



UTE COUNTRY NEWS

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December 2022

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

Vol. 14, No. 12

Welcome to Ute Country



**"Never send a
Man in to do a
Donkey's job"**
— Josh Stern

PEEK INSIDE...



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A Look Inside the Artist



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CP BUILDS a case




page 13


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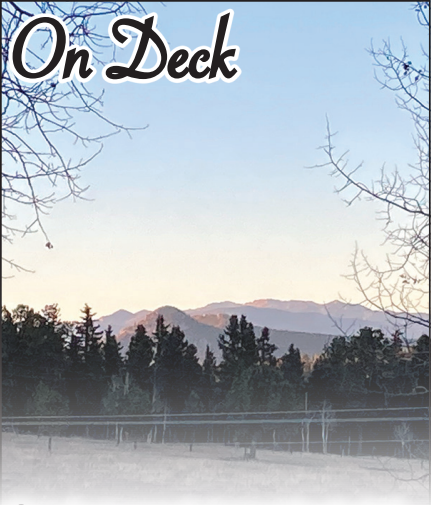
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On Deck



Our front cover photo was taken by Jeff At last year's *Lighter Side of Christmas* parade. Mark Bibb is Clyde's handler. Clyde was elected in 2021 to be the mayor of Divide. Aren't they cute! We thought the caption was a perfect fit. We agree that any species that could pull a sleigh might have different talents for various loads. Rudolph the Red-Nosed Reindeer is perfect for snowy or cloudy nights. However, the miners of days of old taught us donkeys can carry a load quite well up at this altitude! In either case, gifts are abundant during the holidays!

A Look Inside the Artist introduces us to a pair that write books, which include a knitting pattern. How fun to find a gift within the book! "CP BUILDS a case — How your donation makes a difference" will tell you that by giving a donation to CP, your gift is a tax break, but more importantly the work they do heals generations and BUILDS strong community by strengthening the weakest links. Those seeking deals on holiday gifts might check out *Nature Mama — Hand-crafted and personalized skincare products* to see how to get 15% off in December. Those interested in attending events in Woodland Park want to read both *Focus on the Forest* and *Tweeds Holiday Home Tour*. The planners among you will find "Fitness goals can be fun" has many ways to motivate you into action.

We will continue to proudly display our photos until we receive photographs of YOUR indoor or outdoor animal friends to feature in Critter Corner. Email your photos to utecountrynewspaper@gmail.com, bring them into Shipping Plus M-F 9-5:30 p.m. or snail mail them to POB 753 Divide, CO 80814.

Thank you,
— Kathy & Jeff Hansen

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

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The Thymekeeper

Fungi oh my!

by Mari Marques-Worden

If you were to look up the word *herbalism* in the dictionary you would find a definition similar to, "the study or use of the medicinal properties of plants." As an herbalist I would say this description paints a sliver of a picture of reality. That is, unless you consider nutrition as medicine. Of the many common misconceptions regarding the use of herbs it is that they are typically used as remedies. When in truth, herbs cover a broad range of treatments from preventative to remedy to strengthening before or after illness, and some fall somewhere in between. The lines can blur and frequently do.

What most people refer to as roots, barks, leaves, berries, flowers, weeds, seeds, spices, and even some vegetables are all considered herbs to an herbalist. However, it doesn't stop there. We also highly revere those entities that are considered neither plant nor animal, the ones we call fungus or mushrooms.

Mushrooms are the fruit bearing bodies or flowers that arise from the underground fungi. The underground fungi, known as mycelium exists beneath our entire world. A single inch of topsoil can have enough fungal cells to stretch eight miles. Paul Stamets, an expert on mycology and one of my heroes, calculates that every footstep in the forest can impact more than 300 miles of mycelium. Interestingly enough, there is very little you can do to harm it. It is one of the few organisms in Nature that grows more vigorously when disturbed. The largest organism on Earth exists in Washington state; a mycelial mat that spans 1665 football fields or the equivalent of 2200 acres in size. Known as the wood wide web, mycelium forms relationships with nearby plants, creating communication that predates the internet by 450 million years.

Mushrooms and fungi feed on decomposing material giving rise to new life from what is considered dead, making them a living symbol of renewal and regeneration. According to Stamets, all habitats on Earth rely on fungi and without it, he asserts, the life support system of Earth would soon collapse.

Currently, we know very little about mushrooms as only 10% of the world's mushrooms species have been identified. As with many herbs, they can be considered food or medicine. On the other hand, they can kill you swiftly if mis-identified in the wild. They have skin and breathe oxygen like mammals and are more closely related to animals than to the plant kingdom. In a way, they could be considered more human than plant.

There are a multitude of mushrooms to choose from that have phenomenal benefits to health but for this article I would like to point the spotlight on reishi.

In herbalism, reishi is heralded as a powerful tonic of longevity likely due to its powerful antioxidant properties. The Chinese consider it the mushroom of immortality. I personally feel it to be an ally specific for the trials and tribulations of the current times.

As an adaptogen, reishi increases your resilience to stress and change. It has a general normalizing action and supports the adrenals for those who burn the candle at both ends or those struggling with long- or short-term stress. As a nervine, it is nourishing to the nervous system overall and can have a marked effect on anxiety levels. Adding coconut milk, ghee or fat of your choice to your concoctions will enhance the adaptogenic qualities.

As an immunomodulator, it supports both depressed as well as over-active immune systems to find their natural balance. When brewed in hot water, reishi releases polysaccharides having a beneficial effect on the immune system. Reishi has antiviral properties. It is very effective against the

flu virus and studies have shown them to have up to 10 times the effectiveness of pharmaceutical anti-viral medicine.

In 1996 our bees suffered an epidemic from a mite that threatened to devastate the bee population. Stamets started testing various mushrooms on bees in his lab. He found that through the use of certain fungi, they could kill off the mite at the same time having no detrimental effects to the bees. Further experimentation showed that forest mushrooms are beneficial to the immune system of bees and reduce viruses helping them live longer. The fungi that rot the logs in the forest are absolutely critical to the immune health of the bees he found, and the bees are critical to our continuing food supply. It should be noted that deforestation has a major impact here.

Mushrooms, Mycology of Consciousness — Paul Stamets, EcoFarm Conference Keynote 2017 <https://www.youtube.com/watch?v=t8DjeaU8eMs>

Reishi is traditionally used by the Chinese and Japanese for a host of conditions including asthma and hypertension as it has a deep affinity for our hearts and lungs. Reishi has the capacity to balance blood pressure and blood sugar, a blessing for those who struggle with type II diabetes. It has also been known to lower cholesterol.

Reishi is liver protective and is used in cancer treatment as both a preventative as well as treatment. It has shown to be beneficial against the negative side effects of chemotherapy and radiation. — *Mirrors In The Earth*, Asia Suler



Reishi mushroom root slices.

Properties are water soluble so the best preparation is to use the dried mushroom as a decoction. Reishi is very bitter so adding honey or stevia will serve to sweeten the experience. I encourage folks to get creative with reishi when seeking the best way to consume it. Some people add reishi to alternative coffee blends, some make mushroom latte or chai. Below you will find a recipe for mushroom truffles and I will offer the old mom trick of adding it to your soups or stews as a seamless method of administration.

To make a decoction, start with twice as much water as you want to end up with. Add the equivalent of one heaping tablespoon of reishi per cup of water (does not need to be exact), low boil down to half, strain and drink.

TIPS:

- When buying reishi always opt for the root slices. Once the whole mushroom is dried it would make a fine addition to any collection but almost impossible to slice for consumption.
- Most mushrooms are psychedelic in nature. Expanding our consciousness (mind) and giving us new perspectives. If you experience any undesirable effects from consuming mushrooms of any type, stop consumption immediately.

Today humans are starting to explore
continued on page 4

Medicinal mushroom chocolate truffles

- 1/4 cup raw coconut oil
- 1/2 cup raw cacao powder or carob powder (if you prefer)
- 2 teaspoons powdered medicinal mushrooms of your choice
- 2 tablespoons raw honey
- 1 tablespoon water
- 2 tablespoons organic turmeric powder and/or beetroot powder to roll truffles in

Melt the coconut oil by placing the jar in a non-plastic bowl of boiling water — this won't take long. Once melted, pour the coconut oil into a small bowl and stir in the cacao, herbs, honey and water until well combined.

Pop the bowl in the freezer for a couple of minutes so that the oil becomes firm enough to roll into balls. Roll a teaspoon of the chocolate mixture into a ball on a smooth surface. You can use your hands but the mixture will melt faster. Roll in turmeric or beetroot powder and set on a plate. Chill for 15 minutes before serving.

Truffles will keep for 5-6 days in the fridge in an airtight container.
<https://livingnow.com.au/medicinal-mushroom-chocolate-truffles/>
Reishi mushroom slices are available at The Thymekeeper.



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The Thymekeeper

Fungi oh my!

continued from page 3

the way fungi can help us reverse damage we've caused including regenerating soil which gives rise to new life, filtering water, and preventing infectious diseases. It can break down heavy metals, clean up toxic spills and heal contaminated soil.

On many levels Nature has shown to possess intelligence and fungi is one aspect of Nature that I find fascinating and mysterious. Like Paul Stamets, I feel that Nature is a benevolent force for good. The answers to many of the issues we face today regarding our health and the health of the planet could be lying directly beneath our feet if we open our minds and hearts to the possibilities that have existed all along. Per Mr. Stamets, the undiscovered knowledge laying before us is more vast than our minds can imagine.

"The fact that we lack the communication skills to communicate with Nature does not impugn the concept that nature is intelligent, it speaks to our inadequacy for communication." — Paul Stamets. (Mushrooms, Mycology of Consciousness — Paul Stamets, EcoFarm Conference Keynote 2017)

For a fascinating look at mushrooms and fungi see the youtube documentary called How Fungi Changed My View of the World. <https://www.youtube.com/watch?v=KYunPJQWZ1o&t=308s>

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.

Obituary

Kathleen Allen Lisi

Kathleen Allen Lisi of Florissant, Colorado passed away with her husband of 38 years, Nicholas (Nick) Lisi, and her family by her side, at the age of 63. She was born on July 23, 1959, to Patricia Lucille Mary Thomas Allen and Richard Leland Allen in Denver, Colorado, the eldest of their five children.

She is survived by her husband, Nick Lisi, her children and their spouses Hillary Ligon (Kyle), William Lisi (Marissa), Adam Lisi (Jenna), her mother, Patricia Allen, her siblings and their spouses Colleen Westbrook (Gary), Doreen Harvey (Ron), Maureen Zeiger (Billy) and Rick Allen (Kristie). She also leaves behind five grandchildren: Arthur, Adelyn, Eleanor, Beatrice and Benjamin. She was preceded in death by her father, Richard Allen.

Kathleen will be remembered as a loving wife, as well as a loving, exceptional and unique mother, daughter and sister, a steadfast friend, and a wise woman who always had sharp and insightful observations about life and the world.

Kathleen was a lifelong artist. She loved to paint and draw, with her medium of choice being watercolors. She also loved the Spanish language, studying it at college, spending time in Spain, and speaking Spanish any chance she got.

Kathleen also loved to cook and garden, and she was an avid reader.

Kathleen attended the University of Northern Colorado in Greeley, double majoring in Spanish and Art. She later got a Master's Degree in Education. After college, she met her future husband, Nick Lisi, while working as a waitress at the Colorado Cake and Cookie Company in Woodland Park, Colorado. Nick and Kate were married on March 18, 1984. They bought property in the Florissant area soon after, where they eventually built their family home in 1995. Kathleen worked as a waitress when her children were young, and later got her teaching license and taught high school Spanish and Art classes at Woodland Park High School. She retired from teaching in 2014, working briefly at the Colorado Nature Place cooking. In her retirement she focused on reconnecting with her hobbies and spending time with her beloved husband and family.

Services will be held at the Florissant Grange on Saturday, December 10th at 1 p.m. In lieu of flowers, the family prefers donations be made to Rampart Range Libraries in Kathleen's honor, as she was a devoted library patron. <https://rampart.colibraries.org/about-us/support-your-library/>



Adopt Me by Ark Valley Humane Society

Sensi

Sensi was found at an abandoned campsite near Salida last month. The reporting party said she was very thirsty and couldn't even stand when he found her. She was very overweight and needed help to get up to go to the bathroom in our care. Despite obviously being in pain, Sensi has always been extremely kind and gentle with staff. She is currently receiving special weight loss food, pain medication and Adequan injection to help with her arthritis and to get into better shape! We've seen Sensi slowly improve while in our care. She now can get up on her own and will go on short walks to go to the bathroom. She's slowly losing weight and seems happier with each passing day. She's moved to a foster home recently where she does amazingly with the cats and dogs in the home (and doesn't have any potty accidents!). We do recommend a home without younger children since she is very achy at times. At 13 years old, Sensi is hoping to find a calm home where she can live out her golden years in peace, and never have to worry about being abandoned again. Please call 719-395-2737 to set an appointment to meet Sensi!

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



Currant Creek Characters

The Davis's - part XXIII

by Flip Boettcher

photo courtesy of ancestry

Continuing south down Currant Creek, the next early homesteader is Olaf Duzell Adamson Davis. Part of Davis' north property line bordered part of the south side of the Dell's homestead with the old wagon road and Currant Creek running through the middle.

Olaf paid cash for his 160-acre homestead, which was proofed up in 1885. The old 1879 land office survey shows a house on the property. Later in the early 1970s, Delores Harvey's sister Ruth Ann lived there with her husband. The cabin was torn down several years ago by the owner.

About two miles south at MM 20 and continuing downstream almost to where the suspension bridge spanned Currant Creek, was the homestead of Charles Davis. Charles proofed his 160-acre homestead in 1884, after living there five years and making improvements. The witnesses were his son Aaron C., John Whisler, Joseph Skyes and William Beery. Davis called it the Kester Ranch. An August 1882 article in the *Fremont County Record* said Charles Davis, former resident of Cañon City, owns the Kester Ranch on Currant Creek.

There is not a lot of information about either Olaf or Charles Davis and no direct relationship, but there must be some distant relation somewhere.

Olaf was born in Sweden in 1840 and arrived in New York City about 1860. In November, 1875 he married Ingar Phersdotter in Massachusetts. Ingar was also born in Sweden in 1852 and died in 1939.

The 1880 census shows the couple living on Currant Creek, neighbors of the Dell's. Olaf, a farmer, is 38, his wife Ingar is 28. Their daughter Anna Elizabeth, born in MA, is 4 and their son Oscar Adam, born in South Park, is 1. The couple

has seven other children: John Carl, 1881-1887, born in Cañon City; Alfred Theodore, 1883, born in Cañon; daughter Allene, 1884, born in Cañon; Curtis Ivan, 1891, born in MA; Raymond B., 1896-1896, born in MA; Harold, 1898, born in MA; and one child who died 10/30/1882, probably born about 1880 and is buried in the Cañon City Greenwood Cemetery.

The family is listed again in the Colorado 1885 census on Currant Creek and Olaf is ranching. Around 1890, the family is back in MA where three of their children are born.

By 1900, Olaf, 59, is living in New Mexico with Ingar, 47; Anna, 23; Oscar, 21; Allene, 11; and Curtis, 9. The 1910 census states that Olaf was naturalized in 1877 and is living in NM farming, with Ingar and daughter Anna. Olaf died in Raton, NM, December 14, 1924 and is buried there. His headstone spells his name Olof Duzell Davis. Ingar died in 1939 and her headstone is next to Olof's.

The only Colorado historic newspaper mention of Olaf on Currant Creek was in the *Flume* August 30, 1883 issue about a flood on Currant Creek and Davis suffered some loss.

According to Harry Epperson in *Colorado As I Saw It*, the upper Currant Creek area was known for its floods and pretty girls. Don't know about the pretty girls, but the area regularly flooded and many people perished in the raging waters. Some blamed the flooding on overgrazing and timbering on the slopes.

The 1883 account reports that a waterspout struck the south side of 39-Mile Mountain and the gullies and gulches suddenly filled with water. Ranchmen in the area suffered the loss of crops, fences and land.

William Beery at the head of the creek

escaped any loss, but a dry gulch at A.J. Bates' brought down a roaring stream 15-20 feet high engulfing his property. Bates saved four horses from drowning in his stables and the next day he found his wagon buried up to the seat in mud.

The waters roared through Smith's place wiping out all his crops and at Littleton's, it ruined his crops and much of the land. Most threatened was Mrs. Scott's place at MM 20. The waters almost took out her cabin and her son-in-law John Whisler had to carry his wife out of the house. When they went back in the house after the waters had receded, they found a 125-pound tub of butter inside!

Below there, Charles Davis lost 40 rods (1 rod = 16 ½ feet) of fencing, 14 acres of potatoes and five acres of oats. Dells, Alstrum's, Asher and Olaf Davis suffered some loss, the article reported.

Another flood in 1890 damaged the ranches of Aaron Davis, the Seymour brothers, Pete Alstrum and Sweeney. Perhaps the flooding is what prompted Olaf Davis to return to MA?

Charles Davis was born in Sweden in 1823 and the 1880 census lists him farming on Currant Creek and living with his wife Anna, 50, born in 1830 in Sweden. Their three children, all born in Sweden, are living with them: Aaron C., 18, born 1862; Nellie, 16, born 1864; and Annie, 12, born 1868. The 1879 survey map lists a house on the property.

A January 13, 1881 *Flume* article in the "Talk on Currant Creek" section, reports that at a ball given in South Park at O.P. Clark's hall was attended by William B. Hammond, R.J. Munn, Aaron C. Davis, Live Longfel-



Ingar Davis headstone in Raton, NM.

low and their ladies from Kester. Also in the same article that Mrs. A. Davis received an elegant chromo at a Christmas party. A chromo was a color chromolithograph popular around 1855-1860.

Charles was naturalized in Denver in 1883 listing John Whisler as the witness. A November 20 1884 *Flume* lists those voting from Kester. The democratic voters were John Whisler and David Goodnight. The republican voters were H.H. Hammond, Aaron Davis, Charles Davis, Littleton, John Bender, W.A. Hammond and William Beery.

In the years 1887-1889, Aaron C. Davis was the Kester postmaster and the post office was at the Kester Ranch. Aaron is also in Park County in 1891.

Strangely, a February 1888 *Flume* reports that Charles Davis, 65, and his wife Anna, 58, of Currant Creek made their wills and recorded them. So far, the couple seems hearty yet, the article reported. An April 1888 *Flume* though, reports that the wife of Charles Davis is seriously ill. Having found no record of her death, it is not known when she died.

The last mention of Charles is in an April 1893 *Flume* at a county commissioners meeting, stating that Charles and Aaron Davis owed \$418 in taxes.

The last mention of Aaron C. is that he married Fannie H. Pukkendel in July 1914 in Boise, Idaho and divorced her in December 1916.

Thus ends the story of the Davis's on Currant Creek.

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Be prepared for evacuation

by Coalition for the Upper South Platte

December 30, 2022, marks the first anniversary of the Marshall Fire in Boulder County. The fire was called into emergency services at 11 a.m. It was declared out of control within three minutes of first responders locating the fire. Tragically two people lost their lives, 1,056 structures were destroyed, and 6,080 acres burned. All of this one day before snow began to fall on December 31. The cause of the fire is still unknown.

The Colorado Division of Fire Prevention and Control requested a Facilitated Learning Analysis of the fire. The report is a detailed story map of the fire, its causes, impacts, and response. Strong winds, with hurricane-force gusts, pushed the fire through critically dry vegetation with little resistance. As structures were impacted, burning embers and debris flew up to ½ mile ahead of the burning front. First responders faced the wind-driven fire and flying debris, which broke windshields, blew off vehicle doors, and stripped off helmets and safety glasses.

Many lessons can be drawn from the Marshall Fire, and communities statewide are reviewing their procedures and construction regulations to help mitigate the impacts of this type of event. But, as we have been warned time and time again, there isn't a "fire season" anymore, and this sort of winter event can be expected in the future. We anticipate wind and we anticipate dry conditions, but the Marshall Fire demonstrated just how volatile the

combination could be.

What should a property owner do? Of course, mitigation of vegetation surrounding structures following the Colorado State Forest Service recommendations and home hardening against wildfire are always recommended. Beyond that work, we all must be prepared to live in this changing environment.

At the risk of sounding like a broken record, the best advice is to BE PREPARED! Sign up for local emergency alerts, know where your important documents are, plan to evacuate yourself and your animals, and pack your to-go bag. When the warning to evacuate comes, DO NOT HESITATE. Know your evacuation route and an alternate.

The most important thing to remember in any natural disaster, including a wildfire, is to protect people and then worry about possessions. We hope it never happens, but the Marshall Fire showed Colorado and the nation how an unexpected wildfire can quickly spread and impact thousands.

- The Facilitated Learning Analysis of the Marshall Fire can be found here: <https://storymaps.arcgis.com/stories/83af63bd549b4b8ea7d42661531de512>
- Colorado State Forest Service Residential Mitigation Recommendations: <https://csfs.colostate.edu/wildfire-mitigation/>
- Evacuation Preparation: <https://www.usfa.fema.gov/downloads/pdf/publications/wildfire-evacuation-checklist.pdf>

Call for Entries 2023

The Manitou Springs Chamber of Commerce invites all community members, artists and graphic designers to submit their best art designs for a chance to be featured artist on the official 2023 Manitou Springs Carnivale Poster.

Submissions will be accepted immediately. The deadline for entry is Thursday, December 15, 2022. Any art submitted must depict the theme "Manitou Time Machine" honoring 150 years of Manitou Springs' history through the decades.

Artwork must be designed or uploaded as a high-resolution digital file. Please send submissions with the subject line: 2023 Carnivale Poster to manitouspringscarnivale@gmail.com. By making a submission to this call, you are licensing your submitted artwork to the Manitou Springs Chamber of Commerce for use in future promotional material.

The selected artist will receive a feature on www.manitousprings.org, and be credited as the artist of the poster background.

We look forward to seeing your submissions!

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



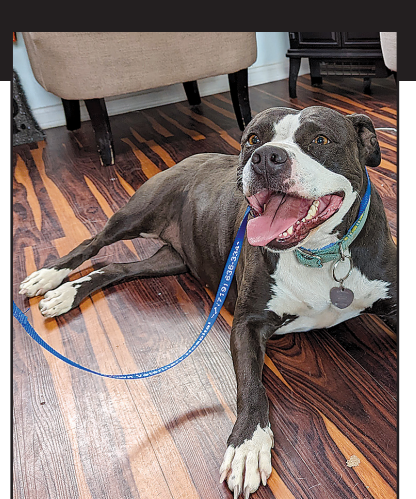
A Colorado columbine depicted on a vintage postcard. From the S.W. Veatch collection.

When I Return

by Steven Wade Veatch

*I will stand in the aspen groves
that edge the old mine,
look at the columbines
growing in the moist ground, listen
to the woodpecker drumming,
and feel the mountain air moving
through the ponderosa pine trees.*

*How fortunate people are to live
in the same place all their life.
I know this land holds my history
and my future will end there.*



A Look Inside the Artist Joanna & Eric Johnson, artists, publishers and fiber artists by Mary Shell

A few months ago, a friend and I visited the fiber show in Salida. Amid all the fabric booths and displays I spotted a small booth displaying beautifully illustrated children's books. After a short chat it was clear to me that people would love to hear their story. It's seldom found a husband-and-wife team in the art world that work together on projects, but these two seem to have what it takes. An artist and a writer together can create magic... if they have that magic themselves and it seems these two have it all.

How long have you two been creating books together?

Our first book, *Phoebe's Sweater*, started as a simple storybook project. I began thinking of how neat it would be to include an actual knitting pattern for the sweater in the book itself. I started doing some research and found that although there was a healthy selection of "knit lit" for adults on the market, no one had really attempted this style of book for children. For us, it seemed so natural to include the story, the illustrations, the pattern, and the photos all together in a cohesive project. It has been really rewarding creatively to be able to mesh my interests and passions together into our book projects.

Who comes up with the ideas?

We spend a lot of time conversing about our story ideas, characters, and settings. Our children love stories, art, animals, and our daughter is a talented "crafter" in her own right, so we do talk with the children about our ideas, they are a great resource! We read to them, show them the knitting projects, and especially see what they think about Eric's sketches. It is hard for us, as adults, to remember what things are actually important to children sometimes and observing and listening to them is a great inspiration to us.

What considerations do you have in creating your characters?

It is really unusual for a children's book author and illustrator to work as closely together as Eric and I do. I am really spoiled in that I am able to have a lot of input into the tiny details of the artwork, and, in a similar way, Eric has a lot of influence on the way the stories develop, too. We both have really different strengths, and always approach our work with a common vision to develop our stories and characters.

You two wear lots of hats...art, publishing, selling, and designing books plus knitting. How do you decide who does what?

We feel fortunate in that we both have different skill sets that happen to sort out nicely when it comes to running our own publishing company. Eric keeps his focus on the illustration, book layouts, warehousing, and shipping. I focus on writing, publishing, designing, and event planning. When we encounter something, we aren't skilled at, for example, photography, we



The pair works well together by acknowledging and complementing each other's skill-sets. Below is a sample page from their book *The Yarn Shop*.



contract that out. It seems to balance out well considering the variety of tasks we need to balance.

How do you make decisions in building your characters?

Generally, we spend several months brainstorming about what characters we would like to consider for a book. Of course, it needs to be an animal that looks cute in clothing and that has hands that can hold knitting needles! Often, we chat with our children about animals and names, and then we love to imagine what kinds of animal friends and neighbors our characters will interact with.

How did you come to creating knit clothing for children from your book characters?

As a busy mom of three children, I really enjoy creating patterns for children and families. Because a lot of my patterns accompany our knitting storybooks, it has dovetailed rather beautifully for me to create patterns for toys, accessories, and garments that correspond with my stories and my husband Eric's illustrations. It really takes the knitting experience to an entirely different level to have the story and artwork mesh together, and to provide knitters with the opportunity to bring that imagination to life by creating items from the stories for their little loved ones.

What's in the future for you?

This year, Eric is illustrating a new book. For the first time, it is a story that is written by someone other than me. We have had a lot of requests for Eric to do the artwork for other projects and this year his schedule opened and the perfect story landed on our doorstep, so we are hoping for more collaborations like this in the future. I have been adding new festivals to our events calendar, and we are really looking forward to reaching new

audiences in person as we travel more around the country.

What was the hardest part of illustrating, publishing, and selling?

Sometimes we get stuck! We have two things we like to do to clear our heads and get inspired. One thing is to take a walk or hike and just step away from what is happening. We have a Great Pyrenees dog and taking him out for a walk, or a hike is a great way to clear the cobwebs and refresh ourselves. A road trip is another way we break up the routine. Most of our creative "breakthroughs" have happened while we are away from our studios and out on the road or out in nature. It's tempting to get stuck and start looking at other people's work for inspiration, but for me, that usually leads to frustration. A good old fashioned "time-out" has been our best remedy to shake up the routine.

What part of your creations do you find rewarding?

Our family is the number one most important thing to both of us, and our creative work really captures that spirit. When we started out, I was a young mom, and now that we have teenagers, I realize how amazing it is that we could capture some tender moments with our children right as they were happening. We are inspired by our kids, their experiences, each other's creativity, and by the experiences our readers have when they enjoy our books with their children, grandchildren, and friends, so it is like a perpetual motion machine. It would be hard NOT to do what we do, seeing how it all dovetails together.

You can find more information at slatefallspress@comcast.net and also on Facebook.

Mary Shell can be reached at www.maryshellart.com

Holiday window decorating contest in Manitou

The Manitou Springs Downtown Holiday Window Decorating Competition has returned for 2022, starting on December 1st. To be eligible, businesses should decorate their storefront windows to show off the most holiday flare, so they can catch the eyes of residents and visitors in Manitou Springs this shopping season. Judges will select winners based on four elements:

Creativity, Most Colorful, Holiday Theme, & Overall Appearance. The grand prize is a \$125 Ace Gift Card from our

signature event sponsor, Ace Hardware Uintah Gardens. Second place will receive \$75 and third place \$50 in Ace Hardware gift cards.

A People's Choice award will be given, and we are asking for your vote! Cast your ballot for the storefront with the best overall holiday decorations. Voters can submit their vote for their favorite display through drop boxes around Downtown Manitou Springs. The contest runs December 1-26, with winners being an-

nounced on December 30.


Businesses interested in competing in this year's contest are asked to register through this form https://docs.google.com/forms/d/1f2cqlXacT_xsY18nILK-GDqOYqjKJLXApstqluWAR8hQ/viewform?edit_requested=true

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Critter CORNER



Doesn't feel so cold when you have a friend - Jeff Hansen, Florissant, CO

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It was December the twenty-third and Jack and Ben were really excited. Christmas was almost here, and they were wondering what they were going to get this year. Jack was hoping for a new baseball glove, whereas Ben wanted a new bike. School was out for the holidays, there wasn't much snow, and the boys were having fun playing ball, riding their bikes all over the place and hiking the many trails in the mountains of the area. That afternoon as they were resting in the Blue Owl malt shop drinking their malts, Ben suddenly looked at Jack and said, "We've been having a lot of fun the last few days, but you know what we haven't done?"

Jack swallowed his mouthful of chocolate malt and said, "What?"

"We haven't been to the carousel for nearly three weeks," continued Ben. Then Ben lowered his voice a said, "I mean at night."

Jack looked at Ben as his eyes got big and said, "You're right! Let's go tonight."

Ben smiled and said, "Eight o'clock?"

Jack returned, "Eight o'clock."

It was very dark at eight o'clock that night as Ben and Jack met at the back door of the Carousel of Happiness. There were thick clouds covering the quarter moon and stars, and a light snow was falling as Jack used his skeleton key to open the door.

The two boys slipped inside, and Jack locked the door as they looked around in the dim light of the only light bulb that was glowing.

"Where is Danny?" Asked Jack.

"Yeah, and where is Leo?" wondered Ben, "They usually meet us here."

The two boys started to walk farther into the building looking for the two animals when a slight mist arose from the floor and suddenly in front of them stood two of the carousel animals. But it wasn't Danny the dragon or Leo the lion.

There were two new animals in front of them, a Goose and a Reindeer.

Ben was about to ask where Danny and Leo were when the reindeer spoke, "Greetings, friends, I'm Randy the reindeer and this is Gladys, the Christmas goose. We have come to take you on your adventure tonight. Would you mount us so that we can get started?"

Ben and Jack looked at each other then, the two animals and said, "Why not?" as Ben mounted the Reindeer and Jack jumped on the back of the goose the mist started to rise even more to cover them.

It was but a few moments and then mist was gently blown away by a slight breeze and the four friends found themselves in a strange country and it was not winter. They were on a small hill overlooking a village that was from ancient times.

"Hey, I think I know this place," said Ben. "I've seen pictures of it all over the place at Christmas time. This must be Bethlehem, where Jesus was born."

"Yeah, I think that you're right,"

exclaimed Jack as he looked down the hill at the dirt road leading into town. "Look, aren't those shepherds walking toward that old house?"

"I think you're right," said Ben, shall we go down there and see for sure?"

Randy spoke and said, "I don't think we should. It is not the place for us to be seen, because this is an actual event, not a fantasy as you are used to being a part of. This is actual history. I think we should go elsewhere."

The mist started to rise and soon they found themselves in another place. They watched as a grumpy old man walked down a dark street and started to enter a large building. He stopped at the door and was surprised as the door knocker spoke to him; it said his name, "Scrooge!"

"Bah, Humbug!" he said as he pushed the door open and climbed the stairs to his rooms at the top of the building.

The mist rose to the window of the old man's rooms and the four watched as he was visited by three ghosts that told him things about himself, past, present and future.

They watched him when he was a young man full of ambition and love. He lost that love, but not his ambition. His desire for great wealth grew and grew as he became a very wealthy man.

They watched as he came to his own time with another ghost and saw how he had made other people suffer because of his greed and desire for even more wealth.

Then the third ghost appeared, and they saw him in great fear of his own death as he looked down at his own gravestone and swore that he could and would change and be a better man.

They watched as the mean old man changed into a nice old man that was soon loved by the people of his town as he gave gifts to the poor and helped the sick and needy. They heard many people saying "Thank you, Mister Scrooge."

The mist rose again as Ben asked Jack if he recognized the story. Jack said that he did, it was called "The Christmas Carol" but he couldn't remember who wrote the story.

The four soon found themselves at night, in a snow-covered mountain community where there was an odd-looking green creature running about taking the Christmas decorations away from the city. He even went into the houses and took the Christmas trees and the gifts that had been placed under the trees. He even took the food that had been prepared for the Christmas feast. He piled all of this on a large sled and forced a little dog to try and pull it all away.

As the green thing left the city, he heard the people start to sing and give thanks for Christmas. The green creature found that the people were far more thankful for the meaning of Christmas than the receiving of gifts or the great feast. It changed his heart, and he quickly returned all that he had stolen and joined in the song and even the Christmas feast.

"I remember that one," grinned Jack, "That was 'How the Grinch Stole Christmas.'"

The mist rose again, and they found themselves in another place. They seemed to be riding on a train. It was an Express train, and the train was going very fast as it went north through the deep

snow on the heavy iron tracks.

They watched as a young boy sat in the passenger car with other children who were drinking hot chocolate and eating pastries. They were all laughing and playing, all but the one boy who sat and just looked at the others. He had a question in his mind. Was Santa Clause real?

It didn't take long before the train arrived at the North Pole and there was a large city filled with happy dwarfs running about filling a large sled with bags and bags of presents. Then Santa came out of a big building and saw the boy just standing and watching. He gave the questioning boy, "The First Gift of Christmas." It was a bell from the reindeer harness.

Santa told him that only people that believed in him would be able to hear the bell ring. The boy shook the bell and heard it ring. The boy found that he believed in Santa after all and went back home with all the other children on the train. Jack and Ben both called out, "The Polar Express!"

The mist rose again and they, once again, found themselves at the North Pole. This was a different place than the other North Pole, but Santa Clause was there, and he was having a difficult time.

It was Christmas Eve and there was a fog that was so thick that Santa couldn't see to fly his sleigh to the children's homes to place their gifts under the trees. What was he going to do?

Randy the reindeer started to go to Santa and offer help, but the mist wouldn't allow it. It became so thick that Randy and Gladys couldn't see through it.

"Just wait, Randy," said Ben, "It will be alright, watch."

The mist cleared a bit and the four friends saw another reindeer approach Santa. This one had a nose that glowed bright red and Santa could now see through the thick fog.

"Go to the front Rudolph," said Santa, "and light the way for us."

Soon the reindeer, Santa and the sled were in the air and flying through the fog to deliver Christmas presents to children all over the world.

"I'm surprised you didn't know what was going to happen, Randy," said Jack as they watched the fog start to rise again, "That was Rudolph the Red Nosed Reindeer. There is even a song about him."

Soon the four found themselves in another large city and they were on the top of a big house that was higher than most of the surrounding homes.

Soon they could hear the ringing of little bells and the laughter of a very happy man. They looked in the direction of the laughter and saw Santa coming out of a chimney with an empty bag and getting into his sleigh. He started filling the bag again as the reindeer flew, pulling the sleigh and Santa to another house.

Once again, Santa jumped out of the sleigh with a full bag in his hand and climbed down another chimney.

The four friends could hear him laughing as he came back up the chimney and climbed back into his sleigh. Off they went again to another house where Santa disappeared down another chimney.

They watched as Santa and the reindeer pulling the sleigh moved faster and faster delivering presents to children all over the big city. They followed as they flew off to another city and continued delivering presents.

Jack smiled as he watched Santa go from place to place. It was not long before he saw that they were

getting close to cities in the mountains of Colorado: Denver, Colorado Springs, Durango, Pueblo and other big cities.

Then Santa started going west and delivered presents in Buena Vista, Salida, Fairplay and Como. Then it was north toward Breckenridge and Frisco.

"Hey!" shouted Ben, "We are heading toward our homes in Nederland."

"Yeah, We'll get to see what we are going to get for Christmas before anyone else," laughed Jack.

Soon they were over Nederland when suddenly the mist swirled and covered them. They lost sight of Santa and the reindeer pulling the sleigh. They could no longer hear the ringing of sleigh bells or the laughter of Santa as he delivered the presents to the families of the town.

"What's happening?" called out Jack, "Why can't we see Santa anymore?"

"Yeah, I wanted to see what we were going to get for Christmas," said Ben.

Suddenly, they found themselves, as the mist blew away, back in the Carousel of Happiness and it was still December the twenty-third.

Jack got off Gladys the goose and Ben climbed down from Randy the reindeer, as Randy started to speak, "There are some things that even we can't share with you boys."

"Yes," added Gladys, "You are just going to have to wait for Christmas morning to find out what Santa brought you."

Jack looked at the two carousel animals with a question on his face as they started to walk back to their places on the carousel.

Then Ben and Jack said at the same time, "Do you know what we are going to get for Christmas?"

Randy turned his head as he walked away and said, "Yes. But you'll have to wait."

Ben grumbled as he put his hands on his hips and said, "I hate waiting!"

"Patience, dear ones, patience." They heard called to them from across the carousel.

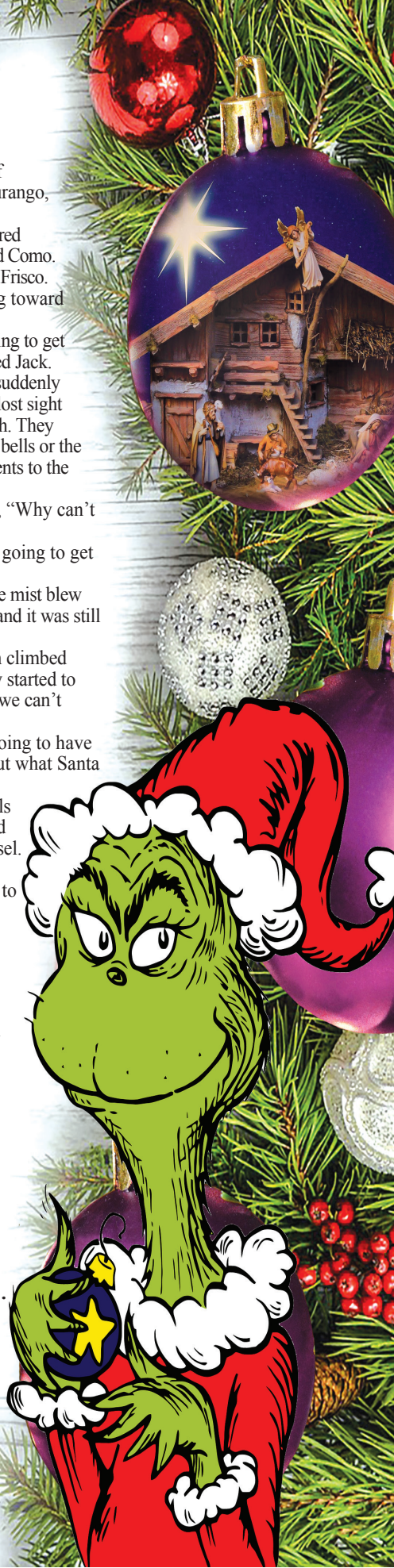
Jack and Ben walked to the back door of the carousel and Jack unlocked the door. As they walked out and Jack closed the door, they heard once again, "Patience!"

As they walked back to their homes, Ben said, "Well, it is only two days away."

To be continued...

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

Thank you to the kind folks at Carousel of Happiness for engaging in this fictitious series based on their carousel. Carousel of Happiness is located at 20 Lakeview Drive in Nederland, CO.



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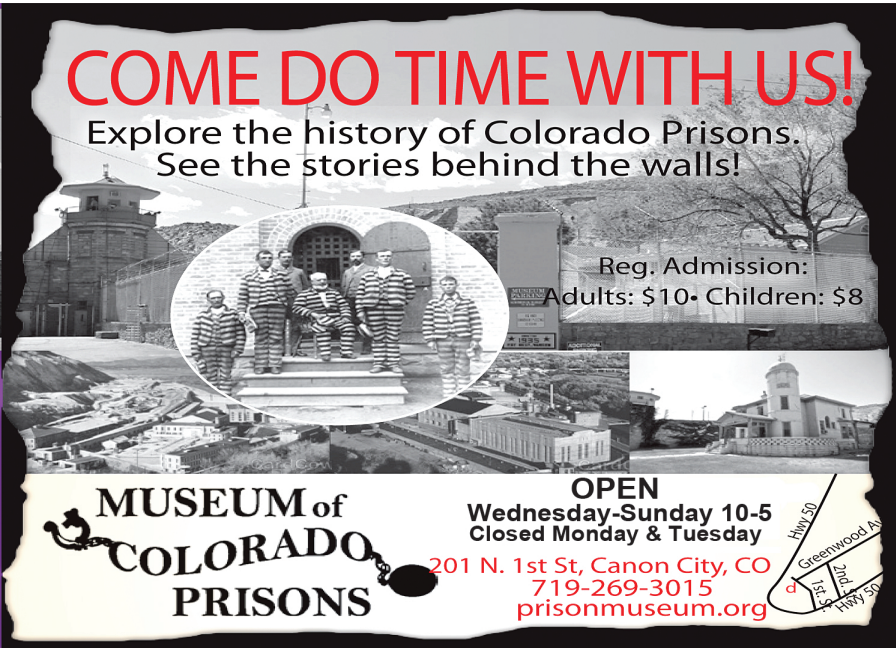
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Fitness ON the Mountain

Fitness goals can be fun

by Lori Martin

The topic of goal setting is often associated with New Year's Resolutions. Personally, goals are something I have to work really hard at and often times, I tend to quickly discard them. This is not an unusual phenomenon but we all have our strengths and weaknesses. Whether we are really good at balancing a budget or balancing our muscle groups we all have had those moments of feeling like a failure in what seems like an attempt at a reasonable goal. There are many reasons for losing track of our goals.

For most of us, we are our own worst enemy. We resort to negative self-talk when we what we really needed was a plan for unexpected events like the kids getting sick or a demanding boss. These are obstacles, not excuses and if we have a plan in place, we will be more prepared to navigate them.

Sometimes our goals are unrealistic. My body seems to have a mind of its own and reprimands me if I have set an unrealistic goal. Unlike most trainers, athletes and fitness enthusiasts, I have what is commonly known as a low pain tolerance. When my body gives me the back-off command, I listen. Listening to our body is an extremely important part of protecting ourselves from harm or injury and usually indicates our goal may have been an unrealistic endeavor from the start. In my case, the consequence of being so in-tuned is having missed out on the important experience of setting and achieving goals. Lucky for me fitness is my passion which, makes it easy for me to pivot my goals.

One of the lessons I learned about fitness, exercise and staying in shape is that not everyone enjoys working out. As a matter of fact, my enthusiasm for exercise flat out annoyed one woman. The young mom entered the gym one day. I greeted her, "Hi... How are you doing today?" Her answer to my friendly hello was a scowl but, I wasn't going to let that stop me from being a part of her positive experience at our gym. My mission, after all, was to greet everyone that walked through the door even if I'd had a bad morning.

Perhaps she had a bad morning and needed some cheering up. "I'm glad to see you here again. You're doing great. You've been in almost every day this week!" Her scowl quickly became a growl and I looked at her perplexed. "Don't you enjoy working out?" She snapped back that not only did she not like it, she resented the fact that she had to be there, at all! Mind Blown!

It was that day that I learned not everybody loves exercise as much as I do. The power, the endurance, the athleticism, the movement, the science behind it, I ate it

up like dessert.

I pondered what it would be like for me if I didn't enjoy working out but, made myself do it anyway. It occurred to me that I was successful in my workouts because I enjoyed it so much. I never had to set goals. This was my job and I loved it. I don't love cooking or planning meals though. For years, I always considered food, fuel. I didn't think about whether or not I enjoyed it.

Debi Blackwell is one of my original Pilates members. She had moved to our neighborhood from a warmer climate where she and her husband were quite active year-round. Similar to myself, it was an adjustment living through the winter in Teller County. Debi came up with a brilliant system.

If you're considering joining a gym look for one that offers programs to keep members motivated.

She purchased an exercise bike which she rides 5 days a week for 10 miles each day. In January, she began logging 200 miles each month. Her 2022 goal was to bike from Divide, CO to Ottawa, Canada. At the end of each month once she's completed her 200 miles, she researches the destination where she's landed and learns interesting facts about the location.

It's fun hearing about Debi's virtual trip during our regular Pilates sessions. For example, when I asked about the different locations she's stopped throughout the year Debi replied, "I recently made it to Niagara Falls, NY which has been my favorite stop so far."

I currently have an art challenge, a writing/creative challenge and a wellness challenge on my list. These challenges are short term goals of 5-30 days. My hope is to start small and get used to being consistent. After all these years, I need to have the experience of setting goals and achieving them.

My long-time friend, Laura Bolcik, mentioned a fun way she is keeping active that might interest our readers. Even those warm weather Californians struggle to squeeze fitness into their crowded schedules and hot summer days.

Laura and a small group of friends do what they call The 30-30-60 Challenge which consists of 30 push-ups, 30 squats, and 60 bicycles (Ab crunches) every day. On a text thread, they check-in with each other using a special emoji/symbol when they have completed their daily goal. "It's a really nice way to do a little something every day and kind of be held accountable," said Laura. She mentions, "There have been days where I have gone to bed and remembered I didn't complete the challenge. I have actually gotten out of bed just to complete all of the 30-30-60 exercises and send that text." Sending that text keeps her accountable and doubles as a reward or a badge.

Having those friends is like having a virtual "gym buddy" she says. You don't have to schedule to meet your gym buddy at an expensive fitness facility or text them that you're going to be late or feel bad because you had to cancel. You do the challenge on your own time, as long as you do it before you go to bed.

I didn't ask Laura but, having known her for most of my life I'm pretty sure she doesn't stop with The 30-30-60 Challenge. More likely, Laura will feel compelled to go out for a walk or meet a friend for a hike after completing her

challenge. Sometimes just getting up from whatever work or project we're doing to complete a challenge like The 30-30-60 leads to more movement, more exercise. Ten minutes of dancing to our favorite songs or playing with the kids or dogs counts as exercise in my book. For those high achievers, these ideas may seem trivial but, if you find a way to move your body a little more, there is potential to increase calorie burn, and build muscle thus, nudging you a little closer to those goals.

Perhaps you work out 5 days a week at the gym but you're not seeing the results you were a few months ago. Fitness challenges have the ability to kickstart your metabolism if your goal is to lose weight. Boredom is often a factor in exercise retention. Challenges can renew our enthusiasm and remind us how accomplished achieving even small goals can feel.

If you're considering joining a gym look for one that offers programs to keep members motivated. There should be an abundance of exercise classes, for all levels. Punch cards and reward systems are valuable to members' success as well.

A bench press challenge is a great way to engage cardio-focused members. A smart gym will offer free childcare and free initial training sessions for new members. Introducing fitness in a way that makes it easy and fun will benefit the new member and the fitness facility.

With the end of 2022 quickly on its way we all can start today to train our minds in small ways to prepare us for that bigger fitness goal. Some of us are adept at balancing our budgets or keeping up on projects around the house. What change does not excite you, though? What habits are keeping you from accomplishing your health and wellness goals? Pick one of those things. Pick the smallest and most obtainable item first. Start with a one-week goal then, progress to a 10-day goal and 30-day goal and eventually, make yourself a healthy new habit.

We can all stand to improve something. What if we simply commit to doing one thing differently or chose to eliminate one thing that is holding us back? Nobody wants to fail but, the reality is, failure is a huge part of success. Without some degree of failure our achievements can be minimized or taken for granted.

Hopefully, some of these suggestions will inspire you to look to your future and to visualize how you see yourself in 10 years or 30 years and begin putting a plan in place that will guide you.

Meanwhile, I will share with you my secret weapon. Consider your loved ones, especially, those little ones in your life. Remember, they are always watching and learning. Through our actions, we have the opportunity to teach them healthy goal setting skills, provide them positive experiences in achieving their goals and the example of how to handle those inevitable moments of failure.

For more fitness information join us on Wednesdays at the Pikes Peak Community Center in Divide at 10 a.m. through Dec 21.

Are you a professional entrepreneur in the fields of health, wellness, fitness or any organization that offers similar services at an affordable cost? Would you like an opportunity to meet potential clients in person during a health fair? Please consider becoming a vendor at the Health, Wellness and Fitness Fair we are offering January 7, 2023 at the Pikes Peak Community Club in Divide. We intend to offer demos and giveaways, as well as an opportunity to chat with potential new customers and network with various professionals. If interested, please contact Lori Martin 805-813-3997 or lorimartinfitness@icloud.com.

CP BUILDS a case

How your donation makes a difference

by Kathy Hansen

Are you wondering which non-profit in Teller County can net the biggest bang for your buck in Teller County? What if that donation meant a state income tax credit equal to 25% for YOU? How about if that donation made a multi-generational impact, meaning it helps future generations? What if, for every dollar you donated, the Teller County child welfare system saved an estimated \$2.92? Community Partnership Family Resource Center (CP) is the answer. Communities are only as strong as their weakest members. *Supported Families BUILD Strong Communities!* What a great way to make a difference that can last for generations to come!

CP offers FREE services to families in need, those that are isolated and/or when parents are experiencing stress, which are major factors for child abuse and neglect. Their programs can strengthen families along 14 measurable social determinations of health: family income, employment, housing, transportation, food security, childcare, child education, adult education, cash savings, debt management, health coverage, physical health, mental health and substance abuse. The difference is measurable; there was a 63% reduction in the rate of child abuse in the county last year as they served 401 families, that is 1 in 25 Teller County residents! CP strengthens all Teller County families to become self-reliant, fully functional, and positive contributors to our community.

How do they do it? They BUILD on the family's strengths and identify the weak spots that are transformed through CP's services. Their programs include parent education, early childhood development, basic needs resources, family development and case management services, parent leadership development, adult education, GED preparation and testing, career readiness, financial health education, and healthy living program such as exercise opportunities, nutrition and cooking classes, and community gardens.

Earlier this year, CP purchased the former ENT building at 701 Gold Hill Place in Woodland Park. This building provides ample space for the multitude of programs CP offers. Let's see how it is being used.

Starting at the bottom

There is a Multipurpose Room for large group programming like playgroups offered three times a week for parents and caregivers with children ages 5 and younger. These are fun and structured group times that provide the whole family with social opportunities. This is also the space where yoga is offered twice per week, accommodating up to 20 students. When families and caregivers are participating in CP programming, childcare is offered here. Events like Fall Fest and Storytime with Santa are held here. The children come to know this as a safe place to have fun!

The Center for Continuing Education is also on the ground floor as education is the foundation on which all else is built. This is where GED testing is done with a window for monitoring, along with 300+ professional licensure and certification exams can take place. The room accommodates up to four testers at one time. Pikes Peak Workforce Centers' Career Center is now located onsite.

First things first

The first floor holds the Learning Kitchen where families and children participate in cooking, nutrition and hunger prevention programs. When children are involved in the cooking process, they learn cooking from scratch can be fun and are more likely to eat the food that is prepared. Eating made-from-scratch food is typically more nutritious than pre-packaged foods because it eliminates the many non-food chemicals found in pre-packed products. Home-made food is also less expensive, once you know how to cook and stock your pantry.

The former vault is now the Food Pantry used to store food items and other supplies given to program participants. Food boxes are available during office hours. Food boxes include meals for three days (breakfasts, lunches and dinners).

The Parent Café is also on the first floor. There is coffee, free Wi-Fi and a space for parents to connect and build social networks, which help prevent isolation that can become a risk factor. They can share techniques that have been effective, whether it is how to present choices for picky eaters or how to encourage cooperation with chores. Many times, parents and children become acquainted with each other and even form friendships that become a network of mutual support that offers a sense of belonging that all humans need.

The first floor also has Kid's Korner; a warm, nurturing educational environment for children to play, explore and learn while their parents enjoy the Parent Café.

There are two Family Rooms on the first floor that provide a private space for families to meet with their advocates to work on family goals. This is the perfect space for telehealth where face-to-face interactions between patients and providers through live video happen. Telehealth is available for medical care, therapy appointments, speech therapy, prenatal care and other appointments that require privacy.

The Boardroom Room is large enough to accommodate 20 people for meetings like Community Collaboration meetings. It can also be used for multi-agency collaborations for families and children.

ENTERPRISE ZONE			
RECEIVE A 25% TAX CREDIT WHEN YOU GIVE TO COMMUNITY PARTNERSHIP CAPITAL CAMPAIGN			
Donation Amount	\$10,000	\$25,000	\$50,000
CO Enterprise Zone Credit	(\$2,500)	(\$6,250)	(\$12,500)
Est. Federal Tax Savings (25% tax bracket)	(\$3,500)	(\$8,750)	(\$17,500)
Est. Colorado Tax Savings (4.36% tax bracket)	(\$463)	(\$1,157.50)	(\$2,315)
Total Tax Savings Returned to you at tax time	\$6,463	\$16,157.50	\$32,315
Net Cost of Contribution	\$3,537	\$8,842.50	\$17,685

*This example is based on a 30% tax bracket. The benefits of the Enterprise Zone tax credits are based on each individual's own tax bracket. Be sure to verify your particular situation with your income tax preparer.

Second floor

The Staff Loft is found on the second floor. This is a collaborative space for the CP team to work or unwind together.


Capital Campaign Building Project

The goal is to raise the total project cost of \$1,235,000 by midnight on December 31, 2022. Because CP is in an Enterprise Zone, you will receive a 25% tax credit. The minimum donation that can be made through the Enterprise Zone is \$100. Cash and check donations are accepted at CP or online at www.cpteller.org. *Supported families BUILD strong communities!* The goal of Enterprise Zone Contribution Projects is to create or preserve an environment that will help attract, expand, and retain employers in the zone.

Adopt a Room


The rooms above are available for adoption at a donation starting at \$10,000. Donors will be recognized with a bronze dedication plaque in their adopted room. Two have already been spoken for.

Please consider a donation that can strengthen our community, elevate families to being productive members of our community, and give yourself a tax break by making a donation to CP today!



Happy Holidays!

Contact Sherri Albertson for more information | Cell: (719) 650-4089
sherri.albertson@ja.org



Junior Achievement learning experiences are designed to help young people discover what's possible in their lives.

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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

Paid by U.S. Department of Labor funds

Proud Supporters of the LGCS's 44th Annual Halloween Carnival!

Lake George Charter School would like to send out a big shout out to all the individuals and businesses that donated to the 44th Annual Halloween Carnival. It was a huge success and we could not do it without all the support from our community. Please join us in celebrating our amazing community by thanking them when you see or visit their place of business.

- 11 Mile Marina
- Abrams Family
- Ace Hardware- Cripple Creek
- Ace Hardware- Florissant
- Actually Food
- AJ's Stone Oven Pizzeria
- Allin Gem Rock Shop
- Aspen Interiors
- Aquatic Center- Woodland Park
- Big D Motorsports
- Big O Tire
- Black Mountain Drilling
- Black Mountain Pump Services
- Brazenhead Vintage Market
- Bowen & Nein, CPAs
- Cal's Trucking & Excavating
- Century Casino
- City Market
- Compassion Animal Hospital
- Continental Divide Billing

- Costco
- Crippen's Processing
- Cydney Ruefenacht
- Diana Potter
- Divide Collision Center
- Divide Feed Store
- Divide Septic
- Divide Venture Food
- Domino's Pizza
- Edward Jones- Lee Taylor
- Fat BBQ Shack
- Fitzgerald & Frew Family
- Florissant Mercantile
- Frank Glass
- Foxworth- Galbraith
- Glass Broker
- Gold Rush Water
- Gold Hill Theater
- Granite Canyon General Store
- HD Aero Engineering

- Hitchin' Post Trailer & Tractor Sales
- The Hair Lounge
- Kempo Karate/ Phoenix Fitness
- Lake George Cabins & RV Park
- Lindsay Henderson
- May River Auto
- Mountainara Cucina Italiana
- Mountain Folk Laser Art
- Mountain Naturals
- Mountain River Lodge
- Mountain View Yogurt Plus
- Natural Grocers
- Peak Fly Shop
- Pikes Peak Auto Body Specialists
- Pikes Peak Polaris
- Ponderosa Country Store
- Quality Science Labs
- RDK Small Engine Repair
- Regina Lacroce

- R/W Enterprise
- Robin Fitzgerald
- Rocky Mountain Mobile Truck Repair
- Rudy's Country Store & B-Q
- Sara Griffen- Arbonne
- Schumacher's Alignment & Tire
- Seven 1 Nine Towing & Recovery
- Sherwin Williams
- Shipping Plus
- South Platte Fly Shop
- Sparks Automotive
- TCRAS
- Tumbling Trout Fly Shop
- Ute Country News
- Wild Hair Salon & Day Spa
- Zuccaro's Kitchen

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Focusing on the Forest

by Tracie Bennitt

Having a mission dedicated to cleaning up the national forest might be a big goal for some folks. Not for *Lighter Side of Christmas* Grand Marshals Shawn Nielsen and Eve Woody.

Raised in California, both Shawn and Eve led full lives before relocating to Colorado. Shawn worked as a fire sprinkler fitter and decided Montana was just too cold for relocating when work dried up there. A job in Vail took him to the mountains. He had an opportunity to train to be a plumber, leading to becoming a hydronic heating tech installing radiant floor heaters and boilers for heating in homes. An accident in 2008 resulted in three back surgeries and vertebrae fusion. While recuperating he relocated to Woodland Park and met Eve.

Eve received a Master's Degree in Mechanical Engineering and worked for PG&E Power Company in California. Following a car accident that resulted in a broken neck and the opportunity to learn of her surprise pregnancy, her family relocated to a vacation home in Colorado. She spent time running vacation home rentals and a saw cutting business. A friend needed help at a local daycare and her future was set when she fell in love with the kids. Along the way, she met Shawn through his nieces and nephews in the daycare. Their relationship was integrated before they got together as a couple. "We were just best friends for a long time," Eve recalls.

Focus on the Forest came about following a landlord almost doubling their rent. "We bought a travel trailer, enjoying camping and living the life," he said. "That's when we discovered the mess in the forest." September 6, 2016 changed their lives. "We were camped in an area and the neighboring camper left behind a bunch of trash when they pulled out," he said. "We picked up trash and posted on Facebook what we had done. Within 15 minutes we had 127 comments regarding how many people left messes in the forest." They came up with an idea and a name. Focus on the Forest was born.

The first cleanup they scheduled was October 1 at Quaker Ridge following a post on social media. "They came to us and offered to let us host the event there," he said. "Sue Green, then owner at the

local UPS store, designed flyers and the community went crazy!" There were 68 people who showed up to that first event. Local resident Laura Ross asked about coffee and jumped in to take care of not only coffee, but food as well for the events. "She was massive help!" he said.

"Neither of us had any idea what a nonprofit did and we really didn't know that many people in the area," he recalled. "We just started scheduling events and people just showed up." There are currently over 3500 followers on Facebook and anywhere from 25 to 200 people who show up for each clean up event.

Equipment is the biggest need of the organization right now. "Our roll off trailer is ancient and needs to be overhauled," he stated. "The repairs will cost over \$4,000 where cost to buy a new trailer is around \$30,000." Trash disposal is another big expense of the organization. "We have to haul to Green for Life (formerly Bestway Transfer) on the far east side of Colorado Springs to be able to afford to pay for the load." Shawn said the round trip is over 3 hours following each clean up. They have moved over 500,000 pounds of trash to date and 617 car tires.

Shawn and Eve have a vision of locating chapters throughout the state. A Graffiti Removal Crew has already been established in the Monument Chapter along with their local cleanups. They had fundraised to buy an Eco Blaster to remove graffiti and had one woman message and purchase the equipment for them on the spot. "Folks want our forests to be natural, not trashed," he said. The Holiday Home Tour event also raised funds to help them get an event trailer to store all their equipment. "It's a game changer to have all of that in one location to be able to haul to the events easily," he said.

Focus on the Forest is 100% volunteer. "Our motto is One Piece at a Time," he said. They can be reached at www.focusontheforest.org or 719-286-0077. Smile. Amazon.com is also a fundraising option this holiday season as .5% donation of the price is made from each eligible purchase. Grand marshals Shawn and Eve will be in the *Lighter Side of Christmas Parade* on Saturday, December 3 kicking off at 6 p.m. in downtown Woodland Park.

Prescribed burning in Park County

by Lana Longwell

As part of the ongoing hazardous fuels reduction project in the Pike-San Isabel National Forest & Cimarron and Comanche National Grasslands fire managers in South Park Ranger District are preparing for prescribed burning of slash piles in Park County. If conditions permit, ignition of piles may occur as soon as January 2023 and continue through March 2023.

The 405 acres of the proposed pile burns on the South Park Ranger District are:

- **Lake George Work Center** — South of Wagon Tongue subdivision along Park County Road 98 to Park County Road 100.
- **Road Gulch** — North of Park County Road 98.

To facilitate burning, each of the selected areas have been prepared in advance to ensure safe fire operations. The piles in these areas consist of small trees as well as treetops and limbs cut and piled during ongoing hazardous fuels reduction projects around recreation areas, reservoirs, and private property. These prescribed burns will help improve forest health as well as reduce the heavy fuel loading that poses a safety threat to firefighters suppressing wildfires and the recreating public in the area.

Nature Mama

Hand-crafted and personalized skincare products

by Kathy Hansen

photos by Jeff Hansen

Rachel Wheeler had her life planned out. She wanted to marry, have a baby and a career. She was enrolled in coursework at the University of Central Florida to earn the degree to become a psychotherapist to help people heal addiction issues. She was well on her way to manifest the family life she had dreamt of. Then, at age 22, the Crohn's disease she was diagnosed with in childhood became significantly worse, stopping her lifepath dead in its tracks. She had to take a leave of absence from her studies to deal with this debilitating disease. Western medicine offered Rachel addictive medications to reduce her anxiety and surgical procedures to remove several feet of her intestines.

No cure was in sight. She understood this disease could progress, meaning she was potentially facing a colostomy, but worse than that, she was told that while she *may* conceive, it was very unlikely she would be able to carry the baby to full term. The news that she may never have a baby was devastating. She wondered if alternative medicine could help. It seemed like it was worth a shot. What did she have to lose?

This opened a door for Rachel that would change her life. She learned preservatives and chemicals in our food could potentially contribute to an unhealthy gut because our bodies react to foreign molecules by surrounding them and working to rid the body of the unknown invaders. Rachel began reading labels on food and found she would need to change her diet.

She moved to California to be closer to family as support during this process. It was there that she was re-introduced to the man who would become her husband, Nick. They actually met back in fifth grade. Things were beginning to feel more comfortable for Rachel.

It was also in California that she learned about the medicinal benefits of cannabis and other medicinal plants. Rachel dove in to learn everything she could about the cultivation, medicinal properties and chemistry of plants. The Buddhist saying is true, "*When the student is ready, the teacher appears.*" as Rachel found Botanical Formulations of the United Kingdom and earned certificates in cosmetic formulation chemistry and natural skincare formulations.

It turns out that preservatives, chemicals (sodium lauryl sulfate, aka SLS is one common example), and parabens are harmful when applied to our skin because our skin is the largest organ of absorption. Anything you apply to the skin gets into the body. Rachel began reading labels for all products. Sure enough, facial lotions, cleansers and creams, not to mention shampoos and conditioners all contained harmful chemicals, preservatives or parabens. Those products ended up in the trash and Rachel was left needing to replace them, but could she find products without those fillers?

Rachel got busy taking care of herself by eating a healthier diet, educating herself in botanical chemistry and began to create her own formulations. She also found doTerra's essential oils to be helpful so she obtained a certification in clinical aromatherapy. Rachel found that by following herbal protocols she was able to completely reverse the corrosion in her intestines in eight months! This was certainly a better scenario than learning to live with a colostomy bag.

There were two spectacular events that happened at about the same time. Rachel became pregnant! How excited she was, in spite of the fact that she had been told she may not be able to carry full-term. The other event was that a very close friend of theirs had passed away and Rachel began to hear him speak to her. At first, she thought she was going bonkers, but the messages being sent to her, often intended for her to give to someone else, had such specific information in them, the recipients were clear these came from their friend from beyond. This was a lot for Rachel to process! She needed to learn how to control this, for example, there were times these messages came at very inopportune times. How can she have a conversation with someone from beyond the grave at the same time she is talking to the ob-gyn about her pregnancy? She had to learn how to open and close that channel, how to let *them* know she cannot engage in conversation or take notes for someone else at this time, as well as how to open that channel when it worked for her schedule.

The need to learn how to control those communications led to certifications in Kalyana Therapeutics, Akashic Records Guide Training, Reiki Master, Shamanic Reiki, Emotional Code Kinestheticsology, Mediumship and Paranormal Specialist. This fills Rachel's toolbox with a variety of treatment options that can be helpful for anyone who is seeking relief from problematic symptoms. Maybe the client is dealing with a blueprint that bled through from a past life or possibly the client is empathic needing to learn how to determine what emotions they have picked up from someone else and which are their own. Perhaps the client has a trauma to heal. In any case, Rachel is confident she is fully equipped to offer quality and complete services for anyone in need.

Rachel defied the odds when she gave birth to Jude in August of 2015. He was healthy and so was she! Here in flesh and blood was another dream come true. By this time, Rachel knew about harmful chemicals in foods and skincare products, all too well. She and her father struggled for years with very sensitive skin. It appeared that her genetics were carried to Jude as he developed *newborn rash*. Rachel got busy and formulated a product to care for Jude's rash without any preservatives or chemicals. It was effective!



Rachel Wheeler inside her store Nature Mama.

Rachel shared the positive results with her friends and family. She also posted on Facebook. When she identified a problematic skin condition that arose as part of nursing Jude, she began formulating something new. Again, she posted on social media and shared the positive results with her friends. Word spread like wildfire! Before she knew it, complete strangers were contacting her saying, "We have a mutual friend, Patty, who said you made a really good product for nursing, can you help me?" Before long, Rachel developed a website, connected with Etsy to sell her products, and expanded social media to include Instagram and Google.

Rachel, Nick and Jude decided it was time to move to Colorado in 2017. Nick was missing the mountains and Rachel felt the folks in Colorado were more soulful so they made the move. Initially, they marketed Rachel's products at the Old Colorado City Farmer's Market every Saturday. Soon, she began networking with similar practitioners and ended up renting a suite within a practice in Colorado Springs. That worked for a while but fell short in some respects. Perhaps it was a way for Rachel to be able to envision what a storefront might look like for her products.

By 2020, she decided to take the leap and rented an available space in Divide, above Shipping Plus and Russ' Place. The space was big enough that she could use part for the botanical formulations and packaging, as well as space to display her products. She has carved out a nook for Reiki sessions and Jude has made a small space for young children to hang out while mom is consulting with Rachel.

Rachel has networked with an impressive number of like-minded artisans, the list is too long to list here. She is open to expanding her network as she believes cooperation works better than competition. In one case, all proceeds go to the business owner's mother to help pay for a liver transplant. Rachel appreciates learning what talents others have and enjoys sharing her space so that her customers have the best probability of finding what they're looking for in her shop.

There have been many folks who have come into Nature Mama asking Rachel if she can duplicate a favored product, but WITHOUT the harmful chemicals. Some have come in saying, "I love the smell of this, but won't use it because of the SLS, can you formulate it for me?" Of course, she is able to make just about anything and it can smell like your favorite scent. One of Rachel's more recent successes is a customer who had cancerous lesions on her scalp. Rachel went to her lab and formulated a shampoo and scalp product. The customer was happy to share the oncologist said there is no sign of any lesions!

Rachel is very careful about her supplies. Some she can grow in their greenhouse; some the family forages in the forest for with the appropriate permits and some come from other countries. Rachel enjoys learning about what raw products are used in foreign countries, especially the various butters. She said, "Creating beautiful natural skincare products is my passion. I love learning about new and innovative ingredients but am also drawn towards studying traditional uses of herbs and plants. I have a keen interest in holistic health, ethnobotany and am fascinated by how different cultures around the world have used plant life for health."

For those of you in the Teller County area who have an interest in using products made from natural ingredients, WITHOUT harmful chemicals or have someone on your holiday gift list, you may want to check out Nature Mama at 52 County Road 5 in Divide (doorway to stairs immediately after the parking lot). She is open Monday through Friday 11-5:30 p.m. and Saturdays 11-3 p.m. All through the month of December, she is offering 15% off all products in store and on the web (<https://naturemamabodycare.com/>). Be prepared: you may need to plan to walk around her store at least three times because there is no way you will be able to take it all in the first time around!

***Editor's note:** I have tried Nature Mama's facial cleanser, facial moisturizer and her rose water. I love all three!*

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~OUT AND ABOUT~

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

AVAILABLE VIRTUALLY

- NAMI Colorado: <http://www.namicolorado.org/>
- Suicide prevention: <https://suicidepreventionlifeline.org/> or 1-800-273-8255

CAÑON CITY

- LIBRARY**
- 1 Writer your life story with Jeanne Schmidt 10 a.m.
 - 2 Santa and Mrs. Claus and the lighting of Macon Plaza 4:30-7:30 p.m.
 - 10, 17 Santa and Mrs. Claus 10-2 p.m. Bring your camera and take a picture!

- Adult literacy program. We have tutors available to help for FREE!

- B.O.O.K. Babies on our Knees Monday 10:30 a.m.

- Break out box 2nd Friday each month 3-4 p.m.

- Chess Club Wednesday 2 p.m.

- Cribbage Club Fridays 10 a.m. All ages welcome!

- Filler Friday (different activity each month) 3rd Friday each month 3-4 p.m.

- Fremont Brain Injury Support 1st Tuesday 12:30 p.m.

- Lego Club 1st Friday each month 3-4 p.m.

- Metaphysical Group every Saturday 10:30 a.m.

- New Neighbors Genealogy 1st Friday 1 p.m.

- Story Swap Book Club 1st and 3rd Tuesday 3-4 p.m.

- Story time and craft Tuesday and Thursday 10:30 a.m.

- All at 516 Macon Ave. FMI 719-269-9020.

COLORADO SPRINGS

BROADMOOR WORLD ARENA

- 10 Bill Burr — Slight Return at Broadmoor World Arena

- 22 Snoop Dogg I/T-Pain, Warren G, Ying Yang Twins and Justin Champagne

CRYSTOLA

- 23 Sunburn in the Shade 7 p.m.

CRIPPLE CREEK

- 1 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Cart St., Food and refreshments at 5 p.m.

- 3 Colorado Springs Chorale at Cripple Creek Baptist Church 3 p.m.

- GED Class 1-3 p.m. New students (minimum age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org.

ASPEN MINE CENTER

- Through Dec 7 Christmas wreath decorating 9-3 p.m.

- 8 Winter Wonderland Reception 4:30-7 p.m.

- 8-10 Silent Auction

- 9 Soup for the Soul & Cookie Contest 11:30-1 p.m.

- 10 Children's Activities 11-1:30 p.m.

- 10 Gold Camp Christmas Parade on Bennett Ave noon

- 10 Hot chocolate/cider/s'mores outside AMC 11-1:30 p.m.

- 10 Visit with Santa 12:30 p.m.

- 10 Silent Auction & Contes / awards 1:30 p.m.

- 25 Commodities distribution (drive up basis) 9-1 p.m.

- Tuesdays BINGO 10:30 a.m. for seniors (off Dec 27)

- Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed, FREE!

- Thursdays Mexican Train 10:30 a.m.

- FMI 719-689-3584 x124.

DIVIDE

- 5, 19 Little Chapel Food Pantry Distribution

- 18 Winter Wonderland at CO Wolf & Wildlife Center 9-11 a.m. 4729 Twin Rocks Road. Reservations required. \$40 ages 12+, \$20 ages 6-11. FMI 719-687-9742 or www.wolfeducation.org.

FAIRPLAY

SNITCHING LADY LIVE MUSIC

- 3 Prohibition Party with Josephine's Medicine 4-9 p.m.

- 10 Steve Vannoy 1-4 p.m.

- 17 Chris Gissinger 4-7 p.m.

- 23 Chuck Sitero 3-6 p.m.

- 31 Johnny Johnston 4-7 p.m.

- FMI 719-838-4224 or if interested in playing music.

FLORENCE

- 3 and all Saturdays in December, businesses will be open later. Santa & Mrs. Claus will be there!

- 10 Meet and greet in the shops.

- 17 All Aboard for the Model Train Open House at Florence Pioneer Museum and Research Center 10-6 p.m.

- The museum will be open by donation to check out the model trains the Fremont County Community is sharing with everyone. From 3-6 p.m. several of the train engineers will run their trains for you. Coffee, hot cider and treats will be on hand along with Operation: Lifesaver coloring books. www.florencecanyonmuseum.org.

FLORISSANT

GRANGE

- 3 Annual Christmas Craft Show and Sale 9-3 p.m. We will have many one-of-a-kind Christmas gifts and goodies, so come do your Christmas Shopping! The Gift Shop will also be open and we will have lunch available.

- 5, 12 Sun Mountain Yoga 9-10:30 a.m. Mondays by Renee Rudolph. Donation based. All levels welcome!

- 17 Santa Claus 1 p.m. for this year's annual Christmas Party with Santa. We will have goodies for the kiddos, as well as crafts, cookies, and

- punch. Bring the kids to see Santa and join the fun!

LIBRARY

- 2, 23, 30 Family Fun Fridays 2-4 p.m.

- 9, 16 Family Fun Fridays 10-5 p.m.

- 14 Florissant Bookworms Book Club 10:30-12 p.m.

- 16 Friends at the Table Cookbook Book Club. December's theme is Asian food 11:30-1 p.m.

- 20 Read Amok Book Club, themed "party!" 11-12:30 p.m.

- Tuesdays Tai Chi 10-11 a.m.

- Thursdays Yarnia! 10-12 p.m.

- Fridays Storytime with Ms. Beth at 10 a.m.

- FMI 719-748-3939

GUFFEY

- Sun Mountain Yoga 4:30-6 p.m. Mondays at Guffey Community School by Renee Rudolph. Donation based. All levels welcome!

LIBRARY

- 3 Silent Auction ends at 2 p.m.

- All bids are final, thus ends the annual Silent Auction.

- Friends of the Guffey Library will offer refreshments and holiday cheer 2 p.m.

- 6 Walking, Talking Threads 12:30-3 p.m. Meets every first Tuesday of the month. Take a nice brisk walk around Guffey Town and meet back at the library to crocheter, knit and talk away.

- 19 Guffey Literary Society 1 p.m. The Guffey Literary Society is a wonderfully dynamic & diverse group. All are welcome to join. The December selection is *The Curious Charms of Arthur Pepper* by Phaedra Patrick

- 28 Rocky Mountain Rural Health Outreach 11-2 p.m. Weather permitting, RMRH representatives will be offering free health screenings, sound financial medical advice, free clothing and much more. FMI 719-689-9280 or Guffeylib@parkco.us.

HARTSEL

- Country Church of Hartsel meets at the Hartsel Community Center 80 Valley View Drive 10 a.m. Sundays. Everyone is welcome! FMI call Jimmy Anderson 719-358-1100.

MANITOU SPRINGS

- 2 History of Christmas Hymns and Songs 6-8 p.m. at Community Congregational church. Learn the history of where Christmas songs came from, even back many centuries ago. FMI www.manitouchurch.org.

- 3 Manitou Holiday Spirits Fest 4-8 p.m. at Lulu's Downstairs. Ages 21+ FMI: www.manitoumusicfoundation.org.

- 4, 11, 18, 24 Holiday Brass & Wonderland Dancers 12-2 p.m. Come experience the magic of Christmas in Manitou Springs every Sunday to Christmas. Musicians stroll along Manitou Blvd playing Christmas Carols while dancers prance around downtown bringing Christmas magic to all who visit Manitou Springs.

- 10 Breakfast with Santa 8-10 a.m. Sponsored by the Manitou Springs Kiwanis Club Community Congregational Church. FMI www.manitoukiwanis.org.

- 10, 17 Front Porch Singers Caroling 12-2 p.m.

- 10 The 7th Annual Christmas Parade celebrates the holiday season for all of us at 6 p.m.

- 17 Santa Story at Manitou Springs Library 1 p.m. Enjoy a Christmas Story told by Santa at the Manitou Springs Library.

- 17 Caroling and Storytelling. Caroling the business district at 1 p.m., then Christmas Stories and more singing at the Manitou Community Church 3 p.m. FMI www.manitouchurch.org.

- 24 Santa arrives at the Town Clock 6-7 p.m. FMI MSFD 719-685-1444.

- 25 Salvation Army Community Holiday Dinner 10-2 p.m. at City Hall. FMI Andy 719-459-1630. Volunteers 719-636-5277.

- 31 Adaman Fireworks Show from the summit of Pikes Peak 9 p.m., fireworks at midnight, 5 fireworks in honor of original 5 AdAmAn Members. Happy New Year!

VICTOR

- 9 Downtown Decoration Day in Pinnacle Plaza 10 a.m.

- 9 Lighted Headframe Tour/Victor Activities

- 9 Parade of Lights on Victor Ave 6 p.m.

WOODLAND PARK

- 3-4 The Woodland Park Senior Center will be a hospitality stop for the Holiday Home Tour both Saturday and Sunday. The Sounds of the Season musical performances are on the agenda both days. Enjoy cider, coffee, tea and treats while taking this opportunity to kick start your holiday. Plan to come for pictures with Santa and Mrs. Claus on Sunday noon-4 p.m. No ticket is required for their HHT stop.

COMMUNITY PARTNERSHIP

- 7 Unified Title's annual Toy Drive benefiting Community Partnership 5 p.m. at Ute Pass Cultural Center. Come and enjoy dinner and drinks all for a good cause! Please bring a new toy for the ages of newborn to 17 years. Gift cards are great for the teenagers. One toy puts you into a Door Prize drawing

- and 5 toys puts you into the Grand Prize Drawing. FMI ACOoper@UnifiedTitle.com.

- 9 Crossroads Co-Parenting Seminar 9:30-1:30 p.m. Teller County court-approved parenting & divorce class. \$35 Pre-registration fee required. FMI Michelle@cpteller.org.

- 13 Circle of Parents Kinship Connection 5:15-7:15 p.m. A place for those raising your grandchildren or kin to share, laugh, joke and find out how other caregivers are navigating this new world. Meal and childcare provided. FMI Michelle@cpteller.org.

- 13 Circle of Fathers 6-8 p.m. Dads are often left out of the conversation. Join a father-led group where your opinions, ideas, and point of view are heard. Meal and childcare provided. FMI Steve@cpteller.org.

- 17 Storytime with Santa 11-1 p.m. Santa will be handing out stockings reading a story and available for pictures. Crafts, games and yummy treats! Fun for the whole family. FMI Jackie@cpteller.org.

- FREE Yoga with Leah Mondays 10-11 a.m. (Not Dec 5 & 26). First come, first served, doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org.

- GED Class 5-7 p.m. New students (minimum age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org.

- Nurturing Families through Dec 19, 5:30-7:30 p.m. A nurturing and active approach to parenting in a supportive peer environment. Support for every step of your child's physical, emotional, and cognitive development. Meal and childcare provided. FMI Michelle@cpteller.org.

- Pearson VUE Testing Center Mondays 10-4 p.m. (Not Dec 26). Schedule your certification or licensure exam at www.personvue.com. Fees vary. FMI Katy@cpteller.org.

- Playgroup Tuesdays, Wednesdays, Fridays 9:30-11 a.m. (Not Dec 23-30). Parents and caregivers with children ages 5 & under. Older siblings welcome. FMI Jackie@cpteller.org.

LIBRARY

- 1 Better Burma presents Art and Creativity Resist Oppression in Myanmar 4-5:30 p.m.

- 6 Woodland Park Book Club 10:30 a.m.

- 7 Family Art Day 11-5 p.m. in the Children's Activity Room

- 7 Teen Craft Day 3:45-5:30 p.m.

- 7 Evening Adult Fiction Book Club 5 p.m.

- 8 Reader's Circle Book Club 10:30 a.m. in Large Meeting Room

- 9 Adult Afternoon Holiday rafts

- 1-3 p.m.

- 10 Santa's Missing Sleigh! With Denise Gard and her Border Collies 1-3 p.m.

- 14 Not So Young Adult Book Club 11 a.m. in Teen Room

- 14, 28 Anime Club for teens 3:45 p.m. in Teen Room

- 21 Family Art Day 11-5 p.m. in Children's Activity Room

- 21 Teen Craft Day 3:45-5:30 p.m. in Teen Room

- 28 Movie Day! Come for a surprise holiday movie 12 p.m.

- Tuesdays Books and Babies 10 a.m. for babies and toddlers

- Thursdays Preschool Storytime 10 a.m.

- Thursdays Tai Chi 5 p.m.

- Fridays Tai Chi 10 a.m.

- 3-30 Bring in gently used mittens, hats and scarves to hang on our mitten tree or help yourself to something warm if you need.

- Gingerbread Contest 2022 Theme "May the Forest Be With You!" Looking for a fun activity to kick tart your holiday season? Build a Gingerbread Creation! Turn in your entry Dec 1-3. Come to check out the entries and winners through Dec 17. FMI 719-687-9281

RESERVE OUR GALLERY

- 1 Holiday Happy Hour & Meet the Artists 6-7:30 p.m.

- 13 Holiday Breakfast with the Nonprofit Cooperative 9-10:30 a.m.

- 31 Gourmet Art & Wine Paint Night 5:30-9 p.m. FMI for any Reserve Our Gallery events 719-401-2301.

WOODLAND PARK WIND SYMPHONY & SWING FACTORY

- 3 deadline to register your Woodland Park home for the 3rd Annual Dan Makris Holiday House Decorating Contest.

- 4 Swing Factory Christmas Concert 6 p.m. reception with cookies and wine, 7 p.m. Christmas jazz.

- 4-10 Judges will drive by the house decorating entries in the 3rd Annual Dan Makris Holiday House Decorating Contest and select winners.

- 11 Winners of the 3rd Annual Dan Makris Holiday Decorating Contest will be announced during the Woodland Park Wind Symphony Christmas Concert performances.

- 11 Woodland Park Wind Symphony Christmas Concert, performing at 4 p.m. and 6:30 p.m., reservations required at Ute Pass Cultural Center. Cash bar and Christmas cookies before each performance. FMI: www.woodland-parkwindsymphony.com. For a complete list of holiday events visit <https://www.woodlandparkchamber.com/> copy-of-community-calendar

Mueller State Park in December

Mueller State Park invites visitors to come out to the park to enjoy the peace and quiet the winter months can offer! Hiking goes on year-round and once the snow arrives, snowshoeing, skiing and sledding are popular! The park is open every day for outdoor activities and the Visitor Center is open every day from 9-4 p.m. except Christmas Day. Celebrate the New Year on January 1st by joining in on guided First Day Hikes! See you on the trails!

Winter trail conditions in the mountains can be dry, snowy or icy! Snow tends to build up over time in the backcountry to deeper depths than seen along the park road! Visitors are encouraged to wear suitable footwear, warm with traction or snowshoes depending on conditions. Dress warm in layers to adjust along your hike. Bring water and a snack to replace the extra energy it takes hiking in winter. Take a map. Play safe!

- 3 Hike: Nature Detectives: Premonitions of Winter 10 a.m. at Visitor Center

- 7 Hike: Bird Walk 8:30 a.m. meet at Elk Meadow Trailhead

- 10 Hike: If Bigfoot can do it, so can you!

- 10 a.m. meet at Outlook Ridge Trail-head

- 10 Holiday Crafts! 2 p.m. Visitor Center

- 11 Hike: Elk Meadow* 9 a.m.

- 13 Hike: Wapiti Nature Trail* 9 a.m.

- 17 Hike: Holiday Hike 10 a.m. meet at Black Bear TH

- 18 Hike: School Pond* 9 a.m.

- 20 Hike: Red Tail Overlook 9 a.m. meet at Outlook Ridge TH

- 25 Christmas Day Bird Hike 9 a.m. meet at Elk Meadow TH

- The Visitor Center is closed but the park is open!

- 1 Jan, Hike: First Day Hike 9 a.m. meet at Elk Meadow TH

- 1 Jan, Hike: Wapiti* First Day Hike 10 a.m.

- 1 Jan, First Day Forest Bathing Walk 12-12:30 p.m. meet at Outlook Ridge TH

- Mueller events are free! However, a \$9-day or \$80-annual vehicle pass is required to enter the park. FMI 719-687-2366.

- *Indicates to meet at the Trailhead (TH) of the same name.

Where is Katee?

Katee's friend, Baylee will be at the Little Chapel in Divide helping to distribute food for her canine and feline friends in need on Dec 5 and 19 from 2-5 p.m.

Baylee 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. 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.PetFoodPantryTC.com. Thank you for your support. Merry Christmas!

Katee turned the reigns over to Baylee just before Thanksgiving. Baylee will begin training as a therapy dog. We thank Katee for her years of service! May you rest in peace.

The Pet Food Pantry Thanks You For Your Continued Support!

Merry, Merry Christmas from our mascots, Baylee & Katee, and all of our volunteers!

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The City of Woodland Park presents



2022 "May the Forest Be With You"
Parade Kickoff on December 3 at 6 PM

Holiday Treasure Hunt!

Visit **LSOC Gold Sponsors**
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clues to find **the HIDDEN TREE!**



**Gingerbread
House Contest!**

Drop your entries off at the
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Mike's Crazy Hat Contest!

Design a **CRAZY** hat.
Bring your hat to UPCC following
the Parade at 7 PM.
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Win Great Prizes!!



**Woodland Park Wind Symphony
Christmas Concert Dec 11**

TIME CHANGE!!

Concerts at 4 and 6:30 PM
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