









OPEN DAILY UNTIL OCTOBER 15TH



and Gifts in a century-old livery barn

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Teff has been eyeing the roosters on the Cover for a while, thinking it might make a great cover photo and bring attention to the many artists in our area. Finally, last month our timing and lighting were perfect, so we pulled over to get the photograph. The quote fits quite nicely and serves as a great reminder that every day we are awake, we make choices that can make or break that day or those to come.

Our daily choices do, in fact, create our future! Read how limited funding and making a creative choice helped to staff the "Park County Sheriff's K-9 Program." Those aware of how the seasonal change can invite illness will enjoy reading *Oyate Herbals* "Spice Up Your Immunity and Take Charge of Your Health." "Catholic Daughters Supporting Victims of Human Trafficking" is an inspirational piece about how these fine ladies provide support to those victims. Learn how Craig Harms was inspired by his father in Victor, CO to become a musician and see how "Big Band with a Big Sound: Working with local schools to bring back the music!" Property owners will be interested in "Fire Mitigation and Forest Health" as they learn how the NoFloCo organization continues to train residents and provide choices to prevent wildfires from consuming their property. We ALL make choices about how we see ourselves. Life Enhancing Journeys points out the benefits we experience when we choose to "Respect Yourself and Believe in Your Worth."

We know you take pics of your pets or outdoor visitors, and we would love to share them with our readers in Critter Corner. If you would please send them via email to utecountrynewspaper@gmail.com, drop in to scan the photo at Shipping Plus or snail mail them to us at POB 753 Divide, CO 80814, we are happy to publish them!

— Kathy & Jeff Hansen

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

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Oyate Herbals

Spice up your immunity and take charge of your own health

by Tammie Lowell, PHt, CMH, founder of Oyate Herbals

Han (Greetings!) Welcome to Ptanyétu "Autumn" the Moons of Change and the moon cycle of Čhanwápe Ğí Wi (Brown Leaves Moon).

In preparation for the cold winter months coming, the women of the tribe took time to prepare buffalo meat that the men hunted. Large quantities of firewood were gathered and stored. Before winter arrived, enough dried meat and fruit were collected to fill multiple underground storage caches. We, too, are getting a little busier with changes to school and work schedules, fall and holiday events, while also preparing to settle in for the darker and colder months ahead. Make sure you continue to move, rest, and eat as best you can to keep your body going until the sun comes back our way.

This is also a time when we really want to boost our immune system and get ready for cold and flu season.

This is also a time when we really want to boost our immune system and get ready for cold and flu season. Kids have gone back to school. The germs and viruses are getting passed around and brought back home or spread to many different places. For prevention, I recommend my Immune Boost tincture. It contains black elderberry, echinacea, astragalus, osha root and maca root. This custom blend is rich in Vitamin C and A, has antioxidant and adaptogenic properties, strengthens the body's defenses, particularly against respiratory infections. It contains many of our essential minerals such as: calcium, potassium, iron, zinc, phosphorus and magnesium. It is essential to have on hand during this time of year, and it can be used by the entire family.

Something else to have on hand or start making at this time of year is Fire Cider. Fire Cider is an age-old immunity health remedy for the cold and flu season. It is packed with everything you need to ward off those nasty viruses. So, this month I thought I'd share a tried-andtrue recipe that many of you have asked me for in the past. This Fire Cider recipe is packed with nutrients, vitamins, antibacterial and antibiotic herbs, and so much more. I love this Fire Cider recipe because it is simple, it works, can be made and altered to fit your family's needs, and contains ingredients you can find at your local grocery store. It can be used for preventative measures or during illness.

You will need:

Two large quart size jars (one a little bigger may be easier to work with), parchment paper, cutting board, a sharp knife, cheese grater or food processor. If you have excellent knife skills, you may not need this. I use a sharp cheese grater. It has a strong, pungent smell. If you are sensitive to horseradish, you may find using a food processor is better.

Ingredients:

Current Issue

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Old Issues

• 1 cup fresh grated organic ginger root.

organic shallots chopped. On ions contain sulfur compounds and are rich in vitamin C and potassium. Onions can fight potentially dangerous bacteria, such as Escherichia coli (E. coli), Pseudomonas aeruginosa, Staphylococcus aureus (S. aureus), and Bacillus cereus. Addition-

concern in the developing world. • 20 cloves of organic garlic crushed or garlic as I do, but I love garlic, and the This herb contains high doses of allicin, alliin, and diallyl sulfide, as well as phy-

• 3 organic Jalapeños peppers. Jalapeños are rich in Vitamins A and C and potassium. The peppers also have carotene, which is an antioxidant that may help fight damage to the cells, as well as folate, Vitamin K, and B Vitamins. Moreover, capsaicin is a compound linked to its many health

· 2 organic lemons, 4 Tbsp. of fresh roseorganic cayenne powder

mother appears as a cloudy substance floating in some bottles of vinegar. This "mother" is rich in health-boosting natural protein, healthy bacteria, and raw organic vinegar ferments, producing a murky, brownish-colored vinegar.

• 1/2 cup or so of local raw honey. Add honey to taste. You can use orange blosis honey that is unaltered, unprocessed, unpasteurized, and straight from the directly in the hive.

Ginger is helpful for muscle aches and nausea, anti-inflammatory, and gingerol, the bioactive substance in fresh ginger, can help lower the risk of infections.

• 1 cup fresh grated organic horseradish root; when you grate with it, you may need to wear goggles and a handkerchief over your mouth. It is potent and can cause the eyes to sting. Most "wasabi" products are made from horseradish, so if you have had wasabi, you will know what I mean.

• 1 cup fresh chopped organic turmeric root. This herb is a powerhouse for inflammation. It offers many health benefits and has a long history of use. I love using the fresh root, it really has the best medicinal purposes fresh instead of powdered. • 1 medium organic onion or

ally, the extract of onion has been shown to inhibit the growth of Vibrio cholerae, a bacterium that is a foremost public health

chopped. You don't have to add as much sulfur in garlic acts as a natural antibiotic.

mary leaves (I use a few sprigs of fresh rosemary from the greenhouse). 1/4 tsp.

• Apple Cider Vinegar with the mother. The acetic acid. The mother forms naturally as A brand like Bragg's is a perfect choice or Eden. You can find both at the grocery

som honey that tastes lovely. Raw honey beehive. Raw honey is what bees produce ------



Directions:

Grate, chop and prepare all your ingredients. You can use a food processor if you want for ease. Just a reminder, horseradish is very potent and will clear out your sinuses. Have two-quart jars sterilized for use. Mix all your chopped and graded ingredients and fill your jars until about 3/4 full. Then fill the jars with the herbs almost to the top. Pour in the apple cider vinegar to cover the herbs. Cover with a piece of natural parchment paper and screw on the lid. The parchment paper keeps the lid from coming into contact with the vinegar. You can use a plastic cover if you want too. Shake well and gently agitate every day. After a month, strain through cheesecloth. Squeeze the pulp to get all that goodness out. Pour into a clean, sterilized jar. Next, add the honey. Stir well until it is all mixed in. Taste and add more honey if needed.

Herbal ingredient variations for your Fire

Star anise, rosehips, hibiscus, burdock, citrus peels, different types of onion, peppers, or peppercorns can be added. You can use fresh or dried herbs; with dried, the ratios will be different. I prefer fresh, because I like working with fresh herbs, but it is a personal preference. I know there are other variations and additions other people have used. Feel free to share them with me as I enjoy hearing others' ideas and experiences

Wishing you all the best during this fall season. Enjoy the beautiful colors and remember to take care of your bodies, your mind, your spirit and your emotions. Please reach out to me if you need anything or have questions.

Anpetu Waste Mitakuye Oyate (Good day relatives)

Many Blessings and May you walk in balance.

You may reach Tammie at 719-661-0410 or via website: oyateherbals.com



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nonstrations and much more! Something new every week!



Over 25 years ago the City of Woodland Park asked Woodland Park Wind Symphony conductor Craig Harms if he could provide a band for a local dance. Finding a friend with arrangements for dancing, the "Swing Factory" was born.

As time went along, players from Teller County and Colorado Springs were attracted to join the talented artists of Swing Factory. Currently the band is an 18-piece group including a vocalist playing jazz, rock and

by Tracie Bennitt

Current director Ron Stinson started out as a trumpet player in the band. Earlier this year he took over the reins from Craig as director of the Swing Factory. "We actually went to the same college," Craig recalls. "He's a trumpet player, so he "gets" the music.

Craig has roots in the area as his parents had a house in Victor when he was a kid. "My dad played big band in the Cripple Creek area when was young," he said. "It is important to me to bring the sound back to the community."

Famous players including Bill Watrous, one of the finest trombone players in the country, and Steve Watts of Dotsero have both played with the band in the community in the past.

"One of those concerts was a dedication to my dad and the work he did with bands in the region years ago," Craig added.

As a firm supporter of music in the county, Windy Symphony and Swing Factory have provided music in the region, including fundraisers for local groups. "Swing Factory is honored to be raising funds for the newly established music program at the school,' stated Director Ron Stinson. Meeker Music has done repairs on instruments donated to date. The Cripple Creek Baptist Church with assistance from CC Fire Department donated and delivered and organ to the school music department. A community effort, Two Mile high Club and Mark Green have assisted with flyers and banners for the event.

Autumn Leaves benefit concert is a fundraising effort to bring music back to the Cripple Creek-Victor School District. September 27, Swing Factory will be playing at the Butte Theater to raise monies for reconstituting the music department and providing instruments for the school district. The event will kick off at 7 p.m. Tickets are \$20 for adults, \$10 for kids 17 and under, and available at www.

Catholic Daughters Supporting Victims of Human Trafficking

Big Band with a Big Sound
Working with local school to bring back the music!



Catholic Daughters in photo: Dawn O'Malley, Julie Hatch, Evelyn Irving, Kay Fritz, Anna Fisher.

The Catholic Daughters of the Americas, L Court Our Lady of Peace #2728 in Woodland Park, Colorado, adopted Sarah's Home and Daniel Academy as one of their Circle of Love projects under "Quality of Life."

Sarah's Home is a faith-based residential home in Peyton, Colorado that gives a home to girls 12-17 who are survivors of human trafficking, giving them emotional support, therapy, education, and a safe place to live while they get on their feet.

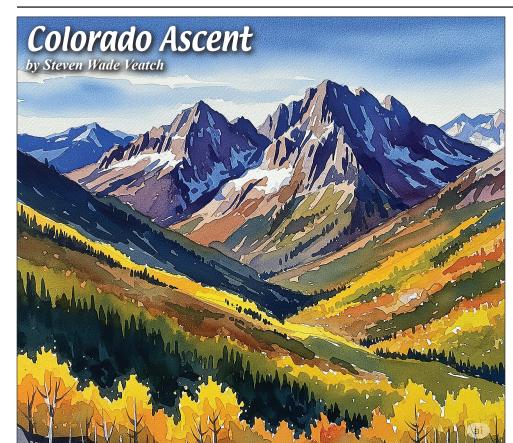
They are in the process of establishing Daniel Academy near Florissant, Colorado on land that has been donated on a ranch property. This is a home for boys who also are survivors of human trafficking, which hopefully will be open by the end of this year. There are no other homes like this for boys anywhere.

On July 19, 2025, the Catholic Daughters met in Divide in front of the Divide Market, campaigning for donations for Sarah's Home and Daniel Academy for household goods, laundry items, personal and hygiene items items that can make their home comfortable and work for them. While we were there in Divide, what a surprise to meet two Board Members with their wives (Eric Apodaca and Glenn Covert) who were excited we were there getting donations for their two homes. There was a second campaign on August 10. 2025, in Woodland Park in front of Vectra

If you would like more information about Sarah's Home and Daniel Academy, please go to info@sarahshome.us or call 719-347-3026.



Catholic Daughters: Anna Fisher, Julie Hatch, Brenda Sambo, Chris Schwester, Evelyn Irving.



Sky-bound ridges beckon, drawing the Earth into sharp relief, each peak a timeless mystery etched in stone.

Granite boulders pierce the clouds, their solemn silence roaring like thunder, their immensity carved by the breath of time.

Pine forests unfurl, rooted deep, while alpine lakes reflect the heavens with clarity unsurpassed.

Faintly gleaming in forgotten veins, gold murmurs of a bygone frenzy, yet the mountains endure, unyielding to the grasp of greed.

This is the land of rising where the damp soil breathes renewal and birdsong arcs toward open skies; where rivers leap from cliffs, their spray soaring toward light.

As you climb, the trails coil upward, the air thins to whispers, each breath a praise to the heights, each view a call to reach beyond. Colorado—where the mountains stretch skyward, and our spirits follow, ever rising.

First published in Colorado Life, May/June 2025.

Call for Artists! Submit your artwork for the cover of the 2026 Manitou Springs Visitor Guide

Visit Manitou Springs is thrilled to announce an exciting opportunity for artists to showcase their talent and contribute to the vibrant spirit of Manitou Springs. We are inviting all artists to submit their artwork for consideration to be featured on the cover of the 2026 Manitou Springs Visitors Guide. The Manitou Springs Visitors Guide is an annual publication that serves as a vital resource for visitors seeking information on attractions, events, and local businesses. With a distribution of 65,000 guides, this is a chance for your artwork to make a lasting impression and represent the essence of Manitou Springs.

Artists are encouraged to unleash their creativity and capture the spirit of Manitou Springs in their submission. The artwork can be in any medium, including paintings, illustrations, photographs, or mixed media. The artwork must convey the overall message of what Manitou Springs represents, its history, art, outdoor adventures, healing waters, or the unique energy that draws people to our town. Be creative and show the true quirky, beautiful, and fun side of Manitou Springs.

To be considered, please ensure that your artwork meets the following specifications:

- Vertical design: trim 5.5" x "8.125 with a .25" bleed.
- Dead space for Manitou Springs logo at top. • Dead space for text "2026 Visitor Guide" at the bottom.

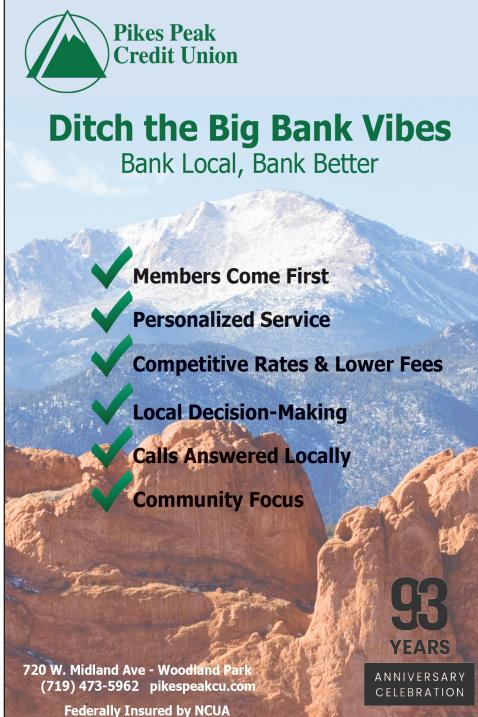
- Suitable for scanning and reproduction in • Reflects the spirit and essence of Manitou
- Submissions should be sent as high resolution, 300 PPI and CMYK
- Files accepted: .JPEG, .PDF, and .TIFF connection to Manitou Springs.
- · Can be any medium: paintings, illustrations, photographs, or mixed media • The overall message should encompass
- everything Manitou Springs offers. NO business logos or text for businesses of any kind.
- NO AI will be accepted. We will run the artwork through programs.

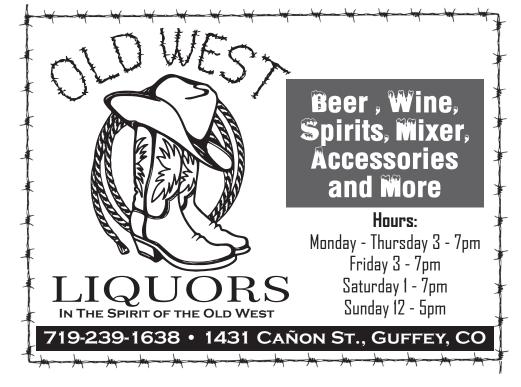
Only artwork that meets these parameters will be accepted. Please send artwork to marketing@manitouchamber.com as the deadline for submissions will be Friday, October 17, 2025. Please include your name and contact information

The chosen artist will receive recognition in the 2026 Manitou Springs Visitors Guide, exposure through our promotional channels,

For more information, please visit our website at manitousprings.org or contact Jesse McCov at Marketing@manitouchamber.com or call 719-685-5089.









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Colorado Pharmgirl Natural Gems by Peggy Badgett

olorado is a magical place, filled with areas we cherish because of their beauty and magnificence. But experiencing them unspoiled can be a challenge. Social media has transformed once-quiet destinations into crowds of chattering folks eager to witness posted vistas with their own eyes. I love people, and adore my hiking buddies on our shared adventures, but sometimes hiking solo through the rough-barked ponderosa pines and whispering aspens is the remedy I need when life throws a monkey wrench into my care-

fully laid plans. My middle daughter Amie and I had planned a five day jaunt to Steamboat Springs as a little summer vacation. We were going to tube the Yampa River, visit Strawberry Hot Springs, and sample new restaurants. But her road trip was ill-fated. Her car needed a new water pump in Chicago. Then her pup required emergency surgery to remove a bladder stone. Continuing her cross-country drive after those expensive bills wasn't possible, so she returned to North Carolina. The anticipation I felt for our shared time burst like a bubble.

The water beckoned as it shimmered in the sun.

We had reserved a non-refundable VRBO It seemed like a shame to let it go to waste, so I decided to make it a mini-writing/hiking retreat. I'd camped in the area early in the spring, and was wowed by the vivid green ranch land, gorgeous wildflowers, and champagne gravel my friends from Illinois and I rode on. During that trip, hiking the Zirkel Circle had been tops on my list, but the trail was impassable with snow and mud. Now I had another chance to try it. But as I unpacked my cooler and bags in the suite after I checked

in, a weepy sadness overwhelmed me. I didn't feel like writing, so decided to hike the next day. It was better than moping.

Early the next morning, I guided my little SUV up the forest service road to the trail head. Pleasantly surprised by the empty parking lot, I shouldered my backpack, headed toward the trail head, and then walked back to the car to make sure I locked it. Twice (ah, the beauty of aging.) Then double-checked the trail map, started my Strava (fitness app), and began up the steep inclines of the clockwise circuit (most people hiked it counterclockwise). My legs had been carrying me up 14'ers all summer, so they didn't protest too much. But

it was hotter than I was accustomed to and sweat dripped down my arms when I reached Gilpin Lake. The water beckoned as it shimmered in the sun. I looked around and saw no one, shed my clothes, plunged into the icy water, stifled a scream, and climbed right back out. I wasn't overheated anymore. Just as I finished dress-



The smoky haze over steamboat.



Peggy's hiking boots take a break at gilpin lake

often to take pictures of the amazing views. After a mile, Gold Creek spilled into Gold Lake, and I sat on a shoreline rock for a while, swishing my bare feet back and forth while watching rainbow trout swim about.

I dozed for a few minutes in the shade and woke with a start when a hawk shrieked on the thermals above me. Time to go. Carefully watching my footing (the danger of stumbling always increased with tired feet), I navigated back to the parking lot and mentally patted myself on the back for completing another adventure on my life list. I felt refreshed and ready to tackle some editing on my next book. But as I guided my car past larger rocks and nasty washboards on the forest service road, I noticed that the sky was not its usual bluebird color. Grey clouds tinted with orange covered the sun. White particles fluttered in the air and landed on the windshield. Ash.

By the time I returned to the VRBO, a solid haze had settled over the Steamboat Springs Valley. Fires outside Meeker were consuming acre after acre. Acrid odors of burned wood and brush filled my nostrils before I retreated inside. The air quality dictated indoor activities for a few days until the winds changed. Time to write. I was glad I'd gotten my hike

Wildfires remind me to be thankful for what life has granted me. Sure, my kids are far away, but all thriving. Experiencing natural gems makes me happy, connects me with the solidness of our planet, and buoys me up when my nest feels too empty.

Peggy Badgett is an artist and writer. She has several years' worth of adventures you can read for free on her website pharmgirl.org and can be reached at coloradopharmgirl@ gmail.com. Her book Rooster in the Drive Through is available for sale at Shipping Plus





Life-Enhancing Journeys Respect yourself and believe in your worth by Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII

It is a wonderful feeling when others praise Lyou, yet it can be even more fulfilling when you can appreciate yourself. Instead of waiting for others to recognize your efforts, valuing yourself means turning those positive feelings inward and acknowledging your worth.

Sometimes, despite your best efforts to please others, your kindness or efforts may go unnoticed, leaving you feeling bad about yourself or resentful towards others. Remember, that does not mean you are worthless. Instead of seeking approval from others, try appreciating yourself, which is something you have complete control over.

Appreciating yourself can be challenging because many of us were conditioned to focus on our flaws rather than our strengths. Embracing self-compassion and kindness not only boosts mental, physical, and emotional well-being but also shifts your perspective to a more positive outlook. Self-appreciation empowers you to see yourself and the world with optimism, freeing you from doubts, self-criticism, and limiting beliefs. It is about accepting yourself as you are, without the judgments and criticisms rooted in others' opinions, whether from parents, siblings, friends, or others.

Many people allow others to decide if they are good enough. This often begins in childhood when those raising you are critical and tell you that you are worthless. Especially as young children, you have little choice but to let others define your worth and happiness. Since your caretaker has their own human flaws, it can hinder their ability to cherish you. (See August 2019 article in UCN "Am I Good Enough?")

Appreciating yourself might seem selfish or egotistical. Driven by their ego, people often judge others as beautiful or ugly, right or wrong, better or worse. However, selfappreciation is about connecting with yourself rather than judging or comparing yourself to

Some may think, "If I brag about my abilities...my successes...my achievements, I will seem conceited...praise should only come from someone else." This is entirely false. Self-appreciation involves recognizing your true self, following your core values.

Practicing self-appreciation may seem simple, but it is challenging. I still struggle with it sometimes, yet I continue to make progress. When others appreciate me, I want it to feel like a bonus to what I am already giving to

Here are some strategies to improve self-appreciation:

· Make a conscious decision.

Self-appreciation is a concept that you choose to commit to and practice regularly. Be cautious of seeking approval only from others, as it can leave you feeling dependent upon others. Driving a fancy car, wearing designer clothes, or possessing other material goods may temporarily boost your mood, but they are not meant to bring lasting happiness. Never wait until you achieve something great to appreciate yourself. Could you do it now? You do not need to accomplish something extraordinary to

I saw a photo of a Mother's Day cake with the inscription, "To the greatest mother who ever lived in the history of the world." Below it a caption read "My mother ordered her own cake this year." This clearly shows self-appreciation. Can you do that for

"Be first at being you, not second at being someone else.

— Dr. John Demartini

Never try to be anyone other than who you are. The ability to live an authentic life begins with understanding yourself and what truly matters to you. Recognize your values and beliefs, then act consistently with them. This connection will lay a strong foundation for living a meaningful life.

Trust your instincts when making decisions, such as choosing friends, defining your life purpose, or selecting your career path. Have confidence in your ability to know what is best for you.

• Challenge negative beliefs.

Your subconscious mind often undermines your self-esteem by focusing on

failures and imperfections. Reworking your mindset requires effort and time, beginning with identifying the hurtful words you may have heard growing up or told yourself. Review the evidence behind these negative beliefs and reject anything that appears false. By healing past wounds, you make room for a more positive and accurate view of yourself. Letting go of negative internal thoughts and accepting that you deserve appreciation are essential steps in recognizing your true worth and how extraordinary

A wise 93-year-old man once said, "Each of us, no matter how seemingly worthless, has genius within us." It is important to

Respond compassionately to mistakes and setbacks.

Be gentle with yourself when you make mistakes. Remember, you are only human. Every mistake is a chance to learn and grow. For instance, feeling discouraged after making a mistake does not mean you are a failure; it simply shows that you have discovered what did not work, so that next time, you can try a different approach. Keep in mind, setbacks are just temporary. They do not define you forever.

Many of us have an internal voice that occasionally feels judgmental and cruel. By questioning these negative thoughts, you can confront your inner critic and replace it with a more compassionate tone.

When my inner critic appears, instead of ruminating, obsessing over what-ifs, or doubting myself, I ask, "Whose voice is in my head...What is its purpose for criticizing me now?" I then visualize the voice in front of me, perhaps assign it a name, and challenge it by asking, "Hey, what evidence do you have that I am stupid or a failure...?" I find that when I move past my thoughts, I realize the situation is not as bad as I had imagined it to be, and I can acknowledge my ability to get through tough times. This usually stops the ridicule, and the inner critical voice calms down. Practicing this has dramatically changed how I now face my struggles.

Aim for excellence rather than perfection. Are you overwhelmed by the need to do

everything perfectly, or do you find yourself procrastinating or giving up because you believe you cannot succeed? Remember, nobody is perfect. Pursuing perfection can distract you from appreciating your true self. Instead of setting impossible standards that could damage your self-image, focus on your strengths and the progress you have made. Recognize your worth by practicing self-appreciation by expressing gratitude for your achievements. Embrace a positive attitude and value your unique qualities. Let go of unrealistic expectations about who you are supposed to be, thus allowing you to celebrate the incredible person you are

Consider adding phrases like these to combat perfectionism: "Strive for excellence and accept that you

did your best." "It is unreasonable to expect perfection.

Nothing is perfect, and I am okay with

'I never lose or fail. I only win or learn from every experience."

Avoid comparing yourself to others:

Instead of comparing yourself to others, focus on living according to your core values. This encourages self-awareness, minimizes judgment, and can help you perform at your best.

Comparison can be a trap. You will always encounter others who are better or worse than you. When you compare yourself to others, your survival instinct is likely to activate, which may distort your perception. Stick to your values and avoid comparisons.

A drawback of social media is the tendency to compare oneself with others, which can harm self-esteem. Remember, everyone's journey is unique, and comparisons do not determine your worth.

Learn to prioritize your personal needs.

Prioritize taking care of yourself first to maintain your best possible level of functioning. This allows you to give to yourself as well as to others if you choose. Putting your own well-being first and refusing to engage in activities that go against your values are important aspects of self-care. Overcommitting or trying to please everyone can lead to negative emotions like anger and resentment. A good way to prevent this is to respect your boundaries and learn to say no when needed, which is really saying "yes" to yourself.

Here are some tips to make saying "NO" easier:

+A reaction or reflex is still a response. Give yourself permission to pause first so your reply can be thoughtful instead of automatic. Take control of your response with statements like "Let me think about it" or "I will get back to you."

+"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." Viktor Frankl, MD

+Establish firm boundaries without apologies or excuses, such as saying, "I am unavailable to work on weekends" or "I am unable to take calls during the workday."

• Use kind words:

It is hard to see your worth when your mind is filled with negative thoughts. Pay attention to when you are speaking unkindly to yourself. Once you notice negativity, please do what you can to detach from it. Remind yourself that you are not your thoughts, and your thoughts are not facts or

Expressing appreciation can be as simple as saying kind words to yourself. Think about the language you would use for someone you respect and then use similar words when talking to yourself. Avoid words that create judgment, criticism, or drama.

Stop criticizing yourself. Feeling like a failure does not mean you are one. When you make a mistake or forget to do something, instead of scolding yourself, try appreciating the times when you followed through with what you had planned. Humans tend to focus on their mistakes and overlook all the efforts that went well. Recognize your abilities and successes. People are more likely to value someone who can appreciate themselves.

Accept who you are right now.

Self-appreciation might appear similar to self-esteem or confidence, but it is distinctly different. Self-esteem focuses on how you perceive your ideal self, whereas self-appreciation involves recognizing your worth even during difficult times.

Self-appreciation is about accepting who you are at this moment. No matter how far you are from your goals or how worthless others might think you are, self-appreciation allows you to embrace yourself in this moment without judgment and with kindness. Even if your confidence is low right now, it does not reflect your worth. It simply shows that you are human and capable of learning and growing.

"Why fit in when you were born to stand

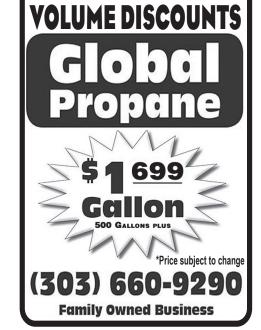
- Dr. Seuss

• Some final thoughts:

Self-appreciation has the power to change your life by shifting negative thoughts into positive, nurturing beliefs about yourself. Cultivating compassion and gratitude boosts self-worth, enabling you to give more to

Following these approaches can build a stronger sense of self-appreciation. Habits develop through repetition, so keep practicing. Treat yourself as if you are worth it, and you will train your brain to believe you deserve respect, just like any other wonderful human, flaws and all. Learning to value yourself can create a stronger inner supporter who is always there for you.

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



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People See, People Do You can Kindle Kindness, too!

by Readers of Ute Country News

This column is dedicated to acts of kindness L our readers have engaged in or have witnessed with the intention of reminding us all how to be more kind to each other. You may feel free to share your experience by emailing utecountrynewspaper@gmail.com or by telling us at Shipping Plus or by snail mailing the action to Ute Country News POBox 753 Divide, CO 80814.

- We were in the middle of a transaction when the server from next door came in and asked, "Does anyone in here drive a Subaru?" Customer answered, "Yes, I do." Once the color of the vehicle was confirmed, the server said, "Someone just backed into your car, looked at it and took off. Another customers over here saw the whole thing and they have the first 3 digits of the license plate." Witnessing an accident and choosing to note the license plate is an act of kindness on the customer's part. The server extended an act of kindness by seeking out the owner of the vehicle so the customer could contact the local sheriff. If you see something, say something!
- · A gentleman in poor health asked for help with a package. Before I could say/do anything another gentleman offered to help. I suggested moving the vehicle to the curb at our 10 minute unloading zone. The gentleman in poor health thanked the helper who said, "I'm 93 years old and will continue to help my fellow neighbor whenever I can." We thanked him also for his service in Korea
- · When I asked if she'd ever tried the remedy her eyes lit up with hope so brightly I was moved to offer her what I had left. The contrast between how dark her eyes were and how bright they became was touching. I think I got more out of it than the remedy could provide!
- She was on her way in, and we were ma-

neuvering the large box out the door. She immediately offered to help hoist the very large box up inside the back of the vehicle. We are grateful for this very spontaneous act of kindness!

- He came back inside yelling, "Call 911! He just stumbled and hit his head and he's bleeding all over the place!" Several other customers went out to see if they could help I went toward the kitchen to ask for cloths and ice while the server called 911. How refreshing that everyone jumped up to see if they could help and even better that NO ONE was standing in the way with a cell phone. People parted when paramedics arrived for easy access to the patient. It was clear the first thought on every person's mind was, "What can I do to help?" Now, that's community!
- · She said, "Maybe you didn't hear me." I said, "You're right! I have hearing loss in this ear. If I could have changed that, I would have done it by now." "Oh, I have hearing loss, too. I'm sorry." "No worries. How can I help?" We went on with the business at hand. Before she left she said, "I apologize, I was really frustrated about... Those worries made me rude to you. I apologize. You've been very kind." "I accept your apology. No worries. Sometimes we do things we didn't intend when there's lots on our minds." "You really are very kind."
- I could tell she put a lot of thought and attention to the thank you note. It was the thoughtfulness that meant a great deal.
- My intention was to provide statements of encouragement knowing there was a difficult challenge ahead. I had no way of knowing those words of encouragement were read silently and repeatedly while waiting to be called by the judge. Words of encouragement can provide a sense of being grounded in challenging times

Adopt Me by Ark Valley Humane Society

Freda

As the weather cools down and cozy season approaches, it's the perfect time to welcome cuddly companion into your life, and 3-year-old Freda is up for the task! Freda is a sweet and affectionate girl whose favorite thing to do is gently hop up and give big, loving hugs. At about 70 pounds and adorably short and squat, she's not exactly a lap dog, but don't

Despite her size, Freda is a true gentle giant who loves snuggling with Ark-Valley Humane Society staff and volunteers. She recently went on a short hiking adventure with a volunteer, who said she may not have much trail experience yet, but she was happy to be out exploring and didn't react to other dogs. Freda has also lived successfully with other dogs in the past. If you

have a dog and are interested in adopting, AVHS asks that you bring your dog for a meet-andgreet. Freda is ready to cuddle up with a loving family, and thanks to support from the Petfinder Foundation, now is a great time to adopt!

AVHS is proud to be a recipient of the 2025 Kia Pet Adoption Grant, which is providing \$1,000 to help shelter animals find loving homes. Going on now, adopters can enjoy half off adoption fees for the next three months or until the funds are depleted. Stop by Ark-Valley Humane Society at 701 Gregg Drive in Buena Vista to meet Freda and all the other adoptable pets. Your new best friend could be waiting!

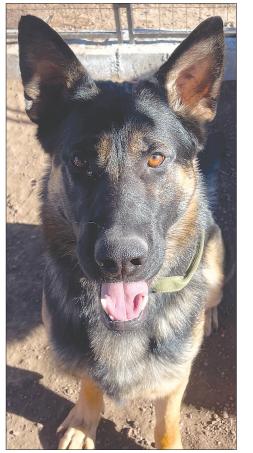
This space donated by the Ute Country News to promote shelter animal adoption.



Park County Sheriff's Office K9 Program

by Flip Boettcher

Mid-year in 2024, the Park County Sheriff's Office (PCSO) knew that there would be extra funds in the department, sadly due to monies available because of salary savings from lack of department personnel, according to Undersheriff Steve Spodyak. The department wanted to use those extra funds to benefit the sheriff's office, as well as the community and the areas surrounding Park County. After approval to relocate those extra funds, the PCSO K9 program began consisting of a coordinator/supervisor, two handlers and two dogs.



Hero is 2 years old.

Music on the Mesa

The concerts are held at Gold Hill Mesa ■ 142 S Raven Mine Drive. Gates open at 10:30 a.m. with entertainment going until 6:30 p.m. Blues on the Mesa will have food trucks to fill all dietary needs, adult beverages, local vendors and artisans Attendees should bring a lawn chair or blanket to sit on. Advance tickets are available at www.BluesontheMesa.org.

SEPTEMBER

- **6** The United States Air Force Academy Band 4-8 p.m. Always an uplifting and high energy performance, we're happy to have them back! Also performing is Harry Mo & The Cru playing reggae music to dance the night away. Lots of fun for the whole family
- 13 Wirewood Station 11-2 p.m. came up with their name, loving the sounds of the WIRE of their string and the WOOD of their instruments. This eclectic group of professional musicians are the reignchamps of the Best Acoust in Colorado from the Rocky Mountain Music Festival, Finalist at the Telluride Bluegrass Festival as well as winning the Best Band in Colorado Springs. Member of WWS have toured internationally including stages in Europe, South America, North Africa, the Middle East, as well as Carnegie Hall, Lincoln Center, Red Rocks, Branson Theaters to Nashville Studios. Members have had the honor of playing with jazz and rock legends to country icons. This concert will benefit School District 11's Midland Elementary School.
- 20 Countywyde 11-2 p.m. provides the entertainment for this annual fundraiser for Bear Creek Nature Center with plenty of activities for children. Local vendors/ artisans will be on hand for holiday shopping. Countywyde is a high-energy bluegrass band from Colorado Springs who loves making music and sharing that fun with their audiences. "We may not be Nationwide or even Statewide... But in the county, we got it going on!"

The PCSO has not had any department K9 program since the mid-2000s, so this was a total re-start of the program. With no extra funds available to start new positions within the department, Spodyak was appointed as K9 coordinator/supervisor and two deputies within the department were given the additional responsibilities of K9 handlers. Two existing, newer patrol vehicles were upgraded to accommodate the needs and safety of the K9s, according to Spodyak.

After an extensive department selection process, Deputy Casey Brewer and Deputy Joe Sackett were selected to be the K9 handlers. Brewer had previously worked K9 enforcement with the Arizona Department of Corrections and has been in law enforcement for 12 years. Sackett is a US Army veteran and also has had 12 years in law enforcement, stated Spodyak.

The department then had to find a K9 trainer and someone to help them find the dogs. They contracted with the highly recommended Police K9, LLC. Two dogs were purchased after being tested; both are German Shepards from Europe. Hero is black and tan and partnered with Deputy Brewer and Rip is black and partnered with Deputy Sackett. Once the dogs were purchased, the trainer

worked with the K9 teams for several months

Tiny Pockets

Friday, Sept 12th

7pm

for various aspects of police work, stated Spodyak. Both teams became certified as Police K9s in suspect apprehension and narcotics detection by early 2025. Both have

since recertified in

both of those and are now training for tracking certification.

September Concerts

at The Butte

The K9 teams are routinely training in and out of Park County and are available to assist other law enforcement agencies on request, said Spodyak. This author recently saw the PCSO K9 team

of Deputy Brewer and Hero training at the Guffey Community Charter School and administrator Kelli Burke said they would be at the school throughout the school year training.

The Swing Factory

benefitting CCV Schools

Music Dept

Saturday, Sept 27th

7pm

The K9 program is a great program, but

Deputy Sackett with Rip

costs money to run purchasing food and perishable items for the dogs. There is also a need to purchase additional protective gear for

Anyone who would like to make a donation to help keep the K9 program running, please contact the PCSO at 719-836-2494 for details on how to donate.

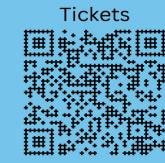
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Tiny Pockets Tickets



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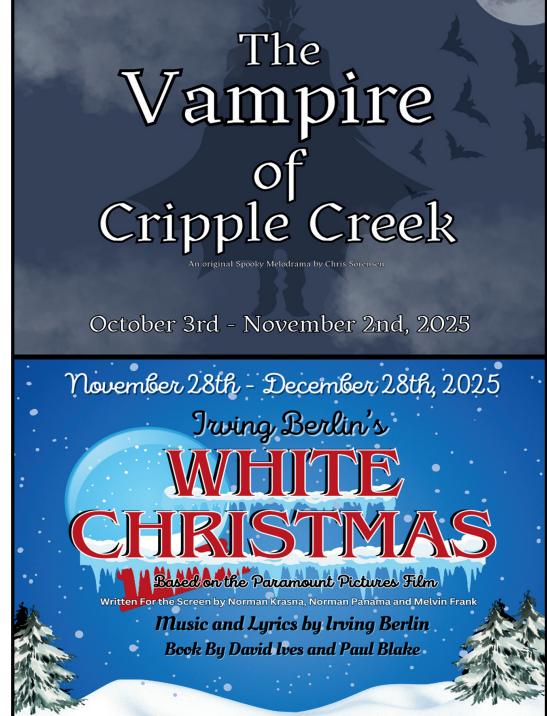
The Vampire of Cripple Creek Info & Tickets



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Somewhat rare calliope hummingbird sharing our feeder with broadtail and rufous hummingbirds — Sam Arnold, near Guffey, CO

Have a cute critter? Send us your favorite critter photos and we'll feature them here in the Critter Corner! If you don't send your photos, you'll have to look at our cats every month! Indoor or outdoor pets or wild critters are what we're looking for. We will not accept any photos depicting cruelty or harming animals in any way. Email your critters to utecountrynewspaper@gmail.com.

Be sure to include the critter's name as well as

The Cabin in the Woods

he thunderstorm was starting to darken the sky above the forest in which the three brothers were hiking. It was early afternoon, and the three brothers had planned to spend the whole afternoon exploring the forest. They had heard that there were strange things hidden in the dark woods and they were hoping that they could find at least one of them.

Ronan had just turned 13 and Loic was 10 years old. The youngest of the three was eight, and they all had a real desire for adventure.

They hadn't gotten very far into the forest when they came upon a very old path. They could tell that it hadn't been used for a long time for, it was nearly overgrown with grass, and the trees had started to grow in it too.

The thunder was getting louder, and the boys could see the lightning through the treetops as it lit up the sky.

The boys decided that they would hurry and follow the old path before it started to rain.

They walked very fast on the trail that led them deeper into the forest until they came upon an old pine board cabin. It obviously hadn't been used for a very long time, because the boards were badly warped and the roof looked like it was about to fall in. The whole building appeared to be leaning to the right side, and the small front window had cracked under the stress because the window frame was no longer square.

It was starting to rain; the thunderstorm was right above them.

"Let's get inside!" called out Loic as he rushed for the door of the old cabin and pushed down on the latch. The door wouldn't move.

"Help me here," called out Loic, "We're going to get soaked if we don't get inside."
He was pounding on the door when Ronan rushed to help him and pushed his shoulder

against the door; it started to open.

The bottom inside edge of the door was dragging on the floor of the cabin. It took all three of the boys to push the door open enough to step inside.

What they saw took their breath away as they stood motionless and looked into the dimly lit room.

There was a small window at the other end of the room also one on the right side. They were all very dirty and didn't allow much light into the one room cabin. But the light that came into the room showed something that every boy wanted to see.

The walls appeared to be covered with swords of many types hanging on their holders and if that wasn't enough a lot of the space between them had small wooden shelves that held ceramic dragons in all sorts of poses.

The thunderstorm came with a strong wind, and the old cabin creaked and groaned as the wind blew against it. The lightning flashed and

thunder roared as Finn pushed the crooked door closed as much as he could.

Ronan and Loic walked around the room looking at the swords and Finn stood and looked at the many dragons. Nothing was said for several minutes as the boys walked and looked.

There was an old bed against the left wall and a broken wood table and chair next to it. Loic walked over to the bed and sat on it. It crumbled to the floor. He got up as he said, "I'm glad that's not my bed."

"It was my bed," said a voice from above the bed.

Loic looked up and saw in the twisted old pine boards a sort of face made up of knots and thick strangely formed grain in the wood. The knots seemed to be the eyes and nose. The mouth was formed with the thick grain. Loic could see the face from where he sat on the floor with the broken bed.

Rogan and Finn stood and stared at the twisted wooden face as Loic quickly jumped to his feet and grabbed a sword. He faced the wooden face with the sword pointed at it.

"Who are you?" called out Loic as he

backed away toward his brothers.
Rogan and Finn both backed away toward the opposite wall where they both grabbed a sword and started moving toward the partly open door.

"I am Anthony, the owner of this cabin," said the wooden face, "Or at least I once was. I was happy here with my collection of mystical things. But one day an old woman came to me crying out for help. I took her in for a short time. I gave her food and shelter, and this is how she repaid me. How was I to know that she was an evil witch that had been cast out of the village a few miles away?

"I had worked in these woods cutting wood for sale in the village and was gone most of the day as the old woman rested and regained her strength. At least, that's what I thought she was doing. But in reality, she was casting spells on my cabin and my collections. How could she do such a thing while I was trying to help her?

"It was after a week that I came home early one day and found her with my cooking pot over the fire with something boiling in it.

There was a very strong smell filling my cabin that almost made me sick. I threw open the door and the windows to let out the smell. That was when the old witch turned toward me with hate in her eyes and great anger on her face.

""You do not interfere with my spell making, Anthony!" she shouted at me as I stood staring at her. "Now you shall pay!"

staring at her. "Now you shall pay!"

"She raised her bony old hands and waved
them in the air at me as she shouted out some

words that I couldn't understand.

"You work with wood all day," she shouted as she laughed, her hands still waving at me, "Now you will be part of it!" Then she clapped her hands together and I knew no more for many days.

"The old witch was gone when I came to myself once again and it was then that I realized what she had done to me."

Sap ran from the eyes of the wooden face like tears would run down a human's face as the face stopped talking for a moment.

"That was long ago, and I have been sealed in my cabin's wood all of that time. You are the first people that have come here and I'm hoping that you might know of a way to release me from this curse."

Ronan, who had lowered his sword as he listened to the wooden face's story answered. "We are just normal children. We have no knowledge of magical ways. I don't know how we could help you escape from the curse."

Anthony answered, "I think that the old

witch, I am sure, is long dead. I feel that her power must be fading, so it can't be a difficult thing to undo the curse."

"Perhaps not," answered Loic, "But we still don't know how to do it."
"Do you know how we can help you?"

"Do you know how we can help you?" asked Finn as he stood looking at the wooden face that was talking to them.

"I think that I might be released if this pine board in which I am captured, were to be taken from the wall and removed from the cabin. I feel that it is the cabin that the witch cursed and if I were removed from it, I should be free."

The boys looked at the pine board and at the wall to which it was attached. "How can we get the board off?" said Loic.

"Yes, responded Finn, "We have no tools. Ronan was looking around the old cabin for anything that might work to remove the board. As he looked inside an old trunk that was at the foot of the broken bed, he found what they needed.

In addition to the couple of wood saws that were in the trunk, he also found a crowbar and two claw hammers. Along with a pair of pliers and some nails.

"I think that we can get the board off with these," he said to the other two boys. "Dad has shown me how to use most of the tools that are in here. We can pry the board off with this crowbar and the hammers."

"Yeah," smiled Loic as he took one of the hammers from Ronan, "I know how to use one of these."

"Can I help?" asked Finn.

"Yeah. Here is the other hammer," said Ronan, "I'll show you how to hook it behind the board at the place where the nails are and then pull the handle down. It will pull the nails out of the studs they are pounded into. I'll use the crowbar at this end and you guys can work at the other end. There will be more nails as we work toward the face to pull out. Be careful and don't hurt him."

The boys started working at the ends of the long board pulling the board out with the tools that had been found.

They stopped every once in a while, as the storm raged outside of the cabin. The thunder was so loud that they couldn't hear the screeching sound that the nails made as they were pulled out of the studs that made up the walls.

The old cabin shook as the wind blew with great force and the trees waved and swayed in that wind. There was one tall old tree that had grown right next to the cabin over the

years. In the wind, it would strike the side of the cabin to make it shake even more. The old roof was starting to leak as the

wooden shingles blew off.
Suddenly, the cabin shook very hard as the tree hit it. The whole thing sagged to one side.

The boys stopped and were about to run for the door, because they thought the old cabin was going to collapse on them. The three little glass windows all shattered as the cabin changed shape.

Some of the dragons slid off their shelves and fell toward the wood floor. But before they hit the floor to be smashed into pieces their wings would swing out and the dragons flew out of the broken windows. The boys watched as the dragons grew in size as they flew into the forest.

The boys grinned, then went back to their work of getting the board off the wall.

The storm continued to blow, and the cabin shook as the tree kept hitting the side harder and harder. Lightning flashed, the thunder was so loud that it sounded like it was right over the cabin.

What the boys didn't know was that the storm was in fact right over the cabin and the lightning was striking many of the trees near the cabin.

The boys nearly had the board off the

wall when the tree hit the cabin so hard that many of the swords flew off their hangers and crashed to the floor. Some fell flat on the floor, but some of them that had been hung higher actually stabbed into the wooden floor and waved back and forth as the cabin shook.

Loic and Finn had their end of the board pulled off the wall and Ronan was about to pull his end off when the lightning struck the tree that had been hitting the cabin all this time. The walls groaned as they tried to stay up. The smoke flowed into the broken windows from the burning tree.

The sound of flapping wings filled the cabin as the rest of the dragons flew out of the broken windows and off into the forest to find new homes in the caves that could be found in the mountains.

Ronan fell backwards as he pulled the end of the board really hard and the whole board came off of the wall. He jumped up and grabbed the loose board and started for the door.

It was not completely closed, but he couldn't get through it the way it was. He pulled on the door, but it wouldn't move. The cabin had sagged too far, and the door was stuck. Ronan looked at the broken windows, but they were too small to try to crawl through.

Loic dropped his hammer and grabbed the

crowbar that Ronan had dropped on the floor. He ran to the door and started hitting it with the heavy crowbar as Ronan stood back holding the board.

Wood chips flew everywhere as Loic slammed the old door with the crowbar. Finally, the door broke into pieces. Ronan was able to run out of the cabin with the board and off into the forest.

Finn had not been just standing around just watching. He dropped his hammer and looked around. He grabbed three of the finest swords that he could carry and then he ran out the door after his brothers.

No sooner had he entered the forest and found his brothers, than the lightning struck the tree that leaned against the cabin's side for the second time.

The three boys hadn't stopped to see the cabin catch on fire until they were deep into the forest. Ronan stopped along with Loic and waited until Finn caught up with them.

"Did it work?" asked Finn as stopped to catch his breath.

Ronan held up the pine board and looked at it. The face was gone; the board was clear of any grain or knots.

"I guess it did." Loic grinned as did Ronan and Finn.
Finn showed the swords to his brothers,

and they picked the one that they wanted. "Let's go back to camp," suggested Loic.

"Yeah, let's go." returned Finn.
"Yeah, I think we've had enough excitement for today," replied Rogan.

The boys went back to their camp to show Dad the swords that they had found and tell him of their adventure.

Did he believe them? He did when they showed him the swords.

They went back the next day to show Dad where they had gotten the swords. The cabin was gone, burned to ash along with the tree.

They looked through the ash remains of the cabin and found only little puddles of melted steel in the dirt where the old cabin had been. Dad did believe them.

What about the many dragons that had escaped the burning cabin?
That's another story.

To be continued...

Chuck Atkinson of Como, CO enjoys writing fiction stories and treasure hunts for the children at his church. We are pleased to have him contribute to the only fiction in our Ute Country News.









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Tales From the Big Sky Ranch Bed and Biscuit

Charming Bear

by Kendra Lee Hall

Bear, a handsome black Lab with a gentle spirit

and a charm that won over

one of the very first guests

at Big Sky Ranch Bed and

business was just starting

yard. Instead, there were

mountain adventures —

thick with wildflowers,

shaded trails beneath rus-

tling aspens, and exuberant

Exploring those trails

was one of Bear's favorite

fully as he bounded down

the paths beside his canine

friends and a handler. His

sister, Lulu, a coonhound,

best friend was his spirited

whose baying always made

Lindsey laugh. Every time

sic deep-throated, "Aroooooo!"

beside Bear are never forgotten.

her head would be sticking out the vehicle's

window, tilted to the sky, letting out her clas-

Bear would be right next to her, his head

out the same window, squeaking with joy and

excitement. Lulu has since passed on and is

missed, but those memories of her bounding

As the business grew and the fenced play

area was added, the long hikes became less

frequent. But Bear didn't mind. He loved

the play yard too — romping with friends,

elegantly crossed, nose lifted to catch the

scent of pine and sage in the breeze.

chasing squirrels with boundless delight or

simply lounging in a sunny spot with his paws

From day one, Bear had mastered the art

of endearment. He was irresistible — and he

knew it. Not in a prideful way, but in the gen-

tlest way possible. His signature move? Lying

on the floor, paws crossed just so, chin tucked

Lulu arrived at the ranch,

Romping together is great fun:

sounds. Long, dramatic sighs that said Life sure is good, or a higher-pitched moan that translated to *I know I'm irresistible*. He wasn't putting on a show — he simply loved being loved. In return, he gave that love freely, openly, and with a depth that warmed everyone around him.

Every move was intentional. Every glance seemed calculated for maximum adorableness. It always worked. Bear was doted on by caretakers and admired by his fellow dog guests. Lindsey, one of the very first caretakers and his forever friend, held a special place in her heart just for him.

But there was more to Bear than charm and theatrics. Beneath that sleek coat was an exceptional heart

He noticed things. If a newcomer was nervous or unsure, Bear would be the first to approach — always careful not to get too close or encroach on their space. He'd simply lie nearby, paws crossed, a quiet presence that

said, "You're safe here." Lindsey watched this happen time and again. Timid pups would keep their distance at first. Bear never pressed. But over hours or days, they'd drift closer, drawn by his calm energy or perhaps his celebrity status. Eventually, you'd see them curled up near him... or better yet, mimicking him, paws

Bear didn't seem to mind the imitation. In fact, he looked quietly pleased. He'd glance over with those deep brown eyes, give a slow tail thump, and bask in the company of a new friend.

crossed just the same way.

Some even tried the belly rub

charm. Dogs loved him for Teaching the younger how to sit with paws crossed. his steadiness and his heart. And Bear? Bear loved them all right back.

Humans loved Bear for his

He knew he was irresistible, yes. But more than that, Bear knew how to use his gifts, not for attention or praise, but to make people smile, to help other dogs feel safe, and to bring warmth into the world in the gentlest of ways.

You can reach Kendra Lee Hall at WagsToRiches1234@gmail.com. FMI about dog boarding you can visit www.BigSkyRanch-BedandBiscuit.com



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by TCRAS Adopt Us Stella

down, and eyes looking up — just enough

so the whites showed. This usually earned

him a pat on the head or a scratch behind the

inviting belly rubs with a mischievous glint in

his eye. During those belly rubs, Bear would

purse his lips in utter contentment, squinting

his eyes in pleasure. It was comedy. It was art.

Bear also had a whole repertoire of happy

ear. Once he had that, he'd slowly roll over,

Ti there! My name is Stella. I am a big love bug who is not only beautiful, but smart! I haven't been at the shelter a long time and would like to keep it that way. I have lived with another big dog before, and would like to meet my new dog friends before going home with you. I am ready for my new beginning, and I have a good feeling about it! I am 1-year-old, spayed female Mastiff mix. Please give TCRAS a call 719-686-7707 to set an appointment to meet me! You will see for yourself how

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



Fire Mitigation and Forest Health

Actions remain critical components for achieving a fire adapted community

The NoFloCo Fire Mitigation Posse' con-L tinues to grow and ramp up their efforts to assist private property owners with fire mitigation and forest health related issues. Local, regional, national, and international attention has been achieved by this local non-profit organization. Since its inception in October 2019, NoFloCo has remained consistent in its mission: To assist private property owners within the Wildland Urban Interface footprint with fire mitigation, fire awareness, & forest health; implement the tenets of the Cohesive Strategy; make the community safer from wildland fire danger; improve property appearance: and have fun.

In March of this year NoFloCo was awarded the 2025 Fire Mitigation Award. The Wildfire Mitigation Awards program was established in 2014 by the USDA Forest Service, the National Fire Protection Association, the International Association of Fire Chiefs, and the National Association of State Foresters. The recipients of this award are based upon how their local efforts have made national impacts, earning them the highest commendation for innovation and leadership in wildfire mitigation.

Also in the spring of this year, NoFloCo has been selected as one of 12 innovator teams as finalists with a chance to win a share of over \$1,000,000 in prizes and support as part of the Conservation X Labs (CXL) Fire Grand Challenge for Western North America.

Across the planet, fires are increasing in severity and frequency, bringing destruction to fire-adapted regions and previously unaffected ecosystems. Western North America is now facing its own fire crisis, existentially threatening the region's ecosystems and communities. In collaboration with the Gordon and Betty

Moore Foundation, The Coca-Cola Foundation, Esri, and Planet, the Fire Grand Challenge called on innovators and place-based communities worldwide to submit solutions that bring together technological innovation and placebased knowledge to transform how we manage and live with fire. CXL received 92 technical applications and over 50 place-based community applications from 20 countries.

The finalists were chosen based on their innovation's feasibility, scaling potential, and potential to achieve transformative environmental and social impact. Finalists will participate in a tailored acceleration, testing, and scaling program over a nine-month period. An external panel of judges will evaluate their progress and impact as they compete for an additional \$200,000 worth of prizes to be awarded in January 2026. Teams will work closely with place-based communities to prove the technical performance of their solutions through a rigorous acceleration program.

"The increasing severity and complexity of wildland fire demands innovative solutions and improved collaboration to address ecosystem stewardship and how communities live with fire. Conservation X Labs' Fire Grand Challenge is pivotal in removing barriers to combining technical expertise and local knowledge, providing challenge participants access to experts and communities, mentorship, field testing, and funding. Sagebrush Capital is excited to support finalists as they build innovative, impactful, and economicallysustainable solutions to preserve communities and landscapes.

— JB Beyer, Principal, Sagebrush Capital

Each finalist team is composed of both a technical applicant and a place-based community. Many teams were brought together through the Challenge's matchmaking process, designed to create strong partnerships that merge technological expertise with deep local knowledge. NoFloCo has partnered with Wildfire Robotics from Alberta, Canada and has been working with them since April. Wildfire Robotics has developed a fire containment system with advanced locomotion, intelligent fluid distribution, and semiautonomous control systems that self-deploys long-distance fluid in distribution lines across challenging terrain. As part of the planning and field testing, NoFloCo's current priority is to completely mitigate and harden a Teller County neighborhood against wildfires. While Indian Creek, the largest land mass neighborhood in Colorado, was an initial consideration, its scale necessitates a longer-term effort. Currently, NoFloCo is actively collaborating with Forest Glen, a 70-acre subdivision with 60 parcels and highly motivated residents, to

achieve this milestone To date, NoFloCo and the residents of Forest Glen have focused on the mitigation efforts in the common areas, approximately three acres. Numerous planning meetings and property assessments have led to a significant amount of actual fire mitigation. The work completed to date has resulted in the removal of over 450 trees, the clearing of forest floor debris, ladder fuel removal, and biomass elimination. A tremendous amount of firewood has been created, and this will be given to the residents of Forest Glen for home heating. Phase 2 of the Project will be focused on the individual property units, including education on Home Hardening and

Assessing Structure Ignition Potential, as well as fire mitigation and biomass removal from these private properties.

In October, NoFloCo will be speaking at the 17th International Wildland Fire Safety Summit in Calgary. This summit provides a fantastic opportunity for professionals in the wildland fire community to gather, share insights, and discuss advancements in fire safety and human dimensions related to wildland fire

NoFloCo is also in discussions with Pine Strawberry Fuels Reduction Organization in Arizona to collaborate on both education and fire mitigation activities in the two communities.

Even though the NoFloCo Fire Mitigation movement is growing and expanding, the organization remains focused on the fire mitigation and home hardening needs of the private property and homeowners in Teller County. NoFloCo maintains a commitment to ongoing learning and best practices. They consult recommendations from leading authorities such as the International Cohesive Strategy, US Forest Service, National Fire Protection Association, Insurance Institute for Business and Home Safety (IBHS), and Colorado State Forest Service, along with other forest health professionals. They prioritize implementing effective strategies, sharing valuable information, and crediting the expertise of others.

In fact, they will be hosting a NoFloCo University Session on Monday, September 8, 2025 at 6 p.m. at the Woodland Park Library. The information shared at this session will be important for anyone interested in learning about increasing the chances of your home's survivability during a wildland fire. FMI visit www.nofloco.org.

The "2025 Midland Days" Symposium Cripple Creek Adventures

There's only one Cripple Creek, and there I will never by another. That goes for all the railroads serving the gold district, as well namely the Midland Terminal, the Florence and Cripple Creek and the Colorado Springs and Cripple Creek District (the "Short Line")

During the 2025 symposium, coming up on Saturday, September 13, 2025, at the John Wesley Ranch and Retreat just south of Divide, a comprehensive history of each of those three railroads will be revealed. In addition, while we're talking about history, there'll be a presentation on the legacy of John Wesley Ranch and its beginnings as a roadhouse, and certainly a highlight of the day will be a presentation about the Midland station in Leadville

You see, there's an interesting aspect about that depot in Leadville that has been a mystery to the present day. There are no readily available records or photos of the "other side" of that building, except for one photo showing only one face. Until now, that is. Railroad historian, Art Hundhousen, will finally reveal what the entire depot looked like back in the day, through a remarkable adventure of deductive reasoning and sleuthing; not to be missed.

Midland Days at Divide, Inc., along with its partners, the Teller Historic and Environmental Coalition (T.H.E. Coalition) and the Divide Chamber of Commerce, and its sponsors, proudly announce the 15th annual gather of the Midland Days symposium, to be held again at the historic John Wesley Ranch south of Divide on Saturday, September 13, 2025, from 9-4 p.m. The event will begin, as usual, with a social gathering at 9 a.m. followed by introductions and announcements.

The agenda will include presentations (including numerous historical photographs) and conversations with railroad author and historian, Mel McFarland, historian Art Crawford, Zack Waller, David Martinek, president of Midland Days at Divide, Inc., as presenter and moderator, and historian and special guest, Art Hundhausen.

Seating for the symposium will be limited, as always. Reservations, at \$50 per person, are 84-1552939). T.H.E. Coalition's mission is to strongly encouraged, and should be made on

or before Wednesday, September 10, 2025, by calling David Martinek 719-213-9335 or by emailing your RSVP to MidlandDays@yahoo. com. A reservation fee may also be mailed to Midland Days, P.O. Box 1088, Divide, CO

Refreshments will be available throughout the day; a light breakfast and lunch will be served. Walk-in attendees are welcome for the same attendance fee, but seating and lunch cannot be guaranteed. According to the tradition established at the first symposium, all those with reservations will receive a limitededition railroad print (ink on parchment) especially drawn and provided courtesy of Mel McFarland, the 15th in a series. Additional copies of the print, and prints from past symosiums, and other special items and memorabilia, will also be available for purchase.

The John Wesley Ranch is operated by the First United Methodist Church in Colorado Springs who once again have graciously opened their historic lodge facilities to host the symposium. The ranch is located south of Divide at 21285 Highway 67 just before the entrance to Mueller State Park. There is ample parking. Directions from Colorado Springs: Take U.S. 24 west up Ute Pass for 25 miles, through Woodland Park, to Divide. Turn left on Highway 67 South. The entrance to the John Wesley Ranch is 3 miles on the right (look for the Midland Days sign).

Midland Days at Divide, Inc. is a 501(c)3 nonprofit Colorado corporation formed in 2013 (EIN 46-4067659). Midland Days devotes its assets and operations to the protection of the historic legacy of the Colorado Midland Railway and the Midland Terminal Railroad, as well as other related railroads, and those cultural and natural resources affecting the continued preservation of such history. Midland Days at Divide, Inc. also owns the Midland Depot at Divide property and complex.

The Teller Historic and Environmental Coalition, Inc. is a 501(c)3 nonprofit Colorado corporation formed in 2000 (EIN facilitate preservation of the historic, envi-





ronmental, recreational and scenic resources in and around Teller County, and to broaden public understanding regarding the significance of those resources. T.H.E. Coalition is actively working to preserve the Midland Depot at Divide.

The Divide Chamber of Commerce, a partner of T.H.E. Coalition and Midland Days at Divide, Inc., is a 501 (c)6 non-profit corpora-

tion supporting local businesses in the Divide

All proceeds, sponsorships and contributions (less meal costs) from the "2025 Midland Days" symposium will help support Midland Days at Divide, Inc., future symposiums and the Midland Depot at Divide Preservation Project, and its partnering organizations.



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A Legacy of 60 Years of Service to Teller County

Way back in the late 1800s John and Mahlon Thatcher left Pennsylvania and migrated to the plains of Pueblo, Colorado. The brothers had a small safe they called "a bank" and offered loans to entrepreneurs and prospectors in the wilds of Colorado. By 1920 they had banks from New Mexico to Wyoming.

John Thatcher built the 24,000 square-foot Rosemount Mansion at 14th and Greenwood in Pueblo in 1891. That home is now a museum in the community as a gift from the family. The family of Mahlon Thatcher endowed monies to the Western Museum of Mining. Family members are still associated with Park

This was the beginning of the banking industry that eventually led to the development of Park State Bank & Trust in Woodland Park 60 years ago. A community bank, Park State Bank was developed with the idea of a bank supportive of the local community then and now. Those qualities helped the bank support local business owners through during the economic downturn in 2007. That attitude helped to support economic activity in the community when small businesses were struggling nationwide. President/CEO Tony Perry has worked diligently to hold the bank accountable to its

shareholders and to the community during his tenure at the bank.

Park State Bank & Trust has been a vital resource to the community during the last 60 years. In 2003, an area in the new bank building was designated at the Eichman Gallery to honor Bob and Karen Eichman for their years of service to the community. Gayle Gross, owner of Reserve Our Gallery in Woodland Park, managed the Eichman Gallery while working as Relationship Development Coordinator at the bank in 2006. Her position was to increase market share in the community by doing special events at the bank. She also was active with the annual Fine Art Scholarship that awarded money to student artists in the past.

The Eichman Gallery is still going strong today. A fall exhibit will be held this month honoring the Eichman's with a special watercolor painted by local artist Virginia Shippey who recently passed. Quilts from Quilters Above the Clouds, featuring work from Eileen McMilland and Mary Ann Sperry, will be exhibited as well as art from other local artists. Watch for details regarding a special art reception to be held during the month.

A special anniversary block party will be held at the bank, 710 W. US Hwy 24, on

September 13 from 10 a.m. to 2 p.m. Events include hot dogs and hamburgers grilled by American Legion Post 1980 based in Woodland Park, lemonade, tea, and drinks provided by Banana Belt Liquors, ice cream from Roy's BBQ, Eichman Art Gallery Reception, kid's

activities and hourly prize giveaways.

Message from President/CEO Tony Perry: Founded in 1965, Park State Bank & Trust is an independent, locally owned community bank in Woodland Park, Colorado, committed to delivering personal, dependable, and innovative financial services. With a family legacy in Colorado banking since the late 1800s, the bank supports individuals, families, and small businesses through tailored solutions, including checking, savings, business loans, and mortgage services.

Park State Bank & Trust prioritizes data security, safeguarding customer information and systems with robust measures. By advancing its digital strategy, the bank enhances customer experiences while maintaining local decision-making and keeping deposits in the Ute Pass region to fuel community growth through loans, donations, and volunteer efforts. FMI, visit www.psbtrust.bank or call 719-687-9234.

Victor Heritage Days

tor Heritage Days, September 6-7, 2025, in historic Victor, Colorado.

Victor is located at nearly 10,000 feet elevation on the southwest side of Pikes Peak in the Cripple Creek and Victor Mining District. We are located one hour west of Colorado Springs on Highway 67 and only five miles south of Cripple Creek on the Gold Belt National Scenic Byway.

Victor Heritage Days will commence at 10 a.m. Saturday, September 6 with a first time ever "Show and Tell" at Pinnacle Park Plaza. Participants are encouraged to share their knowledge of the memorabilia/historical artifacts they have acquired from Victor or the Gold Camp District. Come hear the stories, the history, and the "lore." The "treasures and tales" should entertain! A picnic lunch will be provided in the Plaza immediately following at 11:30-12:30 p.m.

The always anticipated Historic Home and Building Tour will take place within the city from 1-4 p.m. Tickets for this event can be purchased at Twin Flame Gallery (102 S. 4th) and the Victor Artists' Co-Op (southeast corner of 2nd and Victor Ave). A docent guided interior tour will be provided at all of the selected sites. Specific locations and addresses will be announced on victorheritagesociety.com or on Facebook as the date draws near. All proceeds from this event benefit sponsored activities of the Victor Heritage Society nonprofit.

On Sunday, Sept 7th at 10 a.m. a free Victor Walking Tour will take place in downtown Victor. This tour will have a special emphasis on the citizens who not only lived but helped form the history of Victor. All participants will meet in front of Victor City Hall to start the tour. Come join in on an early Sunday morning stroll! The walk will end at 11 a.m. in Wallace Park as we dedicate the newly placed walking tour sign and the historic Washington school bell by the Teller County WWII Memorial.

At 1 p.m. on Sunday, La Jean Greeson will be presenting "Gillett and Cameron, the Entertainment Towns of the Gold District" at the Cripple Creek Heritage Center. La Jean is the creator, administrator, and historical researcher of the very popular Facebook site "My Obsessions, Family History and Victor Colorado." She is also an active board member for the Victor Heritage Society.

More details for all scheduled events are available on Facebook at Victor Heritage Society. Email communication is available by reaching out to victorheritagesociety@gmail com The 2025 Victor Heritage fundraising cal endars will be available throughout the event.

While in town, check out our merchants, museums and eateries located in the designated National Historic District. Take a little trip and step back in time! If you decide to stay over there are several lodging accommo-





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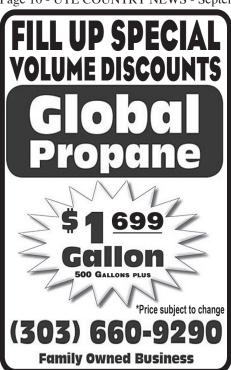
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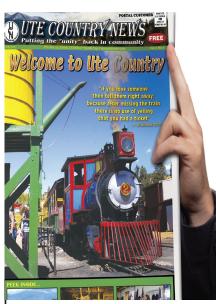
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TLove Lucv viewers will know I am referencing a line in the show featuring Tennessee Ernie Ford that has stuck with me for 50+ years. If you are too young to remember the story it is definitely worth taking a peek. My particular and somewhat mysterious "hitch in my own get-along" caught my attention a few weeks ago. That hitch in my get-along put my favorite movement related words of wisdom to the test. I ignored it, at first, when it could have easily been nipped in the bud. Those little neon "listen to my body" signs were

Originally, I blamed this irritating little hitch on the fact that I had driven long distances two days in a row. The length of time I spent in the seated position while driving must have wreaked havoc on my hip flexors. Still, I've driven that far in the past with no

As I continued to analyze other recent activities that may have primed me for the degree of discomfort I was experiencing, I was able to compile quite a list of culprits:

- 1. The number of steps my fitness app logged increased in the last 6 months.
- 2. Less time dedicated to my foam roller. **3.** Less quality time with my red light device.
- **4.** Increased overall, activity created an imbalance in hydrating my body.

In my defense:

- 1. Dog time This pup gets two good walks a day. It's our time to just enjoy each other and socialize.
- **2.** Work duties Doubling the number of daily steps, while reducing free time usually dedicated to my foam roller.
- 3. Lack of strategically placed electrical outlets to plug in my DNA Vibe. 4. Overall fatigue and early bedtime

Transparency is important to me, and it didn't take long to realize I had written on this topic over the years, many times. The lack of actual experience necessary to give credibility to those words of advice had eluded me, though.

Looking over the list of reasons for this annoying hitch humbled me a bit, but I do have some tricks up my sleeve to overcome this. First on my list was to find some commonality. The main culprit seemed to be poor time management. The question looming at this realization: How to create more time for self-care while honoring my commitments and meeting my income needs?

Little things such as:

- Reducing time on social media will open up time to prep my meals in advance and also will ensure that I eat a healthy and balanced diet.
- Establishing boundaries and rules regarding social activities.
- Weighing out which commitments are in my best interest and weeding out those

It appears that maintaining a sense of balance in life and with our bodies may be the best way to help our bodies remain hitch free.

Things I have learned lately:

- Going from tiny house living to a 3-bedroom house with a yard can create
- Attempting to rid the yard of foxtails keeps my dog safe, my house cleaner and my mental health a priority.

Oh... the foxtail thing.

For the last 3 months I have spent hours each week attempting to fill up the "organic waste bin" I am required to pay for. That's a lot of weeds. There have been phases:

- The weed-whacking phase
- The hard garden raking phase
- The leaf raking phase - The kick the shovel phase
- The leaf blower phase And now I am at the garden hoe phase to get those last stubborn weeds.

The culprit of my recent hitch may have been the shovel phase. Even though shovels are typically considered workload for the upper body and the core muscles, my methods involve repetitive kicking down on the shovel head to get a cluster of weeds down at the

Try as I might, I continually, found myself primarily utilizing my right foot/leg to kick with. My left foot/kick coordination was not nearly as good as my right resulting in overworked hip flexors and underworked glutes and hamstrings.

Imbalance + repetitive impact = hitch in my get along.

None of us are super humans but, I have a feeling we'd all rather get to our marginal decades as Super Agers, which requires a plan. Not just a plan of all the positive ways we are going to impact our future, but a plan for when life happens. Things don't always go the way we planned, but if we have a plan in place for those oopsie moments we move forward way more quickly with fewer setbacks.

It would be easy for a struggling individual to list all the reasons bad things keep happening to him/her or to blame others. In my experiences, I have had to work really hard to not fall into that victim mentality. Sometimes it IS hard, and you get frustrated with people telling you to focus on the positive.

Nowadays, I'm pretty good at catching myself if I start down that road. I've learned to transform most situations into positive learning events by:

- 1. Taking accountability for my actions whether it be that hitch in my get-along, locking myself out of the house, making a mistake at work or worse, divorce.
- 2. Practicing gratitude, prayer and faith in knowing that everything will work out, eventually. It may come at a financial cost, which is upsetting. Financial loss, though, is a small price to pay for peace of mind knowing that I came through a difficult time and walked away with my health and a little wiser to boot.
- 3. Surrounding myself with positive people that I admire. The more I engage with disciplined people, the more I want to be more disciplined. If I only interacted with negative people who tend to blame society, I suspect it would be more difficult to see a positive future life.
- **4.** Refusing to hold on to hate and anger has helped me tremendously, as well. The stress created by hate and anger is going to hurt me much worse than any horrible actions or words directed at my character.
- **5.** Keep the good memories and experiences. That's not to say, forget the bad ones. We need to remember those, otherwise we might fall into bad patterns. I file them away for when I need clarification even need to adjust things a bit.

Being a very social person tends to bring us

extroverts into contact with a wide variety of people. Each person has something positive to bring to our lives if we choose that route. Unfortunately, some of these interactions are meant to teach me how to be a better person.

One recent example, a homeless young man who gets around on a bike that may or may not actually, be his. This guy tends to create a lot of problems for us at work. My mother instincts start to kick in, but are quickly squelched when his antics accelerate problems that affect me and the people I am responsible to. People want to help him, but he is drowning in his self-created negative life. I've seen others enable him, which I believe is the root of all his problems.

One day this young man rode up on his bike loaded with various belongings, which included a very loud, portable radio blaring music. He parked his bike in front of the door, bent over to set the final 2" of his cigarette on the window ledge and entered the office.

Having never smoked before, I was immediately annoyed by the smell of cigarette smoke as the door closed behind him. Instead of asking him to leave, I decided to transfer the focus onto his music set up on his bike. The sound was really good for an old dumpster radio but, all he heard is "your music is too loud" which I never said.

I've had much experience with liars in my life, and this man was not one of the best in his constant use of empty apologies. I continued... I'm enjoying your music. I love country. I asked him if he played any instruments, thinking possibly it would help calm his anxieties and help him make better choices.

At first, he said "no, not at all" then, he said, "well I played the baritone in high school." I suggested that he should pick up playing the guitar which led to discussion about my current favorite artist, Chris Stapleton. He was in awe that he was talking to a woman older than his mom (what?) about Chris Stapleton.

At first, I thought he's just playing a game with me, but he actually knew some things about Chris Stapleton that the average person wouldn't know. I enjoy Sirius XM because not only do they play the songs of artists, they also have recorded interviews of them and their band members. I shared one such story from an interview with one of the guitarists who started his love of music in high school playing a wind instrument for the school band.

Hopefully, he was curious enough to Google this tidbit to find the whole story about this guitarist. Would this be an important and positive moment that would turn his life around? Maybe not today or tomorrow but, someday that thought will creep into existence

That story does nothing to help me with my hitch in my get-along but, it was a good lesson for me or at least, it felt good to be a stand in mom for this lost soul

Update:

Hitch is much better thanks to rest, strengthening my weaknesses, gradually getting back to foxtail abatement, better time management, increase in protein, hydration, foam roller, daily red light therapy sessions in the privacy of my own home and a touch of grace and gratitude goes a long way, too.

To learn more about how red light therapy www.dnavibe.com/lorimartinfitness.com

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27 Cahill Loop Hike 9-12 p.m. meet at Grouse Mountain TH

27 Junior Ranger in the Forest 11-12 p.m. meet in front of the Visitor Center 27 Star Party 8-10 p.m. meet at the Visitor

28 Flower Pressing 2-3 p.m. meet at the

All hike and walk end times are an estimate and will depend on the pace of the group. Programs happen rain, snow, or shine unless



To experience a beautiful drive, gliding I smoothly over well cared for asphalt highways, is one of the often-overlooked pleasures of modern life. I know I rarely give a second thought to what it might take to create an excellent road. Currently, Highways 67 in Woodland Park and 24 from Woodland Park to Florissant are going through a repaving process. Residents and motorists are noticing various types of heavy machinery, wait times and altered traffic routes, but what exactly is going on?

To answer this question, I interviewed the Colorado Department of Transportation (CDOT) project engineer for the current projects of Highways 67 and 24, Michael Garman, and also the Martin Marietta (contractor hired by CDOT) project manager overseeing the two highway projects, Blake Ridgeway.

This article is organized into two parts. The first section will consist of interview questions answered by Blake and Michael and the second section will be a summary of Blake and Michael's explanation of the repaving process.

What is your background and why did you decide to work in this industry?

Blake: I went to college for construction management and while working as a laborer on Pikes Peak National Veterans Cemetery, I worked alongside people from Martin Marietta. I really liked what the company stood for, safety and quality. They care about the people who work for them and prioritize their safe return home after each shift. Every employee is empowered to put safety first with no repercussions. We also take a lot of pride in making a quality product for CDOT, and last year, we won three state awards for quality and two for smoothness. (Blake has worked in the industry for 10 years.)

Michael: I came from a materials-driven standpoint, started doing materials testing in labs, learning what it takes to build buildings and roadways based on the existing environment and how to access what is needed. Finding a balance between the environment, the available funds and what you're working with is where the engineering comes in. The work we do is for the people, it's about the people. It's moving forward and making improvements, so everyone, the workers and the traveling public, make it home safe. It's very important and why we're here. It is all about what is needed to help the public keep moving. (Michael has been materials testing and managing projects for CDOT for the past 24 years.)

How is it decided who builds the roads?

Michael: When CDOT advertises projects to contractors authorized to do the work, the plans and specs are shared, then bids from contractors are made and the lower bids are usually chosen. The contractor's track record and ability to work with the state also factors into the decision. A contractor that is able to meet both the low bid and receive quality awards when doing the work is a great combination.

What are your favorite things about working in this industry?

Blake: I didn't want a desk job and every day is a new day, a new adventure, nothing is repetitive in what we do. (Blake is currently coordinating with about 20 subcontractors to repave 67 and 24. These companies address specific parts of the process including; milling, signage, striping, environmental protection, erosion control, electricity, public information, guardrails, concrete, traffic control and more.)

Michael: We are able to experience a new area, meet new people, address new challenges, and determine new ways of approaching each project. It's really about helping the community, keeping things moving, improving infrastructure, keeping our businesses going and helping people make it to work in a reasonable amount of time. The intersections, the roadways, changing traffic up, it's always something. There are so many little things, you don't realize how much planning has to be done ahead of time to make it all work, so you avoid confusion and help the traveling public. I do like being outside — but that can be both good and bad, you never know when a tornado might hit!

Some of Blake and Michael's biggest challenges when working on roads included:

- Meeting expectations under a tight schedule because of weather complications and other delays.
- Being out on roadways that are still in use with people having to wait and getting tired of it and swerving, some people

don't make it home,

• Many variables and details must be taken into consideration, and it is sometimes difficult to find the balance between money and time and still have safety.

How is a road resurfaced and what machinery is used?

Resurfacing a road is a complex process The area to be resurfaced is first observed and design bid builds are provided by CDOT engineers. A contractor is then chosen as previously explained. The design phase includes the determination of an asphalt mix for a specific area. Different asphalt recipes are used for specific climates, weather conditions and usage levels. Based on CDOT requirements, the contractor creates an asphalt recipe based on available aggregates (gravel, sand, the rock part of the mix), giving consideration to where the materials and the job site are located, what



L to R-Blake Ridgeway-Martin Marietta project manager for resurfacing of Highways 67 and 24 and Michael Garman-CDOT project engineer for Highways 67 and 24. Cover: Distributor Truck (red truck) drops piles of hot asphalt to be spread by the Laydown or Paver Machine (orange machine).



Paver Machine (right) front-before. Paver Machine back (below) after.

oil is available and what performance grade of oil needs to be used. All these things are considered to make the best product for a particular area, and sometimes a little salt is added to make it work.

At the jobsite, erosion problems and areas of concern that might weaken the road are addressed to prevent further damage to the existing surface and turn lanes are extended to prevent traffic backups. Passing lanes are also maneuvered into place to allow for resurfacing work to continue and traffic to continue to flow, typically with one lane in each direction. The laying down of the asphalt usually begins on the outside of the roads working toward the middle. Continual testing occurs throughout the process to ensure the longevity and smoothness of the road, so it doesn't fall apart in the future.

While I was taking pictures at the jobsite on 24, I heard a CDOT consultant inspector say



roads here in the mountains may only last 10. Project Information Resources:

Interesting Facts:

weather/temperatures.

Asphalt can be ready to drive on within 2 to

6 hours after it's laid down depending on

An asphalt road can last from 15-30 years,

maybe more depending on where the road

weather causes frequent temperature changes

contracting often, it doesn't last as long. Our

is located. If the road is in an area where

resulting in the asphalt expanding and

· codot.gov/projects/us24resurfacingdividewoodlandnark • https://www.codot.gov/projects/co67wideningwoodlandpark

Visit the project websites at:

• Download the free COtrip App for statewide, real-time information on Google Play Store or the Apple Store

Asphalt...it's the word on the streets!

Quote:

"Have patience when you see those orange signs and cones, be aware, we'll get through this together. Sometimes it seems like there will be construction until the end of time...but there is an end in sight.

— Michael Garman, CDOT Engineer

Challenge:

and the car in front of you.

Roller-Compacts the surface of the new asphalt. it's time for the Rollthat 700 tons of asphalt had been applied that morning. I was shocked! The magnitude of this work, the huge machinery and amount of material being moved and applied so we can travel easily is a modern marvel. I will now identify some of the machines we are currently seeing on our roads and what they do in pictures and in excited laymen's terms. It was fascinating to be close to this process!

the top layer of asphalt to a given depth and shoots the debris into a big truck to be removed and recycled. Then, the Distributer

ers to get busy. When the temperature is in the correct range, the rollers begin the compaction that secures the asphalt's placement, depth and smoothness. The rollers do not stick to the asphalt because water jets lubricate the roller during the process. Temporary striping is applied at different times during construction to keep traffic in appropriate lanes. Permanent striping happens at the end of the project. An epoxy material The Rotomiller Machine evenly removes is applied into a grooved surface so that the lines are flush with the roadway surface. This

is done so snowplows don't peel the striping away when winter comes.

Truck drops the heated asphalt mix onto the milled surface in neat rows to be strategically smashed by the Laydown or Paver Machine that takes the hot mix and

chine does its work,

evenly spreads it to the design thickness. After the Paver Ma-

Being out on Highway 24 with the road workers gave me a new level of appreciation for the risk they take working when traffic is still moving through their work area. Some have their backs to incoming traffic as they work, it's seriously scary. The challenge this month is to try to follow the "Slow for the Cone" recommendations posted on the CDOT website. These include: Don't speed in work zones. Expect the unexpected. Watch for workers. Drive with caution. Don't change lanes unnecessarily. Avoid using mobile devices. Turn on headlights. Be especially alert at night. Expect delays, especially during peak travel times. Allow ample space between you

Mueller State Park

- 4 Beginner Bird Walk 9:15-10:30 a.m. meet at Elk Meadow TH
- **5 Junior Rangers on the Trail** 11-12 p.m. meet at Outlook Ridge TH Basic Survival for Kids 2-3 p.m. meet at
- Camper Services 5 Wildlife Viewing Hike 5:30-7:30 p.m. meet at Black Bear TH
- 6 Archery 10-12 p.m. meet at Dragonfly Pond Parking Lot Moth Night 7:30-9 p.m. meet at Amphi-
- 13 Basic Fly Fishing 10-12 p.m. meet at Dragonfly Pond Parking Lot
- 13 Junior Rangers at the Pond 11-12 p.m. meet at Grouse Mountain TH
- meet at Peak View TH 13 Nature Journaling 3-4 p.m. meet at Outlook Ridge TH
- **14 Forest Bathing** 9:30-12:30 p.m. meet outside the Visitor Center 19 Beginner Bird Walk 9:15-10:30 a.m. meet at Elk Meadow TH
- **20 Basic Fly Fishing** 10-12 p.m. meet at Dragonfly Pond Parking Lot

19 Nature Crafts 2-3 p.m. at Camper Ser-

- **21 Nobel Cabin Hike** 9:15-11:30 a.m. meet at Homestead TH 23 Wildlife Viewing Hike 5:30-7:30 p.m.
- Visitor Center *TH indicates Trailhead
- posted otherwise. FMI 719-687-2366

~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.

CRIPPLE CREEK

Light Refreshments will be served. Proceeds benefit Victor Heritage Society.

• Thursdays Yarnia! 10-12 p.m. Craft

• The second and fourth Tuesday of

Storytime every Friday at 10am

each month join us for Hooks and

GUFFEY

· Bakery hosts a Farmer's Market every

13 Respiratory Diseases & The Impact

2 Walking, Talking Threads 1-3 p.m.

6 Socrates Café 6-7:30 p.m. Please

Meets every first Tuesday of the

month. Take a nice brisk walk around

library to crotchet, knit and talk away

Guffey Town and meet back at the

come and join us as we exchange

philosophical perspectives based

is welcome regardless of age or

on personal experiences. Everyone

background. This will not be a class,

munity dialogue. Socrates Cafes take

place in many cities and towns around

the world. The concept was started by

Christopher Phillips using his method

that involves discussing a set of ideas

and learning how to think rather than

what to think, and getting consensus

ment. Call 719-689-9280

Outreach 11-2 p.m. Weather permit

ting, RMRH representatives will

e offering free health screenings

sound financial medical advice, free

Guffey Literary Society 1-3 p.m. Book

choice for September is *The Hiding*

Guffey Literary Society is a wonder

fully dynamic and diverse group. All

Place by Corrie Ten Boom. The

FMI 719-689-9280 or Guffey

Library@parkcountyco.gov

by asking questions. FMI Craig

11 Free Legal Clinic 2-4 p.m. by ap-

24 Rocky Mountain Rural Health

clothing and much more.

are welcome to join.

lecture or debate, just simply com-

of Stress 10-noon at SPFPD FMI

Needles, an additional club for craft-

ing love with others!

ing! 10-12 p.m.

FMI 719-748-3939

Saturday 9-2 p.m.

rebskillam@gmail.com

and share your knitting and crochet-

AVAILABLE ONLINE

• NAMI Colorado: http://www.namicolorado.org/ · Suicide prevention: https://suicidepre-

ventionlifeline.org/ or dial 988

CAÑON CITY

6-7 The 950 Junktion 10-4 p.m. 43880 W US 50. Antiques, vintage, handcrafted, vendors food trucks, music and more! FMI 719-784-1172. Pet Fair and Fundraiser, not limited to Doodles! Featuring pet-related

27 Celebrate National Doodle Day Canon City Dog Park on Reynolds Ave. 100% of profits donated to Fremont County Humane Society Hosted by Mountain View Homes

LIBRARY

6 Sherry Sky Stuart presents Forgotter Female Felons 2 p.m. at the Steeple Event Center. 18 Free Legal Clinic by appointmen

2-3:30 p.m. 719-269-9020 • 1st Friday Lego Club 3 p.m. · 2nd Friday Breakout Box 3 p.m

 B.O.O.K. (Babies on our knees) story time Mondays 10:30 a.m. Cañon City Gardening Club 4th Satur-

day 1-2:30 p.m. · Chess Club Wednesdays 2 p.m. Cribbage Club Fridays 10-noon

• Dulcimer Club for kids 2nd and 4th Wednesday 3:30-4:30 p.m. Mahiong Club Tuesdays 1-4 p.m Metaphysical Group Saturdays 10:30 a.m. Rummikub Club meets 3rd Monday of

each month 1 p.m. Saturdays D&D Club game 2-4 p.m • Story Swap Book Chat 1st and 3rd Tuesdays 3 p.m.

· Story time and craft Tuesday and Thursdays 10:30 a m • Story time at the Farmers Market every Saturday 9-9:30 a.m. All at 516 Macon Ave unless other wise specified. FMI 719-269-9020

COLORADO SPRINGS MUSIC ON THE MESA

6 The United States Air Force Academy Band 4-8 p.m. 13 Wirewood Station 11-2 p.m. 20 Countywyde 11-2 p.m. FMI see page 9.

www.ccpl.lib.co.us

· Pikes Peak Area Agency on Aging pre sents a series "Retirement Reimagined Strategies for a Meaningful Future each is on a Thursday, 4-5 p.m. You

4 Finding Purpose. The workday alarm clock is gone...now what? Explore how to bring meaning, joy, and purpose into your retirement years with intentional life planning. 18 Estate Planning. Protect your assets,

secure your legacy and gain peace of planning whether you're starting fresh or updating your plan. 25 Caregiving with Compassion. Discover

tools and understanding to navigate aging, changes in cognition, and grief while staying connected with your loved one, and yourself as a caregive 101 and on Oct 9 Staying Connected.

FMI 719-471-7080 x 135 **CRIPPLE**

CREEK

the first Thursday of every month at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m. 6-7 Cruise Above the Clouds Car Show

6-Oct 7 Ghost Tours Saturdays by reser vation only 719-689-9540 13 Double Down Disc Golf Tournamen **18** Third Thursday of the month is Two Mile High Club meeting at 5:30

Eagle Casino complex 442 East 20-21 Gold Camp Victorian Society Mt

Pisgah Speaks 20-21 Craft Fair at Heritage Center, Rocky Mtn Rambler

26-Oct 5 Fall Art Show at Heritage Center 27 "Autumn Leaves" a benefit concert for CC-V schools music department 7 p.m. \$20 adults, \$10 children under 18. Ticket at buttetheater.com.

ASPEN MINE CENTER

9 Groundbreaking for "A Place for Kids" 2 p.m. 142 W Bennett Ave Tuesdays BINGO 10:30 a.m. for • Tuesdays Moral Reconation Therapy

5-7 p.m. at ACCC building. Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed, donations greatly appreciated, but

 Mexican Train on Thursday 10:30a.m. • First and third Adult Children of Alcoholics 6:30-8 p.m. Interested in ESL? Please contact Ann

All programs at 166 E Bennett Ave. FMI 719-689-3584 x112.

COMMUNITY PARTNERSHIP

1-3 p.m. New students (min. age 16) may join GED classes after completentation and \$40 registration fee FMI Katy@cnteller.org

Playgroup September 12. Cripple Creek Parks & Recreation Learn, grow, play, and have fun! Join us to meet other children and caregivers participate in fun and educational ctivities together, and nurture you child's development. Playgroup is for families with children 5 years and under and their caregivers, old siblings are welcome. Walk-ins welcome. FMI Aimee@cpteller.org

CC DISTRICT MUSEUM

District Museum Ghost Tours 4 p.m 19-689-9540 for reservations or FMI. Come learn about the spirit who never left Cripple Creek on this walking tour along Bennett Avenue p.m. Cost is \$10 each.

CCDM Facebook page for details SAVE THE DATES – Oct 4. 5 Fall

10, 13 Yoga & Pilates 6-week classe to benefit TCRAS at Pikes Peak Wednesdays, Sept 10 at 6 p.m. and a.m. Each 6-week class is \$89 or BOTH for \$149. FMI 720-951-451

12, 26 Teller Senior Coalition BINGO! 10-11:30 a.m. at Little Chapel Church 69 CR 5. RSVP 719-687-3330 ext. 6. Please call to set up a ride 719-687-0256 and join us for

loughnuts, coffee and FUN! 13 The "2025 Midland Days" Sympo sium — Cripple Creek Adventures see page 13 13 "Mexican Fiesta Fundraiser" at

Colorado Wolf and Wildlife Center 4-6 p.m. Feeding tour, meet & greet seasonal treats, refreshments & adult beverages, vegetarian & meat chili spot today 719-687-9742.

FAIRPLAY

11 Free Legal Clinic 2-4 p.m. by appointment. Call 719-836-4297 via

WIZARDS OF THE PEAKS Catan Group 2 p.m

13, 27 Youth and Teen Dungeons & 14. 28 Amtgard park Days noon FREE 21 Amtgard Arts and Science Day noon

28 Word Game Group 2 p.m. Sundays Amtgard Park Days Biweekly noon.

· Mondays Cribbage Group Bi-weekly Mondays Boozy Board Games Bi-

weekly 6 p.m. FREE Tuesdays TTRPG 7 p.m. different each week.

Thursdays Learn to Play 6 p.m. Game Fridays Night Magic 7 p.m. • Saturday Adult RPGs 7 p.m. different

each week **FLORENCE**

13 Tour de Coal Towns 9 a.m. register at the Florence Pioneer Museum for a leisurely bike ride through the coal camps west of Florence, Along the way, play the Poker Run and see who has the best hand at the end of the ride. Last stop is Pioneer Park. Lunch provided at the end of the children 12 and under. The Museum will need a signed registration paper AND a signed release paper, along with a check made out to the Florence Pioneer Museum.

13 The Blue Spruce Gallery is proud to host an exhibition of Marianne 'Moonbeam' Schuren's newest photography. The opening reception s 4-6 p.m. at 205 West Main St. Moonbeam is a multi-talented artist. with skills ranging from jewelry making to painting, to photograp This show will feature some of her newest and favorite photographs, as well as some of her paintings. Love of nature and animals are her inspira ion, and it shows in every picture that she takes. She spends part of the year in Portugal and her newest photos of the beauty there are well worth seeing. The back garden area will be open and there will be light

JOHN C FREMONT LIBRARY 4 Reverse coloring craft 2 p.m. Instead

efreshments and good conversa

The exhibit hangs through Oct. 7.

of using color on a lined coloring page, those attending will add lines to a colored coloring page! 8 Movie for adults 2 p.m. Popcorn will



Playgroup Fridays 9-10 a.m. No

Saturdays Through October CC Tours leave the District Museum at 4

The District Museum Scarecrow Cor test is coming this autumn... More categories! More prizes! Watch the

DIVIDE

8, 22 Little Chapel Food Pantry distri-Yoga is on Saturdays, Sept 13 at 9:30

SWEET RADIANCE

19-21 Pueblo Chili Festival. 28 Silent Book Club • Every Sunday - Craft Days **FLORISSANT**

7 Growers & Makers market Sundays 10-3 p.m. at Florissant Community Park 358 Circle Drive (behind the Farms, Florissant Farms, Dynamite Beef, Kinga's Home Bakery, Never Dead Threadz, Dewdrop Soap, Sim ply Supplied, Wylde Forest Soap, oly moly Doughnuts, Dills Design Just-Mv-Mini-And-Me. Twisted Sisters Soap, Alchemy Apothecary Bombtanicals Body Care, Mexican

be provided. Bring your own drink

12 Cañon City Workforce Center 11-1

p.m. to help people with career

16 Bank of the San Juans presents Money

tion prevention for older adults.

23 Fremont County Master Gardeners

26 BINGO! 2 p.m. All ages welcome

ners will receive prizes.

10 a.m. topic: how to save seeds.

We will play 3 games and the win-

30 Fremont County Clerk and Recorder,

Justin Grantham 2 p.m. "Life on a

Smarts 2 p.m. topic: financial exploita-

15 Basic Troubleshooting Computer

Tamales, Terri Wingate and more! GRANGE

· Pine Need Class 9-12 p.m. All levels welcome so join us to learn to make these beautiful baskets or learn a new stitch or design element. Cost is \$10 and a donation to the Grange. Quilts for Veterans meets Tuesdays

9-noon. We make quilts for Veteran Thursday Potluck and Music 6-8 p.m. Dancing encouraged! FMI to reserve your spot in classes 719-510-2325

4 Book Coven Book Club from 5:30-7 p.m. Come sit a spell! Explore stories that feature witchcraft, myst cal worlds, and magical adventures from fantasy to contemporary works creating a space for those who love all things magical and mysterious Family Craft Day from 11-1 p.m.

Come make a craft together after storytime! 8 Romantics with Altitude Book Club from 4-5:30 p.m. Read and talk

about romance books with other 10 Florissant Bookworms Book Club

12 Food Crafts from 11-3 p.m. Drop in after storytime for a fun food themed 12 Tarot Club 3 p.m. Teens and up are

welcome to join this group and learn all things tarot. September's theme is 13 Back to School Carnival 10-1 p.m. Have Fall Fun with a bounce house

cake walk, face painting, a clown. free cotton candy and popcorn and carnival style games!

16 Read Amok Book Club themed "LG-BTQIA" Bring up to 5 books within

the theme to share! 11-12:30 p.m. 19 Teen Night at 5 p.m. Join us and make upcycled tiny robots! Dinner is provided, Ages 13-18. 23 Library Book Club at 3 p.m. Join this book club where we read books that

have libraries as a part of the title or

a central role in the setting or story!

Check our website for the titles

we're reading each month. Thursdays from 10-11 a.m. Homeschool Family Playgroup. Come make connections with other home • Tuesdays Tai Chi 10-11 a.m. Come

Range Rd. **6** Cruise Above the Clouds Pancake

Breakfast 8-11 a.m. at the WP Senior Center, SE corner of Pine & Lake Ave. A breakfast guaranteed to keep you going throughout the Car Show Day. Fill up with all you can eat fluffy ancakes, scrambled eggs, sausage, fruit and the best biscuits and gravy around! Your hometown seniors will be flipping pancakes and scrambling eggs to be served with juice and cof ee or hot tea for only \$10. Kids 6 and under eat for free. We can make take out meals for you! Our open to the public event helps to support the programs and activities of the WP Senior Center. We appreciate the support of

each one of you! 3 Second Saturday Reserve Our Gallery gala 6-8 p.m. FMI https://reserallery.square.site/ or calling

4:30-7:30 p.m. Teller County court

approved parenting and divorce class seminar. \$35 fee. Pre-registration reguired. FMI Michelle@cpteller.org In Full Bloom A Garden Celebration 3:30-5:30 p.m. Join us at the Community Garden, 220 W South Ave. Enjoy garden tours, tasty snacks made with ingredients from our themed gardens, scavenger hunts and kid-friendly activities, plus

15 Family Law Divorce, Custody, & Protection Orders! 4-5 p.m. Colorado Legal Services will offer general guidance on filing, representing yourself, understanding the statues, and naviga ing the court system. No specific legal advice. No attorney-client relationship will be established. Childcare pro-

16 Practical & Positive Parenting Workshop 5:30-7:30 p.m. During this interactive workshop learn how to understand and communicate with your child effectively and connect with other parents who have been don't have to do it alone! Childcare and a hot meal are provided for all in attendance. Preregistration required, call 719-686-0705 or email

20 Family Movie Night ~ showing Encanto! Doors open at 5:45 p.m., Movie starts at 6:30 p.m. Come make a snack, grab popcorn and a drink, and get comfy! Bring a mat, blanket, pillow, or chair. RSVPs appreciated but not required. Walk-ins 719-686-0705.

Addiction Support Wednesdays 9-4 p.m. sonalized, nonjudgmental peer coach-

10-3 p.m. Pikes Peak Workforce Center helps with job searching, reapplications. Walk-ins welcome or schedule appointments with

Meet us at Woodland Park City Hall nunity connection —open to all ages and no experience required. Get involved with building, planting vatering, or to learn something new Want to help with watering? We're looking for helping hands to keep the garden beds happy and healthy this season! FMI Michelle@cpteller.org. Family Café Monday through Thurs-

LAKE **GEORGE** 11 Free Legal Clinic 2-4 p.m. by appointment, Call 719-748-3812.

MANITOU **SPRINGS** https://www.pikespeakmarathon.org/

VICTOR

5-7 Victor Heritage Days 13-14 Steampunk Soiree 2025 · Victor Lowell Thomas Museum open daily 10-5 p.m. Victor Sunnyside Cemetery Tours Check VictorMuseum.com

WOODLAND **PARK**

5, 6 Munchkin Market is a HUGE signment sale of gently used children's items: Clothing (size 0-junior 16), shoes, baby gear, strollers, high chairs, toys, media, healthy and safety, accessories, maternity, and more! Volunteers run the sale and benefits go to MomCo Village Group in Woodland Park. If you'd like to consign, we'd love you to joi us! You can receive up to 70% off the selling price of your items. FMI munckinmarket.net Friday sale is 10-7 p.m.

• Saturday 9-2 p.m. (1/2 price day, all items 50% off) We are located at 1061 Rampart

• Yoga with Leah Mondays 10-11 a.m.

No voga Sept 22 First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org. Yoga with Leah Wednesdays 5-6 p.m First come, first served, no late entr Bring your own mat and props. All

SAVE THE DATES! Oct 1 GED Orientation 5-7 p.m

COMMUNITY PARTNERSHIP

History Talk by La Jean Greeson, "Lost Places" on the towns of Gillett and Cam eron, once part of the Cripple Creek Mining District 1 p.m. Admission is free.

sign up for the 2026 garden seasor and CP's fall cooking classes. FMI

vided. FMI 719-471-0380.

velcome. Aimee@cpteller.org or cal

Face It TOGETHER provides free per ing for those impacted by addiction. 1 r and older. Walk-ins welcome. FMI www.wefaceittogether.org
• Career Center Tuesdays & Thursdays

sume assistance, and unemployment George@cpteller.org

• Community Garden Work & Learn Day Tuesdays & Thursdays 9-12 p.m.

Hands-on gardening, helpful tips, and day 9-4 p.m. Enjoy coffee, Free Wi-Fi, Kid's Corner, and a space for

nunity to connect Foundation Training Innovative Exercise Program Wednesdays 7-7:45 a m 45 minutes of activation, breathing and stretching. Feel your body after just one class. Bring

@gmail.com

• GED Classes Mondays & Wednesdays 10-12 p.m. New students (min. age may join GED classes after com pleting orientation and \$40 registration fee. FMI Katy@cpteller.org. Pearson VUE Testing Center Mondays 9:30-5:30 p.m. Schedule your certification or licensure exam at www

pearsonvue.com. Fees vary. FMI Katy@cpteller.org Playgroup Tuesdays & Wednesdays 9:30-11 a.m. Learn, grow, play, and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playgroup is for families with children 5 years and under and their caregivers, older siblings are welcome. Walk-ins welcome. FMI Aimee@cpteller.org.
• Telehealth Location Monday through

private rooms and equipment available for any virtual appointment including health care, therapy visits, interviews, parent-teacher conferences, and more

Thursday 9-4 p.m. Comfortable

levels welcome. FMI Michelle@ cpteller.org.

All programs at Community Partnership Family Resource Center 701 Gold Hill Place unless otherwise noted. FMI 719-686-0705.

Improve your education and employ ment opportunities by earning your GED. We will help you every step of the way, from enrollment to gradu ation, with our small classes and on-site testing center. New students (min age 16) may join GED classes registration fee Dinner provided childcare available on request. FMI Katy@cpteller.org.

Oct 2 Cooking Classes 5:30-7:30 p.m. Leave the shopping and cleaning to us; take a night off and enjoy hands-on cooking fun with your far ily! Learn to prep and cook healthy meals, grocery shop on a budget and nutrition. Enjoy a family style meal ogether at the end of class. Each week, participants take home a bag of groceries to recreate the meal a home or get creative and customize your own meal. Preregistration required 719-686-0705 or email michelle@cpteller.org.

2 Woodland Park Book Club 10:30 a.m Check our book clubs' page to see what we're reading next

3 Kids Crafternoon from 3-5 p.m. Join us for a craft and downtime to read work on homework or projects! 3 Evening Adult Fiction Book Club 4:45 p.m. A book club for those

looking for an evening group!

3 Evening Tarot Club at 7 p.m. Join us for an afterhours edition of tarot club September's theme is "Devotion." 5 Coffee Chats 10 a.m. Join us for free coffee, donuts and conversation Meet new friends in Woodland Park

6 Spill the Tea for Teens at 10 a.m. Join us for an hour of casual hanging out 8 NoFloCo is hosting a University Session at 6 p.m. FMI page 13.

9 For the Love of Writing Writers Club at 3 p.m. Join your local communit of writers of all genres and skill 10 AARP Smart Drivers Course at 1 p.m. Sign up for this driving refresh

skills and learn how to better avoid

traffic violations. Call to register. 11 Reader's Circle Book Club 10:30 a.m. in the Large Meeting Room. 11 Fireside Storytime at 4:45 p.m. Wear cozy clothes and bring your favorite stuffed animal for a special evening cozy storytime complete with hot

17 Metaphysical Book Club at 5:45 p.m. Join us for open-hearted discussions around a theme every month. Topics touch on spirituality philosophy, and metaphysics. Read one of the featured books and bring your thoughts and ideas to share Check the website for each month's

theme and book picks! 18 DMV to GO from 10:30-2:15 p.m. DMV services at the library! By appointment only. Call to reserve a spot 19 Linocut Printmaking Workshop from 1:30-3:30 p.m. Learn how to carve and print your own designs! Call us to register! Spots are limited.

24 Intro to Stained Glass at 12 p.m. Learn how to make stained glass in the RLD Makerspace! Please call 19-687-9281 to register for a spot! 24 Memory Cafe at 1 p.m. Have a loved one experiencing memory loss or brain change? Join this group of caregivers and loved ones for an afternoon of

activities, music, refreshments, friends 25 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. September's theme is 26 Bad Art Night for Teens from 4:30-6

p.m. Let your expectations for making art go out the window and make ome truly terrible art with us. 27 Minecraft Day from 11-3 p.m. Stop by for themed activities, crafts,

displays, games, prizes and snacks! Pokemon Trading Card Game Club every Thursday at 3:30 p.m. in the large meeting room. Trainers of all ability levels are welcome! Tuesday Books and Babies 10 a.m.

a special storytime for babies and Thursdays Preschool Storytime 10 a.m. Thursdays Tai Chi at 4:45 p.m. Fridays Tai Chi at 10 a.m.

RESERVE OUR GALLERY

3 First Friday Art Walk 8 busines venues, shuttle from Reserve Our Gallery, 4-7 p.m. 5-25 Rehoming Art Sale 400 W. Midland. **20** Flash Sale Day call 719-401-2301 or

The Ghosts of Mt. Pisgah Speak Again

Once again, the ghosts of the World's Greatest Gold Camp will speak... Can you hear them? Please join The Gold Camp Victorian Society (GCVS) of Cripple Creek on Saturday, September 20th and Sunday, September 21st for our twenty-fifth annual presentation of Mount Pisgah Speaks, an historic tour of Mt. Pisgah Cemetery, Cripple Creek's historic resting place for its endless host of characters from days gone by. The Gold Camp Victorian Society members will again be portraying many of the most

colorful characters of the World's Greatest Gold Camp of the 1890s. It's as if the dead are rising from their graves to entertain all who come to visit with their riveting, hilarious and often heart-rendering stories.

The 2025 cast of characters may include:

• Pearl DeVere, the most beloved Madam of the gold camp and the only Madam to be buried in the cemetery

• The Ghost of the Potter's Field, and the unknown and unnamed buried there. Johnnie Nolan, the man who banished

temperance crusader, Carrie Nation, from

Cripple Creek, forever. Mabel Barbee Lee, Cripple Creek's most beloved teacher and author of Cripple Creek

• Doc Susie, the famous female doctor of the frontier. • **Digger O'Dell**, the man who dug the graves

of Mt. Pisgah (in a creative way).

These famous ghosts, as well as the com-



mon folk who lived and worked in the gold camp, will tell their tales of life in one of the most active mining districts in the world where gold is still mined today. You will see the apparitions come alive as they stand at their own graves to tell their stories. This remarkable historic production portrays some of the gold camp's most famous, infamous, nefarious and loveable characters in an entertaining and slightly spooky atmosphere.

Tours leave the Cripple Creek District Museum parking lot (510 Bennett Avenue) in Cripple Creek every 30 minutes beginning at 9:30 a.m. on Saturday and 10 a.m. on Sunday and run until 1:30 p.m. Saturday and 12:30 p.m. Sunday

Foreign

4 - Wheel

Trucks

Jeeps

ASE :

Tickets are \$15 for adults and \$8 children 12 and under, and may be purchased at www. goldcampvictoriansociety.org, or in person the day of the event (as available) at the GCVS District Museum ticket booth. No pets are allowed but clearly marked service animals are welcome. Free cookies, water and coffee are offered at the Cookie Tent at the end of each tour. Tickets should be purchased early where possible as this is a popular event which usually sells out each day. And, as this is an outdoor walking tour, comfortable shoes and clothing are recommended.

The Gold Camp Victorian Society is a nonprofit 501(c)3 organization whose members

are dedicated to the preservation of the history of Cripple Creek and the surrounding areas, as well as the history, fashion and lifestyle of the late 19th and early 20th centuries. The Society is known and respected throughout the state of Colorado and beyond, and is applauded by history buffs and historical societies everywhere for the attention given to authenticity in clothing, manners, activities and our deep dedication to the City of Cripple Creek's ongoing efforts to preserve the historic culture of the Gold Camp for future generations.

FMI, info@goldcampvictoriansociety.org or go to our website www.goldcampvictorian-

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