICE OF CANCELLATION AND CERTIFIED STATEMENT OF RESULTS

§1-13.5-513(6), 32-1-1041 1-11-103(3) C.R.S.

NOTICE IS HEREBY GIVEN by the West Custer County Hospital District, Custer County, Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled, including candidates filing affidavits of intent to be write-in candidates; therefore, the election to be held on May 2, 2023 is hereby canceled pursuant to section 1-13.5-513(6) C.R.S.

The following candidates are hereby declared elected:

Alma Golden
May 2, 2023 until May, 2027 (4-year term)

Thomas Neches
May 2, 2023 until May, 2027 (4-year term)

Tom Shepard
May 2, 2023 until May, 2027 (4-year term)

(Signature of the Designated Election Official)
/s/Earlene Kaiser
(DEC's Printed Name)

Contact Person for the District:
Melody Builder 719-783-2212
704 Edwards Ave, Westcliffe, CO 81252
admin@westcustercountyhospitaldistrict.com

Published: March 17, 2023
Sangre de Cristo Sentinel
Westcliffe, Colorado

NOTICE OF CANCELLATION AND CERTIFIED STATEMENT OF RESULTS

§1-13.5-513(6), 32-1-104, 1-11-103(3) C.R.S.

NOTICE IS HEREBY GIVEN by the Wet Mountain Fire Protection District,

Custer County, Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled, including candidates filing affidavits of intent to be write-in candidates; therefore, the election to be held on May 2nd, 2023 is hereby canceled pursuant to section 1-13.5-513(6) C.R.S.

The following candidates are hereby declared elected:

Jerry Livengood, 4 year term until May, 2027

Jessica Faggiano, 4 year term until May, 2027

Paul Young 4 year term until May, 2027

/s/ Teri Munson
(Signature of the Designated Election Official)
Teri Munson
719-783-9245
215 4th St., Westcliffe, CO 81252
wmfpdclerk@gmail.com

Published March 17, 2023
Sangre de Cristo Sentinel
Westcliffe, Colorado

REVERSE FOREIGN EXCHANGE Custer Delegation Visits Germany

by Fred Hernandez

It was not widely known last year that Custer County had exchange students from the Bundesrepublik Deutschland better known internationally as Germany.

That's right! We had two young students at our school who spent a whole year with us; Johannes Tebben from Munich and Julia Laggeman from Cologne, both 16 years old. During that time they built a close friendship with two young local gentlemen; William Cline, 16, a

Sophomore and Cameron Penkoff, 17, a Senior at our local school. They shared many good times especially on weekends when they were welcomed at the Cline and Penkoff homes. One favorite activity particularly for Johannes, who prefers to be called John, was when he went shooting with Brian Cline, father of William and local business owner. Brian was impressed with the maturity displayed by John as he handled a firearm for the very first time. There is no Second Amendment in most of Europe and having the

chance to learn and handle a rifle was a special treat for John.

As Spring Break approached the young men from Custer wondered if it would be a good idea to do a reverse foreign exchange and visit their friends in Germany. They took up the idea with William's dad, Brian, who thought it was an excellent idea. With that they went ahead and did their planning and travel preparations after contacting their friends who got all excited at the prospect of getting together in their own country. The

"Custer Delegation" leaves on Friday, March 17 for a flight to Munich where they will spend a few days with the family of John (The Tebben's). They will then rent a car and with John as their interpreter they will tour the country and visit Julia in Cologne. They have promised to send back pictures of their adventures so stay tuned for updates for the next two weeks. Bon Voyage to Brian, William and Cameron. What an adventure that is going to be. We wish you happy travelling and a safe return home. Gute Reise!

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Colorado State News

Colorado Remains Number One in Cocaine Use

by Trevor Phipps,
The Maverick Observer

What Causes the State to be so High on the Cocaine List?

During the 2022 midterm election, candidates for office in Colorado practiced some mudslinging. Instead of ads telling voters what each candidate would do, it seemed as if the advertising was focused on making opponents look bad.

One example of this could be seen in the governor's race. Incumbent Governor Jared Polis focused on opponent Heidi Ganahl's beliefs when it came to abortion and her connections with former president Donald Trump. Ganahl tried to point out all the bad things that have happened in the state and blame them on Polis' leadership.

One of the main issues Ganahl focused on was the drug problem, specifically the fact that Colorado has the highest cocaine use rate out of all the other states in the country. In fact, the statistic was used in several campaign ads for Ganahl including billboards across the state and television and radio commercials.

At one point it was hard to go anywhere without hearing how Coloradans use more cocaine than people in any other state. The campaign ads blamed Polis

and Democratic policies that have released more criminals from jail and lowered the penalties for possessing drugs.

Surveys Show More People in Colorado Admitted to Using Cocaine than in Any Other State

Determining the exact usage rates of an illicit drug is difficult because not every user is going to admit to using an illegal narcotic. The statistics discussed are based on a survey conducted every year by the Substance Abuse and Mental Health Service Administration.

The survey goes out to several people over the age of 12 and it asks them a variety of questions including if they have used illegal drugs and what narcotics they used. And as Fox 31 reported last August, the survey indicated that 2.24 percent of the state's population over the age of 12 reported using cocaine in the last year. This statistic puts Colorado number one in the country followed by New Hampshire, Vermont, New York and California.

How can the Government be Blamed?

During the campaign, the Republican candidate pointed to Polis' administration. The main thing she claimed that caused the high

cocaine use was the passing of House Bill 19-1263, which went into effect in March 2020.

The bill essentially lowered the criminal penalties for small possessions of all illegal drugs within the state. Now, four grams or less of any Schedule I or Schedule II narcotic including meth, cocaine and heroin is only a misdemeanor charge instead of a felony.

According to an article published by KOAA News5, proponents of the bill claimed that the law change would help people struggling with addiction. But, others said that the bill would have the opposite effect and fewer people would seek treatment.

Colorado is not New to High Cocaine Use Numbers

However, even though cocaine use data shows that Colorado is the number one state, high cocaine usage is not a new thing for the state. 5280.com reported in 2005 that the state was the first in the country for cocaine use with those over 12 years of age.

The article used data compiled over two years (2002-2003) by the National Survey on Drug Use & Health and found that 3.9 percent of people over 12 had admitted to using cocaine. And Colorado and Arizona were the only two states that ranked in the top five for all three age groups,

12-17, 18-25, and 26 and older.

In fact, a Colorado Drug Threat Assessment that was completed by the National Drug Intelligence Center in May 2003 reported that cocaine was "a significant drug threat to Colorado." According to the data, a survey conducted in 1999 and 2000 reported that 2.5 percent of residents over 12 reported abusing cocaine in the year prior to the survey. The national average during that same time period was 1.6 percent.

The drug threat assessment also reported that cocaine is the drug most often associated with violence in the state. This mostly has to do with the fact that cocaine distributors often resort to violence to protect their distribution operations or to collect debts.

Reasons for High Cocaine Usage

The threat assessment points out that powdered cocaine is readily available all throughout Colorado. The assessment reports that 38 of 68 law enforcement leaders across the state reported that cocaine was highly available in their jurisdictions.

According to an article published by The Recovery Village in Palmer Lake's website, there are a few things that could be to blame for Colorado's cocaine problem. "Colorado's location may be partly

responsible for its high cocaine use," the article reported. "Easy access to eight different interstates and a central location make it an ideal spot for drug dealers crossing the borders to the north or south of the United States. Because of the state's proximity to drug-production sites in California and Arizona, traffickers are easily able to transport illicit substances into Colorado via vehicles, package-delivery services and even aircraft."

Others have claimed that cocaine-use rates increased after the state legalized marijuana and allowed recreational sales starting in 2014. But, most evidence does not suggest that this is the case.

According to Aspen Ridge Recovery's website, states that have legalized marijuana have not shown drastic changes in substance use. "Cocaine use stayed relatively even since legalization," the website post published in October 2021 reported. "In the four states where marijuana is legal, cocaine use fluctuated between two and three percent, a steady rate over the last five years."

Please see: <https://themaverickobserver.com/cocaine-colorado-remains-number-one-in-cocaine-use/>



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Colorado State News

Former D.A. Slams Colorado Gun Control Bills

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Senator Mark Baisley (R)
Senate District 4
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Capitol Phone 303-866-4877

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Representative Stephanie Luck (R)
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TRACKING STATE LEGISLATION:

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by Cam Edwards, BearingArms.com

George Brauchler knows a thing or two about violent crime in Colorado. As the former District Attorney in the state's 18th Judicial District, Brauchler was the lead prosecutor in the trial of the Aurora movie theater shooter (whose name will not be used by Bearing Arms), as well as handling the prosecution of the two students responsible for the murder of their classmate Kendrick Castillo at the STEM School Highlands Ranch back in 2019.

Brauchler has come face-to-face with the perpetrators of some of the most evil acts in Colorado history, and I don't think anyone could credibly argue that the former D.A. doesn't care about the victims of these terrible tragedies. I've spoken with Brauchler before about some of these cases, and his concern and compassion is readily apparent; as his steadfast belief that more gun control laws aren't the answer when the question is "how to we prevent attacks like these in the future."

The former D.A. is now weighing in on a number of anti-2A bills that have been introduced in Colorado this year, and once again he's unimpressed. Brauchler says the proposals will have little impact on violent crime and suicides, while having a major effect on responsible citizens.

SB 169 seeks to increase the age at which any firearm can be purchased or possessed in Colorado from 18 to 21, claiming to reduce "gun violence." It will have negligible impact on suicides, homicides or other violent crimes. Sponsors provide no statistics to support their claims. By its terms, the bill is destined to be ineffective. The law — at best — applies only to those 18-to-20-year-olds who engage in broadly defined "gun violence" (including suicides and homicides) with legally acquired weapons. It will

have no impact on stolen weapons, ghost guns or firearms obtained without the knowledge or consent of friends or family.

Suicide numbers will barely be impacted. In Colorado, suicide numbers cannot justify legislators' infringement of rights. Arapahoe and Douglas counties comprise nearly one-fifth of Colorado's population. Over the last half decade, from 2018-2022, Douglas has had five firearm-related suicides for 18-to-20-year-olds. Only one appears to have been the product of a firearm owned by the suicide. In Arapahoe County, there were eight such suicides, with only three attributable to firearms owned by those who took their lives.

There likely will be no Colorado data to support the claim that homicides and violent crime will be reduced by restricting firearms from law-abiding 18-to-20-year-olds. Anecdotally, we know that this law would have made no difference in the horrific crimes mass shootings/murders at Columbine H.S., Aurora Theater, STEM School, Boulder King Soopers and Club Q.

Brauchler says the same is true for three-day waiting period on all gun sales mandated by HB 1219. The former D.A. also finds fault with SB 170, which would expand the pool of people who can file for an Extreme Risk Protection Order. At the moment, a "red flag" petition must be filed by law enforcement or family members, but the legislation introduced in Denver this year would add doctors, therapists, social workers, teachers, and the state Attorney General to the list of eligible petitioners. As Brauchler points out, the bill allows for petitions to be filed based on "interactions" within the last six months, which completely undercuts the supposed reason for ERPOs in the first place; that they're a tool allowing for guns to be temporarily (but quickly) taken away from someone

because of a supposedly imminent danger to themselves or others.

The last bill to draw Brauchler's attention (at least for now) is SB 168, which is designed to encourage and facilitate lawsuits against gun makers seeking to hold them responsible for the acts of violent criminals. As the former D.A. argues, the legislation singles out the firearms industry in holding them responsible for the criminal misuse of their products.

"We do not sue alcohol, marijuana, or motor vehicle makers for intoxicated drivers who kill or maim the innocent, even though it is foreseeable that people will drive drunk or high. Alcohol and marijuana distributors know well that tens of thousands of consumers will get drunk and high and drive down the streets and sidewalks of Colorado, and yet — no liability. Last year, Colorado lost 271 people to alcohol-related driving incidents — a 25-year high. Yet, there are no lawsuits against Ford or Budweiser for them."

While Colorado Democrats are taking aim at the state's legal gun owners, Brauchler says they're getting soft on violent criminals; "poised to kill" a measure that would include gunshot wounds in the state's definition of "serious bodily injury" and enhance the sentences for violent criminals who injure their victims.

The legislative priorities for Colorado's Democratic majority are clear: target the Second Amendment rights of residents while cutting criminals even more slack. Of course, it's been this way for awhile, which helps to explain why the state's violent crime rate has been moving steadily in the wrong direction for the past ten years.

Please see: <https://bearingarms.com/camedwards/2023/03/03/former-d-a-slams-colorado-gun-control-bills-n68022>

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Colorado State News



Government Right to Restrict Squatting in Public Spaces

by Ari Armstrong,
Complete Colorado Page Two

What uses of public property do government properly allow and restrict? That's a question of general importance and one brought to the fore in the Denver mayoral race. Specifically, should government allow use of public sidewalks, greenways, and other spaces for unauthorized "camping," known in the olden days as squatting, or does government have a responsibility to preserve those public areas for public use?

You might guess, given how I've set up the issue, that I think squatting often interferes with public use and so government should restrict it. That's right, but the issue is more complicated than that. How government restricts squatting matters a great deal. No decent person thinks government should lock nonviolent homeless people in cages or steal their stuff. Moreover, how "public" property gets used is an inherently thorny issue, so any seemingly simple answer probably is wrong.

I'll open with an anecdote. I have not been to the Arvada Library in many months because, last time I went, a homeless gathering led up to the front door. One of the rough-looking men there—they were all men—seemed to be playing a funny game of "keep away" as he held a young child away from the parents. Hilarious!

I resolved at that point not to return to that library with my child, even though Jefferson County forces my family to help finance the facility. I was not at all surprised to hear that the library shut down in late January because of the "presence of methamphetamine residue." Some people suggested online that there was no connection between the meth-

amphetamine inside the library and the homeless gatherings immediately outside it. Sure.

As the media release reporting the closure points out, "health risks from casual secondary exposure to meth residue (surfaces/smoke) in public places is very low." And some commentators have mocked people online for worrying about this. But my concern is not that my kid will get methamphetamine poisoning in the library. My concern is that my kid will walk into the restroom while a drug addict, possibly one with other mental health issues, is consuming methamphetamine there. Libraries are supposed to be family-friendly, and the Arvada Library plainly is not.

Public spaces have rules

Government sets all kinds of rules for public spaces. In the library, you can't smoke meth (or anything else) in the restroom. You can't reserve a study room for an orgy. You have to wear clothes. You can't walk through the library shouting.

We all accept the necessity for such rules. I can't put up a storage shed in the public street. I can't build a log cabin in the city open space in my neighborhood, even though the views would be amazing. We all know what would happen if I tried to build that cabin. Government agents would tell me to stop. If I didn't stop, eventually armed agents would physically remove me and the cabin. If I forcibly resisted, they would arrest me and charge me with a crime. This is not news to anyone.

Yet some people would have us believe that a homeless person has an absolute right to set up camp in any public space, regardless of how that affects public use and public safety. If I go to a state

park to camp, I have to reserve and pay for a space in advance. But if I go to the streets of Denver or some other city and want to pitch a tent along a sidewalk or in front of a library or other public building, no one should stop me, some claim.

What are Denver mayoral candidates saying? Lisa Calderón Tweeted, "You can't be for the camping ban and against sweeps. The sweeps are the enforcement mechanism for the ban—anything less than opposing both will harm unhoused people. We can't incarcerate people for the simple act of being poor!"

Kyle Clark Tweeted, "Denver mayoral candidate [Leslie Herod] says she believes 90% of the city's unsheltered homeless will accept offers of shelter but, unlike some others in the race, Herod says she will not arrest those who refuse."

Meanwhile, "Kelly Brough and four other candidates for Denver mayor are vowing to involuntarily commit or arrest people living on the streets if they won't go to a sanctioned location or treatment center," Axios reports.

The presumption on "both" sides is that the city is setting up some sort of authorized place to stay. That's reasonable. If a person literally has nowhere else to go, forcing them out of one public area just means pushing them into another. That is both pointless and mean. So the question is, given someone has a place to go that is about as good or better than their current spot—such as another, more suitable, authorized public space—is it reasonable to ask them to move out of a public space in order to preserve public use of that space, and to force them to move if necessary? The uncomfortable but correct answer is yes.

The problems of "public" properties are well-known to libertarian types. These spaces are at once owned by everyone and no one. Government controls them, which means that politicians and bureaucrats control them, which means that, indirectly, voters control them. Arguably various public spaces should be sold to private parties. But we need not resolve the thorny philosophic problems with public (government-owned) property to recognize, at least, that the people who pay to maintain that property should be able to use it in reasonable ways.

No homeless exception to trespass

Homeless encampments that interfere with people's normal use of sidewalks, parks, libraries, and other public spaces violate the rights of those people and constitute a form of trespass. Similarly, if I tried to camp in a state park without paying or build a log cabin in city open space, that would be a sort of trespass.

I trust that, in other contexts, Calderón, Herod, and others recognize the legitimacy of government acting against trespass. I doubt either would allow a random stranger to take up residence in their living rooms. I suspect that, if a random stranger tried to do that, both Calderón and Herod would call the police to have the intruder forcibly removed. The context shifts when we're talking about a public sidewalk or park, but still it seems obvious that certain individual uses harm many others' ability to use that space and so constitute a form of trespass.

This does not mean we should tolerate cops terrorizing homeless people. Forcible removal should be the last resort, not the

default. The aim should be to help get people back on their feet, not to keep knocking them down. There's no point in incarcerating people who pose no substantial threat to themselves or others. The standard approach should involve offering people a better and safer place to stay, putting them in contact with organizations that can help them, and getting them into mental health treatment if they need and want it. A compassionate approach is compatible with managing public spaces for public use. Government policy properly is compassionate both to people suffering homelessness and to people who fund the maintenance of public spaces.

I again point out that the problem of homelessness is, in part, a problem of government artificially limiting the supply of housing through myriad restrictions. As Aaron Carr points out, "Homelessness is primarily a housing problem." I have called for a genuinely free market in housing, which would boost supply, lower costs, and help alleviate homelessness. Instead, the so-called "progressives" in the legislature are busy wrapping the housing market in more red tape, which will limit supply and increase costs.

The issue of homelessness is hard. But, whatever is the right approach, it cannot involve forcing people to finance public spaces that they then cannot safely use because those areas have been converted to unauthorized personal encampments. The people paying the bills have rights too.

Please see: <https://pagetwo.completecolorado.com/2023/03/07/armstrong-government-right-to-restrict-squatting-in-public-spaces/>



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"You have some vital role to play in the unfolding destiny of the world. You are, therefore, morally obliged to take care of yourself."

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"All That Is Necessary for the Triumph of Evil Is That Good Men Do Nothing"— Edmund Burke

The Daily Jot

Daily reporting and analysis of current events from a biblical and prophetic perspective.

NOTE: When writing about God and Jesus, The Daily Jot means YHVH as God and Yeshua Ha Mashiach as Jesus--the actual original names and the true nature and character of them.

Of evil leaders and hapless victims

Communism and socialism are about control and wealth redistribution. There are leaders and there are victims. While the leaders of these systems always say they are upholding the rights of the minorities and marginalized (the victims), what they are really doing is robbing the victims blind and enslaving them. The goal is to make these victims believe and trust that the leaders are working on their behalf so there is this constant pressure applied by the leaders that gives the impression that the leaders are the saviors. But it really never gets better for the victims, they are just hoping it will. There are two main areas today that the leaders are pressing the victims—climate change and healthcare.

We have seen the results of socialist healthcare as lead by the World Health Organization in partnership with the World Economic Forum. Millions lose their lives to medical protocols decided upon and dictated by health "administrators" rather than scientists and doctors. The leaders used fear and sold the victims on the hope that lockdowns, unsafe and ineffective vaccines, and demonizing alternative opinions as unscientific would save them. All the while, they were draining the victims of not only their lifeblood, but also their ability to financially sustain themselves. Currently, almost every claim the leaders made about COVID has turned out to be a lie, but it is no consolation to the victims. The damage is done. The wealth redistributed.

Climate change is no different. Selling the victims once again on the fear that because of mankind, the planet will be destroyed due to weather changes, the leaders are at the best of their deadly game. Taxes will be used to save the planet from the weather. Electric everything will make a cleaner environment and save the planet. Wind will be a safe and effective way to generate electric. Leaders crisscross the world in private jets mongering the fear. Companies are started to make batteries, windmills, set up charging stations. Wealth redistribution from taxes, government contracts and backroom deals fund these efforts. Contracts with slavers in China and elsewhere mine the deadly battery ingredients. Entire industries are set up to exploit natural resources at the expense of human life and the environment.

California is a great example. It made such a push for electric cars, then because it couldn't handle its very basic electric demand, had to prohibit people from charging their cars due to rolling brown-outs. Windmills off the shores of New Jersey are reportedly damaging the marine life ecosystem to the point of causing massive deaths of whales and other fish, as well as birds. The very leaders who encourage victims with environmental lip service are the ones causing this new brand of environmental terrorism and modern slavery. They are pocketing the extra cash and thumbing their noses at the hapless victims. Ephesians 5:6 says, "Let no man deceive you with vain words: for because of these things comes the wrath of God upon the children of disobedience." Obey God not man. Be a victor not a victim.

Bill Wilson

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Doc Watson at 100P The Virtuoso Guitarist Brought Appalachian Music to the World

by Ted Olsen, *The Conversation*

Arthel Lane "Doc" Watson was born on March 3, 1923, in Stony Fork, North Carolina, in the Blue Ridge Mountains, but his music is as influential now – more than a decade after his 2012 death – as at any time during his long career. During that time he was arguably America's most beloved folk musician. Today, Watson is viewed by artists and fans as one of the greatest guitarists of American roots music.

Making music came naturally to Watson, who grew up in a large music-loving family. Recordings made in people's homes by folklorists during the early 1960s documented music gatherings featuring various Watsons alongside neighbors and friends, collectively celebrating their community's musical culture – a shared repertoire of Appalachian ballads, songs and tunes.

Watson is widely credited with popularizing the guitar style known as flatpicking, a rapid-fire approach to playing notes and chords on guitar strings by use of a plectrum, or guitar pick. Virtually all guitar players who have used a pick over the past six decades have labeled Watson a pioneer of that style. These include roots music masters like Clarence White, Norman Blake and Tony Rice; newer bluegrass stars like Billy Strings and Molly Tuttle; and guitarists in other genres, like Bob Dylan, Ry Cooder and Stephen Stills.

Watson was also an accomplished practitioner of fingerpicking, a guitar style involving plucking strings with the thumb and one or more fingertips using fingerpicks or fingernails. Watson's agile and rhythmically intricate two-finger approach with fingerpicks is widely considered to be the apogee of the style.

From Appalachia to the folk revival circuit



Though remembered as a guitarist, Watson initially played other instruments.

The harmonica preoccupied Watson until he was 11, when his father made a maplewood fretless banjo for him and taught him basic techniques. Two years later, Watson's father bought him a US \$12 Stella guitar. Watson loved the instrument and practiced constantly. He eventually purchased a Martin guitar on a payment plan and took to playing on the streets of Boone, North Carolina – a town about 10 miles away from the Watson home – to pay for it.

Traveling to Boone and, in subsequent years, to more distant locales was no easy feat for Watson because an eye infection in infancy had left him permanently blind. But Watson did not allow blindness to limit him. During the Great Depression, Watson's father encouraged him to do his share of household chores, including cutting firewood.

At the age of 23, Watson married his neighbor Rosa Lee Carlton, the daughter of fiddler Gaither Carlton, and the union brought two children, Eddy Merle Watson and Nancy Ellen Watson. To support his family,

Watson did odd jobs including tuning pianos and played music on the street. In the early 1950s he joined a Johnson City, Tennessee-based country band, which required that he play an electric guitar. When this band played at square dances, Watson would play fiddle tunes on his Gibson Les Paul Goldtop with a flatpick.

This blind musician with a strictly local reputation might never have entered the national folk music spotlight without serendipitous intervention. In September 1960, musician and folklorist Ralph Rinzler arrived in the Blue Ridge from New York City to document old-time music in informal recording sessions. These sessions were led by Clarence "Tom" Ashley, a journeyman country musician known for "The Coo-Coo Bird," his 1929 recording made in Johnson City and incorporated onto Folkways Records' influential 1952 multi-LP set "Anthology of American Folk Music." When Rinzler asked about nearby musicians to include in the sessions, Ashley recommended Watson.

Upon meeting Watson, Rinzler was baffled because Watson brought his electric guitar to an acoustic jam session. Watson had been playing electric guitar and didn't own an acoustic guitar at the time. He had to borrow an acoustic guitar for the session. Rinzler's recordings were released on a 1961 Folkways album, and Watson was soon recognized as a generational talent. Playing acoustic guitars exclusively, Watson toured the folk revival circuit, publicly showcasing his broad and deep repertoire and his unparalleled instrumental technique and tone.

'Traditional plus'

Watson initially toured the U.S. as part of old-time ensembles headlined

DOC WATSON
see page 23

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"Teaching Is a Political Act": Teacher Indoctrination

by Jonathan Turley,
JonathanTurley.Org

There is a new controversy over political agendas in education after the release of course materials from the University of North Texas (UNT) for future K-12 educators. It is important to keep in mind that this is just one school. However, the controversy raises, again, the question of whether universities are pushing a more activist model for education. We saw a similar activist movement emerge out of journalism schools that is now taking hold in mainstream media. The concern over the UNT controversy is whether it is indicative of a wider effort that is causing many families to leave public education. The material is derived from a course and syllabus on "Teaching as Advocacy for Equity." The course focuses on "structures of social and educational inequality, as they relate to race, class, and gender" and how teaching can

be "a form of intervention" to change society through "cultural reproduction."

Conservative sites have flagged the material because of the highly political content. The course states that "while teaching has always been a relational and intellectual endeavor, we acknowledge that teaching is also both an ethical and a political act."

It also includes a list of "core commitments" for future teachers that states "[w]e are activists working against injustice for young people, teachers, and communities rooted in racism and other forms of discrimination."

The material relies on the work of the highly controversial Ibram Kendi. I have previously criticized Professor Kendi for his inflammatory rhetoric and attacks. Kendi, the director of the Center for Antiracist Research at Boston University, previously attacked Justice Amy Coney

Barrett over her adoption of two Haitian children and suggested that it raised the image of a "white colonizer." He suggested that the children were little more than props for their mother.

In fairness to UNT, there has always been a role in education to reinforce core values in society. For most of us, that includes civic values and our commitment to principles of equality and due process. That is why we have long taught lessons on the desegregation movement, the teachings of Dr. King, and other defining aspects of our history and Constitution. However, we have seen a more political agenda emerge in recent years. That includes emphasizing that teachers are first and foremost "activists" as opposed to educators.

For many, the UNT material appears to promote teaching as a vehicle for political activism. That is precisely what parents are rebelling against in teachers

treating them and their children as captives to some social agenda.

I previously wrote how some teachers and administrators are rapidly killing public education.

Many of us have advocated for public education for decades. I sent my children to public schools, and I still hope we can turn this around without wholesale voucher systems. Yet teachers and boards are killing the institution of public education by treating children and parents more like captives than consumers. They are force-feeding social and political priorities, including passes for engaging in approved protests.

As public schools continue to produce abysmal scores, particularly for minority students, board and union officials have called for lowering or suspending proficiency standards or declared meritocracy to be a form of "white supremacy." Gifted and talented

programs are being eliminated in the name of "equity."

Once parents have a choice, these teachers lose a virtual monopoly over many families, and these districts could lose billions in states like Florida.

This is precisely why school systems like the Seattle public schools are facing budget shortfalls as families vote with their feet. These families want a return to the educational mission that once defined our schools.

Of course, this material maintains that political agendas are the educational mission. However, they may find fewer and fewer families are willing to supply their children for such political indoctrination.

Please see: <https://jonthanturley.org/2023/03/07/teaching-is-a-political-act-training-course-raises-additional-questions-over-political-agendas-in-public-education/#more-201651>

More Than 75% of Americans Aged 17-24 Aren't Fit for Military Service

by Tyler Durden,
ZeroHedge.com

As the U.S. military struggles to fill the ranks with new recruits, a new report from the Department of Defense reveals that **the vast majority of Americans aged 17-24 are unfit for military service.**

Citing a February 16 congressional hearing, a DoD report reveals that **77% of Americans in the above age group could not physically qualify to enter the armed forces** - a 6% increase from 2017.

A key factor is **obesity** - which hit nearly 42% in 2020. Meanwhile, a 2022 study cited by the *Epoch Times* found a link between receiving **government food assistance** and a greater chance of becoming obese through the consumption of unhealthy foods. A 2015 USDA analysis found that 40% of total SNAP participants were obese.

Last month, *Military.com* reported on an Army initiative to whip **fat, low-scoring recruits into shape** in 'pre-basic training courses.'

The program, known as the *Future Soldier Preparatory Course*, is designed to expand the pool of eligible Americans who can join the service by creating short camps that help applicants reach

Army standards. The service came up short of its recruiting goal last year, bringing in 45,000 new active-duty troops -- well below its goal of 60,000. This year, the service is even more ambitious, seeking 65,000 new recruits. -military.com

"The Future Soldier Prep Course is giving young Americans who want to serve the chance to do so, by helping them not only meet our standards, but in many cases rise above them," said Gen. James McConville, the Army's top officer. "We started seeing positive results early on in the program, and I am happy to see it expand to additional installations so we can continue to attract and invest in our nation's best talent."

Applicants in the programs have 90 days to boost their scores or lose enough body fat to come into compliance with Army standards. So far, just 3,206 students have attended one of the courses, of which 2,965 have graduated and moved on to basic training.

Dangerous Dilemma

In September 2022, a U.S. Army general bluntly said that young Americans are either too obese, too sick, or too criminal to serve in the military.

"Some of the challenges we

have are obesity, we have pre-existing medical conditions, we have behavioral health problems, we have criminality, people with felonies, and we have drug use," Lt. Gen. Xavier Brunson told *The Spokesman-Review* of Spokane, Washington.

Brunson called it a "condition," saying that **"this is not an Army problem, so nationally what we have to look at is what's going on with our youth."**

The general's statement came as a response to difficulties the U.S. military had reaching their target goals for recruits in 2022. This struggle, prevalent in the Army, Navy, Marine Corps, and Air Force, has prompted security analysts and some U.S. institutions to declare obesity a threat to national security.

Obesity a Security Threat

"Each year, more than \$60 million goes toward replacing the 1,200-plus first-term enlistees discharged for excess weight," Irina Tsukerman, a security analyst and the owner of Scarab Rising, told *The Epoch Times*.

She said high obesity rates have narrowed the recruiting pool considerably, coupled with "falling intelligence and education standards." She also

noted that, along with reduced resiliency and flexibility, the military is less prepared to meet "asymmetrical or conventional challenges."

Police departments struggle with similar challenges, according to Tsukerman.

"We have also seen the impact of poor fitness and obesity among police forces in urban areas," she said. "Unfit officers facing high-risk scenarios are less likely to perform well at their jobs ... the same can become a dangerous trend on the battlefield."

The Centers for Disease Control and Prevention (CDC) also classifies America's obesity challenge as a security threat. The organization estimates that 1 in 5 children and 2 in 5 U.S. adults are now obese.

CDC statistics also show that 19 percent of active-duty service members suffered from obesity in 2020, which is up from 16 percent in 2015.

Active-duty soldiers struggling with obesity are also 33 percent more likely to suffer musculoskeletal injuries.

Lowering the Bar?

In response to this challenge, the U.S. military is adjusting its

fitness requirements for some jobs, especially those that aren't physically demanding, such as technology-based positions.

Tsukerman cautioned that lowering the bar within the U.S. military could set a dangerous precedent

"While it is true that technical developments such as the use of UAV [unmanned aerial vehicles] and AI [artificial intelligence] have displaced some human participation in the field, much of the combat still relies on conventional human performance," she said. "Therefore, national security directly depends on human forces being astute, situationally aware and agile."

Hunnes said it comes down to getting people on track with proper nutrition right out of the gate. She said healthy breakfast and lunch options for children and better nutrition for pregnant mothers is a good start to tackle obesity issues among today's youth.

"We need communities, individuals, and governments to step up."

Please see: <https://www.zero-hedge.com/political/more-75-americans-aged-17-24-arent-fit-military-service-dod>

The Supreme Court has ruled that they cannot have a nativity scene in Washington, D.C. This wasn't for any religious reasons. They couldn't find three wise men and a virgin. —Jay Leno



The Second Amendment Corner Liberty's Line in the Sand



"Blessed be the LORD my Rock, Who trains my hands for war, And my fingers for battle—" A Psalm of David, Psalm 144:1

USCCA on How Muggers Pick Their Targets

by Tom Knighton, BearingArms.com

The best tool anyone can have is knowledge. While firearms can be vital, knowing enough to avoid needing them is generally better. After all, no one gets prosecuted for avoiding the need for a self-defense shooting. While I won't cry over a dead mugger, I'd still hate it for anyone who gets prosecuted because the DA things they could have slithered through the three-inch opening in a locked gate behind them.

Over at USCCA, they seem to think the same way.

Earlier this week, they kicked off a series looking at what muggers look for when selecting a target.

(see: <https://www.usconcealedcarry.com/blog/on-targets-predator-project-part-1/>)

The survey itself was a simple, one-page affair, with questions on the front and instructions and a space for inmates to write down their contact information on the back.

Question No. 1 asked, "Which of the following behaviors or attributes would make you more likely to target a victim?" and then lists 23 specific behaviors — ranging from "wearing earbud headphones" to "walking with a cane."

The four behaviors or attributes marked by more than 50% of respondents seem to indicate an appealing target and the right opportunity:

- The person is alone.
- The person is wearing an expensive watch.
- The person is walking on a dark street.
- The person is flashing cash. Three behaviors or attributes that signal being unaware were selected by 30-50% of respondents:
- The person has his or her attention on a phone screen.
- The person appears to be a tourist not from here.

- The person appears to be drunk. Fully 37% of respondents selected "the person is a man." This tracked with several write-in answers, including:

- The person is involved in illegal activity.
- The person had disrespected me.
- The person had taken something of value from me or a loved one.

The behaviors least selected by respondents (11% of the time or less) included:

- The person is elderly.
- The person is a child.
- The person has a child with them.
- The person is walking very quickly.
- The person makes eye contact with me.
- The person has a cane.

Some of the more popular write-in answers included:

- The person is a known drug dealer.
- The person is known for having money.
- The person is using an ATM machine.
- The person looks scared and/or noncombative.

The takeaway tracks with the famous advice of trainer John Farnham: "Don't do stupid things in stupid places with stupid people."

Now, this is just the tip of the iceberg, and while this isn't exactly a conclusive scientific study, it does provide some useful information we should be aware of if we don't wish to be robbed.

It's interesting that things like "being elderly" or "having a cane" are rated fairly low, but there are reasons why that might be the case. After all, retired people are on a fixed income. That means they probably don't have much in the way of money, which may make them less than ideal targets.

And I agree with the author, Farnham's advice is solid and it now appears to be supported by more evidence.

However, criminal behavior is far from the only criteria.

Being a tourist or staring at your phone are also big indicators. People glued to their phones aren't aware of their surroundings, making them easier marks, while tourists are more likely to have a large amount of cash. Muggers love that kind of thing.

So, don't stare at your phone is a good cue to keep in mind.

Further, don't single "tourist." Dress like you would at home or, barring that, try to match the locals as best you can.

But there's more you can do.

Question No. 10 asked, "What is the one thing that makes someone most attractive for a mugging?," with a blank space left for a write-in answer. Some of the more popular responses that weren't covered in the write-in section for Question No. 1 included:

- The person is a "s***-talker" or has a bad attitude.
- The person has luggage and is waiting for a taxi.
- The person is cashing in chips at a casino.
- The person is White/Caucasian.

By far the most popular responses, as in Question No. 1, were "wearing expensive clothing," "flashing cash or other valuables" and "being alone."

The attitude thing is a little surprising to me, though none of the rest is.

Wearing expensive clothing or flashing valuables has long been known to be a signal for muggers that screams "rob me!"

You should go and read the whole thing. It's interesting, to say the least.

Please see: <https://bearingarms.com/tomknighton/2022/01/22/umuggers-pick-targets-n54685>

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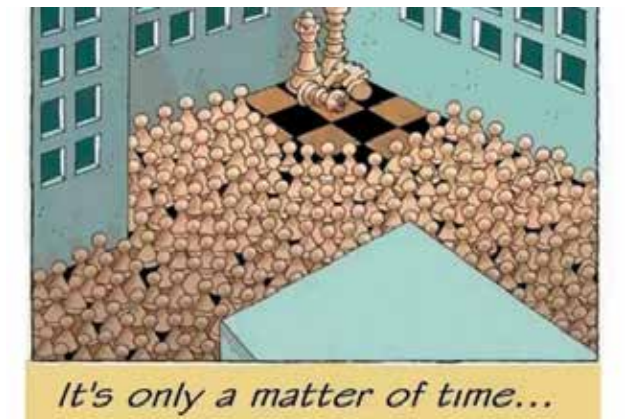
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Lib Coloradan: The Most Ridiculous “I’m a Gun Owner, but...” Ever

by Cam Edwards,
BearingArms.com

The gun prohibition lobby loves to claim that the vast majority of gun owners support their “reasonable” infringements on an inherent individual right, to the point that they even create their own astroturf groups like “Gun Owners for Safety” and the now-defunct American Hunters and Shooters Association.

The whole point of these outfits is to advance that narrative, and one of the most common tactics is the “I’m a gun owner, but” argument. You’ve seen it countless times. “I’m a gun owner, but I support ‘commonsense measures’ like”:

- making it a criminal offense to possess commonly-owned firearms and magazines
- prohibiting lawful concealed carry almost everywhere in public
- making it more expensive to purchase, possess, and even train with a firearm
- holding firearms manufacturers liable for the actions of violent criminals

I’m reasonably sure that attorney and columnist Mario Nicolais would be in favor of each and every one of those things, because his own “I’m a gun owner, but”

narrative goes much further. Writing at the *Colorado Sun*, Nicolais says he’s a gun owner, but he wants the state to tell him to turn ‘em in.

As I have written, the Colorado Republican Party is dead. While I am sure the ghosts of 2013 recall elections still haunt some Democrats, the fear of the next child dead from a gunshot wound should scare them more. They are not going to lose their majorities in the next decade, if ever. They may even solidify them if they take even more direct action.

That means getting assault-style guns off the streets. It means cracking down hard on handguns. It means going after ghost guns and criminals who resort to violence.

I happen to be a gun owner. But I have also run through a Las Vegas casino afraid of an active shooter, texted with my wife as she hid huddled inside a classroom as a gunman walked outside, and paid attention as an officer married to a high school friend has recovered after being shot in the neck by an assailant.

I would hand over my gun if the legislature took action.

Why wait for the legislature to do something? If Mario Nicolais doesn’t want to own a gun, no

one is stopping him from selling it or even melting it down to turn into a garden trowel or something like that.

In fact, if Nicolais is waiting for the Colorado legislature to approve a ban on gun ownership complete with instructions to hand them over to law enforcement before he divests himself of his own gun he’s gonna be twiddling his thumbs for the foreseeable future. Democrats in Colorado didn’t include a ban on possession in their “assault weapons” bill that was quietly introduced last Friday night, though I have no doubt that most of the Democratic lawmakers would love to see that provision become law. The Colorado GOP may be on the endangered species list, but that could easily change if Democrats start demanding that current gun owners hand over their firearms. Moreover, there’s a progressive argument against gun bans; namely that they lead to more arrests and incarceration on non-violent, possessory offenses, particularly among racial minority groups. That argument wouldn’t carry the day with every Democratic lawmaker in Denver, but it would probably sway a few.

Then there’s the “small” fact that the Supreme Court has said in no uncertain terms that a complete

prohibition on gun ownership is unconstitutional. Equally as important is the reality that a good number of Coloradans simply wouldn’t comply with Nicolais’ demands, even if legislators managed to enact it into law. He might hand over his own firearm if the legislature “takes action”, but my guess is that he wouldn’t have a lot of company.

The incidents that Nicolais describes are truly terrifying, but by his own testimony none of them actually led to him getting rid of his own gun. Nicolais never explains his decision to keep ahold of his own firearm until the day the State tells him to hand it over; something I honestly find inexplicable. I’ll take him at his word that he is, in fact, a gun owner, but I’m not sure why.

I’m also completely unpersuaded by his argument that bad guys will stop doing bad things once we ban those big bad guns. A supply-side “solution” to violent crime and mass shootings is going to run headlong into the Constitution and tens of millions of responsible gun owners, for one thing. But we’ve also seen that cities like Chicago and Washington, D.C. historically had much higher crime rates when their handgun bans were in effect than after they were struck down

by the courts. Stripping people of their fundamental right to self-defense only empowers the violent predators in our society, as Colorado has already witnessed over the past decade. The growing number of gun control laws imposed by the Democratic majority has done nothing to stem the rising tide of violent crime in the state, particularly in Denver and some of its suburbs. Maybe Nicolais sees that as evidence that Democrats need to go even bigger with their anti-gun efforts, but I’d say it shows that lawmakers are aiming at the wrong target when they focus on responsible gun owners.

My own theory is that Nicolais hasn’t gotten rid of his gun primarily because he wants to be able to make the “I’m a gun owner, but” argument in favor of any and all gun control efforts in Colorado and around the country, but maybe he’ll enlighten us on his bizarre position in his next column. I’m a gun owner, but I’ve honestly never run across a gun owner like Nicolais before; someone who’s ready to give up their gun, but is waiting on the State to ask for it first.

Please see: <https://bearingarms.com/camedwards/2023/03/06/the-most-ridiculous-im-a-gun-owner-but-ever-n68101>

Most American Gun Owners Keep a Weapon Unlocked, Study Says

by Herschel Smith,
The Captains Journal

Source. (see: <https://www.msn.com/en-us/health/medical/most-american-gun-owners-keep-a-weapon-unlocked-study-finds/ar-AA188HBN>)

“Researchers surveyed 2,000 firearm owners about how they stored their weapons for a study published in *JAMA Network Open*.

More than 58% of firearm owners stored at least one gun unlocked and hidden, while nearly 18% of firearms owners stored at least one firearm unlocked and unhidden, the study found.

The study found that gun safes were the locking device most commonly used among firearm owners, rather than other locking mechanisms researchers

examined, like cable locks and trigger locks.

Nearly 50% of respondents who didn’t lock their firearms said locks are unnecessary, while more than 44% of respondents said that locks would prevent quick access in an emergency.

Researchers said the findings of the study suggest that increasing the use of secure storage among firearm owners may require increasing access to safes, calming fears about how quickly firearms owners could access their weapons in emergencies and elucidating the risks with unlocked firearms.”

They act like this is some sort of great revelation, something worthy of an article or a “study.” I could have told them that, almost down to the num-

bers. In fact, I suspect these numbers are a bit low.

It’s a revelation to them that if you put a lock on a firearm or store it away in a safe, it’s not accessible to you in exigent circumstances. You know, exigent circumstances – the time when you are most likely to need that firearm.

What good is a firearm if it’s locked?

Sure, it might be a great idea to lock them away with small children in the home, and there are biometric safes for that, but we oppose efforts to legally mandate such things. The FedGov isn’t God, regardless of how much they want to be.

Please see: <https://www.captainsjournal.com/2023/03/02/most-american-gun-owners-keep-a-weapon-unlocked-study-finds/>

Henry Issues Recall on Certain .45-70 Rifles

by Jim Grant, *ammoland.com*

Henry Repeating Arms recently discovered a safety issue affecting certain lever action .45-70 Gov’t rifles manufactured between December 14, 2022, and January 11, 2023. Henry is voluntarily initiating a recall to protect the safety of its customers because, under certain conditions, it is possible that some of these rifles may unintentionally discharge without the trigger being pulled if the hammer is released or dropped from the cocked position. To prevent the possibility of death or serious personal injury, owners of a Henry Repeating Arms lever action .45-70 should discontinue all use until it is determined whether or not the rifle is subject to recall.

Any Henry Repeating Arms firearm obtained before December 2022 is not subject to this recall, and no action is needed.

To determine if a Henry .45-70 lever action rifle is affected, owners should look up the serial

number of their firearm at henryusa.com/recall, email recall@henryusa.com, or call toll-free 1-866-200-2354 (M-F, 9 a.m. ET-5 p.m. ET).

The safety issue leading to this voluntary recall was discovered internally during test firing and is related to firing pins that may not meet specifications. Henry Repeating Arms is ready to replace the firing pins free of charge in the order by which the firearms are received. Information on the current turnaround time for rifles returned under this recall will be provided at henryusa.com/recall. Henry Repeating Arms will make every effort to minimize the turnaround time. Additionally, as a sign of appreciation to its customers, Henry Repeating Arms will send any customer with a rifle affected by this recall a \$50 gift card for HenryPride.com upon completion of service.

Please see: <https://www.ammoland.com/2023/03/henry-issues-recall-on-certain-45-70-govt-rifles/#axzz7vbj1m8a>

“When you have something to say, silence is a lie – and tyranny feeds on lies.”

Jordan Peterson

The Endurance of the Saints

No matter what news site you look at, or what paper you read, or what news program you watch or listen to, you are constantly bombarded with bad news about the economy. It's nothing new. In January of 2009, The World Economic Forum became confrontational as union leaders said they had no confidence in the way corporate management was handling the financial crisis, and they predicted civil unrest to spread throughout the world. A decade later COVID 'leaked' out of China and the subsequent lockdowns beckoned economic meltdowns. Governments around the world suppressed truth and censored science and singled out those who were unvaccinated. Many are now angry and fearful about their futures.

It is the perfect storm for the one world order. The world economy, if there is such a thing, is teetering on the fulcrum of a defining moment. On one side is economic freedom, or capitalism, characterized by free markets. On the other side is socialism, a step toward communism, managed economies characterized by government ownership, intervention and bureaucracy. It is the time in history where the world powers believe they can institute a worldwide managed economy that can lead to the socialist utopia dreamed of by such revolutionaries as Georg Hegel, Karl Marx and Vladimir Lenin. It is the ultimate opportunity to use mass fear to deprive mankind of liberty with man's active consent.

We very well may be witnessing the end time structure discussed in the prophetic books of the Bible where an international economic system is being formed. While it has been attempted in past history, the technology, the ability to travel the world in a day, and communicate instantly has never before linked together governments, businesses and people as in this present day. And worldwide, one would be hard pressed to find a time in history since the Roman Empire when Christians and Jews alike have been so vilified as they are in this day and age. Structures of power may soon be put in place that will require compliance with government regulations and policies in order to work, have housing and food.

It is time to be prepared, not fearful, for the events ahead of us. The Apostle Paul wrote in 2 Timothy 1:7, "For God has not given us the spirit of fear; but of power, and of love, and of a sound mind." And he writes in Romans 13:9, 10, ". . .and if there be any other commandment, it is briefly comprehended in this saying, namely, Thou shalt love thy neighbor as thyself." Verses 13 and 14 advise: "Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying. But put you on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof." We need to stick together and be about the Lord's work in the days ahead. It is the endurance of the saints.

Bill Wilson

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Why SVB and Signature Bank Failed So Fast, and the U.S. Banking Crisis Isn't Over Yet...

by Vidhura S. Tennekoon,
TheConversation.com

Silicon Valley Bank and Signature Bank failed with enormous speed – so quickly that they could be textbook cases of classic bank runs, in which too many depositors withdraw their funds from a bank at the same time. The failures at SVB and Signature were two of the three biggest in U.S. banking history, following the collapse of Washington Mutual in 2008.

How could this happen when the banking industry has been sitting on record levels of excess reserves – or the amount of cash held beyond what regulators require?

While the most common type of risk faced by a commercial bank is a jump in loan defaults – known as credit risk – that's not what is happening here. As an economist who has expertise in banking, I believe it boils down to two other big risks every lender faces: interest rate risk and liquidity risk.

Interest rate risk

A bank faces interest rate risk when the rates increase rapidly within a shorter period.

That's exactly what has happened in the U.S. since March 2022. The Federal Reserve has been aggressively raising rates – 4.5 percentage points so far – in a bid to tame soaring inflation. As a result, the yield on debt has jumped at a commensurate rate.

The yield on one-year U.S. government Treasury notes hit a 17-year high of 5.25% in March 2023, up from less than 0.5% at the beginning of 2022. Yields on 30-year Treasuries have climbed almost 2 percentage points.

As yields on a security go up, its price goes down. And so such a rapid rise in rates in so short a time caused the market value of previously issued debt – whether corporate bonds or government Treasury bills – to plunge, especially for longer-dated debt.

For example, a 2 percentage point gain in a 30-year bond's yield can cause its market value to plunge by around 32%.

SVB, as Silicon Valley Bank is known, had a massive share of its assets – 55% – invested in fixed-income securities, such as U.S. government bonds.

Of course, interest rate risk leading to a drop in market value of a security is not a huge problem as long as the owner can hold onto it until maturity, at which point it can collect its original face value without realizing any loss. The unrealized loss stays hidden on the bank's balance sheet and disappears over time.

But if the owner has to sell the security before its maturity at a time when the market value is lower than face value, the unrealized loss becomes an actual loss.

That's exactly what SVB had to do earlier this year as its customers, dealing with their own cash shortfalls, began withdrawing their deposits – while even higher interest rates were expected.

This brings us to liquidity risk.

Liquidity risk

Liquidity risk is the risk that a bank won't be able to meet its obligations when they come due without incurring losses.

For example, if you spend US\$150,000 of your savings to buy a house and down the road you need some or all of that money to deal with another emergency, you're experiencing a consequence of liquidity risk. A large chunk of your money is now tied up in the house, which is not easily exchangeable for cash.

Customers of SVB were withdrawing their deposits beyond what it could pay using its cash reserves, and so to help meet its obligations the bank decided to sell \$21 billion of its securities portfolio at a loss of \$1.8 billion. The drain on equity capital led the lender to try to raise over \$2 billion in new capital.

The call to raise equity sent shockwaves to SVB's customers, who were losing confidence in the bank and rushed to withdraw cash. A bank run like this can cause even a healthy bank to go bankrupt in a matter of days, especially now in the digital age.

In part this is because many of SVB's customers had deposits well above the \$250,000 insured by the Federal Deposit Insurance Corp. – and so they knew their money might not be safe if the bank were to fail. Roughly 88% of deposits at SVB were uninsured.

Signature faced a similar problem, as SVB's collapse prompted many of its customers to withdraw their deposits out of a similar concern over liquidity risk. About 90% of its deposits were uninsured.

Systemic risk?

All banks face interest rate risk today on some of their holdings because of the Fed's rate-hiking campaign.

This has resulted in \$620 billion in unrealized losses on bank balance sheets as of December 2022.

But most banks are unlikely to have significant liquidity risk.

While SVB and Signature were complying with regulatory requirements, the composition of their assets was not in line with industry averages.

Signature had just over 5% of its assets in cash and SVB had 7%, compared with the industry average of 13%. In addition, SVB's 55% of assets in fixed-income securities compares with the industry average of 24%.

The U.S. government's decision to backstop all deposits of SVB and Signature regardless of their size should make it less likely that banks with less cash and more securities on their books will face a liquidity shortfall because of massive withdrawals driven by sudden panic.

However, with over \$1 trillion of bank deposits currently uninsured, I believe that the banking crisis is far from over.

Please see: <https://theconversation.com/why-svb-and-signature-bank-failed-so-fast-and-the-us-banking-crisis-isnt-over-yet-201737>



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My brothers, if anyone among you wanders from the truth and someone brings him back, let him know that whoever brings back a sinner from his wandering will save his soul from death and will cover a multitude of sins.

James 5: 19-20

Hey Fat Boy! Have Another Soda, Being Obese Is Even Deadlier Than You Might Think

by Chris Melore, StudyFinds.Org

BOULDER, Colo. — Although carrying too much weight can increase the risk of high blood pressure and heart disease, few studies actually say simply being a little overweight can lead to premature death. However, a new study is changing everything, finding that obesity significantly increases a person's risk of death. A researcher from CU Boulder warns that obesity raises a person's risk of death by anywhere from 22 to a staggering 91 percent.

Moreover, the new analysis of nearly 18,000 people finds scientists may be looking at body mass index (BMI) all wrong. The study author says this go-to measure of weight and fitness can lead to scientific bias and can actually provide a misleading picture of someone's health. In the new study, the researcher found that one in six U.S. deaths have a connection to excess weight or obesity.

"Existing studies have likely underestimated the mortality

consequences of living in a country where cheap, unhealthy food has grown increasingly accessible, and sedentary lifestyles have become the norm," says study author Ryan Masters, an associate professor of sociology at CU Boulder, in a university release.

"This study and others are beginning to expose the true toll of this public health crisis."

BMI thinks Tom Cruise is obese!

Masters notes that there is currently an "obesity paradox" when it comes to studying weight and longevity. This U-shaped curve shows that those in the "overweight" category (BMI 25-30) have the lowest risk of death. Meanwhile, previous studies say those in the "obese" category (BMI 30-35) have little to no increased risk of death in comparison to people in the "healthy" category (18.5-25).

"The conventional wisdom is that elevated BMI generally does not raise mortality risk until you get to very high levels, and that there are actually some survival

benefits to being overweight," Masters explains. "I have been suspicious of these claims."

BMI is a measurement which comes from comparing weight and height only. It doesn't account for various body type differences that people have, such as a shorter man or woman who is extremely fit and muscular and therefore weighs more.

How long you're obese matters the most

In this new study of weight's link to health, Masters examined data from the National Health and Nutrition Examination Survey (NHANES) from 1988 to 2015. This study included information on 17,784 people, 4,468 who died.

One in five in the "healthy" weight category had been overweight or obese at some point over the past decade. Results show that these individuals in particular had a much worse health profile than other participants whose weight remained stable throughout the study.

Interestingly, results also show that carrying excess weight

for a lifetime makes someone more likely to develop diseases which cause rapid weight loss. Therefore, if scientists look at BMI data during this time, Masters says it can skew scientific studies.

"I would argue that we have been artificially inflating the mortality risk in the low-BMI category by including those who had been high BMI and had just lost weight recently," the researcher says.

Additionally, 37 percent of overweight participants and 60 percent of obese individuals had lower BMIs in the decade prior. Those who recently gained weight still had better overall health profiles. Masters says this shows that lifelong obesity is much worse for health than a sudden spike due to overeating. By including people who had a lifetime of low-BMI weight in the high-BMI category, previous studies have been incorrectly making obesity look safer than it really is, Masters explains.

"The health and mortality consequences of high BMI are

not like a light switch. There's an expanding body of work suggesting that the consequences are duration-dependent."

Mortality risk has a straight-line link to weight

Instead of a U-shaped curve, the study finds a straight upward line linking BMI to a person's risk of death. Unlike previous studies, the new report finds no risk increase among people in the "underweight" category. While prior studies estimate that two to three percent of U.S. adults die due to high BMI-related causes, this report says the number is actually eight times higher.

"For groups born in the 1970s or 1980s who have lived their whole lives in this obesogenic environment, the prospects of healthy aging into older adulthood does not look good right now," Masters concludes. "I hope this work can influence higher-level discussions about what we as a society can do about it."

Please see: <https://studyfinds.org/obese-deadlier-than-you-think/>

DOC WATSON from page 18

by Ashley, but it was Watson who received the lion's share of the attention. He wowed audiences with his musical skills as a vocalist as well as an instrumentalist and delivered entertaining anecdotes, reflections and good-natured quips. Before long, his management booked gigs nationally for Watson as a solo act, including an appearance at the 1963 Newport Folk Festival.

While Watson had previously played a broad range of music — commercial country, blues, rockabilly, pop, jazz and Broadway — his management initially encouraged him to perform music associated with the rural culture of Appalachia. But as Watson expanded his on-stage repertoire in defiance of the perception that folk revival

audiences only wanted to hear "authentic" folk music, no one complained. Indeed, his fan base steadily increased.

Watson recognized that any sustained success he might achieve as a full-time professional musician would depend on appealing to younger people. After touring alone and recording his eponymous debut album solo for Vanguard, Watson decided in 1964 to invite a musician half his age to be part of his act — someone who could help him reach younger fans and guide him from gig to gig. That someone was his son Merle, then 15, whose slide and fingerstyle guitar would complement his father's vocal and instrumental work.

The father-son duo became a top concert draw and recorded a string of beloved albums for United Artists and independent labels Vanguard, Poppy, Flying

Fish and Sugar Hill. In 1972 Doc Watson contributed memorably to the Nitty Gritty Dirt Band's legendary collaborative album "Will the Circle Be Unbroken," and that recognition dramatically expanded interest in Doc and Merle Watson.

While they knew countless traditional tunes, songs and ballads, Doc and Merle were equally devoted to interpreting newer material. Doc began to refer to the repertoire the duo performed, which drew from several genres of American music, as "traditional plus." After Merle's tragic death in a tractor accident in 1985, Watson continued to perform a "traditional plus" repertoire in collaboration with other musicians, including bassist T. Michael Coleman, guitarist Jack Lawrence, multi-instrumentalist David Holt and guitarist Richard Watson, Merle Watson's son and Doc Watson's grandson.

'Just one of the people'

Watson said that his blindness had allowed him to focus on honing his musical talents. As Coleman said in my interview with him for the notes I wrote for the Doc Watson album "Life's Work, A Retrospective": "Doc told me that, being blind, he was not afraid to be anywhere or to do anything." Certainly, Watson was fearless in many of the things he did throughout his life: cutting firewood, climbing a ladder to repair an upper-story window, constructing a utility building, hitchhiking to nearby towns to play music on the street, traveling by bus to perform in faraway cities and appearing on stages before thousands of people.

Fearlessness also infused his live performances and recordings. Whether playing fiddle tunes on his guitar at lightning speed with a flatpick or singing traditional and contemporary songs to

fingerstyle accompaniment, he was a daring improviser.

Watson received numerous honors during his lifetime, including the National Heritage Fellowship in 1988, the National Medal of Arts in 1997, the International Bluegrass Music Hall of Honor in 2000 and the Grammy Lifetime Achievement Award in 2004. But fame did not matter much to Watson. He considered himself "just one of the people." Watson committed himself to a life in music because he loved entertaining others and because he was proud to make a living for his family.

Please see: <https://theconversation.com/doc-watson-at-100-the-virtuoso-guitarist-brought-appalachian-music-to-a-worldwide-audience-and-influenced-generations-of-musicians-197387>

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 Our office hours are Monday-Wednesday 9 a.m. - 4 p.m.
 Friday 9 a.m. - 12 p.m. Closed Saturday and Sunday.
 Deadline for classified ad copy is Monday by 4 p.m.
 Deadline for display ad copy is noon on Friday the week before the ad is to appear in the paper.
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OVER 20 YEARS OF QUALITY AMISH WORKMANSHIP

PINBALL WIZARD from page 9

Starting at age 3, Escher tagged along with Adam to gatherings at a local arcade called Lyons Classic Pinball. As a toddler, Escher stood on a small wooden stool between his dad and the machine so he could watch him play. By four, he began to compete in junior league championships.

When he saw his dad use a new trick, he would then go home and learn it.

He remembers one technique called a “drop catch.” It’s considered one of the hardest to master. It works like this: A player slows the motion of the ball by keeping a flipper upright and releasing it just as the ball makes contact.

To help Escher learn, Adam took the glass off the top of an Indiana Jones pinball machine they had at home. The two practiced the

move for 20 minutes at a time, figuring out the proper hand placement and timing out the exact millisecond to press each flipper button.

“Then three weeks later I was great at it,” he said.

Escher credits his relationship with his dad for his world-class improvement and success.

“I had this pinball life coach in my life telling me everything that I need to,” he said.

Escher’s specialty became knowing hundreds — if not thousands — of different pinball game maps by heart. Each machine has a specific storyline, with special ways to earn bonus points and extra playtime.

“It’s like if you played baseball and every single ballpark was completely different,” said Adam Lefkoff, Escher’s dad. “And Escher is one of the best at knowing all the rules.”

A few weeks ahead of his next competition, he took some time to practice on one of his favorite pinball machines at home: A Jurassic Park-themed game, which features a map of the Nublar Islands and a giant animatronic T-Rex head.

Escher says every game has a story, and the first rule of winning means playing along.

“That’s why having a plan in pinball is so important because you gotta know what you’re doing next. Have an end goal,” he said.

As he practiced, the sound of theatrical music, bells, character voices and whistles filled the family barn — along with the classic sound of pinball flippers.

Even though he’s played this game hundreds of times before, his eyes stay laser-focused on the ball.

A taste of the silver crown

Escher’s first taste of pinball glo-

ry was at the age of 13. That’s when he nabbed first place at a world championship competition in Pennsylvania. The victory in 2017 helped him achieve the IFPA’s number-one ranking in the world for several months.

Rankings regularly change as players compete in more IFPA tournaments around the world for points to boost their status, along with cash prizes. Roughly 25,000 members make up the association, an increase from before the COVID-19 pandemic.

Escher is just one of a growing community of younger players, said Josh Sharpe, IFPA’s president. More tournaments are being organized each year, and the sport now has a devoted following online through streaming platforms such as Twitch.

“What this sport looks like 20 years from now kind of hinges on what this group of kids end up doing and making the sport their

own,” Sharpe said. “It appears to be in good hands.”

After slipping in the rankings after 2017, Escher earned back his number-one spot at the Summer Pinball Classic in Wisconsin last fall. The first major threat to his crown came in January at a world championship in California.

He went up against a veteran player at a Flash Gordon-themed game, which Lefkoff was less familiar with. His opponent scored over 1.4 million points.

When Escher’s turn came up, he was nervous.

“Flash is a game that I’ve actually had a history of going out on in majors,” Lefkoff said.

But he stuck to what he knew about the game map.

(For more news, please see www.cpr.org.)

Please see: <https://www.cpr.org/2023/03/14/escher-lefkoff-pinball-champion/>

FRIAR’S FORK from page 1

“We are able to track some of the things on our website, like where people who are looking at our website are from and it’s nationwide and actually worldwide,” she said. “They show a map of where all the hits come from and I’m thinking, ‘Really? Someone in Portugal is looking at us?’”

It’s hard to go to Alamosa by accident. The town relies heavily on tourism from the Great Sand Dunes National Park in the summer, as well as those traveling across the state along Highway 160. It sees some of the coldest temperatures in the contiguous U.S. during the winter. And in the spring and fall, it’s just one of a handful of small towns in the San Luis Valley where farmers plant and harvest potatoes and lettuce — not somewhere you’d expect to find one of the best new restaurants in the country.

“We’re pretty isolated. You have to go over mountain passes to get here. It’s not like we’re on the outskirts of Denver or Colorado Springs, we’re removed from that,” Vigil said.

That hasn’t been a problem. Along with her roughly 25 team members, many of whom had no restaurant experience prior to this job, Vigil has hosted a steady stream of customers, anxious to try her Italian-American and Mediterranean fare. She described the food as unpretentious and approachable.

“The menu itself has all of the usual suspects — lasagna, spaghetti and fettuccine alfredo. The kinds of things that everybody knows,” she said.

There’s also ossobuco — beef shank cooked in white wine, served with gremolata and



(Top) Guests dine at the Friar’s Fork during the lunch hour. (Bottom) Abigail Beckman/KRCC News Denise Vigil, owner and executive chef, said the work she does here is deep-seated in her soul.

Abigail Beckman/KRCC News



Vigil said she designed the menu with both locals and tourists in mind. The lunch menu tops out at \$20. That includes a drink and salad. The most expensive dinner offerings are only a dollar more. She uses as much locally-sourced food as she can.

And while she’s focused on finding her footing in the San Luis Valley right now, Vigil’s reputation in the culinary world is solid.

Amanda Faison is a freelance food writer and judge for the James Beard awards. She said Vigil is anything but a stranger to the restaurant industry, having worked for Mark Miller at Coyote Cafe in Santa Fe, NM, at the Little Nell in Aspen, and at Sundance Resort near Park City, Utah.

A scan of the menus at those places shows \$600 caviar and \$85 steak, along with bios for renowned chefs, celebrated for their work.

“To be able to bring her craft back to Alamosa and celebrate it there and have it noticed, I think that this is what the [James Beard] awards are all about,” said Faison.

In the past, the awards were focused mainly on chefs and dining options in big cities like New York, Los Angeles and Chicago. It drew criticism, and Dawn Padmore, vice president of awards for the foundation, said they’ve taken steps to improve equity and diversity in the award process, finding and highlighting hidden gems like The Friar’s Fork.

“The dining landscape in this country is vast and it is diverse. And our goal is for this award program to better reflect that,” Padmore said. “We wanted to open the aperture up.”

Faison said the nomination is an exciting chance to bring attention to a new restaurant in a rural area.

“You can break down diversity in many different ways,” Faison said. “Certainly there’s racial and social diversity, but there’s also geographic diversity and all three of those things are incredibly important to the foundation. And I think you see so much of that in a restaurant like Friar’s Fork.”

Vigil was one of two women in her class at the Culinary Institute of America in New York when she graduated more than 30 years ago. She said most women at the school focused on baking.

“I remember, initially, nobody really knew what I was talking about when I said I’m going to go learn how to cook,” she said. “I’d get comments like, ‘what do you mean?’ at Denny’s?”

Vigil was not, in fact, planning to work at Denny’s. It was her goal to work for people who had won a James Beard award, focusing on a certain niche at each job she

took. She also worked as a special events coordinator, managing parties and banquets.

And for much of her career, Vigil was a single mom.

“When you’re in the restaurant industry, your varsity crew [works] at night and that all comes to a screeching stop when you have a little baby,” Vigil said.

So, for several years she managed Starbucks locations from Denver to Pueblo. Most recently, Vigil was a private chef at an elite vacation ranch in the San Luis Valley.

“My daughter is in college, so now I’m fully free to do this,” she said. “And while my background was at a really, very high five-star level — it was plating things with tweezers sometimes — this work is so much more personal.”

Vigil described the James Beard nomination as the honor of a lifetime.

“I’m wildly proud that, if nothing else, it shows what’s possible because it wasn’t even anything that I had set as a goal or was striving for. I never thought that that would even be a possibility in a small town like Alamosa,” she said.

Judges from the James Beard Foundation will dine, anonymously, at each of the 29 other places nominated for Best New Restaurant. That includes a barbecue spot in Roundup, Montana and a Gambian place in Jackson, Mississippi, along with a smattering of eateries in metropolitan areas on both the east and west coasts.

They’ll choose finalists at the end of March. Winners will be announced in June.

Please see: <https://www.cpr.org/2023/03/08/friars-fork-sanctuary-alamosa-james-beard-award/>