



UTE COUNTRY NEWS

Putting the "unity" back in community

POSTAL CUSTOMER

PRSR STD
U.S. POSTAGE
PAID
DIVIDE CO
PERMIT NO. 487

FREE

May 2018

P.O. Box 753, Divide, CO 80814 • 719-686-7393 • utecountrynews.com

Vol. 10, No. 5

Welcome to Ute Country

"When men and women are able to respect and accept their differences then love has a chance to blossom."

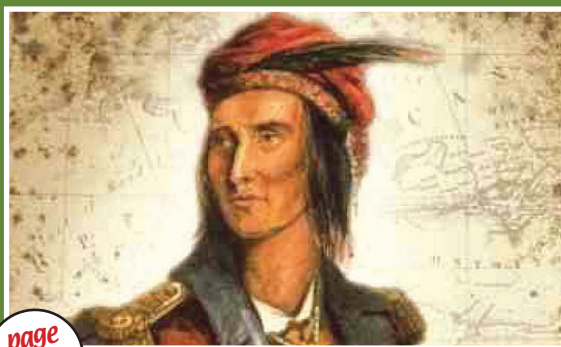
— John Gray

PEEK INSIDE...



page
3

Cañon City's historic Main Street



page
7

Tecumseh and One Nation



page
21

Dickson Memorial project update



On Deck

This month we bring you a cover of real flowers! This photo of blooming lilacs was taken a year ago in May outside the Cañon City Library. We felt this photo was perfect for our May cover, especially given Cañon City celebrates Blossom Fest the first weekend in May.

We mountain folk look forward to all that May brings us; blossoms with sweet fragrances to fill the air, new plants pushing their way up from winter's slumber, and tourists interested in traveling to new destinations. Open the pages before you to see what destinations you'd like to experience in the beautiful month of May! We have tips to help you build firewise communities, coping skills to help you co-create healthy relationships, poetry to ponder, and ways to help you feel empowered by recognizing the impact your choices make.

Please take a moment to thank our advertisers because without them, none of this is possible!

We enjoy hearing from you, especially if we've made an error; look for a correction on this page.

Please continue to send in your photos of animals for Critter Corner, as well as your comments, questions, and suggestions. We love hearing from you and appreciate your feedback! Feel free to email utecountrynewspaper@gmail.com, call 719-686-7393 or via www.utecountrynews.com.

Thank you,
— Kathy & Jeff Hansen

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

Publishers:
High Pine Design
Jeff & Kathy Hansen
POB 753, Divide, CO 80814
719-686-7393
www.Utecountrynews.com
Utecountrynewspaper@gmail.com

Business Ambassadors/Account Reps:
Feel free to call 719-686-7393 so we can find the sales representative in your area to best serve your needs.
Barbara Berger 719-244-3969
Flip Boettcher 719-429-3361
Linda Karlin 719-748-3449

Writers:
Karen Anderson, Barbara Berger, Flip Boettcher, Eric Chatt N.D., Coalition for the Upper South Platte, Trooper Gary Cutler, Olga Daich, Danielle Dellinger, Kathy Hansen, Deborah Maresca, Mari Marques-Worden, Chad Mello, Barbara Pickholz-Weiner, Urban Turzi

Contributors:
AARF, Marji Ackermann, Ark Valley Humane Society, Jean Blaisdell, Lyla Emnick, Linda Groat, Emily Haynes, Ken & Judi Hesselberg, David Martinek, Catherine Shepherd, SLV, Animal Welfare, Zac Sponick, Bonnie Sumner, TCRAS, US Forest Service, Cary Vogrin

Critter Corner:
Submit photos to: utecountrynewspaper@gmail.com or PO Box 753, Divide, CO 80814

Publishers Emeritis: Carmon & Beverly Isles

Cover Photo: Jeff Hansen

The Ute Country News is not responsible for the content of articles or advertising in this issue. Limit one copy per reader, please share with others. Back issues available at www.utecountrynews.com. ©Copyright 2018 Ute Country News, all rights reserved. Material may not be reproduced without written permission from the publishers. Please address any comments to the publishers at utecountrynewspaper@gmail.com or POB 753 Divide CO 80814.

First Class subscriptions are available for \$36 for 13 issues.



The Thymekeeper Osha root

by Mari Marques-Worden

Ligusticum porteri aka bear root, porters lovage, Indian parsley, Colorado cough root, chuchupate.

Although the Earth provides us with thousands of plants that can be used for herbal healing, most herbalists have a surprisingly small amount that we rely on as must-haves in the medicine chest. One of mine is the herb known as osha root and I don't have to go far to find it. Osha root grows exclusively in the Rocky Mountains above 9,000 feet.

It was in a meadow chock-full of osha plants and surrounded by aspen trees that I knew early on in my herbal education that I would never turn around on this path. Our teacher informed us that morning that we would be going on an expedition high in the mountains to meet a very special herb. So highly revered was this herb we were instructed to take only one root per person and we had to dig it without the use of metal tools. Surely, she can't be serious we thought in our naivety, but she was. Now I'm no stranger to dirt under my fingernails but this was an experience I'll not soon forget. If you've ever tried to dig a root out of the hard ground using nothing more than your hands and the sticks and stones around you, you'll know what I mean. Although the meadow was loaded with osha, there was no chance we would take more than one root per person and she knew it. She also knew the rising popularity of the plant and the sustainability issues that follow.

The intoxicating fragrance of osha and the unusual flavor set it apart from all others. When biting into the root one notices a hint of bitter celery followed by a maple like nuance that permeates and lingers. On the surface one would never realize the incredible power housed in the roots as osha appears to be frail and lacy. Its leaves resemble carrot tops and the tiny white umbel flowers appear very fragile. Because osha is so potent, a little goes a long way. Once you have tasted osha, you will never forget it, this is important as you will find out later.

From the top of the Rockies to the bottom there are people that use this plant for a variety of reasons. For practical use, herbalist Michael Moore says if you place an osha root at the head of the irrigation water in the garden, it will reduce the cutworm

population. Medicinally, I've used osha root as an immune boost, as an antiviral and as a necessary ingredient in my cough syrup. Not only does it give my syrup an interesting Earthy flavor, it has an affinity for the lungs and is specific for the type of cough we get here in the Rocky Mountains.

The Native and Hispanic populations of the Southwest have passed down generations of information regarding the use of osha and its importance in promoting and maintaining health. The widespread use of this plant in the San Luis Valley is well documented. The correct pronunciation in southwest Colorado and New Mexico is osha with emphasis on the second syllable. I've spoken to families that have used osha for everything that ails you. From top to bottom, osha's analgesic action helps with toothache and sore throat. It is somewhat bitter assisting in digestion, warming the middle and relieving abdominal pain. It also serves as a snake repellent when tied around the boots. I've never actually tested this out but I've heard it enough times that I believe if I were in rattlesnake country, I'd sure give it a try. I once had a man from South America tell me in broken English how to treat a horse who has been bitten by a snake by shoving osha root down it's throat!

Value and sustainability

Osha is of such value in some communities, it has historically been used as a form of currency. Unfortunately, the popularity of the root in the world market has left the plant nearly endangered in the wild, which is why I don't frequently show people where it grows. Sustainability has become of utmost importance as osha is almost impossible to cultivate. Germination rates are low. This one wants to be where it wants to be and doesn't seem to bend to the will of the human's desire to plant it where we would like it.

I'm glad someone is paying attention. In September 2017, a group of researchers set out in the San Luis Mountains to collect data and to study the impacts of root harvest on osha populations. Those involved in the study say their intent is to ensure an abundance of medicinal plants on public lands. It takes osha three to five years to grow into its flowering reproductive stage. Although it is resilient as a rhizome that can grow from its roots, its vulnerability comes from its limited range, slow growth and the fact that its roots are dug up during harvest. (See http://www.herbsetc.com/content/PDF/Durango%20Herald%20Osha_root_sustainability%20article_Lay-out%201.pdf to learn more).

Osha does like its feet in water and seems to be fond of Aspen groves. The largest and more mature stands of osha are typically found at higher altitudes. Here I must offer a strong warning, never attempt to identify this plant unless you are absolutely sure you know what you're doing. Osha and poison hemlock are nearly identical, so to mistake hemlock for osha would be a grave mistake that unfortunate campers have made in the past. The one saving grace here is the smell. If you reach down and scratch the root, it will become very clear which plant you have encountered. As mentioned above the fragrance of osha cannot be forgotten. Poison Hemlock root smells like a dead mouse. Still, I would encourage anyone seeking the osha root to find an experienced herbalist with ethical wild crafting training to avoid damage to the plant or human.



Bear medicine

According to legend, the bear taught the Native Americans how to use the root they call "bear medicine" as a topical anesthetic and antibacterial. The bear is considered by some to be the herbalist of the animal kingdom. There is documented footage of black, brown and Kodiak bears making their own herbal paste. They dig up the roots, chew them and frenetically rub the root/saliva mixture into their fur. Chewing the root releases the active constituents and mixes with saliva for ease of application. Captive bears show the same rubbing behavior when provided with the root. (See the book *Wild Health: Lessons in Natural Wellness from the Animal Kingdom*).

In the 1980s, Margaret and Bryce Patterson discovered a leather wrapped bundle hidden under a ledge on BLM land in Southern Utah. In the bundle they found many of the herbs that grow very close to home here in the Colorado Rockies. Anti-microbial, antibacterial, and antiviral herbs including osha were found in the pouch. The "Patterson Bundle" has been carbon dated and is believed to be around 400-600 years old. I'll leave you with something to ponder; 400-600 years ago humans were not experiencing the rise of antibiotic resistant bacteria so prevalent among us today. Perhaps we've wandered too far from the gifts of Nature and the wisdom of the bear.

Tip: Osha can be taken as a tea for upset stomach or applied as an antibacterial topically for abrasions or superficial infections. However, because it contains a number of substances only partially water soluble, the most benefit would be obtained by chewing, tincturing or encapsulating.

Tip: Osha is a powerful uterine stimulant and is not to be used in pregnancy.

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

Herb class with The Thymekeeper:

For years I've been writing about weeds and herbs as medicine. Did you ever wonder how they get from the garden to the medicine chest? Let's make some medicine. It's easy, inexpensive and there's just something about putting your own energy into the making of your medicine that makes it even more special and specific for you.

Where: The Thymekeeper 1870 CR 31 Florissant

When: Sunday May 13th 1:30-3:30 p.m.

Cost: \$20.
PRE-REGISTRATION IS REQUIRED.
Contact Mari at mugsyspad@aol.com or 719-439-7303 to reserve your space.



The north side of Cañon City's 300 block of Main Street today. The grey building, 301 and 303 are the Scorpion Gallery, 303 is in the old 1870 picture; 305 Clocktower Antiques; 307 Colorado Data Services; 309, 311 & 313, Royal Gorge Archery; 315, 317 and 319 New Method Laundry; 312 vacant; 323 Chuck's Seasoned Grill; 325, 327, 329 and 331 McClure House, the large red brick building on the corner.

May is a fantastic month to learn about Cañon City because their Blossom Festival is the first weekend in May each year! Be sure to visit May 4, 5 and 6.

Most older towns across America have a street called Main, where the town started. Perhaps, for the early settlers and pioneers, the name was a piece of home that was so far away that they had left behind. These towns and their Main Streets have experienced boom and busts over the decades and Cañon City is no exception.

Paltry gold had been found in Colorado but the Panic of 1857 and the depression that followed, brought desperate gold seekers, who had lost everything in the panic, to the Rockies in 1858.

With the discovery of gold on Cherry Creek near present day Denver in early 1859, and the discovery of gold on Tarryall Creek in Park County in July of that year, the gold rush was on.

Cañon City was platted in October, 1859, to accommodate some of the estimated 100,000 gold seekers who had come to Colorado that year. But by winter, 1859, the town was almost abandoned before the gold seekers returned from the mountains for the winter. Since most of the prospectors had not found gold, they neither wanted, nor could afford to buy lots in town, and squatted on land along the Arkansas River to farm. They were too poor to return to the states, 650 miles to the east.

Cañon City was then located in the farthest western reaches of Kansas Territory and was considered very remote. It took two and a half months by wagon train from St. Louis to get there. Colorado did not become a territory until February, 1861, when congress passed the Colorado Bill.

When Anson Rudd, early Cañon City settler, arrived in August, 1860, the town was booming and he built his first log cabin at 4th and Main streets, later the site of the famous McClure House.

By winter, 1860, the town population was 750 with only 120 females reported. There were 150 completed buildings, a post office, a hotel, Doyle & Company Store, Londoner Meat Market and a blacksmith.

In the spring of 1861, town once again emptied out as ranchers and farmers headed to the hills seeking land. With the start of the Civil War in April, town activity further slackened and by the fall of 1862, only Rudd and 12 others were living in the almost ghost town.

By 1864, Cañon City had two stores, three churches, a post office and drug store, one hotel, one saloon and some unfinished stone buildings. Before the Civil War had ended in April, 1865, traffic west had picked back up.

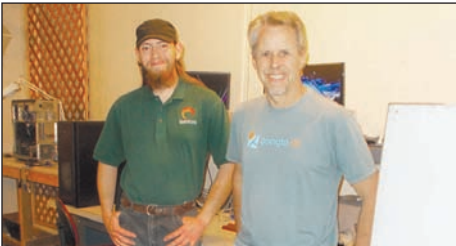
The first Territorial Prison was built in 1869. By 1870, the town's citizens were sipping sodas made with water from the soda springs on the west end of town, toasting the salubrious climate, plentiful natural resources, abundant cattle range, rich cropland with an adequate water supply, stone for building, sunshine, low humidity and less wind than elsewhere in the west. (*Trappers to Tourists*, Rosemae Wells Campbell.)

Next to CDS is Royal Gorge Archery and Range, which incorporates three original buildings, 309, 311 and 313. John Vernetti, a fourth generation Fremont County resident, bought the business in 2015. Vernetti thinks the store was built in 1873 and in the 313 part one can still see some of the old original adobe building bricks beneath the drywall. Contact 719-276-3221. For more on the archery range see the *Ute Country News*, February, 2018.

The 1874 town map shows gaps in the 300 block of Main Street, the original heart of the Cañon City business district, with some of the buildings dating back to the 1860s. The world famous, 100-room first-class resort, The McClure House was built on the corner of 4th and Main across from Raynold's Fremont Bank in 1874.

By 1878 on the town map, the 300 block of Main Street is all filled in and most of these buildings still remain today although, of course, there have been changes. Today, several new shops have recently opened in the 300 block of Main. Colorado Data Services (CDS) deals with everything computer, as well as security camera installation and Technology Connect workshops.

Store owner Bryan Bassett came to Cañon City in 1998 to help with the Y2K conversion at Fremont Bank. CDS has been at 307 Main Street since 2008. Store manager, Sandra Merriam, has been with CDS for eight years. Other office personnel are Dennis Strimback, Microsoft certified professional and senior systems engineer; Brendan Sanchez, professional technician/gaming specialist and Diana Skerjanec, office assistant. Contact 719-276-2591.



Brendan Sanchez, professional technician/gaming specialist on the left and Colorado Data Services' owner Bryan Bassett on the right at the shop.

In 1878, the 307 Main Street building was a law office, then a restaurant, a sewing machine shop, a confectionary store, a paint and paper hanging shop, a hardware, the Salvation Army headquarters in 1926, and a bowling alley.

Next to CDS is Royal Gorge Archery and Range, which incorporates three original buildings, 309, 311 and 313. John Vernetti, a fourth generation Fremont County resident, bought the business in 2015. Vernetti thinks the store was built in 1873 and in the 313 part one can still see some of the old original adobe building bricks beneath the drywall. Contact 719-276-3221. For more on the archery range see the *Ute Country News*, February, 2018.

The 1878 picture shows 309 Main as a curio shop with sleeping rooms upstairs; 311 as a barber shop; and 313 as a cigar store. Since then, 309, 311 and 313 were joined and have been many businesses over the decades including a land office, bakery, paint shop, boot and shoe store, notion store,



Cañon City's historic Main Street in an 1878 pic from approximately where the current photo was taken showing the same buildings. On the corner is Peabody's Dry Goods Store, next is Roane & Sanders Dry Goods. The two-story building is 305, and was an half-saloon and half-dry goods store on the first floor with a public hall upstairs that was the first home of the Fremont County District Court. The small buildings between the two two-stories is Stanley's Law Office, now Colorado Data Services. The two-story next door is 309, Weston's Curio Shop downstairs and sleeping rooms upstairs. Robinson's Barber Shop at 311 and next is Jeske's Cigar Store and Smith Drug. The large building on the corner was the McClure House.

a tailor, a grocery, several restaurants, a jewelry and music store, print shop and in 1946, Jimmy's Sport Shop for over 50 years.

Farther up Main at the corner occupying four lots, was the McClure House which today seems mostly empty. When it was built in 1874, there was a second story bridge spanning Main Street to Reynold's Bank across the street because of muddy Main Street. One can still see a second story door where the bridge was. In 1901 McClure House became the Strathmore Hotel and in 1908 boasted of steam heat and electric lights.

The northeast corner of 4th and Main, 401, is vacant, but next door is a new shop called Yarned and Dangerous at 403, which opened last fall. The shop, which has all kinds and sorts of knitting supplies plus a lot more, is owned by Ann Goldman. Contact 719-345-3510.

It is possible 403 could be the site of the first stone building in Cañon City, the Doyle and Company Store built in the spring of 1860 by Wolfe Londoner, who brought a wagon load of supplies for Doyle and Company from St. Louis.

On the south side of the 300 block of Main Street, Raynold's Bank is at 332. Two doors down at 328 Main, is the new Tactical and Police Supply store. Contact 719-275-2701. This building was an office in 1886, then a bakery, a jeweler and a meat market.

Another new store is Ren-Ten Kustom Knives 326 Main. Trace and Robby Nelson, father and son, make all the knives in the store. There are some beautiful knives in all kinds of sizes and shapes with different handles. Contact 719-431-9070 or 601-842-1618.

All the buildings between Ren-Ten and Master Printers at 308 and 306 are now vacant, but at one time there may have been a lively store according to Vernetti. In the second story bricks above 308, one can still read: Dishes, Stoves & Ranges; Cots, Tents and Bedding; Furnishings & Mattresses. On the corner at 304 and 302 is McCasland Glass which has been there many years.

For an interesting experience visit the historic 300 block of Main Street, the start of Cañon City's business district.

Thunderbird Inn



Live Music

RIVER CITY BLUES BAND SAT. MAY 5TH • 7PM



LETHAL LISA McCALL SAT. MAY 12TH 7PM



KON TIKI SAT. MAY 26TH



MEMORIAL DAY MONDAY, MAY 28TH • 1PM HORSESHOE TOURNAMENT

BLUE RECLUSE SAT. JUNE 2ND • 7PM



ENJOY THURSDAY NIGHT OPEN MIC JAM 7PM! • BEER GARDEN • HORSESHOE PITS • GREAT FOOD

Home of the Famous Thunder Burger! Florissant, CO 719-748-3968

Teller County's Oldest Family Owned & Operated Alignment & Tire Center!



SCHUMACHER'S
Alignment & Tire Center

Most Major Tire Brands Now Available

- Mufflers & Custom Exhaust • Wheel Balancing
- Brake Service • General Automotive Repair
- Cars ~ Trucks ~ 4x4's ~ Motor Homes

Mon-Fri 8-5:30

719-687-2446 Jamie Schumacher
Justin Schumacher
Marie Schumacher

220 S. Burdette, Woodland Park, CO

WITH COUPON

\$15 OFF ANY SERVICE OVER \$100



Anderson & Hughes, P.C.
Attorneys At Law

- ♦ Accidents & Personal Injury, Wrongful Death
- ♦ Insurance Bad Faith
- ♦ Real Estate, HOAs, Water Law
- ♦ Contracts & General Business Law
- ♦ Domestic Relations, Divorce, Child Custody
- ♦ Criminal Defense, DUI, Felonies, Traffic, DOW Cases
- ♦ Estate Planning & Probate
- ♦ Non-Profits and Charitable Organizations
- ♦ Drone Law—Start-up Businesses, FAA, Privacy Cases

For More Information or a Free Consultation call:

Anderson & Hughes, P.C. 719-539-7003
www.anderson-hugheslaw.com
7385 W. Highway 50, Salida, CO 81201



Lenore Hotchkiss
Real Estate Broker
(719) 359-1340

Teller County Home Sales

According to the MLS, there's currently 119 homes for sale throughout Teller County, with 30% of these in Woodland Park; the largest number of listings is between the \$400K - \$500K price range.

Sales in the last six months show 304 homes sold in the county, with 40% of the sales in Woodland Park, 22% in Florissant, 20% in Divide and 17% in Cripple Creek/Victor.



This summer could be one of the hottest markets we've seen - call me if you'd like information on your home's value and when to put it on the market.



LenoreHotchkiss@gmail.com
P.O. Box 526 / Woodland Park, CO 80866

Out from Guffey
A town in Colorado
by Zac Sponick


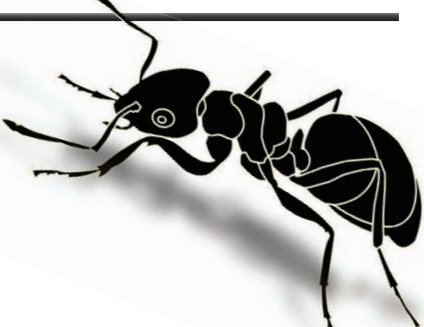
*Out from Guffey in the woods
Where you hear birds chirping
Wearing snow-capped hoods.
Where ground squirrels climb
Over my lap to grab a peanut.
Out of place, alone, I sit
Feeding animals put
Out from Guffey in the woods.*



About the author
Zac Sponick attends Cripple Creek-Victor Junior/Senior High School, is in 8th grade and lives in Guffey, Colorado.

The Winter Ant
by Lyla Emmick

*Awakened by warmer days
from churning climate change,
I left my quiet nest.
Stunned by the harsh winter wind,
I slowly crawled up the aspen's bark—
Shivering and stumbling to reach the red sap.
Today, I survived the struggle of a black ant's life.*



About the author
Lyla attends Cripple Creek/Victor Junior-Senior High School. She is in the drama club and enjoys photography.

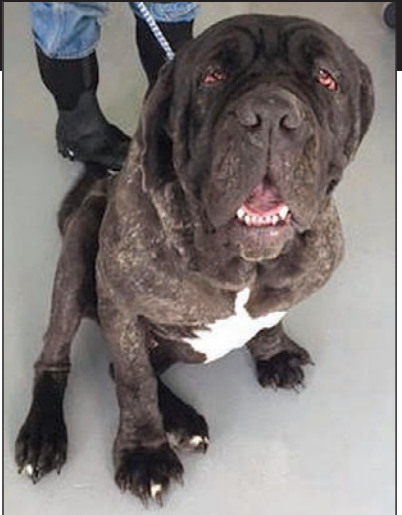
Foster Me by SLV Animal Welfare Society

Poor Maximus!

Back to the shelter. He needs your help. Maximus is a 4-year-old Neapolitan Mastiff whom we saved from euthanasia. He had a cherry eye surgery and now needs entropic eye surgery before he can get his TPLO (tibial-plateau-leveling-osteotomy) surgery on his back knee!

He has been waiting for the TPLO for 1 1/2 years because he does not have a foster/rehabilitator or permanent home/rehabilitator after the surgery. This would be a 12 week rehabilitation. Only the first couple weeks would be more intensive and then limited exercise the rest of the time.

He might be best as an only dog. He was with a wonderful foster family for several months. He got along with a dominant female. Their male dog did not like him and attacked him, but Maximus just rolled over onto his back, not fighting back. They returned him because they were worried their male dog might injure him after the surgery.



He is great with children and loves attention. He weighs about 110 lbs.
Donations for him are always appreciated. San Luis Valley Animal Welfare Society. www.slvaws.org. 719-587-WOOF (9663).

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

2018 Art in the Park
Call for Artists and Crafters

Now accepting applications for the 44th Annual Art in the Park held Sunday, July 22 at the Legion Park located on Hwy 50 in the heart of Gunnison, CO. Sponsored by the Gunnison branch of the American Association of University Women the event brings together diverse artists and craftsmen displaying their original works and thousands of buyers. No fee for application and screening. An \$80 registration fee is due upon acceptance. Call 970-641-4230 or email auuwartintheart@yahoo.com to request information.

Collaboration Works!
PFP for Teller County
by Barbara Berger

PetFoodPantryTC.com
Helping to keep Pets at home with their Families!





The Pet Food Pantry (PFP) for Teller County is 501(c)3 that has no paid staff, just dedicated, awesome volunteers. It was started in January 2009 to provide supplemental pet food so that the families and individuals that found themselves in financially destitute situations could keep their "Best Friends."

One of the reasons that the PFP has been so successful is because of its collaboration with other nonprofits. The PFP had to apply to the Rescue Bank, www.rescuebank.org, to be a recipient of pet food. The Rescue Bank sources and negotiates for donated pet food products directly from manufacturers. They then coordinate shipping the products to affiliate warehouses throughout the US. St. Paws in Colorado Springs, www.stpaws.org, is their regional affiliate for Colorado. Because of the Rescue Bank's warehouse requirements for storing the food, St. Paws needed move from out of the barn that they were using in Peyton. Fortunately, the National Mill Dog Rescue, www.milldogrescue.org, also in Peyton, allows St. Paws to use half of their warehouse for storage and for food distribution to local area rescues and food pantries.

The Rescue Bank serves its affiliates by managing online applications and monitoring recipients' nonprofit status. They collect data and report back to their donors. Standard forms and training is provided to their affiliates. Assistance for disasters and other emergencies to organizations throughout the country. Without the support from these three nonprofits, the PFP would not be able to help so many people keep their "Best Friends."

The PFP also receives donations from individuals and local merchants that allow us to put jars in their establishments. Once a month, we have a fundraiser at Teller County business offering homemade dog biscuits and cat toys in exchange for a donation. Our mascot, Zack, a certified therapy dog, is at these events to "make people smile".

The PFP distributes food from a conex provided by the Little Chapel Food Bank in Divide, Colorado. Recipients have to fill out a simple form. Pet food is available twice a month at the same time as the people food distribution from the Little Chapel Food Bank. Pet food is delivered to those that are homebound and cannot drive. Individuals that wish to donate food can drop it off at our local Animal Shelter in Divide, TCRAS, or at the UPS Store located in the Woodland Park Safeway shopping center.

In 2017, the PFP helped over 400 individuals and families. This amounted to approximately 20,000 lbs. of kibble and 2,500 bags of treats for the dogs, 7,000 lbs. of kibble for the cats plus many cans of food for both. Some people just needed help for a few months. Others are disabled vets or seniors living on limited fixed incomes. For more information, go to www.PetFoodPantryTC.com.

Come in Smell & Taste the Difference

Your #1 Vaping Source in Teller County!
~ STARTER KITS ~ ADVOCACY ~ EDUCATION ~
~ MODS ~ TANKS ~ COILS ~ RDAS ~

MOUNTAIN VAPOR LOUNGE

719-888-9523
118 W. Midland Ave
Woodland Park
MENTION AD FOR DISCOUNTS!

FILL UP SPECIAL VOLUME DISCOUNTS

Global Propane

\$1.599
Gallon
500 GALLONS PLUS

(303) 660-9290
Family Owned Business



Woodland Park DENTAL GROUP

150 Morning Sun Dr, Suite 200W
Woodland Park, CO 80863
719-266-2560
www.WoodlandParkDentalGroup.com

- Accept most insurance
- Convenient Saturday and evening hours
- Same-day emergency appointments available

No Insurance? No Problem!



Gloss Dental
DISCOUNT PLAN

Sign Up For Savings	Them*	Us**
Routine Cleaning, Exam, & X-Rays	\$217	\$97
2-Surface White Filling	\$304	\$185
Wisdom Tooth Removal	\$418	\$370
Porcelain Crown	\$1,206	\$905
Braces	\$5,800	\$4,640

New Patient Special:
Cleaning, Exam, and X-rays \$59⁺

*Based upon survey of average fees in the area.
**With enrollment in Gloss Dental Discount Plan.
^Must be presented at the time of service. Includes cleaning (in absence of periodontal disease), oral exam, all necessary x-rays, cancer screening, and gum disease screening. Cannot be combined with any other offer.

LenoreHotchkiss@gmail.com
P.O. Box 526 / Woodland Park, CO 80866

Local Gunsmith has over 50 Years Experience & Great Prices



Alpine Firearms

NRA Conceal/Carry Classes
Target & Hunting Weapons
Ammo • Accessories
Military Surplus • FFL Transfers
Tactical • Insured

687-3900

102 West Midland
(across from Hungry Bear)

WE BEAT MAIL ORDER PRICES EVERY DAY
Send 'em... Ship 'em... Buy 'em here!

Spring Rains Are On The Way!



AWL ROOFING & CONTRACTING LLC

Residential & Commercial

Bill Langford
 Office: 719-246-4434 • Cell: 719-510-7949
 Licensed - Insured

Roofing, Gutters, Windows and Siding

Free Consultation
 (Shingles lifetime warranty)

Veteran Owned

Assisting with Life



The Aspen
Woodland Park

AN ASSISTED LIVING RESIDENCE

MAY 2018 OPENING

- Mountain residence in park-like setting
- Spectacular views!
- All-inclusive pricing
- 21 beautiful private suites + baths
- Chef-inspired meals
- Personal assistance + support
- Medical Marijuana accepted

719-465-3870

ANGELA@THEASPEN.LIFE WWW.THEASPEN.LIFE

107 Village Terrace Woodland Park, Colorado

Volunteers Needed!
 Contact Diane@TheAspen.Life for info.



Growing Ideas Ready? Get set - here we go!

by Karen Anderson “The Plant Lady”

Hey high altitude gardeners! Springtime in the Rockies has officially arrived and there are signs of new life emerging everywhere I look. The established perennial gardens are so much fun to explore, finding little green treasures peeking out of the mulches that are protecting the overwintered plants. My discoveries include the early risers such as columbines, delphiniums, irises, tulips, hardy lilies, tansy, rhubarb and ground covers of all kinds. If your perennials were tucked in sufficiently for the cold months and you see new born life, congratulations! You have been successful. They made it!

That little bit of snow moisture in the latter part of April really was a blessing as it quenched a very dry environment. Let’s hope for a continuance of Mother Nature’s heavenly help. If that is not the case, then it would be highly beneficial to keep your gardens hydrated appropriately. Do not remove your mulches unless there are super thick winter layers. Practice water conservation and hold on to that moisture as long as you can. This is very important in the beginning of the season. My two rain barrels are full and ready to utilize for this purpose.

PLEASE...Be extremely careful with anything that could start a fire! We need to be extra diligent about fire prevention.

May is one the busiest months for the mountain gardener. This is when the tough get going and devoted participants will be as busy as the bees from here until the end of October. Since there is way too much territory to cover in one article, I will invite you to visit or review the Growing Ideas articles from May of 2016 and 2017 at utecountrynews.com for lots of valuable and detailed information regarding spring transplanting, greenhouse growing, early weeding, vegetable gardening, composting, critter control and much more.

“I firmly believe that Nature brings solace in all troubles.”

— Anne Frank

One of the most important tips I can give you right now is not to rush things along with any annual plantings — unless you are prepared to protect them from freezing temperatures. We have about a month before we can safely go wild with annual color. I will remind you that at 9,000 ft. our last frost dates are between June 7th and June 15th and a bit earlier for lower ‘high’ altitudes. Plan and plant accordingly.

Brushing up on a few basics for gardeners in our challenging region, I would suggest the following rules of thumb:

Planting seed

Plant grass and perennial wildflower seeds during a nice spring snow fall. This method will help to push the seeds into the earth and aide in early and healthy germination. Seedlings need to have consistent moisture in order to survive and thrive.

Root crops

Root crops that will work well for early outdoor planting include radishes, beets, turnips and carrots, leaving potatoes until the first of June due to non-hardy foliage. Plant both root crops and hardy greens like spinach, swiss chard, lettuces and kale in turned and organically fertilized garden beds around the third week of May. Let Mother’s Day be your reminder. However, a wise mountain gardener will be prepared with season extenders such as floating row covers to protect plantings from heavy frosts. Supplemental heat for your greenhouses may be necessary as well, and don’t forget to set those mouse traps!



Asparagus, spearmint and strawberry bursting their way through the mulch.

Established perennials

Hardy and established perennials can be transplanted during the month of May as long as the ground is workable. You will need to make sure that your transplants stay well-watered and an application or two of root stimulator is good idea during the process. Don’t forget to MULCH!

Critter repellents

Start applying your organic critter repellents as all kinds of wildlife will be wanting to munch on just about anything in your sacred garden space.

Soak it in!

Enjoy the special beauty and feelings of the rebirth of Springtime in the Rockies. There will be many new adventures ahead of us as we patiently move and groove into the wonderland that is Colorado Gardening. I am here to help and guide you to the best of my ability with your gardening visions and endeavors.

My special organic, non-gmo and heirloom tomato plants are now available for purchase at Mountain Naturals in Woodland Park and at the Outpost in Florissant, along with a limited supply of herbs, peppers and other cool starter plants for your greenhouses. You may also contact me directly to place specific orders. I am also able to hook you up with native aspen and evergreen trees in addition to the hardest of perennial shrubs and plants to enhance your landscape. All are born and raised at high altitude.

If you feel like you need a little or a lot of gardening guidance, you may want to schedule a professional and personal landscape consultation with me. Pop me an e-mail at plantlady speaks@gmail.com or give me a call at 719-748-3521 for any inquiries you may have.

In addition, I will be at the Guffey Library on Saturday, May 12th at noon to facilitate a free Community Garden Chat. Rita (Thank you, girlfriend) has invited me back after a great turnout last year and I am looking forward to visiting and sharing experiences, wisdom, strength and hope with kindred spirits in the love for plants and learning sustainable growing methods from each other. I consider us all to be both students and teachers alike. See you there.

Take very good care of yourselves and of each other and as always, wishing you happy gardening!

Please remember to help create unity in our community!

One Nation Walking Together Tecumseh and One Nation

by Urban Turzi

The figurehead called “Tecumseh” has, for many years, played a prominent part in the traditions of the United States Naval Academy at Annapolis, MD. The original wooden image was sent to the Naval Academy in 1866 after being salvaged from the wreck of the old ship of the line Delaware, which had been sunk at Norfolk during the Civil War to prevent her from falling into Confederate hands. The builders of the Delaware intended the figurehead to portray Tamanend, the great chief of the Delaware, a lover of peace and friend of William Penn but to the midshipmen of the period there was nothing in the name of Tamanend to strike the imagination. The effigy was also known by various other names — Powhatan, King Phillip, and finally Tecumseh — a great warrior and thus heroic and appropriate to the midshipmen.

For 40 years, the wooden figurehead kept its stern vigil in the Yard at Annapolis until the winds, sun and rain began to take their toll. In 1906 a face-lift with the aid of cement, putty and paint temporarily removed the signs of age. When the ravages of the weather again threatened, the Class of 1891 raised a fund to immortalize the old fellow in bronze. The delicate task was accomplished at the U.S. Naval Gun Factory.

To ensure that the bronze figure would lose none of the potent power with which the midshipmen had endowed the old figurehead, the wooden “brains” and “heart” of the ancient Indian were transferred to the bronze statue.

In the spring of 1930, the statue, mounted on a pedestal of Vermont marble and adorned with the Naval Academy seal, was erected on its present site from which the grim old warrior gazes eternally toward the main entrance of Bancroft Hall, the midshipman dormitory.

Tecumseh has become not only the “God of 2.0” (the passing grade point average at



the academy) but also the idol to whom loyal midshipmen give prayers and sacrificial offerings of pennies. Midshipmen offer a left-handed salute in tribute to Tecumseh, and they toss pennies his way for good luck in exams and athletic contests each year. Tecumseh is decked out in a coat of “war paint” for Parents’ Weekend in August, Homecoming in the fall, before Army-Navy contests, and for Commissioning Week. (From the Office of Admissions, US Naval Academy).

Who was this leader and warrior of the Shawnee Indians? He was born in 1768 under the spiritual sign of a yellow-green shooting star as it streaked across the skies. Based on this sighting, Tecumseh’s father gave the baby the name “Panther in the Sky.” His epic life was noticed even as a youth playing with other children in his tribe, his zeal and courage being manifest on a near daily basis. Of note was the fact his father and older brother, as well as Tecumseh himself, all knew and predicted when and where they would be killed in the battles in defense of their people.

A biography on this magnificent man is written in a, “I don’t want this book to end,” 655-page novel by James Alexander Thom entitled, *Panther in the Sky*. In this book the author relates that Tecumseh’s older brother, Chiksika, taught him how to hunt and how to grow up and be the man and leader like their father. His sister, Star Watcher, taught him the ways of the Shawnee which helped shape his very caring and sharing ways, and his merciful and gentle nature of which, even his enemies admired about him. He was a visionary who would battle the “Long Knives”/the white faces/ the early Euro-American settlers, who were his sworn enemies.

Tecumseh spent a lot of time, rhetoric, and

traveling in attempting to persuade many other tribes to unite and fight the white faces as One Nation.

As I read that in Thom’s book, my heart skipped a beat as I equated his feelings to that of those of our non-profit organization, One Nation Walking Together. I continually espouse the thought that our Native brothers and sisters, in the almost 600 federally recognized tribes in our country, need to somehow unite and educate the public about the plight of their People and the glorious positive aspects of their culture, to include their spirituality and philosophy of life. In much the same manner that Martin Luther King led our African American brothers and sisters and gave them hope for an America they so richly deserved. I see a growing number of Native American men and women today doing the same for their People who are imbued with the spirit espoused by Tecumseh over 300 years ago.

The following are some notable quotes are worth sharing from the soul and spirit of Tecumseh and his contemporaries:

- “May we be strong doing what is right Tecumseh’s face was painted red on one side and black on the other, war and death. Everything goes around and comes again” (from Tecumseh’s sister, Star Watcher).
- “You, Tecumseh, were born under a great sign, the sign of the Panther leaping across the sky. To be born under a great sign means that you will have a great thing to do and your life will not be easy.” (from his father, Hard Striker)
- “There is no short or easy way to get anything of importance.” (from the tribal shaman, Black Fish).
- “Shawnee means people of the south. A warrior who flees from danger makes the danger worse for his fellow warriors.”

The figurehead called “Tecumseh” at the United States Naval Academy at Annapolis, MD



(from his brother, Chiksika).

Tecumseh dreamt of a Red-brotherhood and victory. From other tribes, he begged and pleaded for mercy and pity for women and children as they suffered the most in wars. He spoke of the need for bravery of the warriors. “Come take my hand my brothers and sisters as no one nation can resist the Long Knives but all red nations together can drive them back into the sea where they were spawned by the evil Serpent.” He denounced the practice of torturing and killing of prisoners. He spoke of the horrors of inter-tribal warfare. As Tecumseh lay mortally wounded in battle, his brother, Stands Firm, howled when he saw him tumble to the ground. Being a shaman/holy man, Stands Firm tried to run to his brother as he felt he must touch him four times with the sacred ramrod, the sacred number as the four touches would make Tecumseh live but Stands Firm was killed reaching for his brother and so he and Tecumseh died fighting the Long Knives together.

At the very end of Thom’s book, he quotes a conversation between a Native American veteran of the Vietnam War and a compassionate liberal white man. What is not stated by the author is the fact that more Native American women and men serve in the armed forces of our country than any other group of people on a per capita basis. Please read this book but don’t skip to the last sentence to see the words of the Native American veteran. It is worth the wait.

One Nation Walking Together is a 501(c)3 organization that helps to educate people about Native Americans and their history. More importantly, ONWT helps to feed, clothe and supply Native Americans across the USA. To learn more visit www.onenationwt.org/.

ALL ABOARD!

Take an exciting journey into yesteryear on a 15 ton iron horse locomotive. It’s a spectacular trip of scenic views and rich history!

The train departs approximately every hour from the 1894 Midland Terminal Depot and gift shop located at the head of Bennett Avenue.

Make your plans now for a train ride into the magnificent vistas of Cripple Creek, Colorado.

\$200 OFF

Ticket Price Per Person

Regular prices are \$15.00 for adults, \$14.00 for Seniors and \$10.00 for children ages 3-12.

Limit 4 per coupon, no cash value.

COUPON

Cripple Creek & Victor Narrow Gauge Railroad

520 East Carr Street, Cripple Creek, Colorado 80813 cripplecreekrailroad.com

Call for more info: 719-689-2640

Fire Season Precautions Tale of two Firewise Communities

The 2018 fire season is shaping up to be a drier than average year for Colorado. People are urged to be cautious with fire or anything that could potentially cause a fire like cigarette butts, hot pipes from ATVs, chainsaws, etc.

Treat forest and grassland conditions as though it were already summer. Don't let your guard down. Many winter or spring fires are the result of carelessness. The most dangerous areas are in the lower elevations, in the grass and brush where there is no snow. This is the same area where many people live.

Firefighting agencies and communities are working together to reduce the risk of wildland fires. There is no "quick fix" and it will take a long time to reduce the threat of catastrophic wildfire. Fire Managers will utilize safe and effective opportunities to reduce fuel loading this spring. Prescribed burning is an example of a management tool that is used under close supervision when the conditions

are optimum by the US Forest Service.

Firewise Community Majestic Park

With wildfires and Red Flag Warnings a daily feature of the news, and with the current drought expected to last at least through July, many Colorado residents are on edge. On May 5, Teller County residents will have an opportunity to learn how to reduce their wildfire risk even in drought years from 10 a.m. until noon at the Northeast Teller County Fire Station at 1010 Evergreen Heights Drive in Woodland Park. Northeast Teller Fire is teaming up with Firewise USA™, the National Fire Protection Association and the Colorado State Forest Service to help communities work together and reduce their wildfire risks.

Bonnie Sumner, the Firewise USA™ Resident Leader in Majestic Park (the subdivision



just west of the Woodland Park city limits. It's directly west of Meadowood Park, and north of the old Sturman property), organized the event. Eleven years ago, Majestic Park became one of the first community in Teller County to develop and implement a Community Wildfire Protection Plan and has been recognized as a Firewise USA™ community since 2012. Sumner says she organized the event because of her experience helping Majestic Park reduce its wildfire risk. "The more we accomplished in Majestic Park, the more we realized that the problem is bigger than just our neighborhood," Sumner recalls. "If we want to have the most impact, everyone

needs to understand that it's more than individual homes or even individual neighborhoods. It's everybody working together."

The information available will help homeowners reduce the wildfire hazard to their own homes and to work with their neighbors for a much larger impact. Residents can learn how to effectively reduce wildland fuels and improve forest health, make their homes more resistant to ignition, and how to work effectively as a community. Experts from all the agencies will be on hand to answer questions and help neighborhoods coordinate their efforts. "If we're going to make our homes safer," Sumner says, "we need both individuals and communities involved."

Ridgewood celebrates milestone

For Ridgewood's Firewise Committee, observance of Wildfire Community Preparedness Day on May 5th, represents a transition from past to future as the community begins shaping the forest of the next century.

Wildfire Community Preparedness Day is sponsored by the National Fire Protection Association (NFPA) on the first Saturday in May to encourage communities to reduce exposure to wildfire through collaboration and wildfire awareness. In 2010, Ridgewood, north of the Manitou Experimental Forest, became one of the first Teller County community to be recognized by Firewise USA™ and has observed the day for the last five years.

Even before Firewise recognition, Ridgewood homeowners made a commitment to reduce the extreme wildfire hazard in their community. "As soon as we were back in our homes after evacuating for the Hayman Fire, we decided to do something about our wildfire risk", says Jean Blaisdell, Ridgewood's Firewise Resident Leader. Ridgewood started by developing a Community Wildfire Protection Plan, and then began the arduous task of creating healthy, fire resistant forest out of a fuel laden, declining one.

"We've learned over many years that thinning a neglected forest is backbreaking and expensive," Blaisdell recalls. Now most of Ridgewood's 85 homes have defensible space, and the homeowners have thinned their trees for forest health. In 2013, Ridgewood removed over 200 trees on both sides of Teller Co Rd 79 through Pike National Forest for safer access and evacuation from the subdivision.

This year's activity is to thin small seedlings on both sides of Ridgewood's only access road. While thinning seedlings may seem like a small project compared to the scale of Ridgewood's past efforts, it indicates how successful Ridgewood has been. Left alone, the seedlings will grow into a dense thicket that will make access and evacuation from Ridgewood dangerous.

"This is a milestone for the community," Blaisdell says, "After decades of restoring our old forests, we're taking what we've learned, and shaping a new forest from scratch. This is a shift from being reactive to proactive in our forests."

The project is supported by a \$500 grant from the National Fire Protection Association and State Farm Insurance.

Firewise USA™ is sponsored through the National Fire Protection Association to teach how to adapt to living with wildfire and encourages neighbors to work together and take action now to prevent wildfire losses. There are 12 Firewise USA™ recognized communities in Teller County, and 1,491 nationwide. For information about Firewise USA™ recognition or Community Wildfire Protection Plans, contact the Colorado State Forest Service Woodland Park Field Office at 719-687-2921.

Armed Forces Art Exhibit & Sale

by Flip Boettcher
photo by Janice Zeiler



Bob Shoemaker's last bronze piece entitled the Old Time Cowboy. The bronze is of Starkey Irwin, the world champion bronco rider in 1926.

The 2nd Annual Armed Forces Art Exhibit and Sale sponsored by the Florence Merchants Association will be held May 12-28 in downtown Florence. The exhibit is open to all active, veterans and retired military personnel living in the state of Colorado, according to event coordinator Virginia Lindley-Brunn.

The two- and three-dimensional art will be on display in the windows of participating businesses on East and West Main Street. The artist's reception will be held Saturday, May 12 from 4-7 p.m. in each of those shops.

The Fremont Victory Quilters (FVQ) will be presenting 25 handmade quilts to the exhibitors on May 12 from 1:30-3:30 p.m. at the historic Rialto Theater.

The FVQ are a quilting group of about 35 women whose main focus is to remember those veterans who keep us free with a personal, handmade quilt, according to group member Cathy Dimmick. "These talented ladies, with varying degrees of experience, work together to sew in the love," she said. The quilters are just starting their fifth year and have presented over 350 quilts to men and women veterans.

FVQ is a non-profit group depending solely on the community for support. If you would like to make a donation or have a veteran you would like to honor with a quilt, visit their Facebook page: Fremont Victory Quilters or write to 712 Ohio, Cañon City, CO 81211.

The Pioneer Museum at South Pikes Peak and Front Street, has three permanent Trench Art exhibits from WWI and WWII, according to museum volunteer Gail.

One of the WWI exhibits is a helmet that someone painted camouflage. The other WWI exhibit is a belt decorated with about 25 buttons or badges from the war. In October, 2015, according to Gail, the curator from the Fort Collins history museum came and identified the badges and buttons as WWI artifacts. The WWII exhibit is an approximately 12 inches tall 45-millimeter mortar shell.

For more information contact the museum at 719-784-1904. Museum hours are: Tuesday-Friday 1-4 p.m. and Saturday 10-4 p.m. The museum is closed on Sunday and Monday. The museum will also be open until 7 p.m. on the artist's reception day May 12.

For more information about the Armed

Forces Exhibit or to sign up as an exhibitor, contact Lindley-Brunn at 719-372-1016 or mvh876@gmail.com.

A returning exhibitor this year will be 92-year-old (93 in June) WWII veteran Bob Shoemaker with his bronze sculpture art. This year we are very excited because Shoemaker will be displaying his last bronze sculpture tentatively entitled the Old Time Cowboy. The bronze is of Starkey Irwin who was a world champion bronco rider in 1926. Shoemaker's family found the clay mold Shoemaker had made in the basement and it is now back from the foundry in Denver and ready for the show, according to Shoemaker's daughter Janice Zeiler.

Shoemaker was a Marine in WWII and was in training for the Raider program when he got some shrapnel in his eye. He lost that eye and was not able to see active duty, he said. Having only one eye makes creating three dimensional sculptures difficult, he said, but he just seems to have the artistic spirit in him; Shoemaker has no idea where it comes from. Shoemaker just created sculptures he liked.

Shoemaker is a self-taught bronze sculpture artist and started creating his sculptures in 1975 at the age of 50. He took only one class, but has mostly learned by trial and error, he said. Without any anatomy or art classes, Shoemaker has created many beautiful, detailed bronze sculptures over the years. Most of his art is on display in his home.

Shoemaker was born in Utah in 1925 and moved to Victor, Colorado in 1927 and then to Cañon City in 1942. Shoemaker married Helen Chess in 1946 and moved to the Chess Shoemaker Ranch in Garden Park north of Cañon City. Helen was born on the ranch 93 years ago and her father was also born on the ranch as well. The Chess families are some of the earliest homesteaders in the Garden Park area, arriving in the late 1800s. The Chess Shoemaker Ranch is still a working cattle ranch owned by the family.

Visit the Armed Forces Art Exhibit from May 12-28 located in various shops along Florence's East and West Main Street, or come May 12, 4-7 p.m. and meet some of these talented, exceptional artists. Shoemaker's bronze artwork will be on display at the Antique Warehouse at 110 East Main Street.

Mini-Masterpiece Entries? 2018 Salida Art Walk Mini-Masterpiece Auction

The Salida Council for the Arts (SCFTA) asks artists to submit their mini-masterpieces for the Mini-Masterpieces Auction to be held on Friday, June 22 and Saturday, June 23 at the Salida SteamPlant Annex as part of the Salida Art Walk happenings.

Artists may submit one or two mini artworks for the auction. All entries are due by June 1. Details of the show and submission forms can be found at www.salidaartwalk.org. Forms may be completed online or downloaded and printed from the website.

Free canvases for the minis are available at Box of Bubbles, 206 E Street, Salida. Please be sure to sign the "pick-up form" at Box of Bubbles.

For more information, contact Ken Brandon at (719) 539-7443 or bwgraphics47@gmail.com.

School Supply Drive

Suggested items:

- backpacks
- binders
- lined notebooks
- rulers
- pencils
- pink eraser
- highlighters
- crayons
- scissors
- calculators
- glue sticks
- blue pens

One Nation Walking Together School Supply Drive
Throughout September, help ONWT provide Native children with the tools to succeed!



Drop-off donations at:
One Nation Walking Together
3150 N. Nevada Ave.
Colorado Springs, CO 80907

Renewable Energy Outfitters



Solar Power * Generators * Batteries



Trusted Since 2008



www.reosolar.com

719-221-5249



COLORADO
SPRINGS
MAY 15 - 17
2018



PIKES PEAK
WORKFORCE CENTER
A proud partner of the AmeriCorps Center network

★ VETERANS
★ MILITARY SPOUSES

★ ACTIVE DUTY
★ RESERVE/NATIONAL GUARD

MAY 15 & 16
Sessions start at
9 AM & 1:15 PM

MVEE
INDUSTRY INFO PANELS:
Meet with Industry
Professionals
to bolster your career!

Pikes Peak
Community College
5675 S. Academy Blvd.

MAY 17
Job Fair open
10 AM to 3 PM

MVEE
EMPLOYMENT EXPO:
125+ Employers
Over 1,500 career
opportunities!

J.C. Penney Event Ctr.
Chapel Hills Mall
1710 Briargate Blvd.

THANK YOU TO OUR SUPPORTERS & SPONSORS!

DirectEmployers



Register now at MVEE.org

* Participating employers listed online

No matter the season, there's always work to do. Built for powerful performance and legendary reliability, Husqvarna is always here to make the toughest jobs easy on you. From tractors and mowers to chainsaws, trimmers and snow throwers, Husqvarna has been the choice of professionals and homeowners alike for more than 325 years.

Now get even more work done in less time. A full range of parts and accessories add versatility, increase performance and provide protection for your Husqvarna, helping you tackle any task in every season.

For the full lineup of Husqvarna products and accessories visit

HITCHIN' POST
Trailer & Tractor Sales


39285 US Hwy 24, Lake George
719-748-8333 or online at
HitchinPostTrailers.com

OPEN HOUSE SATURDAY, MAY 26TH!

Woodland Park School District
'Elevate Your Education'

Woodland Park High School
2018 Graduation
Friday, May 25 at 7 p.m.
(doors open at 6 p.m.)
Pikes Peak Center
190 S. Cascade, Colorado Springs
Admission is by ticket only

Parking: Secured covered parking is available for \$5 in the parking structure located on the south side of the Pikes Peak Center on Sawatch. Street parking is also available.



Congratulations!
WPHS Class of 2018!
(719) 686-2000 or www.wpsdk12.org



Know what's below.
Call before you dig.

Always contact 811 before breaking ground on any size project. A single call can help you avoid serious injury, fines, costly repairs and service interruptions.





(800) 332-9540
@IREAColorado
IntermountainREA

Slash sites

by Coalition for the Upper South Platte

As the days grow longer and warmer, we are moving outdoors for a wide range of activities. For many of us, those activities include thinning and cleaning up slash around our homes and on our properties.

Summer forecast models are predicting warmer and drier weather than usual. These conditions amplify the importance of maintaining our properties and keeping them clear of potential fire fuels. The Coalition for the Upper South Platte (CUSP) is here to help with disposal of slash, the smaller woody debris from tree clean up.

CUSP hosts three slash drop-off sites in the watershed. The Divide and Bailey sites will open the first weekend of May and the Fairplay site will be open on Saturdays only from Memorial Day weekend through Labor Day weekend.

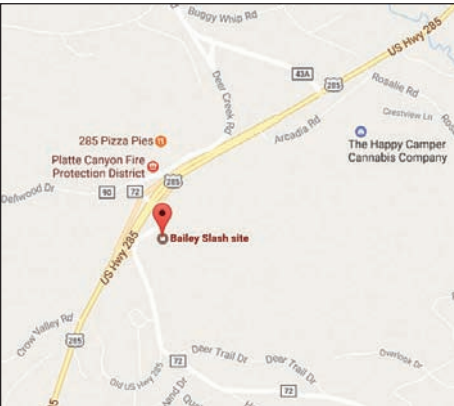
The requirements and restrictions for material that we can accept at the sites are the same.

- Maximum length: 6 feet
- Maximum diameter: 8 inches
- No: stumps, roots or lumber
- No: tires, metal or household trash/refuse
- No: dirt, weeds or grasses
- No: pine needles (not attached to branches)

Rocky Top Resources in Colorado Springs located at 1755 E. Las Vegas St. will take pine needles and other organic yard materials. Residents of Teller and El Paso Counties who bring these materials to Rocky Top on a Saturday can pay with either nonperishable food items or a cash donation to Care & Share.

Also, when available, mulch is free at all the sites. Load yourself and take as much as you can use. Contractors welcome!

The locations, fees, dates and times of service of CUSP slash sites are as follows:



Bailey (Park County)
Residential Services Only
US Hwy 285 & CR# 72
Open Friday, Saturday and Sunday
Opens May 4, Closes October 28, 2018
From 9-3 p.m.
Closed on these Sundays: 5/28/18; 7/2/18; 9/3/18
Fees: Park County residents: \$15.00 per pick-up truck load. \$20.00 – nonresidents



Fairplay (Park County)
21925 Hwy 285, at Mountain View
Waste Transfer Station entrance
Open Saturdays
Memorial Day Saturday to Labor Day Saturday
From 9-4 p.m.
Fees: \$10 per pick-up truck load

If you have any questions, or need more information, please call the CUSP office at 719-748-0033



Divide (Teller County)
Located on South Hybrook Rd
(Southeast of the Post Office)
Open Friday, Saturday and Sunday
Opens May 4, Closes October 28, 2018
From 9-3 p.m.
Closed on these Sundays: 5/28/18; 7/2/18; 9/3/18
Fees: \$10 per pick-up truck load

Adopt Me by AARF Harlo

Harlo had a rough beginning; born deaf on a farm where she was hit by a vehicle, probably because she could not hear it. She had a broken shoulder and the bill was too much for her family. Luckily for her, a rescue group stepped up to help and she had the operation. She is doing good! She still limps but her leg should be fully functional soon.

Dogs have been taught to respond to hand signals, but it takes time and patience. She has a book about training a deaf dog that will help you out. She needs a home with a fenced yard and someone with her when out of the house on leash when going for a walk. Since she can't hear, this is to ensure her safety. A commitment to sticking with the training needed will be required by anyone who is interested in her.

She needs a home without children or other dogs. She is possessive of her food and toys but



loves petting and the company of her person. If you have an interest in adopting Harlo, please call Dottie to schedule a visit 719-748-9091.

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

PPRH is now part of UCHealth family

UCHealth is proud to welcome Pikes Peak Regional Hospital (PPRH) to its network of health care facilities. PPRH has had a longstanding partnership with UCHealth and Memorial Hospital and joining the system will provide increased resources for patients, staff and medical providers.

"UCHealth is excited to welcome the staff and providers of PPRH into our family," said Elizabeth Concordia, UCHealth president and CEO. "Our organizations are dedicated to providing excellent care and the best possible experience to patients and family members. This focus will continue, and over the coming years, patients throughout the Pikes Peak region will see many benefits of this new partnership."

"The communities of Woodland Park, Teller, Park and El Paso Counties deserve the very best care and access to advanced treatments," said Kim Monjesky, PPRH chief executive officer. "I am proud of the care Pikes Peak Regional Hospital has delivered over the past decade, and I know that as part of the UCHealth family, the services we provide will continue to grow."

PPRH officially joined UCHealth on April 1, but the two organizations have enjoyed a long-standing partnership. UCHealth Medical Group and UCHealth Memorial have collaborated with PPRH for years, providing numerous specialists and services at PPRH including cardiology, neurosurgery, oncology and telestroke.

"UCHealth provides patients with access to nationally-renowned experts and advanced



treatments including a comprehensive stroke center, comprehensive cancer center, trauma care and more," said UCHealth Memorial President and CEO Joel Yuhas. "As part of the UCHealth system, Pikes Peak Regional Hospital will continue to provide excellent, personalized care to their patients while now also being able to provide access to the full strength of UCHealth."

PPRH is a critical access hospital in Woodland Park, Colorado, with 15 licensed beds and about 120 employees. PPRH will remain a major employer in Teller County, benefiting the local community and improving the overall health of residents.

As a nonprofit health system, UCHealth is dedicated to the communities it serves. In fiscal year 2017, UCHealth provided \$647 million in total community benefits including \$259 million in uncompensated care.

Editor's note: Our neighbor and dear friend Marilyn Callan had this to say, "I recently experienced a life-threatening emergency which brought me to PPRH. There was great hesitation as YEARS BACK there were several bad experiences. This occasion was different. Not only was the medical issue treated and resolved by a highly competent and professional staff, I can truthfully say, this was a TRANS-FORMATIVE experience on many levels! I couldn't have had better care, and I would unhesitatingly use PPRH in the future! Good medicine, good care, good people!"

Tickets on Sale Now

AEG Presents Disney and Daughtry at Pikes Peak Center

Daughtry
Grammy-nominated music group Daughtry will stop in Colorado Springs at the Pikes Peak Center for one night only on Tuesday May 29 at 7:30 p.m. Daughtry's self-titled debut album was the best-selling album of 2007, which contained four top 20 singles.

Disney
Disney Junior Dance Party on Tour brings its high-energy live concert experience designed for children and families to Colorado Springs November 13 at 6 p.m. The 90-minute concert that includes the beloved characters Mickey Mouse, Minnie Mouse, Goofy, Elena of Avalor, Sofia the First, and Doc McStuffins; interactive on-screen moments with Puppy Dog Pals, the Lion Guard and Muppet Babies as well as the first-ever live appearance by Vampirina. Disney Junior



Daughtry

Dance Party on Tour features 20 songs from Disney Junior's hit series, as well as two brand-new original songs for the tour.

Tickets for both shows available online at PikesPeakCenter.com and AXS.com or via phone at (719) 520-SHOW. Tickets can also be purchased at The Broadmoor World Arena box office and at BroadmoorWorldArena.com.



Divide Chamber of Commerce

Spotlight on the Divide Chamber

Each month we feature our new and renewing members of the Divide Chamber of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future — www.dividechamber.org.

■ Mountain Top Cycling Club: 719-689-3435 or www.mountaintopcyclingclub.com. Non-profit organization that encourages cycling for health, recreation, sport and transportation.

■ Little Chapel of the Hills: 719-686-1234 or www.littlechapelofthehills.com. A church for all ages. Worship services every Sunday at 10 a.m.

■ Divide Timber: 719-684-6070. Mitigation, logging, hazard tree removal, firewood, lumber and specialty beams, mantels and products.

■ Black Dog Excavating: 719-684-5762 or www.blackdogexcavating.com. Excavating new and existing driveways, asphalt paving, full-service seal coating, stripping, repair, etc.

■ Hooray! Home Improvement, LLC: 719-687-6825. Home improvement, remodeling and repair.



SAVING THE FOREST ONE TREE AT A TIME

Are pests eating your trees?
Let us help you!



Spray Season is Here!

Timberline Spraying & Mitigation Services spray for a wide variety of bugs and beetles including:

- Pine (IPS & MPB), Fir & Spruce Beetles
- Budworm
- Tussock Moth
- Aspen Mites & Aphids



719-687-6811

Richard@SavingTheForest.com

We also provide Mistletoe Sterilization and Deep Root Fertilization, along with our Mitigation Services as well.

For New Customers - mention this ad for a 10% discount

Presented By:

Buena Vista

Chamber of Commerce
& Visitor Center

BUSINESS
EXPO

TRADE
SHOW

2018

FREE to the Public

9:00am to 2:00pm

May 12

share

Your business, craft, art or service with a BOOTH at the Business Expo. Call today to register 719.395.6612.


meet

Your LOCAL businesses, artisans, and service groups. Learn about all that they have to offer locally.


treat

MOM or yourself with local products, works, gifts, and services. SHOP LOCAL.

Hourly drawings for Mount Princeton Hot Springs Spa passes.




Sponsored by:



LIARS' LODGE

BED & BREAKFAST
WEDDINGS & EVENTS

719.395.3444
www.VisitBuenaVista.com



Heart of the Rockies Radio

Held at Buena Vista High School Gymnasium 559 S. Railroad St. Buena Vista, CO 81211

For more information, or to sign up for a booth, outside venues, groups or music, etc. contact 719.395.6612
www.BuenaVistaColorado.org

Nighthawk Ranch Fundraiser
by Flip Boettcher
photo by Dorothy Evans

Last summer's mini-cattle drive with the campers. Tom Evans is on the right in the cowboy hat.

It's time once again for the Nighthawk Ranch fundraising BBQ dinner, barn dance, and silent auction on Saturday, June 2, 2018. Dinner at \$15 per plate, and silent auction will start at 5 p.m. At 6 p.m., Jimmy Lee Robins will be providing live dance music and the silent auction closes at 7 p.m. Dinner will include pulled pork prepared by local resident Gary Hanner, as well as BBQ beans, Cole slaw, potato salad, rolls and dessert. Vegetarian burgers will also be available.

It's hard to believe, but this summer marks the seventh year of operation of the Nighthawk Ranch, located at 2980 County Road 102, a couple miles north of Guffey on the top of Gold Hill.

The Nighthawk Ranch is a very special place; it is a place where kids 10-17 years old diagnosed with and recovering from the rigors of cancer treatment can spend a week in a safe, healing mountain environment at summer camp. "Nighthawk Ranch empowers children

who have been diagnosed with cancer to find new hope and believe again in a brighter future," said ranch co-owner Dorothy Evans.

A unique part of the summer camp is that it is absolutely free for the campers and their family, including transportation costs to and from the ranch and all the costs while at the ranch, said Tom Evans, co-owner. That is why their yearly fundraiser is so very important. While the ranch buildings and the 320 acres it sits on is totally paid for, the camp operation is solely supported by their one yearly fundraiser, the barn dance, and donations.

Activities at the camp include a horse for each camper for the week which comes with learning how to ride, feed and care for their horse. Also, since the ranch is a working ranch, the campers feed and care for all the ranch animals and get to experience a mini-cattle drive and overnight camp out.

Other camp activities include indoor swimming, archery, wildlife viewing at the

man-made pond, low ropes course, nature hikes, a game room, music and art.

The remoteness of the camp adds to the campers' experience, but it also offers a challenge for emergency services, said Dorothy Evans. With these kids, emergencies can happen at any time and safety has always been a priority. The camp has medical professionals on site 24/7 while the camps are in session, said Dorothy, to provide service for medical emergencies including cardiac arrest, trauma and respiratory arrests. This summer's three camp sessions are full. Each session can accommodate up to seven campers at a time.

So, even if you can't find your cowboy boots in the back of the closet, come on down to the Nighthawk Ranch BBQ dinner and Barn Dance on June 2 anyway, and kick up your heels a little bit and help a very deserving cancer kid enjoy a special summer camp in the mountains.

Series to help adults prepare for retirement

Successful retirement means making a number of important decisions and planning ahead for financial, medical, legal and other retirement options. The PPACG Area Agency on Aging and Ent Credit Union are teaming up to offer a series of four classes to provide the knowledge and tools soon-to-be retirees need. Adults 55-65 or those planning to retire in the next five years are encouraged to attend.

All classes are on Tuesdays from 5:30-7:30 p.m. at PPACG Area Agency on Aging, 14 S. Chestnut Street, Colorado Springs and are free of charge. Registration is required; please call 719-471-2096.

May 1: Medicare — Who Me? Putting it all together with Medicare A, B, and D coverage, enrollment options, and other insurance choices. Presenter: Roma Costanza, AAA/SHIP Medicare Specialist/Case Manager.


May 8: Social Security Benefits — Learn the basics of Social Security, including options for receiving your retirement benefits. Presenter: Bridget Byerly, Public Affairs Specialist, SSA.

May 15: Retirement by Design — Discover and learn about the nonfinancial challenges of retirement such as finding new purpose and identity away from work,

building new social networks, and adjusting to 24-hour togetherness. Presenter: Sara Honn Qualls, PhD, UCCS Aging Center Director.

May 22: Estate Planning — Learn about wills, medical and financial powers of attorney, living wills and creating a vital information list, including the location of your will and a list of personal contacts. Presenter: Skip Morgan, Attorney-at-Law.

This series is made possible by Pikes Peak Area Council for Governments and sponsored by ENT Credit Union.



Grannys' High Altitude Super Hemp
The Purple Building in Lake George
Colorado's Only Industrial Hemp Cultivation and Retail Store
No High, Just Health!


CBD Whole Plant Extract

CBD Pain and Skin Salves

Hemp Tea

CBD Trans-Dermal Cream

CBD Vaporizers



Hemp Clothing

Bath and Beauty

Nutritionals

And Much More!

All of our industrial hemp is grown organically right here in Lake George and WE SHIP ALL OVER THE COUNTRY

719-748-4736 grannys hemp.com

Open Mon — Sat 9am — 5pm — closed Sundays

At Grannys' High Altitude Super Hemp we are "Growing the Future....."

Reiki Heaven and Earth Finding you

by Olga Daich

I highly respect other people's belief systems. The sole reason that I am sharing my stories through this newspaper column is to try to open the doors of possibilities for those who need it. As somebody once said "don't die with the music still inside." What would be the meaning of keeping my spiritual experiences only for myself? To me, it would be a wasted life, so I knew it was time to write about them. I want to thank those who have been following my articles. You may agree or disagree with them and that is ok. We must respect and honor the path of each of us. I recognize that my stories could be challenging for those who haven't had similar experiences or never heard about energy fields, distant healing, Reiki and so on. I assure you that it's not my intention to upset those who do not agree.

There is a point in our lives when what you are called to do is far more important than labels. I reached the point where these labels where not important to me anymore. I understood that labels go hand in hand with ego. I am free!

Here is our story.

My interest in Native American stories goes back to my early teenage years. The prince charming of my dreams was not living in a castle; he was living in a teepee.

When I met my husband, I was living in Utah while he was in Colorado. It didn't take time for me to realize how strong our connection was; deep inside me I knew this was not the first time that I met him. I fell in love with him immediately and I knew I wanted to share the rest of my life with him. However, because of my past relationship experiences I was wondering if moving to Colorado was a good decision. I decided to ask my spiritual guides for help. I started my meditation and prayers. Once I felt in tune with the Field (I have been talking and explaining the Field/matrix in my past articles) I made my first question: Did I meet him before? Answer: Yes, Did I meet him from a past life? Answer: Yes.

Next question was coming from my heart; I already knew the answer but I wanted to be sure. Did I meet him in a past life where we belonged to a Native American tribe? Answer: Yes. Then I asked what is the name of the tribe? The answer didn't make sense to me at that moment. Coming from another country, the only tribal names that I was familiar with were Hopi, Cherokee, and Navajo. The name that came was Ute. I never heard that name before but I decided to ask my last question. What was my name on that time? Answer: Asha.

I finished my meditation feeling very grateful for the answers. Answers that my heart already knew. All of my doubts were gone. I wanted to be with him. That night when he called me I asked him, "Do you know of any Native American tribe named Ute?" He said, "yes."

I asked him, "Where did they live?" He said, "right here, they use to live in different places but one of them was right here."

The first time that I came to visit him was very interesting.

He was living in South Park, far away from the city in a tiny cabin. When I came to the cabin the first thing that I noticed were the Native American blankets that he used to divide the room spaces, I also noticed bows and arrows all over the place. He told me that he had a surprise for me. He went to the living room and came with something in his hands that I didn't recognize. He showed me moccasins that he was making. He offered to make some for me.

I asked him if he likes shooting arrows, he told me that it was his favorite hobby and showed me some arrows that he made himself. It was easy to put the dots together. I got the confirmation of my answers.

The concept of reincarnation has been part of my beliefs since I can remember (even though I was born into a Catholic family).

I remember reading the book *Many lives, Many Masters* by Brian Weiss. He is an American psychiatrist who specializes in past-life regression. He was an atheist until a personal experience made him change his mind. His book is one of my favorites. I felt that I identified with his experiences as well as his feelings as a health-care provider. I highly recommend his book.

I read a book that brought even more details about my past life in the Rocky Mountains. The book is about the Ute Tribe. According to legend, they came from the stars (more specifically from the Pleiades, a star cluster in the constellation of Taurus). I remember a conversation with a friend. We were talking about stars, constellations and our connection with them. She told me "Do you know that it has been said that the stars where we are coming from are written on our body?" (She was talking about freckles.) I told her, "yes, I know. I have the Pleiades well defined shaped on my body."


It had been said that we travel thought this Earthly experience in groups. We don't lose our connection with friends and relatives. Of course, we don't have proof of that, but sometimes strange things happen that eliminate my doubts about that theory. The experiences that we are called to share with family and friends brings us the opportunity of learning as well as remembering who we really are. Our friends and family become our teachers through the experiences of forgiveness, patience, compassion and love.

We were born into the family that we needed. Look for your spiritual teacher in them.


"There is within me a wonderful inner world filled with gratitude and love, I promise to take you there with me. I promise to try to keep you in my memory, but if I ever forget you, I promise to find you again."

— Asha.


For more information on the Reiki Heaven and Earth workshop, Reiki appointment, or Reiki training please contact me by email: olgacely@hotmail.com or text: 801-628-9273.



Mama Dana's Italian Bistro
Saturdays 2-7pm
Featuring classic Italian cuisine.
Several select menu items that include homemade pastas, sauces, salads and breads.




Mother's Day Brunch May 13 • 10-2 p.m.
with handmade white chocolate baskets stuffed with all sorts of goodies for moms!



The Bakery
Strictly Guffey
336 Main Street Guffey, CO
719-286-8589
Visit the gift shop of local artists and check out our art classes!

CELEBRATING OUR 26TH YEAR!

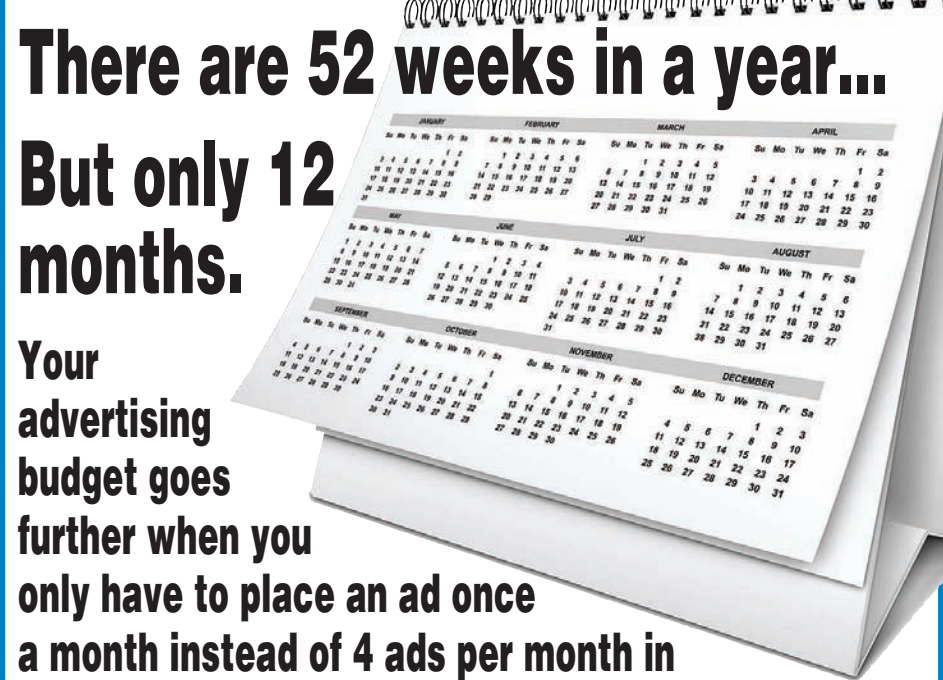


Mountain Naturals
COMMUNITY MARKET

Organic Foods | Local Produce | Gluten-Free | Grass-Fed Beef | Pet Food

719-687-9851
790 Red Feather Lane • Woodland Park
Hours: Mon-Fri 9am-7pm • Sat 9am-5pm • Sun 10am-5pm
WE HAVE HEMP FULL SPECTRUM CBD!

There are 52 weeks in a year... But only 12 months.




Your advertising budget goes further when you only have to place an ad once a month instead of 4 ads per month in a weekly publication!

The Ute Country News is a great place to get your message out because we distribute 16,000 papers in Teller, Park, Fremont, Chaffee, and El Paso Counties and have an average pick-up rate of 95%!

Our readers tell us they read "cover-to-cover" and cannot wait for the next issue to come out. We restock our distribution locations so your message is around for the entire month. Our complete archives of past issues can be found online at www.utecountrynews.com.

Advertise in the local paper with the furthest reach that is easy on your budget...



Putting the "unity" back in community.

Call or Email for more information on how to get your word out!

719-686-7393 • utecountrynewspaper@gmail.com

Call To Artists

For applications go to www.FriendsOfMuellerSP.com
Mueller State Park
Fine Art Show & Sale
Save the Date! July 28-29, 2018



The Thymekeeper



Mari Marques
1870 CR 31 • Florissant
719-439-7303
mugsyspad@aol.com
thethymekeeper.com
Herbs & Oils • Folk Remedies
Private classes available.



Critter Corner



Willow (top) and Stella Blue - Laura Lenahan, Alma, CO

Have a cute critter? Send us your favorite critter photos and we'll feature them here in the Critter Corner! 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 your name.

Woman: Chapter 3

Chapter two appeared in April 2018 issue, on pages 12 & 13.

Sam walked Jaynee home at the end of their date. They hugged at her door, and she finally thanked him for the flowers.

"I'm sorry I didn't say anything sooner. My mind was distracted by the software thing," Sam nodded. "It's okay, I understand. I'm just happy you like them."

Jaynee smiled. "They're beautiful. I'm going to put them front and center in my kitchen."

Sam lit up. "Really?"

"Yes, of course. It'd be rude and a shame not to." She held Sam's hand, squeezing it. He registered the pressure as a caring gesture. "Can you find your way back to the office?"

He glanced down the street. "I think so. My GPS is activated."

"Good. And Sam, I'm proud of you for leaving the office and navigating the streets as well as you did. I'm impressed."

Sam smiled. "Thank you, Jaynee." Her name was new to his speech center, but he enjoyed saying it.

Jaynee smiled back at him. "Have a good night. Please let me know when you're back at the office."

"I will." He bid her good night and set off down the street. A block away from the office building, Sam caught movement out of the corner of his eye down an alley. He stopped, staring hard into the darkness. When nothing materialized, Sam continued on. He'd only taken a few steps when something crashed against the side of his head as his knees were kicked forward. A wire shorted in his brain and he blacked out. The last thing he heard was his body being dragged across the concrete.

When Sam's vision came back on, his surroundings were unfamiliar. As he tried to focus on what he thought was a door, his vision flickered in and out.

"Sir, the droid has rebooted."

Sam tried to turn his head toward the voice, but restraints prevented him from doing so.

"Damage report."

The second voice sounded familiar. "All systems 100 percent."

"Did you download his software?"

"Not yet. We're working to get through multiple firewalls."

A tingle went through Sam, putting two and two together. The software that Jaynee had yet to update the security on. He had to send a message. He began crafting one on his internal texting board.

"Don't try it. Stop right now. All your internal processes are being closely monitored."

The general moved into Sam's view.

His vision still flickered, but he didn't take his eyes off the man.

"Once we get the software, you'll be disposed of."

"Back to Jaynee?"

"No," he said frankly. "The dump. Can't have the pet tattling to its owner."

"You've just committed a felony. Jaynee is already onto you and your plan."

"Don't forget that she needs evidence. But it'll take her way too long to gather anything substan-

tial. We're very good at being stealthy, droid."

"My name is Sam."

The general waved his hand. "Whatever."

"Underestimating her would be a grave error." Sam stared hard at the general, doing his best to remain neutral.

The general huffed and walked out of Sam's sight.

"Where are we on locating Sam?"

Jaynee asked, entering the room with a thinly veiled calmness.

"A partial S.O.S. came through 10 minutes ago, ma'am. I'm tracking it down now. His GPS is offline, and someone is blocking our access to his internal systems," said Becki, a high-ranking computer programmer. Her dream had been to work for Jaynee after seeing the results of a study conducted from 2002-2014 by Quantopian, a Boston-based trading platform based on crowdsourced algorithms, found that companies with women executives performed three times better than companies with men executives. There wasn't a conclusive reason as to why they performed better.

Becki had wanted to be where the success was. Jaynee had been her idol for years.

The tension in the room was palpable. Jaynee shook her head. "Damn it. I should've brought him back here. Any suspects?"

"Nothing definitive. I have a hunch this person knows you and your work. Sam is a very specific target."

"Not unless..." Jaynee stopped herself, not quite ready to make her date with Sam public.

"You think it's personal?" Becki looked up from her screen at Jaynee.

"I don't know," was all Jaynee said, holding Becki's gaze.

Something on the computer dinged.

"Ma'am, there's a problem. Our first firewall for Sam's software was penetrated."

Jaynee narrowed her eyes. "That son-of-a-bitch. The general — it has to be him."

Becki typed rapidly, her frown illuminated by the screen. "There's footage of a box truck entering the general's base 45 minutes after Sam's abduction. The discoloration on the corner of the truck's bumper from the alley security video matches this one at the base."

Jaynee pulled out her phone and dialed. "Who're you calling?" Becki asked nervously.

"Who do you think?" She growled when the voicemail message played. "Listen up. You're ranking, general, does not mean you're above the law. I will be coming for Sam and for you."

"Another firewall down," interrupted Becki. "You want a war, general? You got one!"

Jaynee slammed her phone down, breathing hard. "I can tell you're about to do something."

"Damn right I am. I won't let this troll of a man get away with this." She stormed from the room, not actually entirely sure what she was going to do. She made her way down to her car and found Zander, her perfect romantic companion creation, standing by her door waiting for her.

"Zander? What're you doing here?" She

unlocked her car with a remote.

"Let me help. Send me in to retrieve Sam."

"Oh, no, I couldn't possibly do that." Jaynee shook her head, reaching to open her door. Zander blocked her way.

"I want to do this for you. You created me for a reason, to be the perfect companion. Selflessness is part of my programming."

"I understand fully what you're saying, but this situation is way too dangerous for you."

"It's way too dangerous for you," he countered. Jaynee saw no fear in his eyes, only determination. Her mind struggled with the decision.

"No," she finally said. "I can't let you involve yourself in this."

"Then I have no other choice." He walked away, going to the elevator that would take him to the basement where one of her workshops was.

"Zander!" she called. "Wait!"

The doors slid shut and he was gone.

"What the hell is happening?" Jaynee muttered under her breath, calling Becki. "Lock the doors to the workshop. Institute a lockdown. Zander is up to something." She hung up and ran to the stairs, her gut telling her that Zander had already tampered with the elevator somehow. The concrete steps jarred her as she ran down them, and her adrenaline allowed her to easily fling open the heavy door to the hall outside her workshop.

Zander turned toward her, his hand on the door handle. "Jaynee, please. This is unnecessary."

"Is it? You're acting more like a threat right now more than anything. What're you planning to do?"

"I want to adjust my programming to make myself more useful."

"Adjust it how?"

"Remove my emotions."

Jaynee's jaw dropped. "You can't be serious. What for?"

"I can become a weapon strong enough to defeat your enemy."

"Zander, that's not effective at all. If you were to remove your emotions, you wouldn't have any morals. You'd end up doing more harm than good."

"Not if my sole directive was to collect Sam. Then, you could use a killswitch and it'd all be over."

Jaynee's mind could barely compute what he was saying. But, she had to admit, he had a point. This plan could work. "Alright, fine."

She unlocked the workshop with a special code. The lights flicked on as she walked in, Zander following.

"Have a seat here," she said, gesturing to a plush dentist-like chair. She sat on the stool at the desk beside the plush chair.

Zander sat in the chair. "You changed your mind. Why?"

"Because if anything happened to Sam when I could've done something, I'd never forgive myself."

"What do you think will happen to him?"

"There's a movie called Chappie. In it, Chappie, a droid like you, is taken out and left on the streets as part of some sadistic test. He

encounters people who beat him and try to light him on fire. Then he's picked up by a rogue employee of the company who made him, and this man cuts off Chappie's arm without a second thought while trying to get a disc out of his head. That's what I think will happen."

Jaynee glanced at Zander, who was intently watching her.

"Is that what you humans think will happen all the time?" His tone implied curiosity.

She nodded, attaching a USB cable to a port in his arm. The other end connected to a tablet she held. "Humans seem to be designed to think the worst in situations like this." She tapped a button, and a large download began.

"That's depressing." Zander said, his eyes now on the download progress bar.

"Agreed. Humans can be pretty depressing."

Jaynee crossed her arms, also watching the progress bar. "Zander, when this is all done, I'll make sure to return you to your factory settings. We'll start fresh."

Zander smirked. "No need for all that, Jaynee. I've observed your interactions with Sam. You care for him more than me."

Jaynee felt a black hole of guilt open inside of her. She couldn't look at him. "I'm sorry, Zander. This is not what I had intended. Things with Sam... They just happened."

"I understand."

Jaynee raised her eyes to meet his, skeptical that he truly understood. "You do?"

"The way I was designed allows me to understand a broad range of human concepts, including how feelings between humans or other beings may change gradually or at a moment's notice."

"Huh, I guess we created you better than I thought we did," she chuckled.

"You did excellent, Ms. Markshim."

She watched as his eyes slowly lost their humanness and became more robotic.

"You're a coward," snapped Sam. He'd been trying to distract the general to prolong the inevitable.

"Ooh, the bot's got sass," remarked the general. "Don't call me that! That's a slur!"

The general wheeled a computer screen in front of Sam. "Here, let's watch as we break through your last firewall. Then this will all be over."

Sam tried to glare at him, but his features didn't allow it.

Suddenly, warning sirens began to go off and voice came through a speaker and began repeating the word "Lockdown." Sam looked around the best he could, trying to see what was going on.

The general slammed his fist on a desk as he stared at a screen showing live feed from near the entrance to the bunker they were in. "Who the hell is that?! Is that a robocop or something?"

"He's decked out in military gear, sir," said the general's assistant.

A phone began to ring, and the general pulled out his cell phone and glared at the caller ID. "This bitch," he snarled, taking the call. "Is this your doing?"

Jaynee could be heard on the other end.

by Danielle Dellinger

eyes were when he got close enough. Zander yanked off the restraints on Sam's hands as if they were made of cotton candy. He picked Sam up, powered up his ankle thrusters, and they shot out of there.

They flew over the military base, and right as they neared the entrance, they were shot out of the sky by a missile. They plummeted to the ground, debris flying off in every direction. The last thing Sam heard was the crashing of metal.

To be continued . . .

Debut novel Dating the Grim Reaper is available for purchase online only in print and digital formats at Barnes & Noble, Amazon, Google Play, and iBooks. Brief summary: Two college guys start dating. One guy is a murderer, and the other turns out to be the grim reaper. It's full of Greek mythology and romance.

Facebook.com/storyrealm
Twitter.com/ZepherSong



FLORENCE
MERCHANT'S ASSOCIATION



17TH ANNUAL CAR SHOW
May 20, 2018 – 9 AM to 3 PM

Main Street Florence, Colorado
Arrive early (7 am) to get your spot and register at 123 W Main St.
www.florencecoloradocarshow.com
info@florencecoloradocarshow.com

We've Been In Business 9 years!

THE DUNGEON INC
Body Art Studio

Best studio award in 2010 by The National Tattoo Association

TATTOOS • PIERCINGS



JEWELRY • CLOTHING

503 Main St. • Cañon City, CO
719-275-5050

Divide Collision Center
42 Years of Quality Work!

Auto Body and Paint Repair • Insurance Claim Estimates

WE DO IT ALL!

Hundreds of Satisfied Customers
Boat Repairing & Refinishing
Plastic & Fiberglass Repair
RV Body & Frame Repair
All Types of Painting
Hail Damage Repair
Auto Glass Service

FREE Estimates!



178 Weaverville Rd., Divide
(719) 687-7683

Tumbling Trout Fly Shop



Get yer fishin' on!

38283 Hwy 24 Lake George
(720) 363-2092

NOW OPEN!

TWIN CREEK TRADING CO.



FLORISSANT, COLORADO

The place to find unusual items

- Antiques
- Furniture
- Home and cabin décor
- Gift shop
- Rocks and crystals
- Lotion Candles
- Try your skill at the new ol' time shooting gallery

Always something New

Open 10 to 6
Friday • Saturday • Sunday • Monday
2651 Hwy 24 • Florissant, CO
719-641-6404
twincreektradingco@gmail.com

Dreaming Up the Ideal Retirement Is Your Job. Helping You Get There Is Ours.

To learn more about why Edward Jones makes sense for you, call or visit a financial advisor today.



Lee F Taylor, AAMS®

400 W Midland/Hwy 24
Suite 125
719-687-9541

Brian Watkins

400 W Midland/Hwy 24
Suite 125
719-687-9541

Paula R Hunt

18401 Highway 24
Suite 212
719-687-5962

www.edwardjones.com
Member SIPC

Edward Jones®
MAKING SENSE OF INVESTING

Community Fellowship of Christians

May Guest Speakers:

May 20

Abraham Lincoln
Service at 10:30



Also special music by The Brass Quintet of Woodland Park

May 27

Jeff Hendricks

Special Memorial Day Service at 10:30

Everyone Welcome

39633 Hwy. 24 • Lake George • 719-748-5552

Financial Focus How can you meet short-term goals?

Why do you invest? If you're like most people, you'd probably say that, among other things, you want to retire comfortably. Obviously, that's a worthy long-term goal, requiring long-term investing. But as you journey through life, you'll also have short-term goals, such as buying a second home, remodeling your kitchen or taking a much-needed vacation. Will you need to invest differently for these goals than you would for the long-term ones?

To answer that question, let's first look at how you might invest to achieve your longer-term goals. For these goals, the key investment ingredient is growth — quite simply, you want your money to grow as much as possible over time. Consequently, you will likely want a good percentage of growth-oriented vehicles, such as stocks and other stock-based investments, to fund your 401(k), IRA or other accounts. However, the flip side of growth is risk. Stocks and stock-based investments will always fluctuate in value — which means you could lose some, or even all, of your principal. Hopefully, you will put time on your side by holding your growth-oriented investments for decades — you can overcome the inevitable short-term price drops.

In short, when investing for long-term goals, you're seeking significant growth and, in doing so, you'll have to accept some degree of investment risk. But when you're after short-term goals, the formula is somewhat different: You don't need maximum growth potential as much as you need to be reasonably confident that a certain amount of money will be there for you at a certain time.

You may want to work with a financial professional to select the appropriate investments for your short-term goals. In general, you'll need these investments to provide you with the following attributes:

Protection of principal

When you own stocks, you have no assurance that your principal will be preserved; there's no agency, no government office, guaranteeing that you won't lose money. Even some of the investments best suited for short-term goals won't come with full guarantees, but, they do offer you a reasonable amount of confidence that your principal will remain intact.

Liquidity

Some short-term investments have specific terms (two years, three years, five years, etc.) meaning you do have an incentive to hold these investments until they mature. Otherwise, if you cash out early, you might pay some price, such as loss of value or loss of the income produced by these investments. Nonetheless, these types of investments are usually not difficult to sell, either before they mature or at maturity, and this liquidity will be helpful to you when you need the money to meet your short-term goal.

Stability of issuer

Although most investments suitable for short-term goals do provide a high degree of preservation of principal, some of the issuers of these investments are stronger and more stable than others. These strong and stable issuers are the ones you should stick with.

Ultimately, most of your investment efforts will probably go toward your long-term goals. But your short-term goals are still important — and the right investment strategy can help you work toward them.

This article was written by Edward Jones for use by Lee F. Taylor AAMS, Brian Watkins, and Paula R. Hunt your local Edward Jones Financial Advisors.

BIG Thank you!

by Ken & Judi Hesselberg, Directors

The Little Chapel Food Pantry would like to say a BIG thank you to all of our wonderful volunteers! Without you this ministry would not be able to function! Thank you for your faithfulness, your kindness, and your helpful smiling faces! You go above and beyond everything we ask you to do, and we sincerely appreciate each and every one of you! God Bless you all!

2018 Midland Days Symposium 100 years of the Midland

It was 100 years ago, in 1918, when the Colorado Midland Railway ceased operations. By 1920 the route west of Divide had been taken up and dedicated to the state for highways. The tracks and rolling stock operating between Divide and Colorado Springs had been purchased by the Midland Terminal Railroad. The theme of the 2018 Midland Days Symposium honors that long-ago end to a railroad era "100 Years of the Midland."

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 announces the 9th Annual Midland Days symposium to be held at the historic John Wesley Ranch south of Divide on Saturday, May 19, 2018, from 9-4 p.m.

In addition to a general focus and overview of the Colorado Midland Railway's route from Colorado Springs to Grand Junction, this year's symposium program will cover the extraordinary story of the life and early demise of this very special railroad in terms of its company structure and operations.

The symposium will begin with a social gathering at 9 a.m. followed by introductions and announcements. The agenda for the day will include presentations (including numerous historical photographs), interviews and conversations between local author and historian, Mel McFarland, and local historians Tom VanWormer, Art Crawford and Dwight Haverkorn (who promises to have yet another

railroad crime story). David Martinek, co-founder and president of Midland Days, will moderate the discussions and present, as well.

Seating for the symposium will be extremely limited, as always. Advanced reservations, at \$55 per person, are strongly encouraged. Reservations should be made on or before Monday, May 14, 2018 by calling David Martinek at 719-213-9335, emailing your RSVP to MidlandDays@yahoo.com. Refreshments will be available throughout the day and lunch will be served. Walk-in attendees are welcome for \$60 per person, but seating and lunch cannot be guaranteed (i.e., standing room only).

According to the tradition established in 2010 at the first symposium, all those with advanced reservations will receive a limited-edition railroad print (ink on parchment) entitled "Last Empty Ore Train Through Divide" especially drawn and provided courtesy of Mel McFarland (the 9th in a series). Additional copies of the print, and prints from past symposiums, as well as other railroad-oriented items and memorabilia will also be available for purchase.

The John Wesley Ranch, operated by the First United Methodist Church in Colorado Springs, has graciously opened their historic lodge facilities to host the symposium for the 9th consecutive year. The ranch is located south of Divide at 21285 Highway 67 just before the entrance to Mueller State Park, and just a few yards from the old Midland Terminal railroad grade. Ample parking is available.



Life-Enhancing Journeys Limbic system part III: What do I do now?

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

In the two previous articles on the brain's limbic system (Feb. & March 2018 issues of UCN), we focused on how traumatic events can actually alter the structure and function of our brain. These changes may result in different mental health problems such as depression, anxiety, compulsive behaviors, and Post-Traumatic Stress Disorder (PTSD). We all have experienced traumatic events in our lives, and depending upon how we recover from the experience(s) determines whether or not one has symptoms significant enough to interfere with one's life and/or be diagnosed with a mental health problem.

Some people may try to single-handedly manage their untreated trauma by turning to alcohol and other drugs (or other compulsive behaviors — excessive sex, food, gambling, shopping, to name a few) to quiet down the persistent, intrusive thoughts believing these methods will help them cope better. What they're actually doing is simply getting numb to forget, ignore or get to a state of non-feeling. These tactics can initially distract them from the incessant negative ranting going on inside their brains. Even though we have difficulty speaking (remember, Broca's Area is shut down), the inner mind can continue to berate us inside. After a while, the brain becomes accustomed to these methods which can become a problem in and of itself. Another approach is asking a doctor for antidepressant or anti-anxiety medication to help manage symptoms. Although this may be beneficial for a while, it eventually stops working. The doctor may increase the dose or switch to a different yet similar prescription. Again, this is putting a Band-Aid on the problem without dealing with the cause.

Here is another option to consider; when we say that stress kills, it literally does. There are many ways chronic stress can harm you. When we are stressed or threatened, the brain becomes flooded with too many calcium ions which destroy brain cells. Due to the loss of brain cells, the brain shrinks which causes more unregulated emotions such as fear, anxiety, and extreme stress responses when the brain is triggered — even by things unconnected to the original trauma.

As you now have recognized, stress can have devastating effects on one's body. The good news is that the changes in the brain can be reversed. The amygdala can stop reacting to perceived danger and learn to relax again; the hippocampus can be available to help us resume accurate memory associations, and the nervous system can heal and resume a flow between reacting and responding appropriately again.

Since recognizing the impact that stress and trauma can have on our lives, it's time to explore methods to counteract its effects on us. Remember, the mind needs to reframe (look at the experience from a different viewpoint) then release the trauma so that the brain can reset itself. Keep in mind that stress, a threatening situation, or trauma, is totally based on one's perception of an experience. The meaning we give things becomes our reality and our truth. For example, if you were fond of snakes and enjoyed keeping them as a pet, seeing a snake while hiking would be an exciting experience. However, if you were terrified of snakes, merely coming across one in the wilderness would be petrifying. We cannot change what we encounter yet we certainly can adjust how we perceive it.

Another concept which is important is that our reaction to any experience is generally based on something fearful or threatening from the past or anxiety about the future. It may have nothing to do what is happening here and now. When we are able to bring ourselves back to the present moment to appropriately recognize that our reaction is based more on a past memory rather than on a present danger, managing the incident becomes easier.

Here are some tools to use which can neutralize these effects:

Breathing

Using conscious, focused, deliberate breathing is so helpful in bringing you back to the present time. While doing this mindfulness practice, notice how inhaling enables an expansion of your lungs and that exhaling releases and helps

everything come to rest. You may become aware that there is a comfortable, conscious rhythm with expansion and contraction: breathing in and expanding and breathing out and releasing. When you focus on your breath, you can be nowhere other than in the present. This enables you to begin the process of resetting the nervous system. Practicing mindful and aware breathing is a tool you always have available wherever you are. The more you practice this, the more available it becomes when you need it.

Meditation

Meditation can be helpful in resetting the nervous system. Mind-body practices like meditating are effective in reducing your body's stress levels as it strengthens your ability to relax and lowers stress hormones like cortisol. There is a free App I use on my cell phone for meditation called "Insight Timer." It offers thousands of meditations, both guided visualizations and music. The meditations can be as short as one minute or as long as several hours. You choose which ones are most enjoyable and beneficial. After performing meditation for just eight weeks, the brain's fight or flight center, the amygdala, appears to shrink, which leads to reduced depression and anxiety. These brain changes from meditation can lead to a better ability to function.

Physical exercise

Physical exercise increases your muscle strength and has beneficial effects on your mental muscle as well. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that help reduce your perception of pain. Endorphins also trigger a positive feeling in the body, similar to that of morphine. An added benefit is that you tend to sleep better.

Reading

Reading has great brain benefits. Reading improves your brain connectivity and function which can translate into better focus and concentration, writing skills and creativity. It also reduces stress, and enhances empathy. Research has confirmed that people who engage in mentally stimulating reading activities experience slower memory decline. It also can make you smarter by enhancing verbal skills and the ability to reason.

Dancing

Dancing stimulates the mind and body and has been shown to stave off Alzheimer's disease and other forms of dementia. Dancing has other brain benefits, including improved social skills and mood and even reversing depression. In his book *Waking the Tiger: Healing Trauma*, Dr. Peter Levine tells of his observations of how animals in the wild deal with, and recover from, life-threatening situations. Levine explains that animals are routinely threatened in the wild, but are rarely left traumatized, because unlike humans, they naturally complete the cycle of shedding the residue of stress. Levine suggests that humans have the natural capacity to do this too, but often don't allow it because we don't know how, or doing so might be viewed as socially inappropriate. Emotions can be unblocked and trauma healed through awareness and physically shedding the energy of the traumatic event. At the end of each day, dancing around to shake off the residue of your day can be most beneficial.

Muscle training

Science has shown that musical training can change brain structure and performance for the better. It can also improve long-term memory and lead to better brain development. Listening to music can also enhance brain function.

Healthy eating and sleeping

Healthy eating and sleeping — This is so important and will be discussed in depth in a future article.

Utilizing bilateral movement (it's simply alternating movements from one side of your body to the other and back forth), assists the Hippocampus to reboot. Bilateral movement can be experienced through touch (tapping

your toes or your hands left to right over and over), through sound (listening to music that goes from one ear to the other back and forth) or visually (using your eyes to look left to right over and over). Any form of bilateral movement can reactivate the brain. That is why going for a walk, especially when you're upset, can be so helpful; you're performing bilateral movement when you walk. The brain tends to get bored easily so it will shut down. Bilateral movement keeps the brain lit up and open to new ideas.

It's important to first recognize when we are triggered off, and the fastest way to do this is with body awareness, doing a personal body scan. Turn your attention inward and ask yourself, "What am I feeling in my body... am I noticing any tension, nausea, tightness, rapid heartbeat, etc.?" If your body scan reveals some disturbance, focus on it as you talk to yourself about what you're noticing. It might seem odd to focus on your discomfort, yet ignoring it tends to amplify the distress. It's also beneficial to give your distress a number. Creating a reference point from where you're starting by putting it on a scale of 0 (no distress at all) to 10 (This is more than I can handle. I feel like I'm about to die!) is useful. This way, you can compare you with yourself before and after the internal dialog. Start talking to yourself (remember, talking brings the Hippocampus back on line) about what is going on. While you're talking to yourself, use bilateral movement to lessen the distress. So your dialog may sound like: "OMG! I'm at a 10 on the disturbance scale! My boss called me into her office and I was terrified... I didn't know if she was going to fire me... What's happening to me... my gut is twisted in knots... don't know what's going on... well, I didn't get fired... still have my job but she wants me to step it up because she thinks I could do better... I know I can... so glad I have the chance to show her... she's giving me an opportunity to show what I am capable of... Wow!... I'm really glad I have another chance... I'm noticing that my heart has stopped racing... my gut has relaxed... oh, I'm feeling calmer... I'm now at a 2 on the scale." This inner dialog enables you to follow the flow of your thoughts. It almost always starts out emotionally intense as you focus on what's happening; then, as you track your thoughts, there tends to be a release of the perceived frightening encounter.

Counseling or psychotherapy

Offering the tools detailed in this article undoubtedly can be helpful and empowering, yet there may come a time when you need to tell your story to a professional person who can accelerate your ability to discover your own skills and strengths, adjust inaccurate perceptions, as well as guide you through your transition towards healing. Difficult times can help us grow as long as there is a willingness to invest in yourself.

Please realize that taking control over your self takes determination and hard work. It requires practice until it becomes second nature. What you're actually doing is rewiring and reprogramming parts of your brain. Learning to control your thoughts rather than having your thoughts control you, is true freedom. What you are doing is learning how to work through earlier painful episodes in order to empower yourself presently. Evidence suggests that when you commit to exploring options for rewiring your brain, you can reduce the effects of trauma and even eliminate symptoms of PTSD. You're learning new ways to function more effectively so you become a happier and healthier version of you. Remember, they are most effective when you practice them regularly and continually. You can do it! You're worth the effort.

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

**OPEN FOR THE SEASON
MEMORIAL DAY WEEKEND**

FLORISSANT FOSSIL QUARRY

(719) 748-3275

**Toni Clare
Nancy Clare Anderson**
P.O. Box 126 / 18117 Teller Co. Rd. 1
Florissant, CO 80816
FlorissantFossils@yahoo.com

Summer Hours:
Open Daily and by Appointment
On-Sight Collecting:
Groups, Schools, Individuals
Supplying:
Museums, Schools, Shop, Collections

**FILL UP SPECIAL
VOLUME DISCOUNTS**

Global Propane

**\$1.599
Gallon**
500 GALLONS PLUS

(303) 660-9290
Family Owned Business

Healthy Living Summer Programs

Cooking Matters for Families workshop:

- Learn healthy, quick recipes and ideas for cooking
- Receive ingredients to practice a recipe at home
- Fun hands-on learning
- Featuring Vegetables, Fruits, and Whole grains

Dates/Time: June 5th, 6th, 7th, 12th, 13th, 14th, 1pm-3pm
Location : Woodland Park

Teller Talks: Cooking Matters in Your Community
1 hour demonstration
Several dates to choose from
Date, Times, and Locations:
July 25th, 11am-12pm Divide
August 8th, 11am-12pm Woodland Park
August 9th, 12pm-1pm Cripple Creek

Looking for something fun to do with the kiddos this summer?
The Healthy Living Program at Community Partnership will be hosting several fun Cooking Matters events for parent & child (6-12 years old) **Contact Denise for more info or to sign up: 719-686-0705 Denise@cpteller.org**

Scan here to find out more

Community Partnership
Family Resource Center

11115 W. Hwy 24, Ste 2D, Divide, CO 80814
www.cpteller.org • 719-686-0705

Activities available across Teller County include: Family Support Services, Adult Education, GED Test Preparation and Testing, Early Childhood Education, Parenting Programs, Cooking and Nutrition Classes, Adult Exercise, Community Gardens, Parent Engagement, and Basic Needs Services.

CRIPPLE CREEK CARE CENTER

Your Colorado Mountain Home

Love of the Colorado mountains does not fade with age!

Food is for fun...
Food is for Health!!

Meet Tim

Cripple Creek Care Center has been serving our community for over 40 years. During that time, we have never stopped changing, improving, and growing to give the best possible care to our elderly neighbors.



We are now pleased to announce the addition of

Tim Parker, CDM

to our full time staff. Tim is our new in-house Dietary Manager and Chef.

As our CDM, he is responsible for tracking and providing for the individual dietary needs of each resident as determined

by the Care Center's Medical Director.

But, after 17 years working in the long term care profession, with 13 of those in the dietary field, Tim realizes there is far more to the food service than health considerations and needs.

He recognizes that, for many residents, the highlight of the day is meal time. It provides a great time to socialize and create a bond with residents and staff.

Also, as a person ages, their appetites change and their taste buds are not as sharp. "It is very important to us to help make it feel more home like and give the residents more ability to order what they prefer and want. I look forward to adding more made from scratch items, especially baked goods, and to continue improving on dining services to make it more restaurant style."

Whether for medical dietary needs, or just the social and enjoyable aspects of a meal, Tim's goal is: by making more items from scratch and adding greater variety to the menu, the tastes and smells will encourage stronger appetites.

Welcome Tim!

Dedicated
to Quality



Committed
to Caring

700 North 'A' Street ~ Cripple Creek
719.689.2931

Call to discuss your personal needs and schedule a facility tour

www.cc-care.org

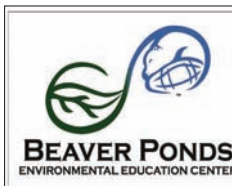
We can call it E-volution

by Eric Chatt, N.D.

Our food and soil evolve with many of our choices. The seed we buy and grow, the produce we purchase, choosing to avoid pesticides, selecting for flavor, eating diverse, nutritious whole food, local food, or eating a rainbow diet are just a few of the types of choices that influence our modern food production. We as producers and consumers help select for certain genetics by voting with our dollars, as well as at the ballot box. We are able now to make more informed and sustainable food choices that are driving more sustainable agricultural practice. This is a healthy evolution or a food revolution of our collective choosing; We can call it a food e-volution.

What these choices drive is creative collaboration between chefs, farmers, and breeders. Where fine dining, nutrition and medicine meet is with freshness, diversity, and flavor. Flavors that are enjoyable to people often contain healthy molecular constituents. Terpenes and terpenoid molecules (volatile oils) are one such group of molecules responsible for the smell of pine (pinene), or the smell of lemon (limonene). Many common herbs and spices contain flavor rich molecules that are also being studied by scientists for therapeutic value, nutrient value, and physiological mechanisms of action. We are all able to help create a more diverse and creative array of future foods by supporting local farms, seed banks, seed-sharing events, restaurants, seed breeders, as well as our grocery choices.

Seed companies such as Row 7 represent a collaborative approach between farm to table chefs and seed breeders selecting for



flavor rather than shelf-life, uniform appearance, and yield. This is a company that sells unpatented seeds (yeah for the creative breeders). If there is any room for creative collaboration then sharing precious food genetics is one.

At Beaver Ponds Environmental Education Center, we have been sharing seeds with community members and diversifying our seed sources, this year to include Row 7, Native Seeds, and Seeds of Change companies. Using seed from responsible companies creates very exciting additions to the potential harvest and a great way to support the change you want to see in food.

One inspiring gift in getting to know the small farmers and gardeners in Colorado is feeling the welcoming and sharing connection within the agricultural community. People invite you into their own personal victory gardens and share with you the fruits of their labor, their intention, and enthusiasm for healthy labor with our plant allies. Sharing seeds, sharing food, breeding new local varieties, and getting our hands in the soil is all good healthy activity. Gardening is a healing art. Wishing everyone a happy spring planting season.

Below are websites for the seed companies mentioned above:

- <https://www.row7seeds.com/collections/seeds>
- <https://www.nativeseeds.org/>
- <https://seedsofchange.com/seeds/vegetables>

To learn more about BPEEC visit:
<http://beaverponds.org/>

Volunteer Opportunities

Get outdoors in BV & Salida with CPW

Looking for an opportunity to give back to your community? Colorado Parks and Wildlife has several upcoming projects in the Salida/Buena Vista region that might get you outside, in touch with wildlife and even get your hands a little dirty.

Maybe you like shooting targets. Then be sure to sign up to help clean the popular Chaffee County Shooting Range. Work days are scheduled Saturday, May 5 and Saturday, Aug. 18.

Work starts at 9:30 a.m. and lunch is provided. Volunteers are urged to wear work clothes and bring water, snacks, gloves, eye and ear protection, sunscreen, rakes and shovels, power drills and spare batteries, and whatever else they feel they might need.

The range is located at the Chaffee County Landfill, 16550 U.S. Highway 285, Salida. For more information, contact Kail Glenn at 719-539-5991.

Fans of the Arkansas River may want to pitch in and help with a Cleanup/Greenup

event scheduled Saturday, May 19. For details, please contact the Arkansas Headwaters Recreation Area office at 719-539-5991.

The Clear Creek State Wildlife Area, located about 13 miles north of Buena Vista, will need volunteers for a series of work days, scheduled June 2 and 23, July 7 and finally on Sept. 8.

The work starts at 9:30 a.m. each of the Saturdays and volunteers will meet on the boat ramp at the wildlife area. Volunteers are urged to wear work clothes, gloves, work boots and bring water and snacks.

Get there by driving north on U.S. Highway 24 to Chaffee County Road 390, then west a half-mile. For more information, contact Kail Glenn at 719-539-5991.

All volunteer days are subject to weather and registration is required. For more information on any of these opportunities contact CPW Volunteer Coordinator Jena Sanchez at jena.sanchez@state.co.us.

Where is Zack this month?

Zack is a certified Therapy dog and the mascot for the Pet Food Pantry for Teller County. As their mascot, he is dedicated and determined to help families keep their pets at home when they fall on hard economic times.

On Saturday May 12th from 10-2 p.m. he will be at the Tractor Supply Market Day Event, www.tractorsupply.com, collecting donations and food for his feline and canine friends in exchange for homemade dog biscuits and/or catnip toys. Tractor Supply is located on 919 Spruce Haven Drive, Woodland Park, CO 80863.

Please stop by and give him a hug for his hard work! Thank you for your support.

For more information, go to www.Pet-FoodPantryTC.com.

See related story on page 5.



Ride of Silence

by Deborah Maresca

Mountain Top Cycling Club will host the 7th Annual Ride of Silence in Woodland Park, Colorado on May 19 starting at the Ute Pass Brewery parking lot (with a police escort) heading west on Highway 24 to Midland Ave. Then we will follow the ride leader for a short slow pace ride honoring the cyclists that have been injured or killed while riding their bikes. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

Sign-in begins at 10:30 a.m., ready to ride at 11 a.m. Riding down Centennial Trail to Kelly Road, to Baldwin and back to the Ute Pass Brewery for a short 3.5-mile ride with no talking. A cycling safety presentation for road and mountain biking will be presented at the Ute pass Brewery and a reception will follow.

The speaker will be Scott Selke, a cyclist for about 15 years at 52 years old. He will share his harrowing story of how he was hit by an SUV and landed head-first on the street. Learn how he survived, how well he recovered and how it has impacted his cycling today.



Trooper Tips

Turn to your right, turn to your left
by Trooper Gary Cutler

Usually when I finish writing one of my articles I read back over it and hope that I don't sound as if I gave a lecture every month. My hope is to help us remember some of those driving tips we got back when we were 16 and bring it to the forefront of our minds. I know I don't remember everything I learned back when I was 16.

This month I want to touch on the subject of turns, because when we drive we turn a lot, and not everyone is doing it correctly. The majority of crashes happen at intersections, so we need to be more cautious around them.

When you are at an intersection and plan on making a turn, it is very important to make sure it's accomplished correctly. This might amuse you thinking you've done it before and so you can accomplish the task. But then ask yourself are you doing it correctly, which in turn, equals safety.

Let's say a car is in the right turn lane and going to make a right turn. The road it is going to turn on usually has several lanes. One could be an acceleration lane, or the second one may be a through travel lane, meaning that road has cars that are already using that lane. In either case, the car turning right is required by law to turn to the closest lane to



This event is free to the public. Helmets are required.

The 2017 Ride of Silence was held in 390 locations world-wide, in each of the 50 United States, in 22 countries, over 7 continents.

If you are interested in cycling and looking for a group to ride with MTCC is worth checking out. MTCC is also hosting the Century Experience Ride, Bike the Night and Race the Ridge, our new mountain bike race. For more information visit <http://www.mountaincyclingclub.com/>.

it. The car is not allowed to turn right and then go directly across multiple lanes to get to the farthest left lane, even if you are planning on turning in a very short distance. The way around that is to go down to an area you can do that safely as well as legally.

Another important reminder is a car is not allowed to turn onto a street and cause another car to deviate from its course. This means if you cause another car to swerve, or have to brake, it can cost get you a ticket. So, if the car turns right, it turns into the lane closest to the right of the roadway. If it is turning left, then it is required to turn to the closest lane to the left of the roadway.

Also, if the car is turning left, it is not allowed to go into the intersection until it is clear and safe to do so. This means it is not allowed to go into the intersection and wait until the cars go by and then make the turn. I'm sure you have seen plenty of cars in the intersection waiting to turn, and then the light turns red, and only then do they make the turn. Sorry to tell you, but that is against the law, as well as unsafe.

I hope this was helpful. Visit us on Facebook and Twitter: CSP Public Affairs @ CSP_News

As always, safe travels!

Seeking food and craft vendors!

Don't miss it! Mark the date: first weekend in August – Hartsel Days! We're seeking craft and food vendors to be a part of so much more, including live music! Email hartseldays@gmail.com for more information. See you there!

Salida Museum

Heart of the Rockies History

It's springtime and that means the annual Salida Museum Open House is just around the corner. The Open House will run from 11-5 p.m. on May 12, and it's free!

From 12-3 p.m., Wallace Ewing and James Barnett will be signing their new book, *Focus on Salida*. This pocket-sized guide provides a combination of photography and narrative to help you find more information about the fascinating architecture and history around Salida. Books will be available for purchase for \$15 as a fundraiser for the Museum. Cash or check only, please.

At 1 p.m., Melanie Roth, president of Historic St. Elmo & Chalk Creek Canyon, will present St. Elmo — Then & Now, about the St. Elmo mining district and some of the preservation work they have been doing. St. Elmo and the mines were such an important component to Chaffee County's economy.

Today St. Elmo stands as a great testament to the importance of preserving these old mining towns, which often sprang up supporting hundreds and thousands of workers, and then disappeared only a few years later.

You'll be able to check out the new exhibits this year. We've moved the railroad and mining artifacts into new exhibits in the front of the Museum, so they are the first thing you see when you come in the front door. It's nice to bring extra focus to these enterprises because of their importance to Salida's history. We also refreshed the Tuesday Evening Club and medical exhibits during the space swap. With the purchase of a new (antique) cabinet, our fashionable lady exhibit has expanded considerably. You'll notice many changes throughout the Museum, and we hope you enjoy some browsing while you're here for the Open House.

We will have homemade cookies!

SPORTS CAMP 2018

Sponsored by Community Fellowship of Christians

■ Soccer

■ Karate

■ Basketball

■ Cheerleading

■ Ultimate Frisbee

For ages 4 thru 12

Held at Lake George Charter School
June 11 to June 15
9 a.m. - 12 p.m.

Pre-register on line at
www.communityfellowshipofChristians.org
Questions call 719-748-9035

Factory Direct

Flooring & Cabinets

20845 E. Hwy 24, Woodland Park • (719) 687-8800

SPRING BLOWOUT

10% OFF
all Diamond brand cabinets
(mention this ad, minimum 15 cabinets)

Medium Grade Carpet
Great for rentals!
Starting at **57¢ SF**

Carpet • Hardwood • Vinyl • Laminate • Tile
Stone • Countertops • Cabinets
Complete Kitchen & Bath Remodeling
(Contractors Available)

Cork Tile
18" x 24"
\$1.49 SF


• • • **SPECIAL BUYS** • • •
Solid Pre-finished Hickory – BELOW COST at \$2.99/SF

Luxury Vinyl Plank – Lime Oak \$2.69/SF
Snap Lock - EASY TO INSTALL • Needs no pad and is waterproof!

Sheet vinyl starting at 89¢/SF

Advertised specials good through May 2018 while supplies last


Historic Florence Pancake Walk!



A fundraiser for the Florence Pioneer Museum and Reaearch Center in Florence, CO!

Saturday, May 19
7-10 a.m.

Take a 2 mile walk through Historic Florence locations. Each location will have a piece of Florence history and a breakfast "ingredient" - arriving back at FPM for a prepared pancake breakfast!



Registration & more information at:
www.florencepioneermuseum.org



Got Propane? Get Glaser!



MAKE THE SWITCH TODAY!

Divide
650 County Rd 5
(719) 687-1180

No Hazmat or Admin Fees

Referral Program = 50 Free Gallons

Free Routed Deliveries

Online Bill Pay Available

Offices in Divide & Colorado Springs



The Forest Ridge team takes a break for a photo shoot.

Forest Ridge celebrates National Skilled Nursing Care Week May 13-19

Established by the American Health Care Association in 1967 and always beginning on Mother's Day, this week provides an opportunity to recognize the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities. This year's theme is Celebrating Forest Ridge. A full week of fun and exciting activities are lined up for the Forest Ridge Family. Feel free to stop by any time during this very active and exciting week to visit or say "thank you" to all the wonderful, loving staff that provide compassionate care to our seniors.

14 Little Glass Shop — Doing Mini Mosaics with the residents at 10 a.m.
14 Elvis live and in person at 3 p.m.
15 It's All About Me Collages — family/ resident activity 10 a.m.
15 Internmural Beach Volleyball — residents/ staff at 1:30 p.m.
16 Bible Word Competition at 10 a.m.
16 All About Me Collages finishing at 10 a.m.
17 Resident's art display of collages and mosaics
17 Second Annual Dog Show at 1:30 p.m.
18 Employee Appreciation Day Shift Barbeques at 10 a.m., 4 p.m., and 2 a.m.

Forest Ridge was just given the 5-star rating from both Medicaid and Medicare.

Celebrating Life's Stories

13 Mother's Day Fashion Show at 2 p.m. Gala attire.



SAVE UP TO \$150

\$100 Instant Savings on Sets of 4 Big O Brand Tires With Paid Installation Purchase **PLUS** Up To \$50 Visa® Prepaid Card Via Mail-In Rebate on Purchases of \$500 or More When Using your Big O Credit Card

Valid at participating stores through 5/20/18 on sets of four in-stock Big O brand tires. Installation fees required on all 4 tires. Shop supply and tire disposal fees are additional. \$100 instant savings on four installed Big O tires, plus mail-in rebate in the form of a Visa® Prepaid card ranging from \$25-\$50 (\$250 minimum purchase, must use Big O Credit Card for entire purchase). Not valid with any other offers. See store for more details.

SPRING SERVICE SPECIAL

✓ 5 qt. Oil & Filter Change	✓ Test Battery/Alternator	All 6 For Just
✓ Top Off Fluids	✓ Inspect Brakes	
✓ Rotate Tires	✓ Check Belts & Hoses	

FREE 4-Tire Rotation or Standard Flat Repair <small>Offer good for most vehicles through 5/31/18.</small>	\$15 OFF Any Full Synthetic or Diesel Oil Change <small>Offer good through 5/31/18.</small>	\$54⁹⁵ All Wheel Alignment Service <small>Offer good for most vehicles through 5/31/18.</small>
FREE Battery / Alternator or Alignment Check <small>Offer good through 5/31/18.</small>	\$20 OFF Transmission Flush or \$15 OFF Radiator Flush <small>Offer good through 5/31/18.</small>	FREE Buy 3 Shocks/Struts Get the 4th <small>Installation required. Good for most vehicles thru 5/31/18.</small>

WOODLAND PARK Highway 24 & Chester 687-6682	SOUTH NEVADA S. Nevada 2 Blocks S. of I-25 . . . 473-7089
POWERS CENTER Powers & Palmer Park 550-1840	AUSTIN BLUFFS Austin Bluffs & Barnes 599-4555
WOODMEN RD Woodmen & Rangewood 268-9988	FOUNTAIN/WIDEFIELD N. of Walmart on Camden . . . 392-4203
FILLMORE Fillmore & Prospect 520-0722	MONUMENT Safeway Center 488-2299

THE TEAM YOU TRUST™

Adopt Me by TCRAS

Bailey

Hello, my name is Bailey. I am looking for a quiet home and people that will give me the time to adjust; I am very shy until I get a chance to know someone. I am getting better every day. All I need is understanding and time. I know my house manners. I walk well on a leash. Please come and meet me and let's be friends! I am at TCRAS 308 Weaverville Road in Divide; just call 719-686-7707 if you need directions.



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



Dickson Committeeman Steve Storrs and Florissant cement contractor Harold Clare meet with Parks and Rec Director Cindy Keating and her crew at Memorial Park.

Erik Dickson Memorial project update

by Kathy Hansen

We last covered the Erik Dickson Memorial project in our December 2017 issue of Ute Country News.

Steve Plutt has been busy working toward raising the \$75,000 required for the statue for the Erik Dickson Memorial project. His goal has been reached!

February was a fantastic month for the project. Park State Bank & Trust sponsored the chamber's Business After Hours held at Shining Mountain Golf Course. Thanks to those attending donating \$6,000 (most likely due to the film produced by Mike Perini) in addition to a \$10,000 check from Park State Bank and Associates. The amount put them over the top of their \$75,000 goal!

The extra funds will come in handy. There will be a cost for the crane needed to erect the statue at its final resting spot in Memorial Park. The exact location will be on the east side of the pond, right below Park Street. There is a recently trimmed spruce tree by the site, and if you'll look and notice a guard rail, it will be at the very end of that guard rail.

The base of the statue has six sides. The front center panel is dedicated to Erik Dickson. The other five sides of the base of the statue will bear the names of other veterans who served in Viet Nam, Cambodia, Laos and Thailand, with the panel to the left featuring Woodland Park alumni who served and the right panel dedicated to Teller County veterans. To be eligible, a veteran must have served on land of any of the four countries, the air above or the surrounding waters.

Do you know a veteran who qualifies? For only a \$100 donation, their name can be engraved on the statue. Space is limited, so reserve it soon by calling Steve at 719-748-3949. Save the tentative date of August 24



Law Office of Kirk Garner

Family Law Attorney and Mediator

- Divorce
- Child Custody
- Child Support
- Relocation

General Civil Practice

- Contract Disputes
- Landlord/Tenant

Office located in the Pikes Peak Credit Union

719-687-6869

720 W. Midland, Suite 201
Woodland Park

Ready to reach for a snack?

Made with Organic and Naturally Gluten-Free Ingredients!



OATMEAL RAISIN COOKIES **GOOD 4 YOU 2** **CARAMEL CORN**

ASORGANICASITGETS@GMAIL.COM

NOW AVAILABLE AT MOUNTAIN NATURALS IN WOODLAND PARK!



Hippie radio 97.5

HRRMC Neurology and Sleep Medicine

Board-certified, fellowship-trained physicians



Yvonne Rollins MD, PhD



Christopher Williams DO, MPH

Services and conditions treated:

- General neurology
- Sleep disorders
- Treatment for headaches
- Electromyography (EMG)
- Electroencephalogram (EEG)
- Epilepsy and seizure disorders



HEART OF THE ROCKIES REGIONAL MEDICAL CENTER

The heart of healthcare

HRRMC Medical Clinics • 550 W. Hwy 50, Salida, CO
719-530-2000 • hrrmc.com



Give your loved wood furniture new life with beautiful vibrant colors.



We will refinish them.

Any wood furniture or cabinets.

We will provide a great vintage style.

For more information email:

southparksigns@yahoo.com

GOLD MINE TOURS

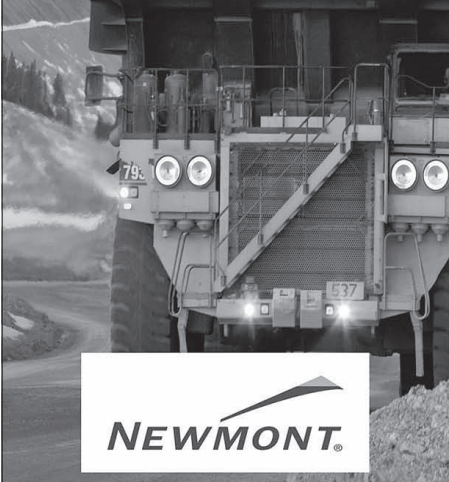
Guided Van Tours of the Newmont Mining Corporation Cripple Creek & Victor Gold Mine
May 26-Sept. 3

Daily Except No Tours Thursdays
(See website for full schedule)
Only \$8.50 per person
Limited Seating - Reserve Today!
(Safety Conditions Will Apply)

Reservations
Online at
VictorColorado.com
Or by Phone 719-689-4211

Tour Vans Leave from the Victor Lowell Thomas Museum
3rd & Victor Ave., Victor, CO

All Proceeds Benefit
The Victor Lowell Thomas Museum



NEWMONT



Peak Astronomy Tips Virgo reaches favorable position

by Chad Mello

The month of May is one of my favorite months for Astronomy. It's the time of year when *Virgo* begins to reach a favorable position in the nighttime sky. Virgo is the largest constellation of the Zodiac and is the second largest in the overall sky. If you're lucky enough to own a good telescope, or even a good pair of 10x50mm binoculars, the Virgo region can serve as a wondrous window facing a magical sector in our universe where there are up to 1,500 galaxies we may observe!

This area of the sky allows us to peer farther back in time than most other regions. In this region, we are privy to clusters of galaxies that are many millions of light years away! What does it *mean* when an object is millions of light years away? At some point in our lives, we've learned that light travels at approximately 186,000 miles *per second*. So, light that travels from objects sitting many trillions of miles away from us may take millions of years to reach Earth.

Photons (individual particles of light) emanating from these objects travel immense distances through space debris and dust, around massive bodies (like other galaxies and black holes), and through the earth's dense atmosphere to reach your eyes. Most of these photons never reach us, having been "filtered" out as they are absorbed or destroyed along the way. That explains why these far-away galaxies appear so dimly in the visual spectrum. Some of the brighter galaxies in Virgo are between 15 million and 70 million light years away. That means, when we view any of these galaxies, we are looking back millions of years in the *past*; we see these galaxies the way they once were millions of years ago, when *dinosaurs* still roamed the earth. It's a kind of time machine allowing us to see back through time. To understand how these galaxies might look today, we have complex computer models used to simulate that, but we cannot know for sure; we will be long gone when today's photons from these galaxies reach the earth (assuming that the earth itself is still here).

To see most of these extremely faint galaxies, you will need expert equipment, and possess years of experience with that equipment; however, even a beginner may get a glimpse of what's out there. Using binoculars or a simple telescope, and by calling upon a bit of patience and persistence, we can capture a handful of these galaxies. So, how may we find some of these elusive galactic jewels, you might ask.

We start by first locating and identifying the *constellation of Virgo*. Once we've done that, we can scan regions in and around Virgo to catch some of the photons of light coming from these galaxies, using our little *light buckets*. What's a light bucket? Well, it can be any optical device, such as binoculars or a telescope. The size of your optical instrument will determine how many photons you may "catch" with it. Just like catching raindrops in a barrel, the bigger the barrel, the more raindrops you'll collect at once. The size of the *objective lens* (or mirror) in your instrument determines the size of your light bucket. The more light (i.e. photons) you collect, the brighter and more detailed objects will appear to your eye.

So, galaxies that are extremely far away will require larger, more expensive light buckets so that you might see them. That being said, we may actually observe several of the *brighter galaxies* in Virgo without requiring large optics. Readers who own an inexpensive 90mm *refractor* telescope, or a 4.25" *reflector* telescope (each costing around \$300) will be able to see many more galaxies than those using 10x50mm binoculars (the bigger number is the size of your *light bucket* - in this case, 50 millimeters, and the smaller number is the actual magni-

fication, i.e. 10x). Those using telescopes will require more patience, because telescopes have narrower fields of view than binoculars. Finding things will take practice. Binoculars will require a bit of patience and practice as well. I recommend that those who are new to optical astronomy purchase a good beginner's guide to using small telescopes or binoculars, such as *Stargazing For Beginners: A Binocular Tour of the Night Sky*, *The Binocular Stargazer: A Beginner's Guide to Exploring the Sky*, or *50 Things To See With A Small Telescope*. All may be purchased inexpensively on Amazon.com.

Ok, now that you've unpacked and/or dusted off your light bucket, let's start using it to catch some photons coming from these far-away galaxies. On any clear night (minus the moon, of course), you may take your equipment outside. Starting in May, around 10 p.m., Virgo will be located in the southeastern sky. As the month progresses, Virgo will be found further towards the southern sky; it will reside in the southwestern part of the sky by month's end. Once you're outside, face south(ish), and look up at about a 45 degree angle. The easiest way to locate just about any constellation is to learn to identify the brightest stars that make up the constellation.



Figure 2. Some of the brighter galaxies in Virgo that can be seen with smaller telescopes and binoculars.

Unfortunately, most of the stars in Virgo are dim, but its bright bluish star, *Spica*, is pretty easy to identify. However, until we become more familiar with the virgin in the sky, we may opt to *star-hop* our way to Virgo by starting with something we are more readily familiar with. In this case, we may choose to use the *Big Dipper* as our guide. Starting higher up towards the western part of the sky, just follow the curve of the dipper's handle downward to the southeast until you come to a much brighter star called, *Arcturus*, in the constellation *Boötes*. From there, "hop" to the next-brightest star, *Spica*. According to space.com, there's a mnemonic phrase to help us remember: "Follow the arc to Arcturus, then speed on to Spica." Refer to Figure 1; it shows a simple outline of Virgo, as it will appear in the sky on May 12th. On that night, you may also use *Jupiter* to help you locate Virgo. A *moment of digression* ... In fact, Jupiter will be closest to earth for the year on May 9th and will continue to be one of the brightest objects in the nighttime sky through mid-summer. Next month, we will focus on Jupiter up close. We will attempt to view Jupiter's red spot and follow the changes in its moons' positions. You will need a telescope, but one no larger than 90mm. Be ready! Now, back to Virgo and its distant galaxies...

Looking at Figure 1 again, notice two



Figure 1. Virgo on May 12th, 10 p.m. facing south, southeast.

markers that mark objects referred to as M86 and M84 in the upper-right corner. We will go over what the "M" means another time. All you need to know right now is that those two objects mark two of the brighter galaxies in the Virgo region, and they can be observed using your binoculars (and, of course, your telescope). You will need to be patient when first attempting to observe these faint objects. Allow your eyes to adjust to the dark for at least 20 minutes — no looking at white light or your phone screens! Bring out a small red light, if you intend to use a sky map, or cover your tablet or phone screen with some sort of red screen filter. You can get sheets of these filters at parts-express.com for less than \$3 each. Cut to fit, and tape to your screen(s). Once your eyes are well adjusted to the dark, you will be able to see fainter objects in the sky.

Begin hunting for M86 and M84 by slowly sweeping the section of the sky as pictured in Figure 1, next to Virgo. If you have a tripod for your binoculars, this task will become a lot easier. Once you've located these objects, they will appear as fuzzy glows. Stars will appear as spiky pinpoints of light, as opposed to galaxies, which appear as diffused oval-like balls of fuzzy light. Figure 2 actually shows you a closer perspective of this same region. All of those galaxies you see in Figure 2, you should be able to find for yourself, with practice. You may need to go out on several nights. As you become more experienced, each time you locate these objects, your eyes will pick up even more detail.

It takes a while to train both your eyes and brain to see some of the subtle details found in these objects. Be patient and be persistent; weather and air turbulence may also limit what you see on a given night. If you will be using a telescope, start out using lower power (30mm eyepiece or higher) to sweep the sky, when sweeping Virgo. Once you spot something that looks interesting, switch to a higher magnification (12mm eyepiece or lower). To move from object to object, you may stay in higher magnification, unless these objects are spaced far apart.

When you finally locate some of these galaxies, as you gaze at them, stop to consider this: the photons hitting your retina have been traveling millions of years, across thousands of trillions of miles, and their journey now ends being absorbed by your eye. The cosmic journey ends by colliding with you. Those photons were destined for you, and you alone... and their fate was sealed tens of millions of years before you were born. Until next month, keep looking up!

Heart of the Rockies Regional Medical Center news

Childbirth class May 5

HRRMC's Family Birthing Center is offering a full-day childbirth class followed by a Breastfeeding Basics session on Saturday, May 5, from 9-5 p.m.

Both classes will be held in the hospital's second-floor conference rooms, 1000 Rush Dr., Salida. Topics covered include important information about childbirth, comfort measures, interventions and breastfeeding. There will be time for questions and discussion.

Please wear comfortable clothing and bring a floor mat or blanket and pillow. You are welcome to purchase lunch from the hospital café or bring your own. Light snacks are provided.

Cost of the class is \$50. A limited number of scholarships are available. For more information or to register, call the Family Birthing Center at 719-530-2277. You may also register online at hrrmc.com.

Hand surgeon joins staff

HRRMC has contracted with Jason Rovak, M.D., of Hand Surgery Associates PC of Denver, to see patients at the HRRMC Medical Clinics, 550 W. Highway 50, Salida, and to perform hand surgery at the hospital.

Dr. Rovak is a board-certified plastic and reconstructive surgeon with a subspecialty in hand and microvascular surgery.

Dr. Rovak received his medical degree from Duke University School of Medicine.

He completed a combined general surgery/plastic and reconstructive surgery residency through Washington University School of Medicine at Barnes-Jewish Hospital in St. Louis. He then completed a hand and microsurgery fellowship through the Curtis National Hand Center at Union Memorial Hospital in Baltimore.

An avid blues/jazz piano and guitar player, Dr. Rovak has a particular interest in caring for musicians. He also has a special interest in 3-D graphics and has created a library of patient-education videos at www.animed3d.com.

To make an appointment to see Dr. Rovak, call 719-530-2000. Follow-up rehabilitative care for Dr. Rovak's patients is available with HRRMC's certified hand therapist, D.J. Wilson, or another hand therapist of the patient's choice. Rehab appointments with HRRMC's certified hand therapist may be made at 719-530-2040.

Pastels by Marjie Eakin-Petty

An exhibit of pastel landscapes by artist Marjie Eakin-Petty of Evergreen, Colorado, is on display at Heart of the Rockies Regional Medical Center through June 30.

The landscapes at the hospital are part of



a larger collection on display at the LaFave Gallery in Springdale, Utah, the gateway to Zion National Park.

"This body of work represents a deeply inspired time of prolific expression after decades of exploring and painting in many favorite places through all seasons in the heart of the Golden Circle of our Four Corners region," said Eakin-Petty. The Golden Circle contains the highest concentration of national parks and monuments in the nation.

Eakin-Petty grew up in an artistic family in California. She worked as a corporate graphic designer and art director in San Francisco before pursuing fine arts and freelance graphic design and illustration. She also teaches a workshop series, "Your Creative Journey — Through Pastel," to inspire others in their artistic interests. More information about her work and workshops is available at www.marjeeakinpetty.com.

All works in the hospital exhibit are for sale, and 25% of the proceeds are donated to the HRRMC Foundation.

HRRMC is hosting four art exhibits this year, as part of its mission to create a healing environment. The hospital displays the work of regional artists, with an emphasis on the Arkansas Valley. For more information on exhibiting art at HRRMC, call 719-530-2217.

Pediatric dentist

Sean Vostatek, D.D.S., a pediatric dentist with Simply Kids Dental in Colorado Springs, has joined the medical staff at Heart of the Rockies Regional Medical Center. He will see patients locally at Salida Family Dentistry, 7600 W. U.S. Highway 50, and provide care to children who require procedures under general anesthesia at the hospital.

Known as Dr. Sean to his patients, Dr. Vostatek is a board-certified pediatric dentist who specializes in treating infants, children and individuals with special health care needs.

After earning his Doctor of Dental Surgery degree from the University of Texas



Health Science Center, he spent four years in the National Health Service Corps serving uninsured children. Convinced that he wanted to continue helping underserved children, Dr. Vostatek sought further training as a specialist in children's dental care.

He then completed a two-year post graduate residency program, receiving his certificate in pediatric dentistry at the University of Iowa. During his training, Dr. Vostatek provided comprehensive care for well children and those with special needs including emergency care, conscious sedation, and treatment in the operating room under general anesthesia. He is a diplomate of the American Board of Pediatric Dentistry.

Throughout his dental career, Dr. Vostatek has been involved in dental mission trips helping disadvantaged children receive basic dental care. He has lead several dental mission trips throughout the world in various developing nations.

Dr. Vostatek accepts most insurance including Delta Dental, Aetna, Humana, MetLife, CHPA, Health First Colorado and many others.

For more information or to make an appointment with Dr. Vostatek, call 719-598-5437 or visit his website at Sean Vostatek, D.D.S.

BV Health to offer OB services

Vanna K. Irving, M.D., of Salida Family Medicine will see obstetric patients as a visiting physician at the HRRMC Buena Vista Health Center, 28374 County Road 317, beginning May 4. Dr. Irving is on the medical staff of Heart of the Rockies Regional Medical Center and will deliver babies at the Salida hospital.

Dr. Irving is a board-certified family medicine physician with fellowship training in surgical obstetrics. She earned her medical degree from the University of Arkansas for Medical Sciences and did her residency at McKay-Dee Family Medicine Residency in Ogden, Utah. She then completed a fellowship in surgical obstetrics at the Mountain Area Health Education Center in Asheville, North Carolina.

"I look forward to providing the residents of northern Chaffee County with convenient obstetrical care and delivering their babies close to home at the Salida hospital," said Dr. Irving.

The HRRMC Buena Vista Health Center is a full-service rural health clinic that provides primary care for all ages, lab and imaging services, and rehabilitation. The clinic also offers specialty services including psychiatry, orthopedics, gynecology, internal medicine, pain management and cardiology.

Dr. Irving will see patients at the HRRMC Buena Vista Health Center on Fridays. To schedule an appointment in Buena Vista, call her office at 719-539-3583.



Cup and Cone

Without ice cream, there would be darkness and chaos
—The Viking

Locally Owned

On Duty DAILY

SODA JERKS
Baristas
Sugar Artists

719-275-3434 Hwy 50 & 4th St Canon City

When you need a Realtor® you can trust to represent you in either the sale or purchase of a home, ranch or land,
You can depend on me!

VISIT MY WEBSITE FOR CURRENT LISTINGS AND MUCH MORE INFORMATION

Laura Owens
719.689.5501 Direct
719.210.3950 Cell
LAURA@SADDLEUPREALTYCO.COM

www.saddleuprealttyco.com

Specializing in Rural Mountain Property in Park County & Teller County

Where you're always treated like a neighbor and a friend!

We're on the web!

- Current Issue
- Old Issues
- Where to find us
- Employment Opportunities

www.utecountrynews.com

BENCHMARK MORTGAGE

"Your Lender For Life!"

Conventional, Jumbo and FHA
VA and Rural Development Loans
— No Money Down.

300 Sunnyglen Court
(Re-Max Building)
Woodland Park, Co. 80863

Specializing in Mountain Property Financing for Teller, Park, Summit and El Paso Counties.

719.687.2112

Ark-La-Tex Financial Services, LLC dba Benchmark Mortgage NMLS ID: 2143

PET BOARDING

Big Sky Ranch Bed and Biscuit

Where your pets are treated like family.

Pet boarding in a home environment.
On 35 acres next to National Forest for exercise and exploring.
Daily hikes and plenty of playtime.
Or/and plenty of zzz time in a sunny spot.
Ranch visits where we come to your home to feed your horses and/or other livestock.

BigSkyRanchBedandBiscuit.com
BSRBandB@gmail.com
970-333-0277

~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 719-686-7393 or email us at utecountrynewspaper@gmail.com.

BUENA VISTA

- 5 Chaffee County Shooting Range Clean-up. (Between Salida and Buena Vista on Highway 285 at MM 137; adjacent to the Chaffee County landfill.) See page 18 (Volunteer Opportunities).
- 12 Business Expo at the Buena Vista High School Gym 9-2 p.m. Free to the public. Drawings for Mt Princeton Hot Springs Passes every hour. www.buenavistacolorado.org
- 19 Green-up/Cleanup. See page 18 (Volunteer Opportunities)

CA ON CITY

- 4, 5, 6 Blossom Festival
- 20 The Recital Series at Christ Episcopal Church presents: Parish House Baroque Decorations for Time at 3 p.m. at Christ Episcopal Church at 802 Harrison Ave. A "Meet and Greet" reception will follow the performance. Tickets available at the door prior to the performance: Adults \$10, Students Free. For more information 719-429-7551.
- NAMI (National Alliance on Mental Illness) Connection Recovery Support Group, adults living with mental illness, meets every Wednesday, 5:30-7 p.m., at St. Thomas More Hospital Community Education Room, 1338 Play Ave., Cañon City. Free, safe and confidential. 719-315-4975. www.namisutheastco.org.
- NAMI Family Support Group (for family members and caregivers of those who have a mental illness), every 3rd Wednesday of the month, 6 p.m., IOOF Friendship House, 1020 N. 15th Street, Cañon City. Free and Confidential. 719-315-4975.

CANON CITY LIBRARY

- 2 Free Legal Clinic 3:30-5 p.m. for parties who have no attorney.
- 4 Cookout for "May the 4th be with You" Star Wars theme costume contest and showing "Last Jedi" movie at 2 p.m.
- 5 Closed for Blossom Parade.
- 10 Book signing 12:30-5:30 p.m. Danny Paul Ainsworth *The Life and Times of a Texas Farm Boy: It's not about the destination... It's the journey!* Copies of his book will be for sale.
- 10, 15, 17 Movie and discussion nights by the Cañon City High School students 5:30 p.m. Concessions available, money collected will be donated to charity. Everyone welcome.
- 11 Sisters of Courage program presented by Dave Lively 6 p.m. Dave Lively will be sharing the story of the Harbison family, their lives and struggles in the Rocky Mountains; From Denver to Berthoud Pass, Grand Lake, and the Rocky Mountain National Park formation.
- 26-28 Library closed for Memorial Day weekend.
- 29 Sign up for summer reading program all ages.
- 31 Summer Reading Program kick off "Water Play" Bring you own water sprayer and be prepared to get wet! 2 p.m. All ages.

COLORADO SPRINGS

- 15, 16, 17 Military & Veterans Employment Expo. See page 9.
- 29 Daughtry at World Arena. See page 11.

PENROSE

- 4 Stepping On! 10-12 p.m. Penrose

Pavilion, 2312 N. Nevada Ave. Conf Room B. Free. FMI Angela Kedronick 719-776-5924 or Heather Ditzler 719-776-5098. Stepping On empowers older adults to carry out healthy behaviors that reduce the risks of falls.

- 5 The 3rd Annual Stroke and the Art of Living: A Community Conference for Stroke and Brain Injury, 8-12:45 p.m. (7-8 a.m. breakfast/registration). Penrose Cancer Center, 2222 N. Nevada Ave., Cancer Center Conf. Rooms A-C. Free. FMI penrosestfrancis.org or events or 719-776-5731. A day of professional talks on post stroke and brain injury related issues that survivors and their caregivers face.

- 8 Primary Care for Seniors Presentation, 5-6 p.m. Penrose-St. Francis Primary Care for Seniors, 3027 N. Circle. Free. FMI 719-776-4650.

- 10 Advance Medical Planning: Having THE conversation for individuals p.m. Penrose-St. Francis Primary Care for Seniors, 3027 N. Circle Dr. Free. Register by May 3 at penrosestfrancis.org/events or 719-776-5813. The best time to make decisions about medical care is BEFORE you or your family has a medical crisis.

- 12 Walk-with-a-Doc, 9-10 a.m. Fox Run Park. (Meet at the trailhead parking lot off Roller Coaster Rd. just south of Bapst Rd.) FREE. FMI: 719-776-4650. Walking is the single best thing we can do to live a long, high-quality life.

- 17 From Coverage to Care: How to Access the RIGHT Healthcare at the RIGHT Time. 11:30-1 p.m. Penrose-St. Francis Primary Care for Seniors, 3027 N. Circle Drive, Free. Register by May 10 at penrosestfrancis.org/events or 719-776-5813. This workshop will help you determine what is your best option and how you can manage your experience to get the best and safest care possible. Lunch provided with reservation.

On-going

- 17 Brain Injury Support Group 5:30-7 p.m. Penrose Pavilion, 2312 N. Nevada Ave. Colorado Springs, CO 80907, 2nd Floor. Free. Register at www.penrosestfrancis.org/events

CRIPPLE CREEK

- 2 GED's final orientation for the spring. Contact Kay FMI 719-686-0705 or katy@cpteller.org.
- 16-17 The CC-V Pioneers Drama Dept will be presenting the comedy "The Girl of La Mancha" in the CC-V Jr./Sr. High School cafeteria. Doors open at 6:30. Admission is \$3 for Adults, and FREE for students, staff, seniors, veterans and law enforcement/first responders.
- 17 Cripple Creek Angst 5:30-8:30 p.m. at Cripple Creek Jr/Sr High. Call 719-686-0705 to RSVP. Presented by Community Partnership Family Resource Center.
- 26 The Cripple Creek and Victor Narrow Gauge Railroad opens for its 52nd season. \$15.00 for adults, \$14.00 for Seniors and \$10.00 for children ages 3-12.
- 26 CC&V Gold Mine Tours begin. See page 22.

ASPEN MINE CENTER

- 1, 15 TBI Group participation meet-

ings regarding Traumatic Brain Injury 10-11:30 a.m.

2 ATTUNE Support Group for male victims of Domestic Violence 4-5 p.m.

2, 9, 16, 23, 30 Community Lunches each Wednesday 11:30-1 p.m. All community members are welcome; particularly seniors, persons with disabilities, volunteers, low income individuals and families. Meals are provided on a donation basis.

- 2, 9, 16, 23, 30 Cocaine Anonymous group Wednesdays 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.
- 1, 8, 15, 22, 29 A Willow Bends 3-5 p.m.
- 4, 11, 18, 25 A Willow Bends 3-5 p.m.
- 8 Veteran Service Meeting 9-11 a.m.
- 8 All Vets, All Wars. Group participation for all vets, of all wars 10-11:30 a.m.

- 9 Colorado Legal Services 1:30-3 p.m. assisting persons with low income and seniors who need meaningful access to high quality civil legal services.
- 17 OIB Group support for individuals with blindness or other sight issues. The group meets 10-11 a.m. in the Dining Room on the second floor. For more information, contact Kathleen at 719-471-8181 X103 or Jeanette at 719-471-8181 X 126.
- 17 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.

- 25 Teller County Emergency Food Distribution Program (Commodities) 9-2 p.m. Please bring photo ID and proof of Teller County residency.
- 25 Cross Disability Meetings for persons with disabilities 10-11:30 a.m.

On-Going:

- Health Navigator Program. The Medicaid Health Navigator will provide pertinent information to individuals and families who are seeking access to affordable and quality health care. Our Navigator, Krysta Arick is available Monday through Thursday from 8-4:30 p.m. at 719-689-3584. Ext. 111. Unless otherwise noted, all meetings are held in the upstairs conference room at the Aspen Mine Center.

GOLD CAMP PUBLIC

- ACCESS RANGE Trainings 10-3 p.m.
- 3 NRA Range Safety Officer
- 13 NRA Basic Pistol
- 20 CO Concealed Carry

DIVIDE

- 2 GED's final orientation for the spring. Contact Kay FMI 719-686-0705 or katy@cpteller.org.
- 14, 28 Little Chapel Food Pantry Distribution 3:30-6:30 p.m. For more info 719-322-7610 or email littlechapel-foodpantry@outlook.com This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are:
- Last name beginning with:
- A-H 3:30-4:30
- I-Q 4:30-5:30
- R-Z 5:30-6:30

- 19 Midland Days Symposium. See page 16.

FAIRPLAY

- 15 South Park City opens for the season.

FLORENCE

- 12-28 The 2nd Annual Armed Forces Art Exhibit see page 9.
- 19 Pancake Race 7-10 a.m. A fun-



Florissant FLORISSANT LIBRARY

20 Traveling Medicine Shows 2 p.m. The days of the old time traveling medicine shows seem a distant memory. Join us at the Pikes Peak Historical Society May Chautauqua for a glimpse into some of the history surrounding this era of American merchandising and entertainment. Kathy Herrin will present an interesting program, including some fascinating photos, about Traveling Medicine Shows. No reservation is required but arrive early, seating is limited. FMI 719-748-8259 or 719-748-3861.

draiser for the Florence Pioneer Museum. Take a 2-mile walk through historic Florence locations. Each will have a piece of Florence history and a breakfast ingredient—arriving back at Florence Pioneer Museum for a prepared pancake breakfast! See page 20.

20 17th Annual Car Show. See page 15.

FLORISSANT

- 13 Thymekeeper Herb Class. See page 2.

FLORISSANT FOSSIL BEDS

- 11 Night Sky Program, 8-10 p.m. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above Florissant Fossil Beds in search of planets, galaxies, nebulae, and more. Meet at the visitor center.
- 26-28 Extended hours and interpretive programs 8-6 p.m.
- Interpretive Talk 10 a.m. and 4 p.m.
- 30-minute interpretive presentation in the amphitheater.
- Ranger Guided Walk 11 a.m.
- 1-mile guided hike on the Petrified Forest Trail.
- Fossil Learning Lab 1:30-3:30 p.m. learn how scientists discover and research fossils in the Yurt
- Hornbeck Homestead 11-1 p.m. take a tour of an 1878 homestead

- 28 Yoga Hikes every Monday during the summer 9-10:30 a.m. Join a certified yoga instructor and a Park Ranger for a 1 hour and 15 minutes, 1 mile yoga hike. This will be a hike interspersed with standing yoga poses. This program is geared for beginner to intermediate yoga enthusiasts. Meet at the visitor center.

FLORISSANT GRANGE

- 12 Pre-Mother's Day Breakfast at the Florissant Grange (the old schoolhouse) 8-11 a.m. Eggs, bacon, biscuits & gravy etc. all served in a homey atmosphere. Suggested donation \$7. No

reservation needed. 719-748-5004.

FLORISSANT LIBRARY

- 2 Elderdwatch. Play it safe: recognize, refuse and report scams 10:30 a.m. Attend this interactive presentation to learn how to recognize, refuse and report scams, frauds and financial exploitation.

- 10 A free legal clinic for parties who have no attorney will be featured from 3-4 p.m. each second Thursday of the month, by computer link. Pre-register by calling 719-749-3939.

- 23 Cottage Food Safety Training 1-4 p.m. This class provides a 3-year certification and meets the food safety training requirement of the Colorado Cottage Foods Act. Fee: \$40. Register at: cottagefoodsflorissant.eventbrite.com or call 719-748-3939.

Children

- Storytime is Fridays 10-10:45 a.m. Recommended for ages 3 and up.

- Lego Club Fridays 12-4:30 p.m.

Adults

- 14 Let's Read Amok! Book Club 11 a.m. May theme: Self-help
- 16 Bookworms Book Club 10:30-noon.
- 23 Craft and Create 1-2:30 p.m. This month's creative adventure is Hypertufa Pots: planters for your garden. Supplies provided. Space limited to 15. Call 719-748-3939 to sign-up.
- Tai Chi Mondays 10 a.m.

THUNDERBIRD INN

- 5 River City Blues Band
- 12 Lethal Lisa McCall
- 26 Kon Tiki
- Open Jam Thursdays

GUFFEY

- 13 Mother's Day Brunch at Mama Dana's Italian Bistro. See page 13.

- June 2 Nighthawk Ranch Fundraiser. See page 12.

BAKERY AT STRICTLY GUFFEY

- 6 Lacey Syringe Technique Silver Jewelry Class 12-4 p.m. \$75
- 17 Talking Threads Stitching Group 10-noon on-going.
- 17 Drum Circle 6-8 p.m. on-going.
- 25 Wine n Watercolor 6:30-8:30 p.m.
- 27 Introduction to Silver Jewelry Class 12-4 p.m. \$65
- Yoga Saturdays 8:30-30 a.m.

BULL MOOSE RESTAURANT & BAR

- 5 Open Mic Hosted by Super Chuck
- 7 Bingo with Cash Prizes
- 12 Donovan Lee
- 13 Mother's Day Breakfast Specials 8-11 a.m.
- 14 Poker/Game Night
- 19 Guffey Steampunk Society Meet & Greet 3-5 p.m.
- 19 JoAnn Pontes Farewell Party Hosted by Lissa Hanner & Super Chuck
- 21 Bingo with Cash Prizes
- 26 Stompin George Show
- 27 Stompin George Show 2-6 p.m.
- 28 Open Mic Hosted by Super Chuck
- Every Friday - Karaoke 7 p.m. Entertainment at 6 p.m. unless otherwise noted. For more information check our website at www.thebull-mooseinguffey.com, facebook www.facebook.com/thebullmooseinguffey or call 719-689-4199.

FRESHWATER BAR & GRILL

- 5 Cari Dell on the deck!

- 12 Emerald Green New Band
- 19 Sandy Woods Full Band 2-5 p.m. and special Dance Lessons by Shell at 1 p.m.
- 26 Soulsmith Unlimited
- All 2-5 p.m. unless otherwise noted
- Every Thursday is game night starts at 6-8 p.m., Special meals on Sundays! Check our Board.
- Save the date: Car Show June 9 from 11-4 p.m.

GUFFEY LIBRARY

- 7 Talking Threads, Guffey Knitting Group 1 p.m.
- 12 Karen Anderson, The Plant Lady returns for a Q&A session and is bringing goodies also 12 p.m.
- 14 Patches & Pieces, Guffey quilting group 11 a.m.
- 21 Guffey Literary Society 1 p.m.
- 22 Friends of the Guffey Library meets 10 a.m. All are welcome!
- 22 Rocky Mountain Rural Health Outreach 11 a.m.
- 26 STEAM 11 a.m. International paper airplane day!

- 28 CLOSED please celebrate our veterans for all their efforts!
- 29 Veteran Outreach Program 11-4 p.m.
- Jigsaw Puzzle Day MTW & Sat 11-4 p.m. Come join the new craze and help us work on our fairytale jigsaw puzzle. All events are open to the public and are free. Please feel free to call or email with any questions. 719-689-9280 Or visit our website: <http://parkcountycoloradolibraries.org>

- 19 Sunnyside Cemetery Tour. Meet 10 a.m. at the cemetery which is south of town on 7th Street. Tickets: \$10 per person, benefits the Victor Lowell Thomas Museum. Reservations and tickets by credit card available at VictorColorado.com. Tickets available by cash only at the cemetery gate. 719-689-5509.
- 19 The 14th Annual Historic Mine Tour: Tour the surface buildings of the Ajax Mine above Victor, Colorado. 12:30 p.m. This tour is subject to safety considerations and may include alternate stops at the Independence and Portland mines. Meet at the Victor Lowell Thomas Museum at 3rd & Victor Ave. for a shuttle to the mine. Tickets: \$15 per person. Online reservations suggested as only 60 tickets will be sold. FMI: VictorColorado.com
- May 26 through September 3 CC&V Mine Tours 10 a.m. and 1 p.m. Meet at the Victor Lowell Thomas Museum, 3rd & Victor Ave. Tickets \$8.50 per person, all proceeds benefit the Victor Lowell Thomas Museum. Reservations and online tickets are available at VictorColorado.com. FMI 719-689-4211 or 719-689-5509.

LAKE GEORGE

- 20, 27 Community Fellowship of Christians Guest Speaker Series. See page 16.
- 26 Hitchin' Post Trailer & Tractor Sales Open House. See page 8.

LG CHARTER SCHOOL

- 8 Charter Board Meeting 6 p.m.
- 14-17 2018-19 Registration
- 24 Last Day for Students-Report Cards go home
- Save the date of June 9 for High Altitude Plant Sale. FMI 719-748-0033.

LA VETA

- Save the dates July 31-Aug. 3 Huajualta Heritage Foundation's retreat. See page 14.

PALMER LAKE

- 17 The Palmer Lake Historical Society will feature Katherine Scott Sturdevant's presentation *Daughters and Fathers: Family Secrets*. Her research includes Sarah Chivington Pollock Girardin, daughter of Colonel John Chivington (Civil War Battle of Glorieta Pass), as well as Sarah's daughter Jessie, and unlocks a "skeleton" from the family closet, providing new understanding of Colorado massacre motivations. Palmer Lake Town Hall, 28 Valley Crescent. Doors open at 6:30 p.m. the program at 7. All 15 events and programs are free and open to all. Visit www.palmerlakedividehistory.org.

SALIDA

- 5 Chaffee County Shooting Range Clean-up. (Between Salida and Buena Vista on Highway 285 at MM 137; adjacent to the Chaffee County landfill.) See page 18 (Volunteer Opportunities).

continued on next page

~OUT AND ABOUT~

continued from page 24

- 9 Free Legal Self-help Clinic via computer link for parties without an attorney at the Salida Library 405 E Street from 2-5 p.m. Please call to sign-up: 719-539-4826.
- 10 SCFTA Creative Mixer 5:30-7 p.m. The Salida Council for the Arts (SCFTA) invites anyone interested in the arts to attend the April Creative Mixer at the Salida SteamPlant Paquette Gallery. Featuring artist Jim Marshall and musician Bruce Warren. The Creative Mixer is free, open to the public and is a casual, social gathering to learn and share information about the local arts scene. Free hors' d'oeuvres, a cash bar, beautiful artwork, exciting entertainment, and great conversation are yours to enjoy!

- 19 Green-up/Cleanup. See page 18 (Volunteer Opportunities)
- May 29 - June 4 Ark Valley Pride Week. <https://www.arkvalleypride.com/>

VICTOR

- 4, 11, 18, 25 Celebrate Recovery at the Victor Community Center every Friday at 6:15 p.m. FMI 719-243-4970.
- 19 Sunnyside Cemetery Tour. Meet 10 a.m. at the cemetery which is south of town on 7th Street. Tickets: \$10 per person, benefits the Victor Lowell Thomas Museum. Reservations and tickets by credit card available at VictorColorado.com. Tickets available by cash only at the cemetery gate. 719-689-5509.
- 19 The 14th Annual Historic Mine Tour: Tour the surface buildings of the Ajax Mine above Victor, Colorado. 12:30 p.m. This tour is subject to safety considerations and may include alternate stops at the Independence and Portland mines. Meet at the Victor Lowell Thomas Museum at 3rd & Victor Ave. for a shuttle to the mine. Tickets: \$15 per person. Online reservations suggested as only 60 tickets will be sold. FMI: VictorColorado.com
- May 26 through September 3 CC&V Mine Tours 10 a.m. and 1 p.m. Meet at the Victor Lowell Thomas Museum, 3rd & Victor Ave. Tickets \$8.50 per person, all proceeds benefit the Victor Lowell Thomas Museum. Reservations and online tickets are available at VictorColorado.com. FMI 719-689-4211 or 719-689-5509.

WOODLAND PARK

- 2 GED's final orientation for the spring. Contact Kay FMI 719-686-0705 or katy@cpteller.org.
- 3 The National Day of Prayer will be observed at the Ute Pass Cultural Center 6-7:30 p.m. This year's theme is Unity. It is a day to transcend differences and bring together citizens of all backgrounds and faiths to unite in prayer for our country. FMI Cheryl Sleen 719-291-5818 or 719-687-8711.
- 6 Ute Pass Chamber Player present the 2017-2018 Season Final Concert. Music of Bach, Mozart, Elgar, Arnold and Glier featuring Guy Durr-Silvera, oboe; Pam Chaddon, cello; Vincent Lemoine, violin; Mary Anne Lemoine, viola; Mary Lindsay, cello; Elisa Wicks, violin; Eric Wicks, harpsichord; Clark Wilson, bassoon; and Barb Riley-Cunningham, piano. The event is at High View Baptist Church 1151

Rampart Range Road. Tickets are \$15; students with ID only \$5, available at the door.

- 6 Broadway at the Peak presented by WP Community Singers at 7 p.m. at Ute Pass Cultural Center featuring WPHS Madrigals, The Columbine Choir and High Altitooners Flute Ensemble. Free admission.
- 12 Farmer's Market in Ute Pass Cultural Center 9-1 p.m.
- 12 Citizens' Climate Lobby. Join all of us for our monthly meeting for Citizens' Climate Lobby 11-1 p.m. Some of us will lobby congress in D.C. in June. Come and see how you can help our beautiful planet. Help us gain Political Will for a Livable World. Open to the public at the library.

- 16 Tickets on sale for Marigreen Pines Tour available at Ute Pass Historical Society, 231 E. Henrietta Ave. \$25 or \$20 each for group of 10.
- 18 Woodland Park Angst 5:30-8:30 p.m. at Ute Pass Culture Center. Call 719-686-0705 to RSVP. Presented by Community Partnership Family Resource Center.
- 19 Senior Pancake Breakfast 8-11 a.m. at WP Senior Center, Pine and Lake St. \$8.
- 19 Spring Clean-up. Meet 8:45-9 a.m. at the Midland Pavilion between the library and Ute Pass Cultural Center. Take off with your assigned group and clean your assigned area. Come back at noon for a free cook-out, music and fun! FMI: focusontheforest@gmail.com
- 19 Mountain Top Cycling Club Ride of Silence. See page 19.
- 22 The Ute Pass Chamber Players present a free mini-concert at the Senior Center at 12:30 p.m. Violinist Vincent Lemoine and Pianist Barb Riley-Cunningham will perform Schubert's Sonata in D major, op 137 #1. The event follows the WP Senior Organization's monthly catered lunch. Please call 719-687-3877 for more information.
- 25 WPHS 2018 Graduation. See page 10.

- 19 Sunnyside Cemetery Tour. Meet 10 a.m. at the cemetery which is south of town on 7th Street. Tickets: \$10 per person, benefits the Victor Lowell Thomas Museum. Reservations and tickets by credit card available at VictorColorado.com. Tickets available by cash only at the cemetery gate. 719-689-5509.
- 19 The 14th Annual Historic Mine Tour: Tour the surface buildings of the Ajax Mine above Victor, Colorado. 12:30 p.m. This tour is subject to safety considerations and may include alternate stops at the Independence and Portland mines. Meet at the Victor Lowell Thomas Museum at 3rd & Victor Ave. for a shuttle to the mine. Tickets: \$15 per person. Online reservations suggested as only 60 tickets will be sold. FMI: VictorColorado.com
- May 26 through September 3 CC&V Mine Tours 10 a.m. and 1 p.m. Meet at the Victor Lowell Thomas Museum, 3rd & Victor Ave. Tickets \$8.50 per person, all proceeds benefit the Victor Lowell Thomas Museum. Reservations and online tickets are available at VictorColorado.com. FMI 719-689-4211 or 719-689-5509.

- 19 Sunnyside Cemetery Tour. Meet 10 a.m. at the cemetery which is south of town on 7th Street. Tickets: \$10 per person, benefits the Victor Lowell Thomas Museum. Reservations and tickets by credit card available at VictorColorado.com. Tickets available by cash only at the cemetery gate. 719-689-5509.
- 19 The 14th Annual Historic Mine Tour: Tour the surface buildings of the Ajax Mine above Victor, Colorado. 12:30 p.m. This tour is subject to safety considerations and may include alternate stops at the Independence and Portland mines. Meet at the Victor Lowell Thomas Museum at 3rd & Victor Ave. for a shuttle to the mine. Tickets: \$15 per person. Online reservations suggested as only 60 tickets will be sold. FMI: VictorColorado.com
- May 26 through September 3 CC&V Mine Tours 10 a.m. and 1 p.m. Meet at the Victor Lowell Thomas Museum, 3rd & Victor Ave. Tickets \$8.50 per person, all proceeds benefit the Victor Lowell Thomas Museum. Reservations and online tickets are available at VictorColorado.com. FMI 719-689-4211 or 719-689-5509.

DINOSAUR RESOURCE CENTER

- 12 Mother's Day Madness 1-2 p.m.
- 13 Mother's Day 10-5 p.m. Mother's get in free with one paid adult or child admission.
- 19 Mile High Bug Club 11-2 p.m.

LIBRARY

- 2 Elderdwatch. Play it safe: recognize, refuse and report scams 10:30 a.m. Attend this interactive presentation to learn how to recognize, refuse and report scams, frauds and financial exploitation.
- 10 A free legal clinic for parties who have no attorney will be featured from 3-4 p.m. each second Thursday of the month, by computer link. Pre-register by calling 719-687-9281 ext 103.
- Storytimes and Children's Programs
- 5 Messy Science Institute 1-2 p.m. Ages 9-12. Come play with electricity! Kids will bend water and move bubbles with static electricity. Discover the difference between parallel and series circuits; make a creature with LED eyes.
- 31 Lasso the Cowgirl, singing storyteller 10-10:45 a.m. Join us in the large meeting room for stories, songs and poems for children. Lots of audience participation! Ages 3-12.
- Books and Babies Storytime Tues-

days 10-10:20 a.m. Join Miss Beth and Miss Leslie and enjoy songs, finger plays and stories with your baby! Recommended for age 2 and under with parents/caregivers.

• Storytime Wednesdays and Thursdays 10:05-10:45 a.m. Stories, songs and fingerplays with Miss Julie and Miss Beth. Craft offered after every regular storytime. Age 3 and up.

• Lego Club Fridays all day.

Teen Programs

4, 18 Photography Club 3:30-4:30 p.m. Join fellow photographers to share hints, tips and your best photos. You must know your own equipment - no technical help provided. Ages 12-18.

8 Ukulele Jam at 3:30-4:30 p.m. Must have your own ukulele and you must know how to play. Come prepared to share or two and play along with others. Ages 12 and up.

9 Anime Club 3:30-5 p.m. Do you love Anime? Not sure? Have no clue what it is? Then stop in and join us as we watch the first 3 episodes. This first meeting, you will also have an opportunity to vote on upcoming titles for future Anime Clubs.

17 Mixed Media Art Club 3:30-5 p.m. A different mixed media theme every month. Art supplies provided. Sign-up!

• Drawing Club Tuesdays, 3:30-4:30 p.m. Art supplies provided. Artists, writers and other creatives can come and create or work on an original character. All in Teen Rom.

- Computer Classes
- 4 Intro to Instagram 10-11 a.m.
- 9 Getting the Most Out of the Library Website 10-11 a.m.
- 23 Downloading Ebooks and Eaudiobooks 10-11 a.m.
- 30 Computer Basics 10-11:30 a.m.
- Adults
- 15 AARP Smart Driver Class 9:30-1:30 p.m. A driver refresher course for drivers 50+ who want to improve their driving skills. AARP members\$15 (Must show card), Non-members \$20.
- 19 Clarion Winds & High Altitooners 11 a.m.
- 23 Death Café 2-3 p.m. At a Death Café people drink tea, eat cake and discuss death. Our aim is to increase awareness of death to help people make the most of their finite lives. We meet in the Colorado Room.
- Pilates Tuesdays 1011 a.m.
- Tai Chi Thursdays 5:30 p.m.,
- Tai Chi for Arthritis Fridays 10 a.m.
- Tai Chi Sun Style Fridays 11 a.m.

- Book Clubs:
- 1 WP Library Book Club 10:30-12 p.m. in the 3rd Floor Board Room.
- 2 Not So Young Adult Book Club 11 a.m. meet in Teen Room. For adults who love to read young adult fiction, this is the book club for you!
- 10 Senior Circle Book Club 10:30 a.m. meet in the 3rd Floor Board Room.
- FVI Check out the CHECKERBOARD website, a single point-of-entry site providing free, 24/7 "one-click" public access for all forms, statutes, rules, instructions, flowcharts and videos for each of over 50 different types of Colorado civil cases www.checkerboard.co.

INTRODUCING

UNLIMITED DATA PLANS

Available Virtually Anywhere!

Starting at \$50/mo

\$70/mo. after 3 months

Internet Colorado

WWW.INTERNET-COLORADO.COM

<

Jason

Cañon City Coins

Collector & Investor Coins - Buying, Selling & Trading Coins, Gold, Supplies and Gold Panning Equipment

123 S. 5th St. - Cañon City
www.canoncitycoins.com • (719) 269-7507

The Insurance Center, LLC
Julie A. Matthews
Owner / Agent

105 Sundial Drive
Woodland Park, CO 80863
juliem@wpinsurancecenter.com
719-687-3094
Fax 687-6160
www.wpinsurancecenter.com

Trusted Choice

Austin Automotive

2625 E. Main Cañon City, CO 81212
719-275-5055
Paul and Karen Austin/Owners

HITCHING POST

- Media Blasting • Staining
- Chinking • Sealing

Paul Schmucker
0039 County Road 3A, Cañon City, Colorado 81212
(719) 580-8094
pjhitchingpostsales@gmail.com

LOG HOME RESTORATION

Phil's BARBER Shop
HAIRCUT & SHAVE

719-429-5433 508 Main St., Cañon City

Rachel J. Wickersham
Co-Active Life Coaching

Motivating people toward meaningful transformation.

CELL 719-685-6945
EMAIL: gftsofgivingtree@gmail.com

"The Powers of tomorrow are in the seeds of today."

Kathy Manko N.D.G.A.A. certified Owner/Groomer

719 619 7112

Fast & Furriest Mobile Salon

drifting to a driveway near you

fastnfurriestgrooming.com
fastnfurriestgrooming@gmail.com

Certified By National Dog Groomers Association of America

Black Wing Blasting

Over 40 Years of Explosive Experience

Drilling/Blasting • Rock Stabilization • Soil Nails

Rick Batista • PO Box 998, Divide, CO 80814
(719) 687-6170 • (719) 687-7090 Fax

Compassion ANIMAL HOSPITAL

GREGORY S. COOPER, D.V.M.

(719) 687-6000
312 W. Hwy. 24 • Box 5999
Woodland Park, CO 80866
gcompassionanimalhospital@gmail.com
mycompassionanimalhospital.com

MOUNTAIN LIGHT REAL ESTATE

Geri Salsig, Broker, e-PRO®
Box 46/43 CR 102, Guffey, CO 80820
Bus 719-689-2008 Fax 877-376-6980
WWW.ZLANDLADY.COM
geri@zlandlady.com

MLS green

EVERGREEN TREE SERVICE

FIRE MITIGATION • TRIMMING • REMOVAL & MORE!

(719) 332-7516
TRENT HANCOCK • WOODLAND PARK, CO

The Local Experts for all Your Technology Needs

- Computer repair & service
- Security camera installation
- Assist with updates
- Virus & Malware removal
- New computer set-up
- Data recovery & transfer
- Laptop screen replacement
- Cloud back-up solutions
- Office & home networking
- Server installation & maintenance
- Cabling
- Services in shop or your location

307 Main St
Cañon City
719-276-2591
Monday-Friday 8am-5pm

Journeys Counseling Center, Inc.
"We are here to help you create your best life possible"

Barbara Pichholz-Weiner
RN, CAC III, MAC, EMDR II

320 Burdette Street, Woodland Park, CO 80863
719-687-6927 Fax 687-7827 Cell: 719-510-1268
journeyscc@aol.com

McGraw HOME INSPECTIONS

For Home Buyers or Sellers

Inspected Once, Inspected Right!

For Buyers - Get the best home inspection possible before you buy.
For Sellers - Find & fix problems first for a quick & easy closing!

Jim McGraw - Certified Home Inspector - #NACHI15122809
(970) 846-9691 • www.mcgrawinspections.com

PEAK REALTY & CONSULTING LLC

Barbara Asbury
"Your Mountain Living Specialist"
MRE, ABR, CNE, SFR, EPC, Broker/Owner

400 W Highway 24 Ste 217 PO Box 28
Woodland Park, CO 80863

Cell 719-337-7033 Ofc: 719-687-0630
Fax: 719-646-0200 e-mail: bgasbury@gmail.com

Griggs Vacuums

WE WANT TO BE YOUR VACUUM STORE!

Vacuum Repair, Sewing Machine Repair & New Vacuum Sales

Sanitaire Miele RICCAR MAYTAG

1706 W. COLORADO AVE 16 OAK STREET
COLORADO SPRINGS, CO 80904 BUENA VISTA, CO 81211
(719) 475-9216 (719) 395-2202

WWW.GRIGGSVACUUMS.COM • GRIGGSVACUUMS@YAHOO.COM

Reach over 37,000 readers in Teller, Park, Fremont, Chaffee, Summit, and El Paso counties every month!

Your Ad Here

for as little as \$24.75 a month*

Call 719-686-7393 or
email: utecountrynewspaper@gmail.com
for more information and advertising deadlines.
*pre-paid one-year contract rate.

Shipping Plus

Your Full Service Shipping & Business Center

We Offer Both UPS & FedEx Shipping

Making it easier to live & work in the mountains

52 County Road 5 719-686-Plus(7587)
Divide, CO 80814 www.shippingplusco.net

HARDCASTLE HEATING & AIR
KING OF COMFORT

1212 1/2 W. Hwy 24
Woodland Park, CO 80863
719-686-6742
chris@hardcastleheat.com

Carrier

We are a Carrier dealer, however we repair and service all makes and models.

Active Life Chiropractic

808 W. Browning Ave
Woodland Park, CO
719-687-7600
Dr. Cheryl Steen, D.C.

May Special! **ONE FREE COLD LASER TREATMENT THIS MONTH!**

WOODLAND ROOFING COMPANY
COMPLETE ROOFING SERVICE
52 YEARS OF SERVICE

STEVE BARRINGTON: OWNER P.O. BOX 9002
E-MAIL: steve@woodlandroofing.com WOODLAND PARK, CO 80866

PHONE (719) 687-9645
CELL (719) 291-4731
www.woodlandroofing.com

Insurance Nightmares ?

Rest Easy — we're here to help!

South Park Insurance
551 Front Street
Fairplay, Colorado
719.836.2980
www.insurance-southpark.com
southparkins@gmail.com

EVEN in the end HIGH ALTITUDE SPIRITS

Hangovers Installed and Serviced

Main Street Fairplay Jake & Jennie
Ph. (719) 836-3155

BUCKSTITCH SADDLERY

Handmade Saddles, Tack & Other Gear

RICK FAVINGER Phone: (719) 660-4488
40025 Hwy 24 PO Box 220 Lake George, CO 80827
Email: buckstitchsaddlery@hughes.net

We Buy, Sell, Trade • Gold Panning On Site!

- ANTIQUES TO ANTIQUITIES • COLLECTIBLES
- PRECIOUS GEMS & GOLD NUGGETS
- MAN CAVE GOODIES

HOURS: FRI-SUN 11-3
BY APPOINTMENT
38334 HWY 24
LAKE GEORGE
719-838-0521
PHOTO/TEXT

NOW IN FLORISSANT!
M-F 8:30-5:30 Phone: 719-748-1006

R & A Auto Repair

Aaron Wendt Owner
raautorepair1995@gmail.com
17831 County Road 1 | Florissant, CO

MUSIC LESSONS

Violin, Beginning Guitar and Mandolin

FLIP: [719] 429-3361
flip@ghvalley.net

Paradise Gardens
Forty Years of High-Altitude, Organic and Native Gardening in Florissant, Colorado

"The Plant Lady"
Karen Anderson

719.748.3521
PlantLadySpeaks@gmail.com
By Appointment Only, Please

BB Painting of Woodland Park

Quality Interior & Exterior Painting

Call Bert Barta For Free Estimate 303-905-0422

Dad and Daughters Team
Local & Insured Over 20 years experience

We Can Help You With Mountain Property Insurance.

Call or email for more details:
719-660-8588 or rspcoach2008@yahoo.com

Jim Wright, DVM
ANIMAL CARE CLINIC
(719) 748-3048
(719) 337-9822

Veterinary Practice
Small Animals • Equine and Livestock
Small Animal Surgical & Hospitalization Facilities Available

39609 Hwy. 24 • Lake George, CO 80827
Serving Teller, Park, Douglas, & El Paso Counties

Classic or New Domestic Foreign 4 - Wheel Trucks Jeeps

ASE AUTOMOTIVE SERVICE EXCELLENCE

Old Fashioned Care Home Town Garage Will Modern Technology

711 Gold Hill Place
Woodland Park, CO 80863
(719) 687-0001
"Home Town Service You Can Trust"

FOUNDATION TRAINING
CERTIFIED INSTRUCTOR

Beth Wiley
719.687.6683
bethfoundationtraining@gmail.com

www.OhGetMeAHome.com

Homes Cabins Land Ranches 719-748-1099

Serving Teller & Park Counties Since 1999!

HIGH COUNTRY REALTY

John Lloyd Magoon, Broker 2717 W Hwy 24 Florissant CO

YOUR NEIGHBORHOOD REALTY

Carrie N Miller

call or text 719.641.7074
email Carrie@GoldCountryCo.com
visit www.GoldCountryCo.com

Broker Associate
Serving Teller and Park Counties

EVERY MILE, EVERY MILESTONE, WE'VE GOT YOU COVERED.

CALL (719) 687-9292 FOR A NO-OBLIGATION FREE QUOTE.

AMERICAN FAMILY INSURANCE
American Family Mutual Insurance Company, Inc.
1000 American Parkway, Madison, WI 53705
100441 - New 11/15/2015 - 1/14/2017

Frank Gundy, Agent
Frank W Gundy Agency, Inc.
101 Sundial Dr Ste B2
Woodland Park, CO 80863
fgundy@amfam.com
Bus: (719) 687-9292

The House Fairy
Cleaning & Handyman Services
Property Care and Management

- Quality Service
- Affordable Rates
- References available
- Weekly - Biweekly - Monthly
- Reliable

We do the work from deep cleaning to all repairs

Carmen and Mike
505-382-4412

We service all Teller County
Woodland Park, Divide, Florissant and Guffey

Rental Items for Spring

34HP Compact Tractor with Loader plus Backhoe, Rotary Mower, Rear Blade or Auger

Reasonable Rates, Deposit Required

Hitchin' Post Trailer & Tractor Sales

719-748-8333
Lake George, CO 80827

Shannon Lemons, DVM

Teller Park Veterinary Service
Elevate your Veterinary Care

Accepting Care Credit

Large and Small Animal Medicine and Surgery, Specializing in Dentistry

719.687.2201
1084 Cedar Mtn. Road • Divide • www.tellerparkvet.com

M.G.M. Arms
Specialized Reloading

PO. Box 242
Florissant, CO 80816

By Appointment
1-719-748-3521

Basic Handgun Safety & Proficiency Classes • Concealed Carry Training
Certified Instructors • Group or Individual Classes • Call for Times

Reach over 37,000 readers in Teller, Park, Fremont, Chaffee, Summit, and El Paso counties every month!

Your Ad Here

for as little as \$24.75 a month*

Call 719-686-7393 or
email: utecountrynewspaper@gmail.com
for more information and advertising deadlines.
*pre-paid one-year contract rate.

Did you enjoy what you read?

Please thank our advertisers!



Woodland Park Family Medicine

- Office Hours 7:00 am - 5:00 pm
- For appointments call 719.686.2801
- Specializing in a full range of care from Pediatric to Geriatric
- Offering Cool Sculpting - FREE Consults
- woodlandparkfamilymedicine.com

Colorado Eye Institute

Ophthalmology Practice Specializing in:

- Cataracts • Glaucoma • Retina
- Cornea • Contacts • Lasik
- Eye Disease • Eye Exams • Glasses
- Oculofacial Plastic Surgery

For Appointments Call: 719.258.1240
www.eyescolorado.com



Prospect Home Care
& Hospice

Providing the highest quality home care and hospice services to the residents of the Ute Pass and neighboring area

719.687.0549

prospecthch.org

Your Partner. For Life.



Wm. J. Koppari, D.C.
Chiropractor

- Experience the difference experience makes!
 - Walk-Ins Welcome
 - Get Well, Stay Well - Live your best life possible!
 - Affordable Wellness Plans
- Hours: Mon. & Wed. 9-1 & 3-6, Fri. 9-3
drkoppari.net 719-686-5599



- Allergy
- Audiology
- Breast Surgeon
- Cardiology
- Dermatology
- ENT
- Facial Plastics
- Oncology
- Podiatry
- Urology
- Vascular Surgery
- www.pprh.net



- Hand Therapy
- Physical Therapy
- OCC Therapy
- Sports Medicine
- Speech Therapy

719.686.5860 pprh.net

PIKES PEAK REGIONAL MEDICAL CAMPUS Woodland Park

HEART OF THE ROCKIES RADIO GROUP & MEDIA CENTER, #1 FOR FUN!



Find us on
Facebook

COLORADO STRONG | COLORADO PROUD

THANK YOU student athletes, parents, coaches, teachers, and our Sports Booster Club sponsors for another great high school sports year!

LIVE Sports Broadcasts 2017-18:

- 25 FOOTBALL GAMES
- 25 VOLLEYBALL GAMES
- 45 BOYS BASKETBALL GAMES
- 15 GIRLS BASKETBALL GAMES
- 25 BASEBALL GAMES

LIVE Sports Updates 2017-18:

- 4 CROSS COUNTRY MEETS
- 4 SWIMMING MEETS
- 11 WRESTLING MATCHES
- 4 TRACK MEETS

Plus, over 300 student athletes interviewed!

Stay tuned as Heart of the Rockies Radio awards \$500 scholarships to 4 student athletes this spring!

While others do little, we do a lot!

Heart of the Rockies Radio Group and Media Center
719-539-2575 | 7600 CR 120, Salida, CO 81201