



UTE COUNTRY NEWS

FREE

Putting the "unity" back in community™

February 2026

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

Vol. 18, No. 2

Welcome to Ute Country



**"For a good life:
Work like a dog.
Eat like a horse.
Think like a fox.
And play like a rabbit."
— George Allen**

PEEK INSIDE...



Where's the Moose?



A Look Inside the Artist
Russell Thornberry, Flintknapping



Currant Creek Pioneer
Cemetery

CRUISE INTO CASH



Refi & Ride Easy - Bring your auto or RV loan from another lender and score a 1% cash rebate plus no payments for 90 days*

Swap your old loan for something better!

- Fast Approval
- Relationship Pricing Available
- Easy Financing Options



Pikes Peak Credit Union

720 W. Midland Ave - Woodland Park (719) 473-5962 pikespeakcu.com

*Offer is for a limited time only with approved credit. Interest rates are subject to change without prior notice. Must be a new loan, no refinances of current loans with PPCU qualify. Rebate is calculated as 1% of the total loan amount. Interest will continue to accrue during payment deferral period. Loans must remain at PPCU for a minimum of 120 days or rebate amount will be added to the loan payoff. Other restrictions apply.

• Breakfast • Pastries • Breads • Pizza • Sandwiches • Cookies • Dinners

The Guffey Bakery

Serving Breakfast and Lunch!

February Saturday Dinners

4-7pm • Four course dinners featuring:

Feb 7 - Seared salmon with Beurre Blanc and asparagus.
Feb 14 - Steak Au Pivore with sweet potato puree.
Feb 21 - Carbanara with fresh made pasta and heirloom honey glazed carrots.
Feb 28 - Pan seared crispy duck with red wine reduction and roasted root vegetable medley.

Mama Dana's is back featuring European Cuisine!
Reservations recommended

Come on in and meet the new chefs, Zach and Davis!



Handmade Candy and Chocolates

- Home grown beef by the pound available
- Introducing Mountain Bramble Coffee Roasters featuring organic, fair traded whole bean and ground coffee roasted on site.

336 Main Street • Guffey, CO 719-838-4575
dana@theguffeybakery.com • www.theguffeybakery.com
Hours: Thursday, Friday, Saturday, Sunday and Monday 8am - 3pm


On Deck



The fox in our cover photo ran through our yard back in January of 2025. Observing wildlife is one of our favorite reasons for living in the rural mountains. Especially now with snow, looking at tracks to see who was visiting is a joy we share with our cats. These simple aspects of life are truly those that bring the most joy and fill our hearts. We felt the quote fit quite well given we witnessed the fox that set down its lunch to look around, then played in the snow for about 20 minutes before taking the rabbit to his favorite munching spot.

Our February issue has a lot to offer! Whether you wish to read about working, eating, thinking or playing, we've got you covered. *Colorado Pharmgirl* shares the journey of her career in "A Salesgirl." "Market at the Guffey Bakery" opens an additional grocery option for those living in or driving through Guffey. "How to Handle the Hack" will encourage you to put on your thinking cap when you are viewing your emails and choosing whether to open. *A Look Inside the Artist* features Russell Thornberry, who through his curiosity of how Native Americans engaged in flintknapping, turned his hobby into a small business.

Do you have any cute or interesting photos of your pets indoors or outdoors? We would love to share it with our readers! If you would please send them via email to utecountrynewspaper@gmail.com, drop in to scan the photo at Shipping Plus or snail mail them to us at POB 753 Divide, CO 80814, we are happy to publish them!



Oyate Herbals

National Cancer Prevention Month

by Tammie Lowell, PHt, CMH, founder of Oyate Herbals


Han (Greetings!) Welcome to Cannápopa Wi - Moon When Trees Crack from The Cold.

Do you too feel like you might "crack from the cold"? What can we learn from our tree friends (the standing ones we Lakota say) during this time? When the sun warms the trees and they expand, then night comes along and swiftly cools and shrinks their layers, the shrinking can be uneven, and the outside no longer fits around the inside. The outer layers might split with a loud POP. Once these cracks exist, they open the tree to disease and make it much more difficult to live and thrive through the rest of the winter and beyond.

We too can learn from the standing ones and keep ourselves from "cracking." We can keep ourselves hydrated, keep our cells, joints and nervous systems lubricated with healthy fats, cover our skin with protective layers (like quality clothing, herbal lotions and healing salves), remain flexible and keep moving where we are, and address "repairs" right away to prevent more damage. We here at Oyate Herbals have plenty of traditional medicines and ideas to assist you with making it through this cold time of year and helping you from "cracking" and causing damage and opening yourself and your loved ones to disease. Hot tea anyone?

When I think back to this time last year, I unfortunately found myself in a position of "cracking" the cracking was not from the cold as in the temperature, it was from the events I had just encountered. My sister was being treated in Colorado for her cancer. She was told that she qualified for a liver transplant, so I took her to Utah for that transplant. The hospital in Utah was able to perform diagnostic tests which showed that she had breast cancer, which was metastasizing to her liver and quickly impacting other organs as well. My sister was unaware that she had breast cancer! This revelation meant that she was no longer eligible for the transplant. The situation was significantly worse than we initially imagined, yet it answered many questions as to why treatments were ineffective — the battle was much bigger than we thought! She fought so very hard, but creator had other plans for her, and she took her journey on the 18th of January 2025. She was only 49 years old, and she left behind a 12-year-old autistic daughter that was her whole world. She was the caretaker of our mother, so when she passed, it left my mom in a very uncomfortable place of not knowing what was going to happen or where she was going to go. The hardest part for me was not being able to help save my little sister. She always looked up to me and trusted me to have the right answers and protect her as big sisters do.

Four days after my sister passed, I made the long trip from Utah back to Colorado with my sister in an urn and with tears in my eyes, I handed her to our mom. Right then and there I realized that there were cracks in my heart that would never completely mend. My sister begged me to make sure that everything was going as best as it could, from assuring the doctors are on top of it and doing the best they could, to assuring her autistic daughter and mom would continue to get appropriate care, to tending to her final wishes. To look into my sister's eyes while I told her there is nothing more that can be done to save her life was just as devastating



also sure in some way shape or form, you too probably have encountered cancer in your life. So, these are a few reasons why I have made it a topic of special studies in my practice with both prevention and treatment recommendations that can be done with or without allopathic medicine.

The topic of herbs in cancer management is an increasingly relevant area of study and practice. Many individuals and medical professionals are exploring herbal options as complementary therapies alongside conventional treatments. Herbs have been regarded for centuries in various cultures for their healing properties, and there is growing interest in understanding how these natural compounds interact with cancer biology.

Cancer itself is a complex disease that requires diverse approaches for effective management. As traditional allopathic treatments like chemotherapy and radiotherapy often come with significant side effects, herbal remedies may offer supportive benefits. I have done a lot of research into the biochemical properties of herbs and traditional plant medicines and have found that they contain many mechanisms that enhance treatment efficacy or mitigate adverse effects.

Prevention, awareness, understanding of the body, mind, spirit and emotional connection and balance are the keys to avoiding disease. If you would like to know more about this topic or would like to talk to me regarding traditional herbal medicines, please feel free to email, call or text me.

Mitákuyepi Anpétu wašté (Good day relatives)
Many Blessings and May you walk in balance on your path
You can reach Tammie at Oyate Herbals LLC, 719-661-0410.

WHAT'S BLACK & WHITE AND READ ALL OVER?



Your advertising dollar goes further in the paper that gets read "cover-to-cover"

- most commonly heard feedback from our readers.

- No "Fake News"
- 11,000 papers printed each month
- Over 170 distribution locations in over 4 counties
- Average 95% pick-up rate
- NO YELLING AT OUR READERS

Call or Email for more information on how to get your word out!
719-686-7587 • utecountrynewspaper@gmail.com

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

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

Sales/Account Reps:
Feel free to call 719-686-7587 so we can find the sales representative in your area to best serve your needs.
Flip Boettcher 719-429-3361
Tracie Bennett 719-641-9541

Writers:
Chuck Atkinson, Peggy Badgett, Tracie Bennett, Flip Boettcher, Shannon Gray, Kathy Hansen, Kendra Lee Hall, Tammie Lowell, Lori Martin, Hunter Mathews, Marianne Mogon, Mary Shell, Barbara Pickholz-Weiner, Carlee Spears, Wyatt C. Spears, Anna Urban, Steven Wade Veatch, Karen Weeks

Contributors:
Ark Valley Humane Society, SLV Animal Welfare Society, TCRAS

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

Publishers Emeritis: Carmon & Beverly Stiles

Cover Photo: Jeff Hansen

Advertisements in this publication do NOT necessarily reflect the views, opinions or affiliations of the publishers. The Ute Country News is not responsible for the content of articles or advertising in this issue. Limit one copy per reader, please share with others. Back issues available at www.utecountrynews.com. ©Copyright 2026 Ute Country News, all rights reserved. Material may not be reproduced without written permission from the publishers. Please address any comments to the publishers at utecountrynewspaper@gmail.com or POB 753 Divide CO 80814.
First Class subscriptions are available for \$40 for 13 issues, or 6 issues for \$20.

We're on the web!

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



www.utecountrynews.com



UTE COUNTRY NEWS

Putting the "unity" back in community™

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

Take us with you!

☐ \$40 for 1 year (13 issues!) first-class subscription.

☐ \$20 for 6-months (6 issues!) first-class subscription.

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____

Email: _____

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

Where's the Moose?

by Tracie Bennitt

I'm embarrassed to say I've never had a chance to participate in The Moose is Loose event. Every year, I head out for the Tucson Gem, Mineral and Fossil Show for either the company I was working for, or my own company. This year is different! No booth in Tucson!

Tanner Coy had a vision to create this event in 2000 when Tweeds Fine Furnishings was still located in Cascade. "In October, you knew that sales were going to go down until the return of the tourist season the next summer," he said. "What could we do to generate business in the depths of winter? Promote ourselves!" Postcards were mailed out to the community and low and behold! It worked! "People came out to see what this was all about", Tanner said. "The sale worked."

In 2010, Tanner looked at a way to make Moose is Loose even more successful. "If you can't pay to promote it more, how do you get more people out?" he asked. "You add more business to the event and grow it beyond Tweeds." Tanner reached out to a handful of local businesses that first year to come onboard. "The businesses had to be willing to run a sale and we would include them in the promotions at no charge," he said. "This had been a rising tide raising all the boats. Businesses get a win. Customers get a win. It's definitely the best time to shop in Woodland Park."

"Promotions, give aways, discounts. It's the most comprehensive collaboration among various factions of the town," Tanner said. "We are focused on generating activity in town by getting people out and about to celebrate the Woodland Park lifestyle."

Events this year include the 3rd year Coffee Crawl, 2nd year Paint the Town and 2nd year Scavenger Hunt. The Coffee Crawl is a ticketed event that includes six stops with a guided tour by the Moose. Each stop has curated beverages designed by each location.

Paint the Town is similar to the Coffee Crawl, but on steroids. Also a ticketed event, Paint the Town is a progressive dinner with food, beverage and art at each location. Only

100 tickets are available this year. Two groups of 50 travel between the locations enjoying appetizers, beverages and time to peruse the art at that location. The dessert location is at Tweeds where the two groups come together for coffee and desert beverages. Featured artist at Tweeds is Jeff Musgrave from Peak Antler. After the dessert course, folks will head to Judges for the after party.

The annual Scavenger Hunt is app based this year. "This event is back by popular demand," Tanner said. "It was incredibly well received last year." The app will show locations that are the stops on the hunt. "There are one or more challenges at each location," according to Tanner. "Interaction with the business locations is primary to the hunt." This year there will be up to 25 locations with 100 different challenges between them. "The cool thing about this is people are paid to play," Tanner said. "Moose bucks are awarded per completion and can then be used to shop at participating businesses."

"The overreaching theme this year is ACTS OF KINDNESS focusing on the goodness of people in our community," Tanner explained. "The Moose is our "Super Moose" and will oversee folks participating and their willingness to do good deeds. You can win additional prizes by participating." Folks will be helping build a list of good deeds that can be done in the community, including carrying groceries for someone who needs a little extra help, filling a trash bag with litter, donating canned goods, to volunteering at the Senior Center. Moose appreciation cards will be available for people to pick up to give to someone THEY appreciate.

After 10 years, the coloring contest and essay contest is also happening again this year. "People are asked to vote for their favorites," Tanner said. "Each kid will get a gift from the Moose. Each age group will have a prize. This year is all about the Moose doing good deeds and raising up the community." Moose Is Loose is about more than just good deeds. It's about celebrat-



ing community: local shops, small businesses, families, and visitors coming together to share in the spirit of Woodland Park.

Additional information can be found at mooseisloosesale.com

Market at the Guffey Bakery

by Flip Boettcher
photo by Flip Boettcher

There's no two ways about it, Guffey is a long way from anywhere to do grocery shopping. It costs a lot to drive off the hill anywhere, especially if you don't need all that much, it cuts into your budget and time.

Maybe you just ran out of something or wanted to make something special but didn't have all the ingredients or just forgot something on your last shopping trip. Soon there will be another option for area residents. Something that's convenient, affordable and there to support the community.

February 1 will be the Soft Opening of the Market at the Guffey Bakery with the Grand Opening to follow a month or two later.

The market will feature fresh produce, milk, eggs, cheese, sliced lunch meats, canned goods, prepackaged dry goods in small quantities like flour and sugar, all kinds of snacks, and paper goods like paper plates, napkins and plastic wear.

There will be USDA beef, pork and chicken in the freezer, as well as individual frozen meals made on site like lasagna.

The market will also feature packages with items to make your own sandwiches — sliced bread, sliced cheese and sliced lunch meats.

Eventually, there are plans for the market to be able to take SNAP cards for payment.

Bakery owner Dana Peters wants to provide something for the community that's local and affordable.

The Bakery also has take and bake pizza, chocolates, candies, bakery items and there is the Mountain Bramble Coffee Roasters featuring organic fair traded whole bean and ground coffee roasted on site.

The Bakery has had an onsite local artists gallery with items throughout the store. Now though, all the artwork, caps, T-shirts, mugs, paintings and photography will be located in the market space. There will be additional artists at the gallery with more grab-and-go less expensive items, said Peters' able helper and new bakery chef Zach Garretson.

Special for Valentines, they will be featuring local artist Ellen French and her abstract Heart Art February 7-14. In the spring there are plans for Meet & Greet for the artists' events.

The Market at the Bakery is open when the Bakery is open, Thursday-Monday 8-3 p.m. and now open until 7 p.m. on Saturdays.



Bakery Owner Dana Peters on the left and new helper and Chef Zach Garretson taking a break, standing in front of some of the items that will be available at the Market at the Bakery.



A Look Inside the Artist

Russell Thornberry, Flintknapping

by Mary Shell

I have interviewed many artists in the years of doing this column, but I never interviewed an artist that works in such an ancient craft. Paints, canvases, brushes, clay and paper are readily available in art stores, but this art entails going out into nature looking for the right stones to precisely chip away at until it is a perfect tool to make knives. I appreciate Russell's ability to show the world the beauty and utility of such artistic pieces.

How long have you been making knives?

In the mid 90s I found a gorgeous flint arrowhead in northern Mexico and for the first time I wondered how the Native Americans made tools of stone through the process called flintknapping.

What kind of knives do you make and what's the difference?

I make stone knives, arrowheads and spear points. My knife blades are made from a variety of flint, agate and jasper from all around North America and other countries. Each type of stone has its own specific characteristics in appearance and hardness. Some are very ornate and appeal to the eye. Handles are made from wood and/or antler. I make knives with ultimate eye appeal for those who want to display them as an art form. I also make knives for outdoorsmen who want to use them in the field.

What made you choose making knives for a living?

My flintknapping endeavors began purely as a learning curiosity. I never thought about marketing. Then people began asking to buy my creations and it grew from there. Flintknapping is not my livelihood but rather a hobby that turned into a small business.

Who inspires you?

I am inspired by my peers who have refined the flintknapping art to the highest degree. It is forever a learning process. I especially enjoy the fact that there is always something new to discover.

How do you choose your materials and why?

I choose my materials with two criteria in mind: appearance and knapability. Knapability is defined by the amount of silica in the stone. The higher the silica content the better the stone responds to the knapping process.

How long does it take to make one of your masterpieces?

It takes about an hour to make a stone blade. The complexity of the handle varies greatly. For instance, I can make an antler handle in an hour. If the handle is made of wood, it takes longer and if there is hand carving involved it can take several hours.

What was your worse experience in making one of your knives?

I suppose the worst experience is breaking a blade of exceptional quality as you near completion. It happens!

What would you like to try next?

Refining is always the next step. Currently I am working on refining the edge work on blades and points.

How would you explain your process?

It is very hard to explain the details of flintknapping. It's much easier to understand if you can actually watch the process. But here is the general explanation: Flintknapping is the process of systematically breaking a stone to create a useful tool.

Tax Help - FREE!

Volunteer Income Tax Assistance (VITA) and AARP TCE are IRS sponsored programs provided by local IRS trained and certified volunteers to provide FREE, CONFIDENTIAL and SECURE preparation and E-filing of Federal and State income taxes for taxpayers who qualify. Help is available in Woodland Park, Cripple Creek (Feb 14 and March 14 from 8:30-1 p.m.) and Florissant. VITA 719-203-1265 Thursdays and Saturdays; AARP 719-323-0526 Tuesdays. Call with questions or for an appointment. Email: TellerCountyVITA@gmail.com or visit www.coloradovita.org/

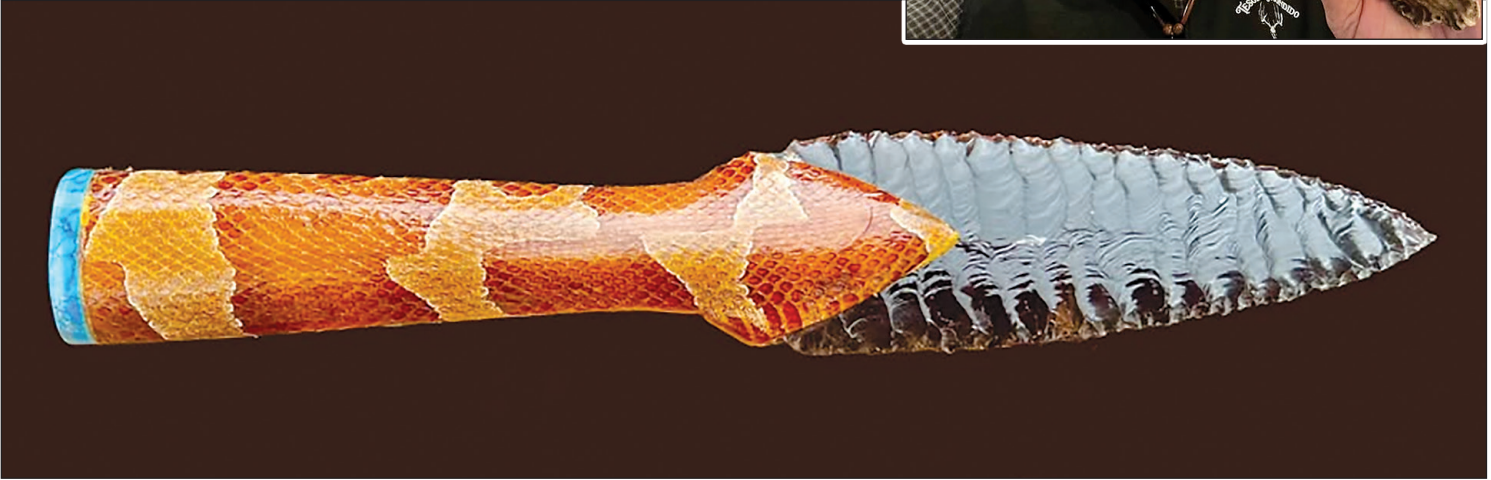
Please add anything you think people would be interested in learning about you.

For 25 years I was the editor-in-chief of Buckmaster's Whitetail Magazine. Prior to that I was a hunting and fishing guide and outfitter in Alberta, Canada. Before that I was a professional musician.

I have your website (www.russellthornberryoriginals.com), is there any other way for people to contact you?

I can be reached via email at russellthornberry@gmail.com, or by phone at 719-440 1314.

You can also reach Mary Shell at www.maryshellart.com



LEAP

warmth in every home

calor en todos los hogares

Need help heating your home this winter? ¿Necesita ayuda con la calefacción de su casa este invierno?

LEAP can help.

LEAP puede ayudarlo.

ACCEPTING APPLICATIONS NOVEMBER 1 - APRIL 30

ACEPTANDO SOLICITUDES 1 NOVIEMBRE - 30 ABRIL

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

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

1-866-HEAT HELP

(1-866-432-8435)

www.colorado.gov/cdhs/leap

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

After you qualify for LEAP you can also get help with your water bill

WANT TO BE A BETTER VERSION OF YOURSELF?

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

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

Find Hope, Freedom & Peace.

Cell: 719-510-1268

Web: journeycounselingcenter.com



Barbara Pickholz-Weiner

Happy Valentine's Day



The Pet Food Pantry Volunteers and our Mascots, Baylee, Yete and Daisy, want to THANK our donors for your continued support!

Spread The Word!

Pet Food Distributions for February 2026

Monday February 9

Monday February 23

2 - 5 p.m.



at the Little Chapel of the Hills, Divide, CO.

Help us keep pets at home with their families!

www.PetFoodPantryTC.com

Guffey at 130 years - part III

by Flip Boettcher

The Guffey School began in 1895 at an unknown location and according to longtime resident Charlie Dell, it was a town school and his aunt taught in that first school. Later on, the five Hammond sisters Maud, Blanch, Grace, Mary and Babe taught there. The Hammonds were some of the earliest homesteaders in the area along Currant Creek along with the Dells.

Several years later, an addition to the existing school was begun and the school became a district school.

In March 1918, the electors of a joint school district between Fremont and Park counties met for a vote in Guffey: 76 of 79 voters voted to organize a Joint School District. Guffey School was in Joint District 49.

A schoolboard of directors was elected and at an April meeting the voters of Joint District 49 met and voted a one-time-only levy tax of seven mills for the purpose of selecting and buying a new school site, constructing a schoolhouse and furnishing it.

Lots 1, 18, 19 and 20 in block 18 were purchased and two contractors from Cripple Creek, J.C. Harker "Hawkie" and his father with the lowest bid of \$3790 were selected to build the schoolhouse.

According to Charlie, many of the old buildings in Guffey and buildings the county donated were torn down and the lumber re-used to build the new schoolhouse. Everyone helped, even the kids, said Charlie and "after that we had the cleanest little town you ever saw."

Unfortunately, with WWI, the cost of building materials almost doubled, and the school could not be completed at its first estimated cost. The board decided to complete only the three rooms, leaving the exterior, the hall and the water unfinished.

Originally, the school was heated with wood and had two chimneys. A water tank was also added to the attic that was filled by a hand pump that supplied water to the school.

By September of that year, the three rooms were complete, but the school had to close from early October to early December because of the flu epidemic. Finally, the school opened December 3, 1918, with three teachers: 1-4 grades, 5-8 grades and high school for the 34 students.

Also in 1918, the teacherage was built across the street from the school for teacher housing. According to Maude Marie (West) Ownbey in "Guffey: 100 Years of Memories," the outside of the teacherage was built from dynamite boxes, that's what is under the wooden siding. All the window glass came from Cripple Creek after the 1896 fires. "That's recycling Guffey-style," she said.

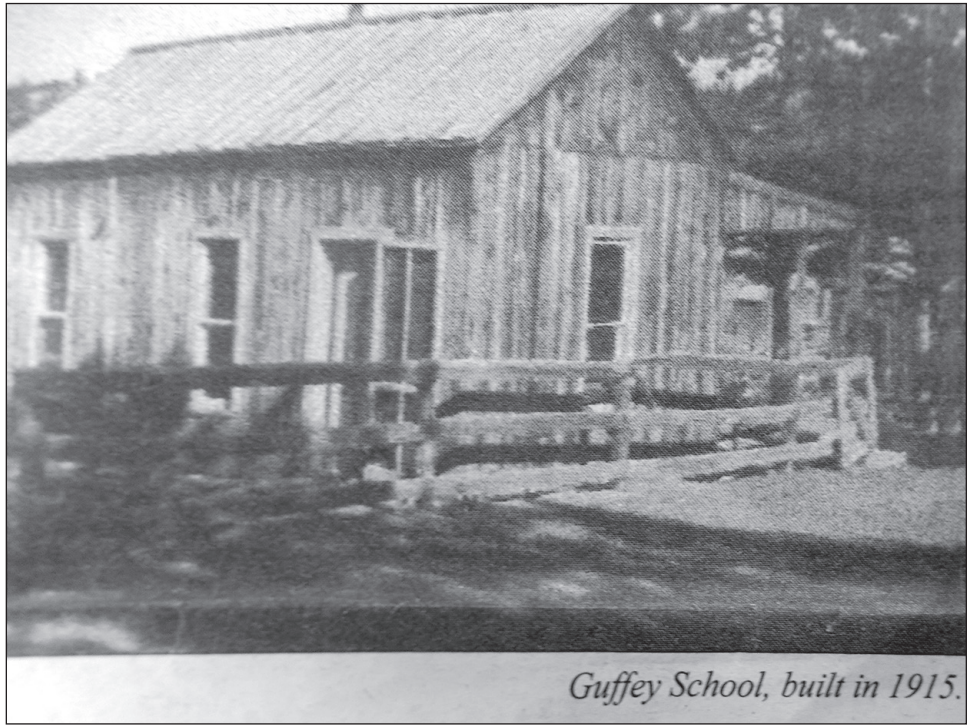
Lillian Fayetta (Pike) Langerock came to Guffey in 1928 when she was 10 years old and went to the Guffey School. Lillian remembers one teacher, Mrs. Koontz, had parties at the teacherage for the students. There were taffy pulls and candy making parties on the marble countertop in the kitchen, card parties, Halloween parties, and cookouts in the creek bed south of the school with "potatoes fried over an open fire (full of ashes), wieners and marshmallows, and we loved it," she said.

In the 1950s the school temporarily closed and closed permanently in 1961 when the state ordered all school districts to redistrict. Since there were so few students it was not feasible to maintain the Guffey School. It was at this time that Guffey was among the other schools in this part of Park County to combine under District RE-2 (rural education).

The students were bused to Cañon City



Old Guffey School at its present location, built 1918. Pic probably taken in 1918. Notice how small the blue spruce in front is; it is probably 100+ feet tall today!



Guffey School, built in 1915.

Old Guffey School, not built in 1915, but 1895. unknown location.

for school on a tuition basis until the Guffey School reopened in 1981-82 with 19 students in grades K-6, after the RE-2 district board voted to modernize the former school building to accommodate the growing number of students in the area.

Guffey saw many teachers come and go. Most were single women, many who had attended school in Guffey, left to go to college and returned to teach for a few years. A college degree was required to teach there. They were paid \$90 per month plus housing in the teacherage across the street.

In 1995, the RE-2 school district created the combined Charter Schools in Lake George and Guffey, but by summer 1999, the two schools decided to split, becoming two separate charter schools. Guffey remains the Guffey Community Charter School and is very community orientated. School enrollment is low this year with only 15 students, but mostly enrollment

is between 20 and 30+ students. The school is starting a yearly enrollment campaign. (For more see the November 6, 2017 "article "100 Years of the Guffey School.")

In the meantime, the Guffey General Store was sold to a Mr. Collins in 1923 with the store and post office, his wife Elsie was postmaster from 192-1928. The store had gas pumps and the first radio for miles around. According to longtime resident Franklin Nash, they went over to the store to listen to the radio and sometimes heard a voice, but mostly they heard static.

The store sold again in 1928. Residents were lucky to have the store during WWII with owner Mrs. Jack having commodities found nowhere else. The store burned down in 1948 and moved across Main Street. The store was sold again in 1953, burned down again in 1959 and moved to the now vacant schoolhouse. There were no gas pumps.

Longtime resident Pat Ownbey moved to

Guffey with her mother in 1948 when she was 10 years old. She attended the Guffey School. Pat remembers there were 17 people in town then, all were related.

In 1960, Pat and her husband Frank Ownbey opened up a small store in the old two-room jailhouse located south of the school. By 1961, they had built a log cabin and had a regular general store called Frank's Service located between the bakery and the house they owned at 110 Main Street.

The Ownbey's sold the store in 1970, and it sold again in 1977 with the name Guffey General Store (GGS). At that time there were 10 town residents with maybe 250 people in a 20-mile radius.

The store was purchased by Jo Beckwith and Betty Royse in 1985 and sold in 1988. There were reported to be 19 town residents with 100 in the surrounding area. Royse went on to become the Park County Undersheriff for several years.

During this time, longtime town resident Henry Reed, who lived at the corner of Eighth Street and Main Street from 1945 until he died in 1992, walked up to the store every day, rain or shine, to share a strawberry ice cream cone with the store cat Paisley.

The idea of a cat as town mayor was born at the GGS. Guffey was being ignored by the county, so a group sitting around the store wood stove decided a cat could "pussy foot around with the best of the government officials," so they elected Paisley, the store cat, mayor. Paisley became a legend and over the years Guffey has had several cats and dogs as town mayor.

In 1994, Bruce Buffington purchased the store and moved it into an old hardware store on Eighth Street on the south end of town. Buffington had always wanted to have a bar, so general store items were phased out, and it became the Freshwater Saloon, which is now vacant.

In 2019, the MountainAries Market opened at the corner of State Highway 9 and the Guffey turnoff. For more information see *Ute Country News* March 2019 issue, page 21 "Evolution of the Guffey General Store."

To be continued...



Colorado Pharmgirl A Salesgirl

by Peggy Badgett

I grew up working in the family business, a health food store. From the age of 11, I helped stock shelves and run the cash register. My starting wage was a bowl of bean soup at the local diner every Saturday afternoon with my father, probably the best salary I ever received. I treasured those times with him and learned about life through his stories. An added benefit was manning the store with my grandmother whom I was very close to. We worked hard but still found chances to play gin rummy between customers.

The business blossomed inside the small town's only shopping mall. My father was a great salesman, taught me selling skills and vast knowledge of supplements. How to approach customers with a smile. Ask them if they have questions. Place a quality product in their hands. Lead them to the reference books we stocked. I became known as "the health food store girl." I loved helping people. As I delved more deeply into understanding how vitamins and herbs worked, I realized I wanted a career in health care. Much to my family's dismay, I opted for pharmacy college instead of taking over that little business. After graduation, I enjoyed a 12-year career in research, but raising kids in the Chicago suburbs wasn't attractive. We moved to the country, bought my father's second health food store in a neighboring town, and became part of the American dream.

Owning a small business allowed me to re-enter the sales arena while having days off to play with my brood. After water fights, picking wild violets, and watching thunderstorms from our front porch swing, I studied for a masters' degree in nutrition after everyone was asleep. That knowledge, combined with my pharmacy background, gave our store a great reputation. I worked with local physicians to improve the outcomes of their patients, and spoke to area groups about interactions with prescriptions, supplements and basic nutrition. Sadly, when the recession hit, our store floundered and died. To support our family, I took a position as a retail staff pharmacist.

Fast forward 20 years. After my youngest fledged the farm's nest, I realized the new era of pharmacy practice in chain stores didn't fit me. Immunizations, time limits for checking prescriptions, increased volumes, and drive throughs changed the profession. Juggling the stressful pharmacy shifts along with a 20 acre farm where something was always breaking was breaking me. So I quit my job, sold the beloved place where I raised my kids, and headed west to rediscover my artistic abilities and experience new adventures.

I had acquired an old motorhome a few years back. It was great for traveling around the Midwest, but the little engine sounded like it might explode on mountain passes. So I decided to sell it. How? Facebook marketplace seemed to be the best option. It allowed me to connect with potential buyers anonymously and meet them in a public place to show it. My first showing was an awakening. The young man showed up with his mother. She stayed in their car while we took the camper for a test drive. Then, as he peered under the hood and crawled around beneath the engine, the hairs on the back of my



Peggy at the top of Midland Hill outside Buena Vista, CO.

neck raised. I looked over to see the mom glaring the stink eye at me from their car. When her son lowballed the price and whined about minor mechanical issues, I politely declined his offer, waved as they drove away, and mentally congratulated myself on not being cursed. Another candidate took a corner on three wheels (the camper has dually on the back) during her test drive; miraculously we didn't roll. I breathed a sigh of relief as she and her parents drove away. The small amount of money I'd get from selling the camper wasn't worth the effort or anxiety, so I kept it as my new art store and spare bedroom. It was a smart decision.

Separating random browsers from true buyers over the internet is a challenge. The van I'd purchased last spring was a perfect introduction to the life, but I don't have the patience or skills to build it out myself. On my last camping trip to Ridgway, Colorado, the temps dipped below freezing. Sleeping conditions in the van were not any better than sleeping in a nylon tent. So when my son told me he was selling his fully outfitted van, complete with solar, heat, and refrigerator, I decided to snag his and sell mine. I'm not getting any younger, and honestly, I'd rather

write or paint than electrocute myself rigging up a system wrong. The first potential buyers arrived with their mother. The little voice inside my head immediately raised red flags. I ignored it and spent an hour showing them all the mechanical work I'd had done on the van. As a pharmacist, honesty has always been an integral part of my identity, but the kids wanted guarantees. For a used vehicle. The mom stayed in the car checking Kelly Blue Book values and messaging them on their phones. Not buyers I wanted to deal with. Again, the haunting thing.

I have met some very cool people along my lifelong sales journey. There are good, wonderful souls out there, and I am buoyed by their enthusiasm for life and experiences. But after this van is sold, I'm hanging up my used car salesgirl cap. I'd rather be hiking.

Peggy Badgett is an artist and writer. Her book "Rooster in the Drive-Through" is for sale at Shipping Plus in Divide. She has several years' worth of adventures you can read for free on her website pharmgirl.org, and can be reached at coloradopharmgirl@gmail.com

The Serengeti's Shadow

by Carlee Spears

Protecting the family

Roar echoing through the heat

Elephants give them wide berth

Dark mane flowing

Ambush in the golden grass

Teeth like ivory daggers

Onward the lionesses strike together

Roar the shakes the land



A pride of lions sneaks up on a herd of water buffalo. This is an acrostic style poem. Artwork by the author using AI tools.

Carlee Spears is a motivated 14-year-old eighth-grader from rural Michigan who balances academic excellence with a love for the outdoors. Homeschooled in a setting that fosters both independence and creativity, she thrives under the mentorship of her uncle, Steven Veatch, who guides her development in reading and writing. When she isn't honing her literary skills, Carlee is a dedicated athlete, competing on her school's volleyball and basketball teams, and an aspiring agriculturalist with a passion for raising rabbits.

LIMITED TIME - FEBRUARY ONLY
CALL FOR AN APPOINTMENT

Luna GRACE
Wellness & Rejuvenation

\$300

Sweetheart Package

For Valentine's Day,
Get a 60 Minute Massage
Salt Room Session
Red Light Session
Chocolate Covered
Strawberries & Champagne!

Sweetheart Plus Package

Get everything included from the first package PLUS
A \$200 Gift Card for
Harding On Main!

\$500

Sweetheart Plus Package

Get everything included from the first package PLUS

Open Monday - Friday 9-5 • Saturday 10-4

FILL UP SPECIAL
VOLUME DISCOUNTS

Global Propane

\$1999

Gallon

500 GALLONS PLUS

*Price subject to change

(303) 660-9290

Family Owned Business

Stevens Carpet Plus

Your Local Source
For All Your Flooring Needs

Annual February Sweetheart Sale!
Sale ends February 28th

20% off all Shaw Pet Perfect carpets. 10% off all hard surface flooring.

One Stop - Full Service Shop for
ALL Your Flooring Needs
Get professional, personal service and
quality products right here at home

115 W Midland
Woodland Park, CO
Call for your free estimate
719-822-6822

Showroom Hours: M,T,W,F 10-5,
Thurs 12-5, Sat. by appointment

ARE YOU AND YOUR VEHICLE READY FOR WINTER TRAVEL SEASON?

SCHUMACHER'S
Alignment & Tire Center

Over 36 Years in Teller County! Teller County's Oldest Family Owned & Operated Alignment & Tire Center!

Most Major Tire Brands Now Available
• Mufflers & Custom Exhaust • Wheel Balancing • Brake Service
• Oil Changes • General Automotive Repair • Cars ~ Trucks ~ 4x4's

220 S. Burdette, Woodland Park, CO
719-687-2446

WITH COUPON
10% OFF
LABOR
ON ANY SERVICE
OVER \$100

Mon-Fri 8:00-5:00

COME DO TIME WITH US!

Explore the history of Colorado Prisons.
See the stories behind the walls!

MUSEUM of
COLORADO
PRISONS

Reg. Admission:
Adults: \$15 Children \$10

OPEN
Wednesday-Sunday
10 a.m. - 5 p.m.
301 N. 1st St. Canon City, CO
719-269-3015
prisonmuseum.org

MARY SHELL ART.com



PAINT PARTIES EVERY SUNDAY

1424 Elm Ave. Canon City

719-371-5405

creatingfromthesoul@yahoo.com

Divide

COLLISION CENTER

Auto Body and Paint Repair • Insurance Claim Estimates

WE DO IT ALL!

Hundreds of Satisfied Customers

Boat Repairing & Refinishing

Plastic & Fiberglass Repair

RV Body & Frame Repair

All Insurance Companies

All Types of Painting

Hail Damage Repair

Auto Glass Service

FREE Estimates!



178 Weaverville Rd., Divide

(719) 687-7683

Quality Work Since 1974!

ARTHRITIS PAIN?

TRY PAIN RELIEF SALVE!



SALVES • LOTIONS • CBDs • SPRAYS

TAMMIE LOWELL, NATIVE AMERICAN HERBAL WELLNESS & BEAUTY

To order your regular or extra strength (containing CBD) PAIN RELIEF SALVE, visit or call:

OyateHerbals.com

719-661-0410



Arts & Antiques



Maudie's INCREDIBLE EMPORIUM

Tales from Big Sky Ranch Bed and Biscuit

The tiny but might Jack Russell

by Kendra Lee Hall

At the Bed and Biscuit, there’s no shortage of big personalities — but none quite as spirited, brave, or bursting with energy as Pepper, the tiny but mighty Jack Russell. Barely a foot tall, she has a personality as big as the surrounding mountains. Her eyes sparkle with determination, her stance radiates confidence, and her tail never stops wagging — a blur of enthusiasm and pride. With a spring-loaded stride, she’s a blur of white and tan whenever she gets moving — which is nearly all the time.

Pepper isn’t just a bundle of enthusiasm; she’s a top agility competitor, one of the best in the state. Her name is known on the competition circuit, where announcers grin as they call her to the start line, “Here comes Pepper, the little rocket from the mountains!” and the crowd always leans in closer. Once the timer beeps, she’s gone. A streak of motion, a flash of focus, and a demonstration of pure athletic joy.

She soars effortlessly through the obstacles. She seems to fly straight through the tunnels without touching the sides. Her paws barely skim the earth as she’s on to the next challenge — bounding over hurdles, diving through hoops, and taking the teeter board with perfect balance and a fearless grin. When she reaches the weave poles, that’s where she truly shines. She zips through them so fast that the motion becomes a shimmer — a blur of speed and precision, tail spinning like a propeller. The crowd always starts cheering when she reaches that part, clapping and calling her name. The more they cheer, the faster she goes — as if the sound itself fuels her little legs. It’s as if she’s saying to the cheering crowd, “Watch me now. This is for you!”

Some in the crowd gasp, unable to believe that so much determination could fit into such a small, compact frame.

Her quickness, her focus, and her sheer joy in motion carried her all the way to Nationals this year. When Lee heard the news, she beamed with pride. “That little one has earned every bit of it,” she said with a smile, giving Pepper a loving pat on her side. “And knowing Pepper, she’ll make the spectators love her before the first jump.”

Lee has seen videos of Pepper’s runs, and they never fail to make her smile. “Go Little One, go,” she’ll say, watching her race through the course.

When Pepper’s parents are off having adventures of their own, exploring the world, the wee Jack Russell



calls Big Sky Ranch home. The fenced yard becomes her playground: she weaves between Adirondack chairs as if they were practice poles, bounds in the air as if she’s clearing hurdles, and dashes around the shed with

lightning reflexes as if practicing her sharp cornering maneuvers.

At times, even Pepper takes a break from the fun. She’ll nap in a patch of sun, her paws twitching with dreams of the next course. When she wakes, she’s back to her bright-eyed self, ready for another adventure.

Pepper may be small, but she’s mighty in every way that matters. Her determination, courage, and boundless joy remind everyone, two-legged and four- that greatness isn’t about size or strength. It’s measured in heart, determination and the pure thrill that comes from speed and focus.

As Nationals approach, Lee is certain of one thing: when Pepper steps to that starting line and hears the roar of the crowd, she’ll dig a little deeper, fly a little higher, and once again prove that the tiniest dog can have the biggest spirit of all.

When Lee thinks of Pepper, she’s reminded how life at the Bed and Biscuit is full of lessons taught by small paws and big hearts. Some dogs bring calm, others bring laughter — but Pepper brings motion and joy in their purest form. There’s nothing like watching Pepper fly across a course or race through the yard — swift, free, and full of purpose.

The Bone Hunter’s Odyssey

by Steven Wade Veatch

Moving across the vast arid expanse, the fossil-hunter walks where wind sculpts the sandstone cliffs. She moves, a dark silhouette against the open sky, her gaze probing the land for ancient whispers.

Each step brings her closer to forgotten worlds, a boot print left where titans once roamed. In her hands, the map is a mere outline, but her heart knows the language of the earth.

The first find is modest: a piece of a tooth, jagged, yellowed, kissed by time’s slow grind. She kneels, brushing away eons of dust with reverence—as though waking a sleeping king.

The storms come fast in the badlands, thunder growling like the ghosts of giants, and still she presses on, for somewhere beneath the layers of sandstone, a story waits, curled in the rock’s embrace.

One evening, the setting sun paints the cliffs in fire, and there it is: a curve of rib, a fragment of a skull, a whisper of something vast, something that once thundered across the land now hushed beneath the layers of hard sediment.

She digs until the moon rises, chipping away millennia with steady hands, the fossil emerging like a secret told too long ago to matter anymore.

What was it, she wonders, this beast whose bones she cradles? A scavenger, a predator, a titan of green forests? She dreams of it moving—great muscles rippling under plated skin, a roar that could split the silence of time.

When the season ends, she packs her finds, loading crates with the weight of history. The land watches her go, its treasures uncovered its riddles offered but never fully solved.

And as she drives away, dust rising in the wake of her truck, she glances in the rearview mirror, knowing she’ll return. For the earth whispers to her an endless call to adventure.



FRIENDS OF



THE BUTTE THEATER

CRIPPLE CREEK, COLORADO

Romantic Valentines Performance

Saturday, Feb 14, 2026 • 7pm

Performances by alumni of Cripple Creek’s Got Talent.

Fancy desserts and Champagne will be served.

Tickets \$15/person or \$25/couple.

Call for Tickets (719) 689-6402

The Butte Theatre

139 East Bennett Avenue, Cripple Creek, CO

www.cityofcripplecreek.com/butte-theater

People See, People Do

You can Kindle Kindness, too!

by Readers of Ute Country News

This column is dedicated to acts of kindness and that is exactly why you will not read names of people or businesses — the focus is on the kind behavior. Our hope is that we will be reminded what kindness is and engage in random acts of kindness to put more positivity into our world. If you experience or witness and act of kindness, please share it by emailing us at utecountrynewspaper@gmail.com, calling or stopping in at Shipping Plus to tell us about it or write an old fashioned letter and mail it to Ute Country News POB 753 Divide, CO 80814.

A box of Kleenex fell of the bottom of my grocery cart as I was leaving the store. A kind, young man heard and saw it before I did, and without hesitation immediately jumped in front of my cart to pick up the box and place it in my basket. I was sure to thank him and wish him a Happy New Year, which seemed to catch him by surprise. I’ll bet this young man helps people and rarely receives a thank you.

She was going to the post office and asked if we had any packages she could transport for us. That was an act of kindness.

She came in with a poster of her dog who escaped the enclosure to ask if we would hang the poster. She said she lives just up the road. The other customer looked at the poster, took a picture of it and said she would look around and let neighbors know. How kind to have offered to be another set of eyes for the lost dog.

She was on her way out and saw he had LOTS to bring in. She held the door. He was grateful!

The inquiry to clean the home was a special request for a friend who had a medical emergency and in recovery. The sister needed help. Reaching out, she said she mostly does commercial cleaning but would consider the project as a favor. Favors are acts of kindness!

Sometimes something comes your way, and you find it really helpful and inspirational. The best gift I received over the holidays was the PEACE meditation. I surprised myself to find out how spontaneously I began to share this with folks I didn’t know very well or folks whom I didn’t discuss spiritual topics. What truly surprised me were the MANY notes of gratitude! Evidently, it was more helpful than I could have anticipated! The replies were an act of kindness because the tumultuous world we live in often presents the idea people do not care anymore. The replies taught me that observation is false! People DO care!

She knew the family of Alex Pretti. I needed to mail a card of condolences over his brutal murder. She offered to hand deliver because that way, the family would know it was not hate-mail, which is something I had not even considered. Her thoughtfulness was truly an act of kindness for which I am grateful!

Grannys’ High Altitude Super Hemp

The Purple Building in Lake George

We offer unique, whole plant, full-spectrum CBD medicinal’s made from our plants grown and processed organically on site



CBD Whole Plant Extract

CBD Pain and Skin Salves

Hemp Tea



Since 2015, our quality and efficacy has been trusted by locals and others all across the country. Stop by and see the difference for yourself!

Open Tues – Sat 9am – 5pm

719-748-4736 grannysshemp.com

CELEBRATE THE ONES YOU LOVE!

Mountain Naturals

COMMUNITY MARKET

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

719-687-9851
790 Red Feather Lane
Woodland Park
Hours: Mon-Fri 10am-6pm • Sat & Sun 10am-5pm

WE HAVE HEALTHY CHOCOLATES!

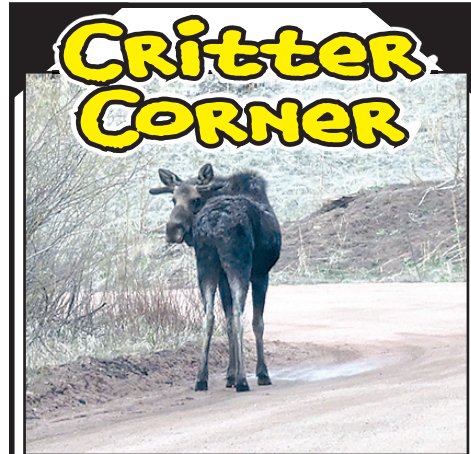
FILL UP SPECIAL VOLUME DISCOUNTS

Global Propane

\$1⁹⁹⁹
Gallon
500 GALLONS PLUS

*Price subject to change

(303) 660-9290
Family Owned Business



Whether on the road...



or in the brush, the moose are definately on the loose in Florissant – Tracie Bennitt, Florissant, CO

Have a cute critter? Send us your favorite critter photos and we'll feature them here in the Critter Corner! **If you don't send your photos, you'll have to look at our cats every month!** Indoor or outdoor pets or wild critters are what we're looking for. We will not accept any photos depicting cruelty or harming animals in any way. Email your critters to utecountrynewspaper@gmail.com. Be sure to include the critter's name as well as your name.

Dutch Angel Dragons

by Gilrund the Historian

“What are they?” asked Danny as he and his three friends watched four of the creatures fly above the playground of his school. “They kind a look like dragons, but there is something different about them,” answered Andy.

“Yeah, they look like a they are part Pegasus and part dragon.” Replied Sandy, “They are all different colors too.”

Mrs. Winslow, their teacher, was standing with the children as they watched the strange creatures fly overhead. She smiled and said, “Those are Dutch Angel Dragons, children. You were almost right in your description of them. They are part horse and part dragon, and they came to be, according to legend, because of the love of a young woman for her horse whose name was Dutch. The story goes that the young woman found her horse very sick one day and tried everything she knew to help Dutch, but he died and the girl’s heart was broken. When she buried the horse, she went to a sorcerer and asked if he could bring back her beloved horse to her some day in a stronger form.

“Well, it was only a few weeks and there appeared in the girl’s barn another creature like the ones we just saw flying over us. This one was bigger than her horse and looked like a dragon, but it was covered with caramel-colored fur with black legs that went down to clawed feet. The ears were much bigger, as were the eyes. The wings were huge and feathered, similar to a bird. The tail was long and thick like a dragon and the head was that of a horse.

“The girl didn’t know what to think. What is this creature that is here in my horse’s stall? Then she remembered her request to the old sorcerer. She had gotten what she had asked for. It was a sort of horse but much stronger and more powerful. Also, as far as she knew Dragons never got sick. This horse could fly like an angel, so she called it Dutch the Angel Dragon. Over time as more of the creatures appeared, they were called Dutch Angel Dragons.

“They had many attributes of dragons and horses. They could talk and laugh and dance if they wanted, and they were friendly to humans. As time went on other things were discovered about this creature and some of them were not good. Some were even scary.

“The young girl found out many of the things that her dragon could do while they went on adventures. The most well-known one was a treasure hunt. If you would like, I can tell you about it after class.”

Later that day, the three boys were still in the classroom waiting for their teacher to tell the story of the treasure hunt.

Mrs. Winslow sat in a chair next to the three boys’ desks and started telling the story. It went like this.

“Crissy loved the adventures she and her Angel Dragon were having. Mom and Dad were a little concerned, but Dutch was very

protective of Crissy, so they let her have her fun.

“One day as Crissy was selling fruit in the village, she heard talk of a vast treasure that had been hidden in the mountains far to the west of the village by an evil king long ago. Many people had searched for the treasure, but it had never been found.

“Some said that it was protected by a curse that had been placed on it by the king so that it never would be found.

“Crissy told her parents that she was going to find the treasure and Dad would never have to work the farm again. They could live in the city and have an easy life.

“Dad laughed and said that she could look all she wanted, but he didn’t think she would ever find the treasure. But if she did, he would enjoy the easy life that Crissy promised.

“Crissy and Dutch left the next day and flew west toward the mountains where the treasure was supposed to be hidden. Here was only one clue that Crissy had heard of that would lead to where the treasure would be found. They had to look and listen, for there was a cave in the side of a mountain in which a young woman would stand every day and sing a beautiful song of love for the man she wasn’t allowed to marry because the evil king wanted her for himself. She wouldn’t have anything to do with the evil king, so the king had a spell placed on her that she would stay in the mountain cave where the treasure was hidden and sing for her lover to find her. But he never did and she is still there waiting and singing for him every day.

“Crissy and Dutch flew to the mountain range where the treasure was supposed to be hidden and searched for several days until that met up with another Angel Dragon whose name was Jet Fire. He was bigger than Dutch.

“He was a light red color with yellow claws and very strong. Crissy and Dutch found that Jet Fire was looking for the treasure too, so they joined forces.

“Hours and hours they flew along the front of the mountain range looking and listening for the young woman singing her love song.

“Day after day they flew along the mountains and still found and heard nothing.

“Jet Fire suggested that they may be looking over the wrong mountain range. Dutch suggested that it may be just a story and not true.”

“Don’t say that!” returned Crissy and Jet Fire.

“I say that we look for another western mountain range and continue our search there.” suggested Crissy.

“The next day the three of them flew over the mountain range and further west looking for another mountain range.

“On and on they flew until Dutch, using his “extended vision” saw another mountain range far ahead of them.

“By the end of the day, they were there at the south end of the new mountain range and they rested for the remainder of the day.

“Morning came with a beautiful song being sung somewhere nearby. Dutch and Jet Fire awoke listening and looking for where the singing was coming. It was a song of love being sung by a young human woman.”

“We’ve found her!” cried Crissy as she looked up the mountain range, “Let’s go!”

“Crissy jumped on Dutch’s back and the three of them took to the air looking and listening.

“They hadn’t flown far before they saw the cave that held the young human woman who stood in a beautiful white dress and white shoes. She was singing with her arms extended and her head back, her beautiful long dark hair hanging almost to the ground as she sang her song that filled the air in the mountains.

“Crissy, Dutch and Jet Fire flew above the mountain listening to the words that she sang as their eyes filled with tears. It was a song of lost love. It was beautiful but it was very sad.

“The three friends flew down and landed just below the cave and then climbed up quickly to the cave and met the young woman. Her name was Andrea and she welcomed them to her cave. She told them it was good to see others, for she had been alone for so long.

“They talked of many things and Andrea found that she had been on the mountain for over five hundred years. The spell that had been placed on her had kept her young and beautiful, but she had lost her first love. Crissy told her that there were many young men that would love to meet her.

“Andrea just smiled and answered their many questions, especially the one about the hidden treasure that was supposed to be in the cave where she had been all these years.

“Andrea smiled and told them to follow her as she turned and walked back into the large cave.

“They didn’t have to walk very far before they saw the treasure that had been hidden in the cave for so long. There were gold and silver, jewels and gold nuggets, stacked in piles and in trunks and sacks. But what got the Angel Dragons was the stacks and piles of candy and dice that was off to one side of the big cave.

“The red color of Jet Fire brightened to a shining crimson as he ran deeper into the cave and dove into the huge piles of candy and dice. Dutch was right behind him as the two Angel Dragons played in what to Dutch Angel Dragons was a true treasure for them.

“Andrea and Crissy just stood and stared at the two Angel Dragons having the time of their lives diving in and out of their treasure, eating the candy and tossing the dice here and there as they laughed and shouted of how happy they were.



“Crissy walked with Adrana down to the other treasure and Crissy knew that with only a small part of it she and her family could live the good life in the city for ever.

“Andrea looked at all of the treasure and smiled as she watched Crissy run her hands through some of the gold and silver coins.

“It was then that Andrea realized that the curse must have been broken, because she felt older and very tired. She looked down at her hands and saw that they were the hands of a very old woman. She stumbled over to one of the closed trunks and sat down as she watched Crissy and the Angle Dragons play in their treasures.

“Then she knew no more. With the curse broken Andrea had aged suddenly and was now just a skeleton sitting on a trunk filled with gold and silver coins.

“Crissy looked up from her treasure and saw the skeleton, then screamed out to Dutch and Jet Fire, “She’s gone! Look, Andrea is gone. What has happened to her?”

“Dutch climbed out of the candy and walked over to Crissy. “The curse is broken,” he said, “She has gone to be with her lost love at last.”

““So, all of this is ours now,” said Jet Fire, “She had it all of that time and could do nothing with it because of one evil man’s anger. How very sad for her and her loved one. I would like to have helped her, but what could we do?”

“That is just one of the many stories of the Dutch Angel Dragons,” said Mrs. Wilson, “I have heard many more of them, but it is getting late and your parents will be wondering where you are. Have a good evening and have a fun weekend. I’ll see you again on Monday.”

Mrs. Wilson watched as the three boys left the classroom and started walking home from the school, each of them dis-

cussing what she had just told them.

“I wonder what their parents will think when they get home and tell them what they heard today.” She thought as she picked up her purse and smiled as the dice fell out onto the floor.

As Mrs. Wilson picked up the dice she smiled again and thought, “It really was a great adventure. I miss Dutch, my Angel Dragon, but he chose to stay in the mountains with the treasure. I wonder what Jet Fire is doing now. It’s been a long time since I’ve seen him.

We did have many adventures together.

I miss them both.”

Mrs. Wilson turned out the light in the classroom and as she left she saw that the only light that shined in the classroom was the security lamp that, among other things, lit up the name plate on her desk, “Mrs. Crissy Wilson.”

“I wonder if they will ever notice that.” She said as she locked the door and walked to her car to go home.

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.



You're on the web!
• Current Issue
• Ad Issues
Where to find us
Employment Opportunities



www.utecountrynews.com



Scan the QR for the listing of events and when we will be in your area!!!



ART

Reserve **OG** OUR GALLERY

WEEKEND IN WOODLAND

Two Art Events, One Weekend

Art Walk **Art Gala**

8+ Venues February 6 4 to 7 **Reserve OG February 7 6 to 8**

reserveourgallery.art

Then, Two Art Events, One Day!

THE MOOSE IS LOOSE!
February 28

Moose Art Adventure 12 to 3 Art Walk **Paint The Town Ticked Event**

Start the art walk at Reserve Our Gallery 400 W. Midland & get a game card.



PROPANE

Residential and Commercial Propane Delivery....
No additional fees.

Glaser
ENERGY GROUP, INC

Divide
650 County Road 5

(719) 687-1180



COMMUNITY OPEN HOUSE

Come say hello, take a tour, and learn more about Community Partnership Family Resource Center. Meet our staff and Board of Directors, ask questions, and learn more about our programs.



- Learn more about CP
- Donate to change lives

www.cpteller.org



Tuesday, February 17
5:30-7:00 Pm

701 Gold Hill Place
Woodland Park

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

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

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

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

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

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

719-686-7587 • utecountrynewspaper@gmail.com



Putting the “unity” back in community.

How to handle the hack

by Kathy Hansen



The subject line in the email is inviting: “Get Ready to Celebrate,” “You’re Cordially Invited,” “Let’s Get Together,” “An Invitation You Don’t Want to Miss,” “Let’s Turn Up the Fun” and more intriguing words that reel you in. Then you open the email, see an invitation, follow the instructions to click on it, only to find out this is actually an advertisement to go paperless by using their app to invite people to your next event. Toward the bottom the Google and Apple logo are present to build recognition and trust. You’ve been hacked! It showed up immediately after a Microsoft update, which could have been a coincidence.

What isn’t clear at that moment, but becomes cumbersome after the next system update, is that by clicking on the invitation, you just invited this hacker into your email.

The surprise to me was that it went beyond those listed in my “Contacts” going back to emails I had sent over 16 YEARS ago and possibly more! I’ve had 3 computers since then yet emails from a job I had that long ago were appearing.

Suddenly, emails are pouring in saying, “I couldn’t open your invitation...” “wanting to be included in the promised celebration. I’ve spent days replying to emails explaining I did not initiate the invite, and that it suddenly appeared after a Microsoft update. At one point, my Gmail account was disabled, with no explanation as to why (I could make a good guess) and my reply requesting more info remains unanswered.

I am not an IT person, computer programmer or virus killer, only a user and my knowledge is limited, so is my time. There was no way I could possibly notify everyone I have ever emailed to let them know DO NOT OPEN THE INVITE! I felt angry, frustrated and taken advantage of. Surely the billionaire of Google and Apple can afford to do their own marketing research.

I found a few helpful tips on Reddit and other posts and will share what I learned.

First, change your passwords.

Next, be sure to look in your trash folder. While this did NOT happen to us, it did to others. They found emails they had not seen or read in their trash folder — this indicates the hacker was hiding something. It can potentially mean that the hacker was harvesting data on other programs.

Check your bank accounts DAILY to as-

sure only authorized transactions have taken place.

Any errors or payments you did NOT authorized should be reported immediately. Most banks and credit unions have someone in the “Fraud” department, so ask for that when you call. Your banking institution would rather catch these earlier rather than later.

Check your credit report.

All three credit reporting agencies offer a free report once per year. Contact information is at the end of this article.

Consider freezing your credit.

Several credit card companies have simple ways to freeze your account online with a click. Just remember to unfreeze when you’re ready to make a purchase.

Explore additional malware protection.

A free 14 day trial from www.malwarebytes is available and was recommended by a local IT person. They offer reasonably priced upgrades.

Here is what I found interesting. Prior to the hack, both the “Spam” and “Trash” folders would indicate how many items were in there. Since the hack, that no longer happens even though there are items in both, numbers no longer appear to indicate something is in there.

Most of all, be sure you are alert and clear thinking when you are checking your email. Do not click on something you are uncertain about. Be ready to play devil’s advocate. It seems most people can assume that a newspaper doesn’t offer judo lessons. Maybe choose to NOT click on unrecognized senders, content or nonsensical subject lines. Don’t let your curiosity get the better of you!

Equifax
POB 740241
Atlanta, GA 30374
www.equifax.com
800-685-1111

Experian
POB 2002
Allen, TX 75013
www.experian.com
888-397-3742

TransUnion
POB 1000
Chester, PA 19016
www.transunion.com
888-909-8872

Adopt Us

by TCRAS

Cola

Cola is a 2.5-year-old, neutered-male Husky-Shepherd mix. He is amazing! This gorgeous boy is very sweet, but slow to trust. Due to his nervous behavior meeting new people, we recommend that he is visited more than once prior to his adoption. He may be slow to trust but once you earn his trust, he will be a shadow! Granted, he will be a shadow that is still scared of sudden movements, extra loud noises and of course... his own shadow! Cola is food motivated, which has been helping with his training. He enjoys walks but is still learning the polite leash manners. Luckily, he has been making some canine friends to help show him the ropes! He enjoys playing but can be picky about his canine companions. Please call TCRAS if you want to learn more about him or to set up a first meeting 719-686-7707.

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



Life After the Kids Leave Home

A fulfilling, unhurried next chapter

by Karen Weeks

Empty nesters — parents whose children have recently moved out — often describe this phase as quietly disorienting. The house is calmer. The calendar suddenly has space. The big question emerges early: Now what? This stage isn’t about filling every hour. It’s about choosing what deserves your time, energy, and attention — and leaving room to breathe.

A quick orientation for this stage

This chapter works best when it balances purpose with rest. You don’t need a total reinvention. You need a few meaningful anchors, a lighter schedule, and permission to experiment without pressure.

Reclaiming time without overbooking your life

The most common mistake new empty nesters make is saying “yes” to everything at once. Freedom can feel urgent. Resist that instinct.

Instead, aim for intentional variety:

- One activity that gives structure
 - One that stretches you
 - One that brings joy
 - One that restores you
- That’s enough.

Low-pressure ways to rediscover yourself

Some pursuits are energizing precisely because they’re optional. They don’t have outcomes.

They don’t require mastery.

- Long walks in a familiar neighborhood, taken at different times of day
 - Reading purely for pleasure, not self-improvement
 - Taking a class unrelated to your career or past roles
 - Reconnecting with old friends without needing an “occasion”
- These aren’t filler activities. They’re recalibration tools.

A practical reset: how to design a week that

feels right

Use this simple how-to as a starting point, not a rulebook.

1. Block two non-negotiable rest windows, mornings or evenings that stay unscheduled.
2. Choose one recurring commitment, volunteering, a class, or a standing social plan.
3. Leave one weekday intentionally open, this becomes your flexibility buffer.
4. Add one curiosity experiment per month. Try it. Drop it if it doesn’t fit.
5. Review monthly, not daily; over-monitoring drains the joy.

Considering a small business or passion project

For some empty nesters, this stage opens the door to long-postponed ideas. Starting a small business can be energizing — not because it fills time, but because it gives direction. The process usually begins with clarifying what you enjoy, researching whether there’s demand, choosing a simple structure, and handling basics like registration and finances. Many people prefer using an all-in-one platform like ZenBusiness, which can help business owners form an LLC, manage compliance, build a website, and organize financial tasks without unnecessary complexity.

This path isn’t about chasing hustle. It’s about building something on your terms.

Common questions empty nesters ask:

Is it normal to feel both relieved and sad?
Yes. Mixed emotions are common and don’t cancel each other out.

Do I need a “big project” right away?

No. Many people benefit from a quiet adjustment period first.

What if my partner and I want different things now?

That’s normal too. Parallel interests can coex-



Empty nesters — parents whose children have recently moved out — often describe this phase as quietly disorienting.

ist with shared time.

How long does this transition usually take?

There’s no standard timeline. Expect months, not weeks.

One trusted resource worth exploring

If you’re looking for grounded, practical guidance on this life stage — covering relationships, health, purpose, and finances — the AARP Life Reimagined initiative is a solid place to start. It offers articles, tools, and real-world perspectives designed specifically for adults navigating major transitions.

<https://www.aarp.org/work/careers/life-reimagined-new-possibilities/>

Letting this chapter be spacious

You don’t have to optimize this phase of life. You get to inhabit it. Choose a few things that matter. Let others fade. Leave blank space on the calendar and trust that meaning doesn’t require constant motion. The empty nest isn’t an ending — it’s a quieter, wider beginning.



Trooper Tips

The Fast and The Furious(ly Reckless)

by Trooper Hunter Mathews

Everyone has seen, or at the very least, heard of the successful movie franchise, “The Fast and the Furious.” Currently, with 10 movies and multiple spin-offs, it gives us the adrenaline rush of driving fast cars, seeing huge explosions, and the theme of *Family*. But... the one constant that gets overshadowed is the number of vehicles that were crashed or destroyed throughout the series to successfully pull off the extreme speeds and cool maneuvers.


Over the course of the 10 main movies, it’s estimated that 1,400 cars were destroyed to produce that adrenaline rush, and many others avoided collisions due to the advanced skills of professional drivers. If professional drivers mess up with that level of frequency, what does that mean for the civilians speeding in Colorado in an uncontrolled environment? In 2025, preliminary numbers show that the Colorado State Patrol covered 2,865 crashes where speed was found to be a causal factor leading to the crash, with 467 resulting in injuries, and 34 resulting in someone dying.

Dominic Toretto said, “Without family, you’ve got nothing,” so remind those you love that there is a posted legal speed limit for a reason. Colorado’s interstates are not racetracks, and the people who are occupying the roads are most likely not professional drivers. Keep yourself and everyone else on the roadway safe by driving the speed limit to your destination.

Donkey

by Wyatt C. Spears

Humble, grey
Trudging, straining, enduring
Hooves, rocks, veins, ore
Radiant, precious
Gold!



A donkey and a prospector in Cripple Creek, CO—the World’s Greatest Gold Camp. Photo courtesy of the Cripple Creek District Museum. CCDD 808.

Wyat is a 16-year-old high school junior living in rural Michigan, where he balances a busy homeschool schedule with a love for sports. A dedicated athlete, Wyatt stays active playing both volleyball and basketball for his school teams. When he’s not competing, he’s often found gaming or making the most of his new driver’s license to head out and hang with friends. Wyatt also has a new interest in writing, a passion he’s refining under the mentorship of his uncle, Steven Veatch, who helps guide him through the worlds of reading and writing.

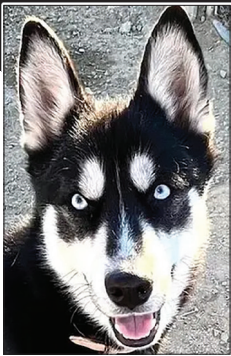
Adopt Me

by SLV Animal Welfare Society

Kiana

Kiana came to SLV as a stray. She is about 1 year old and is sweet, playful, mellow and affectionate. She may be a Klee Kai mix, medium in size. She is spayed, micro-chipped and current on all vaccinations. Please visit our website to learn more or connect for a visit: <https://www.slvaws.org/>.

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





DON'T LISTEN TO RUMORS AND GOSSIP..

WE'RE STILL HERE!

For All Your Printing & Shipping Needs!

Restaurant Menus • Tri-fold Brochures & Flyers
Spiral-Bound Booklets & Calendars
POA & HOA Newsletters (with/without mailing)
Stop in for a printing quote!



Shipping Plus
Your Full Service Shipping & Business Center

52 County Road 5 • Divide
(Behind Divide Market, Next to Russ, Place)
719-686-7587 • Open M-F 9-5:30
ShippingPlusCO@gmail.com
www.shippingplusco.net



UNITED STATES POSTAL SERVICE

DROP OFF YOUR FEDEX, UPS, AND USPS PACKAGES

Currant Creek Pioneer Cemetery

by Flip Boettcher
photos courtesy of Steve Plutt

Over time, cemeteries tend to deteriorate without regular care, upkeep and maintenance. Headstones start leaning, topple over and break; markers get moved around by wildlife and cattle; grave sites sink; and trees and shrubs grow up around grave sites.

Two people, Steve Plutt and Linda Allred, are working on doing restoration work in pioneer cemeteries and pioneer sections in larger cemeteries in Teller and Park counties; they hope to expand their efforts into Summit County, as well.

Plutt is retired but was on the Park County Historic Preservation Advisory Commission (PCHPAC) for 25 years doing cemetery work and is currently on the Park County Cemetery Board.

Allred, an architect in Woodland Park and also vice-chair of the Woodland Park Historical Preservation Committee, has been doing cemetery restoration work with Plutt for a few years now.

Plutt and Allred have done restoration work in the Como Cemetery, the Divide Cemetery, the Shawnee Cemetery and the Pioneer section of the Woodland Park Cemetery.

The Currant Creek Pioneer Cemetery (CCPC) is located under the pines on a gentle slope above Currant Creek near Guffey and is privately owned. There is no public access and the owners' permission is necessary to visit the cemetery. Two years ago when this writer, Doug Stiverson, the great, great, great grandson of relatives interred there and Doug's cousin visited the CCPC, we noticed that it was in desperate need of some restoration work, but we were not able to do it.

Plutt, who had visited the CCPC several years before, found out from his realtor friend in Divide, who recently sold some property adjacent to the cemetery, that it was in dire

need of some restoration work.

Last summer Plutt and Allred spent one or two times a week from June 10–August 10, 12 days total and 125 hours each working at the CCPC. PCHPAC paid for the restoration work. PCHPAC is a Park County government group that is all about historic preservation of any kind, said Plutt, including cemeteries and restoring existing pioneer cemeteries, said Allred.

The first known burial in the CCPC was that of 1-year-old William A. Lloyd, 1879 and the last was 97-year-old William C. Lloyd, 1832–1929 in 1930. The Lloyd family plot is surrounded by an old-wooden-picket fence and did not need any work.

South of the Lloyd plot, the second and third burials were those of the two Beery children in 1881, 11-year-old James C., who died of diphtheria and 6-year-old Julia A., who died of cerebrospinal meningitis. Both died within a week of each other.

With no enclosure around the Beery children, both headstones had been knocked over, broken into pieces and scattered around. Most likely by grazing cattle, so they needed a lot of work patching them back together and getting them upright. William Beery homesteaded on the north side of the Hammonds and Benders at the top of Currant Creek pass.

The next wrought iron enclosed family plot south of the Beery children is that of matriarch Hannah Hammond, 1820-1897 and her daughter Annie 1844-1910 and son-in-law John Bender 1837-1902. Hannah is Doug Stiverson's great, great, great grandmother and Annie and John are his great, great grandparents.

Hannah's headstone was fallen over and broken, her grave site had sunken and a huge pine tree is nestled up to her site.

Plutt and Allred patched Hannah's headstone, cleared out the pine needles and got the headstone back up to vertical.

The next wrought iron enclosed family plot south is that of Martin Bender 1869-1905, Annie and John's son, and his two daughters, 3-year-old Josephine and 6-year-old Myrtle who all died within days of each other in 1905 of scarlet fever. Martin's headstone was leaning precariously and Plutt and Allred got it back up to vertical.

On the last day the pair were at the cemetery, they put two markers with "UNKNOWN" on them on two obvious looking grave sites; one north of the Lloyd's sunken with a large rock marker and one between the Lloyd's and the Beery children, that had a broken off marker.

According to Allred cemetery restoration is hard work, which she calls a "labor of love." Those old headstones are sometimes quite tall and heavy. Martin's is almost seven feet tall and weighs about 1000 pounds, according to Plutt.

A big THANK YOU to both Plutt and Allred for their work at the CCPC.

A visit is planned this spring by Plutt, Allred, Doug Stiverson, a neighbor and this writer to see the restoration work that was done. Also to discuss taking down the big pine tree by Hannah's grave site, removing some shrubs and other trees and putting a wrought iron enclosure around the Beery children to keep the cows out.



Hannah Hammond's fallen over headstone.



Martin Bender's leaning headstone.



The Beery children's scattered headstones.



Life-Enhancing Journeys

Journey Through Love: Stages of relationships

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

Since February often brings Valentine's Day to mind, this article focuses on relationships. The concepts I share are inspired by our relationship mentors, Gay and Kathlyn Hendricks, renowned relationship experts who lived in Colorado Springs during the 1980s. My husband and I have gained valuable insights into how relationships naturally change over time, especially during stressful periods. Even after 50 years, Mark and I still apply what we learned. Dr. Kathlyn Hendricks taught us that personal growth and meaningful change often occur through interactions within relationships, highlighting the importance of trust, respect, connection, and communication. Falling in love often feels magical and exhilarating, creating a quick burst of excitement. However, maintaining love requires effort, understanding, acceptance and compromise. It involves facing challenges, communicating clearly, and evolving together over time. Understanding these developmental stages can help couples navigate their shared journey more smoothly and with greater insight. Whether starting a new relationship or strengthening an existing one, this advice is intended to promote ongoing connection, understanding, and personal growth.

Stage 1 - The Romance Stage

The Romance Stage is characterized by infatuation and excitement. Partners tend to idealize each other, making each other seem almost perfect. This stage usually spans around 2 years. Early on, each individual may be charming, caring, and attentive, making everything feel special. As love develops, mutual understanding and appreciation grow, as each person notices small, meaningful changes in how they see each other. They may find themselves thinking, "Look at this big, strong, confident person..." or believing, "You're so attentive to my needs and feelings..." These moments often boost happiness and closeness. For my husband and me, this joyful initial phase lasted about 7 years, filled with happy moments and growing intimacy. It was surprising when cracks in our relationship began to appear after so long together, illustrating that even strong bonds can face problems over time.

Stage 2 - Power Struggle or the Inevitable Stage

Couples often encounter conflicts and differences as they navigate their relationship during the Power Struggle or the Inevitable Stage. This challenging stage typically occurs around the 3-4-year mark and serves as a test of the relationship's resilience and strength. During this phase, partners gain helpful insights into themselves and each other, often uncovering "red flags," warning signs, or behaviors that may indicate deeper issues needing attention.

For example, instead of saying "You are so generous," you might say "You are so careless with how you spend money." "You are so big and strong" can become "You take up so much space," implying that their presence can feel overwhelming or overbearing. Similarly, rather than saying "You are so sensitive to my needs and feelings," it might become "You are so hypersensitive and touchy about everything," which conveys frustration with their temperament or personality. This phase helps uncover hidden or overlooked issues that may have been difficult to recognize before. Individuals may eventually reach a point where they feel continuing the relationship is pointless, leading them to break up. At that moment, they might be unsure about the next steps or how to move forward effectively

if they want to try to remain in their relationship.

At this point, partners might want their significant other to change, believing it will fix all the relationship problems. They often blame each other but forget that a good relationship requires both people to work on themselves and reflect on their actions. In this stage, to move beyond it, each partner focuses on self-improvement and personal growth. The relationship can naturally grow and strengthen, encouraging both parties to deepen their commitment. Research shows that self-awareness and personal growth are key to building real, lasting connections with others.

Stage 3 - The Choice Point - Two Possible Options

The Unconscious Choice occurs when people avoid confronting issues and refuse to work on the relationship. Since many of us lack formal training in conflict management, we often find ourselves reacting by exploding, blaming, withdrawing, or simply ignoring the issue. Recognizing this helps us be more compassionate with ourselves and others as we work toward healthier ways to handle conflicts. When these reactions seem like our only choices, the same pattern simply restarts instead of resolving.

- **Withholding** — Refers to the act of deliberately hiding or suppressing your true emotions, often as a way to protect yourself from potential emotional pain. This involves intentionally refraining from openly expressing your genuine feelings, which can result in emotional dishonesty, detachment, or misunderstandings in your relationship.

- **Withdrawing** — Distancing yourself from your relationship usually means hiding or suppressing how you really feel and what you are thinking. This often happens because you are scared, confused, or worried about starting an argument. As a result, a person may decide to step back or take a break to protect themselves or to better understand their feelings.

- **Projecting** — How you feel about yourself internally, you transfer it onto your partner. You believe your partner needs self-improvement, causing you to blame them entirely for the difficulties you are experiencing. You view the problems as solely their fault, without acknowledging that your own actions may have contributed.

Choosing this option can result in ongoing problems that likely will leave partners feeling frustrated and more inclined to blame each other. When you feel the need to protect or defend yourself around your partner, intimacy often decreases. This can cause you to hide your feelings and become more emotionally distant.

Avoiding working on the relationship, known as taking the Unconscious Choice, can result in major problems and may lead to its downfall. This often happens because of a reluctance to face personal problems and responsibilities in the relationship.



Or

The Lasting Love Choice

Choosing to work on the relationship during this phase helps create stability by focusing on reinforcing a solid foundation. Partners establish routines and a sense of security. They learn to balance individuality and togetherness.

- **Curiosity**: Instead of withdrawing or blaming your partner when problems arise, you bravely reflect and ask yourself, "Could my upbringing or beliefs be affecting this?" or just, "Hmm, I wonder?" This simple habit of curiosity transforms a critical, judgmental attitude into a more aware, open, and conscious mindset that acknowledges your role and patterns in the relationship. Cultivating curiosity creates space for understanding and growth, strengthening and sustaining your love.

- **Revealing**: Saying "I'm unsure about what steps to take next," or expressing that "I feel scared, sad, or distant from you," opens the door to a real and meaningful connection between you. This gives both of you a better understanding of each other's feelings and encourages honesty and trust in your relationship.

- **Appreciate**: Recognizing and valuing both your partner's qualities as well as your own efforts really helps to deepen your love. When you appreciate and respect each other's contributions, emotions, and companionship, it helps build greater trust and a closer connection. This can lead to an enhanced future together and further strengthen your relationship.

Choosing Lasting Love leads couples to make long-term commitments, such as marriage or living together, which help build trust and loyalty. This creates a space where love can grow easily and steadily, even as the inevitable struggles or conflicts arise. In this state, you feel a deep sense of loving contentment, which can naturally result in happiness and joy in your life.

Spending more quality time with your partner helps you both create a more joyful, meaningful life together. It is a space where you support and care for one another, building trust and happiness. By choosing to let go of past irritations and painful memories, you can focus on making the most of the present moment, strengthening your emotional connection and sharing positive experiences.

Stage 4 - Commitment Stage

The Commitment Stage is a crucial phase in relationships during which partners solidify their dedication to one another. This phase focuses on building a solid foundation of trust and loyalty by being honest, respectful, accepting, reliable, and supportive. Partners regularly share their plans, personal goals, and aspirations, openly discussing hopes and dreams to strengthen their bond without fear of criticism or judgment. Each partner encourages open conversations about future plans and ways to support each other's growth and ambitions. This critical stage can lead to a lasting relationship by establishing a strong base. Focusing on trust, loyalty, respect, and shared goals can strengthen your connection and set a solid foundation for a successful future together.

Stage 5 - The Bliss or Co-Creation Stage

The Bliss or Co-Creation Stage, as Dr. Hendricks describes, is a relationship where partners share a deep, caring connection. During this stage, couples work closely together to build a fulfilling life while maintaining their individuality and honoring and respecting their partner. Strengthening your relationship enhances your ability to attract and manifest your desires, turning your bond into a powerful tool for achieving positive, lasting results. This process results in a harmonious relationship in which problems are less likely to recur, making your connection more resilient and joyful. When challenges arise, you will know how to address them together.

By recognizing these five stages, you can find meaningful and motivating ways to strengthen your relationship and build a more trustworthy, authentic connection. Each stage offers a distinct opportunity to grow together, deepen your intimacy, and build a lasting bond. Based on my experience, dedicating effort to this goal is certainly worthwhile.

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 Journeycounselingctr@gmail.com.

Advertise in the paper that's for the whole family...

- Interesting & informative articles
- NO RANTING!
- Average 95% pick-up rate!
- 11,000 papers printed each month
- Over 100 distribution points in over 4 counties



Your advertising dollar goes further in the paper that gets read "cover-to-cover!"

-most commonly heard feedback from our readers.

Call or Email for more

information on how to get your word out!

719-686-7587 • utecountrynewspaper@gmail.com



Adopt Me by Ark Valley Humane Society

Miller

Miller is a 9-year-old senior pup at Ark Valley Humane Society who is hoping to find a warm, loving home where he can enjoy a peaceful next chapter of his life. This gentle, calm boy is currently loving life in his foster home, where his foster family can't say enough good things about him. They've said he is the best-behaved shelter dog they've ever fostered! Miller is quiet, crate trained, potty trained and does not chew on things that aren't his. He's enjoyed hikes and strolls through town and remains unfazed by other dogs along the way. He has also met two dogs at the shelter through the fence and did wonderfully. Miller is a fan favorite amongst staff, volunteers and his foster family due to his wonderful personality. If you're looking for an easygoing companion who will seamlessly fit into your life, Miller may be the perfect match. Help this sweet senior boy get his second chance and the loving home he truly deserves. You can make an appointment to meet Miller by calling 719-395-2737.

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



NO NEED TO DRIVE TO THE SPRINGS!

**WE CAN NOW
TAKE MOST
OF YOUR
FEDEX AND
US POSTAL
PACKAGES IF
YOU ONLY HAVE
A QR CODE!!**

**YOU COULD STILL DROP OFF YOUR FEDEX,
UPS, AND USPS PACKAGES WITH A LABEL**



For All Your Printing & Copy Services...

**Restaurant Menus • Tri-fold Brochures
& Flyers • Spiral-Bound Booklets & Calendars
POA & HOA Newsletters (with/without mailing)
Stop in for a printing quote!**

Shipping Plus

Your Full Service Shipping & Business Center



52 County Road 5 • Divide

(Behind Divide Market)

719-686-7587 • Open M-F 9-5:30

ShippingPlusCO@gmail.com • www.shippingplusco.net



Fitness ON the Mountain Brain...Breathe and Core...Move

by Lori Martin

Most have witnessed an infant roll from front to back and back to front. I always wonder how a helpless little baby learns this simple movement? Here is my take:

The Brain

Curiosity, desire, enthusiasm, and a lot of failures occur as the little ones strive to explore their new world from new perspectives. Messages are sent through the nervous system.

Breath

Baby learns to use breath more efficiently, inhaling first (pre-exertion) then, exhaling on the action (exertion).

Core Muscles

Nobody teaches a baby how to co-contract the core muscles to lift a leg or two in the air and reach for its' toes.

Movement

The baby constantly learns, refines, evolves and develops new movements. The baby is learning to move efficiently.

Watching a baby sit for the first time is quite fascinating. In this new position, the baby has to integrate the brain, breath, core to keep itself from toppling over. Stabilizing the little body doesn't happen on the first try. Eventually, the baby successfully learns to sit upright in perfect posture. Until the next challenge presents itself.

Place your hand on the baby's back and feel the micro muscle contractions necessary to keep the baby upright. These contractions can be in response to internal or external forces. Internal movements such as a sneeze, or sudden burst of giggles incite the motion. External movements might be from the cat rubbing up to the baby's back. The baby's core musculature is reacting on a micro-muscular level.

The child grows and matures physically. Sports, fashion, relationships and other activities enter the scene. The growing body is affected by all of the child's choices, interests, habits, etc., often times, creating imbalances.

Balancing their lives and activities can help the child move through to adult life with a good sense of movement, confidence and posture. Most of us get to adulthood with some compromise or another.

Some imbalances are preventable, but some are not.

These kids, now adults, might choose a career that disrupts their natural movement patterns leading to bad posture and and/or injuries. Chronic neck and/or low back pain are two common long term effects of excessive sitting, especially computer usage.

Move!

Taking regular breaks from sitting will help combat those imbalances. Get up and walk, take the stairs, and standard seated calf raises are all ways to keep blood flowing.

Ideas

1. Do whatever floats your boat!

Walk the dog, You Tube workouts, the gym and/or workout at home. Whatever you do, remember this: Working your abdominals is NOT the same as working your core. Over-training the abdominals by focusing only on the muscles in the front of your body weakens the muscles in the back of your body.

In every session or class I teach, I say the following: "Every repetition of every exercise is an opportunity to work your core."

When training any muscle group our first focus is on breath and co-contracting the entire core musculature. Practicing this through-

out the day during inactive moments will help create the single best habit necessary to living a fit, healthy and movement centered life.

The muscles of the back of the torso and the muscles of the front of the torso; the CORE muscles must work together equally to stabilize the spine.

- This is isometric exercise the finest.
- The spine remains in neutral posture (never rounded or arched).
- There should be little to no movement of the spine.

Example Workout:

3 sets of 10 repetitions of 5 different exercises
Bicep curl, triceps extension, lateral shoulder raise, seated leg extension, seated leg curl
Engaging our core while executing this program = 150 core strength co-contractions.

1. Stabilizes the spine preparing it for the load of added weight and movement.
2. Trains the core to engage during all movements.
3. Creates a more efficient workout.
4. Offers greater progress toward strength gains.
5. Lessens the chance of injury.

Like the baby, we engage the entire core on the exhale.

Why would we not want to work our core with every bicep curl, chest press or squat? Why not engage our core with every push of the vacuum or while doing dishes or raking leaves?

Mobility of the spine:

In addition to Spinal Stabilization, we have movement:

- Spinal Flexion — Bending forward (rounding your spine into a C-spine).
- Spinal Extension — Bending backward (not exaggerated arching of the spine).
- Spinal Rotation — Think twisting of the spine.
- Lateral Flexion — Spine bends to left and right.

All of these movements involve the spine. Therefore, they involve the entire core musculature.

Esthetics

We have become conditioned to the esthetics of having defined or ripped abdominals while ignoring the muscles of the back. This conditioning has left many with no understanding of how to activate the muscles of the back and the posterior chain.

Suggestions

1. Foundation Training — Free You Tube videos or class at Community Partnership.
2. Mobility exercise of the spine in the above positions.
3. Isometric exercise while on unstable surface.

Ex: Isometric

Lying on the back with knees bent or you can stand against a wall.

Place a small Pilates ball, Bosu, or cushion between the shoulder blades.

- Press into the unstable ball, etc.
- On the exhale, co-contract the entire core as you apply pressure into the ball without pushing through the legs or feet while, the spine remains in neutral.
- Imagine your feet are on a piece of glass and you don't want to break it.

Eventually, we achieve "ah ha" status and we can move on:



Mini Crunch

Same as above and add:

- Allow the vertebrae above the contact point (shoulder blades) to lower towards the floor or wall rolling one vertebra at a time. (Spinal extension of the thoracic vertebrae).
- The cervical vertebrae are only involved as stabilizers for the weight of the head.
- TIP: Two fingers at the base of the skull will support the weight of your head and reduce stress to the neck.
- The vertebra below the ball remains in neutral position, not arched.
- Continue resistance at the contact point with the ball.
- Feel the lengthening of the abdominal muscles (rectus abdominis) which runs lengthwise on either side of the belly button from the ribs to the pelvis.
- Only go as far as you are comfortable.
- Focus on breathing into the stretch.
- When you're ready...
- Take another breath in.
- Engage the entire core.
- Press into the ball between the shoulder blades.
- Exhale as you curl up still maintaining contact with the ball.
- Train each vertebra to move independently from each other.
- Repeat
- Eventually, we move on to placing the ball lower on the spine.

A note of caution: This exercise is not appropriate for those with disc injuries or any hardware implanted in the spine.

I remember playing tether ball in grade school. The best and hardest tether ballers weren't always the biggest and strongest kids. Imagine that ball speeding your way:

The brain, understanding the tasks at hand, takes action sending messages.

1. Arms raise over head.
2. Spine lengthens.
3. Sternum lifted (spinal extension of the

thoracic vertebrae).

4. The inhale

5. At the perfect moment, on impact, the exhale, the engaging of the core muscles. Perfectly in sync, the tether ball sails.

Perfect tension on the rope at the perfect speed and with maximum power.

Only focusing on the strength of your abdominals and the forward movement as you impact the ball will create an imbalance at impact and will likely lead to a botched hit.

Of course, this is only a run-down of how a properly trained core can optimize your performance and/or daily activities and it is the basis for most sports. The strength of the lower body is another component. That tether ball will also add power to the impact as he/she steps toward the incoming ball.

My uncle trained in the military as a boxer. He came home for a holiday. My dad was standing in front of the stove. He stood inches in front of my dad as he told him in his southern accent, "Ellis, I can put you right there on that stove with a punch from this close (2 inches). My Dad learned a valuable lesson that day when he said in his southern voice, "Jim, you're telling me that you can put me on top of the stove with no room to take a proper swing at me? I don't believe it!"

This is one of the stories that set me on my path in fitness and kickboxing.

Uncle Jim brought his fist up at a right angle, elbow bent next to his rib cage.

The Lesson?

Never underestimate the power of a strong core and properly trained lower body, a perfectly timed spinal rotation and the importance of breath.

The arm itself is simply a piece of the mechanism. The core should be the actual engine in all movements.

I think my dad could have used a little DNA Vibe time after that demonstration.

If you find yourself questioning whether your body could use some help with movement, contact me:

*lorimartinfitness@icloud.com
www.dnavibe.com/lorimartinfitness*

New Main Street Designations

by Shannon Gray

The Department of Local Affairs' (DOLA) Colorado Main Street Program has designated the City of Cripple Creek, City of Woodland Park, City of Fort Morgan, and Town of Kiowa as official Main Street communities.

These four communities join 27 other cities and towns in the Colorado Main Street Program, which offers support for community-led downtown revitalization and helps communities thrive by providing a customizable framework to focus efforts, energy, and resources to create a more vibrant community.

The City of Cripple Creek in central Colorado is a preserved gold-mining town that was the site of the state's last major gold rush.

Significant for its gold mining history from the late 1800s, many of the current buildings were constructed after two devastating fires in 1896, featuring primarily Victorian architecture with commercial and Queen Anne elements. Today, it offers a unique mix of historic tours, entertainment such as casinos, and dramatic mountain views nestled at more than 9,400 feet.

The City of Cripple Creek will host the local Main Street program, and envisions a lively mountain town where history and modern energy come together with a walkable, welcoming downtown, filled with restored buildings, inviting gathering spaces, and year-

round experiences that inspire pride in the locals and captivates its visitors.

Just north of Cripple Creek is Woodland Park, the City Above the Clouds, a basecamp for adventure to dine, shop, and play. Woodland Park's downtown embodies a relaxed, small-town mountain atmosphere, shaped by its history and natural surroundings. The district features a blend of small-scale commercial buildings, historic structures, and modern developments, all unified by rustic mountain-inspired architectural elements.

The local Main Street program will reside with the City of Woodland Park, with the purpose of strengthening its downtown by sup-

porting local businesses and cultivating partnerships to create vibrant, welcoming spaces that showcase our community's character and make Woodland Park a destination of choice.

On the Eastern Plains, the City of Fort Morgan is the county seat of Morgan County and a commercial, industrial, and recreational hub for northeast Colorado. It offers 5.5 miles of nature trails located in more than 240 acres of a wildlife park and area located along the South Platte River. Fort Morgan is also home to several notable legends, including Big Band leader Glenn Miller, three NFL football players, and the final resting place of Philip K. Dick, notable science fiction writer.

~OUT AND ABOUT~

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

AVAILABLE ONLINE

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

CAÑON CITY

Sundays Paint with Mary Shell — see ad page 8.

LIBRARY

- 1st Friday Lego Club 3 p.m.
- 2nd Friday Breakout Box 3 p.m.
- 3rd Friday Creative Crafting 3 p.m.
- Saturdays D&D for teens 12-2 p.m., adults and younger kids 2-4 p.m. Registration is required.

- B.O.O.K. (Babies on our knees) story time Mondays 10:30

- Chess Club Wednesdays 2 p.m.
- Cribbage Club Fridays 10-noon.
- Duleimer Club for kids 2nd and 4th Wednesday 3:30-4:30 p.m.
- Mahjong Club Tuesdays 1-4 p.m.
- Metaphysical Group Second Saturdays 10:30 a.m.
- Rummikub Club meets 3rd Monday of each month 1 p.m.
- Story Swap Book Chat 1st and 3rd Tuesdays 3 p.m.
- Story time and craft Tuesday and Thursdays 10:30 a.m.

All at 516 Macon Ave unless otherwise specified. FMI 719-269-9020 www.cepl.lib.co.us

CASCADE UTE PASS LIBRARY

- 5, 19 Device Drop-in Help 3-4 p.m. Need help with your laptop, smart-phone, tablet or the Library's new online catalog? Stop by and our staff can assist you. No registration is required. Please bring your power cords and devices. We cannot help with installing software, removing viruses or setting up computers.

- 13 LEGO Build 3:30-4:30 p.m. Engineering your best LEGO creation and completing LEGO challenges are only some of the possibilities at this open-ended LEGO program using the Library's LEGO resources. Join us for creative fun! All ages welcome.

- 20 Idea Lab: Eric Carle Collages 3:30-4:30 p.m. Create a collage in the recognizable style of Eric Carle's books. Which one might inspire you? Ages 5-12.

- 21 Book Swap 2:30-4 p.m. Bring your clean, gently used adult fiction and nonfiction books and swap them for new-to-you titles! Please only bring adult titles published within the last five years. No textbooks, manuals or magazines. Ages 18 and up.

- Storytime Fridays 10:30-11:15 a.m. Stories and more for children ages 3-7 and their parents or caregivers.

COLORADO SPRINGS

- 28 Hot Wheels Monster Trucks Live at the Broadmoor World Arena 12 p.m. and 7 .m.

CRIPPLE CREEK

- 14-22 Ice Fest!

- 14-22 Ice Festival Art Show & Sale 10:5 daily at the Heritage Center 9283 S Hwy 67. Local artists. Mediums include pen & ink, watercolors, acrylics, photography, and jewelry. Artist will be on site.

- 19 Third Thursday of the month is the Two Mile High Club monthly meeting at 5:30 p.m. in the lower level of the Double Eagle Casino complex 442 East Bennett Ave.

AMERICAN LEGION

- 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.

- 9 BINGO the second Tuesday each month 6-8 p.m. at the American Legion Post 171. The Victor Elk's has teamed up with American Legion Post 171 to raise funds and support veterans, youth and community services in Teller County. Teamwork building a better community.

ASPEN MINE CENTER

- 11 Learn How to Pay for Long-Term Care Without Going Broke 10:45-11:45 a.m. Reservations recommended.

- 14 VITA tax 8:30-1 p.m. Please call for appointment — see page 5.

- 28 Commodities distribution 9-1 p.m.

- Tuesdays BINGO 10:30 a.m. for seniors.

- Tuesdays Moral Reconciliation Therapy 5-7 p.m. at ACCC building.

- Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed, donations greatly appreciated, but not required.

- Mexican Train on Thursday 10:30a.m.

- First and third Thursday is for Adult Children of Alcoholics 6:30-8 p.m.

- Interested in ESL? Please contact Ann 719-493-0867.

FAIRPLAY WIZARDS OF THE PEAK

- 1, 15 Amigard Park Days 12-1:30 p.m. FREE at South Park Rec Center

- 1 Catan Group 2 p.m.

- 7 One Shot Saturday 7 p.m.

- 8 Chess Group 2 p.m.

- 15 Word Game Group 2 p.m.

- 22 Amtgard Arts & Science Day 12 p.m.

- Mondays Cribbage Group 6 p.m.

- Mondays bi-weekly Boozzy Board Games 6 p.m. FREE at Snitching Lady Distillery

- Wednesdays Trivia Night bi-weekly 6 p.m. FREE at Snitching Lady

- Thursdays Stranger Things D&D Club 4:30 p.m. FREE at South Park Rec Center

- Thursdays Learn to Play 6 p.m. featured game: Love Letter

- Fridays Night Magic 7 p.m.

- Saturdays Adult RPG 6 p.m. and 7 p.m. Different RPG each week.

FLORENCE

- 1-14 Annual Sweetheart Sale at Blue Spruce Gallery. The gallery offers 20% off everything. Choose from oil paintings, watercolors, blown glass, beaded and custom silver jewelry, photography, stoneware pottery, sculpture. Native American items and more. The Sweetheart Show is a member show for the gallery, and many of the artists bring in new work. The show opens Feb 9 and runs through March 9, with the reception on Feb 14, 4-6:30 p.m. That Saturday will be a "Something Chocolate" theme in Florence and visitors to Florence will find special treats in many of the downtown merchants. Blue Spruce Gallery is located at 205 West Main St. FMI 719-784-1339

- The Florence Pioneer Museum and Research Center 100 E Front St. is open! Join us for "The Road to Statehood" display about how Colorado became a centennial state. Follow the signs to learn how long it really took Colorado to become Colorado! Visit our website for house and calendar www.florencepioneermuseum.org.

JOHN C FREMONT LIBRARY

- 5 Matthew Valdez will be doing a presentation about John C. Fremont at 2 p.m.

6 Silent Book Club 2-4 p.m. Bring your own book and read with other book lovers!

- 9 Movie for adults at 2 p.m. There will be free popcorn.

- 12 Yarn Heart craft at 2 p.m.

- 13 The Cañon City Workforce Center 11-1 p.m. to help people with career related questions.

- 19 Creative Writing at 2 p.m. Come and flex your creative muscles!

- 23 Technology class to learn how to use Canva! Registration is required. Please call Abby at 719-784-4649 ext. 3 to register or if you have any questions.

- 26 Adult Trivia at 2 p.m. Come and test your wits at the library! The winner will receive a prize.

- The artist of the month will be Lynn Lemmon-Oliver. Her art will be up for the month of February so don't miss it.

- Blind Date with a Book display to adults this month. Check out a book without knowing what book it is! All programs at the library are free.

FLORISSANT

- 7-8 "New Year, New Us" couples workshop. For empty nesters, couples who have drifted apart or newlyweds wishing to build a strong foundation. Register mustangwisdom.com/new-year-new-us

- 21 PPHS hosts Chautauqua, Birdman, Joe LaFleur at 2 p.m. see page 19.

FLORISSANT GRANGE

- Quilts for Veterans meets Tuesdays 9-noon. We make quilts for Veterans.

- Thursday Potluck and Music 6-8 p.m. Dancing encouraged!

- 719-510-2325

LAKE GEORGE

- 27 The Lake George Book Club meets 9:30-noon. All are welcome.

MANITOU SPRINGS

- 14 The Jumbo Mumbo Gumbo Cookoff 11-1 p.m. in Soda Springs Park with the Carnivals Parade at 1 p.m. Gumbo samples are \$0.75 each. Come taste and vote for your favorite Gumbo!

- LIBRARY

- 4 Diabetes Support Group 10-11 a.m. We are coming together to talk about the ups and downs of life with Type 2 diabetes. This group is not led by a medical professional, no medical advice will be offered.

- 5 Book Coven Book Club 5:30-7 p.m. Come sit a spell! Explore stories that feature witchcraft, mystical worlds, and magical adventures, from fantasy to contemporary works, creating a space for those who love all things magical and mysterious.

- 6 Family Craft Day 11-1 p.m. Drop in and make a themed craft as a family!

- 7 Bring Your Child to the Library Day! Special Storytime 10 a.m. and noon. Sing songs, listen to stories and do activities with us!

- 9 Romantics with Altitude Book Club 4:50-5:30 p.m. Read and talk about romance books with other lovers of love!

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

- 12 Yarnial Fiber Arts Club 10:30-12 p.m. Beginner or expert, come crochet, knit, sew, and craft with us!

- 13 Food Crafts 11-12 p.m. Drop in after storytime for a fun food themed craft!

- 17 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. February's theme is "Expansion."

- 17 Read Amok Book Club 11-12:30 p.m. Bring up to 5 books within the theme to share! February's theme is "If you could visit any planet, which one and why?"

- 20 Dominion Game Club 11-1:30 p.m. A fun, fast paced, deck building card game set in Medieval Times! Meets the third Friday and the fourth Saturday of the month.

- 24 Library Book Club 3 p.m. Join this book club where we read books that have libraries as a part of the title or a central role in the setting or story! Check our website for the titles we're reading each month.

- 27 Smore-y Time Storytime 2 p.m. Let's sing campfire songs and tell stories, then have everyone's favorite fireside snack: smores!

- 28 Dominion Game Club 11-1:30 p.m. A fun, fast paced, deck building card game set in Medieval Times! Meets the third Friday and the fourth Saturday of the month.

- Thursdays 10-11 a.m. Homeschool Family Playgroup. Come make connections with other homeschool families!

- Tuesdays Tai Chi 10-11 a.m. Come relax with us!

- Storytime every Friday 10 a.m. FMI 719-748-3939

WOODLAND PARK

- BOARDS AND BARRELS

- 9 Join us as we celebrate the ROARING 20s 6 p.m. 5 course menu with wine pairings \$115 per person. Space is limited, make your reservation today 719-687-8160.

- 12 Celebrate the weekend of LOVE

VICTOR

- 14, 15, 21, 22 Victor Lowell Thomas Museum open weather permitting 10-4 p.m.

WOODLAND PARK

- BOARDS AND BARRELS

- 9 Join us as we celebrate the ROARING 20s 6 p.m. 5 course menu with wine pairings \$115 per person. Space is limited, make your reservation today 719-687-8160.

- 12 Celebrate the weekend of LOVE

LIBRARY

- 7 Ghost Stories of Colorado's Mining Frontier 10-11:30 a.m. Registration required (ppld.librarymarket.com/event/ghost-stories-colorado-mining-frontier-528992) Join local author Erin Taylor to journey into Colorado's Wild West past through chilling tales from some of the mining towns where boom bust hotels to Leadville's legendary mines, explore ghost stories and legends that still linger in the Rockies. Taylor's newest book, "Haunted Leadville" will be available for purchase after the event.

- 14 Seed Saturday! 11-1 p.m. Stop by the seed library for free wildflower seeds and resources about native species and pollinators.

LIBRARY

- 3 Woodland Park Book Club 10:30 a.m. Check our book clubs' page to see what we're reading next!

- 4 Kids Crafternoon from 3-5 p.m. Join us for a craft and downtime to read, work on homework or projects!

- 4 Evening Book Club 4:45 p.m. A book club for those looking for an evening group!

- 4 Evening Tarot Club 7 p.m. Join us for an afterhours edition of tarot club! February's theme is "Expansion"

- 6 Coffee Chats 10 a.m. Join us for free coffee, donuts and conversation. Meet new friends in Woodland Park!

5 Practical & Positive Parenting Workshop 5:30-7:30 p.m. Parenting is hard! During this interactive workshop learn new tips and tricks to overcome your biggest parenting hurdles, understand, and communicate with your child effectively, and connect with other parents who have been through similar experiences. You don't have to do it alone! Classes are for 12 weeks, once a week for two hours. Childcare and a hot meal are provided for all in attendance. Preregistration required. FMI michelle@cpteller.org.

- 13 Crossroads Co-Parenting Seminar 9:30-12:30 p.m. Teller County court approved parenting and divorce class seminar. \$35 fee. Pre-registration required. FMI Michelle@cpteller.org.

- 17 Community Open House 5:30-7 p.m. Come say hello, take a tour, and learn more about Community Partnership Family Resource Center. Meet our staff and Board of Directors, ask questions, and learn more about our programs. FMI Jamie@cpteller.org.

- 21 Free Income Tax Preparation 8:30-12 p.m. VITA (Volunteer Income Tax Assistance) provides FREE, CONFIDENTIAL, and SECURE preparation and e-filing of Federal and State income taxes, for taxpayers who qualify. This service is available for basic returns with income up to about \$64,000. FMI 719-203-1265

- Addiction Recovery Mondays 9-4 p.m. (Closed Feb 16) Serenity Recovery Connection provides peer and telephone recovery support and coaching. Walk-ins welcome. FMI 719-784-2295

- Addiction Support Wednesdays 9-3:30 p.m. Face it TOGETHER provides in-person and virtual addiction support. Confidential, compassionate peer coaching for those impacted by alcohol or other drugs, including loved ones. Sobriety not required. 18 yr and older. Walk-ins welcome. FMI www.wefacetogether.org

- Candlelight Yoga with Leah Wednesdays 5-6 p.m. First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org.

- Career Center Tuesdays & Thursdays 10-3 p.m. (Closed Jan 11) Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with George@cpteller.org.

- Family Café Monday — Thursday 9-4 p.m. (Closed Feb 16) Enjoy coffee, Free Wi-Fi, Kid's Corner, and a space for parents and caregivers in our community to connect.

- Foundation Training Innovative Exercise Program Wednesdays 7-7:45 a.m. 45 minutes of activation, breathing and stretching. Feel stronger and more connected with your body after just one class. Bring your mat. FMI bethfoundationtraining@gmail.com.

- GED Classes Mondays & Wednesdays 10-12 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 Mondays 9:30-5:30 p.m. (Closed Feb 16) Schedule your certification or licensure exam at www.pearsonvue.com. Fees vary. FMI Katy@cpteller.org.

- Playgroup Tuesdays, Wednesdays & Friday 9:30-11 a.m. Learn, grow, play, and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playgroup is for families with children 5 years and under and their caregivers, older siblings are welcome. Walk-ins welcome. FMI Aimee@cpteller.org.

- Telehealth Location Monday — Thursday 9-4 p.m. Comfortable private rooms and equipment available for any virtual appointment including health care, therapy visits, interviews, parent-teacher conferences, and more.

- Yoga with Leah Mondays 10-11 a.m. (No Yoga Feb 16) First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org.

- All programs at Community Partnership Family Resource Center 701 Gold Hill Place unless otherwise noted. FMI 719-686-0705.

LIBRARY

- 3 Woodland Park Book Club 10:30 a.m. Check our book clubs' page to see what we're reading next!

- 4 Kids Crafternoon from 3-5 p.m. Join us for a craft and downtime to read, work on homework or projects!

- 4 Evening Book Club 4:45 p.m. A book club for those looking for an evening group!

- 4 Evening Tarot Club 7 p.m. Join us for an afterhours edition of tarot club! February's theme is "Expansion"

- 6 Coffee Chats 10 a.m. Join us for free coffee, donuts and conversation. Meet new friends in Woodland Park!

PPHS Chautauqua presents Birdman, Joe LaFleur

by Marianne Mogan

Pikes Peak Historical Society invites everyone to come to Lake George Charter School, February 21 at 2 p.m. for a presentation on birds and bird watching throughout the Colorado Mountains. This presentation is being sponsored by Pikes Peak Historical Society as part of their Chautauqua Programs. These presentations are free and open to the public.

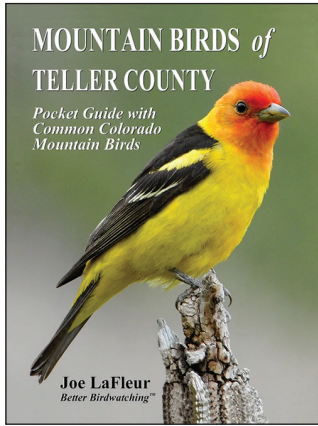
Joe LaFleur, aka the Birdman, will be offering an audiovisual program: "Learn to identify common resident birds of Teller County by sight and sound."

His book, *Mountain Birds of Teller County: Pocket Guide with Common Colorado Mountain Birds*, will be available for sale following the presentation. The book features 125 birds commonly found throughout the Colorado Mountains. The book costs \$15 and he will accept credit cards, check, and/or cash. The books are also available at many local stores and on his website betterbirdwatching.com.

LaFleur grew up in Englewood, CO and spent a lot of time camping, hiking and fishing. He has lived in Woodland Park since 2016. "I don't like living in crowded cities so that's how I ended up here," he said.

He earned degrees in Wildlife Biology and Communications from Colorado State University (CSU).

"I have always been interested in all aspects of the natural world. In college I really enjoyed coursework on learning about all kinds



all over the country for about 10 years collecting videos and sounds of birds.

"Birds are unique, colorful, vocal, and dynamic as they migrate and species variety changes over time," he said.

"People seem to love the book because of the local details, but I do sell it throughout Colorado because the same birds are found all over the mountains," he concluded.

PPHS invites you to learn more about the birds who share our mountains on Saturday, February 21 at 2 p.m. at the Lake George Charter School, 38874 US Hwy 24, Lake George, CO. The school is located only four minutes from Florissant, on the south side of Highway 24, just two tenths of a mile west of the Ferrell Propane lot. This program is presented as a public service of the Pikes Peak Historical Society. Admission is free and no reservation is required. For more information call 719-748-8259 or 719-291-6563.

Mueller State Park

by Anna Urban

Programs happen rain, snow or shine unless posted otherwise on our website. Trails this time of year may be snowy or icy.

- 7 Guided nature Hike 9:15-11:15 a.m. Meet at Outlook Ridge TH

- 8 Animal Tracks & Scat 11-12 p.m. Meet at Visitor Center.

- 13 Basic Survival for Kids 2-3 p.m. Meet at Visitor Center.

- 14 Valentine Hike 10-11:30 a.m. Meet at Wapiti TH.

- 14 Snowshoe Hike 1-3 p.m. Meet at Preachers Hollow

- 20 Tracking and Trailing 2-3 p.m. Meet at Visitor Center.

- 28 Junior Rangers in the Forest 11-12 p.m. Meet in front of the Visitor Center.

*TH = Trailhead of the same name.

FMI 719-687-2366 or visit cpw.state.co.us/state-parks/mueller-state-park

~ UTE COUNTRY BUSINESS ~



Stress Less About Accounting and Taxes!

Bookkeeping, Accounting, Payroll, Individual and Business Tax Services, QuickBooks Training, and Business Consulting

Propel Accounting & Consulting

(719) 800-2432 • Propel-Accounting.com
kim@propel-accounting.com

Classic or New Domestic Foreign 4 - Wheel Trucks Jeeps

ASE AUTOMOTIVE EXCELLENCE

Oil Filtered Gate

Home Town Garage

711 Gold Hill Place Woodland Park, CO. 80863

(719) 687-0001

"Home Town Service You Can Trust"



Barbara Pickholz-Weiner

RN, BSN, MAC, EMRII

Journeys Counseling Center

(719) 510-1268

321 W Henrietta Ave • Ste AA Woodland Park, CO 80863

www.journeycounselingcenter.com
journeycounselingctr@gmail.com

Reach over 32,000 readers in Teller, Park, Fremont, and El Paso Counties every month!

Your Ad Here

for as little as **\$40.89 a month***

Call 719-686-7587 or email: utecountrynewspaper@gmail.com for more information and advertising deadlines.

**pre-paid 6-month contract rate.*

KIOTI TRACTOR Maintenance

FREE OIL FUEL HST FILTERS (up to \$100)

SCHEDULE YOUR SERVICE WITH

Hitchin' Post and get FREE filters.

**** BIG SAVINGS ****

Hitchin' Post Trailer & Tractor Sales

800-729-2402 CALL OR TEXT



Compassion ANIMAL HOSPITAL

GREGORY S. COOPER, D.V.M.
PAULA VAN EVEREN, D.V.M.

(719) 687-6000
gcompassionanimalhospital@gmail.com
compassionanimalhospital.com

312 W. Hwy. 24 • Box 5999 Woodland Park, CO 80866

Smilodon: A Primal Portrait

by Steven Wade Veatch

Call us at 719.667.3814 to find out more!

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



Resources available to you include:

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



ppwfc.org

Paid by U.S. Department of Labor funds

The Energy to Thrive™



Young artists: Earn \$500 for your class and \$100 for yourself!

CORE invites students in grades 1 through 5 to help us promote electrical safety through our annual Electrical Safety Poster Contest.



CORE



www.CORE.coop



PSBTrust

Park State Bank & Trust

Our Team Is What Makes Us Different

At Park State Bank & Trust (PSB&T), our dedicated management team delivers exceptional service for your banking, financial, and planning needs--whether you're an individual, family, business, or seeking estate or succession planning.

We listen to your goals to work smarter toward achieving them, building lasting relationships as your trusted community partner in Woodland Park, Colorado.

Reach out today: Schedule an appointment or drop by at your convenience. --Tony L. Perry, President / CEO



Kathryn Perry
SVP Lending | CFO

NMLS 2018949



Jack Galsterer
AVP Construction Officer

NMLS 2230404



Craig Spivey
AVP Mortgage Loan Officer

NMLS 2035040



**710 W US Hwy 24
Woodland Park, CO**

Member
FDIC

NMLS 684265

Park State Bank & Trust
719.687.9234
psbtrust.bank