



# UTE COUNTRY NEWS

FREE

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April 2023

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

Vol. 15, No. 4

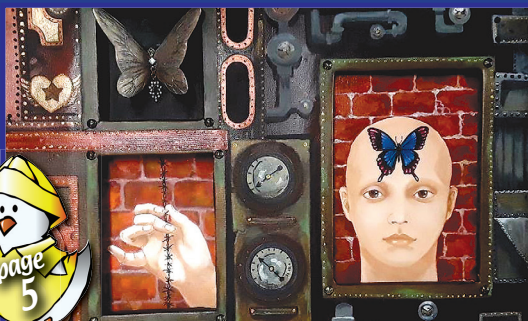
## Welcome to Ute Country



**"Music is a moral law. It gives soul to the universe,  
wings to the mind, flight to the imagination,  
and charm and gaiety to life and to everything."**

**— Plato**

### PEEK INSIDE...



**Why is Art and why artists create**



**Here's the scoop on poop!**



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Jeff took the cover photo of Barbara Riley-Cunningham (piano) and Dina Hollingsworth (flute) of the *Ute Pass Chamber Players* back in September of 2021 at their concert, which we like to refer to as "music therapy" because their talent and expertise provide sounds that whisk the worries away! If you haven't heard them play, you have a chance this month on April 30, see page 18. We agree whole-heartedly with Plato's words describing the power of music and how it enhances our lives.

As you read our April pages you will find all kinds of articles that enhance your life. *A Look Inside the Artist* uncovers the creative processes that artists endure to produce their pieces. We have many opportunities for those who can feel their inner artist is emerging as you will find auditions, calls for artists and calls for entries. *Panning for Good* delves into the Little Chapel Food Pantry and meets a fellowship of caring volunteers who feed their souls as they help to feed the people. In *Growing Ideas* Karen Anderson introduces us to the high-altitude dynamic duo of perennial plants that can enhance the color in your yard this summer. Lori Martin provides great insight and tips to avoid chronic pain in *Fitness ON the Mountain*. We trust you will enjoy enhancing your life through the multitude of articles in our April issue!

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Thank you,  
— Kathy & Jeff Hansen

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

**Publishers:**  
High Pine Design  
Jeff & Kathy Hansen  
POB 753, Divide, CO 80814  
719-686-7587  
[www.UTECOUNTRYNEWS.com](http://www.UTECOUNTRYNEWS.com)  
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## The Thymekeeper

### First responders

by Mari Marques-Worden

In my last article I wrote about the phenomena regarding plants popping up where they are needed the most. In this article I would point out that not only do they know where to show up, but when. Just in time our first responders are peeking out from last year's cover and almost like magic, they are the ones we need to kickstart us into Spring with their detoxification actions.

Starting with my favorite, dandelion. I do realize this plant is one of the most hated of all time when it comes to gardeners and those who treasure a perfect lawn. I am on the other end of the spectrum because I absolutely love this plant. If I were to put it to you this way, for very little effort, I know of something that can be of benefit to your liver, keep your bowel movements regular, improve your complexion, assist with water retention, supply you with a plethora of nutrients and will come back year after year in abundance, would you sit up and take notice? I think most people would pay good money for something so beneficial. The truth is, it costs nothing, and you too, can reap all the benefits that the dandelion freely provides.

The leaves of the dandelion have an affinity for the kidneys and are a mild diuretic. They have a mild bitter flavor and that bitter taste helps facilitate digestion for those who suffer constipation or are feeling as if they are sluggish in this area.

Tradition tells us that the time to harvest plants is as follows, aerial parts meaning leaves and flowers are to be harvested in the spring and summer, the roots in the fall. As I always say, there is an exception to every rule and dandelion is one. Dandelion roots can be lifted anytime throughout the growing season. The roots are slightly more bitter in spring, mellowing out as the ground cools and temperatures dip into fall.

When I make my dandelion multi vitamin I include the flower, leaves and root whenever the flowers are in bloom. The leaves are rich in vitamins A, E, K, B1, B2, B6 and C. They are also mineral-rich in substances such as magnesium, iron, copper and folate.

The young tender leaves can be added to salad or steamed, sauteed or eaten raw right from the plant. The flowers can be battered in flour and sauteed in olive oil. The root can be added to soups or stews for a nutritious boost. Dandelion wine is a favorite among herbalists.

### Chickweed and cleavers

I once wished for chickweed to come to my garden and since then, I've often pondered the power of a wish. Once chickweed takes hold, it moves in and there is no stopping it. It's a good thing I love it because it seems it is here to stay. Cleavers also came to my garden with no help from me and a welcome guest it is.

Both plants promote urination, drain fluid and lymph congestion. The lymph is one aspect of detoxification that is often overlooked. Historically, cleavers has been my go-to whenever I feel swollen sore lymph glands in my neck. Since the lymph is basically our trash collector and remover, it pays to keep it flowing and springtime is the best time for a kickstart in this area.

Chickweed specifically nourishes the blood and helps to relieve fatigue. I have many people who can testify to chickweeds ability to boost energy levels simply including it in salad. Chickweed also stimulates thyroid function and promotes weight loss. On many levels chickweed is great for emerging from the winter months in which most people pack on a couple of extra pounds.

\*Take care not to overdo it on the chickweed as hiker and author Dan Brown

found out the hard way that overconsumption of chickweed can render you homebound due to its rapid evacuation tendencies when overdone, not something you would want while on a nature hike in the wilderness.

**Tip:** Chickweed is great for situations when you have an egg bound chicken. Chickens love it and this may be one reason. I once had a chicken with a stuck broken egg who was going downhill fast. One feeding of chickweed and she passed the contents overnight.

### Nettles

Just in time for allergy season, we have stinging nettles coming on strong. Although nettle is known for its detoxification properties, it is one of the main ingredients in my allergy formulas. It promotes expectoration and relieves coughing and wheezing. It helps relieve runny nose and watery eyes due to its astringent action.

Nettle is one plant I wouldn't be without as its uses are vast and it seems every year, I find another use for it. It is a potent diuretic relieving water retention and very effectively restores kidney function when combined with parsley. I know several people who use the nettle for chronic pain relief. Known for its restorative and nutritive effects, over time it helps to bring more energy possibly due to its vitamins, trace mineral and chlorophyll content. It is highly regarded as one of the most nutritious plants on the planet.

You'll find nettle growing in the wet wild areas of your yard. Wherever water collects there is a possibility the nettle will have found a home there. Watch for it where the water collects off the edge of the roof specifically and be sure to cover up when harvesting as it does pack a powerful sting when fresh.

### Red clover

Red clover blossoms are typically used for medicinal purposes and although it isn't yet in bloom as of this writing, I recognize the leaf pattern and know for certain it will return to my garden soon. Red clovers systemic detoxi-

cant action makes it an important remedy for metabolic and heavy metal toxicosis.

It helps to dissolve deposits such as urinary stones, relieves skin conditions

continued on page 4



Dandelion, without the flowers.



Cleavers promote urination, drain fluid and lymph congestion



Stinging Nettles help with allergies.

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**SENIOR EXPO** Woodland Park Community Church  
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09:00-02:00pm

**GOLDEN BRIDGE NETWORK IS HOSTING A SENIOR EXPO**

*Keynote speakers*

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9:30 - 10:10	Welcome introduction
10:30 - 11:10	Jason Miksell -
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## The Thymekeeper

First responders

continued from page 3

such as eczema and over time successfully reduces tumors. Clovers are high in calcium, niacin, potassium, Vitamins A and B, iron and protein. Clover is a detoxifier and stimulates the liver and digestive system. Red clover is also included in my allergy formula as it helps open the chest and relieve wheezing and coughing.

Freshly juiced leaves and flowers of the nettle, chickweed, cleavers and red clover are the best preparation to bring out all the goodness of the plants and will provide powerful detoxification when juiced together.

\*Chickweed, cleavers and red clover contain coumarins (blood thinning). Dandelion and nettle are known for their blood building capabilities and for these reasons, all should be used with caution for those taking pharmaceutical blood thinners.

The wisdom of Nature never ceases to amaze me. The phenomenon of plants showing up where and when they are needed is just one. As Spring stirs us to awaken, move forward and plant seeds,

let's also take advantage of the gifts that so generously spring up before us every year. Regular use of these plants along with other wild "weeds" are guaranteed to bring inexhaustible energy into your life and add a little spring to your step!

*Mari Marques-Worden is a state certified herbalist and owner of The Thymekeeper. She can be contacted at mugsys-pad@aol.com or 719-439-7303.*

**Come visit the new gallery/gift shop in Florissant. Uniquely handcrafted gifts made by local artisans. Explore the offerings from the enchanted and magical world of Wilderkin. Each one brings an offering from our world to yours, whether it be herbs, flowers, crystals or a warm heartfelt feeling when you gift them to a loved one or a generous helping of good cheer! We have elves, gnomes, fairy houses, wizards and more. Located at 1870 CR 31, Florissant.**

## Call for Artists

### The 38th Annual Mountain Arts Festival

After over 30 years, the Mountain Arts Festival is moving to a new location in Woodland Park. The new location is just a couple of blocks from the old one at Memorial Park, Woodland Park. This new location will have more space for additional artists and food vendors. The date has also been changed to the second weekend in August (Aug. 12 and 13) when fewer competing activities are occurring.

The Mountain Artists look to 2023 to be bigger and better than ever. The

annual Mountain Arts Festival is calling for artists for this year's show and the deadline is May 1. Applications for this juried show can also be obtained from the website at [www.themountainartists.org](http://www.themountainartists.org)

In addition to the Mountain Artists annual summer show, they also have their members-only show in November, the student art show in the spring, and their scholarship program.

Artists interested in joining the organization or for the festival can find the application at [www.themountainartists.org](http://www.themountainartists.org).

## Call for Entries: Photo show

by Blue Spruce Gallery

The Blue Spruce Gallery is hosting our 22<sup>nd</sup> Annual Photography show during April. This show accepts black and white, color, digital and altered photographs and is always a well-attended show. Deadline for work to be at the gallery is April 3. Entry fee is \$25 and entries are limited to three per artist. The show will open April 5, with a reception 4-6 p.m. on April 8. Cash prizes will be awarded, as well as ribbons in several categories. Entry forms can be picked up at Blue Spruce Gallery 205 West Main Street in Florence or downloaded [www.bluespruceart.com](http://www.bluespruceart.com). FMI 719-784-1339.

## Classroom Volunteers Needed!

by Sherri Albertson

Junior Achievement of Southern Colorado, Teller County, will host JA in A Day events soon at Lake George Charter School on April 12 (grades K-6) and at Columbine Elementary on April 27 (grades K-5).

Community volunteers utilize Junior Achievement lessons to bring a unique classroom approach to teaching children about work readiness, entrepreneurship and financial literacy skills.

JA provides specially-developed curricu-

lum that corresponds with the Colorado educational standards and activities that enable students to develop the skills they need to experience the realities and opportunities of work and entrepreneurship.

Getting involved is easy and JA provides all the necessary volunteer training and curriculum materials. Interested in learning more? Contact Sherri L. Albertson at 719-650-4089 or via email to [sherri.albertson@ja.org](mailto:sherri.albertson@ja.org).

## Adopt Me

by TCRA's

## Bryn

Hello, I'm Bryn! Let me tell you a little about myself. I'm only about 3 1/2 years old and neutered. I'm a little shy and very easy going. I tend to be quiet but I will try to talk softly to you when I'm trying to get your attention. Once I know you're safe I love to cuddle up next to you and just purr the day away. I do well with a quiet dog in the house. I love boxes and things to hide in that make me feel cozy and comfortable. If you are thinking a shy guy like me is the one for your home, please give my people a call at 719-686-7707 to set up an appointment to meet me!

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



## A Look Inside the Artist

### Why is Art and why artists create

by Mary Shell

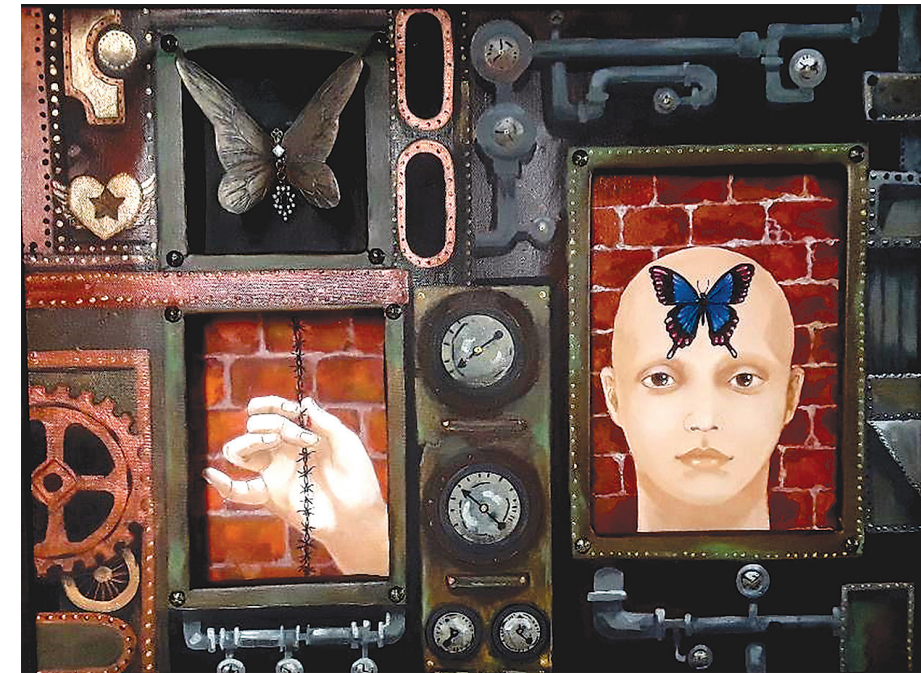
It can be concluded that creating art is, in its most amazing way, a means to communicate and connect with our soul, bypassing the thinking brain. Yet its singular purpose is to stimulate the thinking brain into developing new experiences and conjuring feelings.

Creativity is a slippery word to describe. Many books and articles have been written by scientists, neuroscientists, and psychologists on the subject of creativity, what it is, how to boost it and how to achieve it. They study the brain to see what happens when a subject is in a creative situation. In all the years of study it is still not completely clear what causes some to be more creative than others or why are we creative at all.

### "What is it like to be an artist?"

Whenever someone asks me this question my answer is always the same...endless chaos, searching, finding, changing, more searching. To others they see the creative process as a form of madness, and perhaps they are right, but it works for us. Artists are constantly searching for new things to create. To those who do not actively use their creative process this can seem exhausting. The relentless searching, finding, redefining and re-visualizing a creative endeavor can seem exhausting to some, but it's as normal, exciting, exhilarating, stimulating and rewarding to people who live in their creative process.

It is what we look for daily. Creativity is as individual as we all are. Even though the same regional neural pathways and synapses fire up in all humans while in the creative process, it is up to the individual's willingness to surrender to



the process. I create art to make people think, to go deep into their subconscious where they can uncover new things about themselves.

Joseph Campbell once wrote, "There are two types of people in the world: those who study art and those who live it." So, asking an artist what it is like to create art, music, dance and music will give you right answers.

We are the only species on earth that creates images for us to enjoy. Art was our first language. Drawing figures on the walls of caves, our ancient selves communicated through the art they created before we developed written language. These images spoke volumes of information rarely misunderstood unlike our written

or spoken language today. "A picture is worth a thousand words" is a famous saying. Artists dive into their creative process to connect to that part of their spirit that unites with their consciousness to convey a message in its own unique language called ART. Art is making its way back to being a language through symbology...emojis.

The hot thing lately is finding new ways of being creative in businesses. It seems lately corporations are seeing the benefits of hiring creative thinking people. So basically, they are searching for answers from artists.

What makes artists create? It's the willingness to let go of what you know and search in the unknown, to feel an emotion

**"There are two types of people in the world: those who study art and those who live it."**

— Joseph Campbell

which creates an image. Once you see the beauty of the image you rip it apart into fragments, shapes and layers of colors. It's the ability to see beyond what is viewed and venture into the fibers of its construction. It is the pure openness to endless possibilities with no judgments, restrictions or reservations. It's daydreaming with your realities; changing, twisting and reforming them. It's the feeling of total freedom from fear, judgment or reason.

Artists are the mythmakers, the storytellers of the human condition. Art is so important to the human psyche that some governments, like Russia, have banned certain art from being viewed. How much does art affect humans? There is a condition called Stendhal Syndrome where people faint, hallucinate, get dizzy, and even vomit when viewing beautiful art. It can and does, dilate your imagination, and make you see yourself and your world in new ways. It may be your eyes that are viewing art, or your ears that are listening to music, but it is your soul that is looking and listening.

So, the next time you are in a gallery and see a painting that touches your soul leaving you to say, "I don't know why I like this painting but I have to have it," you will understand why we have artists.

If you are interested in receiving information on how to boost children's creative thinking please contact me at creating-fromthesoul@yahoo.com

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# Life-Enhancing Journeys

## Are you nice or kind?

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

At some point during your childhood, it is likely you were told to “be nice.” We need to stop telling children to simply focus on being nice and instead tell them to be kind, then teach them the difference. Many of us may consider that niceness and kindness are synonyms because we use them in a similar context, yet there are significant differences between these two words.

Merriam-Webster defines niceness as, “having a pleasant or agreeable manner, exhibiting courtesy and politeness...” In many ways, cultural rules are useful, offering us guidelines for social expectations based on how we present ourselves to others. However, niceness can become self-effacing when we sacrifice our own needs for the benefit of others to avoid conflict or disapproval, and/or as self-protection. Niceness can be manipulative if we are only using it for personal gain. Can niceness be a motivation for making a good impression or is it used more for people-pleasing and for self-gratification? It can easily become a form of codependency because it requires a “payback.”

Kindness is defined as “acts of generosity, consideration or offering assistance or concern to others,” according to Merriam-Webster. Kindness suggests that we are giving to others through supportive words or a helping hand, without expecting praise or reward in return. Its sole purpose is to improve the world through “acts of kindness.” This is very different from acting like a martyr or a victim. Instead, kindness implies giving of oneself to help another because you can. Kindness may be regarded as powerful, bold, courageous, compassionate and generous.

Sometimes a person may seem nice yet be unkind. Other times, a person can be kind without being nice. It may sound confusing yet it can be accurate. Being nice is a social way of helping you fit in or to gain acceptance; it is about doing or saying something that will make you feel good. Kindness is different because the intention is to help the other person or society as a whole.

Author Emily Rose described Jesus as a clear example of the differences between being nice and being kind. “Jesus wasn’t just nice. He didn’t care that he was inconveniencing or offending people... And he wasn’t afraid to call them out... Jesus didn’t care about being nice. He cared about righteousness, about waking leaders up to their cruelty and hypocrisy and giving them a chance to repent and do better... which (angered) a lot of people...”

When you think about some of the great spiritual leaders, they were kind, not nice. These leaders may not have been liked at times, but were trusted and respected. They stood up for making changes, offering new ways of thinking, which scared those who wanted their lives to remain the same. They called upon the people to reflect on their own behavior which could be uncomfortable. For those who desired to maintain the status quo, these new ideas were threatening, certainly not what they considered as nice.

Being nice or being kind, as you can see, is based on the action intended. Niceness focuses on outward appearances or a desire to minimize conflict whereas kindness comes from inside; an appreciation for others and a desire to enhance their well-being. Niceness usually involves doing something that is pleasing or agreeable, offering pleasant words while creating minimal outward conflict. Kindness is often expressed by doing things for other people and society which can lead to outward conflict because of the changes it may require. A nice person will tell a friend they are sad that they are sick, while a kind person will bring over some soup or offer to pick up medicine for them. Niceness will win you many social media followers whereas kindness can lead to lasting, meaningful

relationships. Niceness can be based on a manipulative motive, while kindness is genuine. Niceness is how we present ourselves, whereas kindness is authentic.

Several years ago, one of my closest friends was dying of cancer. Wanting to be a supportive friend, I picked up a bouquet of her favorite flowers before I stopped by her house. When I arrived, she told me she was in a lot of pain, then asked me to leave. I left the flowers and felt upset as I walked back to my car because she did not invite me in. What I realized (a teaching moment for me because I took it personally) was that she was in no mood to want any company. When I reflected on my motive for visiting her, I realized that part of my reason was (sadly) self-serving; I wanted to make my friend

to things we find rewarding and causes a “warm glow” observed through scans in the striatum which research recognizes as a biological basis for that positive feeling.

We also feel good as we live in harmony with our personal values, something deep inside of us that says, “This is who I truly am.”

*“A kind and compassionate act is often its own reward.”*

— William John Bennett

### Kindness slows aging

Aging on a biochemical level is a combination of many things, but two causes that speed the process are free radicals and inflammation. Research has found that oxytocin can reduce levels of free radicals

reexamine our evolutionary ancestors, they had to learn to cooperate with one another to ensure a greater chance of survival so *kindness genes* were hard-wired into the human genome. Kindness is not only an important trait but also a key to our success as a species. Kindness is what binds us all together. When we are kind to each other, we feel a connection that strengthens our existing relationships and helps us create new ones. This approach has the power to bridge the gap between people of all nations. With kindness, we can overcome the divides of politics, race, religion, gender, and so much more. Start by teaching kindness to young children then continue this practice into adulthood; throughout one’s life.

### Kindness is contagious

When we are kind, we inspire others to be kind as well. Studies have shown that it actually spreads outward to others. This means that when you are kind to one person, that one act of kindness will positively affect many other people. Inspiring kindness the world over, starting with your own actions.

*“Be kind, for everyone you meet is fighting a harder battle.”*

— Plato

There is no requirement for kindness to be extravagant. Sometimes the simplest things make the most significant difference. Kindness can be easy to achieve. As the Dalai Lama said, “Be kind whenever possible. It is always possible.”

Here are some random acts of kindness you can try:

- Hold the door for others
- Be punctual — Show up on time
- Pick up litter
- Return your (and maybe another’s) shopping cart to the holding area
- Compliment a stranger
- Say “please” and “thank you”
- Keep your agreements
- Listen more and talk less
- Offer honest feedback when asked rather than telling people what they want to hear
- Write a positive review for a local business
- Plow your neighbor’s driveway
- Mentor a young person
- Donate food, clothes, or home goods
- Smile often

While *World Kindness Day* happens every November 13th, remember that being kind is just as crucial on every other day of the year. Encouraging kindness is beneficial every day. Be intentional about inspiring compassion in the world through your words and actions, without judgment or condemnation, do it with inclusion, acceptance and tolerance.

Be kind and make a positive difference in the world! It is much more important than any other reward. We need it now more than ever.

*“Sometimes we feel the world is so large and complex that it’s impossible for any one of us to make a difference. But what if we tried?”*

— Frank Sonnenberg

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

### Kindness improves relationships

We tend to like people who show us kindness because it makes us feel more bonded and secure, more connected. As we

happy and, without realizing it until later, I wanted to think about myself as a really special friend. As distressing as the encounter was, I learned a great deal from that experience. I now regularly check in with myself by asking, “What is my true intention?” To this day, I cringe remembering that incident, however, I have learned so much from the experience.

If we believe our actions are kind yet we expect something from the recipient in return, we are just fooling ourselves. Kindness, meant to fill up your “favor bank,” is self-serving at best, that, based on what we have learned from this piece, is niceness. True kindness gives without ever expecting anything in return. We act with kindness to genuinely give of ourselves to another. Kindness is compassionate.

*“The fragrance of the bouquet remains on the hand of the giver.”*

— Chinese Proverb

### The impact of kindness

When we practice kindness either to other people or towards ourselves there can be positive mental and physical changes. Kindness decreases stress levels and increases the body’s production of feel-good hormones such as dopamine, oxytocin, and serotonin so we get a natural high, often referred to as *Helper’s High*. Being kind also helps boost the immune system, lowers blood pressure and reduces anxiety.

### Kindness makes us happier

Choosing to be generous or cooperative with others activates an area of the brain called the striatum. This area responds



## Here’s the scoop on poop!

by Coalition for the Upper South Platte



We don’t necessarily want to think about where our toilet flush goes, let alone talk about it, but we must have the conversation. What we do naturally, daily, can have detrimental impacts on our water quality if not properly managed.

Many businesses and residences in the Ute Country area benefit from connection to central sewer systems. However, most of us in rural areas are connected to septic systems, known as Individual Sewage Disposal Systems. The rules about what we should be flushing down are mostly the same: only human waste and toilet paper, no drugs (take them to an approved disposal site with the Sheriff or Police Department), flushable wipes are NOT flushable, no pesticides or paint.

Septic systems require special attention to their care and feeding. It is important to know what sort of septic system you have and its location. This can usually be found at the local environmental health department. You need access to the septic tank for inspection and pumping, and you want to be sure that you aren’t driving or building anything over the drainfield. The septic tank should be inspected every 1-3 years and pumped every 3-5 years, depending on the tank size and usage. A property owner with a strong stomach and strong back to access the tank cover can do the inspection themselves. For those of us with more delicate constitutions, licensed septic system contractors can help. Yes, you do need to get the tank pumped on occasion. Some, ahem... solids, are not distributed in the drainfield. They must be pumped out.

Do you need to add anything fancy, or not so fancy, to the septic tank to feed the bacteria? Not really. Additives shouldn’t be necessary for the proper functioning

## Thirst for Gold

by Jamie Melissa

The National Mining Hall of Fame and Museum (NMHFM) is set to open its new temporary exhibit, Thirst for Gold, in April 2023. The exhibit will consist of both colorized and non-colorized archival framed chromo-lithographs of Frank Leslie’s *Illustrated Newspaper* and *Harper’s Weekly*, which range in publishing from 1865-1910. These will join local Leadville artifacts that will aid in explaining the story of how Leadville became part of the Gold Rush and was quickly built up to sustain a city of over 16,000 people by the late 1800s. Leadville objects will come from the NMHFM collections, Denver Museum of Nature and Science, Molly Brown House Museum, House of the Eye Museum, Temple Israel Museum, and possibly other institutions. Together, these objects will educate the public on the quick expansion of Leadville, the numerous mines and smelters, and the variety of businesses in Leadville.

## Adopt Me

by SLV

## Blizzard

Blizzard DOES have ears! She was found in a blizzard. At only 20 pounds, this 1-year-old sweetie could be your next lap dog. Blizzard is affectionate and loves attention. She is current on all vaccinations, routine de-wormings, chipped and spayed. We hold adoption fairs 11-3:30 p.m. First Saturday of each month at 5020 N. Nevada Petco; all other Saturdays 7680 N. Academy PetSmart.

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



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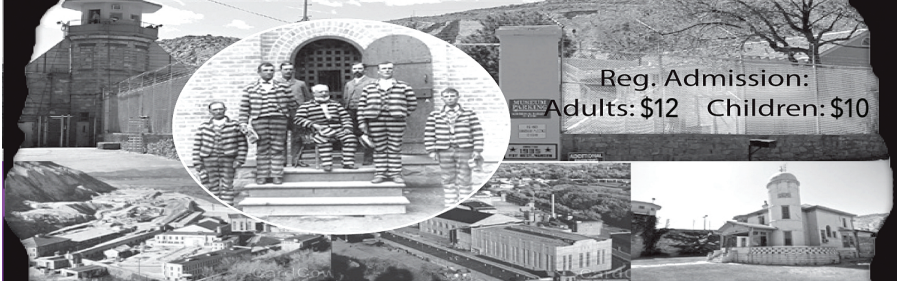
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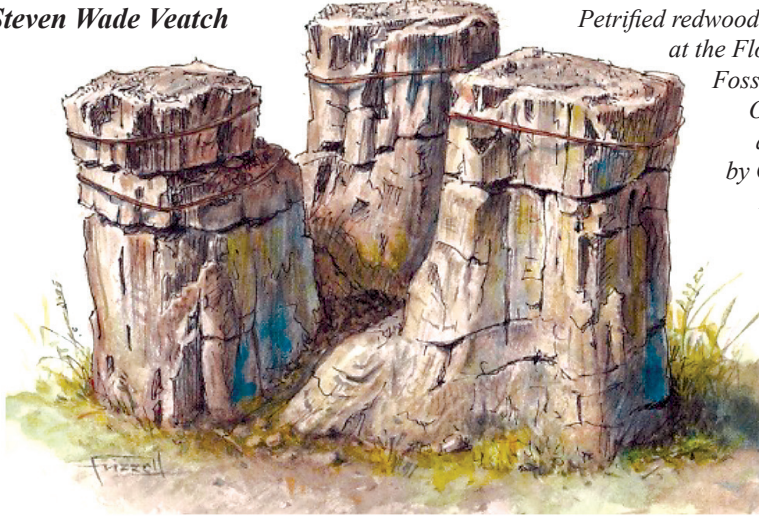
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## Time in Florissant

by Steven Wade Veatch



Petrified redwood "Trio" at the Florissant Fossil Beds. Original artwork by Charles Frizzel.

The valley is the way it should be, formed over an endless flow of time. Volcanoes erupted: Mudflows rushed downhill mixing rocks, boulders, and soil — knocking down trees, tossing them like twigs, snapping them apart, and burying them. Time turned trees into stone.

From this destruction a lake formed. Water skippers danced on its surface, caddis flies landed on nearby willows, and fish lurked in its depths. Consider the fossil insects and plants trapped in layers of time; and a sleeping mammoth at rest on a layer of lost pollen, covered with Ice Age gravels.

An old homestead sits by Grape Creek, its timbers whisper in the past of early settlers. A few pine trees, marked by the Ute people, show this was once their home.

This land, where life has stretched across time, from past to present, magnifies how short time is for me, and just when I learn how to live, it's over.

*Editor's note: this poem is about the Florissant Fossil Beds National Monument in Colorado.*

## Adopt Me by Ark Valley Humane Society

### Huck

Huck is a gorgeous 4-year-old male Catahoula Leopard Dog mix who loves everyone he meets. He's been lucky enough to be in foster with one of our amazing staff members for nearly two months now. He is living there with 2 cats and 2 dogs, and gets along great with all! Huck is a special dog looking for an equally special home. He has a neurological condition — Idiopathic Diffuse Cerebrocortical Atrophy — that affects his body movements. Huck's medical condition causes him to have erratic movements that can be confusing for other dogs to interpret. Huck will do best in a home with friendly, confident dogs and cats only. Huck adjusted quickly to his foster home and LOVES to play with toys and run around the yard with other dogs. Huck largely pays no attention to the cats in the home and loves getting attention from people. Although he requires some special attention, Huck will be a great companion in his adoptive home! If you'd like to meet Huck, please start by filling out an adoption application here <https://www.ark-valley.org/adoption-matchmaker-application/>

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



## BLM plans prescribed burn at Deer Haven

by Levi Spellman

The Bureau of Land Management is preparing to conduct a prescribed burn in the Deer Haven area, approximately 15 miles northwest of Cañon City, south of High Park Road, and west of County Road 69 in northern Fremont County. Approximately 107 acres of BLM land will be treated to reduce accumulated hazardous fuel and improve wildlife habitat. Targeted fuels include ponderosa pine, Gambel oak, decadent grasses and other ground fuel that has accumulated since previous treatments. Prescribed burns help pre-

serve the health of forests and wildlife by removing materials that degrade habitats and contribute to the severity of wildfires. Fire treatments may take multiple days — or sets of days — to complete. The prescribed burn will begin as soon as scheduling, weather, and fuel moisture conditions permit. The project will create a mosaic of burned and unburned areas intended to reduce conifer encroachment in grass parks while improving forage for wildlife and domestic livestock. Prescribed fire also helps to create various stages of plant

succession, which is critical to the health of fire-adapted ecosystems. Smoke from the planned ignition will be visible throughout the day of the burn, mostly during the warmest part of the day. With cooler temperatures in the evening, smoke may linger and accumulate in low lying areas. Firefighters will be on site throughout the day of ignition and will periodically patrol the burn for several days afterward. According to the Colorado Air Pollution Control Division, "Prescribed fire smoke

may affect your health." For more information see <https://cdphe.colorado.gov/indoor-air-quality/wood-smoke-and-health>. A new resource for tracking known wildfires is available from the National Interagency Fire Center. It can be found here: <https://nifc.maps.arcgis.com/apps/instant/portfolio/index.html?appid=50b5c3f1da6749b0bc9f716998ca8810>. For project specific information, contact Matthew Norden 719-269-8583, Rocky Mountain District Deputy Fire Management Officer in Cañon City.

## CPW's seasonal shed antler collection restrictions through April

by John Livingston

Colorado Parks and Wildlife would like to remind the public that collection of shed antlers on all public lands west of Interstate 25 is prohibited from Jan. 1 through April 30. This restriction is in place to help protect wintering big-game animals and sage grouse from human disturbance during the critical winter and early spring months. "There continues to be a lot of discussion and debate about the impacts of shed antler hunting across the West," said Area Wildlife Manager Brandon Diamond of Gunnison. "Comparing shed antler hunting to other forms of recreation isn't necessarily an apples to apples comparison. Shed hunters specifically target our best winter-range habitats where animals are or have been, and the activity is more popular than ever, leading to an increasingly competitive environment. As conservation-minded, big-game enthusiasts, it's one place where we can collectively minimize potential impacts to wintering wildlife." Though spring is soon to arrive and warmer temperatures are ahead, winter-depleted wildlife remain in basic survival mode during this time when food is scarce and before the nutritional quality of forage

improves later in spring. After already getting through the brunt of deep winter, these animals need every last calorie to survive the final push to spring green-up. Conditions across Colorado have varied this winter, but a strong snowpack across much of western Colorado makes it all the more important for wildlife to be alleviated of the additional stress of human disturbance. "These regulations will be most effective and have the greatest positive impact on our wintering wildlife when we work together within our communities to monitor and enforce them," Diamond said. "Don't tolerate the behavior of those that would cheat. Let's make sure we are all doing what's best for wildlife and help give them a break during their toughest time of year." Wildlife officers and biologists continue to educate the public about the negative impacts to wildlife caused by irresponsible shed collection and winter recreational activity. Violators of these regulations may face a \$137 fine and five license suspension points per violation, in addition to separate fines and points for the illegal possession of each shed antler collected



Photo courtesy of CPW

Colorado has a restriction in place to prohibit the collection of shed antlers west of I-25 through April 30. This is done to protect wintering wildlife.

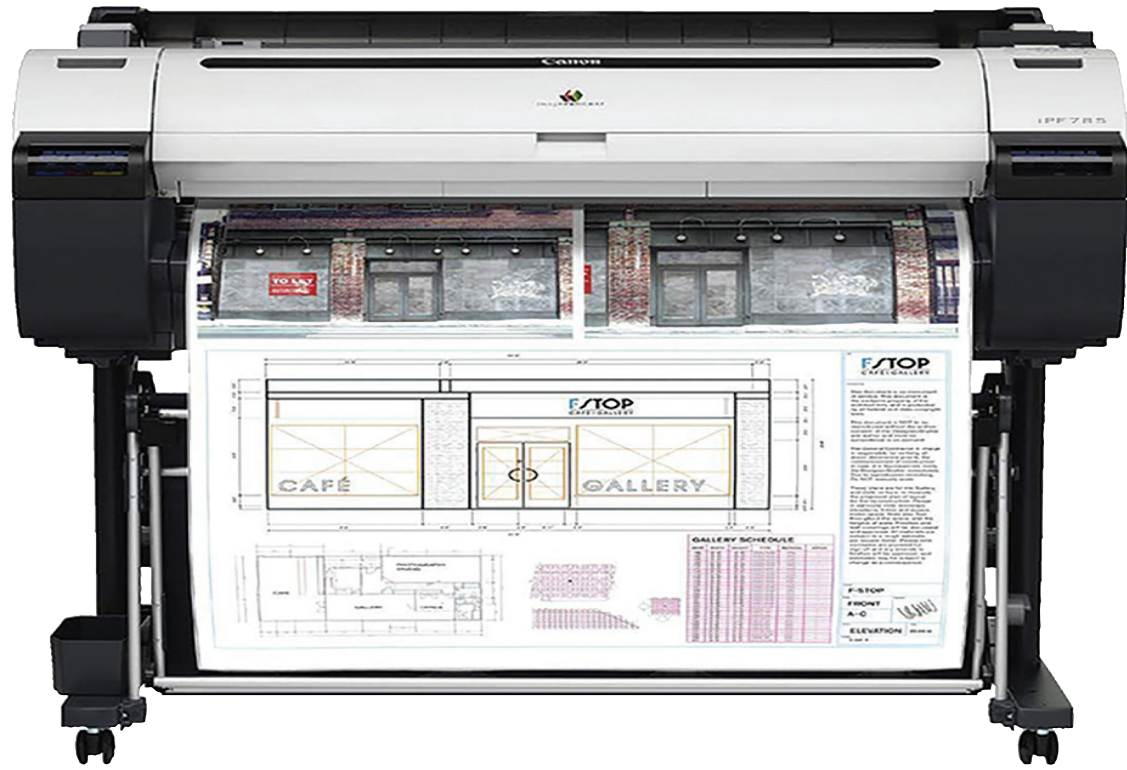
outside of the established season.

Apart from the shed collection rules, harassing wildlife remains illegal and CPW officers will cite individuals for violating this state statute. Harassing wildlife includes a \$137 fine that also carries 10 license suspension points. "CPW determined closures were needed because shed-antler collecting has become a very popular recreational activity," said

wildlife officer Cassidy English of Colorado Springs. "To make matters worse, CPW has seen an uptick in unethical behavior by shed-antler hunters who were seen chasing deer, elk and moose until their antlers fell off. Obviously, this puts undue stress on already stressed out animals." To learn more about shed collection restrictions, see this question and answer section on shed antlers on the CPW website. CPW encourages people with information about illegal shed collection to call their local CPW office or the Operation Game Thief (OGT) hotline at 1-877-265-6648. Tips to OGT may earn monetary rewards, and individuals who call OGT may remain anonymous. Colorado's cervids (members of the deer family) drop or cast their antlers at different times in the winter. When that happens is variable based on the age and condition of the animal, as well as winter severity. Deer in Colorado are known to shed their antlers from mid-January through March. Elk may start in February, running through April, and moose typically drop their palmate antlers November through January.

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# The Journeys of the Travel Diamond

by Gilrund the Historian

Ted was cleaning the house his mother had left to him when she had passed away three months ago. It was bringing back so many memories as he opened various closets, cabinets and chests of drawers.

His wife Sandy was helping and asking questions about this and that as she tried to gather the few things that they might want to keep.

Ted had no siblings, so everything had been left to him and Sandy. They were trying to decide what to keep and what to give away or sell.

Ted opened a bedroom dresser drawer and found the drawer had been lined with old newspapers. It was something that was done by the Baby Boomers, like his mom. He smiled as he pulled out the old papers and looked at what had been printed long ago. He was having fun reading them before throwing them in the large trash bag.

There was one that caught his attention. It was from the *Ute Country News*. The story was about a lost diamond called the "Traveling Diamond." The story had been printed back in August of 2021 as a treasure hunt.

Ted read the story and wondered if the box with the diamond had ever been found. According to the story, the diamond would take the person that touched it anywhere that they wanted to go in an instant. But it could only be used once a day and only be touched by one person each day.

"Ted!" called out Sandy as she looked for him down the hallway, "Honey, look at what I found on the hall closet shelf."

Ted looked at what his wife had brought for him to see as she said, "Where do you suppose Mom found this?"

Ted took the small wooden box out of Sandy's hands and read the old paper once again as he looked at the box. "That looks like the box described in this old newspaper story, Sandy. Here read it for yourself and see if I'm right," remarked Ted.

Sandy took the paper and read the story and looked at the wooden box again. "I think you're right," she said as she handed back the paper and opened the box to look inside.

"There's the diamond and the gold wires and silver ring holding the diamond. Just like in the story," she continued, "I wish Mom were here to tell us how she found this thing."

Ted looked at Sandy and said in a whisper, "I wonder if the magic is still in the diamond?"

Sandy's eyes got really big as she answered, "We could go anywhere that we wanted to go and not pay air fare, like New Jersey, and see Uncle Larry and Aunt Mary."

"Are you kidding?" laughed Ted, "we could go anywhere we wanted to go. Like, Porto Vallarta or Egypt or the far side of the moon!"

"What?" cried Sandy, "the far side of the moon?"

"I'm just sayin'," laughed Ted as he hugged Sandy and they both laughed.

They walked to the living room and sat down at the table as Sandy looked at the story again. Ted placed the box on the table in front of them.

"It says here that only one person can touch the diamond at a time or something bad will happen," said Sandy, "So you're going to have to go to the moon by yourself."

"Oh boy, fun with the Moon Maidens," Grinned Ted.

Sandy hit him on the shoulder as she



growled, "No Moon Maidens!"

They both laughed. The rest of the day was spent cleaning more of mom's house until they went home to rest until tomorrow.

The box with the Travel Diamond was left on the table in the living room and it glowed in the darkness when Ted shut out the lights.

The next day Ted came to the house by himself, for Sandy had a hair appointment. As he cleaned the bedroom closet, he found an old book that was covered with some old clothes. It was called *The Treasures of the Dragon Riders*, by some author that he had never heard of. As he cleaned, he found more of the books by the same author on the floor of the closet. They all appeared to be about dragons.

He looked around the cavern and continued thinking out loud, "How did I know the dragon's name? He called me 'My Rider' like we have been together for a long time and there was a saddle on his back. So, I must ride him. Of course, I ride him. I was reading a book about this sort of thing. We speak with the Dragon Mind Speech, and we are bonded for life. That Travel Diamond is still working. That makes me a Dragon Rider!"

Ted laughed as he moved the treasure toward the entrance of the cavern and prepared it for the next flight when Shadow would return.

Just as he returned for the last of the treasure, he heard a gruff voice call out to him from the entrance, "Ho, there! Who are you to be handling our treasure?"

Ted turned and saw a large man and two other average sized men all dressed as he thought pirates would be dressed, standing in the light of the entrance. Two of the men were carrying chests and the big man carried a sack that was heavy. He quickly looked around in the stack of treasure and found a beautifully decorated

Shadow, and answered, "I think it will be worth the effort, Shadow. This is not our first find, but it is the largest. Yes, it will be worth the effort."

Ted and the dragon walked on into the cavern and started packing the treasure in the saddlebags that the dragon wore and tying some of the chests on to the saddle top. "I'll wait for you here and prepare more of the treasure for the next flight," said Ted as Shadow started for the opening of the cavern.

Shadow was a large dragon of a dark gray shadow color, hence, the name. Shadow took to the air at the entrance as Ted returned to the depths of the cavern and looked at the remaining treasure as he thought, "Where am I and how did I get here?"

He looked around the cavern and quickly cut down the closest pirate. He turned to face the other two who were shocked at the quick death of their friend.

The big man made a fast move toward Ted and was forced back by Ted's quick moves. The other pirate then came in with a yell and fell as Ted's sword pierced his heart.

The big pirate screamed as he charged at Ted with his sword held high and ready to strike.

He never got the chance, for Ted swept his sword around and killed the pirate. Ted looked at what he had done and then sat down on a chest with his head in his hands.

"How did I do that?" he said to himself, "I've never done anything like that before. I don't even own a plastic sword, let alone something like this. I have become part of the story in the book. That Travel Diamond must change you to fit where you want to go."

Ted got up. He put the two chests that the pirates had brought and the heavy sack by the other treasure he had moved earlier as he continued to think, "So, now I'm a Dragon Rider in the Kingdom of Zorr and I have a dragon named Shadow

and we're collecting treasure for him to put in a cave above the capitol city. This is all so crazy! How do I get back to my own time and place? What about my wife? What will she do with me gone?"

His thoughts went on and on until he heard the flapping of large wings and Shadow was back.

"What is this?" asked the dragon when he saw the bodies of the dead pirates.

"Unwanted visitors," replied Ted, "But they brought more treasure for us, so, it wasn't all bad."

Shadow crouched down and Ted loaded him with more of the treasure. Shadow flew off again as Ted returned to the cavern thinking about his new situation in life as he moved more treasure toward the entrance.

Shadow had made the last flight loaded with the new treasure and Ted mounted the saddle. They took to the air.

Ted laughed as they flew higher and higher. Ted noticed that he wasn't cold as the air flowed past him and then he remembered that it was Dragon Magic that kept him from being cold as they flew. He loved flying on the dragon, it was something that he would never forget.

He looked down and watched the land flow past as they traveled back to the cave where Shadow had taken the treasure. As they flew on, they went over the capitol city of the kingdom, and he remembered that it was called The Crystal City because many of the buildings were made of the native rock which was white quartz. It was beautiful!

They flew on into the surrounding mountains and finally landed on the side of one of the biggest at the opening of a large cave.

Ted dismounted and the two friends walked into the cave and Ted saw the dragon's hoard of treasure. There was a large flat bed of silver coins that was Shadow's place to sleep. There were piles

and piles of gold, jewels and silver plates. There standing upright in a mound of silver coins was the sword with which he had fought the pirates.

"You're doing pretty well in the treasure department, Shadow," grinned Ted as he walked around the cave.

"Perhaps, but there is always room for more. If necessary, I will move all of this to another cave, should I be fortunate enough to acquire much more," answered Shadow.

Ted was looking at the sword when he noticed a small wooden box that was half buried in the coins next to the blade. "That looks familiar," he said as he picked it up out of the coins. There was a lion head on the top and gold twisted wire that went around the top in the wood along with purple gems at each corner. Ted opened the latch and lifted the lid. There it was, the Travel Diamond!

"Shadow!" he cried, "Look at this. It's the Travel Diamond. It's how I got here."

The dragon looked at Ted like he was joking and said, "Got here? You got here on my back, my rider. Did you find something strong to drink? What is a travel diamond?"

Ted was holding up the box and showing it to the dragon as he tried to explain how the diamond worked. "If you touch the diamond, it will take you to wherever you want to go. That's how I got here in the first place; do you understand?"

Shadow looked at his rider as though he was crazy and answered, "No. What you say makes no sense to me, except that it must be some kind of magic stone. But how do you know that it is a magic stone? We just found it today."

"No, no," replied Ted, "This is not from your time and I'm not either. Shadow, I don't know how to explain this to you. You are right, it is a magical stone and I found it when I was in another place and time. I don't belong here, Shadow. I will show you tomorrow that I don't belong here."

After meeting you, I would like to stay and have adventures with you, but I have a wife in my other place, the place in which I belong. I must go back, for I am bonded to her for life, just like you and I are bonded for life. I will show you in the morning, then you will believe me."

Shadow looked at Ted and smiled a toothy dragon smile, then replied, "Yes, it has been a long and arduous day for both of us and we are both weary and must get some rest. We should sleep here in my cave, and we'll speak of it in the morning."

With that Shadow laid down on his silver coin bed and Ted slipped under Shadow's wing. They both fell asleep.

Ted awoke early in the morning and watched as the rising sun shined into the cave.

Shadow was still asleep as Ted slipped out from under the dragon's wing. He walked over to where he had placed the wooden box containing the Travel Diamond and opened the wooden box. He looked at the diamond and then he looked at the dragon.

"Goodbye, Shadow," he said as he picked up a single golden coin and put it in his pocket. Then he touched the diamond and disappeared.

*To be continued...*

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

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# Panning for Good

## Exploring Little Chapel Food Pantry

by Dr. Bec

The Little Chapel Food Pantry located at 69 County Road 5 in Divide, Colorado began in 2001 when Little Chapel of the Hills church members began bringing extra food with them to church. This idea was brought to them through new church members Manny and Ruth Martinez who had moved to Divide from Denver where they had organized a similar ministry. The donated food was then stored in one small room and around 50 people would stop by the pantry after church on Sunday and pick up 5-10 pounds of food to help them get through the week. Last year, 482,000 pounds of food were provided for almost 10,000 people through the Little Chapel Food Pantry. This exponential growth and kind-hearted support for Teller County residents has been made possible because of dedicated volunteers who last year gave 6,235 hours of service, financial and food donations through community partners, and, for the last 20+ years, the sincere and dedicated leadership of Ken and Judi Hesselberg.

Over the years, their focused vision, captured in the call for #NoMoreEmptyPlates, has inspired many churches and retailers in the area to join them in this loving mission. Community partners include: Care and Share, WalMart, Bargain Mart, Safeway, City Market, Divide Market, Natural Grocers, Loaf & Jug and many community churches, businesses, clubs and individuals.

According to the [www.littlechapel-foodpantry.org](http://www.littlechapel-foodpantry.org) website, 1 in 7 Coloradans and 18.7% of children in Teller County and surrounding areas are facing food insecurity. Judi and Ken shared that there will likely be an increased need for support now that the Supplemental Nutrition Assistance Program (SNAP) emergency allotment benefits due to COVID-19 ended on March 1, 2023.

### In the food pantry office at the back of the Little Chapel of the Hills hangs a sign that reads, Love Lives Here.

Jenny Smith, a regular volunteer (see photo), explained that each family of four or less receives two big boxes of food. One box is filled with fruits, vegetables and meat and the other is filled with canned and dry goods along with breads. For families of more than four members, 4 boxes are prepared. Jenny, her husband Pager, and other volunteers offer snacks as clients wait for their boxes to be prepared. Refreshments and other donated goods are also provided for volunteers.

In the food pantry office at the back of the Little Chapel of the Hills hangs a sign that reads, *Love Lives Here*. When Judi saw me looking at the sign, she said, "Everything we do is because of love" and another worker chimed in, "We call our clients our family." The food pantry is affiliated with Little Chapel of the Hills and its Christian mission includes following the words of Jesus Christ found in Matthew 25:35 "For I was an hungered and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in..." (Holy Bible KJV) The pantry's mission is also stated this way, "We are here to be Christ's love in action."

Differing from other food banks in its approach, the Little Chapel Food Pantry does not check everyone who arrives in the drive-through line to ensure they are beneath a certain income level, but wel-

comes all who are facing difficult situations and hard times to come and be cared for. There is a simple registration form for clients and volunteers that can be found on the website at [www.littlechapelfood-pantry.org](http://www.littlechapelfood-pantry.org). I asked if this approach was sometimes taken advantage of and Ken said, "Yes, but we've found that 90%+ legitimately need the support."

Along with supplying needed food, other physical, social and spiritual needs are also addressed. While waiting in the drive-through line, clients will have an opportunity to speak with volunteers



Judi and Ken Hesselberg, Little Chapel Food Pantry Directors

about anything they would like to discuss. Judi said she would like everyone to know that, "We are here to help people in whatever way they need and we know places to refer people to for help with housing, utilities, rent and other necessities." Volunteers are often willing to pray for and with clients who are waiting for the food boxes. The volunteers also write down any prayer requests and add them to a list. This list is then given to a group of people from the Little Chapel of the Hills church and prayers are offered six times a month on behalf of the food pantry clients. Judi shared that many prayers have been answered over the years and they know this because clients return to the drive-through and with gratitude share the blessings they have experienced.

One particularly touching story that came to mind for both Ken and Judi was about a man who had been struggling with loneliness and difficult times. He had



Festive and fun Pet Food Pantry Volunteers Suzanne Miller and Gerry Holcroft.



Food Pantry Volunteers at work in the warehouse

decided to come to the food pantry for his last meal and then commit suicide. He told them later that because of the love and kindness he received that day and the prayers the volunteers offered with him, he changed his mind and found new hope through their compassion. In Judi's words, "It's good for people to know somebody cares." This stuck with me. I felt the sincerity and generosity of spirit the volunteers radiated and it brings me joy to know that many people look to Divide, Colorado and the Little Chapel Food Pantry as a beacon of love and hope, and... even pets in need are taken care of!

### Pet Food Pantry

The Pet Food Pantry for Teller County originally began providing food for pets in the parking lot of the Nazarene church. Their mission is to keep pets with their families during tough economic times by providing supplemental food and helping to offset critical emergency vet care. They also help provide training for dogs with behavioral issues.

The Little Chapel Food Pantry partners with the Pet Food Pantry providing a place for pet food to be stored and distributed during the same distribution times. This streamlines the process for those in need of both services.

#### Pet Food Pantry Contact Information:

You can register online to pick up pet food, donate or volunteer at <https://www.petfoodpantrytc.com/> or call 719-244-3969. The Pet Food Pantry also has a Facebook page at <https://www.facebook.com/PetFoodPantryTC/>

#### Food Distribution Days and Times:

Drive-through days are the second and fourth Mondays of each month from 2-5 p.m. except during November and December when distribution happens on the first and third Mondays. Keeping traffic flowing as clients drive-through behind the church at 69 County Road 5



Jenny Smith Food Pantry Volunteer

is important. Clients proceed west up the driveway to the right of the church staying far to the right because others are coming back down the same driveway. Clients pick up food alphabetically according to the first initial of their last names at the following times:

- A-H: 2-3 p.m.
- I-Q: 3-4 p.m.
- R-Z 4-5 p.m.

If necessary, late pickup can be requested between 5-6 p.m. by filling out a special form.

#### Food Pantry Contact Info:

Register online to pick up food, volunteer or donate at [www.littlechapelfood-pantry.org](http://www.littlechapelfood-pantry.org), email [littlechapelfoodpantry@outlook.com](mailto:littlechapelfoodpantry@outlook.com) or call 719-322-7610.

Little Chapel Food Pantry volunteers have hopes and dreams! They would be deeply grateful for donations to:

- Pave the parking lot and make it handicapped accessible
- Purchase the property next door to create a more streamlined drive-through process
- Continue to be able to pay for utilities, gas and diesel for the refrigerated truck

The Little Chapel Food Pantry invites you to attend the following Upcoming Events:

- May 6th - Senior Dinner partnering with the Senior Coalition
- June 24th - Veteran's Dinner
- August 29th- Golf Tournament Fund Raiser

**Jokes:**  
<https://www.rd.com/list/food-jokes/>

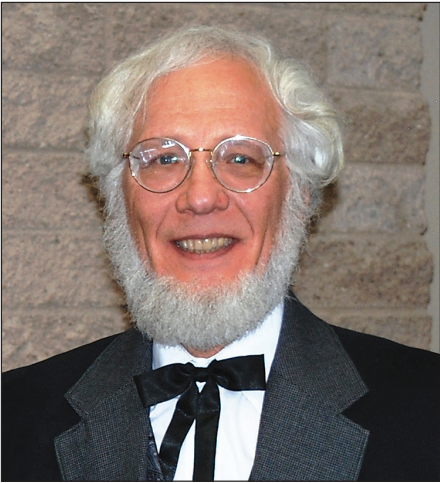
**Q:** Which friends should you always bring to dinner?  
**A:** Your taste buds!

continued on next page

# Crystal Peak History and Treasures

## Dr. Mark Jacobson speaks

by Marianne Mogan



Dr. Mark Jacobson, a geologist-mineralogist is scheduled as the speaker of the next Chautauqua presented by Pikes Peak Historical Society, April 16 at Lake George Charter School. Dr. Jacobson will be presenting a talk about the history of Crystal Peak and the collecting of amazonite and other minerals in the area.

Crystal Peak is a prominent feature visible north of Highway 24 between Florissant and Lake George and resembles a pyramid. In the early days, settlers referred to it Cheop's Pyramid or Topaz Butte.

Crystal Peak has been a draw of many going back to the Utes who sought after the beautiful and unique crystals for spiritual reasons. Geologists and miners soon began to ascend this mountain and the Crystal Peak pegmatite was found in 1873. In 1875 it was noted that 25 to 30 diggers were seen. The excitement continues today. However, Crystal Peak is now privately owned as is much of the land around it.

Dr. Jacobson obtained a BS in mineralogy-geochemistry from Pennsylvania State University in 1973 and a MS in sedimentary geology from the University of California at Berkeley in 1976. After graduate school, he worked for Amoco and Chevron in oil and gas development as an earth scientist, completing 35 years with Chevron before retiring in 2013. He has published numerous articles on the geology, mineralogy, and mining-collecting histories of pegmatites since 1978 as well as three major books *The Gems of Hiddenite, North Carolina: Mining History, Geology, and Mineralogy*; *Guidebook to the pegmatites of Western Australia* and *Antero Aquamarines: Minerals from the Mount Antero — White Mountain Region*. He has been a consulting editor for *Rocks and Minerals* since 1984 and has previously been

president of the Friends of Mineralogy, both the National and Colorado Chapter. He lives in Colorado Springs and is a member of Lake George Gem and Mineral Club. He specializes in pegmatites as found on Crystal Peak.

Along with the presentation, Pikes Peak Historical Society will be conducting a silent auction of gems and mineral specimens. Some of the items are a blue-green faceted tourmaline (faceted by local geologist, John Rakowski), faceted citrine, smoky quartz crystal, and a smoky quartz combination crystal. Proceeds from the auction will go toward the purchase and installation of doors and windows being replaced at the Teacherage Museum next to the old Florissant Schoolhouse. The presentation will be at 2 p.m. on April 16 at Lake George Charter School, 38874 US Hwy 24, Lake George, CO. The school is located only four minutes from Florissant, on the south side of Highway 24 just two tenths' miles west of the Ferrell Propane lot. This program is free and no reservation is required. For more information call 719-748-8259 or 719-748-3861.



Little Chapel Food Pantry Volunteers share happy moments doing meaningful work

#### continued from page 16

**Q:** What's the best food to eat before a workout?  
**A:** Mussels

**Q:** What's the most relaxing type of pasta?  
**A:** Spa-ghetti

### Challenge

When I stopped by to take pictures during the food pantry distribution, I couldn't help but notice how happy the volunteers were. Their actions were undoubtedly helping others, but they were also nurturing their own hearts with companionship, strengthening their minds with the knowledge that the work they were doing was meaningful and building confidence by expanding their influence in positive ways. It also just makes sense to help out. One worker said to me, "I help because I know that I could be in a situation like

this someday and need this support." The challenge this month is to look for a need in a person, a family, a community, an animal or any other place you feel you could make a positive difference. Once you have found something you could do that is workable, consciously fill that need. Like the food pantry volunteers, happiness may become your compulsion-free companion as a result.

*Rebecca Frazier, PhD is an author and educational consultant. Her years as a classroom teacher, instructional coach, leader of coaching programs and principal helped her understand the need to provide positive support to educators and to encourage people in general. She believes noticing and focusing on what is positive creates the energy and hope critical to innovatively solving challenging problems. She can be found on twitter @coach\_happy or contacted through her website at coachhappy.com.*

## HONORING THOSE WHO STAND FOR TRUTH

**DINESH D'SOUZA**  
KEYNOTE SPEAKER

**MAT STAVER**  
AWARD RECIPIENT

**JACK PHILLIPS**  
AWARD RECIPIENT

**TRUTH & LIBERTY AWARDS GALA**  
MAY 5 | WOODLAND PARK



~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](mailto:utecountrynewspaper@gmail.com).

AVAILABLE VIRTUALLY

- NAMI Colorado: <http://www.namicolorado.org/>
- Suicide prevention: <https://suicidepreventionlifeline.org/> or dial 988

CAÑON CITY LIBRARY

- 5 FREE Legal Self-Help Clinic 2-5 p.m. Call 719-269-9020 for appointment.
- 7 Charissa Fryberger is here 10-noon with her book *A Breath of Fresh God*, you can visit with her and purchase her book.
- 13 Dulcimer Demo in the Carnegie Room 2:30-4 p.m. Come listen to the music and learn to play.
- 14 Dawn Marie Mosher will present her book and story, *Peace in the Arms of My Father: From despair to hope, a foster child's journey*.
- 22 Dave Lively will be at the Steeple Event Center 2 p.m. presenting a lively talk on Cache La Poudre: People, The gunpower, the River.
- 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. Creative Crafting (different craft each month) 3rd Friday each month 3-4 p.m.
- Cribbage Club Fridays 10 a.m. All ages welcome!
- 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

- 6 Gladys Knight at 7:30 p.m. at Pikes Peak Center.
- 8 Third Eye Blind at Pikes Peak Center.
- 17 Swing Factory 7 p.m. shares a concert with The New Horizons Kicks Band at the ENT Center for the Arts. Tickets \$10 available online [www.tickets.enticenterfortarts.org](http://www.tickets.enticenterfortarts.org) or the [www.woodlandparkwindsymphony.com](http://www.woodlandparkwindsymphony.com).
- 28-30 Monster Jam at Broadmoor World Arena.

CRIPPLE CREEK

- 6 American Legion Post 171 meets the first Thursday of every month at 6 p.m. 400 Carr St. Food and refreshments at 5 p.m. (weather permitting).
  - GED Class 1-3 p.m. New students (min age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org or 719-686-0705.
- ASPEN MINE CENTER
- 29 Commodities distribution 9-1 p.m.
  - Tuesdays BINGO 10:30 a.m. for seniors.
  - Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed. FREE!
  - Thursdays Mexican Train 10:30 a.m. for seniors. FMI 719-689-3584 x124.

CRYSTOLA

- 14, 23 Sunburn in the Shade 7-10 p.m.

DIVIDE

- 10, 24 Little Chapel Food Pantry. This is a drive-up distribution, and to make sure to avoid traffic issues

our distribution times are:  
Last name beginning with:  
A-H .....2-3 p.m.  
I-Q .....3-4 p.m.  
R-Z .....4-5 p.m.

FAIRPLAY

- 15 Comedy Night 7 p.m. at Rocky Mountain Cigar. Tickets \$25 available on Everbite or 218-556-3809.

FLORENCE

- 2 The Witness and the Judge 2 p.m. Rialto Theater 209 W Main St.
- 8 Second Saturday Art Walk 1-4 p.m. Easter themes with an Easter Egg Hunt throughout downtown businesses.
- 8 Ginna Pollack Art Opening 5-7:30 p.m. at FloCo Gallery and Gifts 120 East Main St.
- 29 The Florence Pioneer Museum and Research Center hosts the annual Chili and Beer Festival in conjunction with the Florence Brewery 11-3 p.m. Enjoy home-made chili from the Fremont County community in a home-made bowl by P&G Pottery. Beer sold separately at the Florence Brewery. [www.florence-pioneer-museum.org](http://www.florence-pioneer-museum.org).
- Joan Flint is the Artist of the Month displaying her artwork in April at the John C. Fremont Library 130 Church Ave.

FLORISSANT

- GRANGE 1 Easter Party 1-2:30 p.m. Easter Egg hunt wills start promptly at 1:10 p.m. Goodie bags

- for all the kiddos and some games, treats, and punch.
- 15 Sewing Class 1-3 p.m. We will be finishing our first project and beginning a new one for all the students who signed up.
- 22 Spring Craft Show and Flea Market 9-3 p.m. We have spots open inside and outside so reserve your spot right away. \$15/space.
- Thursdays are music and potluck starting at 6 p.m. FMI 719-510-2325.

LIBRARY

- 1 TCRAS Adoption Event Come add a fuzzy friend to your family!
- 11, 25 Homeschool Book Club 11 a.m. Any age is welcome! This month we are reading *The Wild Robot* by Peter Brown
- 12 Florissant Bookworms Book Club 10:30-12 p.m.
- 13 FREE Legal Clinic 2-5 p.m. Call 719-748-3939 for appointment.
- 18 Read Amok Book Club theme "outdoor activity" 11-12:30 p.m.
- 21 Friends at the Table Cookbook Club, theme is "Brunch" 11:30-1 p.m.
- Tuesdays Tai Chi 10-11 a.m. Come relax with us!
- Thursdays Yarnia! 10-12 p.m.
- The second Wednesday of each month is Thumbs-Up Movie Club. Be a critic with us from 1-2:30 p.m.
- The second and fourth Tuesday of each month join us for Hooks and Needles, an additional club for crafting! 10-12 p.m.
- The third Wednesday of each month join us for Crafting Together, a club where we finish our abandoned art projects. 10-11:30 a.m.
- The fourth Saturday of each month, join us from 10-11:30 a.m. for our Adult Social Circle! Meet and make friends with ease.
- Fridays Storytime with Ms. Beth at 10 a.m. followed by Reading with Charlie the dog!
- Friday Family Fun Fridays 2-4 p.m., with the second and third Friday's each month from 10-5 p.m. FMI 719-748-3939

GUFFEY

LIBRARY

- 4 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 crochet, knit and talk away.
- 4, 11, 18, 25 Medicare 101 Class 1-2:30 p.m. Class is hosted by Platte Canyon Senior Alliance, Park County Senior Coalition and Park County Extension. Class will be held at Guffey Library Meeting Room. It will be held online and displayed on our TV. Come and learn about Medicare.
- 24 Guffey Literary Society 1-3 p.m. Book choice for April is *Station 11* by Emily St. John Mandel. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join.
- 26 Rock 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 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.

LAKE GEORGE

- 16 Dr. Mark Jacobson to speak on Crystal Creek history and treasures see page 17.

MANITOU SPRINGS

- 29 Annual Health Fair 7-noon at Community Congregational Church 103 Pawnee Ave. To sign up for discounted health screenings visit <http://onlinereg.365health.org>. FMI [www.manitousprings.org](http://www.manitousprings.org).

VICTOR

- Victor Lowell Thomas Museum is open Saturdays 10-5 p.m.

WOODLAND PARK

- 8 Teller County Summer Expo & Kidfest 11-1 p.m. at Ute Pass Cultural Center.
- 13-15 Munchkin Market is a HUGE consignment sale of gently used children's items. Thursday 3-7 p.m., Friday 12-7 p.m., Saturday 9-1 p.m. (all items 50% off on Saturday). Location is Woodland Park Community Church 800 Valley View Dr. FMI Maggie 719-433-3099 or [munchkin-market@gmail.com](mailto:munchkin-market@gmail.com).
- 15 Woodland Park Senior Center Craft Fair and Bake Sale 10-2 p.m. Local crafters have been busy preparing their handmade items for sale! Be ready to be tempted by the baked goods offered by our fabulous Senior Center bakers! All proceeds go toward providing activities for the Senior Center members. The WPCS is located at the corner of Lake and Pine St. Everyone is welcome!
- 15 & 16 Auditions for Jr. Woodland Players Theater Camp's production of *The Little Mermaid* see page 12.
- 16 Dude Ranches in the Shadows of Pikes Peak, a documentary that speaks to the soul of the country 11 a.m. at Gold Hill Theatres 615 Midland Ave. Presented by Ute Pass Historical Society. Admission \$7. FMI 719-686-7512 or [uphs@utepasshistoricalsociety.org](mailto:uphs@utepasshistoricalsociety.org).
- 16 Swing Factory and In-House Big Band recital 2:30 p.m. at Mountain View United Methodist Church 1101 Rampart Range Road. Donations go to the church.
- 22 Wild Whiskers dinner, guest speaker/comedian Dr. Fitzgerald, DVM, and music by Bobby Gulley. Check-in 4:30-5 p.m. Tickets \$75 per person, \$140 per couple. Silent auction, raffle, licker pool and more. Western Theme. FMI <https://www.tcrascolorado.org/wild-whiskers-april-2023.html>
- 30 Ute Pass Chamber Players perform their Spring Concert 3 p.m. at High View Baptist Church 1151 Rampart Range Road. See ad this section.
- 30 Woodland Park Wind Symphony presents "Video Games" themed FREE concert 4 p.m. at Ute Pass Cultural Center. Youngsters are invited to participate in a video game/hero costume contest and parade. FMI [www.woodlandparkwindsymphony.com](http://www.woodlandparkwindsymphony.com).

COMMUNITY PARTNERSHIP

- 1 Free Income Tax Preparation 9-1 p.m. Volunteer Income Tax Assistance provides FREE, CONFIDENTIAL and SECURE preparation and e-filing of Federal and State income taxes, for taxpayers who qualify. This service is available for basic returns with income up to about \$60,000. Refreshments provided. BY APPOINTMENT ONLY! TellerCountyVITA@gmail.com or 719-203-1265.
- 3 Wear Blue Day. April is Child Abuse Prevention Month. Show support for children and families.
- 8 Teller County Summer Expo & Kidfest 11-1 p.m. at Ute Pass Cultural Center. Join Community Partnership, The Resource Exchange

- and Woodland Park School District. Explore summer activities, games, giveaways, free food and activities. FMI [Office@cpteller.org](mailto:Office@cpteller.org).
- 11 Circle of Parents Kinship Connection 5:30-7:30 p.m. A place for those raising their grandchildren or kin, to share, laugh, joke and find out how other caregivers are navigating this new world. Meal and childcare provided. Second Tuesday of each month. FMI Michelle@cpteller.org.
- 11 Circle of Fathers 5:30-7:30 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. Second Tuesday of each month. FMI Steve@cpteller.org.
- 14 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.
- 20-June 8 Understanding Your Grief Thursdays 6-8 p.m. This support and education group offers compassionate, companioning support as we work through the book by Dr. Alan Wolfelt. Registration fee \$80. RSVP before April 14 [sarah.lee@voicesofgrief-center.org](mailto:sarah.lee@voicesofgrief-center.org) or 719-505-2257.
- Mondays through May 22 Nurturing Families 5:15-7:45 p.m. Mondays (no class March 27). 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.
- Career Center 12-4 p.m. Tuesdays & Thursdays. Pikes Peak Workforce Center can help with job searching, resume assistance and unemployment applications. Walk-ins welcome. FMI Erin@cpteller.org.
- Family Cafe 9 a.m.-12 p.m. Mon through Fri. Free Wifi, a Kid's Corner and a space to congregate free of charge for parents and caregivers in our community. A place for families to connect and build social networks.
- FREE Yoga with Leah Mondays 10-11 a.m. First come, first served, doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org.
- FREE Yoga with Leah Wednesdays 5-6 p.m. First come, first served, doors lock at 5 p.m. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org.
- GED Class 5-7 p.m. Mondays and Wednesdays. New students (minimum age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org.
- Pearson VUE Testing Center Mondays 10-7 p.m. Schedule your certification or licensure exam at [www.pearsonvue.com](http://www.pearsonvue.com). Fees vary. FMI Katy@cpteller.org.
- Playgroup 9:30-11 a.m. (no playgroup April 26) Tuesdays, Wednesdays & Fridays. Parents and caregivers with children ages 5 & under. Older siblings are welcome. FMI Jackie@cpteller.org. All programs at Community Partnership 701 Gold Hill Place unless otherwise noted. FMI 719-686-0705.

LIBRARY

- 4 Woodland Park Book Club 10:30 a.m.
- 5 Teen Craft Day 3:45-5:30 p.m.
- 5 Family Art Day 11-5 p.m. in the Children's Activity Room.
- 5 Evening Adult Fiction Book Club 5 p.m.
- 8 Wildlife Photography lessons

continued on next page

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- with Steven Krull 10-11:30 a.m.
- 12 Walk and Talk with a Doc with UC Health at 11 a.m. To register for this free event, please contact Mary Duran via email at [mary.duran@uchealth.org](mailto:mary.duran@uchealth.org) or call 719-365-8061.
- 13 Reader's Circle Book Club 10:30 a.m. in the Large Meeting Room.
- 13 FREE Legal Clinic 2-5 p.m.

- Call 719-748-3939 for appointment.
- 15 Open Book Club 10-11:30 a.m. in the Large Meeting Room, for ages 12-112.
- 19 Family Art Day 11-5 p.m. in the Children's Activity Room.
- 19 Teen Craft Day 3:45-5:30 p.m. in the Teen Room.
- 26 AARP safe driver course. Get tips on safe driving and save

- on insurance if eligible. Call 719-640-9281 to register.
- 28 Plant and Craft Exchange 3-5 p.m.
- 29 Plant and Craft Exchange 10-12 p.m.
- Tuesday Books and Babies 10 a.m. a special storytime for babies and toddlers
- Thursdays Preschool Storytime 10 a.m.

- Thursdays Tai Chi at 5 p.m.
- Fridays Tai Chi at 10 a.m.
- Tuesdays is Magic the Gathering from 4-6 p.m.
- April is Citizens Science Month! Come into the library any time of the month for fun activities for any age like a magnification table and take and make science crafts. FMI 719-687-9281.

UTE PASS HISTORICAL SOCIETY

- Time to schedule your History Park tour at the Ute Pass Historical Society and Pikes Peak Museum. History Park consists of five historic buildings at 231 E. Henrietta Ave., next to the Woodland Park Library. We take reservations for free guided tours for individuals, groups and special school tours (at least 1 month in advance) 719-686-7512. While you're there, be sure to check out the Gift Shop. We offer drums, art, jewelry and many historical books (local and other). Gift Shop hours are Wed., 10-noon, Thurs-Fri-Sat 11-3 p.m. FMI [www.utepasshistoricalsociety.org](http://www.utepasshistoricalsociety.org).

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Mueller State Park

As spring unfolds and everyone wants to get outside, come to Mueller State Park for a guided hike or naturalist program! The days get longer, buds are opening and birds are coming back so join a hike to watch for other signs of spring. The first spring migrant birds have already arrived. Red-winged blackbirds were the first sign of spring seen already!

Explore the night sky with a variety of programs including a full-moon hike, dark-sky hike or look through some great telescopes with the Colorado Springs Astronomical Society to see planets or galaxies far away!

April weather can be very mixed up in the mountains. Be prepared for sunshine or snow! Visitors are encouraged to check snow conditions first on our website [cpw.state.co.us](http://cpw.state.co.us) or call the Visitor Center before arrival.

- 5 Full-moon hike 7:15 p.m. meet at Outlook Ridge TH.
- 14 Constellations in the Night Sky 6:30 p.m. at Visitor Center.
- 14 Star Party 8 p.m. at Visitor Center.
- 15 Hug a Tree 2 p.m. at Visitor Center.
- 17 Dark Sky Hike 7:30 p.m. at Outlook Ridge TH.
- 22 School Pond/Stoner Mill Hike 9 a.m. at Preacher's Hollow TH.
- 23 Bird Walk 8:30 a.m. at Elk Meadow TH.
- 23 Forest Bathing to Celebrate Earth Day 1-3:30 p.m. at Outlook Ridge TH.

Mueller events are free. However, a \$10 dollar-daily pass, a Keep Colorado Wild pass or \$80 annual-vehicle park pass is required to enter the park. FMI 719-687-2366.

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

- 2 Bird Walk 8:30 a.m. at Elk Meadow TH.

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\*program subject to change

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