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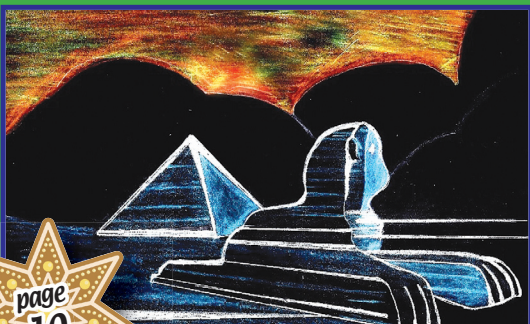
Vol. 11, No. 12

Welcome to Ute Country

**"The best gifts to give:
To your friend, loyalty;
To your enemy, forgiveness;
To your boss, service;
To a child, a good example;
To your parents, gratitude and devotion;
To your mate, love and faithfulness;
To all men and women, charity."**

— OREN ARNOLD

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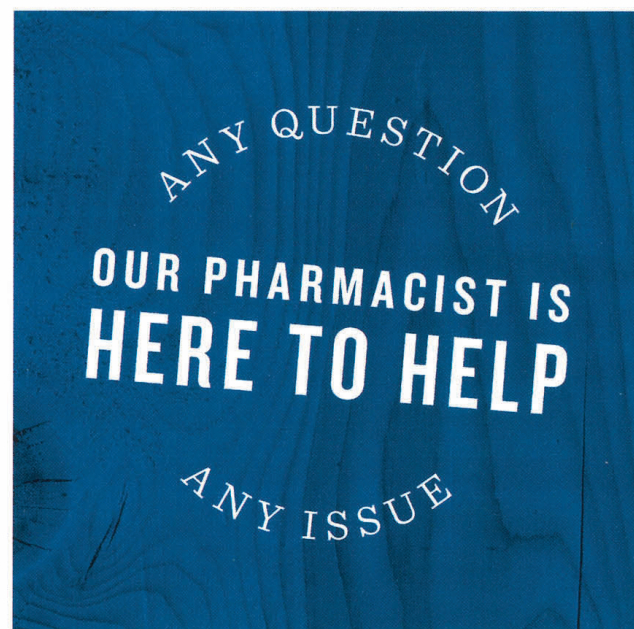
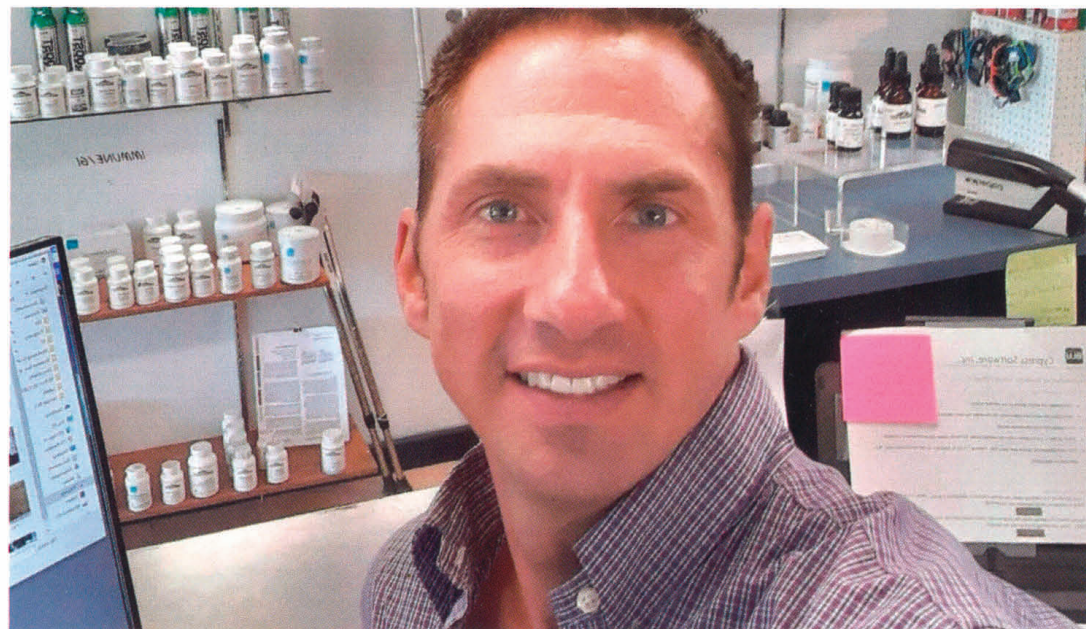


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Living the Spirit of Santa for 50 years

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Our cover photo is of "Philly" Joe Corrigan placing a present under a tree at Tweeds in Woodland Park. This year Joe celebrates 50 years donning the suit and embracing the Santa Spirit. We spent some time with Joe learning about the Santa Code and what the Santa Spirit embraces. The full story is on page 23.

We are reminded that we ALL become Santa whenever we make someone smile, do an act of random kindness, recycle for the planet, help someone without expecting compensation, say a prayer for someone, go out of our way to be kind to someone. You get the idea, now get in the groove of the Santa Spirit throughout the month of December! Feeling a holiday funk coming on? *Life Enhancing Journeys* has coping skills that can help your holiday go more smoothly than you might expect. Looking for last minute gift ideas on a minimal budget? Check out the *Thymekeeper*. The pages that follow can help you to embrace and embody the holiday spirit!

We have a bitter-sweet departure as Olga Daich of *Heaven and Earth* has submitted the last in her series of articles. While we will miss Olga *dearly*, we respect that she is following her guidance and taking on the task of writing a book! We will miss your articles and support you, Olga!

We know you'll have the camera or phone ready for pics of your indoor or outdoor critter friends over this holiday season. When you catch that "LOL" photo or "awe" moment, feel free to share it with our readers in Critter Corner. It's easy, just send them into *Ute Country News* POB 753 Divide, CO 80814 or email them to utecountrynewspaper@gmail.com.

Feel free to share your comments, questions or requests to us at the email above or if you prefer, you can find us Monday through Friday, 9-5:30 p.m. at Shipping Plus in Divide 719-686-7587.

Merry Christmas, Happy Holidays and wishing only the best for the New Year!

Thank you,
— Kathy & Jeff Hansen

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

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High Pine Design
Jeff & Kathy Hansen
POB 753, Divide, CO 80814
719-686-7393 or 719-686-7587
www.utecountrynews.com
Utecountrynewspaper@gmail.com

Business Ambassadors/Account Reps:
Feel free to call 719-686-7393 so we can find the sales representative in your area to best serve your needs.
Flip Boettcher 719-429-3361
Laura Edwards 719-639-5299
Linda Karlin 719-748-3449

Writers:
Peggy Badgett, Flip Boettcher, Trooper Gary Butler, Olga Daich, Danielle Dellinger, Kathy Hansen, Mari Marques-Worden, Barbara Pickholz-Weiner, Catherine Rodgers, Mary Shell, Patricia Turner, Steven Veatch

Contributors:
AARF, Ark Valley Humane Society, Barbara Berger, Cathy Cayton, Jeri Fry, Linda Groat, Craig Harms, Jim Herlihy, Edward Jones, Burl McCullar, April ObholzBergeler, Brant Porter, SLV Animal Welfare, TCRAS, Daniel Torres, Bill Vogrin, Ruth Zalewski

Publishers Emeritis: Carmon & Beverly Stiles

Cover Photo: Jeff Hansen

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The Thymekeeper Homemade, heartfelt holidays! by Mari Marques-Worden

Every year about this time I see parking lots fill up with holiday shoppers; sometimes frantic, stressed out holiday shoppers and every year I say the same thing, glad that's not me! If you're anything like myself, you avoid big box stores and malls like the plague resulting in one inevitable outcome, wondering what to do last minute as the holidays relentlessly creep up on me.

Fortunately, there's still time, I've got some ideas, I've got the supplies and there's nothing better than a hand-made gift that involves your time, energy and love.

Careful consideration goes into a handmade gift, it requires a bit of thought about the person you are gifting as opposed to seemingly endless roaming of the halls of the malls wondering if your choice will end up under someone else's tree next year.

I've given some thought to some of my most popular, inexpensive and easy to make last minute handmade products that your friends and family will enjoy for months to come.

For the gentlemen: Beard/hair oil.

No matter the length or straggle factor, this concoction will spruce up your mustache hair or beard in a matter of seconds without breaking the bank.

In a 2-ounce bottle add:
1 ½ Tablespoons castor Oil
3 ½ Tablespoons grapeseed oil
20-25 drops essential oil of choice
Shake well before use
Benefit? Castor and grapeseed oil restore and moisturize as well as promote hair growth. I've used castor oil with chemo patients with great success.

My personal favorite essential oils for men are cedarwood, fir needle, pine needle and juniper berry for your western woodsman. Bay rum or Peru balsam for those who prefer an old time after shave scent. Take into consideration the person using this as a beard/mustache oil may prefer a subtler scent, use no more essential oil than mentioned above for this product. Store in a dark colored bottle in a cool dry area.

An inexpensive and often welcome addition to the beard oil is dried yarrow flowers. Yarrow flowers act as a styptic (stops bleeding) as well as an on-contact antiseptic for those unfortunate little razor nicks that seem to bleed forever.

Not only does yarrow grow everywhere, it is easy to harvest and dry throughout the spring and summer months of the year. Great to have on hand anytime for your medicine cabinet as well as your first aid kit. Yarrow's ability to staunch bleeding is unmatched in my experience.

Eye pillow for relaxation and tired eyes

Stressed out shoppers and over-worked employees take note. This little gem will quickly help you leave those daily stressors behind. Lavender is calming, facilitates sleep and is beneficial for stress headaches.

Ingredients:
Cut 2 pieces of fabric approximately 9 ½ inch by 4 ½ inch. I prefer soft cotton fabric, silk or satin
2/3 cup rice or flaxseeds
1/3 cup dried lavender flowers
Lay the right sides of the fabric together, sew around the fabric leaving a ¼ inch seam allowance leaving a two-inch opening on the end for filling.

Snip the corners and turn right side out. Using a funnel fill the fabric with the dried lavender flowers and flax seeds.

Sew the opening closed or attach a piece of Velcro for easy access.

This pillow can be used for relaxation and to relieve headaches. Warm in the oven on low temperature or put in

the freezer for cold treatment and to shrink under eye bags. Eye pillow may be refreshed occasionally with 2 drops of lavender essential oil.

Lavender Sachet

While you have the fabric and lavender handy, cut a few more pieces of fabric and instead of sewing two pieces together, fold them in half sew the edges together leaving the top open. Attach Velcro to the inside top and fill with lavender flowers. Voila, a lavender sachet that can be refreshed with more flowers or a couple drops of lavender essential oil.

If you're not one for sewing, no problem, you can glue pieces of Velcro all the way around the pouch or you can simply cut your fabric, add a couple of tablespoons of flowers, join the corners and tie shut using hemp cord or string much like a mulling spice ball.

Speaking of Mulling Spice Balls!

Traditionally, mulling spices were used to spice wine or apple cider and nothing says holidays like the smell of warm spices wafting through the house. Mulling spices not only smell delicious, they're good for you. Most are anti-microbial as well as facilitators of good digestion. Who doesn't need a little help around the holidays?



Mulling spice bag.

For spiced wine I like to use cabernet sauvignon (or a sweeter wine if you prefer) and my deluxe mulling spice blend that includes nutmeg, orange and lemon peel, star anise, allspice berries, clove, ginger, cardamom pods with a bit of black peppercorns.

Cut a piece of muslin cloth or any type of cloth that is untreated. Add ½ teaspoon of each of the above-mentioned spices with the exceptions of the peppercorns using ¼ teaspoon. Join the corners and tie



Beard Oil makes a great gift for the hairy dude.

shut with hemp cord or string. Add one spice ball per gallon of wine and heat in a crock pot over low heat.

I typically spice apple cider using cinnamon sticks, orange peel and allspice berries allowing them to mull freely throughout the cider. Once you begin to smell the spices in the air, pour yourself a glass and enjoy the warmth and goodness of the season.

After my cider is sufficiently spiced, remove the herbs and allow the cinnamon sticks to dry. Now that my sticks are spiced with apple cider, I can grind them and sprinkle into my oatmeal or use them in pot pourri or for decoration as their scent will linger long after they've been removed from the liquid. The smell of cinnamon and apple will have everyone wondering when the pie's coming out of the oven!

I met a young man at one of my mulling spice demos who encouraged me to mix the spiced wine with the spiced cider and I must say it was quite tasty with the apple cider adding just the right amount of sweetness to the wine. Perhaps he was a bartender; regardless, a shout out to his creativity! I love trying new things and am grateful for the suggestion. Mulling spices make a wonderful gift for the season as does the finished product.

Bath Bombs

One of the latest trending items in bath and body stores is something everyone can enjoy and kids will have fun making – Bath bombs!

In a dry bowl, thoroughly whisk the following ingredients together:
1 cup baking soda (Bob's red mill is aluminum free)
½ cup citric acid
½ cup Epsom salts
In a separate container mix the liquid ingredients:
1 tsp water
2 tsp essential oil of choice
3 tsp oil (almond, grapeseed, olive)
Food coloring
slowly add liquid to the dry matter one spoon at a time.

continued on page 4



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The Thymekeeper Homemade, heartfelt holidays!

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Once all the ingredients are mixed, (work quickly at this point to prevent the mixture from drying out) shape into snowballs. A muffin tin can be used to give shape or bath bomb molds can be purchased anywhere that sells crafts.

Whipped Body Butter:
This is by far the easiest body butter recipe I've found and one of the most popular products for wintertime dryness that we experience here in Ute country.

½ cup shea butter
½ cup cocoa butter
½ cup coconut oil
(organic non-refined)
½ cup carrier oil
(almond, grapeseed, or jojoba)
10-30 drops essential oil of choice
Proportions can be adjusted to suit your preference
Heat all ingredients (with the exception of the essential oils) until melted
Remove from heat, cool slightly and add essential oils
Cool in refrigerator for approximately an hour or until the edges start to harden but still somewhat soft.
Using a hand mixer, whip for 10 minutes and return to fridge to set for another 10-15 minutes. Store in a glass jar away from heat and light.

Finally, what Christmas season would be complete without Grandma's Christmas candy. I happen to have stumbled across the most delicious delectable no-bake sugar-free treat that is easy to make and guaranteed to be the hit of the party.

Mari's Holiday PB Protein Balls

Mix thoroughly in a bowl,
½ cup of organic chunky or smooth peanut butter
½ cup local honey or maple syrup
1 cup organic rolled oats
2 tablespoons of unsweetened cocoa powder
1 tsp pure vanilla extract (optional)
¼ cup ground flax seed or hemp hearts

Mix thoroughly. Form into small balls using a fruit scoop. Add a pinch of sea



Spiced cinnamon sticks can be ground up and added to pot pourri to add that holiday scent.

salt to top each one and refrigerate. Serve chilled or room temperature.

All ingredients and containers with the exception of the protein balls and food coloring can be purchased at The Thymekeeper, bulkapothecary.com, or starwest-botanicals.com.

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

Holiday Hours:

The Thymekeeper will be open December 1 through December 23 from 1-5 p.m. for last minute crafters and shoppers.
Happy Holidays!

Holiday Make and Take Saturday, December 14

1:30-3:30 p.m.
The Thymekeeper
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Get hands-on experience making homemade herbal products. For \$20 you take what you make, supplies and containers included.

Pre-registration is REQUIRED as space is limited, please call or email Mari at 719-439-7303 or mugsyspad@aol.com.

Kroger's decision

Kroger company has decided to remove the rack for any "free" publications, so we had to remove our papers from City Market in Woodland Park's Gold Hill South shopping center. We still have a box outside of Gold Hill Liquors in the center. The decision was made by the upper-level

of the corporation. You can still find our *Ute Country News* at Mountain Naturals and Safeway in Woodland Park, Divide Market in Divide, Lettucehead in Buena Vista. For a complete list of our distribution points, visit our website: utecountrynews.com.

Adopt Me by Ark Valley Humane Society

Tom

Tom is a 7-year-old male Domestic Medium Hair Mix. Tom is an extremely cool cat who is in need of a special home. Because Tom can become easily overstimulated, he needs to go to a home with no young children, and one with cat savvy owners who will read his cues and leave him alone when necessary. Tom needs to be the only cat in the house. If you give this guy a chance you will fall in love with his green eyes, and his 'hot and cold' personality. Tom can be extremely cuddly and sweet, but also enjoys his alone time. He is a cat with a lot of attitude, so if you enjoy cats with personality then stop by Ark-Valley Humane Society to meet him! We're open from 12-5:30 p.m., 7 days a week and are located at 701 Gregg Drive in Buena Vista and can be reached at 719-395-2737.

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



Community Partnership recognized as Blue Ribbon affiliate

Community Partnership Family Resource Center (CP) has earned a prestigious endorsement from the Parents as Teachers National Center, Inc., (PATNC) as a Blue Ribbon Affiliate, making it one of the top-performing home visiting affiliates within the PATNC's international network. The official designation was made on October 1, 2019.

Being named a Blue Ribbon Affiliate affirms that CP is a high-quality member of the home visiting field, implementing the evidence-based Parents as Teachers (PAT) model with fidelity. Families in the Teller County community are positively impacted by the services delivered by this program.

The program includes home visits, group connections, child screening, and connections to community resources. It equips parents with knowledge and resources to prepare their children for a stronger start in life and greater success in school.

"To earn the Blue Ribbon Affiliate status, we underwent a rigorous self-study and review process from the National Center. The process confirms that we are meeting Parents As Teachers' standards of fidelity and quality," said Jodi Mijares, Executive Director of CP. "Blue Ribbon Affiliates are exemplary programs, delivering highest quality services to children and families."

"Implementation with quality and fidelity is vital in home-visiting programs as it determines a program's effectiveness in working with families and children and accomplishing its original goals and intended outcomes," Cory Gorton, Program Manager of CP's PAT program, said. "It also verifies that a program is being implemented as designed. PAT's rigorous endorsement process demonstrates an affiliate's accountability and credibility to the families, community, its funders, elected officials, and the partner organizations with which they work. Today we

have received the highest honor of Blue Ribbon Affiliate and were recognized as a model affiliate for the fourth year in a row. This is a huge accomplishment for our team and it couldn't have been done without our amazing PAT Family Advocates, the support of the entire CP team, and the dedication of our families."

About Community Partnership Family Resource Center

CP offers voluntary services and opportunities for Teller County residents to strengthen families by increasing stability and decreasing vulnerability with the goal of preventing child abuse and neglect. Since 1992, CP has focused on working with caregivers of young children through free services including: parenting education, child development, basic needs, family development, and healthy living programs. CP provides services in a variety of ways, locations, and regardless of income,

gender, age, or household status to meet client demand. CP has been a PAT affiliate since 2009. FMI: www.cpteller.org.

About Parents as Teachers

Parents as Teachers (PAT) builds strong communities, thriving families and children that are healthy, safe and ready to learn. The internationally-recognized evidence-based home visiting model is backed by 35 years of research-proven outcomes for children and families. PAT currently serves nearly 200,000 families in all 50 U.S. states, 115 tribal organizations, six other countries, and one U.S. territory. Parents As Teachers National Center, Inc., is headquartered in St. Louis, Missouri. PAT affiliates operate in various settings, including health departments, hospitals and schools, faith-based and non-profit organizations. FMI: parentsasteachers.org or Twitter @NatIPAT.



Local child enjoying a Playgroup Connection offered weekly at CP.

Tourist And Locals Can Breathe Again

*Thanks to Mark and Nancy, Owners of
Whole In The Wall Herb Shoppe.*

I went to the store to pick up the amazing Aquagen liquid oxygen supplement-Says Marti. This took away all my high altitude symptoms the first day using the product. While I was there I received a free sample of the Gold Mini Tabs. (Whole Food MultiVitamin).

This helped me with energy and mental focus.

I also had sinus issues which I found out that Mark makes an Up Your Nose Sinus Spray. I sprayed two shots in each nostril and it took only 1 hour for my sinuses to open and they have not felt that good in years.

I drive out three times per year from Arizona to take classes at the college and in the past always suffered with low energy headaches and multiple sinus problems. I now look forward to coming to Colorado no matter what the season, knowing I can depend on these wonderful products.

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New ownership Owl Apothecary in Florence

by Flip Boettcher

The Owl Apothecary in Florence is under new ownership and their grand opening was October 5, 2019. The Owl Apothecary, a family owned and operated business, will continue to stock the highest quality teas, tinctures, CBD products, hemp products and herbs as before, but new owner Deborah Snell is adding a lot of new services and products to the store.

New products include Young Living Essential Oils; products for our pets; Stablemate, a hemp CBD product, which is good for the horse and good for the cowboy; Watkins household products; glitter Zen jewelry; and organic coffees. Snell is the exclusive distributor in Fremont County for Jimmie Faye's whole plant CBD hemp oil extract products and Alise, "courageously authentic" body care products.

The store will also feature holistic classes and education from her in-store vendors on Fridays and Saturdays. Massage therapy and Zyto scanning are available. Snell is an American Heart Association certified First Aid and CPR instructor and will be offering those classes, too.

Snell, her kids and grandkids are all Colorado natives and Snell has deep, local roots in the area, she said. Snell came to Custer County in 1997 and moved to Wetmore in 2016.

Snell worked in emergency medical services as an EMT in Custer County until she became sick and really could not work anymore. While trying to get healthier, Snell found Young Living essential oils and a more holistic, functional self-care approach to good health.

Snell's goal now is to serve and help people get healthier, she said, and promotes only good quality products in the store.

Snell is offering Zyto scanning at the store. Zyto is a biocommunication between your body and the computer; the computer asks questions and your body answers. It is a very specific scan to your body.

Dr. Vaughn Cook developed the Zyto scan in 1985 and it is FDA approved. Zyto scans your body from head to toe sending out a question and your body answers with what is called a galvanic skin response (GSR).

Zyto scans your organs, emotions, hydration level, heavy metal toxicity, pesticide/herbicide levels, sugars, bones and teeth, and measures positive or negative energy shifts in relation to a baseline measurement.

The Zyto scan is not a treatment, but can help one make better decisions about their



own health care. This information can help your health care providers make more effective and individualized strategies for you. "Each person's uniqueness demands a personalized approach to their individual wellness needs," W. Lee Cowden, MD.

Zyto scans are by appointment only, said Snell. The mini-scan takes about 15 minutes and the full scan takes about an hour.

The interface between the computer and your body is the Zyto Hand Cradle. One simply rests either hand on the hand cradle contacts while the computer gathers your GSR data and prints it out.

The Owl Apothecary is located at the corner of South Pikes Peak Avenue and Front Street, Florence, across from the Florence Brewery and the Pioneer Museum at 124 S. Pikes Peak. The store hours are Monday-Thursday 8-6 p.m., Friday 10-5 p.m., Saturday 10-4 p.m., and Sunday by appointment only. The phone number at the store is 719-784-7447 or 719-371-3734 cell phone.

The Owl Apothecary is dedicated to providing the highest level of customer service as well as providing holistic and organic products. Don't hesitate to contact



Front door of the Owl Apothecary (top), photo by Flip Boettcher
Deb and her husband Marty (inset), photo courtesy of Deb Snell

Snell with any questions or to order something special, which the shop does not stock. Snell is offering a delivery service for Custer and Fremont Counties, too.



WPWS in their new rehearsal space.

WPWS finds new rehearsal space

by Craig Harms

A dream comes true! The Woodland Park Wind Symphony (WPWS) has grown by leaps and bounds and has found a new rehearsal space to fit this growth.

Over the last many years, the Woodland Park School District has allowed the WPWS to use the Middle School and High School band rooms, as well as the band department percussion equipment for rehearsals and concerts.

With 60 members, and growing, the WPWS needed a larger space and its own percussion equipment. Through the generosity of WPWS members and local donors, the WPWS has been able to purchase timpani set, chimes, bass drum, gong, xylophone, crash cymbals, wind chimes, sleigh bells, bell tree and smaller percussion accessories.

The new larger rehearsal space is at Gold Hill Place South, Woodland Park, next to City Market. The partnership with Griffis-Blessing is innovative and the WPWS is excited about its new rehearsal space and working with its new Gold Hill Place South neighbors.

Rehearsals are on Tuesday evenings,

7-8:30 p.m. New musicians are welcome and visitors are welcome to our rehearsals.

The WPWS Christmas Concert scheduled for Sunday, December 8. Meet the musicians cocktail hour at 6 p.m. and the concert starts at 7 p.m. at the Ute Pass Cultural Center. They will celebrate the donors of the percussion equipment and give the audience the opportunity to see the new equipment. The Mountain Eire Irish Dance School, under the direction of Mickie Richardson, will be a featured guest performer.

The Swing Factory Big Band Jazzy Christmas Concert will be on Sunday, December 15. Meet the musicians cocktail hour at 6 p.m. and the concert at 7 p.m. at the Ute Pass Cultural Center. Swing Factory has rehearsals in the new space on Sundays.

FMI: 719-687-2210 or www.woodland-parkwindsymphony.com

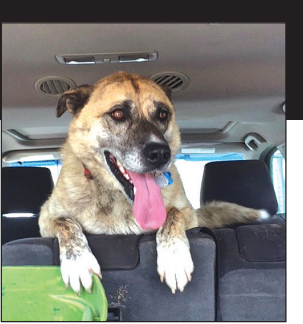
Adopt Me

by SLV Animal Welfare Society

Buddy

Buddy has been with us for 1 year; since his owner died. He is 6 years old and weighs about 70 pounds. Buddy is good with older children, very affectionate, and he loves to ride in a vehicle. He can't wait to jump in! Buddy is best as an only dog. Please consider giving Buddy a few good years in your home. Want to meet him? Contact us at woof@slvaws.org or call 719-587-9663 (woof).

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Trooper Tips

Passing

by Trooper Gary Cutler

One of the things about living in rural parts of Colorado means often having to travel on two lane roads. Where it is sometimes a lot more pleasant than driving on a big highway, it can have its drawbacks. One of those is not having a passing lane you can access the entire time you are traveling that roadway. In Colorado, there are 11 state statutes that talk about the proper way to pass another vehicle. I'm going to hit on a few of them this month.

Passing on the left in an unsafe manner. This is one I see a lot of times. When you are going to pass a vehicle going the same direction, there are a multitude of items to make sure you are going to be able to pass safely. The law states you must do so in a safe manner. This means not getting too close to the vehicle you are about to pass. In other words, don't ride their bumper. The second part of this is when you pass make sure you give the vehicle being passed a safe amount of space before going back into their lane. If you cause the other vehicle to slow or worse yet brake hard because you came in too close to them, you are in the wrong.

Also keep in mind the area you are making your pass needs to be sufficient enough to be able to complete the pass before the lines dividing the lanes go back to a solid line. This means if you start your pass when there is a dotted line and you do not get back over to the right lane prior to the lines going solid, you may be cited for passing in a no passing zone. You are also not allowed to go over the speed limit to pass another vehicle.

Being passed on the left by another vehicle is another violation I see quite often. When being passed on the left, the driver is required to give way to the passing vehicle and shall not increase speed while being passed.

Passing a bicycle on the left: If passing a bicycle on the left will cause you to go into the oncoming lane of traffic, you must wait for the lane to be clear of

vehicles that are coming from the other direction. You cannot force the other car to have to slow or move onto the other shoulder because you are passing a bicycle even if you are only going partially into the other lane. The same goes if you are passing a vehicle you cannot force them to slow or divert from their path.

Passing within 100 feet of a bridge, tunnel, or viaduct when the view is obstructed: Any time you are unable to see far enough to make sure it is clear of vehicles is a good time to wait until you are sure such a pass can be made safely. The same goes for trying to pass on a curve or hill. Most times the roadway will be marked with solid lines, but in case there aren't any markings, just know this is also against the law.

Passing within 100 feet of an intersection or railroad crossing: This one is just common sense as far as I'm concerned. Please just wait until you are past the railroad or intersection.

Remember to always use your turn signal when passing so you let everyone know your intentions.

Each of these violations I have mentioned above is a \$113.50 fine and a 4-point hit on your driver's license. So be kind when passing and being passed.

On a final note, periodically I receive emails about topics readers would like to see in the future, or additional information on topics I have hit. The question came up if there are any emergency call boxes located on any of the canyon roads. CDOT does not have any in operation.

If you are in an area where you do not have cell service try to do the best you can to get information to emergency personnel. If you have to drive somewhere to get assistance for an injured party, please make the drive. If you have a passer-by stop have them relay the information for you. Safety is the #1 objective in any of these scenarios.

As always, safe travels!

Notice of Budget

Southern Teller County Health Services District

Notice is hereby given that a proposed budget has been submitted to the Board of Directors, Southern Teller County Health Services District (Cripple Creek Care Center and Southwest Teller County EMS) for the ensuing year of 2020. A copy of such proposed budget has been filed in the office of Cripple Creek Care Center, where the same is open for public inspection. Such proposed budget will be considered at the special scheduled meeting of the Board of Directors of Southern Teller County Health Services District to be held at Cripple Creek Care Center, 700 North A Street, Cripple Creek, Colorado on Saturday, December 14, 2019, at 4 p.m. Any interested elector of Southern Teller County Health Services District may inspect the proposed budget and file or register any objections thereto at any time prior to the final adoption of the budget. (Pursuant to 29-1-16, C.R.S.)

Fourmile Trail System adds new trails in 2019

The Bureau of Land Management-Royal Gorge Field Office, through the work of partner organizations, added six trails totaling over ten miles to the Fourmile trail system near Buena Vista in 2019.

The trail system expansion resulted from a proposal from the Town of Buena Vista and the Buena Vista Singletree Coalition that was approved by BLM in 2018. The new trails connect the community to the trail system and offer new recreational opportunities for the 54,000 trail users who visit the Fourmile trails each year.

"Our partner organizations and volunteers have done an incredible amount of work to connect these public lands to the community's backyard," said Royal Gorge Field Manager Keith Berger. "These trails will be an economic driver for the area and will be enjoyed by the communities of the Arkansas River Valley."

The additions to the Fourmile trail system are the result of efforts from the Colorado Mountain Club, Buena Vista Singletree Coalition, Friends of Fourmile, Volunteers

for Outdoor Colorado, Southwest Conservation Corps, the Town of Buena Vista, and BLM's Royal Gorge Field Office.

A majority of the new multiple-use trails are designated for non-motorized use, providing new recreation opportunities and increased access to public lands for hikers, cyclists, and horseback riders. The Camp Elevation South trail connects the larger trail system to town allowing non-motorized users to access the larger trail system without using County Road 304, reducing traffic conflicts and safety concerns. Other non-motorized trails create loops from existing trails and offer challenges for a variety of skill levels. The addition of the 1.1-mile 6037A route creates a loop from the 6037 and 6038 trails for OHV users.

In addition to the trail work that has already been done, partner organizations will continue to rehabilitate social trails and non-designated routes in the coming months.

Recreation activities on BLM lands in the state of Colorado contributed \$618 million to local economies in 2018

Season of giving

Holiday gift ideas for people with Alzheimer's and their caregivers

by Jim Herlihy, Alzheimer's Association Colorado

Holidays can be stressful enough, but when you add in a person living with dementia, gatherings with family and friends become more complex. Finding the right gift for our loved ones can be challenging. The Alzheimer's Association offers a caregiver holiday guide that shows how, with careful planning, family celebrations can continue to be a meaningful part of the holidays while ensuring safety, comfort and enjoyment for everyone.

If you have a caregiver or a person with Alzheimer's on your gift-giving list, we've got some suggestions to make your shopping a bit easier.

Gifts for people with Alzheimer's – in the early stages

Items to help remember things:

- Magnetic reminder refrigerator pads
- Post-it notes
- Baskets or trays that can be labeled within cabinets or drawers
- A small pocket-size diary or notebook
- Erasable whiteboards for key rooms in the house
- A memorable calendar featuring family photos — write in special family occasions such as birthdays and anniversaries

Items to help with everyday tasks:

- A memory phone that can store up to eight pictures with the names and contact information of family and friends
- Automatic medication dispenser that can help the person living with Alzheimer's remember to take medicine
- Nightlights that come on automatically when it gets dark
- A clock with the date and time in large type

Items to help keep the person engaged:

- An outing to a movie, play or concert, sporting event, museum or possibly an organized holiday shopping trip with friends and family
- Favorite musical CDs or a CD with a compilation of favorite tunes
- DVD collection of favorite movies
- Activities such as scrapbooking or other craft projects

Where is Katee this month?

Katee is the mascot for the Pet Food Pantry of Teller County. As their mascot, she will be dedicated to helping families keep their pets at home when they fall on hard economic times.

On Giving Tuesday, December 3 from 11-1:30 p.m. she will be at Blues Natural Pet Market and Dog Wash

773 Gold Hill Place South in Woodland Park collecting donations and food for her feline and canine friends in exchange for homemade dog biscuit and/or catnip toys. She will sit "pretty" for donations. Please stop by to meet her and shake her paw! Thank you for your support! Katee will also be helping to ring the Salvation Army bell on Christmas Eve 10 a.m. to noon at City Market. Merry Christmas! FMI www.PetFoodPantryTC.com.



Gifts for people with Alzheimer's – in the middle-to-late stages

Gifts that stimulate the five senses may bring back pleasant memories:

- Scented lotions
- A fluffy bathrobe in a favorite color
- A soft blanket or afghan to keep warm
- Comfortable clothes that are easy to remove and washable, such as sweat suits, knits, large banded socks, shoes with Velcro ties, wrinkle-free nightgowns, nightshirts or robes
- Music — research shows that music has a positive impact on individuals with Alzheimer's, bringing them back to good times, increasing stimulation and providing an opportunity to interact with family members
- Framed photographs or a photo collage — insert the names of the people in the photo and put in frames or in a photo album created specifically for that person

are a number of books on caregiving

Gifts for caregivers

The most important gift you can give a caregiver is the gift of time:

- Self-made coupons for cleaning the house, cooking a meal, mowing the lawn or shoveling the driveway
- Time off so a caregiver can do something to meet their needs
- Gift cards and certificates for restaurants, laundry/dry cleaning services, lawn care services, computer/technology support, maid services, and personal pampering services such as massages and pedicures
- Books — in addition to giving novels on the caregiver's "must read" list, there

The Colorado Chapter of the Alzheimer's Association serves families across the state at no charge through offices in Denver, Boulder, Colorado Springs, Durango, Fort Collins, Grand Junction, Greeley and Pueblo.

Since 1980, the chapter has provided reliable information and care consultation, created supportive services for families, increased funding for dementia research, and influenced public policy changes. The Colorado Chapter serves more than 325,000 Coloradans affected by Alzheimer's disease, including over 73,000 people living with the disease and more than a quarter of a million unpaid family caregivers.

FMI: www.alz.org/co or call the free 24-hour Helpline at 800-272-3900.

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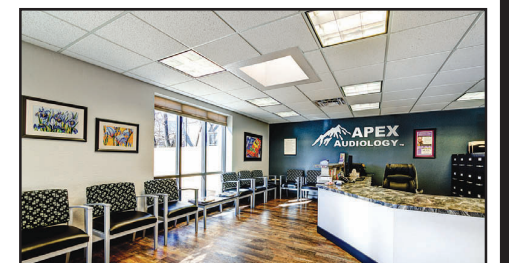
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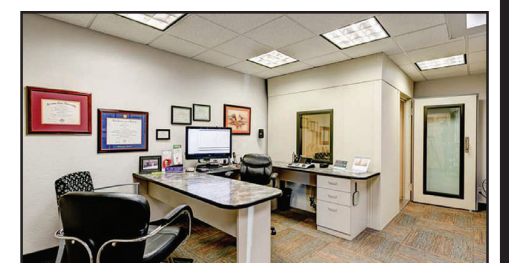
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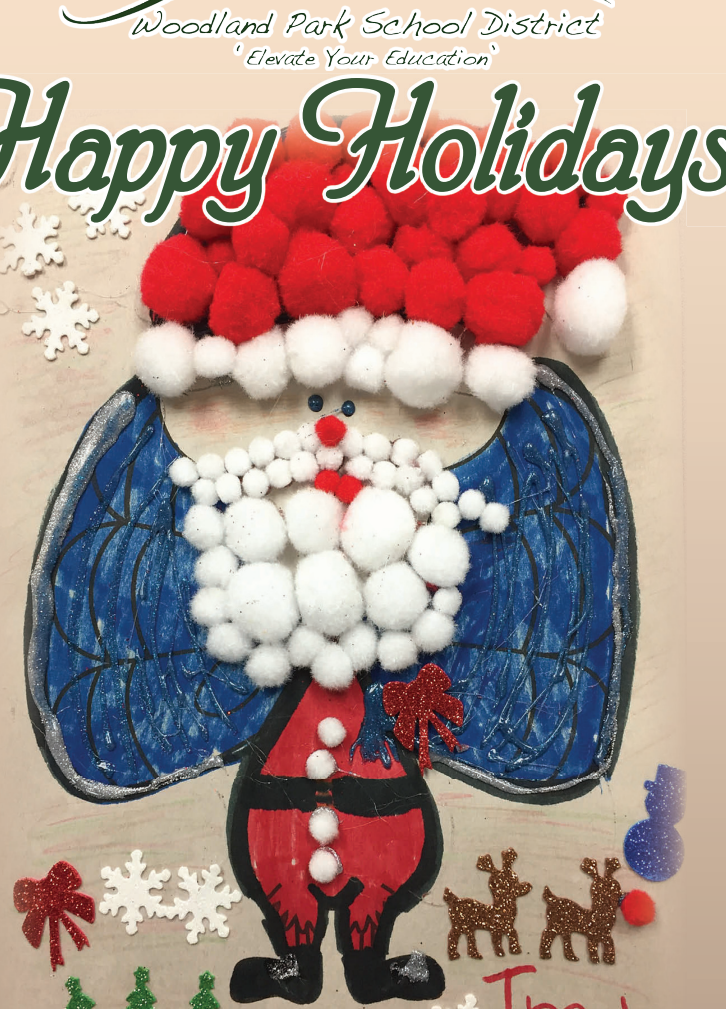
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(artwork by Trenton Porter, Kindergarten, Gateway Elementary School)



Ozymandias: A Scientist's Reflection

by Steven Wade Veatch

There are many ways to view and understand our world. Science provides theories, psychology exposes human nature, philosophy assesses reality, religion shapes faith, and literature offers insight. Poetry shines light into the dark recesses of our lives, revealing essential truths about us and to us. Poetry inspires me; it is one way I experience and understand the world. Poetry's highly charged words make the speeding bullet of my life slow down so that I can enjoy the best parts of living.

One of my favorite poems is the sonnet "Ozymandias" that Percy Bysshe Shelley wrote in 1818, when Egyptian archaeology was in its infancy. Ozymandias is the Greek name for Ramses II, arguably one of the greatest Egyptian Pharaohs. Ramses II erected magnificent statues of himself to ensure his immortality. The text of Shelley's sonnet follows:

I met a traveler from an antique land,
Who said: "Two vast and trunkless legs
of stone
Stand in the desert... Near them, on the
sand,
Half sunk, a shattered visage lies, whose
frown,
And wrinkled lip, and sneer of cold com-
mand,
Tell that its sculptor well those passions
read
Which yet survive, stamped on these life-
less things,
The hand that mocked them, and the heart
that fed:
And on the pedestal, these words appear:
'My name is Ozymandias King of Kings;
Look on my works, ye Mighty, and
despair!'
Nothing beside remains. Round the decay
Of that colossal wreck, boundless and
bare
The lone and level sands stretch far
away."

This poem does a lot of work. Its dancing words distill life down to its essence; and, in 14 lines, it yields a dense architecture of meaning.
What are the meanings in Shelley's

poem? First, there is the message about the decay of empires over time. Ozymandias represents despotism and tyranny. The crumbling, ancient statue underscores the fact that power and glory are brief — they do not last; even though the "shattered" face of Ozymandias, with his "sneer of cold command," his "wrinkled lip," and his "frown" survived through the millennia, the great Egyptian Pharaoh no longer commands anyone.

Second, the poem is about the fleeting nature of life, fame, and fortune. "Ozymandias" shows the ephemerality of our existence and what survives, what fades, and what vanishes.

Through the poem I sense the endless desert; where sand reaches in all directions around "that colossal wreck, boundless and bare." The word "boundless" in the poem describes time — it has no bounds. The poem also shows that every person is subject to time. In the case of Ozymandias, the passing of time took its toll on him and his kingdom, leaving a crumbling, lifeless statue drenched in silence, gripped by parching heat, and surrounded by somber swirling sands. Everything is gone. Gone. The sculptor who made the statue is gone, Ozymandias is gone, and the traveler seeing the ruins is gone. Shelley's poem pushes me to consider what is left, and what is not; what is important, and what is not. The sobering thought of the fate we all share — death, decay, and ultimately ceasing to exist, looms large.

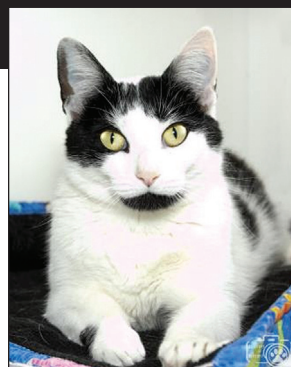
Poetry teaches. It brings ideas and understanding. It delivers discovery. It crafts beauty despite the chaotic landscape on which life plays out and through "Ozymandias" I concede the time-bound nature of humanity — knowing that at one point I will disappear from the Earth and be forgotten — a stark reminder to live for what matters. Poetry is a pause in my hurried and hectic life — an oasis to find some measure of truth in my journey, even if only for a brief time in the swirling, shifting sands of life.

Steven Veatch is a geoscientist who lives in Florissant, Colorado.

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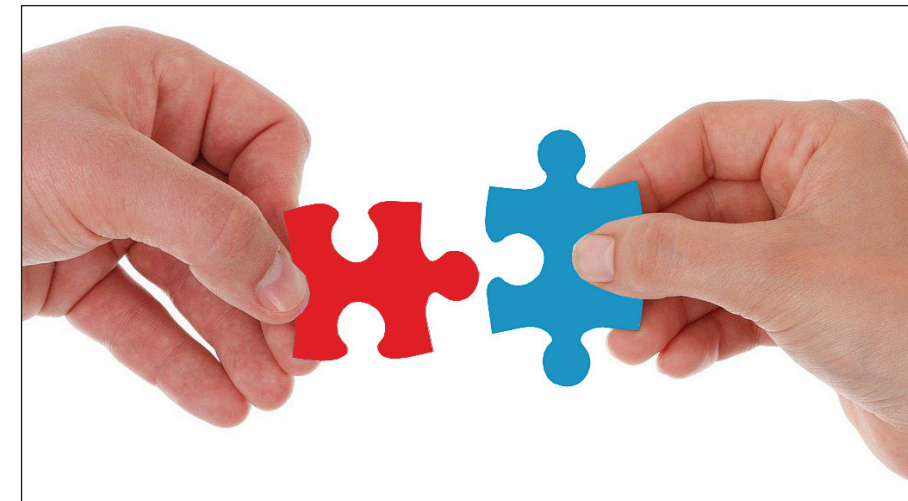
Connecting a country divided

by Patricia Turner

We are living in an age where civility is being tested on all fronts. Our country was founded on a system of checks and balances where the legislative, judicial and executive branches of our government were designed to assure no branch abuses its power. Our constitution and the rule of law is what has made our country great.

I have never lived in a time when I experienced people carrying so much anger towards one another. It is time we look at what our founding fathers created that allowed our country to, not only survive, but succeed in its glory. It is time we become educated on what those principles are and to understand that our differences are surmountable.

- "The president (head of the executive branch) serves as commander in chief of the military forces, but congress (legislative branch) appropriates funds for the military and votes to declare war. In addition, the senate must ratify any peace treaties.
- Congress has the power of the purse, as it controls the money used to fund any executive actions.
- The president nominates federal officials, but the senate confirms those nominations.
- Within the legislative branch, each house of congress serves as a check on possible abuses of power by the other. Both the house of representatives and the senate have to pass a bill in the same form for it to become law.
- Veto power. Once congress has passed a bill, the president has the power to veto that bill. In turn, congress can override a regular presidential veto by a two-thirds vote of both houses.
- The supreme court and other federal courts (judicial branch) can declare



laws or presidential actions unconstitutional, in a process known as judicial review.

- In turn, the president checks the judiciary through the power of appointment, which can be used to change the direction of the federal courts
- By passing amendments to the constitution, congress can effectively check the decisions of the supreme court.
- Congress (considered the branch of government closest to the people) can impeach both members of the executive and judicial branches." (<https://www.history.com/topics/us-government/checks-and-balances>)

Our country is currently living through a cold civil war that cannot continue. When we speak with each other with respect for our differences we often can find common ground. We must uphold our constitution even while we listen to senators threatening that there will be a civil war.

I worked at the Farmer's Market this

summer in Woodland Park to help people understand the importance of addressing climate change. This is not a partisan issue but one that will affect every living thing on our planet. I met people who didn't believe it is caused by human activity and those who understand the facts. I had people who would yell at me but we would end up in conversation.

It is time we all learn to respect our differences, to embark on kind and loving conversations with those with whom we don't agree and understand we are all connected and in this together.

We must protect the republic that has given us such glorious freedoms and hold it above all else.

Find a neighbor or a friend who lives on the opposite political stance from yourself and endeavor to have a great conversation that allows you to understand why they feel as they do and share your feelings in return with respect and kindness and we will find our way back to peaceful encounters.

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Next year promises to be another good market for real estate in Teller County. Contact me in 2020 for an update.

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WITH COUPON

Where have all the birds gone?

by Flip Boettcher
photo by Flip Boettcher

Has anyone noticed that they have fewer birds at their bird feeding areas? It may not be your imagination. More than 50 years ago, Rachael Carson warned about the loss of birds because of wide spread pesticide use in her book *Silent Spring*. Now, according to a new report published in October in *Science Magazine* entitled "Decline of the North American Avifauna," bird populations have continued to decline in the last 50 years, dropping by 3 billion across America. That is a 29 % decline from 1970 and equals about one quarter of the entire bird population. This is the first report of its kind to try to estimate bird population and losses in the western hemisphere.

Birds are conspicuous, easy to identify and count. Reliable records of them have been gathered over decades. Drawing on such data for North America, Kenneth Rosenberg, lead author and senior scientist at Cornell Lab of Ornithology, and a host of other researchers published their report. The researchers also used data from weather radar stations to estimate changes in the total biomass of migratory birds each year between 2007 and 2017. This data showed similar bird declines.

This represents a "loss of billions of breeding individuals across a wide range of species and habitats," including those considered common and widespread, not just rare and endangered species, stated the report. "This loss of bird abundance signals an urgent need to address threats to avert future avifauna collapse and associated loss of ecosystem integrity, function, and services." *The Wall Street Journal* called the report a "grim indicator of environmental health."

This decline in the bird population could significantly affect the continent's food webs and ecosystems, stated Rosenberg. The role of birds in our ecosystem is pest/insect control, pollination and seed dispersal. Uses of insecticides and pesticides, habitat loss, and climate change have all contributed to the bird decline.

There are 650 species of native and introduced birds that nest regularly north of Mexico. Grassland birds seem to be worst hit. These include sparrows, warblers, blackbirds, finches, and meadowlarks; all "perching birds."

Perching birds are medium to small birds well adapted for perching and most are very fine singers. Most of them eat insects and some eat fruits and seeds. All of them are highly migratory.

Approximately 700 million birds across 31 species of grassland birds that make their homes in fields and farmlands have vanished since 1970, according to the report. According to *National Geographic*, that's a 53 % drop in the last 48 years. Shore birds, whose nesting habitats are



A flock of rosy finches feeding on the ground. Rosy finches come to lower elevations during the winter. They often fly in flocks of 75 - 100 in a synchronous, swirling, swooping motion all together, called a murmuration of birds.

National Geographic says bird loss is due to habitat loss, pesticides and a huge drop in insect populations.

very susceptible to development and climate change, have declined by one third.

Neonicotinoids, one of the most widely used agricultural pesticides, may be partly responsible for songbird population declines. Wide use of pesticides kills the insects birds feed on and may also delay migration for lack of food to fly. Fewer insects mean fewer birds.

National Geographic says bird loss is due to habitat loss, pesticides and a huge drop in insect populations. According to an article in *The Telegraph* (telegraph.co.uk) entitled "The Windscreens phenomenon" by Sarah Knapton in August 2017, wildlife experts have been warning of a decline of insects for decades. The fall in the number of bugs in Britain has become so great, that motorists have noticed that their windshields are now mostly clear of squashed insects. It used to be that a trip in summer would require the windshield to be cleaned periodically; now the glass is mostly clear. This has been noticed across Europe and it is called the Windscreen Phenomenon. Human expansion and agricultural use also removes huge amounts of bird habitat.

The five bird families seeing the largest decline are New World sparrows, Old World sparrows, New World warblers, New World blackbirds, and larks. Surprisingly,

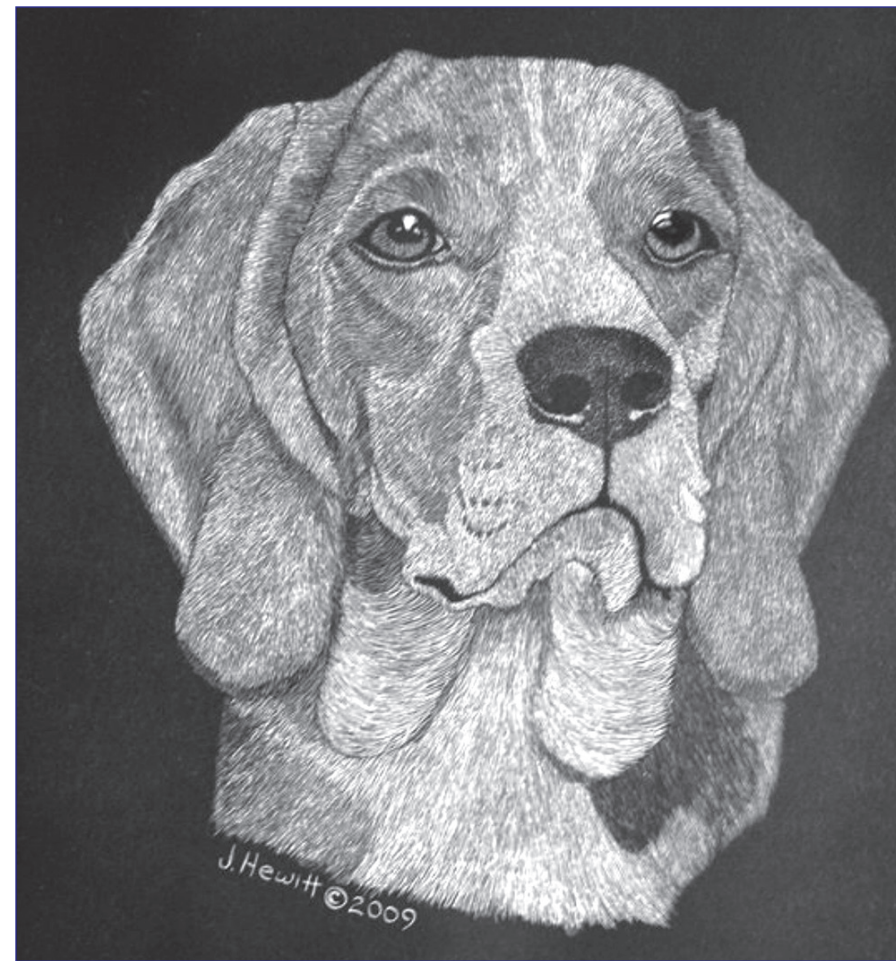
waterfowl and raptor populations have made some recovery in the last 50 years.

Some things you can do to help the birds is to keep cats indoors. Mostly feral, and domestic cats kill an estimated 1.3 - 3.7 billion birds each year. You can plant native plants to attract insects and the birds. Feed the birds. Avoid window collisions by hanging items in the window to break up the reflected landscape the bird sees from outside. Safely discard plastic bags by tying a knot in them and cutting all loops in your plastic 6-pack holders. Finally, and perhaps most importantly, avoid chemical pesticides as much as possible. "If the population of birds continues to plummet like it is, there may not be any more birds to watch," KTUU.com television in Alaska.

To help study bird populations and patterns, one can join the Audubon Society Christmas Bird Count that takes place across America December 14 through January 5. This year will be the 120th count. The U.S. is divided up in 15-mile diameter circles. One joins an existing circle and counts birds in that circle on a specific day. There may not be an existing circle in your immediate area, though. There are existing circles in Penrose, Salida and three locations in Summit County this year. More circles can be added later, too.

The Great Backyard Bird Count (GBBC), in its 23rd year, sponsored by the Audubon Society and the Cornell Lab of Ornithology is conducted over President's Day weekend, February 14 - 17, 2020. One counts birds in your own backyard each day and enters the results online.

For more information on either of the bird counts and to sign up, visit aubyon.org. To read the whole report "Decline of the North American Avifauna," visit ScienceMag.org, October 4, 2019.



Art Scene Joan Hewitt - Scratchboard Artist

by Mary Shell

I was stopped in my tracks when I glanced at Joan's scratchboard art hanging on the wall of the gallery. Small jet-black rectangle boards popped out among the large colorful canvases all screaming for attention. Understated, yet technically perfect; they were diamonds, expertly cut to perfection creating animals. I think the first word I said gazing at the dozen or so pieces hanging on the wall was, "wow."

It's been a very long time since I've seen scratchboard art, probably more than 20 years. Although scratchboard art has been around since the 1800s as an alternative to wood engraving for printing, I don't see much of it done these days. It's a difficult medium to work with, does not leave room for errors and is intense and time consuming.

A wood board is coated with a thin layer of white China clay (in my day at Rhode Island School of Design we called it clay board) that is coated with dark, often black India ink. From there the artist scratched thin precise lines creating images with intense detail. The results are beautifully detailed pieces of art that pop out from their black background.

Joan Hewitt is an amazing scratchboard artist, and this is most definitely her medium. Her attention to detail is astonishing and precise. It's hard enough to attempt to capture the emotions of animals in painting or sculpture, but to capture it with a knife, pin, blades, scalpel blade, tattoo needle, small fiberglass brush, wire brush, sandpaper and steel wool seems impossible.

I asked Joan, **How did you ever get involved in scratchboard art?**

"About 20 years ago, while in my mid-forties, I saw some scratchboard at an arts and crafts fair in Pasadena. I found it beautiful and fascinating. I could not believe the detail they were able to achieve. It looked almost like a black and white photograph. At the time I had an Australian Cattle dog puppy (aka Blue Heeler). He looked like a scratchboard, so he was my first subject. I do a lot of dogs

in scratchboard, but I enjoy doing most any animal. I love to do horses because of the detail I have to put in, such as the muscles and bone structure. I also love doing wild animals that I don't have any real experience with."

How long does it take for you to complete a piece?

"Generally, it takes many hours to do a piece, depending on the detail. I did a 5x7 of an Australian Shepherd running and it only took about 4 or 5 hours to do. In contrast, I did another 5x7 of a pug that took three solid days of work to complete. The 18x24 of a lion took me about three months, working about three hours every night."

What is your favorite part of what you do?

"My favorite part of doing a scratchboard is picking the subject I want to do and finding the perfect reference photo to work from. That's where I get excited about the piece. After that it gets stressful because it is a very unforgiving medium and mistakes are not easy to fix. I cannot draw or paint to save my life, but I can do scratchboard because it forces me to pay attention and be in the moment because of the detail required and minuteness of the scratches I make to create a piece."

What's next for you?

"Although scratchboard is a black and white medium color can be added, usually in the form of colored inks. I love the black and white, but I am slowly delving into color. On some pieces just a touch of color in the eyes is enough for me. However, I am starting to like doing birds because of the vibrant colors I can use, giving the piece an amazing look against the black background."

Joan's amazing work can be seen at REM Art Gallery, 710 Main St. Cañon City where she is the featured artist for December. Call 719-371-5405 for more information.

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Heaven and Earth

Aurora
by Olga Daich

It's been almost three years since I started writing articles for the *Ute Country News*. I feel in my heart that it is time to move on. A few words for my readers: thank you for taking time apart from your busy lives to read my articles. Thank you to those of you who trust me and reach out for help and/or guidance. Thank you to my dearest friends Kathy and Jeff for allowing me to use their outstanding newspaper to share what I have learned from my spiritual experiences and science. If through sharing my true stories I was able to make your path, my dear reader, a little easier or understandable, if my humble contribution with my articles opened a new door of possibilities in your life, then I could say it was worth it. I hope concepts such as intuition, energy healing, distant healing, empathy, angels, oneness, etc. that had been known as "new age," "hippy," or even "weird" have a new meaning in your life. I am part of the crowd that decided to speak out and honor the task that was given to me.

There is so much happening right now on this planet. So many changes. It is truly a time of awakening. People are getting tired of old systems, concepts, labels and practices. Depression is one of the labels that we hear frequently. Yes, depression is real, but we can't keep trying to fix a "brain imbalance" without looking for the real cause of it. From what I have learned, depression is the symptom of a soul crying aloud for a change; a change in a world that he or she can no longer understand (that's when the chemical brain imbalance shows up). More and more people feel disappointed with traditional belief systems that no longer seem to work; systems created to numb people and make slaves of them.

Reach out my dear lector for your real freedom; the freedom that you won't find in a building. Science can be your friend, but the answers are within each of us also. Take away from yourself the labels; those labels that separate people. Find out if the labels you hold on your shoulders (religious or political beliefs) are serving your spiritual path or your ego. Some of the labels I am talking about are the ones given to people with psychic abilities. Fanatism and ignorance label them as evil and witchcraft. I would suggest doing your own research. Listen to what science is telling you about this and other topics of interest. As Dr. Wayne Dyer (American author) wrote "The highest form of igno-

rance is when you reject something you don't know anything about."

Since I started reading and learning more about quantum principles and science, I came to understand how we all can access the Field where all the possibilities exists, and how we can download information from the Matrix. I learned that during a healing session, when we step aside from our thoughts, we open the door for the information to come in, information related to the client and the healing process to be accomplished. Learning about the quantum field also gave me the tools to understand why the "whispers" better communicate with us during our sleeping time. This has also a scientific explanation. I am not planning on giving a lecture here but what I can say is that brain waves are different when we are awake, asleep or in between. Our subconsciousness downloads information from the quantum field in a different way during these different 'states of mind' (different brain waves). My next story is

"The highest form of ignorance is when you reject something you don't know anything about."
— Dr. Wayne Dyer

an example of how this works. You can call it premonition or psychic ability, I call it "downloading information from the quantum field."

One night in November 2018, around 4 a.m., a whisper woke me up from my sleep. He/she told me: *Aurora shooting* so clearly that I had no doubts about the meaning. Whispers were warning me about a shooting to be happening in a place named *Aurora*. I knew about *Aurora* in Colorado, but I decided to google the name and find out about other places named *Aurora*. The computer screen showed me an *Aurora Mall* in Bellevue, Washington state, located a few miles from my daughter's house. I called her



and told about the message and asked her to please stay away from that mall. I didn't research for more places with *Aurora* as a name. I thought the one in Bellevue was the one they whispered to me. The reason was because the proximity of my daughter to *Aurora Mall*. I learned a couple of months later that I was wrong. I was wrong about the location of the shooting but not about the name.

On February 16, 2019, (two months after I got the information from the field) I turned my computer on. The news was on the screen "Shooting in a warehouse located in Aurora, Illinois." I got a mixture of feelings: sadness, frustration, disappointment, helplessness. I understand that I can't go out telling people about messages like this. I wish I could. I am glad I would not be sentenced to die, burned at the stake (as hundreds of years ago) but there is still a way to go before we understand how our brain works and how we get connected with the quantum field. I witnessed before how kids and teens who are very aware and connected with the quantum field, get a diagnosis of schizophrenia. Sadly, they get confined in mental institutions where they get numbed (medicated) and their psychic abilities are shutting down. Downloading information from the Matrix can open a big pandora's box that sometimes is overwhelming. Sometimes we just don't know what to do with the information. We wish people were ready to listen, but I know not everybody is there yet.

Consciousness is shifting but I guess we must wait a little longer to see changes in people hearts. There is not an article number 33 for the *Ute Country News*. As I said before, I am shifting gears. I will be writing a book where I will share all my articles and a few more stories that didn't share in the newspaper. My dear lector if one day you see a book named *Whispers of my heart*, it will have my name on it. Namaste.

New Inspiration for continued action

by Patricia Turner, retired research scientist

I have been a Chapter Leader for Woodland Park Citizens' Climate Lobby (CCL) for three years now. Our single and laser sharp focus is to get a price on carbon to help us have a livable planet. I have never seen an organization so skilled in strategies to make this happen. Even in this contentious environment we are seeing in our Congress, they are making amazing progress.

After 12 years of hard work we have legislation in the House of Representatives that can reduce our carbon footprint by 40% in the next 12 years. It's called the Energy Innovation and Carbon Dividend Act H.R.763 and it will place a price on carbon while returning all the dividends to every household making it revenue neutral.

I sometimes wonder if we are accomplishing enough when I meet with my own members but this month more than 800 volunteers met in D.C. to lobby in 480 meetings. I have lobbied every June with up to 1,500 volunteers and it's an amazing experience to work with an organization that is completely non-partisan and one that works to build strong relationships with our members of congress.

Following lobby day this Nov. 4 more representatives agreed to co-sponsor this incredible bill, bringing the number to 73. Our new members are Rep. Sanford Bishop of GA, Rep. Sean Maloney of NY, Rep. Donald Payne Jr. of NJ, and Rep. Lacy Clay of MO. They all deserve our appreciation.

Earlier this month, Columbia University released a new economic study of the bill which confirmed its effectiveness. They estimate that we will see 36%-38%

reduction in emissions by 2030 and they confirmed that low- and middle-income households will receive more in dividends than they will pay in increased prices.

The other amazing action that just happened is that we have gained four surprising new members in the Senate Climate Solutions Caucus. These are people who agree to discuss addressing climate change in a non-partisan way. We started a caucus in the House three years ago that reached 96 members last December even though they must join 2 by 2 with one Republican to each Democrat or Independent. To get this going in the senate at this time is very exciting and my inspiration is renewed! Those members who just joined in the senate include: Sen. Mike Braun (R-IN) and Sen. Chris Coons (D-DE), were our first members and are now joined by Sen.



Some of the politicians that have signed on to the bill.



Lobbying in D.C.

Michael Bennet (D-CO), Sen. Lindsey Graham (R-SC), Sen. Angus King (I-ME), Sen. Lisa Murkowski (R-AK), Sen. Mitt Romney (R-UT), and Sen. Jeanne

Shaheen (D-NH). All of these Senators deserve our congratulations.

With 98% of all climatologists agreeing that the earth is warming and that it's human caused; and the latest IPCC report proving that future of humankind is in an emergency room and there is no time to waste, we must move forward with this bill.

We are making waves for a livable world and I so hope some of you will join us in Woodland Park or elsewhere. CCL has meetings all over the country and more than 150,000 volunteers across every precinct; as well as in several other countries. The carbon fee enacted last January in Canada is our plan.

The Woodland Park Chapter for Citizens' Climate Lobby meets the 2nd Saturday every month from 11-1 p.m. at the Woodland Park Library, 218 E. Midland Ave. Woodland Park CO. You can find a group near you at www.citizensclimatelobby.org. Join us for great films, actions and great conversation.

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Owl King

by Danielle Dellinger

Cabi Stafford, a 41-year-old elementary school teacher, sat at her desk with a stack of 35 tests to grade. However, she was gazing out the window at the cars parked in the afternoon sun. The light bounced off of the windows, making it impossible to see anything beyond it. But Cabi couldn't look away. The reflecting light had her in a trance, allowing her mind a chance to wander.

She thought about what her life would be like if she still had that childlike wonderment inside of her. She missed believing in magic. She missed knowing only the good, and not the fear and anxiety. What she wouldn't give to not know how The Real World worked.

"Miss Stafford?" The quiet, gentle voice pushed her thoughts away, and she turned her head to see a small boy standing beside her desk. "Maxie," she said, a smile easily coming to her lips. "What do you need?"

The second grader, with a perpetually runny nose, sniffled and played with the hem of his shirt. "I need my work for tomorrow. I have to go to the doctor."

Cabi nodded and opened a folder next to her. "Do you have your slip for me to sign?" Maxie sniffled again, digging in his coat pocket and pulling out the small, crumpled paper. He handed it over, and she did her best to smooth it out before signing around the snot stains.

She handed it back along with his packet of work. "Just turn in your work on the next day you're back. Tell your mom to email me with any questions." He nodded and sniffled before turning and shuffling out of the room. Cabi pumped two globs of hand sanitizer onto her palm and thoroughly rubbed it in. She loved the kid, but she was 98 % sure he was the reason she got sick every semester.

A few hours later, she walked into her apartment with an armload of groceries. She was making another attempt to eat healthy and stick with a meal plan for longer than a couple weeks. But once she got all the food put away, she was too tired to cook. So, she ordered pizza. After eating, she took a supplement that boasted being able to ward off germs and any early symptoms of sickness. She knew it was primarily a placebo effect, but she still held out hope for that one percent possibility its claims were true.

When she awoke the next morning, she felt good enough to go for a run. The street was quiet and still in the grey light of dawn. Her feet carried her down the familiar sidewalk toward the neighborhood park.

As she entered the park, the thick trees behind it were backlit with the rising sun. She followed the sidewalk right into the trees. Almost immediately, she could hear birds chirping. She smiled and stopped to

listen. An owl hooted from nearby. An owl? she wondered. Shouldn't they be asleep already?

Up ahead she noticed a large tree root hanging over the embankment next to the path. It piqued her curiosity and she walked over to it, her eyes following it up to the trunk. The trunk was several feet in diameter, but the roots arched up and made an entrance under it. Cabi knew she just had to explore the tree right then.

As she approached the entrance, there were two glowing mushrooms on either side. She raised an eyebrow and kept going, crawling into the small entrance. Once she was through and able to stand up, a whole new world was before her. It was a city inside the tree. Each little nest, had a glowing mushroom out front. Owls of all shapes and sizes were chatting, laughing. They were moving things, carrying things, playing, arguing. "Wow," she breathed.

The second she spoke, all activity came to an abrupt halt. Every owl stared at her. In unison they all hooted a resounding "Who?"

Suddenly, two large brown and black owls with blue sashes across their bodies flew down in front of her. They puffed out their feathers and lowered their heads to try and intimidate her.

"Sorry! Sorry!" she stammered, backing up a couple steps.

They slowly walked forward in their puffed-out poses. Just as she bumped her head into the top part of the entrance, a large screech echoed around them. All owls turned their heads to look up as a huge silhouette descended from the highest point. Cabi had to shield her eyes from the natural light that illuminated the crown of the tree. The silhouette landed in a rush of wind that blew back Cabi's hair.

This bird towered over every other living thing. Cabi stared. She recognized the bird as a Blakiston's fish owl, the largest owl in the world. Even though they were typically a little over two feet tall with a wingspan of six feet three inches, this particular one was easily six feet tall. Atop his head he wore a simple seven-point gold crown. His large yellow eyes watched her.

"Welcome," his voice rumbled, effortlessly carrying to every part of the tree.

Cabi blinked in stunned silence.

"Welcome to Hollowed Haven. I am King Azra. This is a place for those who are lost. I sense your aimlessness. You may spend as much time here as you need."

Cabi chuckled and shook her head. "I'm not lost. I'll be going. It was good to meet you, all of you." She turned to crawl out.

"Only wandering feet are able to find this place. It's been many decades since a human

has stepped in here needing help." He took a couple heavy steps toward her. "We mean you no harm. Stay. Relax."

Cabi slowly inhaled and faced him. "Okay. I'll stay, but not for long. I have to get to work. I'm Cabi, by the way."

"No need to worry. Come." King Azra stretched out his wing and literally took her under it. "Would you like some fresh river salmon to eat? Or maybe some field rabbit?"

Cabi did her best not to wrinkle her nose. "Thanks, but I already ate breakfast."

"I see." He paused. "Tell me. Are you happy?"

She shrugged. "Yes, generally. Though winter is hard with the lack of sun."

His chuckle was deep and throaty. "I meant with your life overall. You're happy with its direction and how it's playing out?"

She couldn't stop the sigh from escaping. "I wish I still had the wonderment I had as a kid." It surprised her how honest she was being with a talking owl. "It's things like this that I crave." She gestured around them. "Magical worlds."

"But you've found what you've been craving." Cabi couldn't argue with that.

"Here, let me introduce you to my citizens." He led her around the base of the trunk, introducing her to everyone he could. She met a little screech owl, who operated the library. After that, a snowy owl in charge of all repairs, and then a burrowing owl who bragged she was the best chef to ever live in the tree. It wasn't long before Cabi lost track of who all she had met and how long it had taken to meet everyone. Her feet were very tired. The last one she remembered meeting was the great horned owl who was the police chief. King Azra eventually led her up shallow stairs cut straight into the tree's trunk.

They entered his throne nest, and he pulled over a pillow of moss and down feathers for her to sit on. Meanwhile, he settled in on a large perch. "I honestly don't know if this is real or if I'm dreaming."

"At this point, does it matter?" She thought a moment and then shrugged. "It doesn't matter if you find the wonderment you seek in your dreams or waking



life. It only matters that you found it again, and know how to hold onto it better."

Cabi sat there in disbelief. "That was highly profound." "We owls are known to be wise now and again."

"How do I hold onto it better?" King Azra seemed to smirk. "Take a souvenir back with you. It'll remind you every time you look at it."

"What kind of souvenir can I take?" she asked, her eyes casually roaming around the king's nest. He didn't have many possessions. Behind him was a deep purple flag with a gold crest of an owl carrying a shield.

He was about to answer when he noticed where her eyes had been drawn. "That flag has been in my family for 50 years. My great grandfather had it made near the end of his days. We Blakiston's fish owls can live over 20 years, so it's a great honor to still have this in my family. We fight hard to keep our territory."

"It's a beautiful crest. How do you have things like that made?"

"We have befriended a few humans such as yourself who are dear to the hollow and like to help when they can. It's nice that you have such long lifespans."

"We come in handy like that." she chuckled. "Anyway, it's gorgeous."

"Thank you. I'm sorry that can't be your souvenir, but how about something even more personal than the crest."

"I don't know what you mean," she said, puzzled.

He raised his wing and then plucked out one of the large feathers at the bottom. "How's this?" he asked, presenting it to her. "Oh gosh," she said, having to use both hands to take it.

"Go see our resident alchemist. She will be able to adjust it for you."

"Why not just give me a smaller feather?" she blurted out.

He simply stared at her with his large yellow eyes.

"I'm sorry. That was rude. Where is your

alchemist?" "Across the way behind you. See the great grey owl? That's her."

"Thank you." She got up and awkwardly struggled with the feather as she made her way onto a balcony that wound its way around the edge of the city. The great grey owl stood outside of her nest, waiting expectantly for Cabi.

"Come in," she hooted when Cabi reached her. "My name is Kittyry." "Hi. You can help with this?" "Place the feather on the stone table," she said, already rustling in a box of vials.

Cabi took that opportunity to examine Kittyry's space. There were many boxes and crates of vials and beakers. There was a large potion mixing set in the back corner. Everything was packed in tightly but was organized. Then her eyes landed on a few jars that held objects in thick, gelatinous goo. She leaned in closer and held back a gasp when she saw one jar held fish eyes. Another jar held a brain. Cabi had to step away, nauseated.

"Aha!" Kittyry suddenly exclaimed, pulling out a vial with her beak. She hopped over to the table and poured the sparking red liquid into a hole that fed the liquid into a built-in spiral-shaped irrigation system.

"But I haven't even said what I wanted done," Cabi spoke up.

"You want it smaller. Small enough to wear, yes?"

Cabi blinked and frowned. "How'd you know?"

"I know your type. It'll look great in your hair."

Her frown turned into a smile. "Wow. That's spot on what I wanted. Thank you." Kittyry proudly puffed out her chest.

The feather then began to smoke and sizzle, and right before their eyes, it shrank down to only a few inches long. When it had stopped sizzling, Kittyry melted a clasp to the end of it. "There. Try it on." She held it up to Cabi.

Cabi carefully took it, suddenly afraid that she'd ruin the now delicate feather. Kittyry held up a mirror for her while she fastened it into her hair. She lit up once it was in place, shaking her head a little to help it fall naturally into place. "How do you like it?" asked King Azra from the doorway.

She turned to him and gave the biggest grin. "It's perfect. Thank you. Thank you both so much."

"I can sense you're no longer lost," King Azra remarked.

"This has been an amazing experience, and admittedly, one that I've needed for a

dreadfully long time." She reached up and touched the feather. "I'll never forget this."

King Azra smiled with his eyes and extended his wing toward her. She went to him and he wrapped his wing around her as he led her down the stairs toward the entrance. "You will always be welcome here, Cabi. You are a dear friend of Hollowed Haven."

"I can't express my gratitude enough. If you and your citizens ever need anything, please let me know. I live nearby."

"That is very kind of you." He stopped at the entrance. "And you shall be returning home not a moment too soon to leave for work."

She smirked. "Thanks. I appreciate that, but I'm sure I've been here for hours."

King Azra smiled and nodded slightly toward the entrance.

"Okay. I'll be going," she said, and with a lighter, happier heart, she crawled her way out and back to the path. It surprised her as she straightened up that the morning light was still grey and not full-blown golden sun. She looked at her phone and saw she still had an hour before school started. "What the . . ." she muttered, looking around. Had she passed out? Or had all of that really happened? She quickly reached up to touch the feather, and was relieved to find it still there. She chuckled to herself and started jogging home. As she exited the forest, she heard a deep owl hoot come from a nearby tree. It made her smile all the way home.

Cabi walked into her classroom with her head held high. She had stopped by the store on her way in and bought several books on owls and forests. Some were fiction and some weren't. She wanted the kids to imagine their own owl kings, and what it might be like to meet one as an adult. The bell rang and the kids filed into the room. They were all barely seated before a couple of them noticed the feather in Cabi's hair. Immediately they wanted to know all about it. She smiled and sat on the corner of her desk. She relayed the story to them, even the part about feeling lost and bored in her life. "Did that really happen?" asked one of the more skeptical kids.

"It did," she replied. "Sounds like you made it up."

"Why?" "Too magical and too easy."

"You don't believe in magic?" "It's for babies," the kid whined.

"I'm gonna let you in on one secret. Magic is for everyone. We all need magic to keep us going. Magic is like a flame, and without it, life is cold."

— The End —

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Pharmgirl Uprooted

A Colorado chicken

by Peggy Badgett
photos by Peggy Badgett

I was hatched beneath the ancient timbers of a Midwest dairy barn. My mother was an amazing incubator, but not very talented at teaching life skills. The tiny dead bodies of my poor brothers and sisters before me did not forecast a rosy future. My human plucked me from the nest right after I burst from the egg so I didn't suffer the same outcome. In a savage twist of fate, my mother was murdered by a marauding raccoon the next night. I am the lone survivor.

Pharmgirl gave me feed in a Tupperware lid and taught me to drink water. At night she cuddled me inside a towel while we watched Chuck Norris re-runs; I am named after him. When chicken odors wafted through the house, she moved me to a new crate in the art room. Sometimes she even let me free range if the dogs were outside. It was a pretty good life for a chick.

That summer, pictures and furniture began to disappear. Salty drops tapped me on the head when she held me. Words like “selling” and “showings” weren’t in my vocabulary, but I knew my girl felt sad. I was banished to the barn to roost with another hen. Stella was larger but had been pecked on by her friends because of an injured leg. We quickly became great friends. I was worried when our human disappeared for seven sun-ups, but her neighbors took care of us until she returned. Pharmgirl was very excited about something called a cabin. More things were hauled away in loud trucks until the house and barn echoed with emptiness.

Late on August evening, my owner placed Stella and I into a straw-filled plastic crate and wedged us into the 4-runner. Her two dogs panted horrible breath on us through the openings. Stella and I were afraid, but our girl seemed happy as she sang off-key along to the radio. We followed the sun as it disappeared on the horizon. Night fell. Then Stella accidentally stomped on my talon. I screamed, but the music was too loud. Finally, the vehicle stopped. I heard a loud creak, and some very bad words as Sadie the coonhound tried to jump over our cage and out the open door.

Our owner jiggled the crate until Stella moved, but I continued shrieking. Pharmgirl said that if I couldn't be quiet, someone would probably call the police to report a murder in progress. Finally, with an exasperated sigh, she lifted me out of the cage. I flapped my tiny wings mightily, thinking I could fly back to the only home I had ever known. This adventure was more terrifying than when she toured me through a drive thru as the only un-fried chicken ever to appear.

"Chuck, you need to settle down. Your howling is driving me insane. We are going to our new home in Colorado which is very far away. Look, the moon is up." She gently lifted me so I could see the silvery disk. "It is time for sleeping." Apparently big changes were coming regardless of my chicken wishes. She didn't know the dogs' sniffing, drooling and passing really bad gas were giving Stella and I nasty headaches.

She returned me to the crate where Stella waited. Then she leashed her two horrible hounds and walked them down the country road. It wasn't long before all three of them hopped back in the vehicle and we started out again. This time I laid down in the straw and curled my toes beneath me. The rocking motion lulled me into an uneasy slumber.

I could lie and say the remainder of that 18-hour drive passed uneventfully. But it didn't. After midnight our girl stopped to nap. Somehow, she found space to lay

down, and was surprised to hear the sweet sounds we chickens make while sleeping. She didn't snooze long though, and our journey continued. Every time we slowed down, those ignorant dogs whined and slobbered. At several rest areas, when our owner lugged all four of us to a picnic table for some fresh air and food, other humans inquired what was in the crate. Apparently not many folks travel cross country with fowl.

We were all crabby when our girl pronounced “We are home!” Stella and I didn’t see anything that looked like a chicken coop. Pharmgirl hoisted our ripe crate out of the 4-runner and set it down on the porch. We heard our owner saying more bad words while corralling the dogs before they ran off into the unknown. I secretly wished they would get lost. Maybe then we chickens could take over the house and lounge on the couch all day. Jack and Sadie always bragged about how much fun it was.

Lots of rocks were visible through our cage's narrow slats. There were no huge maple trees with cool shade below them or sweet green grass to nibble on. Not even a dandelion poked its way through the dusty ground. The wind howled around us. I told Stella we sure weren't in Illinois anymore. We were thirsty, hungry and needed new bedding. The storm door banged open and close repeatedly. I spied the dogs tied to two posts nearby. Sadie howled, and Jack yelped when he got caught in her line. Served them right.

Then it was quiet. Our crate flew through the air again and landed near a small building. Suddenly the cage door opened. Stella was nabbed first, and disappeared into the blue sky. Then our girl



Chuck in her new digs.

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Shadow

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



Adolescent Chuck at the farmhouse (above).
Chuck at the "Welcome to Colorful Colorado" sign
(cover).

reached for me, but I cowered just out of reach. Pharmgirl's red face appeared in the opening. "Honestly Chuck!" she exclaimed, and tilted the crate so she could scoop me out. I don't think she was very happy about the poop on her fingers.

She set me down inside a tiny pen. Metal protested as she wrestled another piece of fencing over our heads. She said that was to protect us from the eagles. Eagles? Had she moved us to some kind of perilous Fowl-Danger-Land? But it felt so good to have solid ground under our talons that Stella and I literally ran in circles. The dogs snickered at us.

Stella's red comb turned bluish in the thin air, but returned to normal after a week. Our owner told us to drink lots of water because we were mountain chickens now. So, Stella and I agreed to make the best of it. After all, how much choice did we have? Meal worms, spinach, and cracked corn are plentiful here. The Colorado sunshine warms our feathers nicely as clouds dance around Pike's Peak. Pharmigil hums and sings while she creates rock gardens and plants tiny trees. The smelly hound leaves us alone, although we hens still dream about mutiny and taking over the house. But the five of us are a family. We animals are loved and protected. I think that is all that matters.

Peggy Badgett is a recent transplant to Guffey, Colorado. She is a retired pharmacist, author of two books (The Rooster in the Drive Thru and Romancing the Bike), artist and avid adventurer. Her website is coloradopharmgirl.com, email is coloradopharmgirl@gmail.com. Chuck does not have an email because she would totally mess up the laptop.



Financial Focus

Invest in your family and community

Why do you invest? For many people, here's the answer: "I invest because I want to enjoy a comfortable retirement." That's certainly a great reason, because all of us should regularly put money away for when we're retired. You can also benefit by investing in your family and your community.

Let's start with your family members, particularly the younger ones. How can you invest in their future? One of the best ways is to help send them to college. A college degree is still a pretty good investment: The average lifetime earnings of a college graduate are nearly \$1 million higher than those of someone with a high school degree, according to a study by the U.S. Census Bureau.

To help our children or grandchildren pay for any college, university, vocational school or other postsecondary education you may want to open a 529 savings plan. With this account, withdrawals are federally tax free, as long as the money is used for qualified higher education expenses, including those from trade and vocational schools. (However, if you withdraw some of the earnings on your account, and you don't use the money for qualified expenses, it will be taxable and can also incur a 10% federal tax penalty.) Plus, you retain control of the funds until it's time for them to be used for school, so if your original beneficiary chooses not to pursue some type of higher education, you can name a different eligible beneficiary.

Another way to invest in your family is to help your adult children avoid feeling obligated to provide financial assistance to you. For example, if you ever required some type of long-term care, such as an extended stay in a nursing home, could you afford

Expanded Medicare for All

by Burl McCullar

I want to describe a human problem that affects all of us. This problem is our country's very messed up and unfair health care system. Why is this a critical issue? The American healthcare system cost the taxpayers 3.2 trillion dollars in 2017 (PERI Study, University of Massachusetts, 2018). One can surmise it is higher in 2019. There currently are several studies, some of them conducted by groups opposed to health care reform. The result of the research is varied, but all studies demonstrate that our society could save billions of dollars while providing more comprehensive healthcare to more people by moving to an expanded Medicare system. The rising cost of our healthcare system is one of the leading factors in our increasing national debt (Congress.gov). This debt prevents investments in our future economy, including priority areas such as education, research and development, and infrastructure.


The United States spends significantly more per person on healthcare; however, the outcomes are no better than other industrialized countries and more alarming, many are worse. Some of these health outcomes, such as infant mortality rates for our society ranks near the bottom. This means more babies die in the country that spends the most on healthcare. Here's the problem: we have been administering healthcare through a system of for-profit insurance companies for decades. One of the most problematic issues is that insurance companies are profit-based to give investors dividends. These companies employ groups of lawyers and doctors whose purpose is to help the company deny claims, which means people don't get treatment they need. Added to that are the huge bonuses paid to the executives of these companies. Their purpose is to make money, instead of delivering needed health care. This results in people dying after benefits are denied even though the premiums had been paid. The result is fraud on a massive scale. The current data on healthcare

it? The average cost for a private room in a nursing home is more than \$100,000 per year, according to a study by Genworth, an insurance company. Medicare typically pays very few of these expenses. So, to avoid burdening your adult children — while also preserving your own financial independence — you may want to consider some type of long-term care insurance. A financial advisor can help you determine what coverage may be appropriate.


Moving beyond your family, you may want to invest in the social fabric of your community by contributing to local charitable, civic, educational or cultural groups. Of course, now that we're in the holiday season, it's the perfect time for such gifts. Furthermore, your gift will be more appreciated than in years past because one of the chief incentives for charitable giving — a tax deduction — was lost for many people due to tax law changes, which raised the standard deduction so significantly that far fewer people chose to itemize deductions. However, you might still be able to gain some tax benefits from your charitable gifts. To name one possibility, you could donate financial assets, such as stocks that have risen in value, freeing you of potential capital gains taxes. In any case, contact your tax advisor if you're considering sizable charitable gifts.

Saving for your retirement will always be important. Don't forget about investing in your family and your community — because these investments can provide satisfying returns.

This article was written by Edward Jones for use by Lee F. Taylor, AAMS, your local Edward Jones Financial Advisors.



Merry Christmas



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Life-Enhancing Journeys

Holidays with family: merry or miserable?

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

Tis the season to be jolly... or not. The holiday season is upon us; this is a time for reconnecting with relatives. Holidays are a way for people to take a break from the monotony of everyday life and celebrate things of value. Spending time with family and reconnecting with people you rarely see may be exciting for some. However, for many these gatherings also can be incredibly stressful and anxiety-producing. How do you pick up where you left off with relatives, some of whom you haven't seen in a long time? Based on my experiences, much of the reconnection merely focused on how I looked; the job I had; when was I going to have children; why we moved 2,000 miles away from our family, etc. Those feelings of being judged and scrutinized were what I anticipated as the holidays rolled around. It seemed like who I was and what my opinions were held little interest for some of my family members. I also dreaded seeing relatives who seemed to delight in being offensive, critical and rude. Please remember that your relative likely have not changed their personality since you last saw them — people generally remain who they are. Mean-spirited relatives will continue to be cruel regardless of the time of year. Going into your holiday hoping they will have changed just sets you up for disappointment. In addition, now that the public mood and political discourse has devolved into choosing one side or the other, the conversations with family members can include more potential mine fields, and, thus, avoiding explosive issues may be impossible. (as people passionately defend their positions without wanting to hear a viewpoint different than their own).

Holiday stress is real and measurable. In a 2015 *Healthline* study, 38% of people surveyed said their stress level increased during the holiday season. Participants listed the top stressors: lack of time, lack of money, commercialism, the pressures of gift-giving, and family gatherings.

When there are hopes that we are going to be one big happy family, it can actually have the opposite effect by setting up unrealistic expectations that will only increase the stress in what's already a difficult time of year.

Spending time with your family during the holidays doesn't have to ruin your life. Plan ahead and construct a back-up plan. Utilize some of the guidelines offered below for spending the holidays with your family and coming out the other side intact.

Keep things in perspective

Focusing on what is most important in the moment gives clarity and meaning to your family interactions. Ask yourself, "What is more important to me in this moment... my relationship and quality of communication with this loved one, or is it winning this argument, or changing this person's mind?" There will always be plenty to argue about if that is where you choose to focus, but sometimes it's better to let things go. By being able to give yourself several breaths, where you put your attention on the fresh air coming in and leaving your lungs gently, effortlessly and peacefully, reroutes your focus which enables you to avoid confrontations.

Practice self-kindness

Avoid believing that you have an obligation to make everyone happy because you will lose every time. People-pleasers tend to do what they think someone else wants them to do and, in the end, they get resentful or explode simply because they ignored their own needs. Accept yourself as the person you are and not the person you "should" or "could" be based on the expectations of others. When you avoid focusing on your shortcomings or your failings it is less likely that others will notice. I

recall a relative asking me after I had offered my opinion during a conversation, "Are you stupid?" Because I had planned ahead, I found myself stopping. I gave myself a breath, then I looked around and then asking, "Oh... are you talking to me?" He became flustered and was unable to respond to my inquiry (in the past he used to be able to shut me down with a rude comment, but not this moment). Other times, when a rude comment had been blurred out, I'd ask the person to repeat what they just said, then I'd ask them again to reiterate their comment. By that point, the talker (hopefully) had realized how offensive their remark had been by hearing it over and over again. Too often, people open their mouths before engaging their brains. What I now attempt to do is to slow down the conversation so I and others can think before the words come out.

Curious questions can steer the conversation in a positive direction.

- If you could offer a newborn child only one piece of advice, what would it be?
- If you could ask an adult one question what would that be?
- What is your happiest childhood memory and what makes it so special?
- What one thing have you not done that you really want to do?
- What's holding you back?
- Finally: If you just won a million dollars, would you quit your job? What would you do and would it be anything differently from what you are doing now?

Maintain boundaries

"Boundaries" is a bit of a buzzword these days, and that's a good thing. (See *UCN* articles July-August-September 2019) Think of a boundary like a border or a fence. What happens when we put a boundary around something? Both good and bad things are kept out (and in). Remember that the boundary you put up is a personal space which you say, "This is a line you cannot cross." Remember that you are in charge of that line and that no one can take that power away from you. When someone is disrespectful of you, all you need to say is "I'm sorry, it's time for me to go." In so doing you have stated where your boundaries are and there is no need for attack or confrontation.

Dealing with difficult family members over the holidays is about setting clear boundaries. Preparing yourself by rehearsing how you might respond can be beneficial. You can accomplish this by writing a script for what you might want to say and then practice this by saying the phrases out loud. By doing this, you enable yourself to respond reasonably without an automatic or thoughtless reaction. Creating space for yourself to calm down and take a break is helpful (always give yourself a breath before you say or do anything). Learning to say "no" when necessary is empowering. Knowing your own limits is vital to successfully surviving the holiday season. When it comes to clashes with family, regardless of the topic, it is worthwhile to acknowledge that your loved one has as much right to their opinion as you do, even if you are sure they are misguided. Maintaining boundaries means respecting your right to have your own opinion, yet it also means

respecting the other person's viewpoint as well. In other words, it is about respecting your and other's boundaries, as well as compelling people to conduct themselves in a respectful manner.

Plan ahead and formulate an exit strategy

Everyone has difficult family members. Recognize which family members can be problematic and then have a plan ready in case things become uncomfortable. Are there certain relatives you simply can't tolerate? Are there others you can handle in group settings but want to avoid one-on-one? How much time and intimacy with your family is enough? How much is too much? Figuring out the answers to these questions beforehand can save you a lot of stress and anxiety on the other side. If you find yourself stuck, a simple method to extricate yourself is to excuse yourself for a bathroom break. This can be the easiest and most expedient way of ending a potentially contentious conversation without exiting the festivities.

Dealing with difficult family members over the holidays is about setting clear boundaries. Preparing yourself by rehearsing how you might respond can be beneficial.

Consider explaining to the host beforehand, that you're uncomfortable with a particular relative who makes comments or exhibits alarming behaviors, especially around your children. Let your host know in advance that if they start acting inappropriately your family will have to leave. Planning in advance enables parents to protect themselves and their children from difficult relatives who they can avoid the rest of the year. As a parent, have a signal if either you or your partner becomes uncomfortable for yourself or for your children. It's relieving to know you have each other's backs. Make sure that you know how you'll leave if things become too difficult. Do you have hometown friends who will let you spend the night on their couch? Do you know the local train or bus schedule to get yourself back home? If you are close enough to drive, transport yourself or have an Uber APP ready on your phone. It's all about planning ahead which can create immense peace of mind; knowing you have options enables you to keep family drama from wounding you too deeply.

There are exceptions, especially when it comes to relatives with conditions such as dementia or Alzheimer's disease. Remember that there are always exceptions to every rule and understand that you have to make allowances for those who are no

longer in control of their faculties.

Practice gratitude

Remembering and being thankful for what you have, rather than what you don't have, keeps you positive and creates space for love even in the most difficult situations and relationships. Searching for the gifts during your interactions can sometimes be a challenge, yet it's an adventure that can offer great rewards in the end. Were you aware that simply focusing on things you are grateful for, whether or not you find them, helps to stimulate the "feel-good" chemicals in the brain? Practicing gratitude allows you look beyond disagreements, irritations and differences to see the beauty in a person or a situation that you may have been unable to appreciate. As my friend, Yolanda is fond of saying, "Look at the driver (the person's soul) rather than simply noticing the car (all of the external trappings you may see).

Have some friends on-call

When dealing with difficult families, consider bringing a friend or partner into the mix. Your buddy can help keep you grounded while dealing with your family, and some problematic families attempt to be on their best behavior in front of outsiders. If nothing else, having a friend witness your sister's rants or your dad's criticism can confirm, even provide evidence, for what you have experienced much of your life (which can be soothing for your soul).

Even if your friends are off doing their own thing over the holiday, make certain that there will be a few who'll still be able to communicate with you as you go through the holidays. It doesn't matter who they are as long as they're kind, have your back, and are willing to support you as you scream, cry or ask for a reminder that you're actually an awesome, competent adult. If you're similar to a lot of people from toxic families, your friends have developed into your "chosen family." This is a good way to keep reminding yourself that you are loved and appreciated even if they are not the people who share your genetic material.

When family gets together, a bit of squabbling is to be expected. Remaining calm and using the information described will enable you to be in charge of yourself. Rather than getting automatically triggered off by toxic relatives, you can come across as in control and confident. The success of the holiday gathering depends on lots of laughter (maintaining your sense of humor), good conversation, delicious food, and everyone feeling welcomed and comfortable.

Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII is the program director of *Journeys Counseling Center, Inc.* At *Journeys* we teach you tools, skills and help you discover resources to live the most effective life possible. We guide, support and coach you along the path you desire, to become the best version of yourself. To contact Barbara, call 719-687-6927 (office) or 719-510-1268 (cell).

BLM planning 10 pile burns in SE Colorado

The Bureau of Land Management-Front Range Fire and Aviation Management Unit is preparing to conduct pile burns in 10 locations this fall and winter. Pile burns will occur between now and March 2020, depending on favorable weather and fuel moisture conditions.

The objective of the pile burns is to remove the slash left behind from timber harvests and previous fuels-thinning treatments. These timber harvests and fuels treatments remove beetle-killed timber and other fuels, reducing the risk of future catastrophic wildfire. Fuels treatments also help create various stages of plant succession, which is critical to the health of fire-adapted ecosystems. The pile burn locations are as follows:

- **Dawson Ranch - 50 piles.** Piles are hand-built, consisting of Piñon pine and juniper trees. The piles are located on BLM land immediately west of Dawson Ranch subdivision and 2.5 miles southwest of Cañon City, Colo. Legal Location: T19S / R71W / S 13.
- **Hole in the Rock - 2,400 piles.** Piles are hand-built and the surrounding fuel type is Ponderosa pine, Piñon pine, juniper and Gambel oak. The burn is located north of Cañon City off Fremont County Road 11 and east of the High Park Subdivision. Legal Location: T16S / R70W / S 7.
- **Likely Gulch - 2,000 piles.** Piles are hand-built and the surrounding fuel type is Piñon pine, juniper and Ponderosa pine. The burn is located south of Texas Creek off CO Highway 69 and Road Gulch. Legal Location: T20S / R73W / S 5, 6.
- **Mt. Harvard Estates - 1,250 piles.** Piles are hand-built from Piñon pine limbs, and the surrounding fuels are Piñon pine, juniper and grass. The burn is located 5.5 miles North of Buena Vista, CO, 0.5-mile East of US HW 24, and immediately North and East of the Mt. Harvard Estates subdivision. Legal Location: T13S / R79W / S 13.
- **Tyndall - 3 piles.** Piles are machine-built and have a surrounding fuel type of Ponderosa pine and grass. The burn is located 3 miles north of Rosita, 7.5 miles east of Westcliffe and south of CO Highway 96, near Mount Tyndall. Legal Location: T22S / R71W / S 16.
- **Pinyon Mountain - 447 piles.** Piles are hand-built piles consisting of Piñon pine, juniper, Ponderosa pine, and Douglas fir. The burn is located directly south of the Acres of Ireland subdivision, 0.75 mile south of US HW 50, and 1.5 miles south of Howard, CO. Legal Location: T48N / R10E / S 10, 11, 15.
- **Whiskey - 3,000 piles.** Piles are large hand-built piles and the surrounding



fuel type is Ponderosa pine, Piñon pine, juniper and grass. The burn is located 6.5 miles southwest of Cripple Creek, south of Fremont County Road 11 and west of the High Park Subdivision. Legal Location: T16S / R71W / S 8, 9.

- **Kerr Gulch - 251 piles.** Piles are hand-built, consisting of Piñon Pine, Juniper, Ponderosa Pine, and Douglas fir. The burn is located 1.5 miles west of US Hwy 50, 3 miles northwest of Coaldale, CO. Legal Location: T49N / R10E / S 24.
- **Thompson Mountain - 35 piles.** Piles are machine-built piles with a surrounding fuel type of Ponderosa pine, Piñon pine, juniper, and Gambel oak. The burn is located 13 miles northwest of Cañon City, 2 miles east of CO Highway 9, and in the Deer Haven area near Thompson Mountain. Legal Location: T17S / R71W / S 6.
- **Mount Shavano - 2,000 piles.** Piles are hand-built, consisting of Piñon pine, juniper, Ponderosa pine, and Douglas fir. The burn is located 3.5 miles north US HW 50, 3.5 miles west of US HW 285, and 5.5 miles northwest of Poncha Springs, CO. Legal Location: T50N / R7E / S 24.

Smoke may be visible in the area both during and after the burn operations. Smoke will be most visible during the warmest part of the day. With cooler temperatures in the evening, smoke may linger and accumulate in low-lying areas. Fire managers have developed a detailed prescribed fire plan and have obtained smoke permits from the State of Colorado for the planned burns.

Prescribed fire smoke may affect your health. For more information, please visit the Colorado Air Pollution Control Division's website: <https://www.colorado.gov/pacific/cdphe/wood-smoke-and-health>.

FMI: Matt Norden, Fire Operations Specialist, 719-269-8583, or John Markalunas, Deputy Fire Management Officer, 719-257-8785, at the BLM Rocky Mountain District Front Range Fire and Aviation Management Unit.

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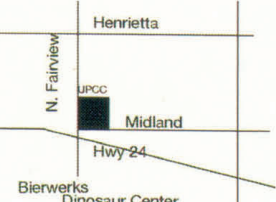
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Musings Along the Way

Thoughts manifest

by Catherine Rodgers

“Whatsoever things are true, Whatsoever things are noble, Whatsoever things are just, Whatsoever things are pure, Whatsoever things are lovely, Whatsoever things are of good report; If there be any virtue and If there be any praise, Think on these things.”

— Philippians 4:8

Deepak Chopra has an interview in *The New Yorker* discussing his new book, *Metahuman: Unleashing Your Infinite Potential*. The journalist, and I suppose some readers, found his writing obscure, quoting “Attention and intention are mechanics of manifestation.” What we focus on shows up as our experience. What we believe will happen, generally does happen: “It is done unto you as you believe” cited variously in Matthew. In the USA, this concept has been popularized since 1937 when Napoleon Hill published *Think and Grow Rich* which began, “Thoughts are things.” A latter-day internet wit adds, “So choose the good ones!”

But this idea is a principle attributed to Buddha 2500 years ago by K. Sri Dhammapada:

“The thought manifests as the word, the word manifests as the deed, the deed develops into habit, and the habit hardens into character.

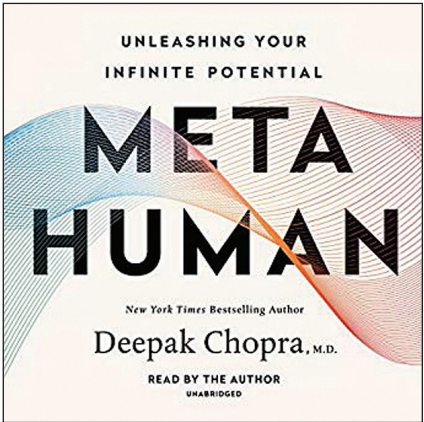
So watch the thought and its way with care, and let it spring from love

Born out of concern for all beings.”

Or as marketed by Frank Outlaw, President of BI-LO Stores, “Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.” (Also attributed to Lao-Tzu and Margaret Thatcher’s father.)

I am really amazed at how we overlook the power of our thoughts. Well, at least I do, daily. It takes practice to remember to think on things of excellence and good repute; to remind myself to focus on the good in my life and to be grateful; to transpose a negative belief into a positive affirmation. It’s all about transformation: the alchemical transmutation from dark matter to gold; the metamorphosis of fear (horror, panic, prejudice, confusion) into love (peace, harmony, recognition, confidence that everything is unfolding in Divine Right Order). This is a planet of duality, the fruit of consciousness sprouting from the “tree of good and evil.” As in the ying and the yang symbol, everything is always containing and becoming its opposite. Perhaps our mission, should we choose to accept it, is to embrace the wholeness, both “sides” of one coin. How then to balance on the edge of that grooviness?

Abraham-Hick’s emphasis isn’t so much on this as a world of duality as much as we are eternal beings who vibrate. We tune our vibrations by what we “put out there,” think about and feel. This



determines what we attract, who we attract, what flows into our experience, and how receptive we are to our good. The process of desire on this planet is endless and always showing up in the world of form we can taste, smell, see, touch, hear, and feel. Sometimes we resist what is showing up because we are EXHAUSTED experiencing our experience! Yet taking some time every morning to breathe into the quiet, and focus on that watcher within, allows us to shift our identity from the fearful and anxious mode of body-mind to the eternal HUM of the universe.

Getting back to Deepak (who is really, really deep!) (ah!), he responds when challenged about the nature of reality:

“...perceptual experiences [are] interpret[ed]...as the physical body and the world. But, in a deeper reality, there’s no such thing. All there is is consciousness, experiencing itself perceptually, as perceptual activity, which is species-specific. You don’t see the same world as a painted lady, a species of butterfly that smells the world with an antenna, tastes the world with her feet. So, what is the picture of the world to a snake that navigates through the experience in infrared? ...We can only experience a narrow band with our perceptual reality. So, there is no such thing as a physical world. That’s where I’m going.”

This is the season of Light renewed and returning. Whether we celebrate the winter equinox, Hanukkah, the birth of the Light of the world, the unity of Kwanzaa, New Year, or my personal favorite, the Epiphany January 6th celebrating the manifestation of Divine being incarnate, let your light shine with joy. Intend to vibrate with thoughts of the highest and best for all sentient beings that our planet may HUM and focus your attention on radiating that light into the multiverse to bless all the worlds and dimensions.

For those of you who might want to follow in the camel tracks of three kings from Orient following yonder star, I suggest *Journey of the Magi: Travels in Search of the Birth of Jesus* by Paul William Roberts. Following clues in *The Travels of Marco Polo*, *The Dead Sea Scrolls*, *King Solomon*, Roberts expounds on the Gospel of Matthew by tracing the Magi’s journey through Iran, Iraq, Syria, and Jordan to Bethlehem. The descriptions of burning gas flares in the desert and the Zoroastrian temple rites take the chronicle from myth to historical verity. Namaste.

Heart of the Rockies Regional Medical Center news

Artist reception

Heart of the Rockies Regional Medical Center will host a reception on Wednesday, Dec. 4, from 5:30-7 p.m. for the four artists whose work was featured in the hospital’s rotating art exhibits this year. The reception is open to the public and will be held in the hospital’s atrium lobby, near the main entrance.

Buena Vista artist Jennie Noreen, Buena Vista painter Stuart Codington Andrews,

Buena Vista photographer Bill Mehaffey and Nathrop painter Sue Ann Hum will display samples of their work.

The reception will be catered by Rustin-gRam.

The hospital displays the work of regional artists as part of its mission to create a healing environment for patients and visitors. Twenty-five percent of the proceeds from art sales is donated to the HRRMC Foundation. FMI: Allison Gergley at 719-530-2217.

Living the Spirit of Santa for 50 years

Congratulations to Philly Joe Corrigan!

by Kathy Hansen

Joe Corrigan was just a young boy when he and his mother were navigating the hustle and bustle of the holiday season many years ago in Philadelphia as Joe happened to notice a Santa Claus on every corner. His young mind began to churn on this as he asked his mom, “How can Santa Claus be on every corner if he is only one person?” His mother replied, “Santa needs a LOT of helpers! You see, Santa is a *spirit* that lives within each of us; a tradition of spreading goodwill, peace and hope. Whenever we do something good for someone, something to help someone, we BECOME Santa. It can be something as simple as holding a door or even greeting someone with a smile.”

Young Joe Corrigan allowed those words of wisdom to rest in his heart, mind, and soul to germinate. It was in Alaska 1969, at his first job out of college working at a treatment center for youth that these words sprouted. “Santa” called in sick and while each staff refused the request to put on the suit, meaning the children in the hospital would not only be alone this Christmas, but they would not have a chance to visit with the jolly old elf. Joe felt compelled to accept the opportunity! Thus began Joe’s annual tradition of “putting on the suit” to become Santa.

What does it take to put on the suit? According to Joe, it requires your willingness to uphold the Santa Code. Once you put on the suit, you *become* Santa and that means everything you do and say is what you believe Santa would do or say. Please mind the manner in which Santa would speak; use encouraging words, come from the heart, and speak of peace, goodwill toward human-kind, speak of hope and love. There will be no cursing, no imbibing of alcohol or other mind-altering substances, and no cigarette smoking. One must be mindful of who and what you are representing. Remember that suicide rates go up during the holidays and you never know if the person you see before you is feeling vulnerable, so special consideration is warranted. Joe is also very specific about the timing of the donning of the suit; never before Thanksgiving and never after Christmas Eve. Santa is for kids; he doesn’t do adult parties. Finally, “You don’t *play* Santa, once you put on the suit you *become* Santa.”

Joe has been particularly sensitive to what children might be going through. When asking what they want for Christmas, he has heard a wide range of responses that can tear at the heart, such as: “I need a new kidney because mine doesn’t work anymore.” “I want my dog back; he died yesterday.”

“I want to go home, but we were kicked out last week and have no place to stay.”

“Could you please give my mommy the medicine she needs? We can’t afford to buy it and she is VERY sick.”

“My Daddy needs a job. Mommy said Daddy is gone looking for a job. I miss him. He’s been out looking for a job for over a year now. Could you get me my Daddy a job for Christmas so we can see him again?”

This first year seemed to hook “Philly” Joe Corrigan and it seems to have grown each year to a point where he was asked to give radio public service announcements about how to be safe over the holidays. Then came the television commercials. There was also a radio show that allowed kids to call in to ask Santa questions. He would even travel to various Yupik Eskimo villages in Alaska; the entire village would come to see Santa! He visited by truck, dog-sled and plane. In 1988, he visited seven villages by truck, then met up with the Alaskan National Guard which volunteered to



While in Alaska, Santa had to rely on whatever mode of transportation was available, be it snowmobile (above) and airplane (below).

transport him to 14 more villages!

We asked “Philly” Joe Corrigan what it is like to put on the suit? His reply, “It’s like going fishing; you know you’re going to have a good time, but you never know what you’ll run into.” Joe seems to enjoy the spontaneity of the season, sharing that sometimes he’ll put on the suit and stand on a street corner or an office building. Some people will enjoy seeing Santa and wave or say hi. Others will approach him and ask what he is up to, saying they didn’t order a Santa; those folks are blown away when he says he is doing it just to put a smile on faces and brighten the day!

It has become a regular practice for Joe to volunteer his Santa service for hospitals, nursing homes, group homes, facilities that provide services as in Community Partnership’s Christmas party on December 14 where he will visit at 10:30 a.m. to listen to the children’s Christmas wishes. Then he’s got to go; Santa is busy!



Santa Joe visiting one of the villages during his time in Alaska. Closer to home and more recently, Santa visits with Pancho at the Thunderbird Inn in Florissant, CO (cover).

“You really have to be mindful and it helps to watch the parents’ faces when their child asks for a horse or a puppy. It’s important to be responsible in the Santa spirit, you have to tell the child it’s a lot of responsibility to take care of a horse or a puppy. You have to ask if they are willing to feed it every day, give it water and brush it, and what about when your new friend poops on the floor, are you willing to clean it up? That’s usually when the child thinks of something else and the parent can take a breath,” said Joe.

For the most part, Joe only accepts donations because he needs to cover his costs of the gifts for the children and other related costs. This year, he bought a new beard and wig which cost \$400. He

has gone through at least five suits in 50 years. He said this year he is not charging anyone for his services to celebrate his 50th year, then added, “I’m only charging the naughty people.” When asked if he’s going another 50 years he replied, “As long as I can get those boots on!”

In past years and possibly in 2020 you just might see Joe in perhaps the smallest St. Patrick’s Day Parade held in Divide, Colorado in March, wearing a Kelly-green beard instead of the Santa suit.

Thank you, Joe, for embracing and embodying the spirit of Santa for 50 years! Special thanks to Tweed’s Fine Furnishings in Woodland Park for allowing us to photograph Joe in their beautifully decorated Christmas showroom.

Whenever anyone was unselfish, that was Santa Claus. Christmas Eve was the time when everybody was unselfish. On that one night, Santa Claus was everywhere, because everybody, all together, stopped being selfish and wanted other people to be happy. And in the morning you saw what that had done.

— LAURA INGALLS WILDER

Currant Creek Characters - Part III Benders and Hammonds

by Flip Boettcher

This is a continuation of Current Creek Characters – Part I ran in our August 2019 issue, Part II ran in the September 2019 issue of Ute Country News.

From the head of Currant Creek going south down the creek the southeast corner of the William Harrison Beery homestead (see the *Ute Country News* August and September, 2019) touched the northwest corner of Hannah “Anna” (she went by either) Hammond’s homestead on the creek. Hannah had the first recorded homestead in the upper Currant Creek area, 1881, but she was not the first to arrive there.

Hannah’s son-in-law, Johannes “John” Bender, came to Colorado in 1859 seeking gold like so many others. Bender went first to Gilpin County and then to California Gulch by Leadville, where he spent several tough years mining.

John Bender was born in Darmstadt, Germany in 1837, the son of Johann “Martin” Bender (1810-1876) and Anna Elisabeth Kuhl (1805-1878), the middle of three children: Martin Andreas “Andrew,” 1835-1894; John, 1837-1902; and Catherine, 1847-1922.

Old World families often sent out a responsible family member to scout out the territory before the rest of the family emigrated. John, 17 years, was the first of his immediate family to emigrate to America in July, 1854, sailing from London on the ship Sir Robert Peel with some of his mother’s relatives; Mary Kuhl, 41 years, Catherine Kuhl, 20 years, and Catherine Kuhl 15 years. Perhaps they were an aunt and two cousins.

A year later, August 1855, John’s mother Elisabeth, father Martin, brother Andrew and sister Catherine immigrated to America, sailing on the ship Confederation, captained by Asa A. Corning, from Le Harve, France to New York.

Also sailing on the same ship were Martin’s brother Karl Bender and his wife Catherine; Michael Kuhl, Martin’s brother-in-law and his family; and some other Kuhl’s. All of the Benders settled in Randolph, Columbia County, Wisconsin. The Kuhls settled nearby in Cambria.

John Hammond and his wife Hannah “Anna” and their daughters Annie and Mary immigrated to America in 1849 on the ship Marmion from Liverpool, England to New York. John’s brother James had immigrated in 1846. Both John and James were potters like their father.

James Hammond, Hamlet Copeland and John Sawyer were a three-member committee of the English Potter’s Emigration Society sent to America to establish a working community of potters in America; they settled in Columbia County, Wisconsin, where John and his family later joined them.

The 1840s saw a time of severe economic depression in England, with a glut of potters in the workforce who were out of work and in dire need. By 1844, the potter’s union of Staffordshire was supporting such a large number of potters it was costing 70 pounds sterling (\$340) per week.

The potter’s union formed the Potter’s Joint Stock Emigration Society and Savings Fund, charging each member one pound per share to buy some 12,000 acres of land in the New World. To raise the funds for land they charged weekly contributions from members according to their shareholdings.

This plan was also designed to help lower the potter workforce, ensuring more demand for work and higher wages, for those who remained in England.

By 1846, sufficient funds had been raised, and Hammond, Copeland and Sawyer were sent to America to purchase land. They left England in January 1846 and arrived in New York two months later and continued on to Washington, D.C.



Photos courtesy of Doug Stiverson, Hannah Hammond’s great, great, great-grandson. Annie Hammond’s brother George (left). George was the “dandy” who lived next to Annie and John in the 1870 census and was a teamster. He moved around a lot and not much is known about him. Hannah Hammond in a studio portrait taken in Salida or Cañon City (right).

The committee had brought a fancy set of pottery for the General Land Commissioner as a gift. The commissioner was not available upon the committee’s arrival in Washington, but his brother, a clerk in the land office, accepted the gift on his brother’s behalf, and advised the group to look for land in Wisconsin.

In April 1846, the group purchased either 1,000 acres, 1,640 acres, or 1,700 acres, according to various accounts, in Scott Township and they were to divide the land into 20-acre parcels and build log cabins. Scott Township was actually named in 1849 after General Winfield Scott who was making a name for himself in the Mexican-American War.

Back in England, the potter’s union had split into eight branches, each with its own union. One member was chosen from each branch forming the Estate Committee to accompany the 134 emigrants in the first group to see that everyone got their proper credits and land allotments.

Each emigrant was to get 20 acres of land with five acres fenced and planted; a log house built on that land before they arrived; passage for them and their families; and two years credit for provisions at the expense of the society to settle as farmers, not potters, all for 6 pence per week. Emigrants were selected by ballot and lottery. After the society deemed sufficient time had elapsed for the committee sent out to make all the preparations in America, the first group of about 140 people arrived the next summer, 1847.

After a five-week sea voyage to New York, up the Erie Canal to Buffalo, and across the Great Lakes to Milwaukee, Hammond met the group. When they finally got to Scott, they found the conditions no better than those they had fled from in England.

There were only four cabins built, all unfinished. The committee members had had to build their own cabins first of course, and get settled in. Provisions were hard to find even with money and starvation loomed. When such discouraging reports reached England, emigration

naturally dwindled.

That first purchase of land in Scott was called Pottersville and it was a dismal failure. By 1850 it was all but dead and was totally torn down by 1889.

But James and John survived. The 1850 U.S. Census has John, a farmer (~1818-1873, or later) 32 years old, “Hannah” Anna (1820-1897) 30 years old, Anna “Annie” 6 years old, Mary 4 years old and George, several months old, all living in Scott Township, Wisconsin. The 1860 census has John, still a farmer, Hannah, Annie, Mary, George, Emma, Henry and William all living in Scott Township.

After the rest of his family emigrated to Wisconsin in 1855, John Bender only remained a few years in Wisconsin, long enough to learn English and American customs, before heading to Colorado in 1859. Bender first spent some time in Gilpin County and then went to Leadville.

Then, Bender’s “activities and timeline become blank,” stated Doug Stiverson, Bender’s great-great grandson. Bender does not appear in any 1860 census records. How long he remained in Gilpin County, Leadville or Colorado, his success or failure, is unknown, but at some point, he returns to Wisconsin, where he met Annie Hammond.

Perhaps Bender returned for his sister Catherine’s wedding to Anton Artus in 1865, whom she had met in Wisconsin? We will never know, but on November 19, 1868, Bender married Annie Hammond at Fox Lake, Wisconsin. Annie was born in Staffordshire, England in 1844.

The couple must have left almost immediately, for Colorado, as their first child, John “Martin” was born September 21, 1869, 10 months later, in Russell Gulch, Jefferson County, Colorado.

Bender was a teamster and operated a dray business in the Central City area and is listed there in the 1870 census. Bender had mining interests above Fairplay, as well.

The 1870 census listed Annie’s brother George Hammond as a neighbor. George was a teamster, too and probably worked with his brother-in-law John in the dray

business. Not much is known about George, according to Stiverson, but he was quite a “dandy” and moved around a lot.

The Bender’s second child, Mary Catherine, was born January 27, 1871 in Russell Gulch. Later that year, John and Annie located to Currant Creek.

In 1871/1872, John’s sister Catherine, her husband Anton Artus and their three children arrived at Currant Creek and lived on the Bender Ranch where their fourth child, Charles, was born in 1872. The couple had two more children while living on Currant Creek, but eventually they moved to South Dakota in 1881 and are buried there in Clear Lake, Deuel County.

Anton Artus was also born in Darmstadt, Germany in 1841 and emigrated to America in 1859 and became a naturalized citizen. Artus enlisted as a Union private in the Civil War in August 1862, at 19 years old. His wife Catherine Bender Artus, applied for a Civil War pension a month after Anton died in January 1921 in South Dakota. Catherine passed away in 1922.

Anton and Catherine had seven children, three born in Wisconsin, three born on Currant Creek and one born in South Dakota. The 1870 census in Scott Township, Wisconsin, lists John Hammond with an occupation of farmer, 51 years old, living by himself. His wife Hannah, 49; daughter Mary, 24, who died in 1870 or sometime later, is not known; and sons Henry, 14 and William, 12, all living together separate from John.

John and brother James Hammond are still shown owning their 20-acre parcels of land in Scott, Wisconsin in 1873. When and where John and James died remains a mystery.

What caused John and Hannah’s separation we will probably never know, but it is interesting to note that Hannah only appears in black “mourning” attire in all her Colorado pictures, after 1871, according to Stiverson.

It seems the separation caused Hannah and her two sons to move to Colorado and join her daughter Annie and her brother-in-law John Bender on Currant Creek in 1871.

To be continued...

CPW hopes enhanced wetlands will help boreal toad survival

In mid-September Biologist Dan Cammack walked slowly along the edge of a boggy pond in the San Juan Mountains high above the San Luis Valley and peered into the mud and black water looking for a camouflaged critter the size of a dime.

After just a couple minutes, he saw the jumping movements of tiny boreal toads. The amphibians, colored a brownish-black, sat in the mud, on rocks, in the grass or moved on the top of the water attempting to stay clear of danger. Cammack had placed the toads in the ponds for the first time a few weeks earlier.

“Watch where you step,” Cammack said, “We don’t want to step on them.”

The toads are precious. Twenty years ago, they were abundant throughout Colorado’s high country. Today, however, they are scarce as they battle the mysterious chytrid fungus that is threatening amphibians throughout the world. CPW biologists are working statewide to revive populations of these high-altitude amphibians that live from 8,000 to 13,000 feet. But as is the nature of wildlife research, biologists will not know for at least three years if the work will help toads survive.

To start the process, Cammack and his crew collected eggs from two wetlands in the Triangle Pass area near Crested Butte. The fertilized eggs, collected in early summer, were then taken to CPW’s Native Aquatic Species Hatchery in Alamosa where they were hatched in captivity. By late summer, they grew into tadpoles and were ready for stocking in the San Juans.

In the high country above the San Luis Valley, the West Fork fire in 2013 burned through 100,000 acres of forest. Paul Jones, a now retired CPW biologist, had seen research that suggested burned areas

might prevent development of the chytrid fungus. He also knew, based on historic records, that toads had once inhabited the area. So, he worked with the Rio Grande National Forest, U.S. Fish and Wildlife Service, Rio Grande Headwaters Restoration Project and the San Luis Valley Water Conservation District to build small levies in a wetland area to enhance and enlarge optimal reproductive boreal toad habitat. The area mimics wetlands created by beaver ponds — favorite breeding areas for toads.

In late August, Cammack and his crew released about 2,700 tadpoles for the first time into the ponds. He traveled back to the area in mid-September to check if the tadpoles had transitioned to toadlets. All along the edge of the five-acre pond, he saw toadlets moving, swimming and hiding.

“It looks like we have a lot of survival,” Cammack said. “The next critical test comes when we come back next spring to see if they survived the winter and hibernation.”

What is particularly challenging for the biologists is that young toads are less likely than adults to contract the fungus. So, biologists have to wait to know if toads are affected.

“Making a determination about whether the site is positive for chytrid will not be established for about three years,” Cammack explained. “And reproductive maturity is not reached for five or six years, so it will take patience to see if the toads will breed in these ponds.”

Until then, Cammack and his crew will continue to collect eggs and release tadpoles into the ponds. The ongoing work is needed to maintain multiple “age classes” of the amphibians.



Cammack noted that he has found a few boreal toads at various locations in the mountains. However, outside of the Triangle Pass area, breeding in the wild has been unsuccessful.

“While each sighting is encouraging, the numbers are a mere shadow of the past when toads were once thriving in the region,” Cammack said. “We hope that careful management and novel approaches to encourage reproduction will keep boreal toads from disappearing.”

CPW biologists throughout the state are working on a variety of boreal toad conservation projects.

“We’re working on creative ideas to help bring these toads back. Building these ponds in this burn area is one idea. Hopefully, one of them will work; but it will take time,” Cammack said.

He’s hopeful, “With wildlife we have to manage with optimism.”

Link to a video to see how CPW biologists are working on boreal toad restoration. https://www.youtube.com/watch?v=dS-d8JL11_o

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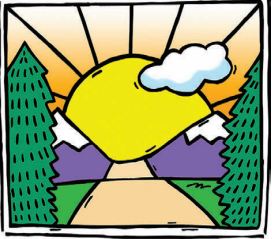
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Mining landscape takes on holiday décor

The giant headframes that are the remains of 1890s gold mining days will again light up the night sky around Victor and Cripple Creek this holiday season. These unique mining structures are one-of-a-kind remnants of the gold rush era. This marks the 20th anniversary of the event.

Holiday ornaments, some as large as 20 feet tall, are lit against the starry night skies of the Victor and Cripple Creek as of Nov. 29. Everything from a Christmas wreath to a snowman will be on display this year.

A self-guided driving tour map will be available at area businesses, as well as the Cripple Creek Heritage Center and online at STCFG.com. The lights will be best viewed after dark and will be in place Friday through Sunday nights through New Year's Day, weather/safety and volunteers permitting.

This holiday lighting tradition is sponsored by Newmont Goldcorp, on whose property most of the headframes are located. Volunteers from the communities staff the generators and line power connections each weekend. Other sponsors include an anonymous donor, Southern Teller County Focus Group, Cripple Creek Parks & Recreation, and the Cripple Creek District Museum. Support also comes from Black Hills Energy crews who help refurbish the lamps on the ornaments and donate power installations.

FMI: STCFG.com.

Heartfelt Thank You!

by Lake George Charter School

We would like to recognize the following businesses and individuals who helped to make our Halloween Carnival a success!

<ul style="list-style-type: none">• 9494• Advanced Auto Parts• Allin Gem Rock Shop• Anger Management Racing• Aspen Interiors• Behm Family0• Big D Motorsports• Big O Tire• Café Leo• Cal's Trucking & Excavating Inc.• Century Casino• Circle H Smokehouse• Colorado Outdoor Sandborn Western Camp• Country Store of Hartsel• Creations Everlasting• Creative Curl Salon• Crippens Processing• Crystal's Confection Connection• Dan Schoen• Debbie Rakowski• Diana Potter• Divide Septic• Domino's Pizza• Elvin Henderson w/Quality Fence & Landscap	<ul style="list-style-type: none">• Florissant Fire Department• Front Range Minerals• Gary's Custom Art• Gold Hill Theaters• Gold Rush Water• Halcomb Family• Harder Plumbing• HD Aero Engineering• Henderson Family• High Alpine Sports• Hunt Brothers Pizza• IREA• Jim & Cathy Griffin• Judd's Glass• Lake George Cabins & RV Park• Lee Taylor with Edward Jones• Lindsay Henderson• Little Chapel of the Hills• Louise & James Noble• Manchester Excavation• Midnight Rose Hotel & Casino• Mountain Naturals• Nelson Trailer• Normandin Family• O'Keefe Ceramics• Outpost Feed	<ul style="list-style-type: none">• Pat & Cal Wood• Patton Family• Patty Pugliese• Ponderosa Country Store• Quality Science Lab• Rampart Supply• Santa's Workshop North Pole• Scentsy - Donna Bryan• Sherwin Williams• South Park Ace Hardware & Lumber• South Park City Museum• Spirit, Soul, & Hair• Steven's Carpet Plus• Studio West Arvada• Super Shears• Tami Mundy• Texas Roadhouse• The Peak Fly Shop• Tumbling Trout• Tweeds• Vigil Family• Whole in the Wall• Williams Brothers Furniture• Wise Guys Barber Shop• Woodland Park Pawn and Loan
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Please support these businesses and pass on our gratitude for the difference they have made in the lives of our students!

CPW releases 14 endangered black-footed ferrets

Fourteen endangered black-footed ferrets were released in a prairie dog colony on the Walker Ranch as part of a decades-long effort by Colorado Parks and Wildlife, U.S. Fish and Wildlife Service (USFWS) and other partners to restore the rarest mammal in North America.

The black-footed ferret is the only ferret species native to North America and twice was thought to be extinct due to habitat loss, widespread poisoning of prairie dog colonies and disease.

The last official record of a wild black-footed ferret in Colorado was near Buena Vista in 1943. Then in 1979, the last known black-footed ferret in captivity died, and the only ferret species native to the U.S. was believed to be lost. Since 1967, black-footed ferrets have been listed as endangered under the federal Endangered Species Act.

But in 1981, a small colony, or remnant population, of 129 ferrets was discovered on a ranch near Meeteetse, Wyo. This population, however, soon experienced significant declines due to canine distemper and sylvatic plague. So, in 1986, the USFWS captured the remaining 18 wild ferrets for a captive breeding and species preservation program. Those ferrets became the seed population for all subsequent captive breeding and recovery efforts.

CPW joined forces with USFWS, the Utah Division of Wildlife Resources and the Bureau of Land Management (BLM) to restore black-footed ferrets to their native range. Today, Colorado is one of eight states involved with the recovery of the species through reintroduction.

Ferrets were first reintroduced to Colorado in 2001 at Wolf Creek, north of Rangely. After dozens were released over several years, that site succumbed to a plague outbreak and collapsed by 2010.

An Eastern Plains reintroduction strategy began in 2013 with the release of 300 ferrets to six Colorado sites. In order to be released, individuals have to display their ability to survive in the wild. This training and preparation take place at the National Black-Footed Ferret Conservation Center in Larimer County.

So far, 254 black-footed ferrets have been released on the private lands enrolled in the Safe Harbor Agreement (SHA) program. Most were raised in captivity at special breeding facilities.

The restoration of any threatened or endangered wildlife species is deemed successful when release animals begin reproducing on their own in the wild. Black-footed ferrets mate in early spring and give birth to a litter of three or four mouse-sized kits after a seven-week gestation period.

"Our goal is to create conditions where we have a self-sustaining population of ferrets and captive-born ferret releases are no longer necessary," said Ed Schmal, CPW conservation biologist. "To do this, we need to maintain healthy prairie dog populations and implement annual plague management."

CPW biologists can't know for sure whether black-footed ferret reintroduction efforts can be deemed a "success." But biologists found a hopeful sign with the first wild-born kit, or baby ferret, in 2015 and more after that.

Much of CPW's current work focuses on plague management to ensure continued persistence of the ferrets and prairie dogs they rely on. Continued ferret reintroduction efforts seek to increase genetic diversity at each site.

On Monday, CPW released 10 juvenile and 4 adult ferrets into prairie dog burrows on the nearly 80,000-acre Walker Ranch outside Pueblo West. The ranch is



An endangered black-footed ferret surveys its new home on Walker Ranch west of Pueblo West after it was released from a captive-breeding program designed to restore the rarest mammal in North America. photo courtesy of Colorado Parks and Wildlife / Mike DellVeneri.

owned by Gary and Georgia Walker, who are pioneers in creating safe harbors for ferrets on private land.

"Gary and Georgia were the first private landowners in Colorado to release black-footed ferrets," Schmal said of the critical role played by the Walkers in hosting ferrets. "Their unwavering support for the recovery of this species is a testament to their conservation ethic and commitment to wildlife. We couldn't do this work without cattle ranchers like the Walkers."

Since 2013, 107 black-footed ferrets have been released on Walker Ranch by CPW biologists, who have invested extensive time and effort to monitor the colonies and distribute plague vaccine across the vast colonies in hopes of protecting the black-footed ferrets and the prairie dogs, which is their primary source of food and shelter.

For more information, visit these websites:

- <https://cpw.state.co.us/learn/Pages/CON-Ferret.aspx>
- <https://cpw.state.co.us/learn/Pages/SpeciesProfiles.aspx?species=ferret>
- <https://cpw.state.co.us/Documents/Conservation-Resources/Black-footed-Ferret-Reintroduction-Summary.pdf>

Heart of the Rockies Radio Group & Media Center

At Heart of the Rockies Radio Group & Media Center, we strive to keep you up-to-date on the news and events of the Arkansas River Valley and surrounding areas. On top of our award-winning radio news coverage, we are proud to introduce you to the new hub of *everything* happening around the valley - **HeartOfTheRockiesRadio.com**. Our website features local sports, events, concerts, and news coverage as it happens... not the next day! This is your hometown news, in real time. And the best part? It is absolutely free...

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~OUT AND ABOUT~

Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7587 or email us at utecountrynewspaper@gmail.com.

BUENA VISTA

- 7 Holiday Craft Show 9-4 a.m. inside Ivy Ballroom at Surf Hotel. \$95 per booth.
- 7 Parade of Lights 5-6 p.m.
- 7 UAS Club Central Colorado 9-10:30 a.m. at Central Colorado Regional Airport. FMI: 719-581-2010 or ceusclub@gmail.com. Meets every first Saturday, usually at Central Colorado Regional Airport.
- 7, 8 Chocolate Walk during regular business hours. Get hour-by-hour events at www.buenavistacolorado.org

CAÑON CITY

- 7 First Friday Art Walk along Main St. Art Galleries and most of the shops are open until 8 p.m. REM Art Gallery will have Mary Shell speed painting and giving her creations away beginning at 7 p.m. Come join the fun each month!
- Yoga with Bill O'Connell at River Lotus Yoga Mondays 9 a.m., Wed 6:30 p.m., studio fees apply.

LIBRARY

- 4 Free Legal Clinic for parties who have no attorney 2-5 p.m. Schedule by calling 719-269-9020.
- 7 Early closure 2 p.m.
- 13 Early closure 2 p.m.
- 14 Story Time with Mrs. Claus and Santa 10:30-12:30 p.m.
- The library is located at 516 Macon Ave. FMI 719-269-9020.

NAMI

- NAMI Connection Support Groups for those living with a mental health condition meets every Friday at 1 p.m., Community Education Room of St. Thomas More Hospital 1338 Phay Ave. These meetings are free and confidential. No reservations required. FMI 719-315-4975 or go to www.namisoutheastco.org

CASCADE

- LIBRARY
- 14 Mrs. Claus Tells Stories 10:30-11:30 a.m. Join us for this special program where Mrs. Claus brings your favorite holiday stories to life. Sing holiday songs, share puppets and take home festive presents. FMI: 719-684-9342.

COLORADO SPRINGS

- 8 IndyGive! Black Lager Happy Hour 5-7 p.m. at Bristol Brewing Company. For every pint you enjoy, Bristol will give \$3 directly to Community Partnership; make your selection on the ballot you get with your pint. FMI 719-686-0705 or Jamie@cpteller.org.
- 9 History of Toys by Susan Fletcher 6 p.m. social time, 6:30 p.m. dinner at COS Masonic Center 1150 Panorama Dr. Feel free to bring a vintage toy for Show 'n Tell. Display tables will be available. RSVP and pay \$20 by Dec 6. posse@dewittenterprises.com or 719-473-0330.
- 14 Evergreen Cemetery's Wreaths Across America beginning at 10 a.m. wreaths will be placed on the graves of our nation's veterans. American Legion Post #5 will support the opening ceremony. There are currently just under 2,000 wreaths sponsored and over 3,300 veterans from the Civil War to present buried at Evergreen Cemetery. Evergreen Heritage, as a nonprofit organization, receives \$5 for each wreath purchased through our fundraising page. Our goal is to raise enough funds to place a live, balsam veteran's wreath on the headstones of all local heroes laid to rest at Evergreen and Fairview, to ensure that the individuals who served to protect the freedoms of our country never be forgotten and bring the community together in a patriotic commemoration. Those interested in volunteering on National Wreaths Across America Day or sponsoring a \$15 live balsam veteran's wreath: https://www.wreathscrossamerica.org/pages/42498/Overview?realtedid=42571&fbclid=IwAR1GMtOxAS9B1VrvAe9QDRNZdXy72_ZlP2x2MvKkbvBxLszOZ1jwDVNAUA.

PIKES PEAK CENTER

- 3, 4 Bandstand 7:30 p.m.
- 5 Rudolph the Red-Nosed Reindeer: The Musical 7 p.m.
- 7 COS Youth Symphony Holiday Celebration 7:30 p.m.
- 11 Face Vocal Band 7:30 p.m.
- 12 Phil Vassar & Lonestar — Holiday & Hits 7 p.m.
- 15 Christmas Joy by First Presbyterian Church at 2 p.m. and at 4:30 p.m.
- 17 PJ Masks 7 p.m.
- 22 COS Philharmonic — Christmas Symphony 2:30 p.m.
- 26 Cirque Musica presents Holiday Wishes 7:30 p.m.
- 27 Adam Trent 7 p.m.
- 31 COS Philharmonic — New Year's Eve: Broadway and Beyond 7:30 p.m.

CRIPPLE CREEK

- Alcoholics Anonymous meets at St. Andrew's Episcopal Church at 367 E. Carr St. Thursdays at noon and Sundays at 4 p.m.

ASPEN MINE CENTER

- 16 Employment First 8:30-12:30 p.m. A DHS program for SNAP recipients. Open to public; appointment required, call Lisa 719-686-5511.
- 17 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.
- 11 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.

- 5 Southern Teller County Housing Task Force 8:15 a.m.
- 5 Southern Teller County Childcare Task Force 10 a.m.
- 7 Colorado Springs Chorale Christmas Concert 3:30-5 p.m. at Cripple Creek Baptist Church 137 N. 1st St. Holiday music and singing.
- 10 Veteran Service Meeting 9-11 a.m.
- 10 All Vets, All Wars. Group participation 10-11:30 a.m.
- 11 Colorado Legal Services 1:30-3 p.m. The Colorado Legal Services is a non-profit organization that assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.

- 13 Soup for the Soul & Cookie Contest 11:30-1:30 p.m.
- 13 Winter Wonderland 4:30-7 p.m.
- 13 Tour of Lighted Headframes 5:30-8 p.m. Shuttle service provided, departing at 5:30 p.m.
- 14 Fundraiser Luncheon, Santa, Silent Auction, Ornament and Tree Decorating 11:30-2 p.m.

- 14 The 8th Annual Gold Camp Christmas Craft Fair 9:30-3 p.m. at Cripple Creek Parks & Rec 9125 W. Bennett Ave. Prizes, receive 1 raffle ticket for every \$10 spent.
- 18 Christmas Dinner Celebration 11:30-3 p.m. Free and open to the public.

- 19 OIB Group. This is a support group for individuals with blindness or other sight issues 1-3 p.m. in the Dining Room on the 2nd floor. FMI, Kathleen at 719-471-8181 X103.
- 27 Teller County Emergency Food Distribution Program (Committees) will be held the last Friday of the month 9-2 p.m. Please bring photo ID and proof of Teller County residency.

- 27 Cross Disability Meetings for persons with disabilities 10-11:30 a.m.
- 31 American Legion Post 71 9-10:30 a.m.
- A Willow Bends Tues & Wed most

Christmas tree permits on BLM land available

This holiday season permits are available for cutting Christmas trees on Bureau of Land Management public lands in the Gunnison San Luis Valley, and Royal Gorge field offices through December 24.

Permits may be purchased with cash, check or credit card and must be picked up in person. Each field office has maps of available cutting areas and information on which trees are available for harvest.

Royal Gorge Field Office is located at 3028 East Main Street in Cañon City or 719-269-8500.

The BLM recommends brining along a hand saw, eye protection, rope or twine, extra food, water and blankets when selecting and cutting a tree. Tire chains, a shovel and emergency supplies are also valuable to have along. Permit holders are encouraged to bring maps and ensure they are cutting a tree on BLM lands in an area that is open to tree cutting.



stocking (while supplies last). Ages birth-5 years (older siblings welcome). FMI Jessica@cpteller.org or 719-686-0705.

MASONS

- Cripple Creek Masonic Lodge meets first Friday every month 5:30 p.m. at 75 Buffalo Ct in Divide. FMI 719-687-1457.

MUELLER STATE PARK

Enjoy the peace and quiet in these winter months at Mueller State Park where you can hike, ski, sled and snowshoe your way around the park. Visitor Center is open daily 9 a.m. to 4 p.m. except Christmas Day. Celebrate the New Year by joining us on guided First Day Hikes!

- 7 Hike: Grouse Mountain to Homestead to Black Bear Mash-up meet at Camper Services 9:15 a.m.
- 7 Natural Ornaments at Visitor Center 10-12 p.m.
- 15 Hike: Rock Pond Trail at Visitor Center 9:30 a.m.
- 21 Hike: Homestead Trail-Mash-up at Homestead Trailhead 9:15 a.m.
- 28 Hike: School Pond/Stoner Mill Trails at Preacher's Hollow Trailhead 9:15 a.m.

- 1 January First Day Hikes:
- Elk Meadow Trailhead at 9 a.m.
 - Wapiti Nature Trail at 10 a.m.
 - Forest Bathing Walk to Welcome 2020 at 11:30 a.m.
- Mueller events are free, however an \$8-day pass or

- 13 Crossroads of Parenting & Divorce 9:30-1:30 p.m. Teller County approved divorce class. Registration required.
- A-H 3:30-4:30
I-Q 4:30-5:30
R-Z 5:30-6:30



AmyS@epteller.org or 719-686-0705.

14 GED Registration provided with advanced notice RSVP Katy@epteller.org or 719-686-0705.

14 Teller Talks: Community Christmas 10-noon. Children will enjoy decorating Christmas cookies, treats, snacks and a story time with Santa, arriving at 10:30 a.m., children will meet Santa and receive a Christmas

FLORENCE

- 13 Model Train Open House 5-7 p.m. at Florence Pioneer Museum and Research Center 100 E. Front St. Hot cider and cookies provided. Model trains will be set by people from our local community. Donations accepted. FMI: www.florencepioneermuseum.org.

JOHN C. FREMONT LIBRARY

Silent Auction runs through 13 and closes at 5 p.m. on Dec 13.

- 3, 6, 10, 13, 17, 20, 27 Story Time 10:30 a.m.
- 4, 11, 18 Wool Gatherers 10 a.m.
- 5, 12, 19 Teen Group 3:45 p.m.
- 21 Family Movie: *The Lion King* 2:30 p.m.
- Artist of the month: Plein Air Colours
- John C. Fremont Library is located at 130 Church Ave. FMI 719-784-4649.

OWL APOTHECARY

7 Samples from Apple Valley Cider 11 a.m.

7 Planning a Healthy Year, hosted by Dr. Susan Levy 1p.m.

14 CBD & Hemp 101, hosted by Chase's Choice 11a.m.

21 Roller balls and Room sprays: Let's make some stocking stuffers and last-minute Christmas gifts and Young Living Essential Oils, hosted by Sheri.

23 Customer Appreciation Day! Organic beverages and food.

28 Take your health back. Setting goals for self-care by Deb Snell 1p.m.

FLORISSANT

GRANGE

7 Santa and Mrs. Claus will visit with the kiddos. Free pictures, goodies, crafts and fun 1-2:30 p.m.

14 Last Minute Christmas Shopping Craft Fair 9-3 p.m. Join all the wonderful local crafters and vendors and get your Christmas shopping all wrapped up. We always have great one-of-a-kind gifts. We will have breakfast burritos and lunch — come hungry!

LIBRARY

- Lego Club Fridays 12-4:30 p.m.
- Storytime Fridays 10-10:45 a.m. Ages 3 and up.
- 13 Mrs. Claus (Cathy Kelsay), sponsored by Ute Pass Kiwanis. Sing and play along with Mrs. Claus as she tells stories and sings fun holiday songs 10 a.m.
- 13, 20 Paint Swirl Ornaments 1-4 p.m. Come swirl paint inside ornaments with us and leave with a beautiful ornament for your tree! All ages. All supplies provided.

Adults

- Tai Chi Mondays 10 a.m.
- 9 Let's Read Amok! 11 a.m. December theme: End of Year Celebrations.
- 12 Free Legal Clinic for parties who have no attorney 3-4 p.m. Schedule by calling 719-748-3939.
- 12 Yarnal 10-12 p.m. Bring your crochet and knitting projects and meet other yarn crafters. Share projects, tips and socialize.
- Bookworms. No meeting in December.
 - Craft and Create. No meeting in December.
- We will be closed Dec. 24, 25, 31 and January 1 for the holidays.

GUFFEY BAKERY AT STRICTLY GUFFEY

- Yoga every Friday morning from 8:30-9:30 a.m. with Kristie.
- Talking Threads the 3rd Thursday from 10-12 noon.
- Drum Circle the 3rd Thursday night from 6-8pm.

CORONA'S AT FRESHWATER

see music schedule on page 17.

LIBRARY

- 2 Walking, Talking Threads 12:30-3 p.m.
- 3 friends of the Guffey Library meeting 10 a.m.
- 7 Final day to put your bids I on Friends of the Guffey Library Silent Auction items. The Friends will host wine and appetizers during this final bid day. Bids close at 3 p.m.
- 9 Rescheduled Author Talk with Catherine Dilts, author of *Stone Cold Dead, Stone Cold Case, Stone Cold Blooded* and a variety of other books she has written. We honor our guest authors with a potluck beginning at noon. (Rescheduled from November due to snow.)

16 Storytime 2-3:30 p.m.

24 Early closure at 2 p.m. Library hours are Mon & Sat 11-4 p.m. and Tues & Wed 9-4 p.m.

- Yoga with Bill O'Connell at Guffey Community Charter School Sundays 9 a.m. meditation 10 a.m. yoga, Tuesdays 5 p.m. yoga. Donations appreciated.

HARTSEL

14 Christmas Party! Santa is coming to Hartsel! Come enjoy a wonderful lasagna dinner at 5 p.m. Hayride and caroling at 6 p.m. and Santa at 6:30 p.m. Everything is FREE and donations very welcome! Hartsel Community Center is at 86 Valley Dr. See you there!

• Country Church of Hartsel offers Sunday Service at 10 a.m. at Hartsel Community Center 80 Valley Drive. Breakfast Potluck on 1st and 3rd Sundays. Come one, come all! FMI Don 443-756-2911.

• Country Food Bank: feeding the hungry in our area with dignity, respect and love every Sunday 2-3 p.m. at 10 W. Elm St. FMI 719-836-2480 Jimmy or text Mark 719-293-1914.

LAKE GEORGE

12 Rocky Mountain Rural Health comes to the library every second Thursday noon-2 p.m. to give health screenings and read blood pressures, as well as donated clothing and shoes for free!

MANITOU SPRINGS

6 Community Holiday Market 5-8 p.m. at the MAC 515 Manitou Ave. FMI 719-464-2591.

14 Breakfast with Santa 8-10 a.m. at Community Congregational Church. FMI www.manitoukiwanis.org

14 Manitou Music Foundation is hosting their 2nd Annual Holiday Spirits Festival 1-7 p.m. They provide free tastings from local distillers in what is similar to a town-wide bar crawl, with 11 different bands and musicians playing live music at 11 different venues. FMI www.manitoumusicfoundation.com

14 Christmas Parade 6 p.m. downtown. FMI www.manitouchristmasparade.com

24 Santa arrives at the Town Clock 6-7 p.m. FMI 719-685-1444 or www.msrvd.com

25 Salvation Army Community Christmas Dinner 11-1 p.m. at Memorial Hall in City Hall 606 Manitou Ave. All are welcome! FMI 719-459-1630. To volunteer 719-636-5277.

31 AdAmAn Fireworks show from the summit of Pikes Peak 5 in honor of the original 5 members at 9 p.m. and huge fireworks display at midnight. Happy New Year!

NATHROP

14 Annual Holiday Celebration for Collegiate Peaks Banks at Mount Princeton Hot Springs Pavilion, featuring the musical stylings of Celtic Harpist Maryanne Rozzi, as she weaves the serenity of this magical instrument among all those listening. She will provide captivating ambiance from 6-9 p.m. To see if she is available to entertain at your next celebration call 719-838-0279 or solarozzi@yahoo.com.

SALIDA

5 Chaffee County's Emergency Food Assistance Program & Commodity Supplemental Food Program distributions on the 1st Thursday of each month at Salida Community Center, 305 F Street, from 9:30 a.m. until 2 p.m. Call Elaine Allemang for more information 719-539-3351.

12 The SCFTA presents the Creative Mixer at 5:30 p.m.; artists working in all genres are encouraged to attend and meet like-minded people, to share influences and news, to soak up fresh ideas, and to be inspired by the energy that makes Salida a center of support and expression.

continued on next page

continued from previous page

• NAMI Connections for people dealing with mental illness meets the 3rd Tues 5:30-7 p.m. at Salida United Methodist Church 228 E. 4th St. FMI 970-823-4751.

• NAMI's Family to Family for those who have a family member dealing with a mental illness meets 5:30-7 p.m. the 3rd Tues at Salida United Methodist Church 228 E. 4th St. FMI 970-823-4751.

VICTOR

6, 13, 20, 27 Celebrate Recovery at the Victor Community Center 6:15 p.m. FMI 719-243-4970.

WOODLAND PARK

6 IndyGive! BierWerks Happy Hour 4-7 p.m. Proceeds donated to Community Partnership through IndyGive! FMI 719-686-0705.

7 Open House at Ute Pass Historical Society at the Old Curiosity Gift Shop 231 E. Henrietta Ave 11-2 p.m. Stop by to say hi, and enjoy some seasonal treats and hot apple cider. While there, you can check out our extensive selection of books and unique gift items, including Indian art, handmade drums and jewelry, and receive 5% off every purchase! FMI 719-686-7512.

8 WP Wind Symphony Sounds of Christmas 6 p.m. reception, 7 p.m. concert. FREE at Ute Pass Cultural Center. Featuring Mountain Eire Irish Dancers and percussion equipment donors. FMI 719-687-2210 or www.woodlandparkwindsymphony.com

13 Women's Networking Group meets at Shining Mountain Golf Club the 2nd Fri of each month 11:30-1 p.m.

14 Christmas Creche displays and music 2-4 p.m. at Church of Jesus Christ of Latter-Day-Saints 758 Apache Trail. Free!

14 Woodland Park Community Singers FREE Christmas Concert "The Most Beautiful Story Ever Told" 7 p.m. at WPHS Auditorium. Donations accepted. Special guests WPHS Madrigals. FMI: 620-482-2170 or wpesingers@gmail.com

14 Holiday Farmers' Market. See page 21.

15 Swing Factory Snazzy Jazzzy Christmas 6 p.m. reception, 7 p.m. concert FREE at Ute Pass Cultural Center. FMI 719-687-2210 or www.woodlandparkwindsymphony.com

20 IndyGive! *Star Wars Episode IX: The Rise of Skywalker* Early Premier; 3 showings at Gold Hill Theaters. A portion of concession sales will be donated to Community Partnership through IndyGive! FMI Aimee@cpteller.org or 719-686-0705.

28 Lissa Hanner provides entertainment at Woodland Country Lodge 6-9 p.m. Come to listen to the lady who puts her heart and soul into her music with a phenomenal voice that will sing your worries away!

• Come Sing with Us! WP Community Singers each Monday 6:30-8:30 p.m. at Mountain View United Methodist Church. Anyone who loves to sing is welcome! We are especially looking for a new accompanist! FMI: Melissa 620-482-2170.

• Come Sing with Us! Each Wednesday 7 p.m. at the Church of Jesus Christ of Latterday Saints 758 Apache Trail. Do you love to sing? Do you want to improve your skills? FMI: 719-687-1417.

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20 IndyGive! *Star Wars Episode IX: The Rise of Skywalker* Early Premier; 3 showings at Gold Hill Theaters. A portion of concession sales will be donated to Community Partnership through IndyGive! FMI Aimee@cpteller.org or 719-686-0705.

28 Lissa Hanner provides entertainment at Woodland Country Lodge 6-9 p.m. Come to listen to the lady who puts her heart and soul into her music with a phenomenal voice that will sing your worries away!

• Come Sing with Us! WP Community Singers each Monday 6:30-8:30 p.m. at Mountain View United Methodist Church. Anyone who loves to sing is welcome! We are especially looking for a new accompanist! FMI: Melissa 620-482-2170.

• Come Sing with Us! Each Wednesday 7 p.m. at the Church of Jesus Christ of Latterday Saints 758 Apache Trail. Do you love to sing? Do you want to improve your skills? FMI: 719-687-1417.

• NAMI Connections for people dealing with mental illness

14 Christmas Creche displays and music 2-4 p.m. at Church of Jesus Christ of Latter-Day-Saints 758 Apache Trail. Free!

14 Woodland Park Community Singers FREE Christmas Concert "The Most Beautiful Story Ever Told" 7 p.m. at WPHS Auditorium. Donations accepted. Special guests WPHS Madrigals. FMI: 620-482-2170 or wpesingers@gmail.com

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BLM Completes Improvements on Shelf Road Campground

The Bureau of Land Management-Royal Gorge Field Office recently completed improvements to The Bank campground north of Cañon City. The Bank is part of the Shelf Road Recreation Area, one of Colorado's most notable sport climbing locations.

The recent improvements added 20 campsites, an additional group campsite, a camp host site, and two new vault toilets to the existing campground. The first phase of the project, completed in April, tripled the size of the day-use parking area and added a day-use area vault toilet.

"This project was undertaken in response to the dramatic increase in visitor use the Shelf Road area has experienced," said Royal Gorge Field Manager Keith Berger. "The improved campground and trailhead are now better equipped to serve the users of the area."

The Bank campground has become a popular rock-climbing destination in recent years. The increased use had outgrown the facilities at the site. Over 50,000 climbers, hikers, and recreationists visited the site in 2018.

The improvements will increase access to the Shelf Road area and accommodate more overnight stays, resulting in enhanced visitor experiences in the area. The site improvements come in time for the fall and winter climbing season, which tends to be the busiest time of year for the Shelf Road area.

The facility improvements totaled over \$425,000. Those funds were comprised of deferred maintenance funds, user fee revenue, and a partner contribution from the Pikes Peak Climbers Alliance.

Recreation activities on BLM lands in the state of Colorado contributed \$618 million to local economies in 2018.



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