



UTE COUNTRY NEWS

Putting the "unity" back in community™

POSTAL CUSTOMER

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

FREE

January 2021

P.O. Box 753, Divide, CO 80814 • 719-686-7587 • utecountrynews.com

Vol. 13, No. 1

Welcome to Ute Country

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

— Edith Lovejoy Pierce



PEEK INSIDE...



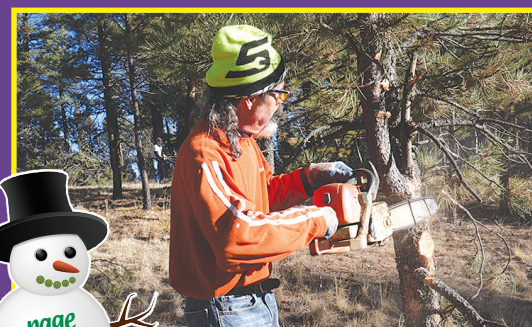
page
5

A simple start to a new year



page
5

Adopt Me: Miss Kitty



page
10

Florissant neighbors pull together

The Pikes Peak Workforce Center works for the success of regional businesses with no-cost, tailored services connecting you to employment-ready job seekers.

Resources available to you include:

- Recruit & Select
- Hiring Events
- Job Fairs
- Analytical Research
- On-the-Job Training
- Transitions & Layoffs
- Pre-Employment Assessment

ppwfc.org

PIKES PEAK WORKFORCE CENTER
A proud partner of the American Job Center network

Paid by U.S. Department of Labor funds

Call us at 719.667.3814 to find out more!

NEW YEAR • NEW LOCATION!
New Year's Clearance Specials!
New Hours: Mon-Sat 9am-8pm and Sun 10am-6pm

Your #1 Vaping Source in Teller County

We Moved!
Now at
104 E. Midland
Next to Judge's CharGrill

Premium Vape Products

BUT... We're NOT just a Vape Shop

THR (TOBACCO HARM REDUCTION)

- PREMIUM VAPE PRODUCTS
- AROMATHERAPY SUPPLIES
- QUALITY CBD & ACCESSORIES
- EDUCATION & ADVOCACY
- QUALITY ESSENTIAL OILS

Learn the doTERRA Difference!

Experience a FREE Biofeedback Scan and Sample doTERRA CPTG essential oils

Let's talk about CBD for you and your pets!
We have various types of CBD isolate (THC-free) Broad spectrum (THC-Free), Full Spectrum (.3%)

MOUNTAIN VAPOR LOUNGE

719-888-9523
104 E. Midland Ave.
Woodland Park

@MountainVaporLounge

A new year, a new plan.

Looking for more consistency this year?
Resolve to make your electric bill more predictable by enrolling in IREA's free Budget Billing.

Available only for residential accounts, Budget Billing sets a monthly amount due that stays the same for 11 months of the year. Call us at (800) 332-9540 to confirm eligibility and enroll.

IREA

www.IREA.coop
@IREAColorado
IntermountainREA

TOMMY KNOCKER TRADING POST

WE BUY AND SELL PRECIOUS GEMS & GOLD NUGGETS
SPECIALISING IN MINING AND PROSPECTING ANTIQUITIES

ONLINE SALES @FACEBOOK

On Deck

Jeff took the cover photo in Hartsel in 2017. My favorite aspect of newly fallen snow is making the first tracks. The freshly fallen snow always looks like a blank canvas. We felt the quote appropriate for the New Year; just like the blank canvas of snow, each New Year is a fresh opportunity to make a new start. We each have a responsibility to become the person we intend to be, to write (or right) our character to align with the person we hope to present to 2021.

Read *Musings Along the Way* for a bit of history behind Janus and additional inspiration for making a fresh start. *Florissant Neighbors* is a great example of how neighbors can work together to fire wise the neighborhood and how wood warms you twice. Patricia Turner shares with us *A Simple Start* for those open to reminders of all we have to appreciate in the Colorado mountains.

Do you have any new photos of your in/outdoor friends? Feel free to email them or snail mail them to POB 753 Divide, CO 80814.

We hope EVERYONE has a happier, more prosperous and healthy New Year!

Thank you, —Kathy & Jeff Hansen

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

Publishers:
High Pine Design
Jeff & Kathy Hansen
POB 753, Divide, CO 80814
719-686-7587
www.UTecountrynews.com
Utecountrynewspaper@gmail.com

Business Ambassadors/Account Reps:
Feel free to call 719-686-7587 so we can find the sales representative in your area to best serve your needs.
Flip Boettcher 719-429-3361
Linda Karlin 719-748-3449

Writers:
Coalition for the Upper South Platte, Mari Marques-Worden, Barbara Pickholz-Weiner, Catherine Rodgers

Contributors:
AARF, Ark Valley Humane Society, Margarethe & Mark Binkley, Linda Groat, Judi & Ken Hesselberg?, Toni Moore, Pet Food Pantry, SLV Animal Welfare Society, TCRAS, Becca Tonn, Patricia Turner

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

Publishers Emeritis: Carmon & Beverly Stiles

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 2021 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, or 6 issues for \$18.

The Thymekeeper
Everything old is new again
by Mari Marques-Worden

As we emerge from the raging river known as 2020, battered and beaten as we are, tis the season when most people say out with the old and in with the new. As anxious as we all are to leave 2020 in our hindsight, I say slow your roll folks. This is no time to throw the baby out with the bath water! There are several reasons to reflect on last year's experience. I take the stance of how could we have done this better?

The way back machine offers us plenty of ancestral wisdom that has fallen by the wayside that could greatly benefit us in these harrowing times. This is where I find the saying out with the old and in with the new to be to our detriment. Elder wisdom is my North Star in times like these.

One of the elders I often look to is Father Sebastian Kniepp. Father Kniepp was a Bavarian priest and was one of the forefathers of the naturopathic medicine movement in the 1800s. He is most commonly associated with maintaining health through hydrotherapy (water to treat ailments), phytotherapy (botanical medicines), exercise, nutrition and balance.

Hydrotherapy

First on the list of remedies for respiratory illness is an herbal steam; one form of both hydrotherapy and phytotherapy. It is first for three reasons: viruses and bacteria can't stand the heat, because you are coating your mucous membrane from top to bottom with anti-microbial volatile oils, and because it will make you sweat; three big roadblocks right up front. My favorites, thyme and oregano, are super heroes in that they also have immune boosting properties, which is first and foremost.

Mastication

Per Father Kniepp, "Those who are nursing patients with serious illnesses, such as scarlet fever, small-pox, typhus, cholera, etc, and are exposed to contagion by raising, carrying, or serving the patient or by speaking with him, should always chew a few juniper berries (6-10) per day. They give a pleasant taste in the mouth and are of good service to the digestion. They burn up, as it were, the harmful miasms, exhalations, etc. when these seek to enter through the mouth or nostrils." He continued, "I returned to the old, abandoned, and forgotten herbs, have tested their healing power and have cured some of the severe and long-suffering."

What an incredible piece of information to have surfaced in my meanderings through old notes from herb school. There are several herbs that can serve this purpose simply by chewing on a root or berry. Osha root or ginger root would be good alternatives however, we in Ute country have access to juniper. If it isn't growing on your property, there is sure to be some nearby. If you do choose to harvest from the wild, please approach juniper with respect and take only what is needed. The needles are quite sharp and the berries should be fully ripe and blue to purple in color when harvesting. No need to overdo it with this one, start slow, once you chew on a juniper berry you will understand its intensity. Overuse of the berry can be irritating or overstimulating to the kidneys.

Inhalation

As another alternative to chewing on an herb would be to put a drop of essential oil on your mask if you choose to wear one. This will add one more barrier that may make it more effective at slowing the spread. My own son contracted the virus after diligent use of a mask in public. One drop of frankincense, peppermint (peppermint directly on the mask can encourage the eyes to water), lemon or eucalyptus essential oil adds an extra anti-microbial

barrier and makes breathing your own breath a more pleasant experience.

Smudging as fumigation

Father Kniepp makes further use of juniper. He advises that when juniper is used for fumigation, it spreads an agreeable odor through the rooms and passage and improves the air. If it is a question of disinfecting a room in which a patient with an infectious disease or at the time of infectious illness, juniper will purify the air by fumigating. It thoroughly destroys all fungi, and whatever the volatile infection and disease bring may be called. It works with similar effects on the interior of the organism and facilitates convalescence. Needles or berries may be dried and burned, yet another remedy available and at our fingertips; wild, free, simple and effective.

Tip: Dry the berries for 2-3 weeks before burning, needles can be burned when crunchy

For more on smudging see: *UCN October 2018—Smudging: Alternative medicine or ancient ways?*

Smoke has unique properties among aromatherapy forms because of its space-filling aspect and its ability to penetrate and contact the entire respiratory system and skin. I point this out as most people are unaware that the modern-day use of incense is similar to the ancient art of smudging.

This is one area where the old way is better than the new. Modern incense can potentially be harmful to your health if it is made with perfume oils or synthetic chemicals and most are. Dipped on a stick incense made with essential oils and resins are better, however, the stick itself may be made from pressed wood and glue that were never meant to be burned and inhaled. Cone, resin tears or powdered from natural ingredients are the best in this case. If you choose to burn on a self-lighting charcoal, light it outside and leave it until it turns grey before adding incense/herb to avoid any harmful fumes from the charcoal itself. If I haven't yet made it clear, inhalation is one quick delivery system for ingestion whether that be good or bad.

Caution: Although natural woods, berries and plants can be beneficial as incense, take care when harvesting as some plants will convey their toxic constituents via smoke, e.g., hemlock or poison ivy.

If you are one who is sensitive to smoke, you don't have to be in the room at the time, just make sure it isn't close to anything flammable. The ability to purify or disinfect the air is maintained for up to 24 hours in a closed room. In a Chinese study performed in 1995, it was discovered that using herb burning incense not only had the same

effect as routine methods in air sterilization but also had no irritation to the patients. I would add it would most likely have a therapeutic action that routine methods do not, sans the harmful chemicals. (www.lib.uiowa.edu/eac/files/healthjournal.pdf Chung Hua Hu Li Tsa Chih 1995 Jun 5)

Herbal steams and smudging are two of the oldest forms of aromatherapy before essential oils came on the scene. Although essential oils are very potent, they often lack the full range of chemical constituents due to the distillation and separation process they undergo.

From what we know, fire was used by Homo erectus approximately 1.5 million years ago. It's believed that fire-making from sparks or friction was mastered about 400,000 years ago and burned plant material has been discovered at burial sites at least 16,000 years ago. The first incense cakes were found from about 7200 BC.

Presumably, aromatic substances had been burned during those time periods. It's only been a few thousand years, but it appears Western science may finally be catching up to what the ancestors knew all along. I recognize this as our inability or unwillingness to keep the stories and traditions of our elders alive. Whenever I seek answers from the ancient ones, the old becomes new again.

We are offering small private classes ensuring distancing and guidelines are followed. We even smudge the building before you arrive! If you would like to be added to Mari's email class list, please send a request to be added to mugsyspad@aol.com. You can also request specific classes for your group by contacting Mari via email or phone.

Mari Marques Worden is a State 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.

UTE COUNTRY NEWS
Putting the "unity" back in community™

Live in Ute Country part time but want the mountain living all the time?

Take us with you!

☐ \$36 for 1 year (13 issues!) first-class subscription.

☐ \$18 for 6-months (6 issues!) first-class subscription.

Name: _____

Address: _____

Phone: _____

Email: _____

Mail to: Ute Country News, PO Box 753 • Divide, CO 80814

Make a New Year's Resolution

To perform that much needed mitigation in 2021

Let us help with your mitigation project



- Chipping
- Needle Raking
- Forest Floor Clean-Up
- Slash Removal
- Pruning
- Fire Mitigation

These are just some of the many mitigation services we offer. Call today to find out more!

719-687-6811

TIMBERLINE
Spraying & Mitigation Services
"Saving The Forest One Tree At A Time"

The **BOOK NOOK**
used books & other treasures

A Buena Vista Destination

GAMES, PUZZLES, TOYS, ART SUPPLIES, ANTIQUES, COLLECTIBLES

SCIENCE & ART KITS & ACTIVITY BOOKS

BOOKS FOR ALL AGES & INTERESTS

SUPPORTING HOME-SCHOOLERS

IN-STORE AND CURBSIDE SERVICE

Facebook: The Book Nook
Website & online inventory:
www.thebooknookbv.com
EMAIL: owenkath64@gmail.com

127 S. San Juan Ave • Buena Vista, CO • 719-395-6868

Divide COLLISION CENTER
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 Insurance Companies

All Types of Painting

Hail Damage Repair

Auto Glass Service

FREE Estimates!

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

Winter's Deep Sleep

by Margarethe and Mark Binkley

Beneath the winter snow they begin. Where the creatures slumber and dream. Giving gifts of life to earth's soul, they hunt and scour for food to live. Beneath the winter snow they are free to roam, no one knows why, for this is their home. The mysteries beneath the snow, we may never know. Beneath the winter snow they begin to grow.

Thank you!

by Little Chapel Food Pantry

Little Chapel Food Pantry would like to send out a huge THANK YOU to all the wonderful people who donated to the Pantry during 2020! Some folks who were not particularly hurt too badly by the pandemic and the fires thought about their less fortunate neighbors and stepped up in a big way to help. Through their generosity, we were able to keep the pantry going. While other pantries were struggling to make ends meet because times were so difficult, Little Chapel Food Pantry had more donations than ever, which helped us to keep going and make sure our neighbors had enough food. We love this community so much! Thank you everyone and may 2021 bring hope and health to all!

Adopt Me

by SLV Animal Welfare Society

Shy-Anne

Shy-Anne is the orange pup on the right; she is 15 years old, a smaller chow mix and has several years left for a happy life. Chows often live at least 15 years. She is affectionate and great with people. She was owned by a single man who died Dec. 14, 2020. Her friend, Josh in the photo is not taking his owner's death well. He will need lots of socialization. Shy-Anne is spayed, current on all vaccinations. She is in good health! Please open your heart to Shy-Anne. She will need a quiet home. You will be rewarded with her love for you! Give us a call 719-587-9663 (woof) to learn more or set a meeting time!

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



A simple start to a new year

by Patricia Turner

Nearly 20 years ago I started a non-profit called Tierra Sagrada, The Sacred Earth Foundation. It is dedicated to the conservation of indigenous wisdom. I know in my heart that I was led to this path by the Great Mystery and it has offered me such moments of bliss and awakening. We offer sweat lodges to our community and opportunities to learn from indigenous elders. During this pandemic, I have realized that this work has been such a fulfilling path for me and just how much I miss gathering people for ceremonies.

I am fortunate to live in the middle of Pikes National Forest so isolating is already a large part of my life. These times have also

taught me that it's ok to do nothing. I walk in the woods, do puzzles, make snowmen and talk with friends near and far.

We will all get through these times with new ideas, new hopes and dreams and experiences. I find this is a time to connect with a small number of deeply cherished friends outside and at a distance and it is becoming the highlight of the month when we get to see each other. Mostly, I find it is an exceptional opportunity to try out our creativity, to have ceremonies just for ourselves and to connect with life in a slower and more beautiful way.

Put on your favorite music, light a candle, dance dance dance. This too shall pass.

Adopt Me

by Ark Valley Humane Society

Miss Kitty

Miss Kitty is a 13-year-old female Domestic Shorthair mix who came to the shelter when her elderly owners could no longer care for her. She had lived with them her whole life so it took some time to adjust to the change. She's been in a loving foster home for two weeks now and is really warming up there. She is declawed in the front paws and starting to go blind. Because of this she'll need to be an indoor only cat. She's also wary around new animals and would prefer a home where she is the only pet, but may do okay with a calmer dog. Even though her vision isn't what it used to be, she can still see things directly in front of her face and loves to play with string toys (or your hair if it's long enough). Miss Kitty loves to listen to classical music while lounging around the house; she really is a total love! Since Miss Kitty is a senior pet, she is priceless, meaning her adoption fees are waived! If you have room in your home and heart for a senior cat in need, please head over to our website to fill out an adoption application: ark-valley.org/adopt/cats/ We're located at 701 Gregg Drive in Buena Vista. Feel free to give us a call at 719-395-2737.

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



Now Offering Duct Cleaning & Plumbing!

Local in Teller County!

HARDCASTLE
HEATING & AIR
719-686-6742
KING OF COMFORT

Voted Best of Teller County in 2018 & 2019!
Woodland Park Chamber of Commerce
Business of the Year 2017!

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

1212 1/2 Hwy 24, Woodland Park, CO
chris@hardcastleheat.com

FILL UP SPECIAL VOLUME DISCOUNTS

Global Propane

\$1.399
Gallon
500 GALLONS PLUS

(303) 660-9290
Family Owned Business

Great Gift Idea - For Yourself Or Someone Else!



Show Your Support for the Ute Country News by Ordering your 2021 Calendar!

Featuring the cover photos and quotes from every 2020 issue.

Just send \$14.95 to:
Ute Country News Calendar
PO Box 753, Divide, CO 80814.
Also available for purchase at Shipping Plus in Divide, CO (behind the Market at Divide).

The Bakery

Breakfast
Pastries • Breads
Sandwiches • Cookies
Pizza • Dinners

Friday 8-6pm
Saturday 8-6pm
Sunday 8-3pm

336 Main Street • Guffey, CO • 719-631-1963
email: strictlyguffey@gmail.com
www.theguffeybakery.com.

KEEP IT LOCAL

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

CELEBRATING OUR 29TH YEAR!
OUR CUSTOMERS ROCK! THANK YOU!

ARE YOU AND YOUR VEHICLE READY FOR WINTER TRAVEL SEASON?

SCHUMACHER'S
Alignment & Tire Center

Over 32 Years in Teller County! Teller County's Oldest Family Owned & Operated 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

220 S. Burdette, Woodland Park, CO
719-687-2446
WITH COUPON
10% OFF LABOR ON ANY SERVICE OVER \$100

Jamie Schumacher
Mon-Fri 8-5:30

WERTGEN & COMPANY
CERTIFIED PUBLIC ACCOUNTANTS, P.C.

FULL SERVICE TAX, PAYROLL AND ACCOUNTING SERVICES

VICTORIA WERTGEN CAPACI, CPA
EMAIL: VAW@WCO.BZ

JOHN CAPACI, MT, CPA
EMAIL: JOHN@WCO.BZ

2925 SLATER CREEK RD., FLORISSANT, COLORADO 80816
PH 719.689.3047 • FX 719.213.2235 • WWW.WCO.BZ

WANT TO BE A BETTER VERSION OF YOURSELF?

Discover Your Own Path, so You can Feel More Comfortable, Confident & Peaceful. You will learn valuable tools & how to use them to Make a Difference in Your Life. Get New Perspective Quickly.

- RN • Psychotherapist • Brain Injury Specialist
- PLT (Past Life Regression Therapy) • Healing from Trauma
- Quit Smoking Hypnosis (and other habits)
- EMDR (Eye Movement Desensitization Reprocessing) • Hypnosis

Find Hope, Freedom & Peace.

Phone: 719-510-1268 Text / 719-687-6927 Voice
Web: journeyscounselingcenter.com

Barbara Pickholz-Weiner

HEARING LOSS? WE CAN HELP!

RE-CONNECT WITH THE ONES YOU LOVE THROUGH BETTER HEARING!

Did you know...

Untreated hearing loss can lead to isolation, memory problems, and even dementia?

Recent research by John Hopkins and the National Institute on Aging suggests that people with untreated hearing loss are more likely to develop memory problems. The strain of decoding compromised sound and isolation of hearing loss increase the risk for dementia and other cognitive disorders.

APEX AUDIOLOGY™
www.apexaudiology.com

1902 W. Colorado Ave., Ste. 100
Colorado Springs, CO
719-247-9000

109 Latigo Lane, Suite B
Cañon City, CO
719-275-6000

HELPING PEOPLE HEAR BETTER FOR THREE GENERATIONS

LICENSED & INSURED TELLER & PARK COUNTIES

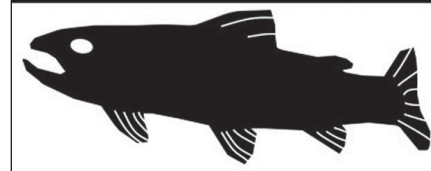
MANCHESTER CONSTRUCTION

EXCAVATING

CONCRETE	FOUNDATIONS
GARAGES	DRIVEWAYS
DIRT WORK	CONCRETE STAMPING
UTILITY TRENCHING	ROCK SPREADING
TREE REMOVAL	SITE PLANNING

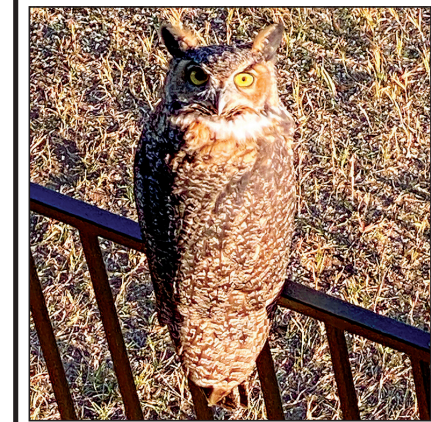
TIM MANCHESTER OWNER
CELL: 719-220-0747
BOBCATTIM66@YAHOO.COM
OFFICE: 719-838-2741

Tumbling Trout Fly Shop



GUIDED FISHING
Private Property and BEYOND!
(720) 363-2092

Critter Corner



Great horned owl looking for mice on our deck - Steve Virden, Florissant



Resident squirrel - David K. Johnson, Florissant, 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.



Life-Enhancing Journeys

Choosing joy

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

Many of us have been taught to believe that happiness is linked to our accomplishments. We often think: *I'll be happy when I meet the perfect partner, I'll be more satisfied at work when I get a promotion, or I will find joy when I run a marathon or buy that fancy car.* What if you knew you could create a feeling of joy right now, regardless of your circumstances? Would you feel obliged to learn how? Would you set a goal for yourself to attain that sense of happiness?

Have you ever stopped to ask yourself: *How much joy do I experience in my life?* When I have posed this question to people, inquiring how much enjoyment they experience, most will say, "Not much." Joyfulness seems to be a fleeting feeling which is in short supply, and temporary for many. What would it feel like if you were to think that something good might happen rather than something bad? Would you consider it to be totally out of the ordinary, or uncomfortable?

It is understandable that many of us are unhappy especially with all the strife that is going on in the world at this time. We are emotionally exhausted and we seldom know how to alleviate the problem. Nearly half of us lie awake at night due to stress as the worries of the day prevent us from falling asleep when we finally lie down. Instead of calming ourselves, we may tell ourselves to *shut up, or to tough it out* rather than to offer relaxation or reassurance. What causes this part of our brain to take over?

From an evolutionary perspective, it really makes sense that we feel uneasy if we envision positive things coming our way. Our survival brain is designed to scan for trouble and fixate on what might go wrong in any given situation. This is described as the negativity-bias which is one of the primitive strategies that is hard wired in our brains (See Limbic System article *UCN* March 2018). Being able to sense danger is a very good strategy for avoiding real threats; however, if the threat is invented by something we conjured up in our thoughts based on events from our past, we limit our capacity for enjoying and celebrating our existence. When the negativity-bias controls our lives, we experience significant anxiety, depression, insecurity and suspicion. This prevents us from fully recognizing the delight in what our lives can be or perhaps will be if we allow ourselves to let go.

If truth be told, simply by living, we regularly experience happiness as well as suffering. Although I believe joy expands when we are open to both, personally I prefer an abundance of pleasure rather than struggles. Consider that our survival brain may balk at being extremely happy by concluding: *It is risky for me to be too happy. I need to be prepared for the worst.* We then have the tendency to sabotage our joy and bring it down to a more familiarly comfortable level. Rather than allowing ourselves to experience joy in the moment, we may attempt to negate the experience and shift to something that we believe is better or different. We can also override our innate capacity for pleasure by our incessant negative inner dialogue. Think about some of the silent, subconscious messages you convey to yourself. Are your words supportive and encouraging or hurtful and shaming? We get lost in habitual thoughts; therefore there is value in investigating our limiting beliefs about our own goodness and worth. This can lead to attention and mindfulness which enables us to invalidate our distorted thoughts and judgments. As I have expressed in previous articles, becoming aware of and then changing those negative messages can have so much benefit. I found a more comfortable way of living with myself when I practiced giving myself a compliment whenever I realized

I was talking to myself in an unkind way. I would say to myself: *Good for you for noticing. Way to go girlfriend, or Good catch.* I would give myself some version of a positive message simply for noticing. I was astounded at how often I uttered cruel phrases unconsciously, and it was only with that awareness that I was able to modify my internal assaults to the point where I now rarely say anything disproving. What a relief!

When we get lost in old habits or live according to what we think others expect of us, by either avoiding risks, or turning away from questioning our beliefs, we back away from opportunities to celebrate life. Joy is only possible when you are living in your body, with your senses awake, and with a commitment to presence.

As we continue to explore the brain, science is recognizing the principal of neuroplasticity. Neuroplasticity is the brain's ability to reorganize itself, to modify its connections or rewire itself, to change and adapt as a result of experience. We know that how we pay attention can actually rewire the structure and the function of our brain. Dan Siegel, MD, states, "Where attention goes, energy flows... what fires together, wires together..." When we intentionally cultivate joy, it suppresses the negativity-bias which then creates a kind of inner peace that allows true happiness to more easily reveal itself.

An important concept to understand is the knowledge that thoughts which run through our minds, will create biochemical changes in the body that then maintain more of the same; therefore it is wise to maintain positive, happy notions as much as possible. **Whatever you practice grows stronger.** If we practice judgment, blame and anxiety, those thoughts intensify. However, when we practice gratitude, admiration and compassion, those pathways develop and expand.

In happiness research, a common denominator among those who are deemed "happy" is a sense that they are actually choosing joyfulness. These individuals believe that cheerfulness is possible and have a willingness to embrace it.

The Catholic mystic and writer Henri Nouwen writes, "Joy does not simply happen to us. We have to choose joy and then keep choosing it every day."

True contentment is a deep-seated sense of accepting who and where you are at any given moment. Too often, we get so entrenched in our busy lives that we forget to hit the *pause* button. When we finally take a moment, we may notice that our focus is more on where we were or where we want to be instead of where we are now. The message being conveyed is that our focus is on the past or the future, rather than the present. Many of us are unaware that we are reacting to past events rather than living with presence.

Before we can be content with where we are, we must first recognize our current situation. Here is a helpful exercise to orient you to the present moment. This takes less than two minutes:

Look around where you are at this very moment. Describe what you are noticing without making any judgments. For example, instead of saying the room is cozy or dreary (words of judgment), simply observe the texture and color of the carpet or floor, the art in the room, and the positioning and style of your furniture. By noticing without judging, we allow ourselves to be aware of the present moment. Contentment comes when we are most aware of the here and now, and through the power of contentment, joy becomes a more viable choice.

Happiness can be sustained by making a series of those conscious choices. Here are some tips for cultivating contentment in your life:

- 1 Pause.** Slowing down can be a great strategy. Whenever you experience some simple pleasure, stop, then scan your body to become fully aware of the sensations and aliveness within yourself. This will give you useful information from where the sensations emanate. The more mindful you are, the more likely you will be able to recognize and reproduce those sensations in the future. Take a moment to pause when you find yourself displeased with someone or something. Take a deep breath, then remind yourself to embrace any positive qualities by accepting people just as they are (unless they are abusive in any way). Remember that everyone is struggling for their particular reasons and pausing is a compassionate act you can give to others.
- 2 Stop buying stuff that is unnecessary.** When you feel the urge to buy something, think about whether it is a "need" or a "want." If the item is a "want," think about what is compelling you to buy it now. Ask yourself: *Do I need this now?* Wait a few days and see if the urge to buy it dissipates. There is much research which reveals that happiness gained through materialism is only temporary.
- 3 Show people you appreciate them.** Be present and maintain good eye contact. Avoid looking at electronic devices when you are talking or listening. Offer kind words and actions. Be curious rather than critical. Notice the goodness in people rather than their flaws. The more benevolence you put out in the world towards others, the more you will receive in return.
- 4 Practice gratitude.** Begin each day by acknowledging everything for which you are grateful. Identify at least one person, pet, or thing that enriches your life. If you desire, write your thoughts down in a journal. Take moments throughout the week to review your journal entries and consider all the good things in your life. (See article on Gratitude *UCN* Sept 2020)
- 5 Learn to enjoy living without spending money.** Have meaningful conversations with those you trust and appreciate. Walk in nature. Read or listen to a good book. Take a bath or a warm shower. These things are all free and can often offer more joy than endeavors for which you need to pay.
- 6 Live in the moment.** Avoid postponing happiness by waiting for a day when your life is less busy or less stressful. Instead, look for opportunities to savor the small pleasures of daily life. Focus on the positives of today rather than dwelling on the past or worrying about the future.
- 7 Incorporate humor.** Laugh often and freely.
- 8 Give.** When you give someone something, you make them happier. But what you might not know is that it is the giver, and not the receiver, who reaps even more benefits.

Finding joy and delight just because – no matter what — is the ultimate fulfillment. Contentment is simply gratitude, appreciation, and acceptance for the way things are right now, so take that first step toward happiness. This optimistic attitude will create *gifts* that continue to give so much to you for the rest of your life.

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

PPWFC offers Employee Development Training Grants

The Pikes Peak Workforce Center has \$50,000 in Employee Development Training Grants to award to companies who want to train their current employees.

Funded by the federal Workforce Innovation & Opportunity Act, the grants must be used to provide training to employees to retain a skilled workforce or avert the need for layoffs.

Preference is given to in-demand industries, such as information technology and cyber security, manufacturing, health care, hospitality and tourism and to companies whose training leads to expansion of duties for employees.

Options for training include a variety of work-based, virtual or classroom training for current employees that will increase the competitiveness of both employees and the business. Employers are able to choose the training that will best meet the needs of

their company and their employees.

This is a wonderful opportunity for companies in El Paso and Teller Counties, said Pikes Peak Workforce Center Communications Manager Becca Tonn. We hope a variety businesses and nonprofits will apply to receive this grant funding and improve their economic viability by training their employees.

The deadline for employers to apply is Wednesday, Jan. 13, 2021.

Employers must attend one of these virtual information sessions about how to apply: on Tuesday, January 5 (10-11 a.m.), or Thursday, January 7, 2021 (3-4 p.m.).

Applications will be reviewed, and grantees chosen by Monday, Jan. 25, 2021.

All training for employees must be completed by Monday, May 31, 2021.

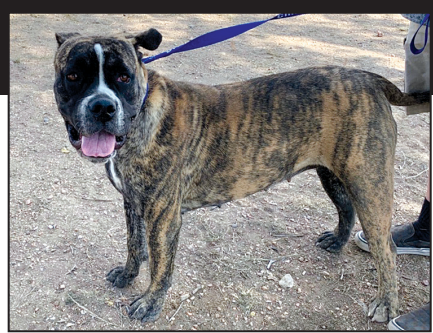
FMI or to view the application, visit ppwfc.org/grants-for-worker-training.

Adopt Me by AARF

Trixie

This beautiful girl is Trixie. She appears to be a Mastiff/Boxer mix. She is a goofy, fun girl ready to play with her new owners. She's not as big as one might think; she's about 50 pounds of love. She loves to run and is good with other dogs. You can arrange to meet Trixie by calling AARF 719-761-5320. You'll love her as much as we do!

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



Mueller State Park in January

Naturalist led hikes are the thing to do at Mueller in January! Enjoy the peaceful silence in the snowy woods, watch for signs of wildlife, learn their different tracks and see the hardest of birds searching for food in the trees. It's great to explore Mueller in winter with a naturalist or on your own, during this beautiful time of year!

Don't forget to dress for weather! A wide range of temperatures and snow depths can be found. Cross-country skiing, snowshoeing and sledding are popular activities. FMI 719-687-2366 or cpw.state.co.us/placetogo/parks/mueller.

required to enter the park. FMI 719-687-2366.

Thank you to our donors
 and matching grantors
 for helping us to exceed our
 end of year fundraising goal!

Your kindhearted
 generosity will make a
 greater difference this year!!

onenationwt.org
office@onenationwt.org
719-329-0251

ONE NATION
 WALKING TOGETHER

Stevens Carpet Plus
Your Local Source For All Your Flooring Needs

Happy New Year!
 We wish everyone the very best in 2021!!
 Ring in the New Year by refreshing your home with
 new flooring from Stevens Carpet Plus.
 Trusted name brands — Competitive Pricing

Your Local Source for ALL Your Flooring Needs
 No dealing with city traffic
 One Stop - Full Service Shop for ALL Your Flooring Needs
 Get professional, personal service and quality products right here at home
 Owners: Justin & Barbara Stevens

18109 Teller CR 1, Florissant, CO
 Call for your free estimate 719-822-6822

Visit our showroom
 10-5 weekdays
 Saturday by Appointment

TOP FLIGHT
 CPA LLC

**Individual & Business
 Tax Preparation
 and Bookkeeping**

720-607-8115

Lea Grady, CPA MT

P.O. Box 391
 Lake George, CO 80827
www.topflightcpa.com

Find us on Facebook & Instagram

"We Support TCRAS"

**Have a Paint
 Party at HOME.**

**EASY ONLINE FUN
 ART CLASSES
 WITH MARY SHELL**

**NO MORE DRIVING FAR AND
 SPENDING TOO MUCH FOR A
 PAINT PARTY. NOW YOU CAN
 DO IT AT HOME AT A
 FRACTION OF THE COST
 AND INCLUDES ALL MATERIALS
 DELIVERED TO YOUR HOME!**

**FOR MORE INFO E-MAIL MARY SHELL
paintwithmary@yahoo.com**

Happy New
 Year!

**Bullard
 Custom Tile**

BullardCustomTile.com
BullardCustomTile@gmail.com

719-800-2196

DayBreak

Temporarily Closed
 due to COVID-19 Spike
 Now offering Virtual Holiday
 programming

An Adult Day Program
 Love ♥ Patience ♥ Acceptance
 Respect ♥ Humor ♥ Community

Open Monday-Friday 8am-6pm
 404 N. State Hwy 67,
 Woodland Park, CO 80866
 719-687-3000
www.daybreakadp.com

ACCREDITED BUSINESS
 AGE FRIENDLY

**Got Propane?
 Get Glaser!**

Glaser
 ENERGY GROUP INC

**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

LOG HOME RESTORATION

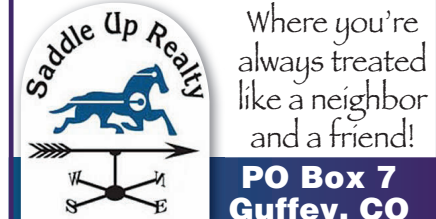


Media Blasting | Staining
Chinking | Sealing
Rebuilding Decks and Railings
Paul Schmucker
(719) 580-8094
pjhitchingpost@gmail.com

HITCHING POST



Laura Owens
Your specialist for rural mountain properties
in Southern Park & Western Teller Counties.



Where you're always treated like a neighbor and a friend!
**PO Box 7
Guffey, CO**
719.689.5501
laura@saddleuprealtyco.com
www.saddleuprealtyco.com

BENCHMARK MORTGAGE

719-687-2112

300 SUNNY GLEN CT,
WOODLAND PARK, CO 80863

MOUNTAIN HOME LOAN SPECIALISTS

At Benchmark, we pride ourselves on our ability to satisfy our borrower's needs. Our goal is to make the loan process as simple and worry free as possible. Whether you want to refinance for a lower mortgage rate, finance a new home or purchase a second home, we put your needs first!

- Conventional Loans
- USDA Loans
- FHA Loans
- Jumbo Loans
- VA Loans



DIANE BEAUMONT
BRANCH MANAGER/LOAN ORIGINATOR
NMLS #247026
BENCHMARKCOLORADO.COM



Ark-La-Tex Financial Services, LLC NMLS# 2143
(www.amlconsumersaccess.org). All loans subject to
borrower qualifying. This is not a commitment to lend. Other
restrictions may apply. (https://benchmark.us)



Musings Along the Way Turning into 2020ne

by Catherine Rodgers

"For though my faith is not yours
and your faith is not mine, if we are
each free to light our own flame, together
we can banish some of the darkness
of the world."

—Rabbi Lord Jonathan Sacks

Celebrating January, we invoke the Roman god Janus who holds the key to unlock heaven. Janus is the god of doors, gates, and transitions. He represents the middle ground between both concrete and abstract dualities, the space-time "in between." As the initiator of human life, Janus guides transformations between stages of life, and shifts from one historical era to another. The two-faced god looks back on the lessons of the past and forward into the dream of the future.

No doubt all of us are taking time for some reflection as we slip into 2021. In order to balance 18 months of 20 days, the Mayans took five-days known as uayeb outside of time. At the end of the year in those days the gods stalked the earth. Everyone hid inside, lest they draw the demiurges' capricious attention! Similarly, we can step outside of time to observe what fears make us cringe, what assumptions are being challenged, and what ideas about "normal" are turned upside down. We might want to write

down some of these old premises about how life works. Clean the house of any limiting concepts and chuck them in the proverbial fire to kindle new ideas.

Now allow yourself to describe what you want — what we would prefer to believe in our heart of hearts. For it is done unto us as we believe... Rather than clinging to old notions about reality and what may be possible, let's look deeply into our soul's longing for itself — for we are the quivering arrows released by our ancestors towards a mark of hope on the path of the infinite (with nods to Kahlil Gibran). What makes your heart SING? What brings a smile and sigh of peace?

On the surface of the ocean, chaos curls off the waves and turbulent tides pull into the tempest. How much energy has been spent struggling to change things "out there"? But, per Shakespeare:

"There is a tide in the affairs of men.
Which, taken at the flood, leads on to
fortune;
Omitted, all the voyage of their life
Is bound in shallows and in miseries.
On such a full sea are we now afloat,
And we must take the current when it serves,

Or lose our ventures."

Let's dive into the current of our divine nature. Within that silence, we merge with the Presence that is so vast, boundless, timeless. Enfold sadness or "might have beens" as old friends into this shadowless light. Begin to see how these moments have served us. With gratitude gently release these companions as we grow on. Floating with the peace we felt in the womb, we can bless all the moments and experiences which washed us up on this shore of now. Now look with the eyes of God upon all things and see that all is blessed. Our very act of seeing is the blessing that transforms the nature of whatever person, or circumstance, or world is present before us.

Some have thought "don't let the door hit ya on the way out." Others have sought the portal of the Great Awakening. We are standing in the doorway of the year with perfected 20-20 vision, seeing the One. 2021. Really the door was always open. Really there never was any door. Knowing the truth of our Oneness, going with the flow, growing in love and glowing with light — Hallelujah! — let's call each other IN to live from the heart's wisdom, to align with our soul's integrity, and to manifest peace and joy for every One. Namaste.

Arkansas River Watershed Collaborative Monarch Pass Forest Health Project

by Coalition for the Upper South Platte

Driving Highway 50 over Monarch Pass, it is impossible to ignore the condition of the forest. U.S. Forest Service Silviculturist Alex Rudney said the Monarch Pass forest has experienced "about 90 percent mortality of the spruce trees 5 inches (in diameter) and bigger across the entire project area." The area is the Monarch Pass Forest and Watershed Health Project.

As the result of the recognition that the forest condition on Monarch Pass creates health and safety issues at the headwaters of the Arkansas River Watershed, a mitigation project has been implemented. The project goals are to:

- Reduce the risk of large scale, high severity wildfire.
- Protect the headwaters of the Arkansas River Watershed.
- Promote healthy and resilient forest conditions.
- Ensure public safety and protect infrastructure.
- Demonstrate steep slope logging technology in Colorado.

- Utilize timber and promote the local economy.

The US Forest Service and Arkansas River Watershed Collaborative (ARWC) have taken the lead on this innovative project for forestry work on Monarch Pass. The steep slopes of the area make forest health work very difficult and expensive. Andy Lerch, ARWC lead forester and project manager, is working with contractor Miller Timber, based in Oregon, on a state-of-the-art solution to the challenges the site presents.

Miller Timber has introduced their specialized cut-to-length (CTL) logging equipment to Colorado for the project. The equipment was originally developed in Finland and has been used in the Northeast and Great Lakes Region. For the steep slopes in Colorado and the west the technology is ideal. The logger is attached to the top of the steep slope with a cable and winch as it works downhill. Trees are cut in front of the equipment in a 60-foot-wide swath, stripped of branches, and cut to length for later recovery. Slash material, the

branches, are laid in front of the tracked machine to help limit the compaction of the soil. The winch assist and eight wheeled tracks keep the tires from spinning, further reducing the impacts on the steep slopes.

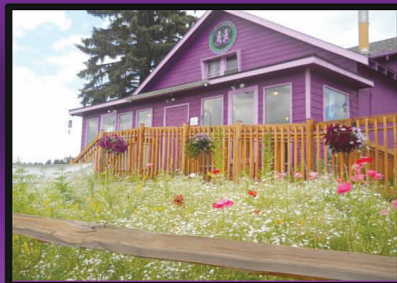
The logs are recovered from the site and transported to a milling operation. In 2020 approximately 120 loads of logs were transported to Montrose, about 3,000 tons of logs and 800,000 board feet of lumber. This represents log recovery from 183 acres completed in 2020. Work will begin again in August of 2021, with the goal of completing another 156 acres before weather moves in.

Partners for the project are: Colorado Water Conservation Board, Upper Arkansas Water Conservancy District, Arkansas River Watershed Collaborative, Pueblo Board of Water Works, Colorado Springs Utilities, Trout Unlimited, Chaffee County, City of Salida, Town of Poncha Springs, and individual donations.

You can find maps of the project area and a video of the CTL equipment in action: <https://www.arkcollaborative.org/monarch-pass.html>

Grannys' High Altitude Super Hemp

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



Grannys' Organic CBD Oral Concentrate
Grannys' Topical CBD Salves – Pain and Skin
Grannys' 100% Hemp Leaf Tea Bags
Hemp Seed Oil Bath and Beauty Products
Hemp Seed Nutritionals

We grow all of our industrial hemp organically, right here in Lake George
We Ship Anywhere in the US!

719-748-4736 grannyshemp.com

Open Mon – Sat 9am – 5pm Closed Sundays

The Thymekeeper



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

FILL UP SPECIAL VOLUME DISCOUNTS

Global Propane

\$1.399
Gallon
500 GALLONS PLUS

(303) 660-9290
Family Owned Business

Community Partnership
Family Resource Center

From the CP Staff & Board, THANK YOU

to our beautiful community, our supporters who value our work, and for the families we serve who inspire us every day.

IT TAKES A VILLAGE HAPPY NEW YEAR!

You GAVE! Like You've Never Given Before!

Your donations directly impact our programs.
You make it happen.

Scan QR code to see why we LOVE CP

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

Space is limited. Reserve your spot today.



Looking to maintain balance in your home the next several months? Let us be your child's learning facilitators. We will guide your child (1st-5th grade) through his or her school curriculum in a safe and structured learning environment.

Your facilitator will be a trained, background-checked, health-checked, passionate, and empowering instructor who will be there to support your child.



Contact us today at
GOLDEN BELL CAMP
to reserve your spot!

Phone | 719-687-9561

Website | www.goldenbellccc.org

Email | holly.riffe@goldenbellcamp.org

Great Value!!
\$45 per day

Our goals are to provide families with:

- Structure for your kids' school days.
- Support with his or her online schoolwork.
- Engaging and active breaks throughout the school day such as shelter building, challenge courses, wildlife education, arts and crafts, and much more!
- Optional before- and after-school care for added flexibility for working parents.

Golden Bell
A Mountaintop Experience

TOTALLY RADICAL MUSIC



80's HITS

Find us on
Facebook

COLORADO STRONG | COLORADO PROUD

Heart of the Rockies Radio Group and Media Center

719-539-2575 | 7600 CR 120, Salida, CO 81201

Obituary

Nancy Overmyer



NancyJo (Nancy) Overmyer (Nenna), born on December 26, 1952, the kindest soul, beloved mother, wife, grandmother, great-grandmother, and friend passed unexpectedly on December 2, 2020 at Memorial Hospital in Colorado Springs, CO. She was a 32-year resident of Divide, CO where she and her husband, Steve, raised two daughters, Terrie and Katie.

She leaves behind to carry on her memory, her husband of 43 years, Steve of Divide, CO; her daughters Terrie Bruscino (Tom) of PA and Katie Riley (Ian) of WA; six grandchildren, Sage (Haley), Dominic, Anthony, Mari, Sean, and Cavan; one great-grandchild, Oaklyn; her siblings, Kathy Nenna of RI and Fred Nenna (Pat) of RI, and many friends and loved ones.

In lieu of flowers, please consider donating in memory of Nancy to St. Jude's Children's Hospital or the American Heart Association.

Florissant neighbors pull together during tough times

by Toni Moore

A Teller County subdivision is organizing to lower fire risk to their neighborhood and to generate firewood for assisting residents with home heat this winter.

Indian Creek Property Owners Association (ICPOA) is a volunteer group in the northwest corner of Teller County. They recently created a Fire Mitigation Committee to encourage, assist, and educate members of the Indian Creek subdivision about the importance of fire mitigation near their homes. They also gather and deliver truckloads of firewood to local families for free.

So far, the group of volunteers have performed clean-up of standing dead trees, limbs and other flammable debris on six properties in or near Indian Creek. "Work usually begins at 8 a.m. and wraps up at noon or there about," said Toni Moore, ICPOA secretary and volunteer fire mitigator. "We generally have three or four folks who are using chainsaws, and everyone else just moves the burnable wood to the trucks and the slash to the slash piles."

After a couple of hours of work on a Saturday morning back on November 21, the group took a break to have a drink and a snack and visit with one another. Member John Rakowski set aside a small electric saw he had been using to remove small, dead limbs known as "ladder fuel." He explained that fire can climb from the grass up a tree by catching these small dead limbs afire. Pat Pancini shared a soft drink with the others and explained where his double parcel of property was in relation to where the group was working. "I am excited to learn a little more about how to clean up my property," he said. "I only come up to camp two or three time a

year usually, but with COVID19 happening, I have been up a lot more this year." Pancini indicated he would appreciate having the volunteers come by his property in the future.

Don Moore is the committee chairperson and the most experienced of the fire mitigation crew. "I have been cleaning up my property for 14 years," he explained. "I have learned a lot about beetle, ips, and other tree problems. I've learned how to safely burn the slash. Being part of the Colorado Forest Management Program has taught me a lot." Mountain Pine Beetle is a pest that has killed many Ponderosa pine trees in Teller County and beyond. Ips beetle primarily attacks fir and spruce trees, Moore went on to explain. Other pests for homeowners in wooded areas of our county to be aware of are dwarf mistletoe and spruce budworm.

Doug Lagasse joins his neighbors in this work to be helpful, make the neighborhood safer, and he added, "It's better for you, and your neighbors, than 100 toe-touches in your living room!" Several of the workers have health limitations or



Doug Lagasse cuts a standing dead aspen while assisting with a free fire mitigation workday in Indian Creek Subdivision.

Cover: Don Moore and other members of the ICPOA Fire Mitigation Committee remove forest fuels from Indian Creek Neighborhood properties for free.

pre-existing conditions that make social distancing and safety top of their mind. "Working outside in the sunshine is much more pandemic safe than being indoors with people."

When their morning forest clean up ended, the group had two pickup trucks full of cut and stacked firewood to deliver to a family who had requested the free wood. Removing the fuel from the forest keeps the neighborhood safer and provides heat for a wood-burning family. The group welcomes anyone in the community who wants to learn about fire mitigation. They ask that wood recipients join ICPOA for \$15 annually.

Contact Don Moore at dmoore@bearmoor.com if you want more information or visit www.icpoa.org. Their next Fire Mitigation Workday will be on January 7, 2021 from 11-3 p.m.



Characteristic "bluing" caused by Mountain Pine Beetle in Ponderosa Pine.

~OUT AND ABOUT~

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

Readers: COVID-19 changes daily. Please follow CDC guidelines (cdc.gov) and your county's health department. Were you expecting to see your event listed and didn't? Please email utecountrynewspaper@gmail.com.

CRIPPLE CREEK

29 Commodities will be distributed 9-2 p.m. at the Aspen Mine Center. FMI 719-689-3584.

FLORENCE

• Call for Entries: 20th Annual Windows and Doorways theme show at Blue Spruce Gallery. All artists are encouraged to enter; we are looking for variety 2-dimensional and 3-dimensional pieces. Deadline is Jan 4; the show opens Jan 6 with reception Jan 9. Cash prizes awarded as well as ribbons in several categories. Pick up your entry form at Blue Spruce Gallery 205 W Main St. FMI www.bluespruceart.com 719-784-1339.

FLORISSANT

GRANGE
9 Pine Needle Basket/Crafting Class 9-12 p.m. Make a basket, felt a critter or your idea. FMI 719-748-5004.

LIBRARY
14 Free Legal Clinic 2-5 p.m. Call

719-748-3939.

20 Florissant Bookworms 10:30 a.m. Virtual Meeting. January book: *Chronicles of a Radical Hag (With Recipes)* by Lorna Landivk. FMI 719-748-3939.

• RLD Virtual Programs: check out www.rldvirtualprograms.weebly.com.
• Take and Make Kits. Pick up your Take and Make Craft Kits for kids, teens (January teen kit is Bead and Yarn Rainbow.) and adults.

MANITOU SPRINGS

23 Annual Fruitcake Toss 1-3 p.m. in Memorial Park. Our staff and volunteers are dedicated to operating under all social distancing and Covid-19 safety procedures. Feel free to check our website www.manitousprings.org.

WOODLAND PARK

4, 11, 18 Donate your sale items for Charity Sale for Out Loud Men's

Chorus 9 a.m. or by appointment at a specified storage unit. Sale is ongoing through February. Donate your lightly used items to benefit local nonprofits. FMI 719-233-9902.

12 Training: Strategic Planning and Available Online Tools 3 p.m. Register by calling 719-233-9902 or emailing iwantto@soarwithnetworkfundraising.org

LIBRARY

5 Woodland Park Book Club 10:30 a.m. Virtual meeting. January book: *The Keeper of Lost Things* by Ruth Hogan. FMI 719-687-9281 ext. 169.

6 Not So Young Adult book club 11 a.m. Virtual meeting January book: *Damsel* by Elana K. Arnold. FMI 719-687-9281 ext. 116.

11 Let's Read Amok! Readers Club 11 a.m. Virtual meeting. Theme: Top 5 Books You Read in 2020. FMI 719-687-9281 ext. 116.

14 Senior Circle Book Club 10:30 a.m. Virtual meeting. January book: *American Dirt* by Jeanine Cummings. FMI 719-687-9281 ext. 103.

• RLD Virtual Programs: check out www.rldvirtualprograms.weebly.com.
• Take and Make Kits. Pick up your Take and Make Craft Kits for kids and teens (January teen kit is Bead and Yarn Rainbow).

Where is Katee this month? Staying in place!

As Katee dashes through the snow, she wants to thank everyone who is continuing to support the Pet Food Pantry with donations so that her canine and feline friends can stay at home with their families. She knows that they will comfort their owners during this difficult time.

You can drop off donations at TCRAS, Blue's Natural Pet Market or the UPS Store located in the Safeway Shopping Center. You can also donate online www.PetFoodPantry.com. Thank you for your

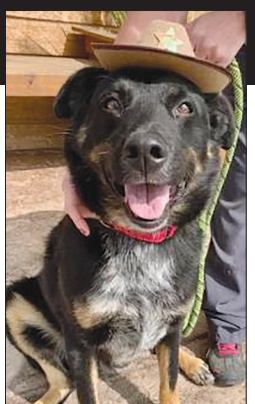


support! Katee and all the Pet Food Pantry volunteers know that there are signs of hope for a better future. Happy New Year!

Adopt Me by TCRAS Ranger

I'm a little selective over my human friends but once I choose you, I'm very loyal and a little protective! I enjoy the outdoors and hiking about. Since I get very attached to my human friends I would do best with a one-person home so I can have you all to myself! I will need some extra training and guidance with a professional trainer. Please give a holler at 719-686-7707 to set up an appointment to greet me!

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



~UTE COUNTRY BUSINESS~

EVEN in the end HIGH ALTITUDE SPIRITS
Hangovers Installed and Serviced
Main Street Fairplay Jake & Jennie Ph. (719) 836-3155

OPEN
The woolly moth artist & boutique
716 Main St, Fairplay, CO 80440
719-838-4572 | thewoollymoth@yahoo.com

MUSIC LESSONS
Violin, Beginning Guitar and Mandolin
FLIP: [719] 429-3361
flip@ghvalley.net

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

Finding Good Insurance is no Accident!
Your FIRST choice for insurance in the high country!
South Park Insurance
551 Front Street, Fairplay, Colorado • 719.836.2980
www.insurance-southpark.com • emccallum.spis@crsdenver.com

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

A Little of Everything LLC
Paint • Repair • Remodel
Robert Williams Owner
76 Quiver Circle Florissant, CO 80816
719-331-1567
ALOErepairs@yahoo.com

PROPANE REFILL
Buy 50 gallons AND get 5 FREE
Our price is lowest and staff is friendly
Hitchin' Post Trailer & Tractor Sales
719-748-8333
www.hitchinposttrailers.com

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

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

ADVANTAGE TAX PREPARATION
Mark Mandler
Individual • Family • Small Business • Non-Profit Agencies
Phone: 303-730-3652 6325 W. Mansfield Ave #211
Fax: 1-888-730-6925 Denver, Colorado 80235
advantagetaxprep@centurylink.net

ROCKY MOUNTAIN CIGAR COMPANY
CIGAR LOUNGE
INDOOR GOLF SIMULATOR
GUIDED FLY FISHING
640 Route 285 unit C • Fairplay at the Sinclair Station
218-556-3809
Hours: Mon.-Sun. 9am - 7pm
Owner: Scott Gardner

STEWART REALTY
Since 1984
Commissions starting at 2-1/2 %
719-310-8324

www.OhGetMeAHome.com
Homes Cabins Land Ranches
Serving Teller & Park Counties Since 1999!
719-748-1099
HIGH COUNTRY REALTY
John Lloyd Magoon, Broker 2717 W Hwy 24 Florissant CO

Shannon Lemons, DVM
Teller Park Veterinary Service
Accepting Care Credit
Large and Small Animal Medicine and Surgery, Specializing in Dentistry
719.687.2201
1084 Cedar Mtn. Road • Divide • www.tellerparkvet.com

HAPPY HOLIDAYS!
CAROL KINDER
Owner
Rocky Mountain Outdoor Furnaces LLC.
211 Yarnell Rd. Hartsel, CO 80449
217-871-3460 ckinder95@yahoo.com
We offer financing on stoves and installation

STEEL STRUCTURES AMERICA INC.
Colorado, Wyoming, Idaho, Washington, Oregon, Montana
Ray Leist
Office: (800) 833-9997 email: ray@findssa.net
Cell: (720) 600-1244 website: www.steelstructuresamerica.com

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

WOODLAND ROOFING COMPANY
COMPLETE ROOFING SERVICE
53 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

May River Auto Repair LLC
Aaron Wendt • Owner
719-748-3328
1900 CR 31, Unit B • Florissant, CO

EVERY MILE, EVERY MILESTONE, WE'VE GOT YOU COVERED.
CALL (719) 687-9292 FOR A NO-OBLIGATION FREE QUOTE.
AMERICAN FAMILY INSURANCE
Frank Gundy, Agent
Frank W Gundy Agency, Inc.
101 Sundial Dr Ste B2
Woodland Park, CO 80863
fgundy@amfam.com
Bus: (719) 687-9292

Classic or New Domestic Foreign 4 - Wheel Trucks Jeeps
Old Fashioned Care Home Town Garage With Modern Technology
711 Gold Hill Place Woodland Park, CO. 80863
(719) 687-0001
"Home Town Service You Can Trust"

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

"The Plant Lady"
Karen Anderson
719.748.3521
PlantLadySpeaks@gmail.com
By Appointment Only, Please

CANON CITY

GUN & PAWN

JEWELRY


GUNS


DVDS


BUY - SELL - TRADE HUGE SELECTION!

- **AMMUNITION**
- **KNIVES**
- **CASES**
- **TARGETS & MISC.**

- **BLU RAYS**
- **TOOLS**
- **ELECTRONICS**
- **COINS**

719 Main St. Cañon City • 719-275-5555
Mon-Fri 9-5 Sat 10-2 Sun Closed



LEAP

warmth in every home
calor en todos los hogares

Need help heating your home this winter?

¿Necesita ayuda con la calefacción
de su casa este invierno?

LEAP can help.

LEAP puede ayudarlo.

ACCEPTING APPLICATIONS NOVEMBER 1 - APRIL 30

ACEPTANDO SOLICITUDES 1 NOVIEMBRE - 30 ABRIL

LEAP, Colorado's Low-income Energy Assistance Program, helps eligible Coloradans with winter home heating costs.

LEAP, El Programa de Asistencia para Energía para Hogares de Bajos Ingresos de Colorado, ayuda a los residentes elegibles de Colorado pagar una parte de sus gastos de calefacción de invierno.

1-866-HEAT HELP

(1-866-432-8435)

www.colorado.gov/cdhs/leap

Applications can be accessed online or at your Teller County DHS office at Tamarac Business Center in Woodland Park or Aspen Mine Center in Cripple Creek.



COLORADO
Office of Economic Security
Division of Food & Energy Assistance



CRIPPLE CREEK CARE CENTER

Your Colorado Mountain Home

Love of the Colorado mountains does not fade with age!



WE ARE A 5-STAR COMMUNITY

As we end 2020 and start 2021. We look back and realize how much can change in a single year. We have overcome so much this year. Cripple Creek Care Center would not have been able to make it through this year without the support from our wonderful board of directors, the amazing community we live in, and our dedicated staff. The love for our residents is what drives us to do our very best to keep them safe. Hopefully 2021 will bring some much needed cheer to our residents and we will be able to get out and about once again. Here is to a new year filled with hope and healing.







Please continue to mail cards/letters to:
Cripple Creek Care Center
PO BOX 397
Cripple Creek Co. 80813

To get more information about our community, contact
Laloni Bancroft, Admissions/Marketing Director
 at 719-689-2931 or lbancroft@cc-care.org

Dedicated
to Quality



Committed
to Caring

Lawrence Cowan, Administrator

700 North 'A' Street ~ Cripple Creek

719.689.2931

Call to discuss your personal needs and schedule a facility tour

www.cc-care.org