



# High Plains News

“Building a liberal spiritual community that welcomes all to lives of wholeness”

October 2016

High Plains Church - Unitarian-Universalist

Vol 23, No 10

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## The Small Group Experience

By Jill Forney

Small Group Ministry, Ultimacy & Intimacy (U & I), The Small Group Experience, or covenant groups - whatever you call them, small groups at High Plains church and the relationships formed there are consistently credited as a highlight of church involvement.

Each group is unique. From parenting groups to groups on aging, men’s groups, TED Talk groups, and UU topic groups. There are morning, afternoon, and evening groups, weekday and weekend groups, groups that meet at church, groups that meet in each other’s homes, and groups that meet in restaurants. There are even groups that include childcare!

**On Sunday, October 16, we will have a special Sunday service dedicated to the small group experience.** If you have not been part of the small group experience, come and experience firsthand how the groups create a safe space for spiritual exploration, deepen our connections with one another, and provide opportunities for inspired action.

If you have participated in the past or are currently in a group, come and discover that the magic of the relationships developed in small groups is a product, not necessarily of the particular people and personalities, but of the process of forging deeper bonds than coffee hour or other church activities allow.

**Announcing a NEW schedule for the Small Group Experience!** The new schedule will include:

- Spring Session (January through April)
- Summer Session (June-July)
- Fall Session (August through November)

The purpose of the new schedule is to follow recommended best practices by supporting a healthy mixing of groups, providing regular opportunities for facilitators to begin or end groups as they are ready, and allow short-term experiences for those (facilitators and participants) unable to make a long-term commitment. We are currently accepting and recruiting facilitators and co-facilitators for these new, shorter sessions. Mark your calendars for a training on Saturday, November 12!

Meanwhile, groups are always open and there are no rules or timeframes to join. You can join more than one group if your schedule allows or change groups at any time. Feel free to contact members of your Small Group Experience Steering Committee at [sgm-steering@hpcuu.org](mailto:sgm-steering@hpcuu.org).

**We hope to see you on October 16!**

## Events Calendar - October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Strategic Planning Com Presentation 11:30 am - 1:00 pm YRUU Youth Group 12:00 pm - 2:00 pm	3 Navigators USA 6:00 pm - 8:00 pm	4 Aesthetics Team 6:30 pm - 8:30 pm	5 Book Club 6:30 pm - 8:30 pm	6 Stitchers 9:30 am - 11:00 am	7 MDD Fall Youth Conf 5:00 pm ... Social Justice Movie 6:00 pm - 9:00 pm	8 Grounds Work Day 9:00 am - 2:00 pm
9 MDD Fall Youth Conf ... 11:00 am Social Justice Forum 11:30 am - 12:30 pm CUUPS Meeting 11:30 am - 12:30 pm	10 Mama Gina Concert 7:00 pm - 8:30 pm	11	12 Faith Formation Meeting 5:30 pm - 7:00 pm	13	14	15 Marian Soup Kitchen 7:00 am - 10:00 am 10:00 am - 1:00 pm Popcorn Theology 6:00 pm - 10:00 pm
16 Coming of Age 12:00pm - 2:00 pm OWL 11th & 12th Grade 12:00 pm - 2:00 pm	17 Navigators USA 6:00 pm - 8:00 pm	18	19 Board Meeting 6:30 pm - 9:30 pm	20 Stitchers 9:30 am - 11:00 am	21 Board Meeting 9:30 am - 12:00 pm Halloween Carnival 5:00 pm - 9:00 pm Hip Parents Group 6:00 pm - 9:00 pm	22
23 YRUU Youth Group 12:00 pm - 2:00 pm	24	25 Social Justice Team 5:30 pm - 7:30 pm Growthbusters Movie 6:30 pm	26	27	28	29 Halloween Overnight 2:00 pm ...
30 Halloween Overnight ... 10:00 am	31					
Be sure to check the Events Tag on the website at <a href="http://www.hpcuu.org">www.hpcuu.org</a> for additions and corrections to the calendar.						

### High Plains Stitchers

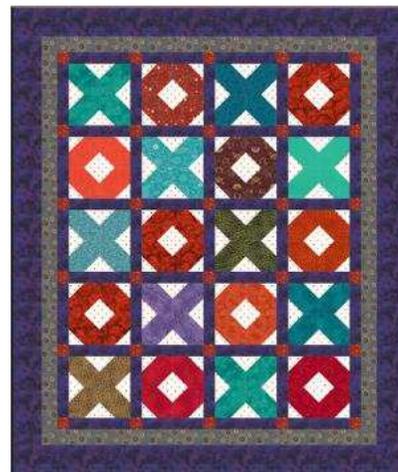
Bring your stitching project (knit, crochet, quilting, or any easily transportable craft) and join us on 1st and 3rd Thursdays at **La Tartine Bistro** from 9:30 am - 11:00 am.

Our group mainly works on their own projects - but we also create blankets for members/friends suffering severe illness, undergoing surgery or experiencing a loss, and to welcome new babies :)

The cafe is located in a small shopping center on the NW corner of Academy and Briargate Blvd (opposite Security Service bank, behind the Burger King).

Don't stitch? Why not come anyway and just "hang out" with us??

Questions? Contact Ruby Doyle at [stitchers@hpcuu.org](mailto:stitchers@hpcuu.org).



## October Services - Healing

- Oct 2:** *"Healing the Hate"* with Rev. Dana Lightsey. "How are we a community of Healing?" This is the question of our theme for this month. With politics inflaming the country and the injustices of racism, classism, and income inequality continuing to escalate, some are infuriated and compelled to take action. Others are filled with fear and just want to do whatever's necessary to stay safe. Yet, throughout our history, our leaders have lived their faith with courage during times like these and have saved 1000's of lives and have changed our nation for the better. This service will consider the incredible story of Martha and Waitstill Sharp, a Ken Burns documentary recently shown on PBS, "Defying the Nazis: The Sharps' War."
- Oct 9:** *"The Fine Art of Disappointing Yourself and Others"* with Nathan Mesnikoff. Many of us believe that we can, through conscious effort, become better people. But what do we do when that isn't the case? How do we balance our efforts to improve and change with the simple fact that we often aren't successful in these efforts?
- Oct 16:** *"A Place of Belonging"* with Dana Lightsey. Healing comes in many forms. Strong friendships and a beloved community are some of the most powerful forces of healing in our world today. This is why developing community through friendships is one of the most important things we do together at HPCUU. This Sunday will be an introduction to Small Group Experience Covenant Groups (formerly U & I Groups). We will also introduce some exciting new developments with SGE.
- Oct 23:** *"The Good Life"* with documentary filmmaker Dave Gardner. He will give us a small taste of what he learned about living well as he produced the film, GrowthBusters: Hooked on Growth. Dave will explore the connections between sustainability and a meaningful life. What do we want? What do we need? What's important in life? How do we define success, prosperity and progress? Note: Dave's film, GrowthBusters: Hooked on Growth, will be shown on Tuesday, October 25 at 6:30pm at HPCUU.
- Oct 30:** *"Dia de Los Muertos"* with Dana Lightsey. Halloween is just around the corner, but in Mexico, and many places in the U.S., people celebrate the Day of the Dead by honoring their loved one's who have died. They set out pictures and small, favorite mementos and favorite food to remember and honor them. Please join us for this important multi-generational service that brings healing and comfort to us by honoring those we have lost.

Please bring a picture or memento or favorite food of your loved one to be included on our altar during the service.



C's - F's – It's your turn  
to "HiP Snack" this month!  
~ **October** ~

If your last name begins with **C, D, E or F**, please pick a Sunday this month and bring a snack for after the service:

Fresh fruit, crackers, cheese, fresh veggies w/ dip or hummus, chips, donuts, muffins, cupcakes, cookies, pre-popped popcorn, etc.

For questions, contact Ann Harris: [HiPSnacks@hpcuu.org](mailto:HiPSnacks@hpcuu.org)



## Minister's Musings

by Rev Dana Lightsey

*"Each of us has a unique part to play in the healing of the world."*  
Marianne Williamson

I believe Unitarian Universalism is a BIG faith that belongs in the 21<sup>st</sup> century because it has the power to help heal the world, but only if each of us chooses to live into our faith in a whole-hearted courageous way.

I just spent the past few days in Portland, OR attending the Youth Ministry Revival event with about 60 youth and 60 adults from around the U.S. and Canada. I went with Jessica Laike, our Director of Faith Formation, and her husband, Josh Meisman, and two of our youth, Logan Bliss and Ramona Salgado.

The focus of the Youth Ministry Revival was to engage with spiritual practice. What I found most meaningful was the honesty and dedication the youth brought to living their/our values of Unitarian Universalism. They began by covenanting how they chose to be with each other and with the world. And they held themselves up to that standard in surprising and powerful ways, by being kind to each other, helping each other, and being extremely careful with their language to honor each person's sexual identity, race, interests, and beliefs.

Another adult and I were talking about this and he was concerned that they were being so careful that they couldn't really be honest. However, we both observed, as the weekend progressed that, as they got to know one another, they could be very honest and candid because they had created such an emotionally safe and caring space. They treated each other with radical acceptance and compassion, yet were not afraid to call each other out, including the adults, on any transgressions. This was as counter-cultural as it could possibly be and they knew it! No wonder they are so proud of their Youth Con culture! I was proud of them too.

This experience reminded me that Unitarian Universalism is a BIG faith and has great power to heal the world. With each moment of acceptance and understanding, with the recognition of one's true gender identity, with support for each person of color and the struggles they face, there was healing and a sense of belonging that is deeply cherished by these youth. I could feel it all around me. People were not hurting each other's feelings with mean comments, bullying and teasing. It simply was not there. Not once did I see anyone be angry or hurtful towards anyone else. I saw the opposite. I saw caring, kindness, compassion, and the courage to take it into the world through their deep passion for justice. I saw 120 UU leaders ready to step up to the challenge of living our faith through the work of being compassionate and honest and holding each other and the world accountable to do the same. How refreshing and inspiring!

These youth inspire me with the knowledge that yes, we can live fully and powerfully into our faith. I know the world is a big scary place right now. And I also know that it will continue to get worse if we don't do what we can to "play our part", as Marianne Williamson says. Our youth are playing their part through their passion to do what's right with courage and conviction. They learned this from the tradition that we gave them. May they inspire all of us through their actions to continue the courageous and powerful work of our faith and bring healing into this broken and suffering world.

In faith,  
Rev. Dana Lightsey



Want to discuss theology over a nice cold beer (or other beverage)? Come join us at the Whistle Pig Brewery for drinks and deeper discussion about our UU & UCC principles, ideas and beliefs. We meet on Thursdays at 6:00 pm, and our first meeting is Thursday, October 6. This is a joint effort with Vista Grande's Rev. Clare Twomey and our own Rev. Dana Lightsey. Contact Jessica Laike at [dff@hpcuu.org](mailto:dff@hpcuu.org) if you are interested. Or, just show up! Please note that your drink is your choice - no alcohol is required to join in! Also, feel free to have a meal, the Whistle Pig has great food.

Whistle Pig Brewery is located at 1840 Dominion Way (right across the street from HPCUU.)



## Faith Formation

by Jessica Laike

### Mindfulness Classes for Children

We are so thrilled to be partnering with Sister Ayya Dhammadhira, a local Buddhist nun, to offer Mindfulness classes for children and youth starting October 29th. Sister Ayya has been ordained as a Buddhist nun for 15 years in the Theravada tradition. After training in England for eleven years, Ayya traveled to Thailand, Burma, Australia and India to widen her perspective on practice in different cultures. In 2012, she returned to the U.S. and took the full ordination into the bhikkhuni order of nuns. Eventually, she decided to become more engaged in ways that would benefit the larger community. She now makes her home in Colorado Springs where she is working to develop a cooperative and inclusive model of community that honors all spiritual traditions.

Children 5 - 8 years old are invited to join sister Ayya for 30 minutes on Saturday mornings, beginning October 29th, from 9:30 am to 10:00 am. The focus of this class will mainly be on body awareness through mindful movement and breath awareness with short periods of meditation. Age appropriate activities and stories will be used to illustrate how mindfulness can be brought into daily life experience.

Children and youth 9 and older are invited to their own class from 10:15 am - 11:00 am immediately following the younger class on Saturday mornings. This class will include both body and breath awareness activities while also extending to include awareness of mental attitudes as they affect one's ability to focus and respond without reactivity within oneself and in relationship to others.

Please sign-up online by October 17th if your child plans to participate. <https://form.jotform.com/62707671239158>

### Buddhism Class for Adults

Beginning in November Sister Ayya will also be offering an evening class for adults entitled **One Dharma** on Tuesday evenings from 7:00 pm - 8:30 pm. This class will cover the central teachings common to all Buddhist traditions. Participants will discover the ways in which Buddhism adapted as it spread to different lands and how it continues to be relevant to our modern age. In addition to a talk given by Ayya Dhammadhira, there will be an opportunity for discussion and exploration of the topic through practice. Registration for this class is available online at: <http://form.jotform.us/form/43086381095155>

### Colorado Springs Pagan Pride Witches Ball

**Saturday, October 22nd, 7:00 pm - Midnight**

**C**over Charge: \$25 for a couple or \$15 per person. Costume contest, raffle and 2 live bands plus a ritual starting at 8:00 pm.

All youth and adults over 16 years old are welcome.

There will be a free Samhain kids party from 2:00 pm - 4:00 pm earlier that day.

The live bands are: Odin's Other Eye and Ground Above Zero. They both will play from 9:00 pm to midnight.

### CUUPS Dumb Supper

**October 30th, 6:00 pm**

**A**ll are invited to join our CUUPS group for a potluck dinner where attendees will eat in silence to honor our ancestors. Those who wish to join in can do so and bring a picture of their loved ones to display or have them in front of them while they eat.

A plate will be made up and placed at an empty chair for the ancestors, then the plate will be taken outside and poured unto the earth for our ancestors and to give back our abundance to the earth.

For questions or more information about any of the CUUPS events please email [CUUPS@hpcuu.org](mailto:CUUPS@hpcuu.org)

## High Plains Halloween Carnival

Friday, October 21 5:00 pm - 9:00 pm

For a small \$5.00 entrance fee, friends and families of all ages are invited to join us for classic carnival games, costume contests, a cake walk and raffle baskets. Snacks will be available for purchase. All proceeds will go toward scholarships and funding for next year's Chalice of Fire summer camp. Please come out to support our witches and wizards and join us for some Halloween fun!!

## CUUPS Samhain Ritual

October 29th, 6:30 pm

Members and families with children 11 and up are invited to join our CUUPS group for a 1 hour pagan ritual honoring the holiday of Samhain, which many consider to be the basis for our modern holiday of Halloween. This ritual depicts a journey to the underworld and an exchange between the Dark Lord and the Goddess.

## What's Happening in Faith Formation?

Please note that this is not meant to be a comprehensive list of everything that is happening in the church in regard to Faith Formation, but instead to serve as a highlight reel of what is coming up in the next month.

<b>Every Thursday:</b>	Theology on Tap at Whistle Pig Brewery, 6:30 pm
<b>October 2:</b>	YRUU Youth Group, 12:00 pm - 2:00 pm
<b>October 3:</b>	Navigators USA (co-ed scouting group), 6:00 pm - 8:00 pm
<b>October 7 - 9:</b>	MDD Fall Youth Conference, Cheyenne, WY
<b>October 9:</b>	CUUPS (Covenant of Unitarian Universalist Pagans) Meeting, 11:30 am
<b>October 10:</b>	Spanish Conversation Class with Alcira Estevez, 6:00 pm - 7:00 pm
<b>October 12:</b>	Faith Formation Team Meeting, 5:30 pm - 7:30 pm
<b>October 15:</b>	Popcorn Theology for Young Adults (18-35ish) a potluck and movie night featuring: <i>Final Destination</i> , 6:00 pm CUUPS Full Moon Celebration, 7:00 pm
<b>October 16:</b>	Children's Chapel, 11:00 am - 11:15 am Coming of Age (9 <sup>th</sup> -10 <sup>th</sup> grade), 12:00 pm - 2:00 pm Our Whole Lives (11 <sup>th</sup> - 12 <sup>th</sup> grade), 12:00 pm - 2:00 pm
<b>October 17:</b>	Navigators USA (co-ed scouting group), 6:00 pm - 8:00 pm
<b>October 18:</b>	CUUPS Class on the 8-Fold Path of Buddhism
<b>October 20 - 24:</b>	Jessica at the Liberal Religious Educators (LREDA) Fall Conference in San Diego, CA
<b>October 21:</b>	Halloween Carnival, 5:00 pm - 9:00 pm
<b>October 22:</b>	Colorado Springs Pagan Pride Witches Ball, 6:00 pm - midnight
<b>October 23:</b>	YRUU Youth Group, 12:00 pm - 2:00 pm
<b>October 24:</b>	Spanish Conversation Class with Alcira Estevez, 6:00 pm - 7:00 pm
<b>October 29:</b>	<i>Mindfulness for Children</i> for children age 5-8, with Sister Ayya Dhammadhira, 9:30 am - 10:00 am <i>Mindfulness for Children &amp; Youth</i> for children age 9 and up with Sister Ayya Dhammadhira, 10:15 am - 11:00 am
<b>October 29 - 30:</b>	YRUU Halloween Overnight
<b>October 29:</b>	CUUPS Samhain Celebration, 6:30 pm
<b>October 30:</b>	Multigenerational service CUUPS Dumb Supper, 6:00 pm

If you have a group which you believe works toward the goals of Faith Formation please contact Jessica at [dff@hpcuu.org](mailto:dff@hpcuu.org) about including your meetings on the monthly list of Faith Formation Programming events.



## The President's Post

by Fran Pilch

We have had an eventful September, and I want to first take the opportunity to thank all of those who planned and worked on our outdoor service on Sept 18th. I think I speak for the board, and everyone who attended, when I say that I felt a wonderful sense of "being in the community," rather than off in our own little world up north. Everything was positive – the weather, the music, the food, the collegiality. So thank you for reminding us that HPCUU is not a facility but a community!

I was also reminded of the true nature of our church as I attended a memorial service for the daughter of one of my fellow professors at USAFA. She was 18 and his only child. Tragically, she was thrown from a motorcycle when it hit a deer. Life is full of joy, sorrow, and challenges of all kinds. When we say that we are trying to "Do Church Well," that often means supporting one another with all the means at our disposal – but most importantly, with a deep sense of caring. I think our church has the desire to support each other in abundance, and this desire and commitment is the very foundation of who we are.

As we enter into a period of intense discussion as a church regarding our facility and our future, I ask each and every one of you to remember what our mission really is. We say we will nurture our community, inspire spiritual growth, and act to transform lives in our world. At least, that's what I believe our central mission is. As we debate alternatives for the church, please weigh the alternatives against the mission – how do we want to spend our time, our financial assets, and our energy? How might each choice impact our ability to address our mission? I believe that is the only way we can arrive at a truly meaningful decision about where we will be in the future.

As a board, we spent a lot of time this fall trying to clarify the governance model that might work best for High Plains. During the past two years the focus was on Governance and Ministry, the book by Hotchkiss, which is available for you to look at any time. At our board retreat, we discussed an alternative view, as explained by Rev Robert Latham from Denver. We are still trying to sort out our governance model. However, at this time, the board is going to turn our primary attention to strategic planning.

Please bear in mind as we begin our discourse on the future of our church, that while we have an abundance of talent, energy, good will, and good ideas in our church, we do not have financial stability. Last year we had a budget shortfall of \$30,000. In order to make our debt payments and pay for our staff, teams, and building maintenance, we had to ask the congregation for one-time donations to "avert a crisis." This year we will undoubtedly be in the same financial predicament, and unless we can have a successful auction, that situation might even be more dire. We have to find a way to balance our budget – and we have to do it within a few short months – perhaps half a year at most. So keep that in mind when we discuss alternatives. Meanwhile, the board will keep you as informed as possible as we deliberate – and we also invite your inputs, which will be critical for us to hear as we decide the future of our church.



I always love the fall, and it reminds me of so many Robert Frost poems. My father loved Frost, and as kids we memorized many of his poems and recited them at dinnertime! Of course, you all know that famous line – "Two roads diverged in a yellow wood...." As our Aspens turn to gold, we have some crucial decisions to make. Let us engage in serious, careful discussion, bearing in our hearts the true meaning of who we are as a church.

Thanks,  
FRAN

## Social Justice

By Bri Keen

### What's new?!?!

First off, the Social Justice Team has two new co-chairs. Wiley Fry and I took the reins from the wonderful leadership of Amanda Udis-Kessler and Marianne Sheldon this summer. We are excited to announce the new events the team has prepared for this church year!

The Social Justice Team has been working hard this summer to determine how we can effect the most social change in our community at large. We hope you will get involved and offer ideas as we move forward. Keep an eye out in the weekly announcement emails for details on events or check out the Social Justice bulletin board on the church wall! If you are interested in joining the social justice team, we meet at the church the 3<sup>rd</sup> Tuesday of each month from 5:30 pm-7:30 pm.

### New Monthly Social Justice Events:

*Social Justice 1<sup>st</sup> Friday Films w/ dialogue at the church (6:00 pm - 9:00 pm):* Each 1<sup>st</sup> Friday starting in November the Social Justice team will be featuring a film to explore and discuss social justice issues.

*Social Justice 2<sup>nd</sup> Sunday Forums (following the service at 11:30 am - 1:00 pm):* Each 2<sup>nd</sup> Sunday starting in October the Social Justice Team will host a forum to educate the congregation/community on social justice issues.

## Who Ya Gonna Call? Growthbusters!

By Amanda Udis-Kessler

Our October 2016 4th Sunday recipient is Growthbusters ([www.growthbusters.org](http://www.growthbusters.org)), a non-profit concerned with the dangers of economic growth, overpopulation, urban growth, and overconsumption. They use education (including the film "Growthbusters: Hooked on Growth") to help individuals and groups respond to these threats. Dave Gardner, a member of the Growthbusters Board of Directors, will speak after the service. The Social Justice Team will show Dave's movie on Tuesday, October 25 at 6:30 pm in the sanctuary. Dave will also be at this showing.



## Congregational Meeting

By Fran Pilch

On Sunday, Oct 2nd, at 11:30 a.m. (after service), we will hold a very important congregational meeting to hear and discuss the report of the Strategic Planning Committee concerning the future of our church and our facility.

The discussion and vote on bylaws changes has been postponed as we further explore the best governance model for HPCUU. We will keep you informed as to when that will take place. Please attend this Oct 2nd meeting if at all possible!

Thank you!  
Fran Pilch

## Mama Gina Concert

By Dan Keating

Mama Gina is one fearless bard and folk artist. She'll capture you - heart and soul - with her grit-voiced blues and aching beautiful ballads, and just when you think she's done with you, she'll make you laugh all the way



home! singer/songwriter & wanderlust ... fearless storytelling ... bluesy vocals ... humor ... straight-ahead, rhythmic, 12 string acoustic guitar ... djembe ... frame drums ... all weft and warp of the soul of this bard. She will be performing at 7:00 pm on October 10th at High Plains. Learn more at [www.mamaginamusic.com](http://www.mamaginamusic.com)

## Issues on Aging

By Betty Davis

The Issues on Aging group that typically meets on the third Saturday morning of each month will not be meeting in October. We do plan to meet in November. The topic for November will be announced in next month's newsletter. Hope you'll be able to join us then.

# Grounds Workday Countdown

By Vivian Wiley

The church grounds have had help from a lot of great volunteers this summer. The team would like to thank all for their participation in the hard work especially the effort of filling a large dumpster and clearing of brush/trees. The grounds are starting to shape up and develop a more cleared appearance this summer. It is nice to see fewer weeds, more participation, and less dead trees on the lot. We have far to go but the progress is greater than a year ago.

An extra thanks to Bob McGuffey for coordinating the last workday while Vivian and Marshall were unable to participate. Also, thanks Rev. Dana for being available for Bob during this job.

Being close to the end of the summer seasonal workdays on the grounds, we still have a lot of work to be done so there is a bigger need for volunteers on our final workday of October 8<sup>th</sup> from 9:00 am till 2:00 pm. Please bring warmer gear, gloves, wheel barrows, and strong bodies to help as long as possible.



 **October 6, 2016**  
**6 PM @ PIKES PEAK CENTER**

**SHAKA SENGHOR**  
Best-Selling Author and Activist  
On Mass Incarceration and Prison Reform

 [thegreenbergcenter.org](http://thegreenbergcenter.org)

**WRITING MY WRONGS**

**LIFE, DEATH,**

**AND REDEMPTION**

**IN AN**

**AMERICAN PRISON**

**SHAKA SENGHOR**

The event is free, but requires advance ticket reservations



**HPCUU**  
1825 Dominion Way  
Colorado Springs CO 80918

High Plains Church 719-260-1080  
Unitarian Universalist

Member of Unitarian Universalist Association

Sunday Services at 10:00 AM

Come Join Us!

**Inside:**

**President's Post**  
**October 2nd Congregational Meeting**

**Send Comments to:** editor@hpcuu.org  
**Send Articles to:** newsletter@hpcuu.org

**CUUPS Events**  
**Social Justice Programs**

**Please submit your articles for the November newsletter**  
**by October 25, 2016**

**Rev Dana's Hours:**  
Tue, Wed, Thu: 11:00 am - 3:00 pm  
Please don't hesitate to call her at 970-590-6978  
if there is a serious or emergency situation.

**Office Hours:**  
Mon, Thu: 8:30 am - 12:30 pm  
Tue, Wed, Fri: 1:00 pm - 5:00 pm

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