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January 2023

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Vol. 15, No. 1

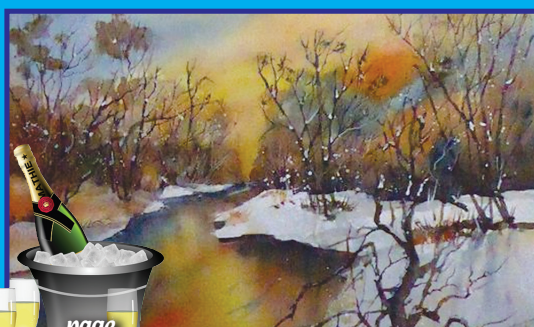
Welcome to Ute Country

**"You're off to great places,
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so get on your way."**

— Dr. Seuss



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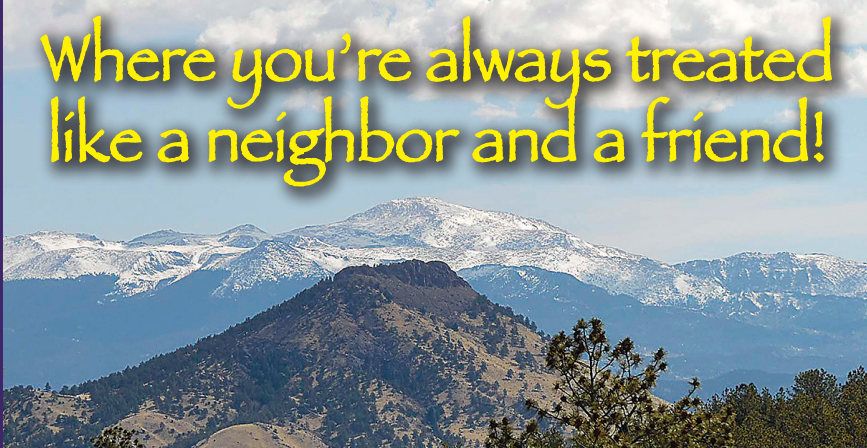
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On Deck

Jeff took the front cover photo of Uncompahgre Peak of the San Juan Mountains near Lake City, Colorado on March 13, 2010. I fondly recall the ride back. There was a rest stop near Gunnison Lake where we noticed a CPW ranger with binoculars looking up. We had the rare opportunity to witness an eagle family teaching the eaglet to catch a fish from the water's surface. The male eagle dropped the fish as the female eagle prompted the eaglet from the nest. Watching the fledgling grasp its seawings was a spectacular sight indeed! This photo and quote from Dr. Seuss' *Oh, the Places You'll Go!* seemed perfect for our January issue. What a great read!

Our January issue is another great read! *A Look Inside the Artist* shares the journey of watercolor artist, Bernice Barns. Perhaps you'll find the artist within during 2023 and this just may be the inspiration. Those who seek self-improvement may enjoy *Life Enhancing Journeys* "Handling an invalidator without becoming nasty" especially for those who seek to develop a gracious response when met with a person who projects their emotions onto you. Are you seeking to get in shape in 2023? *Fitness ON the Mountain* has 11 tips for safety and posture, the first step in proper alignment no matter your position. Anyone interested in our environment will enjoy learning about the *Colorado Environmental Film Festival* especially if you are a teacher who likes to share with students.

Did you take any photographs of your animal friends that you'd like to share 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.

Publishers:
High Pine Design
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POB 753, Divide, CO 80814
719-686-7587
www.utecountrynews.com
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First Class subscriptions are available for \$36 for 13 issues, or 6 issues for \$18.



The Thymekeeper Smell that smell

by Mari Marques-Worden

Upon entering my herb shop people often comment on the aroma and how lovely it smells. Although I have become immune to the smell of my own shop, I often speak of the super sniffer I carry around on my face as I've always been rather sensitive to scent.

This super ability I possess brings a nice balance to my household as my husband can hardly smell anything and I can serve as an early alert system for gas leaks and other potentially hazardous events that may occur.

One day as I was unloading my wares from his van, I noticed that he may have spilled some paint thinner as it seemed to hit me as soon as I opened the door. He responded that he had not spilled anything that day. Being a former sign painter, I am quite familiar with the smell of paint thinner and just as I had nearly become insistent that he had indeed spilled some, I noticed that I could still smell it in our house. In fact, every room I entered. I came to the conclusion that I must have stepped in some and tracked it in with me. I removed my shoes and chucked them out the door which to my surprise did not resolve the situation.

That morning I received an order of essential oils and with my order the company generously included samples of which I often indulge. I quickly assessed that the essential oil blend I thought was so lovely that morning had changed over a period of a few hours and was not nearly as nice as when it was first applied. I've often heard of this but never experienced such a drastic change first hand.

In what I can only consider serendipity, almost as if the Universe was listening, a few days later an article came to my attention regarding essential oils and VOCs. What are VOCs? Volatile organic compounds. The same ones the governmental organization OSHA monitors on job sites as a matter of employee safety for occupational exposure. Some of these VOCs are considered potentially hazardous under federal regulations. However, essential oils are exempt from disclosure of their ingredients and aren't required to list potential hazards so you wouldn't necessarily be aware of any danger from using them.

I have often warned my helpers when pouring essential oils not to spill as they could render our workspace uninhabitable. It never occurred to me that something derived from plants could be as harmful as a compound that required the sort of oversight required by OSHA. This prompted me to deeply dive into the matter.

Essential oils are a billion-dollar industry and you, too, could make some money selling them simply by signing up with a multi-level marketing company. Very little

knowledge is required and I must admit I have been taken aback by the extensive use these folks recommend to the common consumer as my understanding is they are the most concentrated form of herbal treatment available.

What we know

Essential oils are volatile compounds found in every plant. The name is a misnomer as they are not essential but this much we know:

1. They attract pollinators. This is true of the sweeter smelling oils like rose or jasmine.
2. They could potentially be the waste product of plants. Plants as living beings have no way to excrete waste.
3. They are defense mechanisms that repel and many are toxic to insects. Think citronella. In this way they could be considered poison and indeed some are toxic to some animals such as cats.

They are so concentrated that the vast amount of plant material required to make essential oils is more than you would ever normally consume. Using peppermint as an example, it literally takes 63 pounds of peppermint leaf to make a 5 ml bottle of essential oil. I personally have not done the math but according to the calculations cited on the website listed below, approximately 9 gallons of peppermint tea is equal to one drop of peppermint essential oil. I can't begin to imagine drinking that much tea nor would I ever recommend it. <https://www.wildwoodapothecary.org/essentialoilfree>

Essential oils are widely used in a variety of household products including: paints and lacquers, paint strippers, cleaning products, disinfectants, cosmetics, degreasers and pesticides to name a few. All these products can release organic compounds when in use, and, to some degree, when they are stored and may have short- and long-term adverse health effects. It stands to reason that concentrations of many VOCs are consistently higher indoors (up to 10 times higher) than outdoors.

Reports on 24 essential oils including the popular ones like tea tree, eucalyptus, lavender, orange and peppermint found that each essential oil emitted between 20-140 VOCs. The most prevalent VOCs were:

- Limonene
- Acetone
- Linalool
- alpha-phellandrene
- beta-myrcene
- Camphene
- Ethanol
- beta-pinene
- 3-carene
- Eucalyptol



- Acetaldehyde
- Beta-phellandrene
- Gamma-terpinene
- M-cymene
- beta-trans-ocimene
- Methanol
- Terpinolene

Of these, perhaps the most concerning are acetaldehyde, acetone, and methanol. All three are hazardous chemicals that are regulated by OSHA for occupational exposures. Moreover, for the prevalent VOCs classified as potentially hazardous, Toluene was also found in 50% of essential oils. <https://indoorscience.com/blog/essential-oils-not-essential/>
<https://link.springer.com/article/10.1007/s11869-018-0606-0>

Essential oils, animals and children

I've often advised people when experimenting with herbs or essential oils to never subject an animal or child to your recommendations if you've never experienced them yourself. I think this is a good rule of thumb for anyone as children and animals cannot always voice their discomfort or pain. Another consideration is your animals have an olfactory system that is far superior to that of a human. The strength of essential oils could easily overwhelm them.

It pays to know that using eucalyptus in the diffuser can literally kill your cat. Severe liver damage, liver failure, respiratory failure, seizures, and even death can occur as a result of exposure.

According to <https://askmycats.com/is-eucalyptus-oil-safe-for-cats/>

"Felines lack specific enzymes that allow them to properly process various compounds found in essential oils (a process known as "glucuronidation"), particularly phenols. Because phenolic compounds are found naturally in plants

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The Thymekeeper

Smell that smell

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and are concentrated in essential oils, the liver is the organ most susceptible to failure. Airborne essential oils can be inhaled or licked off their fur from essential oil and aromatherapy diffusers, candles, liquid potpourri products, and room sprays."

I once knew a girl who burned a hole in the side of her cat with a direct application of tea tree oil and believe me this is one heartbreaking experience you'll want to avoid at all costs.

Is it a good idea to use a diffuser?

Not 24/7 or even for several hours at a time, especially in an enclosed room with poor ventilation. One reason being that for the same reason I can't smell my shop, after a certain period you may not smell the essential oils. This could lead to overuse as you aren't aware of just how much you are using but trust me, the people who walk in from outside will notice. If you find yourself with watery eyes or an irritating cough after using a diffuser, you may want to check your usage.

Tip: Never apply essential oils directly to the skin without diluting. Many resources will tell you lavender is safe to use 'neat' without dilution but I beg to differ. My skin will become irritated and peel for days if I apply straight lavender essential oil and I don't fall into the category of a person with sensitive or delicate skin. Some will say if your skin reacts to the oils, it is a sign of detoxification. This is a common myth. If your skin has a reaction, it is a sign you aren't using it appropriately.

As an herbalist I use essential oils for specific purposes but never as a replacement for herbs. I prefer the synergy of the whole plant over one component. Although I do find them useful as an addition to massage and pain reliever oils and I've found no better way to open the

sinuses than to breathe peppermint or eucalyptus in directly.

As usual, I encourage everyone to do their research before using essential oils. Things to consider:

1. Don't rely on the first article you come across on the internet that recommends this for that. Be especially cautious of advice doled out on social media.
2. Keep in mind that everyone is a unique individual and each person may have a totally different response to essential oils than you.
3. Be aware of those around you, if you have doused yourself or your work or living space with essential oils, those around you are also subject to the effects. If you can smell it, you are basically ingesting it. (Think second hand smoke).
4. Many essential oils have anti-bacterial actions so it stands to reason they could potentially have a negative effect on your gut bacteria over time, i.e., pharmaceutical antibiotic overuse.
5. We've all heard the saying; they are natural and therefore won't hurt you. This is a myth. Natural remedies, especially essential oils can be harmful if improperly used and it may not be immediately apparent to you the actual cause of the problem.

Mari Marques is a state certified herbalist and owner of The Thymekeeper. She can be reached at mugsyspad@aol.com or 719-439-7303.

Editor's note: I've used Mari's peppermint and tea tree oil (about 10 drops each) in my mini crockpot at Shipping Plus to help clean the air. At the end of the week, the crock is easily cleaned with little more than HOT water. When I've used name brands, I found a white film that is difficult to remove is present. I wonder what that is from, and no longer use it.

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Fitness ON the Mountain

Tips for building safety and posture habits

by Lori Martin

No matter how fit we are, our success in achieving our fitness goals lies in a few basic, often ignored, concepts. I've compiled a list of 10 tips for safety and posture to help us achieve those goals. Whether we are avid athletes or just want to add more movement into our lives we should strive to create more efficient movement and reduce the chance of injuries.

#1 Improve your base of support by standing with feet at least, hip width apart.

Although this may not be new information to you, it is a very critical part of staying physically active. We want this to become a habit. The habit building doesn't stop with your foot placement, though. It is the first part of a posture check. (see #8 Posture Check).

For instance, if I demo a standing bicep curl, my first verbal cue will be "stand with your feet hip width apart." With practice, your Posture Check will begin to feel so natural that once you check into your feet placement, the rest of your body goes into automatic alignment. Together with the engaged core, your body is in protect mode and ready for that bicep curl.

#2 With the assistance of a stable object, etc. practice shifting your weight to one foot.

Since our bodies are intended to "move" through life, we typically do not have both feet on the ground at the same time. Find a stable object to hold onto such as a counter.

1. Hold on to a stable counter, etc.
2. Check foot placement and posture. (#8 Posture Check)
3. Slowly, shift weight from right heel to the ball of the right foot (repeat for left foot)
4. Notice what happened to your balance and alignment as you slightly shifted the weight to the other foot.
5. Notice how hard you are gripping the counter. You'll want to gradually decrease the strength of that grip when working on balance.

#3 Take good care of your feet with stretch and massage to maintain mobility.

Our feet are essential to our balance and mobility. They carry our entire body weight. If we ignore our feet, we are jeopardizing our future ability to be mobile and active. We risk potential knee injuries, hip injuries and ultimately, back injuries.

It's not too late to make some corrections that could improve basic muscle imbalances of your feet but HABIT is the key. Make time to pamper your feet with stretches and massage. If needed, it may be worth a visit to a good podiatrist.

Note: Orthotics are necessary for some people but, the quality of shoes can address a variety of issues.

#4 Strengthen the muscles, ligaments and tendons of the ankle joint.

Ankle sprains and strains create imbalances. The healing doesn't stop when the swelling goes down and the pain goes away. After adequate RICE (Rest, Ice, Compression, Elevation) adding strengthening exercises for those overstretched muscles will do wonders for your balance, posture, mobility and prevention of future injuries.

While standing or seated you can strengthen and stabilize the muscles, ligaments and tendons of the ankle joint by regularly adding a set of toe and heel raises. Do one set with toes forward facing and do one set with toes pointing out. Try to maintain equal weight distribution across the ball of the foot. During standing heel raises, be mindful of having softened knees.

#5 Stretch any shortened muscles and strengthen any weaker muscles (muscle

balance).

Incorporating full body stretches and strengthening of the major muscle groups is important. Often times, clients will report to me that they did all their prescribed exercises, when in reality, they left out one or two. Neglecting exercises or stretches can lead to injuries and lack of stability.

#6 Move your body.

The Pomodoro Technique reminds me to get up and move around. Set a timer to plan "movement" breaks into your day. The standard time for the Pomodoro Technique is 45 minutes seated or "nonmoving" and 15 minutes moving. You'll be surprised how much you've accomplished at the end of the day.

#7 Be aware of your posture in all positions.

Posture is important for our bodies in all positions. We've all been lectured about sitting up straight and we have most likely, lectured others to sit up straight. Here are the basic tips for posture for exercises in various positions.

• Seated position:

Feet flat on the floor, toes forward, ankles directly below the knee. Knees parallel with the hips. Spine lengthened and sternum lifted. Hips, shoulders and ears all in alignment.

• On all fours:

Hands directly below the shoulders, slight bend in elbow. Knees directly below the hips. Ears, shoulders and hips in alignment.

If this bothers your wrists, come down to the forearms. Elbows directly below shoulders for less stress to shoulders and neck.

It is very important that the neck be in neutral alignment (head not tipped to the floor or tipped up to the ceiling).

• Side-lying position:

Support your head with a cushion if needed. Shoulders are stacked one above the other.

Hips are stacked one above the other. Legs can be extended straight or can be slightly bent at the knee.

• Supine Position: On the back

Weight equally distributed between all 4 contact points.

- Head
- Shoulder Blades
- Hip Bones
- Both Heels
- Shimmy around till the spine is lengthened and all contact points have equal weight
- Knees softly bent or supported.
- Knees and toes pointed up.
- Chin should be tucked in as if you're holding a tennis ball.

• Prone position: On the belly

This position can be uncomfortable for people with most joint issues but, your fitness professional can provide modifications for any exercise. Weight distributed equally between 5 contact points.

- Head (on a yoga block or cushion)
- Rib cage
- Hip bones
- Quadriceps/Thighs
- Toes or balls of the feet.
- Shimmy around till the spine lengthened
- Chin should be tucked in as if you are holding a tennis ball.

#8 Check your posture checklist often.

Think of both the shoulder girdle and the pelvic girdle as buckets of water. In neutral posture the water never spills out of the imaginary bucket. Have someone take a picture of you from the side view and front view, while standing against a vertical line of a doorway, etc. Compare the photo to the following list.

Posture checklist front view

- ___ Feet hip width apart
- ___ Weight distributed equally, on both feet
- ___ Weight distributed equally, on 4 points of contact (1-big toe, 2-pinky toe, 3-outside heel and 4-inside heel)
- ___ Knees slightly bent, not locked or overly bent.
- ___ Pelvic girdle (bucket of water) in neutral/no spilling.
- ___ Spine lengthened from tail bone to base of skull.
- ___ Shoulder girdle (bucket of water) in neutral/no spilling.
- ___ Chin pulled back so the ear is in line with the shoulder

Posture checklist side view

- ___ Ear aligned with shoulder.
- ___ Shoulder aligned with hips.
- ___ Hips aligned with ankles.
- ___ Knee 'softened' (not locked/hyper-extended).

#9 Strengthen your "entire core" not just your abdominals.

Your core muscles are so much more than the abdominal muscles and they are extremely important to every movement, exercise, workload and to our stability. Without true core strength, we are likely to experience a low back injury at some point. In my effort to simplify this important topic, I use descriptive terminology aka "Lori Speak."

#10 Use your trash compactor to help stabilize and protect your spine and muscles of the back.

The Trash Compactor and 365 Degree

Breathing together impact our posture, how much weight load we should or should not attempt to lift and basic movements that involve lifting, rotating at the trunk and pushing things overhead require a strong core.

Practice big breaths that fill your rib cage from all directions (365 Degrees) then, exhale as you co-contract all the core muscles. Practice Trash Compactor and 365 degree breathing when you are doing simple things like sitting, standing, walking before you attempt to pick up heavier items.

The core muscles are much more than the abdominals. All the abdominal muscles, the muscles of the back and of the pelvic floor make up our core musculature. When we are standing in good posture all those muscles should be working "equally" to support our elongated spine.

Note: An exercise that causes dizziness should be discontinued until you recover. After you feel recovered, try again. If the dizziness continues speak to your physicians. Most likely, your inhales and your exhales are not of equal volume.

When we are preparing to pick up an item, move an item or put an item overhead we must first engage our core just as we would for standing in good posture, only more intensely. As you engage in the movement, your core needs to "compact" into a smaller space and, with greater force than required for standing in good posture.

Note: The breathing stays the same. Inhale at rest, exhale with exertion. It takes practice!

#11 Keep moving

The Pomodoro Technique, mentioned in #6 will assure you get extra movement in every day.

These are all very foundational but important tips to keep us safe and moving forward in our New Year's Resolutions and goals.

Benefits:

- Improved balance
- Improved posture
- Engaged core
- Increased strength
- Increased mobility

Note: Building habits takes work/practice.

Reminder: Come on out to the Pikes Peak Community Center in Divide on January 7th so we can meet in person. There will be many local, independent health, wellness and fitness businesses to learn about. We have plenty of raffles, giveaways and demonstrations. Move, Heal, Live... LOCAL!


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Colorado Environmental Film Festival

by Shawna Crocker and Flip Boettcher



If you happen to be in Golden between Feb 23 and 26, you can catch a few or a lot of new environmental documentaries at the American Mountaineering Center. If you'd rather watch from the comfort of your home, the virtual festival runs from February 27-Mar 5. Or, if you're in the Guffey area, look for CEFF this spring in Guffey or Woodland Park.

The Colorado Environmental Film Festival (CEFF) began 18 years ago, after founder Shawna Crocker, a part-time Guffey resident since 1995, happened to attend an environmental film festival in Washington, DC and decided that we needed one like it in Colorado! She gathered a few other interested individuals, including Co-Founder and filmmaker Dave Steinke, and CEFF was born and has grown from there. Crocker and Steinke have both since retired from "official" careers in natural resources education and communication, and now work with one paid festival director, and many volunteers to deliver this highly regarded and well attended event each year.

CEFF is a non-profit 501(c)(3) organization and their annual film festival is "an exciting, inspiring and energizing event with world-class environmental films." Feature length and short films are submitted each year by foreign, local and young filmmakers. Attempts are made to accommodate visually- and hearing-impaired viewers.

"CEFF is a celebration of the power of film to inspire, educate and motivate audiences to protect and preserve the environment. The films and dialogue raise awareness of a wide variety of interconnected ecological, social and economic themes," states the website, www.ceff.net, where all details of events, films, and tickets are found.

For 17 years, CEFF has been held at the American Mountaineering Center in Golden, CO, although the pandemic required that all films be shown only

virtually for the past two years. This year, a return to in-person programming and events is much anticipated.

The festival will be February 23-26 at the American Mountaineering Center in Golden. Films will also be shown virtually February 27-March 5 for viewers across the state and around the world. Additional programs will be shown at Colorado School of Mines, University of Denver, Denver Botanic Gardens, and the Sie Denver Film Center.

This year, over 250 films were submitted from 23 countries and dozens of judges of all ages and backgrounds screened and ranked the films to determine which would make it into the four-day festival. Tickets will be on sale at www.ceff.net in January.

A special program for teachers and students provides films by or for youth for use in classrooms from March through May. Information about CEFF 4 Classrooms is found at <https://ceff.net/classrooms/>; registration is required and closes on Jan. 31.

The festival provides a venue for worldwide film makers to present their work and increase awareness of global environmental concerns, conditions and messages. Topics range from land and water conservation, birding, regenerative farming and ranching, school gardens, energy use and abuse, to plastics, oceans, bicycles and animals. Filmmakers have ranged from a 6-year-old child to award-winning writers, directors, producers, actors and narrators. Never intending to be just a passive viewing experience, during the festival in Golden, CEFF provides a concurrent Eco Expo for viewers to gain information and get involved with organizations, volunteers, and vendors who are taking positive steps to improve environmental conditions.

Call for Entries

Black and White show

by Blue Spruce Galleries

The Blue Spruce Gallery is hosting its' 22nd Annual Winter Theme Show during January. The artist chosen theme this year is "Black and White" This fun and exciting event always encourages artists to be creative with the theme. All artists are encouraged to enter the show — we are looking for a wide variety of work, including both two dimensional and three dimensional. Deadline for work to be at the gallery is January 9, 2023 The show will open on January 11th with a reception on Second Saturday, January 14, from 4-6 p.m. Cash prizes will be awarded, as well as ribbons in several categories.

Entry forms can be picked up at the Blue Spruce Gallery, 205 West Main Street in Florence or downloaded from our website at www.bluespruceart.com. Call for more information 719-784-1339.

Pub Dog

Colorado's new indoor off leash dog park is open!

by Shane Santi

It has been a long time coming, but Pub Dog's heated, indoor off leash dog park is finally here in Colorado Springs, and we couldn't be more excited. It's the perfect place to let your pup play and stay warm during these cold winter days.

We know that you love your furry friend, and we want you to be able to bring them with you everywhere — even when it gets cold outside. That's why we've opened our new indoor dog park. It's fully heated, so your pup can run around with all their friends and stay warm.

With over 9,000 square feet of fully fenced in indoor and outdoor off leash space, there are plenty of toys for your dog to chase, balls for them to fetch, and people for them to meet.

"Incredible place if you like good beer, good food, meet good people, and of course play with your puppies. This is a

have to visit place if you like doggos," said customer, Drew Pfeifer.

At Pub Dog Colorado, we're always thinking about you and your pooch. That's why we have a full-service bar where you can grab a craft beer or cocktail while your dog plays. If you need something to snack on, we've got a scratch kitchen serving up lots of delicious eats! Don't forget to check out our doggie menu too!

But don't worry — your pup isn't the only one who gets to have fun at Pub Dog: We host trivia on Thursdays and breed-specific meetups every Friday! Stop by today to learn more about what makes us special.

You can visit us online at www.pubdog-colorado.com or follow us on Facebook & Instagram: @pubdogcolorado, info@pubdogcolorado.com or call 729-375-0771 for more information.



Life-Enhancing Journeys

Handling offensive behavior without becoming nasty

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

Verbal intimidation can feel offensive. This type of behavior is often associated with the person who is attempting to *power over* another by using condescending words. The saying, "sticks and stones can break my bones but words can never harm me" is a lie. The opposite is true; words can hurt a lot. This article focuses on recognizing when this is occurring and how to manage it.

Are you caught up in the loop of self-doubt? Do you believe you are a failure or worthless? Ask yourself, "whom have I been spending my time with?" Could your depressed mood be associated with the company you have been keeping? These individuals are good at recognizing your vulnerabilities and shortcomings and using them against you. Author and psychologist, Jay Carter, uses the term "invalidators" to describe a person who intentionally tries to attack or injure another. If you are the target of invalidating messages, please recognize this is not your fault. There are legitimate reasons why you are feeling this way.

Psychiatrist R.D. Laing said that invalidation can lead to mental health problems including depression and anxiety. When people are invalidated or denied their perceptions, they can feel distressed even if they are mentally healthy. He describes this as "the normal response... to an invalidating environment... invalidation is one of the most lethal forms of emotional abuse... it kills confidence, creativity and individuality."

"Only the weak are cruel. Gentleness can only be expected from the strong."
— Leo Buscaglia

It seems the person who invalidates another has little or no empathy for how others feel, which may cause serious psychological harm. Invalidators shame, ignore, tease, judge, or belittle your feelings to control you and/or cause you to feel inadequate. The reality is that those who invalidate may appear larger than life yet actually feel inferior to others. Their self-esteem is suffering because their egos are running them. As the minister, Serene Rivers, once said, "the ego is a great servant, but a terrible master."

Inflicting pain on others can become addictive because it gives the abuser a false sense of superiority, admiration, and idolization, believing that their opinions are flawless. It also helps them to maintain and reinforce the image of their ego. People who deliberately behave rudely can raise themselves up by putting other people down. It is survival for their ego.

Have you ever talked with someone and then thought, "what just happened?" with a sense of uneasiness about the conversation, leaving you doubting yourself or feeling like you were mistreated, disrespected, or humiliated? Has your dinner guest continued to look at their phone or answered it while

you were having a conversation? Have you ever talked with a person who projected their own misery onto you to make you feel like they feel? (Projection puts the responsibility for the person's own negative feelings onto another. Projection says more about the individual's view of themselves than about you and it also provides a way for the projector to cover up their inner feelings.) Do your best to avoid taking what they say personally. Instead, listen carefully to their accusation(s) which can reveal what they are thinking or doing to themselves.

It seems the world has become overrun by invalidators; people who are transforming into angrier and more argumentative beings. As my martial arts instructor used to say, "An unintentional poke in the eye hurts just as much as an intentional poke in the eye," however, there is a big difference between someone who is knowingly trying to hurt you from someone who innocently makes a mistake.

People whose behavior invalidates others have often been invalidated themselves, usually during childhood. Sadly, it is common for people who have been hurt to hurt others. It is unnecessary to know why a person is behaving as they are, yet it is important to realize when it is happening.

When we are happy, the unhappy person choosing to invalidate may try to ruin it for us by spewing hurtful comments. Several years ago, I was talking to a friend. "How was your day...?" she asked. After I told her I had a really wonderful day, she said "How can you say you had a wonderful day... your work is so depressing... so you're either lying or in denial." I was so stunned all I could do was hang up on her immediately. How miserable she must have been to spew what I considered a hurtful, vile response. I learned quickly from that exchange that some people who invalidate are simply envious of the joy you are experiencing. Healthy people are able to share others' joy rather than resent it.

Recognizing what you just heard was invalidating can be difficult because it may be subtle. Notice when you walk away wondering "What just happened? Did I do or say something wrong? Does the other person think I shouldn't feel the way I do?" The demeaning conversation might include comments like, "I'm just trying to tell you the truth... You're overreacting... What's the big deal?... I was just kidding." Pay attention to the information your body is giving you. It is a great indicator of the subtle red flags. It works much faster than your conscious mind. When you are with an individual and you feel a sense of discomfort such as your heart racing, your gut knotting up, a lump in your throat, muscles tightening, etc., your body is giving you evidence that you likely are with a person who invalidates. Trust your feelings. Be aware of these indicators which will give you a better opportunity to

respond to the invalidation.

"Don't compromise yourself. You're all you got."
— Janis Joplin

According to Dr. Carter, about 1% of the population is intentionally vicious, anti-social personalities, out to manipulate and control people, without a sense of right and wrong, for their own benefit; another 10% learned from others' invalidating behavior and absorbed their bad habits; and then most of us just have moments of cruelty when we feel stressed, insecure or overwhelmed. Often, this group is unaware of the invalidating behavior and does so unconsciously.

Researchers have found that cruel behaviors can spread easily and have significant consequences. Rudeness can be contagious. Christine Porath, PhD, acknowledges "Incivility is a bug... It's contagious... We can become carriers of it just by being around it."

Recognizing and defusing these invalidating attacks takes away their power. You can disarm them without becoming one of them:

- Pause, then take a deep breath in and out. This enables you to respond rather than react. Stay calm, logical, and detached by focusing on your breath. Be mindful.
- Recognize the truth; the nasty individual has personal issues so reject what you are hearing. Practice visualizing yourself inside a protective, mirrored bubble so their cruelty bounces off, or allow their words to pass through you as if you are porous.
- If you feel like you are about to lose it, step away from the conversation. Leave the room calmly without saying anything or simply say, "This conversation is over." Escape to the bathroom if necessary. Rarely will a person follow you there.
- Invalidators respond well to three things: recognition, admiration and devotion. Repeat back what they have said so that they feel understood even if their words or behavior seem disturbing.
- Use humor. Someone who is aggressive toward you would expect you to respond in the same tone, but when you use humor, they are bound to feel confused. Agree to the point of exaggeration, "I know I can be such a clown!" and often everyone is laughing by the end.
- Silent confrontation. Maintain eye contact and smile. Smiling not only bothers the person being rude to you but the act also tricks your brain into thinking that you are happy, as a result, you feel more at ease. Eventually, they will become so uncomfortable they will either stop or go away.
- Ask calmly if you have done something to offend them. If not, ask them about their nasty remark ("I want to make sure I got what you just said; please say it again" "Do you realize how that comes

across?") This pressures them to reflect on what they said. Some people might be embarrassed so they may adjust their hurtful comment when repeated.

- State the obvious by pointing out the facts, "I am feeling attacked right now" "I am feeling embarrassed by your comments in front of everyone" "I feel put on the spot." You can ask to talk about it later.
- Talk to them alone, one-on-one. Some people who act cruelly need an audience to show their *power*, yet alone they might be more courteous.
- Mirror back to them their comment. If someone accuses you of something they are completely wrong about, ask them if they may be feeling guilty about the same.
- Never tell an invalidator they are wrong unless you want to start a war. Avoid insults, teasing or physical violence. Steer clear of giving them insight into their behavior. It will be ignored and only cause more conflict and frustrate you.
- To deflect a projection, respond with clear statements such as "We have opposite views" or "I see it differently."
- Set limits to avoid getting sucked into their negativity. For example, "I can talk about this for three more minutes then I will be moving on to another topic."
- Trust your own reality. Choose to see things the way they are to you. Prevent an invalidating person from causing you to doubt yourself.
- Show compassion — kindness can be one of the best ways to disarm emotionally abusive behavior. People are complicated and if they are being rude to you, it may come from a place of stress, hunger, exhaustion and/or frustration.

By following these tips, you will find yourself more skilled at handling rude people. While you cannot control another person's offensive words or actions, you can choose how to respond to them. It is impossible to stop an abuser by pointing out why they are abusive; you want to avoid enabling their bad behavior regardless of the cause. Remember, while there is always an explanation, there is never an excuse. They might not be able to control what is happening in their life, but they can control their own behavior. Learning to recognize people who are invalidators can help you develop healthier relationships with yourself and with others.

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.

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Critter

CORNER



Daisy Mae at home in South Park.



Daisy Mae spending her Christmas vacation down South - Pamela Nevins, Hartsel, CO

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The Adventure Carousel

Home at last

by Gilrund the Historian



It was a cloudy, cool night in the mountains of Colorado and 16-year-old Tom Jackson was tired and wet from the rain that had fallen half an hour ago as he walked the road up the mountain.

Tom had been on his own ever since his family had been lost in a plane crash two years ago. There were no relatives to care for him and he just couldn't stay in the boys' home where he had been placed. So, he snuck out of the home and started wandering. He worked sometimes when he could find a job, but most of the time he wandered. He liked to read and had a few books in his backpack that he had taken from his home. But now he was tired, hungry and wanted to rest for the night. Maybe he could get a job here in this small town in the morning.

"At last," he said to himself, "There is a town where I can find some shelter out of this weather. There has to be someplace where I can spend the rest of the night."

Tom looked at his old watch and saw that it was 10 minutes after eleven as he kept walking and looking for a place to rest. He walked off the main road and into the parking lot of a market and a small mall of stores. That was when he saw the big building that housed the Carousel of Happiness.

"Perfect!" he said to himself. "No one will be in there for the rest of the night, and I can get some sleep. Maybe there will be some sort of food to eat at a concession stand. I could use a candy bar or two."

Tom walked around the building checking the doors and windows until he came to the back door and found that he could open it. The door had been locked, but it hadn't been completely closed, so Tom could pull the door open.

"This must be my lucky day," he murmured as he stepped inside and closed the door behind him.

The dim bulb of the only light in the building showed what he expected to find; a carousel covered with various animals and off to one side he found what he really wanted, the concession stand; the door was not locked. Tom walked to the open door of the concession stand and walked inside.

"Yumml!" he said as he picked out some donuts and a carton of milk from the refrigerator; it was just what a 16-year-old boy would want to eat. There were some ham and cheese sandwiches too, but why eat a sandwich if there were donuts? Then he walked back out into the carousel and sat on one of the animals, a coyote, to eat his dinner.

He had just eaten his fourth donut and finished the milk when he felt like he was

going to sleep. His head nodded forward but missed the pole that held the coyote to the carousel and fell on the soft furry back of the animal.

Tom jerked his head back up, and that was when he saw that there wasn't any pole and the coyote was an actual coyote, not a carved animal.

"Wow! What's going on here?" said Tom out loud, "You can't be real. You're just a carving, you can't be real!"

"Really?" said Karl the coyote, "Then you must not be real either, but then here we are talking to each other. Maybe you're asleep. I would be if I had eaten four donuts and drank a whole carton of milk. That's a lot of food for a kid your size."

Tom stared at the coyote he was sitting on and didn't move. Then he shook his head and said to himself, "This can't be happening! Things like this just don't happen, not in real life."

Tom climbed off the coyote and stood looking at him as Karl sat down and looked at Tom.

"Well, am I real or not?" said Karl after he had licked Tom's face.

Tom was wiping the coyote's slobber off his face and looking at his hand as he said, "Yeah, I guess that you are."

"Well, now that we have that settled, what do you want to do?" asked Karl.

"Do?" returned Tom, "What do you mean, Do?"

"What would you like to do now? Or maybe I should say where would you like to go?" asked Karl, "You are in a carousel where you can do or go wherever your heart wants as you ride any animal that you want. It's a wonderful place to live out your dreams no matter what they might be. Now do you get it?"

Tom just stood and looked at Karl.

Karl put his head down and said to himself, "He still doesn't get it!"

Karl walked up to Tom and said, "Get on."

Tom looked at the coyote and then climbed onto Karl's back as a mist started to form around them.

"Where to!" called out the coyote and Tom said, "The movies."

The mist stopped forming as Karl said, "The movies? Are you kidding me? Who wants to go to the movies when they can drive a race car and win, or fly in a rocket ship to Mars and meet Aliens? How about sailing on a pirate ship on the Caribbean Sea or fighting Incas in the mountains of Mexico or flying a fighter plane against

the enemy and shooting down a dozen and becoming an Ace?

There must be something that you've always wanted to do but couldn't."

Tom grinned and said, "Yes! I want to be a pirate and sail the seven seas. I want to capture ships filled with gold, silver and jewels then take it all to my secret island and bury it in the sand where no one can find it but me."

"Alright!" shouted Karl as the mist arose around them.

When the mist cleared, Tom found himself on a ship at sea surrounded by a crew of tough men that were all carrying swords and were holding onto ropes about to swing on them to board a king's cargo ship filled with treasure. Tom had found himself a full adult when he arrived on the pirate ship, and he was dressed in the usual pirate clothing and his hair was long and tied back with a striped cloth.

Tom was carrying a sword himself as he stood on deck with Karl right beside him.

"Shall we board 'em now, Captain?" called out the first mate as he stood ready to do just that.

"Board them, Maties!" called out Tom as the pirate crew began to swing across to the other ship where the other ship's crew awaited them.

The battle didn't last long before the crew gave up and the pirates started taking the treasure to the pirate ship.

Tom held his sword to the throat of the captain of the king's ship as his crew took the treasure.

When they had taken all they could, Tom lowered his sword as he walked to the side of the ship and was about to swing back over to his own ship and laughed when he said, "Thank you, Captain, I would write you a receipt, but I don't think the king would except it."

The Captain growled as Tom swung across on his rope and landed on his ship then waved and laughed some more, as the pirate ship pulled away from the plundered ship.

He and the crew celebrated with some ale and lots of food taken from the captured ship. Tomorrow would be another day and another ship to capture.

The next day came and there was another ship not too far away and the pirates started for it. The other ship saw them coming and saw the Jolly Roger on the mast. It was a race that started then, and the two ships filled their sails as they sailed with all the wind that their sails could capture.

It was a long race for the pirates couldn't seem to catch the other ship.

"Captain," said the first mate to Tom, "She must not be loaded with much of value, for she is almost as fast as we are. We won't catch her for at least another hour or two. Do you want to continue the chase?"

Tom had been looking through his spy glass at the fleeing ship and had seen something that he had not seen on any other ship, large boxes, and he wanted to see just what might be in them. It could be of great value.

"After them," said Tom, "I want to see what it is that they carry in such large boxes."

Gradually, the pirates gained on the other ship until in the early afternoon they came up alongside it.

"Furl, your sails and surrender!" called out Tom to the crew on the other ship.

The captain rushed to the side of his ship and looked at the heavily armed pirate crew, then turned to his crew and sadly ordered them to bring the ship to a stop.

Soon, the pirates were on board the other ship as the Captain was trying to convince Tom that they had nothing on board that would be of any use to pirates.

"We'll be the ones to decide that," was his answer as his crew went down into the cargo hold looking for anything of value.

Tom looked into the boxes on the deck and found them filled with bundles of cloth and bottles of some strange liquid.

One of the crew members came out of the cabins at the stern of the ship with a young woman struggling in his grasp. He was followed by another older man who was held at sword point by another of the pirate crew.

"Who are they?" Tom asked the captain.

"They are part of a group of people who are going to the islands of Knowland to help with the sickness that is killing the poor people there," replied the captain, "Would you take the supplies that we carry or even the people themselves and allow those poor people to die?"

At that time three of the pirate crew came up out of the cargo hold carrying boxes that they had opened.

"Look, Captain," one of them said, "I don't think that they have much that we can use. It looks like nothing but bottles of medicine and white clothes of some sort."

"These are doctors and their nurses?"

asked Tom.

"That they are, and you are delaying them in their work of helping other people to live," replied the captain.

"Don't let them take the medicine or the bandages!" shouted the young woman to her ships' captain, "They are too costly."

"Costly?" said the first mate, "Perhaps we could sell them for a profit, Captain."

Tom kept watching the young woman as she looked at him with pleading eyes.

"Come with me!" ordered Tom as he placed his hand on the first mate's shoulder and they returned to their ship.

The two walked to the hatch of the cargo hold and then down inside. Tom looked through the loot that had been taken the day before and picked out four sacks of gold and silver. The mate and Tom carried the sacks back up on deck and took them back to the captain on the captured ship.

As Tom looked at the young woman who was looking at the sacks, he said to her, "Take these with you and use them for your work."

Then turning to the captain of the captured ship he said, "We will give your ship escort to the islands that you spoke of to make sure that you arrive safely."

Then it was, "Release them. We will return to our ship and prepare to follow."

Tom's crew went to work, returning to their own ship and getting ready to sail after the other ship.

It was a three-day sail to the islands and the doctors went to work right away.

The young woman waved as Tom and his crew sailed away and she shouted, "Thank you!"

The first mate was confused as the ship sailed out of the bay and into the open sea.

"Captain, sir," he started, "I've sailed most of my life and I've never seen any captain do what you just did. Why did you show mercy to them? We could have gotten a lot of gold for what was on that ship. The crew ain't real happy right now."

"I understand. They want all this gold for themselves. Well, give them half of my share, which should make them happy again."

With that, Tom walked to his cabin and thought about what he had done. He may be a pirate captain, but he was still a boy who was living a tough life and he sort of understood what it was to do without. The young woman was giving of her life to help others like him. So, why couldn't he help a little too?

Karl was sitting next to Tom and said, "You did a good thing back there. Are you going to make it habit?"

Tom looked at Karl as he grinned, and said, "Why not?"

The next day Tom called his crew together. He told them what his change of thought was and gave them the chance to join him or to join another crew.

"We'll still be pirates, but we'll have a different mission." He told them.

It was but a few minutes and the crew shouted their approval.

Tom changed the name of his ship from The Golden Rod to The Doctors Purse.

From that day forward the crew of the Doctors Purse still hunted down ships that carried treasure and took it, but after they took their share, they took the rest of the treasure to the Knowland Islands where the young woman worked and gave it to her for her work.

Over a short course of time the young woman, whose name was Kathryn, married Tom and soon Tom retired from the sea a very rich man. He worked with his wife helping other people wherever Kathryn felt led to go.

Karl returned alone to the Carousel of Happiness and told Danny and Leo of his adventure with Tom.

"He's found a better life there," said Karl, "I believe that he is the first of the humans to stay on their adventure."

"Well, it looks like he found everything that he could ask for in his short life," replied Leo, "So, why come back to what little he had?"

"I wonder if there will be others like him that will come to the Carousel of Happiness?" said Danny the dragon, "It is a good name for this carousel. Yes, a very good name."

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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Panning for Good

Exploring musical tuning part II

by Dr. Bec

Welcome back to our exploration of musical tunings featuring three incredible experts, Juan Mijares — local stringed instrument maker, Anthony Morss — former symphony conductor and Lizzy May — professional cellist and quantum healing practitioner in the UK. If you read November’s article, you’ll remember there is considerable debate about which musical tuning is best, A4 = 440 Hz or A4 = 432 Hz. The standardized concert pitch of A4 = 440 Hz was agreed upon in 1955 and reaffirmed in 1975 by the International Organization for Standardization. Since the 1980s, many vocalists, musicians and others have supported lowering the standard pitch to 432 Hz for a number of reasons including saving singers’ voices and tuning closer to classical masters’ preferences.

I mentioned at the end of part 1 of this article that I would research scientific information referred to by Anthony Morss and how the universe may be singing to all the same tune. I was hoping to find something definitive because it sounds delightful that one standard pitch resonating with the earth might be a way to unite us all.

The Schiller Institute Anthony Morss was connected to uses the scientific reasoning of Johannes Kepler (1571-1630), the man who discovered the Solar System. According to Megan Beets during a weekly “New Paradigm for Mankind” that aired on June 17th, 2015, Kepler compared planets to members of an orchestra with planets producing different musical notes that resonate harmoniously with each other and are conducted by the sun. Kepler postulated that the different speeds at which individual planets were moving jelled with the tones of major and minor scales and that individual planets within the solar system are working together to create harmony both in the physical and musical sense.

If you’d like to take a look at a visual of Kepler’s planetary harmonies and how they correspond to a classical music scale, please use the following link and look under the heading: The tuning of the universe. You can also find the interview with Megan Beets at this link. https://www.sinychorus.com/verdi_tuning.

According to Professor John P. Mills, PhD at Anderson University, “Can a Planet make a Sound in Space?” 2019:

...each planet does have its own unique “song”. That’s because each one has different frequencies that are emitted (due to different amounts of charged particles flying around and because of the various magnetic field strengths in our solar system). Every planet sound will be different, and so will the space around it. <https://www.thoughtco.com/is-there-such-a->

[thing-as-a-planet-sound-3073443](https://www.thoughtco.com/is-there-such-a-thing-as-a-planet-sound-3073443).

The information I’ve shared is based on Kepler’s third law. There are two other ways of thinking, Solfege frequencies and Pythagorean tuning that seem to have some validity, but I couldn’t find a way to triangulate the data and it was difficult to find sources that were entirely credible. In the numeric explanations, the numbers didn’t consistently and convincingly make the connection to musical tunings and there were more leaps the reader was supposed to take than I would have liked. So, without further research, I am not at this point convinced that science proves A4 = 432 Hz is the best way to tune.

Lizzy May is our final expert to weigh in on this 432 Hz vs 440 Hz debate. You may want to give a quick 2-minute listen to the link below to experience her incredible talent before reading her thoughts below.

Lizzy May performing Bach Air on the G String: <https://www.youtube.com/watch?v=Ri8hDWRRe0>.



Lizzy May: Professional Cellist and Quantum Healing Practitioner

Lizzy May studied cello for six years at Yehudi Menuhin’s Music School, similar to Juilliard in the U.S., followed by five years at The RNCM and The Royal Academy of Music in London, England. She built a successful career branching into popular music also incorporating classical, folk, hip-hop, Bollywood and Jazz into her repertoire. Lizzy has toured extensively in the UK, Europe and the Middle East. She currently does a limited number of professional engagements and works as a Quantum Healing Practitioner. She has successfully relieved and eliminated debilitating physical pain for clients all over the world. Lizzy lives in London,

England with her husband Jeffrey and their son, Theo.

Lizzy May’s thoughts on 432 Hz: “I always listen to music when I do energy healing to get into a high vibrational state quickly. When I listen to 432 Hz, I can feel the healing energy flowing more easily and the results have been different, they have been better, which is amazing. Listening to 432 Hz helps me quickly get into a deep, loving, heart-centered state which is what energy healing is all about. Also, when I play the cello, I feel like 432 Hz has a deeper vibration and a richer sound. I definitely want to do lots of recordings in 432 Hz and am planning on doing them with my composer husband Jeff and putting them up on my website very soon. <https://www.healeruk.com/healing-music> I’d also like to put up videos comparing 432 Hz to 440 Hz so people can really hear and experience the difference.”

Lizzy is an incredibly gifted musician and when I hear and see her play, it feels like I’m experiencing a beautiful spell of love washing over me. The actual playing of the instruments is where music is created, so when musicians have a preference, I listen.

Our experts’ preferences: Each of our experts has interesting reasons why they prefer certain tunings.

- Lizzy has experienced better results when performing her energy healing after listening to music at 432 Hz. She also feels that playing her cello at that tuning adds a resonance of tone that is deeper and more connected to the heart.
- Juan prefers 440 Hz because it is what he is used to and what he tunes instruments to every day. He also noted that he enjoys the brighter, more brilliant sound of the higher tuning and shared that the lower tuning could be considered by some as boring in comparison. Also, modern instruments are now made to handle the higher string tension needed for higher tuning. Juan is not alone in his thinking. Many concert venues all over the world still choose higher tunings even higher than 440 Hz to please audiences.
- Anthony Morss was opposed to higher tunings because of how they hurt opera singers’ voices and limited the resonance and depth of character portrayal. He also believed using 432 Hz over 440 Hz could be supported through science.

It seems we can use musical tuning to our advantage. If we want to hear sounds that are bigger and brighter, we could tune higher, and, if we want to experience more mellow and resonant music, we tune lower. Are there health advantages connected to using the lower tuning of 432 Hz? I believe so, because of the results of some recent studies (links below). First of all, 440 Hz made rats fat, so, there’s that. Joking aside, COVID nurses, dental patients, and patients with spinal cord injuries showed reduced blood pressure, lowered heart rate, an improvement in sleep, and a decrease in both stress and anxiety after listening to music tuned to A4 = 432 Hz (often compared to 440 Hz). I think people in general could use a natural way to decrease anxiety and stress. If standardizing tuning to 432 Hz might help calm the world down, I’m all for it!

Jokes:

<https://www.classicfm.com/discover-music/latest/classical-music-jokes/>

- There are so many jokes about classical composers. I could make you a Liszt.

Q: Why did the pirate buy a Pavarotti album?

A: Because he liked the High C’s.

Q: How many concertmasters does it take to change a lightbulb?

A: One, but it takes four movements.

Challenge:

Discover what tuning you prefer. You may want to listen to recordings at 432 Hz and 440 Hz and compare them to see if you notice a difference or feel more connected to one type of tuning. Here are some links:

- <https://www.youtube.com/watch?v=w7ggksHzhQM>
- <https://schillerinstitute.com/musical-dialogue-cultures/>

References:

What if you could hear planets?
<https://www.youtube.com/watch?v=Wm8KKZxiUsg>
432 Hz music-the sound of the planets “Alba Mundi” by Giorgio Costantini. <https://www.youtube.com/watch?v=8W0mMzoZzWc>

International Schiller Institute
https://www.sinychorus.com/verdi_tuning

- Lizzy May website:** <https://www.healeruk.com>
- Influences of 432 Hz Music on the Perception of Anxiety during Endodontic Treatment | 2016
 - 432 Hz = significantly reduced blood pressure and heart rate
 - [https://www.jendodon.com/article/S0099-2399\(16\)30287-4/fulltext](https://www.jendodon.com/article/S0099-2399(16)30287-4/fulltext)
 - Effects of different musical frequencies on NPY and Ghrelin secretion in the rat hypothalamus | 2017 440 Hz = weight gain in rats
 - <https://www.sciencedirect.com/science/article/abs/pii/S0361923017300047?via%3Dihub>
 - Music Tuned to 440 Hz Versus 432 Hz and the Health Effects: A Double-blind Cross-over Pilot Study | 2019 432 Hz = significant decrease in heart rate <https://www.sciencedirect.com/science/article/abs/pii/S1550830718302763?via%3Dihub>
 - Music tuned to 432 Hz versus music tuned to 440 Hz for improving sleep in patients with spinal cord injuries | 2020 432 Hz = significant improvement in sleep <https://mattioli1885journals.com/index.php/actabiomedica/article/view/10755>
 - Listening to music tuned to 440 Hz versus 432 Hz to reduce anxiety and stress in emergency nurses during the Covid-19 pandemic: a double-blind, randomized controlled pilot study 432 Hz = significant decreased anxiety and stress <https://www.mattioli1885journals.com/index.php/actabiomedica/article/view/12915/10693>

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.



A Look Inside the Artist

Bernice Barns, Watercolorist

by Mary Shell

Working in watercolor paints has been a seemingly difficult medium to work with for many artists. However, every now and then I come across an artist that is very comfortable with the medium. Bernice is one of those artists who is not only comfortable in the medium but enjoys the riskiness.

How old were you when you first discovered you are an artist?

I was raised in Northern Minnesota just west of Duluth in a little town, Wrenshall. I don’t recall any art classes during my school years, but I must have shown an interest in painting, because I painted a sweatshirt when I was in the 5th grade. It had the pungent smell of oil paint I can’t forget.

I see you work in watercolors; did you work in other mediums?

I mainly work in watercolor. It is a technically difficult medium that requires a lot of practice and patience. It is also the most simple and easy to use medium. What a contrast. The trick is to be able to combine the loose washes with control and develop a good composition. I also sketch in pencil and ink, occasionally oil paint, and when crafting I use many acrylic mediums.

What is your favorite subject?

I enjoy painting people, animals, landscapes, houses, barns, still life and plein air subjects. I do not restrict my artwork to a specific style or subject which is at times considered a limitation as an artist to have your artwork easily recognized. I may never reach that pinnacle where a certain style or theme sets my work apart from everyone else. I think I am constantly studying and learning which changes my approach to painting all the time.

I see from your Facebook page that you are in several galleries. Do you find it hard to wear so many hats...painting and marketing?

I generally paint for the local gallery shows at the Fremont Center for the Arts, Florence Bell Tower, and most recently the Sangre de Cristo Arts and Conference Center. These galleries post art shows that have a theme. When I paint to enter these shows, I try to create at least three pieces that support the selected theme. In this way, I am constantly looking for new ideas and reference material. My work is always available at The Artist’s Gallery in Cañon City. The work I show



at the gallery includes a variety of themes, flowers, Native Americans, landscapes, still life, portraits, wildlife, Americana and cowboys. I have won numerous awards for my work, and I sell many paintings every year. I often post my work to Facebook, however, I do not have a website. Marketing my work is limited to the galleries in the geographic area where I live.

What is it about watercolor paints do you like?

Watercolor is a fascinating medium. I have worked with watercolor for so many years that I know what to expect when I mix a puddle of paint. I love the transparency of aureolin, rose madder and viridian, the grainy effect of cobalt and yellow ochre. So many blues are vibrant and stain deeply when washed across the paper. The newer quinacridones are so bright. Glazing with these rich and trans-

parent washes makes color “pop.” There are interesting ways to apply the paint, but my favorite is a perfect synthetic sable made by Escoda.

What was your most difficult painting to create?

The most difficult painting for me is probably rushing water and waves. These are both techniques that require practice and thought. In watercolor, the best results for white crests on waves and splashing water requires leaving the watercolor paper clean. This can be managed with careful planning and the use of mist. I am not opposed to adding white highlights with gouache, but the shimmer of the water is lost in this process.

Who inspires you?

Who inspires me: I have studied watercolor painting for so long, it is difficult to say who inspires me the most. I have taken many classes and online workshops. I have a library of books and videos. I like the impressionists but my own work is more realistic.

What’s in the future for you?

I hope to continue to paint and show my work for as long as I am able. I enjoy art. It is both an inspiration and creative outlet for me that provides a sense of accomplishment and satisfaction. My favorite time of the week is the weekend hours that are spent plein air sketching with my Urban Sketchers friends. We meet at a location, sketch what we see and share our efforts with each other.

Bernice can be contacted through the Artist’s Gallery in Cañon City, or through Facebook or email at bernice-barnes1119@gmail.com.

Mary Shell can be reached at www.maryshellart.com

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Theiophytalia kerri: A Garden of the Gods Dinosaur

By Sawyer Blizzard

In Garden of the Gods Park in Colorado Springs, large upright slabs of rock stand tall above the surrounding landscape, a breathtaking remnant of the ancient sand dunes that accumulated there. A dinosaur named *Theiophytalia kerri*, an herbivorous 5m (16ft) long ornithomimid dinosaur, lived there during the early Cretaceous. It is only known from one specimen, a fossilized skull found in the Garden of the Gods area.

In 1878, Professor James H. Kerr from Colorado College found a skull in what was originally thought to be the late Jurassic Morrison formation. It caught the attention of an acquaintance of Kerr, paleontologist O.C. Marsh. Marsh identified the skull as that of a *Camptosaurus*, a dinosaur commonly found in the Jurassic rock of the Morrison Formation. Marsh put the skull in storage at the Yale Peabody Museum where it was forgotten.

In 1995, 117 years later, while the Garden of the Gods visitor center was under construction, two employees, Lenore Fleck and Melissa Walker, inquired with Kirk Johnson, a paleontologist at the Denver Museum of Nature & Science, about a planned dinosaur exhibit. Johnson then referred them to a colleague of his, paleontologist Kenneth Carpenter, who said, “I think I have an article in my files about a dinosaur fossil that was found in Garden of the Gods. If I find it, I’ll send it to you.” He later mailed them an article that read: “*Camptosaurus* *amplus* No. 1887, Yale Museum, consisting of portions of the skull and lower jaw. It was collected...in deposits in the Garden of the Gods, Colorado Springs, Colorado.” With this specimen was found the following note in Professor O.C. Marsh’s handwriting, “Part of this animal and various Sauropoda bones were

taken out by Professor Kerr in 1878.” Johnson flew out to the Yale Museum and hand-carried the *Camptosaurus* skull back to Denver for Carpenter to make a cast replica of it for the exhibit. While Carpenter was casting the fossil, however, he noticed various inconsistencies and irregularities in the skull’s structure. He decided to re-examine the *Camptosaurus* fossil when he had the chance to. Finally, in 2006, Carpenter, along with one of his associates, Kathleen Brill, had finished an in-depth reassessment of the skull. It was concluded that the differences between the supposed *Camptosaurus* skull and a genuine *Camptosaurus* skull were significant enough to determine that it belonged to a new dinosaur and not a *Camptosaurus*. Carpenter decided to name the new Iguanodon relative *Theiophytalia kerri*. *Theiophytalia* meaning “belonging to the Garden of the Gods,” and *kerri* in honor of James H. Kerr who first discovered the fossil skull.

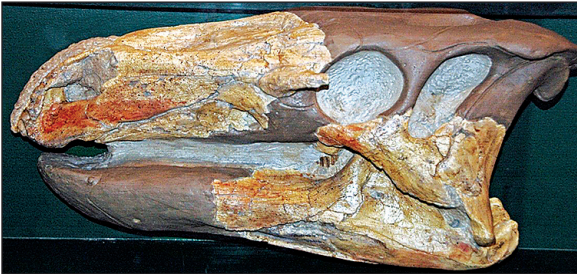
Because the only known specimen of *Theiophytalia* is a singular fossilized skull, its full appearance is unknown, and reconstructions of the dinosaur are mostly speculation based off other closely related dinosaurs. It also isn’t known where exactly *Theiophytalia* was found besides the vague recollection of James Kerr telling O.C. Marsh that it was found “In one of the ridges east of Garden of the Gods.” With an overly broad area where it may have been discovered, it is heavily debated where the exact location where it was found could be. The exact type of rock where it was found would have given us a clear picture of what its environment and habitat would have been like.

However, although we may not know exactly where it was found, with the knowledge of what America was like during the early Cretaceous, we can put together what the basic environment may have been like for *Theiophytalia*. It lived from 125 to 100.5 million years ago, and the area was most likely a coastal, tropical forest near to the newly forming Western Interior Seaway. It may have shared this environment with a relative called *Tenontosaurus* and was possibly preyed upon by the predatory raptor *Deinonychus* and the large theropod dinosaur *Acrocanthosaurus*.

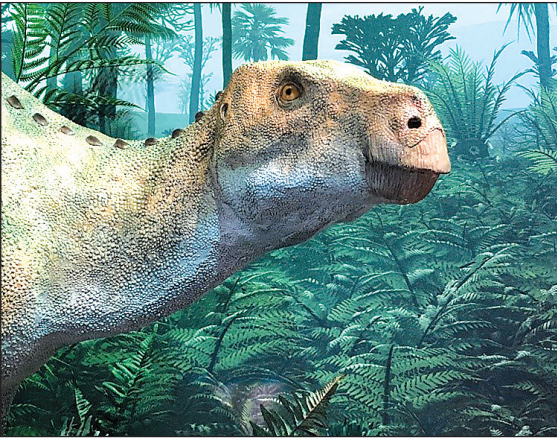
This concludes the life, history, and rediscovery of *Theiophytalia kerri*. Its life is shrouded in mystery and uncertainty thanks to the single specimen along with the unknown location of said specimen’s discovery. Today, *Theiophytalia* is barely a footnote compared to the much more famous and common dinosaurs of the early Cretaceous, but *Theiophytalia* will hold a



Professor James H. Kerr taught mining and metallurgy at Colorado College. Courtesy of Special Collections, Tutt Library, Colorado College, Colorado Springs, CO.



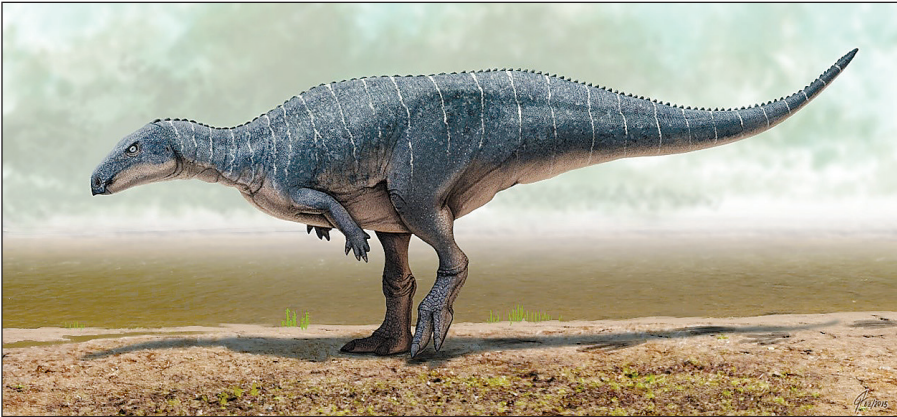
This partial skull is the holotype and only known specimen of a brand-new genus and species of dinosaur: Theiophytalia kerri. The skull is on display at the Garden of the Gods visitor center, Colorado Springs, Colorado. Photo by James St. John, Creative Commons Attribution 2.0 Generic license.



A model of Theiophytalia kerri displayed at Garden of the Gods visitor center, Colorado Springs, Colorado. Photo by Steven W. Veatch.

special place in our hearts as the mascot dinosaur of Garden of the Gods Park in Colorado Springs. Perhaps one day we will find another specimen that will help us understand more about this dinosaur, and finally rectify Professor Kerr’s inadequate note taking.

Editor’s note: Sawyer is 16 years old and in 10th grade.



A reconstruction of what Theiophytalia kerri might have looked like. Artwork by Andrey Atuchin, used with permission.

Shadow Rest in peace

by Kathy Hansen

It was July 22, 2006, as we were listening to Bluegrass at the Bird. Jeff leaned over and said, “Did you see the lady in the pink sweater holding kittens?” To which I replied, “Where?” He pointed. I walked up to the lady in pink, who was holding the most beautiful, gray, Russian Blue kitten I’d ever seen! I said, “Oh, look how beautiful he is! May I hold him?” She immediately replied, “Yes! We’re hoping to find homes.” I said, “I’d like to introduce him to my husband, we’re sitting over there,” and I pointed to Jeff. I never even saw the other kitten she was holding but I have no reason to doubt the many who assured me there was a black and white kitten also. After all, our friends Don and Gerald adopted the black and white one. Thus began our life with Shadow!

He cuddled right into me for the ride home. After the customary bath to help him take on the scents in our home, we took him to the cat boxes, to the food dish and the toy box. He was much more interested in our resident cats, Bobcat, Mr. Spaz and Frosty, all of whom he greeted with a touch of the nose. Shadow fit right in!

We could see his loving personality develop quickly. He was only 10 weeks old when he noticed Frosty aggressively going toward Bobcat, who had been diagnosed with kidney failure. Evidently, an odor develops that tells cats there is someone near who is frail, which can trigger their predatory instincts. Frosty survived on instincts. Much to our surprise, Shadow simply walked up to Bobcat, sat directly in front of him as if to say to Frosty, “Well, you’re going to have to get through ME first!” That ended the pursuit. Needless to say, Bobcat and Shadow became good friends quickly! A photograph of this pair was submitted to the Cat-a-Day Calendar and appeared on the Saturday, May 11, 2019 page.

Shadow’s love did not end there. Shadow enjoyed playing with Mr. Spaz who was spry at about 7 years old. They enjoyed playing chase and ambush, after which they enjoyed a cuddle huddle. Shadow was really good at teaching every cat we’ve had the cuddle huddle. Jeff said it best, “Shadow is the ONLY cat I’ve ever known who will begin to purr when he sees your hand is about to pet his brother because he knows how good that feels!”

He was also an eater. This was the first cat either Jeff or I had that needed his food to be portioned out at various times of the day. If you set a 10-pound bag of food before him, he’d see you at the end of the bag, and ask for more. He gained weight quickly!

He was about 7 months old when he reached 26 pounds. He tore the meniscus in his knee, requiring an operation to re-attach the tendons and ligaments. When we picked him up from the vet that night, we learned we needed a crate because we MUST prevent him from jumping. Hmmm. The stores were closed, so we turned the tables in the spare



Shadow & Mr. Spaz

Shadow was a very smart cat! He learned very quickly that if he finished his bowl, he could easily join one of his brothers to see if they needed any help being part of the “clean plate club.” Shadow happily offered his assistance!

One day, Jeff noticed Shadow was eating right next to Mr. Spaz. Once Shadow finished his dish, he helped himself to Mr. Spaz’ dish. Jeff pulled Mr. Spaz’ dish toward himself, away from Shadow and Mr. Spaz. Shadow looked at Jeff, then Shadow reached his paw right into Mr. Spaz’ dish to take a piece of food, which he ate from his paw. Next, Jeff pulled the dish further away from Shadow. Again, while making eye contact, Shadow put his paw in the dish and pulled the dish back toward himself and Mr. Spaz! This was the point that we realized we must sequester Shadow until EVERYONE is done eating.

Years later, Mr. Spaz was struggling with an intestinal issue. We used the same crate to offer Mr. Spaz an opportunity to safely recover. The first day we had the crate set up for Mr. Spaz, we were not surprised to see Shadow sitting right next to his friend, again, their fur entwined. We soon realized Shadow was reaching through the cage wire to paw a piece of Mr. Spaz’ food. Sure enough, an adjustment was needed as it was important for us to know how much food Mr. Spaz was consuming. The adjustment of the food dish placement did not deter Shadow from sitting next to his

Shadow & Bobcat were featured on the Cat-a-Day Calendar in 2019.

friend. It warmed our hearts to see him sit next to Mr. Spaz, reminding him that he is not alone.

Shadow was a very intelligent cat. He enjoyed chasing toys and playing ambush with Mr. Spaz and seemed to grieve the losses of Bobcat, Mr. Spaz and Frosty. Given his playmate was gone, it was clear Shadow required extra mental stimulation; he seemed to enjoy problem solving. I created “tube treats” for Shadow by taking the empty roll of paper towel and cutting some holes into it. By not cutting all the way through, the tab could be pushed downwardly to act as a “stop” for the Temptation treat. At one point, I had designed at least six different “tube treats” for Shadow. I would toss a Temptation treat for Shadow to chase as I loaded the tubes (extra movement was a good idea even with an 8-pound weight loss). He quickly learned which tubes were easiest and tended to start with those, saving the more challenging tubes for later. This seemed to entertain him, stimulate him and provide treats all at the same time. Another design he enjoyed was the “tower of tube treats” which I created by gluing various sized tubes to a piece of cardboard. The longest of the tubes I measured to ensure it was a solvable puzzle. It took Shadow about three months to figure out that if he turned the “tower of tube treats” onto its side, gravity would help release the remaining treats. It was fun to see him manipulate the tube treats and himself in various positions to access the treats!

Nature abhors a vacuum. As the grieving process seemed to resolve, we tended to take in more cats, each one after Shadow came from TCRAS. Shadow was the first to watch the newbie from the French door window, letting them know how excited he was to have a new playmate and watching to see what toys our latest would enjoy. Once they could be in the same room, Shadow would know how to engage in play with the new cat. It never seemed to bother Shadow if Jade, Pookie, Cat Masterson or Merrill didn’t seem to want to engage in play. Shadow knew he would teach them all about the cuddle huddle! We have photos of each cat cuddle huddling with Shadow! The words in one line of Shadow’s song rang true, *I get along with everyone ‘cause that’s my way!*

September of 2021, I suggested Jeff build a ramp for Shadow to get up onto the bed as we could see it was getting harder for him to do so. The bed is favored for a cuddle huddle. Our friends who gifted us the dried-chicken treats were happy to know those treats helped Shadow realize



LOVE NIP Bobcat & Shadow.—Kathy & Jeff Hansen, Bedford, Nova Scotia, Canada

MOMMY AND ME Bobcat Kitten & Maria.—Lisa Nicks, Bedford, Nova Scotia, Canada

11·Saturday May 2019

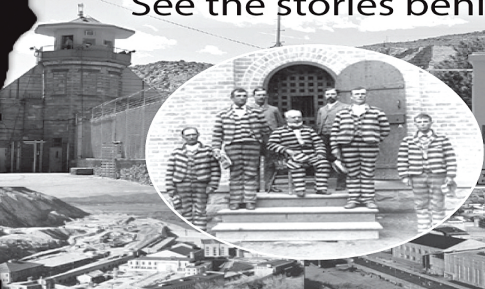
12·Sunday May 2019



One of Shadow’s last photos.

I checked on Cat Masterson after Dr. Staus and Shadow left. Cat Masterson was making sure no one could see the corner of Jeff’s closet — he was okay. I saw Merrill in the very spot Shadow would occupy, right beneath my pillow. I reached out to him and could feel Shadow telling me, “It’s okay to shower him with love. Open your heart and let him in!” As I did so and extended my hand to pet Merrill, I could feel him open to me! Thank you, Shadow, for teaching me to truly open my heart to give and receive love. I promise I will not forget the lesson you taught me! Rest in peace, our good-baby-Shadow!

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- 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.

CRIPPLE CREEK

- 5 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m.
- GED Classes 1-3 p.m. New students (min age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org.

ASPEN MINE CENTER

- 28 Commodities distribution (drive up basis) 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 a.m. for seniors. FMI 719-689-3584 x124.

CRYSTOLA

- 6 Sunburn in the Shade 7-11 p.m.

DIVIDE

- 9, 23 Little Chapel Food Pantry Distribution 3:30-6:30 p.m. FMI 719-322-7610 or little-chapelfoodpantry@outlook.com.
- 22 Bonfire Tour & Bash 4-6 p.m. Colorado Wolf & Wildlife Center 4729 Twin Rocks Road. \$40 ages 12+, \$20 ages 8-11. Reservations required 719-687-9742. FMI wolfeducation.org.

MUELLER STATE PARK

- 1 Hike: Wapiti* First Day Hikes 10 a.m.
- 1 Hike: Forest Bathing Walk

- 12-12:30 p.m. meet Outlook Ridge TH
- 7 Hike: Homestead* Loop 9 a.m.

- 14 Hike: Clues from the Forest, Tracking Wildlife 10 a.m. meet at Visitor Center
- *Indicates to meet at the Trail-head (TH) of the same name.
- Mueller events are free. A \$9-daily pass or \$80-annual pass is required to enter the park. FMI 719-687-2366.

FAIRPLAY SNITCHING LADY LIVE MUSIC

- 7 Ben Hahn 2-5 p.m.
- 14 Naked Pete 4-7 p.m. FMI 719-838-4224 or if interested in playing music.

FLORENCE

- 9 Deadline to submit entries for Black and White show — see page 6.
- 14 Origami All Day at Backer's Rack located at 118 E Main.
- 14 Art Opening at FloCo Gallery 5-7:30 p.m. with featured artist Sydney Roberts. Live music by Chris Moulton 6-7 p.m. Free admission. All ages welcome. Located at 120 East Main St.
- The Florence Pioneer Museum and Research Center will have their static model trains set up through January for those who missed the December Open House. There are still train coloring sheets for the kids and the kids at heart. We are located at 100 E. Front St. FMI www.florencepioneermuseum.org.

FLORISSANT

- 10, 24 Quilt of Valor Guild meets 12 p.m.
- 14 Pine Needle Basket Class 9-12 p.m.
- 14 Gourd Class 10-12 p.m. \$10 for supplies plus donation.
- 14 Needle Felting Class 11-1 p.m. \$10 for supplies plus donation.
- 14 Paint with me Class 1-3 p.m. \$30 for supplies plus donation.
- 21 Learn to Sew Class 1-3 p.m. This class is for anyone ages 8-? Who wants to learn to do some simple sewing. This is the first class and we will have a meet and greet to discuss the project we will work on in Feb, which supplies you will need. Join us if you want to learn to sew. This will be almost like the home-ec classes we had in junior/high school.
- Sun Mountain Yoga 9-10:30 a.m. Mondays. Donation based. All levels welcome!
- Thursdays 6-8 Potluck and Music. All are welcome. FMI or RSVP 719-510-2325.

LIBRARY

- 11 Florissant Bookworms Book Club 10:30-noon
- 12 Free Legal Clinic 2-5 p.m. at Florissant Library. Call 719-748-3939 to sign-up.
- 17 Read Amok Book Club, themed "self-reliance!" 11-12:30 p.m.

- 20 Friends at the Table Cookbook Club, themed, "Cooking with Spirits" 11:30-1 p.m.
- Tuesdays Tai Chi 10-11 a.m.
- Thursdays Yarnia! 10-noon
- Fridays Storytime with Ms. Beth 10 a.m.
- Friday Family Fun Fridays 2-4 p.m., 2nd and third Fridays 10-5 p.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 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.
- 25 Rocky Mount Rural Health Outreach 11-2 p.m. Weather permitting, PMRH representatives will be offering free health screenings, sound financial medical advice, free clothing and much more.
- 30 Guffey Literary Society 1-3 p.m. Book choice for January is *Spy Mistress* by William Stevenson. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join. 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

- 28 The Great Fruitcake Toss 1-3 p.m. in Memorial Park.

WOODLAND PARK

- 3 Crossroads Co-Parenting Seminar 4:30-8:30 p.m. Teller County court-approved parenting & divorce class. Pre-registration fee \$35 required. FMI Michelle@cpteller.org.
- 9 School Readiness Screenings 9-3 p.m. Developmental screenings and assessments, includes motor, cognitive, language and social-emotional screenings, hearing and school readiness assessment for children ages 1 month-5.5 years. FMI Jackie@cpteller.org.
- 10 Circle of Parents Kinship Connection 5:30-7:30 p.m. A place for those raising young 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 every month. FMI Michelle@cpteller.org.
- 10 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 every month. FMI Steve@cpteller.org.
- 17-Feb 28 Cooking Matters — Parents of Pre-Schoolers 5-7 p.m. Parents and kids will learn important lessons about self-sufficiency in the kitchen. Classes inspire families to make healthy and affordable choices on a budget. This hands-on workshop provides take-home groceries after each class, to practice the recipes at home. Meal and childcare provided. FMI Michelle@cpteller.org.
- Career Center 12-4 p.m. Tues & Thurs. Pikes Peak Workforce Center can help with job searching, resume assistance, and unemployment applications. Walk-ins welcome. FMI Erin@cpteller.org.
- Free Yoga with Leah 10-11 a.m. Mondays (off 2 & 16). 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 5-6 p.m. Wednesdays (off 2 & 16). 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. New students (min age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org.
- Pearson VUE Testing Center 10-7 p.m. Mondays (off 2 & 16). Schedule your certification or licensure exam at www.pearsonvue.com. Fees vary. FMI Katy@cpteller.org.
- Playgroup 9:30-11 a.m., Tues-Weds-Fri. Parents and caregivers with children ages 5 & under. Older siblings welcome. FMI Jackie@cpteller.org.



WOODLAND PARK
Ute Pass Historical Society & Gift Shop is open 10-noon on Weds., and 11-3 p.m. Thursday through Saturday. We have an eclectic selection of kids books, cook books, history, jewelry, Indian art, drums and the 2023 Pictorial Calendars for \$14. We're located at 231 E. Henrietta Ave, next to the library. FMI 719-686-7512 or www.utepasshistoricalsociety.org.

All programs located at Community Partnership 701 Gold Hill Place, unless otherwise specified. FMI 719-686-0705.

LIBRARY

- 3 Woodland Park Book Club 10:30 a.m.
- 4 Family Art Day 11-5 p.m. in Children's Activity Room
- 4 Movie Day *The Bad Guys* at noon.
- 4 Teen Craft Day 3:45-5:30 p.m.
- 4 Evening Adult Fiction Book Club 5 p.m.
- 6 Dungeons and Dragons "Dungeoneering Day" Middle and High School students are encouraged to come learn to build characters and learn to play a mini game 3-6 p.m. Snacks provided.
- 12 Reader's Circle Book Club 10:30 a.m.
- 12 Free Legal Clinic 2-5 p.m. at Florissant Library. Call 719-748-3939 to sign-up.
- 14 Safe Start: Car Seat Safety 11 a.m. Parents and caregivers are encouraged to join us for a workshop on car seat and seatbelt safety.
- 18 Family Art Day 11-5 p.m. in Children Activities Room
- 18 Teen Craft Day 3:45-5:30 p.m. in Teen Room
- 20 TESSA presents "Healthy Relationships for Adults" 4 p.m.
- 21 "George Washington: The man and the life" historical presentation by local historian, Gary Penley 1 p.m.
- 27 TESSA presents "Healthy Relationships for Teens" 4 p.m.
- Tuesdays Books and Babies 10 a.m. for babies & toddlers
- Thursdays Preschool Storytime 10 a.m.
- Thursdays Tai Chi 5 p.m.
- Fridays Tai Chi 10 a.m. FMI 719-687-9281

UPCOMING EVENTS

Yoga with Leah
Mondays 10:00-11:00am
Wednesdays 5:00-6:00pm

Playgroup
Tuesdays, Wednesdays, Fridays 9:30-11:00am

Peer Support Group for Fathers, and Peer Support Group for Grandparents and Kin
Second Tuesday of every month 5:30-7:30pm

Cooking Classes for Parents of Pre-schoolers
Tuesdays January 17-February 28
5:00-7:00pm
701 GOLD HILL PLACE, WOODLAND PARK | WWW.CPTELLER.ORG



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Adopt Me by TCRAS

Xero

Hello, my name is Xero and I am looking for a new family. I was found wandering around Cripple Creek and a nice person brought me to TCRAS. I have waited for my family to come find me, but they never did. So, now my friends at TCRAS are going to help me find a new family. I am quiet and love to be loved. I'm not even 2 years old, but I am neutered. I'm still a bit on the thin side, so I can't stay outside for a long time. I would love to meet you! Please call TCRAS 719-686-7707 to set a meeting time.

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



Adopt Me by Ark Valley Humane Society

Lady Queen

Lady Queen was transferred in from Denver Ldumb Friends league in November to help ease kennel space in their facility. She's an incredible dog, who deserves the best home! Lady Queen is a 7-year-old Rottweiler mix. She's lived with other dogs in her previous home and did well. She's met many dogs here at the shelter and has done great with all of them (even the puppies who wanted to jump all over her!). Lady is an extremely loving and wiggly gal who can make friends with anyone. She'd be the perfect addition to your family! Give us a call to set an appointment to meet Lady Queen 719-395-2737.

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



TCRAS receives grant \$5,000 from the Animal Assistance Foundation (AAF)

The Animal Assistance Foundation, a socially conscious animal welfare organization, has chosen Teller County Regional Animal Shelter (TCRAS) of Teller County, Colorado to receive a grant of \$5,000.

The grant is targeted to help TCRAS create a mobile surgical unit they call "Fix for Life" that will allow TCRAS to prepare shelter guests for adoption in a more timely manner.

The AAF opens an annual grant cycle for organizations seeking support for projects or programs that enhance the FIVE FREE-DOMS for companion animals in Colorado.

- Freedom from hunger and thirst.
- Freedom from discomfort.
- Freedom from pain, injury or disease.

Thank You!

by Ken and Judi Hesselberg

Little Chapel Food Pantry would like to say a huge Thank You to our wonderful community for all their generous donations that enabled us to purchase the back portion of the property nextdoor for our volunteer parking lot! This means that we will be able to continue to function during the coming years and provide much needed food assistance for those in need in our amazing community! Thank you so very much!

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A banner for the Men's Advance Conference. On the left is a large black 'M' logo with a red diagonal line. To its right, the text 'MEN'S ADVANCE CONFERENCE' is written in white. Below this is a decorative border of white and red squares. On the right side, there are four headshots of speakers: Andrew Wommack, James Brown, Tony Dungy, and Billy Epperhart. Above the headshots, the dates 'March 9-11' are displayed in white. Below each headshot is the speaker's name in white text. At the bottom left is the Charis Bible College logo, and at the bottom right is the text 'awmi.net/advance Equipped to Lead'.

A banner for the Spring Craft Show & Market. The background is a warm, golden-yellow field of wildflowers. On the left, the text "Spruce up your home with unique, handmade crafts!" is written in a black serif font. Below it, "April 7-8" and "Banquet Hall, Charis Bible College" are also in black serif font. On the right, the word "Spring" is written in a large, blue, cursive script. Below it, a thin blue line with a decorative flourish separates the word from "CRAFT SHOW & MARKET", which is written in a blue, all-caps, sans-serif font.

Spruce up your home with unique, handmade crafts!

April 7-8

Banquet Hall, Charis Bible College

Spring

CRAFT SHOW & MARKET