



UTE COUNTRY NEWS

Putting the "unity" back in community

POSTAL CUSTOMER

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

FREE

March 2018

P.O. Box 753, Divide, CO 80814 • 719-686-7393 • utecountrynews.com

Vol. 10, No. 3

Welcome to Ute Country

**"It was one of those March days
when the sun shines hot
and the wind blows cold:
when it is summer in the light,
and winter in the shade."**

— Charles Dickens



PEEK INSIDE...



page
3

Growing Ideas: Ides of March



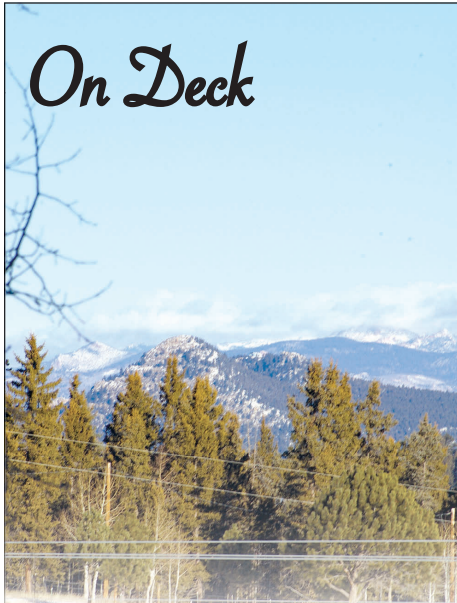
page
16

Where is Zack this month?



page
17

The Aspen at Woodland Park



Our cover photo this month was taken on the Vindicator Mine trail in Victor, Colorado. We love the contrast of the rusty-orange mine-frame against the blues and greys of the clouds rushing behind with the rolling hills below.

March is certainly a month of contrasts. The way those spring days pop in, perhaps earlier than they should somehow gives balance to those blustery winter days not quite ready to let go of their reign on their season. Just like the month of March, this issue has a little something for everybody. We always do our best to provide a good balance of interesting articles about living in these beautiful mountains of Colorado.

Please take a moment to stop, shop and thank our advertisers because without them, none of this is possible!

Please continue to send in your photos of animals for Critter Corner, as well as your comments, questions, and suggestions. We love hearing from you and appreciate your feedback! Feel free to email utecountrynewspaper@gmail.com, call 719-686-7393 or via www.utecountrynews.com.

Thank you,
— Kathy & Jeff Hansen

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

Publishers:
High Pine Design
Jeff & Kathy Hansen
POB 753, Divide, CO 80814
719-686-7393
www.Utecountrynews.com
utecountrynewspaper@gmail.com

Business Ambassadors:
Feel free to call 719-686-7393 so we can find the sales representative in your area to best serve your needs.
Barbara Berger 719-244-3969
Flip Boettcher 719-429-3361
Linda Karlin 719-748-3449

Writers:
Karen Anderson, Janet Bennett, Barbara Berger, Flip Boettcher, Eric Chatt, Coalition for the Upper South Platte, Gary Cutler, Olga Daich, Danielle Dellinger, Kathy Hansen, Patricia J. Turner, Steven Wade Veatch, Mari Marques-Worden, Barbara Picholz-Weiner

Contributors:
Marji Ackermann, Andrea Storrs, Ark Valley Humane Society, Emily Haynes, Licia Iverson, Jacob Kania, National Mill Dog Rescue, Elkan Normandin, Rita Randolph, Caitlyn Reese, Stacy Schubloom, Catherine Shepherd, 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

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 2018 Ute Country News, all rights reserved. Material may not be reproduced without written permission from the publishers. Please address any comments to the publishers at utecountrynewspaper@gmail.com or POB 753 Divide CO 80814.

First Class subscriptions are available for \$36 for 13 issues.



The Thymekeeper

Bacteria, viruses and fungi, oh my!

by Mari Marques-Worden

We all have times in our lives where we wish we could take back something we've done or said in times of fear or frustration; moments I like to call famous last words. I think back to when my strong willed barefoot friend Connie resolved that she was declaring war on the numerous yucca plants that inhabited her property. As my eyes scanned the landscape of her 5-acre plot and the surrounding area, my first thought was, I don't think this is going to end well. It didn't. I suggested she cut herself a pathway and leave the rest alone. She didn't. Suffice to say it was a war, that if ongoing would have been much like the one in Afghanistan; a seemingly never ending one.

I never thought it was a very good idea to declare war on Nature even before I had the knowledge I have today. I've always had a connection to Nature that made me feel a part of the web of life albeit an infinitesimal part relatively speaking.

Although humans are part of Nature, bacteria, viruses and fungi have been around a heck of a lot longer than human beings. All three are essential to life on this planet, human beings are not. It's believed that fungi were the first organism to come to land 1.3 billion years ago, plants followed several hundred thousand years later. See more here: <https://www.youtube.com/watch?v=X15fPV58tY>.

Just how small are we as humans in the big picture of life? Human beings are one species with 24,000 genes and approximately 70 trillion cells. Even rice has more genes than humans do.

The current understanding relative to the human genome is, it's not just our genetic material that expresses life. Our bodies have what is called microbiomes that are comprised of bacteria, viruses and fungi. Because there are no voids in Nature, a good balance of those microbiomes is essential to our health and our ability to adapt to the environment around us.

Our human cells are outnumbered 100 times over by bacteria. There are approximately 1 ½ quadrillion bacteria on and in the human body. Putting this in perspective, if we only take into consideration the bacteria, we are about 5% of the cellular content of our body. In the bacterial population there is close to 20 to 40,000 known species compared to our one.

In the fungal world there are over 5 million species with billions of genes. We think we have a pretty good idea of how many viruses there are on the planet yet we don't know how many species of viruses exist. Current estimations are that there are 10 to the 31st power viruses on the planet. That's 1 with 31 zeros behind it. That's 10 million times more viruses on Earth than there are stars in our universe (Dr. Zach Bush-GMO's Revealed Ep 3-You Tube).

Given these figures, would it make sense to wage war on bacteria, viruses or fungi? When these entities are in balance, there is peace in the eco-system. It's only when they are thrown out of balance that havoc starts to appear.

Being that humans are such a tiny fraction of life on this planet, it's hard to believe we've made the incredible impacts that we have in such a short amount of time and I'm not talking in the positive sense.

The Living Planet Index has declined by 52 % between 1970 and 2010. The 52 % figure refers to a general trend of vertebrate species diminishing in number, on average, by about half of what their populations were 40 years ago, according to World Wildlife Fund spokesperson Molly Edmonds.

This is mainly attributed to loss and degradation of habitat, hunting and fishing and climate change. This figure doesn't include the decimated insect population and the startling amount of plant life we continue to poison every year with man-made herbicides and pesticides. It truly does seem as if we have declared war on Nature and as with all war, there are unintended consequences, super "bugs" and super weeds being two.

Bacteria

Bacteria are among the oldest forms of life on Earth. They have existed for billions of years and have learned very well how to respond to threats to their well-being. Over the time they have existed, bacteria have experienced a huge number of adverse events that they had to learn to survive. One of those is antibacterial substances. Our pharmaceuticals are made or modeled on the antibacterial substances that exist in fungi and plants. For the most part, bacteria have already had mechanisms in place to deal with them.

In fact, bacteria are proving to be profoundly more intelligent than the human brain can fathom. Not only are we outnumbered by them, we are outsmarted by them as well.

Dr. Stuart Levy is a pioneer in antibiotic resistance. A study he conducted showed that after placing a single bacterial species in a nutrient solution containing sub-lethal doses of a newly developed and rare antibiotic, researchers found within a short period of time the bacteria developed resistance to that antibiotic and 12 others that they had never encountered before. Dr. Levy observes "It's almost as if bacteria strategically anticipate the confrontation of other drugs when they resist one." I would make the point that bacteria don't typically hang out in one species groups in sterile environments like a laboratory, so the results of this experiment, although somewhat horrifying, could be vastly understated if you think about it.

Glyphosate, the main ingredient in the herbicide Roundup is classified as an antibiotic. Every year millions of tons of herbicides are dumped on our food crops destroying not only weeds but the microbiome of the soil. Our food is only as good as the soil it's grown in.

Doctors who prescribe anti-biotics for nearly everything are only contributing to the issue of resistance. Some household cleaners claim to kill 99.9% of bacteria. If that isn't waging war, I don't know what is. To compound the problem, we now have anti-bacterial soaps to cleanse our bodies of the bacteria essential for our health.

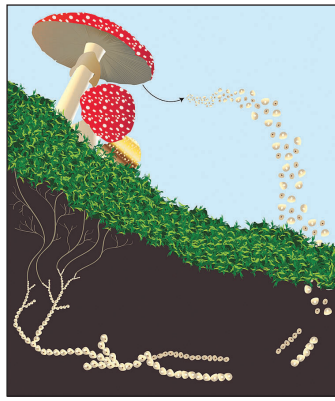
Who are the good guys?

According to Dr. Zach Bush, there are no bad bacteria, only bacterial imbalance; everything has a job to do. One example of how bacteria can be beneficial is, the E. coli in your stomach synthesizes Vitamin K, which is important for blood clotting. The bacteria that occurs naturally in your digestive system feeds on leftover food and produces biotin and amino acids that help complete the digestion process.

As we are in the midst of flu season, it's hard to think fondly of viruses but in truth, what doesn't kill you will make you stronger. Most viruses will not kill you but have shown that they do have their place in our lives. Per Marilyn Roossinck, PhD, professor of plant pathology and environmental microbiology and biology at the Pennsylvania State University states "Viruses, like bacteria, can be important beneficial microbes in human health and in agriculture."

For example, although norovirus causes gastrointestinal distress in humans and is one of the most dreaded, studies have shown when mice were infected with norovirus, it played a role in development of the mice's intestines and its immune systems. It can actually replace the beneficial effects of certain gut bacteria that have been decimated by antibiotics. Norovirus infection of mice actually restored the normal function of the immune system's lymphocytes and the normal form and structure of the intestine per Roossinck.

Some viruses can also provide immunity against bacterial pathogens and latent herpesviruses. They can also arm natural killer cells that kill both mammalian tumor cells as well as cells that are infected with pathogenic viruses. <https://www.asm.org/index.php/asm-newsroom/2/press-releases/93495-viruses-you-ve-heard-the>



bad-her-s-the-good. Some bacteria eat radiation and convert it to energy. The same is true of viruses and fungi. I'm guessing we'll be seeing

a growth in some of these as Fukushima continues to leak into the ocean.

Now for the fun guy

Paul Stamets is a mycologist, author and advocate of bioremediation and medicinal fungi. Paul believes mushrooms can save the world. Mushrooms produce strong antibiotics and we are more closely related to fungi than any other kingdom and we share the same pathogens. Fungus breathes oxygen and exhales carbon dioxide just like humans. It is sentient as with all plants, it knows when you are in its presence.

Considered soil doctors, mushrooms are fast growing taking 25 days to reach maturity. As mushrooms decay, the sequence of microbes on rotting mushrooms is essential to the health of the forests. They create the debris fields that feed the mycelium. In the right conditions, the mycelium produces a mushroom.

Mycelium is the mass of hyphae that form the vegetative part of a fungus. In a single cubic inch of soil there can exist up to 8 miles of mycelium cells. As mycelium grows it begins to form a net. Inside the pockets of this netting, water collects and provides a place for microbial communities to form. It helps to avoid soil erosion, it infuses landscapes and is tenacious. The largest known organism in the world is 2200 acres of mycelium matt in Oregon. Paul calls mycelium the Earth's external stomach and lungs as well as a neurological network making it Natures internet. It allows for nutrient sharing between plant and trees.

Because it can hold up to 30,000 times its mass, it has been used in experiments for the purpose of soil remediation. Battelle laboratories and Paul joined together to perform an experiment on spilled petroleum waste products. One pile was treated with enzymes, one with bacteria and one with mycelium mushroom. After 6 weeks, they returned to find 2 dark and stinky piles and one covered in hundreds of pounds of oyster mushrooms. The enzymes remanufactured the hydrocarbons into carbohydrates or sugars. Not only did they have a pile of happy mushrooms, the spores from them attracted insects which laid eggs becoming larvae, birds came bringing seeds and their pile became an oasis of life. The same process can be used on chemical spills or bacterial contamination.

The agarikon mushroom, although extremely rare, has shown to be highly active against pox viruses. Small pox, etc. as well as the flu viruses H1N1, H3N2 and H5N1.

There are also fungi that kill insects. Because insects possess their own innate intelligence, an adjustment was made to morph the mushrooms into non-sporulating. Using this method, Paul was able to eradicate carpenter ants from his house.

All in all, it could be time to re-think our place in Nature. As you can see, without bacteria, virus and fungi all three, you wouldn't be you and I wouldn't be me. Instead of having a kill mentality when it comes to bacteria, viruses and fungi, perhaps we could introduce an element to restore balance in the eco system as opposed to destroying those entities that we may not completely understand. This planet has thrived without humans and although I don't think we will be able to destroy it, we certainly have tipped the balance at the hand of human manipulation.

Waging war on Nature is proving to have disastrous consequences.

Mari Marques-Worden is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact Mari at mugsyspad@aol.com or 719-439-7303 or 719-748-3388. Mari is available for private consultation.



Growing Ideas

Ideas of March

by Karen Anderson "The Plant Lady"

March greetings to our Ute Country News Communities! Hoping all is well in your worlds as we venture into the month of March.

The first thing that came to my mind as I pondered what we would be exploring for this month's article was, what the heck does the idea of March actually mean? I've heard the term all my life and never really knew the true meaning of it. My curiosity peaked my interest to find out. So, for those of us who haven't thought about it too much, here ya go!

I was expecting (and expectations never work too well for me) to share with you a simple explanation and then of course, it became complicated after some research on Google! There's more to these 'ides' than I thought! The idea of March refer to the specific time around the 15th of the month and was marked by several religious observances (in the year 1599) by the Romans as a deadline to settle debts. Sounds like a good idea to me.

Also, according to Wikipedia there are ideas on the 15th of May, July and October and the 13th of any other month in the ancient Roman calendar. They were thought to be the days of the full moon.

There's more to this, but this is as far as I go. The term, the *ides of March* became notable and notorious as the date of the assassination of Julius Caesar, and William Shakespeare is credited for the famous quote in his play, "Beware of the idea of March" when the soothsayer warned Julius Caesar that his life would be in danger on the 15th of March, and he should probably think about staying home that day. Well, so much for that! I don't want to scare anybody, but it has been considered to be a *bad luck day* — kind of like Friday the 13th. So, *beware of the idea of March* but most other days are OK! Just sayin', if a soothsayer (or your gut) tells you to stay home, you may want to seriously consider that advice!

In the recycling department, here's a few tips I've been practicing for years. Old pillows of just about any kind are great for using as knee pads in the home as well as in the garden. There are always projects around the house that require getting down on the floor and since my knees just ain't what they used to be, I find that padding is pretty much a requirement for me anymore. The pillows are soft and cushy, easy to move around with you and no strapping on those uncomfortable construction knee pads. You won't want to leave them outside, of course if you are using in the gardens. Eventually, they will need to be tossed, but you can really get a lot of extra use out of an old pillow.

Instead of tossing out kitchen sponges and scrubbies that are no longer suitable for dish washing, you can squeeze the rest of the life out of them by re-purposing for cleaning old planter pots and other dirty planting related items. Plastic lids and some containers such as the 'clam shell' types that salad

greens and cakes, pies and other food items are packaged in are perfect for drainage trays under houseplants, saving furniture and floors from water damage.

Also, cottage cheese size and other plastic containers could easily be cleaned and utilized as planters that can be camouflaged inside baskets and such. You may want to poke some holes in the bottom for drainage, but not always necessary if you make note of the no drain situation and water accordingly.

"The words LISTEN and SILENT are spelled with the same letters. Hmmm!"

— Rachel Naomi Remen

Once again, the gardening catalogues are being distributed by many companies and as always, I will encourage you to look but don't leap! Please do not get caught up in some *faux spring fever thing!* We have a long way to go before getting serious about our outdoor gardening season here in the Rocky Mountains. You can order seeds for near future starting, but be cautious about what you are buying and where your money goes. As responsible Earth keepers and for the health of our bodies, non-GMO, organic, heirloom and locally harvested seeds are suggested. You may want to check in with the seed exchange programs at your local library for more information on this and to find out if there are other sources in your particular area. It is a great way to keep our seeds pure and *honest*. Don't forget that I will have my own seed line available very soon at Mountain Naturals and at the Outpost Feed Store.

Toward the end of March, a few days after the new moon is when I normally start my tomato, pepper and herb plants as well as a few fast-growing greens to graze on in right sized planters using organic seed starting mix. It would be a good idea to stick with these particular plants for now and wait to plant squash, cucumbers and other quick growing vegetable starts until the end of April or even a little later. (You can thank me later!)

I have found over the years of experimenting with different and various starter containers, the very best method for me is using the good old plastic smaller 4-packs, after swishing them in a bit of bleach water for sterilization purposes. It makes the handling process simpler for you and the fragile baby seedlings rather than bigger 4-packs or even the smaller 6-packs. More to come in the realm of seedling care in April.

The first day of Spring (the Equinox)



comes on the 20th of March, so we celebrate the idea of warmer weather and visions of gardens coming alive once again. However, my gardening friends, do not be fooled by this technicality and jump the gun on outdoor gardening. Planning and preparation will be your keys to peace and success in your high altitude, organic endeavors.

If expert guidance or consultation is needed, I am available to you by calling me at 719-748-3521 to make those arrangements. A reminder that there are always happy and healthy houseplants up for adoption at the stores mentioned above. Handmade and unique *Blessing & Love Beads* along with other sacred stuff will be on display for purchase as well. Grab a Plant Lady business card too, for future reference.

Finally, I would like to thank those of you who read about our personal loss of Mr. Buttons in the January issue and sent us sympathy cards and expressed condolences. We are truly grateful and appreciate your thoughts and prayers for our comfort. On the brighter side of life, we have recently welcomed a new doggy member to our family, a rescue of course. His name is Jasper and he is a Tibetan Terrier. We are extremely smitten with this new precious gentle soul, bringing the laughter and joy that only a pet can provide to us humans. If you are able to visit Paradise Gardens this season, you will see what I mean! Until we meet again, wishing you all peace and patience.

For more info contact:
Michelle@cpteller.org

Active Parenting First Five Years is a NEW and IMPROVED

workshop for parents and caregivers of children birth-5. During this 4 week workshop discussions will include ages and stages of your child's development, their growing brain and practicing mindfulness to keep your cool. We also learn why taking care of the caregiver is so important and how to take time for yourself.

ACTIVE PARENTING
First Five Years

Community Partnership
Family Resource Center
www.cpteller.org 719-686-0705

Activities available across Teller County include: Family Support Services, GED and High School Equivalency Classes and Testing, Early Childhood Education, Parenting Programs, Cooking and Nutrition Classes, Adult Exercise, Community Gardens, and Basic Needs Services.

It's that TIME again!

JOB FAIR SEASON IS HERE. SAVE THE DATES!

Wednesday, April 25, 2018
Woodland Park Job Fair (16+)
Ute Pass Cultural Center
210 E Midland Ave, 80863

Thursday, April 26, 2018
Cripple Creek Job Fair (16+)
Aspen Mine Center
166 E Bennett Ave, 80813

VETERANS ARE ENTITLED TO PRIORITY OF SERVICE

FOR MORE INFO CHECK ppwfc.org

Paid from U.S. Department of Labor funds

A proud partner of the American Job Center network

ACCESS SOLAR ENERGY INC.
808-986-6521
719-887-2275
WWW.ACCESSOTOSOLAR.COM
SALES, SERVICE, DESIGN & ENGINEERING
Summer Special:
Deka L-16 Battery
\$265 ea. (minimum 16)
No Core Charge, \$5 ea. on freight.
39 YEARS EXP.
SOLARJGB@YAHOO.COM

MARCH ON IN!

Your #1 Vaping Source in Teller County!
~ STARTER KITS ~ ADVOCACY ~ EDUCATION ~
~ MODS ~ TANKS ~ COILS ~ RDAS ~

MOUNTAIN VAPOR LOUNGE
719-888-9523
118 W. Midland Ave.
Woodland Park
SHOW THIS AD FOR DISCOUNTS!

A&H

Anderson & Hughes, P.C.

Attorneys At Law

- ◆ Accidents & Personal Injury, Wrongful Death
- ◆ Insurance Bad Faith
- ◆ Real Estate, HOAs, Water Law
- ◆ Contracts & General Business Law
- ◆ Domestic Relations, Divorce, Child Custody
- ◆ Criminal Defense, DUI, Felonies, Traffic, DOW Cases
- ◆ Estate Planning & Probate
- ◆ Non-Profits and Charitable Organizations
- ◆ Drone Law—Start-up Businesses, FAA, Privacy Cases

For More Information or a Free Consultation call:

Anderson & Hughes, P.C. 719-539-7003
www.anderson-hugheslaw.com
7385 W. Highway 50, Salida, CO 81201

WOODLAND PARK
WINTER MARKET

UPCOMING MARKET
SATURDAY, MARCH 10TH
9AM-1PM

TELLER COUNTY FARMERS MARKET ASSOCIATION

MONTHLY INDOOR MARKET
SECOND SATURDAYS
NOVEMBER-MAY

UTE PASS CULTURAL CENTER
210 E. MIDLAND AVE
WOODLAND PARK, CO 80863

FOR MORE INFORMATION:
WPFARMERSMARKET.COM

FACEBOOK.COM/WPFARMERSMARKET

facebook

"like" us on

TELLER COUNTY
FARMERS MARKET
ASSOCIATION



WOODLAND PARK FARMERS MARKET

Affordable
Fuels
Propane

Family owned and
operated company

You have tried
the rest now
switch to the
best—
Affordable
Fuels Propane
Guffey, CO



We're looking
for new customers

719-493-3121

Keep our birds safe

by Andrea Storrs

This year marks the 100th Anniversary of the Migratory Bird Treaty Act. This law makes it unlawful to kill, sell or possess most native species of birds or their nests, eggs and feathers without a permit. This legislation is credited with saving millions of birds from extinction. Species selected for protection are based on similar treaties with Canada, Mexico, Great Britain, Japan and Russia and many are familiar visitors to our backyard feeders.

In December, the current administration released a legal opinion that the incidental take of birds is NOT prohibited under the law and will not be enforced. Liz Cheney (Rep Wyoming) has added language to H.R. 4239 to formally amend the MBTA so that it will no longer cover incidental take. Lethal bird encounters with common industrial practices such as oil waste pits, power lines, communication towers, and gas flares (to name a few) are examples of incidental take. Currently, oil and electric utility sectors work with conservation groups and wildlife agencies to limit incidental take. These protective measures are effective and cost efficient.

This change would end decades of authority by the Fish and Wildlife Service to enforce protection for birds and hold energy indus-

Bird caught in an oil waste pit. Image from fws.gov.

tries accountable. The MBTA was an important tool used in the legal process to recover natural resource damages from the Deepwater Horizon oil spill. The fines recovered were then directed toward restoring wetland habitat. Ending this protection would affect 950 species of birds who don't currently receive protection under the Endangered Species Act or the Bald and Golden Eagle Protection Act. These include common backyard birds such as chickadees and juncos as well as hawks. It is easy to take the presence of these birds for granted, but please realize we do so because of these important protections.

Please call or write to Senators Gardner and Bennet as well as your Representative and tell him or her to oppose legislation that would weaken the MBTA's ability to keep birds safe.

Trooper Tips CSP Youth Academy

by Trooper Gary Cutler

This month I want to divert a bit from driving tips and discuss a topic very important to troopers. The mission of a Colorado State Patrol Trooper is not just enforcing the laws on the state's highways, and interstates. We are also very involved in educating the public in various areas.

One way we do this is working with Colorado's youth. Once a year for one week in June, the Colorado State Patrol allows teens who are at least 16 years old from across the state a chance to see how state troopers are trained at our academy in Golden.

The goal of the CSP Youth Academy is to assist in the development of future leaders for Colorado. It is a weeklong adventure for the 45 teens that are accepted. Some of the academy requirements include that they must be a junior or senior for the fall of 2018, write an essay, have two letters of recommendation, and complete an interview with troopers.

While in the youth academy, teens will get to experience a long list of activities. These include defensive driving on our state patrol

track, firearms safety, self-defense tactics, traffic stops, building searches, team building, and ethics in law enforcement, just to name a few. At the end of the week there is also a special field trip for the participants. Past years have been visits to the Bronco's football facilities, and Rockies games.

The academy is not just for teens interested in law enforcement. The week-long class will help them in their future endeavors. It will also be an experience they will remember the rest of their lives. If they want to continue with a career as a trooper, well, we won't complain.

The academy is free of charge. It is paid for by private donors. For more information contact Captain Lawrence Hilton at 303-273-1882, your local Colorado State Patrol Office, or visit our website: <https://www.colorado.gov/pacific/csp/youth-academy>.

This year's youth academy is June 17-23. Applications are due by March 7, 2018.

Next month we're talking distracted driving. As always, safe travels!

CENTER OF THE KNOWN UNIVERSE

DIVIDE CHAMBER OF COMMERCE

Spotlight on the Divide Chamber

Each month we feature our new and renewing members of the Divide Chamber of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future - www.dividechamber.org.

- **DayBreak-An Adult Day Program:** 719-687-3000 or www.daybreakadp.com. Caregivers deserve a break while their loved ones have a day of meaningful social interaction and activity in a "home away from home setting."
- **Ute Pass Historical Society:** 719-686-7512 or www.utepasshistoricalsociety.org. Historic buildings, exhibits, artifacts, photographs, museum, tours and gift shop.
- **Community Partnership Family Resource Center:** 719-686-0705 or www.cpteller.org. Family support services, basic needs services, enrichment services and adult education.
- **United Country Timberline Realty, Inc:** 719-687-3678 or www.timberlinerealtyinc.com. Real estate services.
- **Prospect Home Care & Hospice:** 719-687-0549 or www.prospecthch.org. Providing homecare and hospice services to the residents of Ute Pass and neighboring areas since 1982.

Wings and Warriors

To be or not to be... a service dog!

by Janet Bennett

You may hear someone say, "I just adopted a dog and he is my service dog." Usually these folks want a dog that helps them with some anxiety issues and/or specifically PTSD. Then you have the people who moved somewhere and they don't allow pets and they have "heard" or somebody told them that Emotional Support Animals can't be kicked out. Then there are the people that want to take their dog to the hospital to visit with kids and other patients. This is the problem—there are literally three different types of dog but the general public wants to loop them all together or use the terms interchangeably. Time to clarify and distinguish the differences.

Service dog

The service dog is not a pet. Often times a service dog is a lifeline for a disabled person who wouldn't be able to function without said service dog. You could view a service dog as an "assistive device" for that person (some examples are seeing eye dogs, seizure alert dogs and psychiatric service dogs that alert to an oncoming panic attack). Service dogs are covered by the Americans with Disabilities Act (ADA), which requires a service dog to:

- Belong to a person with a life-limiting disability.
- Be trained to recognize said disability by doing work or tasks.
- Not cause a disruption in public.

Through the ADA, a service dog has access wherever the public is allowed. If a dog is an obvious service dog (such as a seeing eye dog), their presence in public may not be challenged. If it is not so obvious that they are a service dog, a business owner may ask two questions of the handler:

- Is this dog a service animal?
- What tasks has this animal been trained to perform?

A service dog needs to be trained to perform a certain task for one person. The training does not have to be done by a professional but can be self-taught. The dog needs to be always "under control" of their handler and be house trained. A service dog is generally trained to ignore other people (as opposed to a therapy dog) because they need to be focused on their handler and their job. That is the reason you should not approach or pet a service dog because a distraction could literally mean life or death for the handler. Service dogs in training are not protected under ADA in some states, but in Colorado, they have the same rights. There is no need for special vests, patches or harnesses. There is also no certification needed. The following statement is taken directly from the ADA website, "There are individuals and organizations that sell service dog animal certifications and registration documents online. These documents do not cover any rights under ADA and the Department of Justice does not recognize them as proof that the dog is a service animal. There is no breed restriction or exemption on a service dog and even if you live in an area with Breed Specific Legislation, or in housing that doesn't allow pets or restricts breeds or sizes, your service dog must be allowed."

Emotional Support Animal (ESA)

An ESA is a pet that provides disability relieving emotional support to an individual but is not necessarily trained to do any tasks. An ESA therefore has no public access rights but is covered under the Air Carrier Act to

Service dogs come in all shapes and sizes, one of the most popular is the German Shepherd.

does not have public access rights and is only allowed in certain places by prior arrangement. There is no required registration or certification for therapy dogs, however most places you visit will want you and your dog to be registered

by a certifying organization such as Therapy Dogs International or Pet Partners, mainly for insurance purposes. At a minimum, they will require a Canine Good Citizen test. There are no breed restrictions on a therapy dogs, however since they don't have public access rights, you are not protected in areas of Breed Specific Legislation and if the institution you want to visit decides to put breed restrictions in place, you have to follow the rules.

In conclusion, you can see that, with no registration or identifying requirements, it would be relatively easy to pass your dog off as a service dog, just so he can go everywhere with you, but please resist that urge. "Fake service dogs" are a current trend that makes it a lot harder for people who legitimately need their dogs to navigate this world. We would all love to have our dogs by our side. Make up for it by picking up a sport your dog can do with you or go to fun dog classes such as obedience, scent work, agility, etc. If you are looking to adopt a dog with the intention of making it your service dog or therapy dog, please find a reputable trainer to evaluate the dog. Keep in mind that you will have to put a lot of time (and sometimes money) into training. Either way it is immensely rewarding.

Therapy dog

A therapy dog is a pet that is trained to interact with people other than their handler to make those people feel better. Examples are dogs visiting nursing homes and hospitals, dogs that go to court to sit with minors or other traumatized witnesses while they give testimony or dogs that go to a library so that kids can read to them. A therapy dog

Woodland Park
DENTAL GROUP



150 Morning Sun Dr, Suite 200W
Woodland Park, CO 80863
719-266-2560
www.WoodlandParkDentalGroup.com

- Accept most insurance
- Convenient Saturday and evening hours
- Same-day emergency appointments available

No Insurance? No Problem!



DISCOUNT PLAN

Sign Up For Savings	Them*	Us**
Routine Cleaning, Exam, & X-Rays	\$217	\$97
2-Surface White Filling	\$304	\$185
Wisdom Tooth Removal	\$418	\$370
Porcelain Crown	\$1,206	\$905
Braces	\$5,800	\$4,640

New Patient Special:

Cleaning, Exam, and X-rays

\$59[^]



*Based upon survey of average fees in the area.
**With enrollment in Gloss Dental Discount Plan.
^Must be presented at the time of service. Includes cleaning (in absence of periodontal disease), oral exam, all necessary x-rays, cancer screening, and gum disease screening. Cannot be combined with any other offer.

BENCHMARK MORTGAGE
"Your Lender For Life!"
Conventional, Jumbo and FHA VA and Rural Development Loans
— No Money Down.
 300 Sunnyglen Court
 (Re-Max Building)
 Woodland Park, Co. 80863

Specializing in Mountain Property Financing for Teller, Park, Summit and El Paso Counties.

719.687.2112

Ark-La-Tex Financial Services, LLC dba Benchmark Mortgage NMLS ID: 2143

WANTED
10,000 POUNDS OF NON-PERISHABLE FOOD AND CASH TO FEED THE HUNGRY MARCH 1ST TO APRIL 30TH

Thank you for your generosity-your cash, check, or credit card donation is appreciated.

ONE NATION WALKING TOGETHER
 3150 North Nevada Ave
 Colorado Springs, CO 80907
 719.329.0251

office@onenationwt.org
 http://onenationwt.org http://facebook.com/onenationwt

HRRMC Urology Services
HRRMC's board-certified urologists are accepting new patients.

Chad DeRosa, M.D. John Mancini, M.D. Bradford Moss, M.D. Dayne Nelson, M.D.

Services and conditions treated include:

- Botox® or Interstim® treatment for incontinence and urinary urgency
- Urologic surgery
- No-scalpel vasectomies
- Disorders of the prostate
- Urinary tract infections
- Male infertility and sterilization
- Incontinence
- Cancers of the kidney, bladder and prostate
- Kidney stones

HEART OF THE ROCKIES REGIONAL MEDICAL CENTER
 We accept Medicare, Health First Colorado and most insurances.
 HRRMC Medical Clinics • 550 W. Hwy 50, Salida, CO
 719-530-2000 • hrrmc.com

Salida Council for The Arts Call for entries

All Salida-area artists are invited to submit their work for exhibition in the popular annual "Valley Visions Art Exhibition", sponsored by the Salida Council for the Arts. Deadline for entries in this 7th Annual Show is Friday, April 6, 2018.

Designed as a showcase for the area's top creative talent, the non-juried exhibit will be on display May 4-29 in the Salida Steam-Plant Annex. All entries will be for sale, with 80% of proceeds going to the artist and 20% to benefit the SteamPlant.

The exhibition will kick off with a Public Grand Opening Reception on Friday, May 4 from 4-7 p.m. The event will feature gourmet hors d'oeuvres, live entertainment, cash bar, "meet the artist" opportunities, voting and pres-

entation of People's Choice Award winners.

Valley Visions is open to all greater Salida area (40-mile radius) artists, photographers, artisans and sculptors; one entry per person. Patrons attending the reception will vote for their People's Choice favorites; and winners will receive cash and/or merchandise prizes in addition to Award Certificates. The show and winners will be heavily publicized throughout the Rocky Mountain region; and many entries traditionally sell at the grand opening reception and throughout the show's duration.

Because of space limitations, this highly popular show is limited to the first 40 entries received. For complete information, application instructions and printable entry forms go to salidacouncilforthearts.org

Show and scholarships details Mountain Artists encourage student artists

The Mountain Artists of Teller County are getting ready for the annual Student Art Show that will be hanging in the Galleria of the Woodland Park Public Library from April 14 through April 27. This show is open to all middle-, high-, private- and home-schooled students of Teller County.

Students must be 18 years or younger as of January 1, 2018. Middle school students can win 1st, 2nd, and 3rd place ribbons and high school students can win ribbons plus cash which total approximately \$1500 every year. Accepted categories are: oils, acrylic, watercolor, drawing, mixed media and digital design.

Students in the area wishing to enter the Student Art Show must go online to www.themountainartists.org and print out the application (at the bottom of the page) and bring the completed application to the Woodland Park Library by Friday, April 13 between 2:30 p.m. and 6 p.m.

Awards will be presented on Sunday, April 22, starting at 2 p.m. at the Library (downstairs). Winners must be present to receive monetary awards (or have a parent or teacher present to accept).

Additionally, the Mountain Artists award a scholarship(s) every year to one or two students who will be attending higher education in the Fall of 2018 with some emphasis or major in the area of art. Interested students can get an application with details or requirements also from the website mentioned above.

Originally established in 1989 the purpose of the Mountain Artists is to promote, encourage, support, and assist in the making and showing of visual arts of persons of all ages in the Ute Pass, Teller County and surrounding areas. Contact person: Rita Randolph, President, 719-502-5085.

Mountain Artists Call for entries

The Mountain Artists are accepting entries for the 33rd Annual Mountain Arts Festival through May first. The Mountain Arts Festival is to be held August 4 and 5, 2018 outside the Ute Pass Cultural Center in Woodland Park, CO. This is a juried arts and crafts festival. Applications are available at www.themountainartists.org, the Woodland Park Chamber of Commerce or by calling 970-633-0632.

Tax Help Colorado Free tax prep and file service

This tax season, Pikes Peak Community College is partnering with Denver-based Piton Foundation through the Tax Help Colorado program to help hard-working families become more financially secure. IRS-certified PPCC accounting students will prepare and file tax returns free of charge for people with household incomes of less than \$54,000 a year.

This free service will be offered by appointment only every Saturday through March 24, 8:30-4 p.m. at PPCC, Centennial Campus, 5675 S. Academy Blvd., Aspen Building, 2nd Floor Rotunda.

This is the first year the service is provided by appointment only. To make an appointment, call 719-502-4829 or email TaxHelpCO@ppcc.edu.

In addition to getting their taxes done for free, taxpayers may be eligible for valuable, refundable tax credits such as the Earned Income Tax Credit (EITC) and Child Tax Credit. Tax preparers are trained to ensure the families they serve get the best refund possible. The program also helps PPCC students develop customer service

skills, achieve practical, hands-on experience, serve their community and earn college credits.

Last year, PPCC accounting students helped 606 families file their tax returns.

"Not only is this a great community service provided by our students to help lower-income families save on their taxes, it also provides them with vital experience for entering the job market," says Melissa Allen, PPCC accounting department chair and site coordinator.

Tax Help Colorado operates 24 free tax sites statewide; last year, they provided free tax assistance to over 8,750 people, helping them claim nearly \$14 million in tax refunds, including nearly \$5 million from the EITC. In addition, the program saved families more than \$2.2 million in commercial tax-preparation fees.

A list of all the Tax Help Colorado sites, as well as the locations of other free tax assistance sites in Colorado, is available by calling 2-1-1 or visiting TaxHelpCO.org. You can also follow Tax Help Colorado on Facebook ([facebook.com/taxhelpcolorado](https://www.facebook.com/taxhelpcolorado)) and Twitter (@TaxHelpCo).

HRRMC Auxiliary seeks volunteers

The Heart of the Rockies Regional Medical Center Auxiliary is looking for additional volunteers to help staff the hospital gift shop. The shop is open Monday to Friday, 9 a.m. to 4:30 p.m. Volunteers either work a half-day shift each week or serve as a substitute when someone is absent.

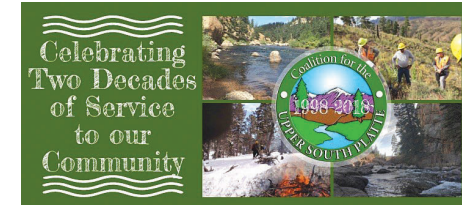
Proceeds from the gift shop help purchase medical equipment, support hospital programs, and provide scholarships for high school students planning to enter the health care field.

Gift shop profits and proceeds from other fundraisers enabled the Auxiliary to donate \$11,000 in 2017 to purchase equipment in five hospital departments and the HRRMC Buena Vista Health Center. The Auxiliary also awarded \$4,000 in scholarships to local high school graduates in 2017.

"The HRRMC Auxiliary is a meaningful and wonderful opportunity to volunteer in our community," said HRRMC Foundation Director Kimla Robinson. "Anyone interested in joining the Auxiliary can pick up an application in the hospital gift shop or call 719-530-2395."

Mushroom study update

by Coalition for the Upper South Platte



In 2014 CUSP began an investigation into the possibility of using native, wood-rotting mushrooms to digest wood chips that are a particularly troublesome by-product of forest mitigation/restoration treatments. This study, "Fungal degradation of the woody by-products of forest management activities" is now entering its fourth year. Multiple partners have participated in the project and dozens of volunteers have donated their time, sweat, and care to get us here.

As one would expect, wood-rotting mushrooms are very good at rotting wood. Millions of years of adaptation has led to their ability to break down cellulose, one of the two main components of wood, along with lignin. These are both highly resilient natural fibers that can resist decay for decades, and sometimes centuries, in the Colorado forests. Over the course of the experiment we have demonstrated the reduction of piles of wood chips into a rich compost like material that closely resembles natural humus — something that is in short supply in our surrounding woods. We sought a method of treatment that would require very little effort and basically work on its own. Each season gets us closer to that goal.

The field

Once a sufficient amount of spawn is generated, we take the bags to the field to inoculate the actual wood chips. We have been trying various amounts of spawn per area of chips (we call it "rate of seeding") and are still homing in on the most efficient amount.

Staff and volunteers prepare sites for inoculation using clean, but no longer sterile, techniques. The mycelial blocks that grow in the bags have sufficient mass to protect themselves from the native fungi and bacteria. Once placed in this manner, the mushrooms thrive and need no more help from us. CUSP has developed three discrete sites where mushrooms are being monitored or cultured in the field. Our hope is to be able to bypass much of the lab work by raising beds of our trained mushrooms that can then act as donors for future sites.

The lab

Lab culturing is the most labor-intensive portion of the mushroom project. It all began with collecting native mushrooms in the wild. We then cultured them, similarly to how the mushrooms you buy in the supermarket are produced. We excise living tissue under

sterile conditions and place them on agar media (PDA- Potato Dextrose Agar, with finely powdered wood dust) to grow.

Once we have grown petri dishes of mycelia, we can select the healthiest and most vigorous specimens and culture them into mason jars. Culturing into mason jars is the beginning of what we call "expansion". In order to place the mushrooms into the wild, we need large quantities of this "spawn." So, we pump up the volume and begin introducing them to their desired medium — wood chips.

We use wood chips from the site we are planning to inoculate the mushrooms into so that they are perfectly prepared (trained, as we call it) to thrive once we move them to the wood chip beds. The spawn is expanded two more times. First, into 6-pound bags of wood chips and then, those bags are used to initiate another five or so bags each. In 2017 we produced almost 50 bags of spawn for inoculation.



Block of Mycelium introduced to a chip bed.



Wood chips becoming compost.

Results

To date, the fungi have done an admirable job of consuming the wood chips and converting it to compost. The nutrient composition of the compost is very good, as Oyster mushrooms use bacteria to actually increase the available organic nitrogen, something that is very scarce in these ecosystems. They do this in a manner somewhat like legumes, where nitrogen fixing bacteria grow on the mycelium, instead of the roots.

For complete information on the study, please visit the CUSP website: <http://cusp.ws/reports/>. Also, on Monday, March 12th, Jeff Ravage, CUSP's Northern Watershed Coordinator who developed the study for CUSP will be presenting to the Colorado Mycological Society at Gates Hall at the Denver Botanic Gardens. This is a free event, open to the public. It begins at 7 p.m. with a social gathering and the lecture begins at 7:30 p.m. The Denver Botanic Gardens are located at 1700 York St., Denver, CO 80206.

Woodland Medical Center

Woodland Park Family Medicine
 MEDICAL GROUP, P.C.
 • Office Hours 7:00 am - 5:00 pm
 • For appointments call 719.686.2801
 • Specializing in a full range of care from Pediatric to Geriatric
 • Offering Cool Sculpting - FREE Consults
 • woodlandparkfamilymedicine.com

Mountain View
 MEDICAL GROUP, P.C.
 • Jeff Snyder, MD - Family Practice
 • Laura Boschert, MD - Pediatrics
 • Jill Saylor, FNP-BC
 • Most insurances accepted, same day and Saturday appointments available
 • 719.687.6022

Prospect Home Care & Hospice
 Providing the highest quality home care and hospice services to the residents of the Ute Pass and neighboring area
 719.687.0549 prospecthch.org
Your Partner. For Life.

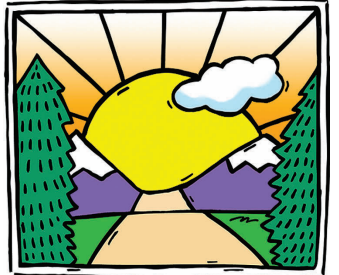
Colorado Eye Institute
 Ophthalmology Practice Specializing in:
 • Cataracts • Glaucoma • Retina
 • Cornea • Contacts • Lasik
 • Eye Disease • Eye Exams • Glasses
 • Oculofacial Plastic Surgery
 For Appointments Call: 719.258.1240
www.eyescolorado.com

Life Source CHIROPRACTIC
 Wm. J. Koppari, D.C. Chiropractor
 • Experience the difference experience makes!
 • Get Well, Stay Well - Live your best life possible!
 Hours: Mon. & Wed. 9-1 & 3-6, Fri. 9-3
drkoppari.net 719-686-5599

PPRH SPECIALTY CLINIC
 • Allergy
 • Audiology
 • Breast Surgeon
 • Cardiology
 • Dermatology
 • ENT
 • Facial Plastics
 • Oncology
 • Podiatry
 • Urology
 • Vascular Surgery
 • www.pprh.net

PPRH PHYSICAL THERAPY
 • Hand Therapy
 • Physical Therapy
 • OCC Therapy
 • Sports Medicine
 • Speech Therapy
 719.686.5860 pprh.net

**PIKES PEAK REGIONAL MEDICAL CAMPUS
Woodland Park**



DayBreak

An Adult Day Program

Love ♥ Patience ♥ Acceptance

Respect ♥ Humor ♥ Community

404 N. State Hwy 67, Woodland Park, CO 80866
 719-687-3000 • www.daybreakadp.com

Open Monday-Friday
 9am-5pm



Laura Owens

719.689.5501 Direct

719.210.3950 Cell

LAURA@SADDLEUPREALTYCO.COM

www.saddleuprealtyco.com

Specializing in Rural Mountain Property

in Park County & Teller County

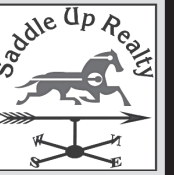
Where you're always treated

like a neighbor and a friend!

When you need a Realtor® you can trust to represent you in either the sale or purchase of a home, ranch or land.

You can depend on me!

VISIT MY WEBSITE FOR CURRENT LISTINGS AND MUCH MORE INFORMATION



CRIPPLE CREEK CARE CENTER

Your Colorado Mountain Home

Love of the Colorado mountains does not fade with age!

Good Things
Are Happening!!

Meet Tricia

Cripple Creek Care Center has been serving our community for over 40 years. During that time, we have never stopped changing, improving, and growing to give the best possible care to our elderly neighbors.



We are now pleased to announce the addition of

Tricia Krempasky

to our full time staff. Tricia is in charge of our in-house physical therapy services.

Tricia received her doctorate in physical therapy at the University of South Alabama in 2009.

Having embarked on a new career, and then a new marriage, she and her husband decided to move to the mountains of Colorado. After a prior visit, they decided Teller County was the place for them, and settled here in early 2014.

Well into her Physical Therapy career, she has experience in acute care, long term care, home health and outpatient therapy. Tricia also realized that her true passion is the therapy and rehabilitative care of the elderly population.

She has discovered a perfect fit at Cripple Creek Care Center. Here, Tricia found that “special place” where she can use her PT skills to help the elderly residents regain and maintain their independence and mobility, as well as provide rehabilitative care after surgical or neurological events.

Tricia loves and feels very connected to her home in Teller County, the people here, and the seniors she serves at CCCC.

Welcome Tricia!

Dedicated
to Quality



Committed
to Caring

700 North ‘A’ Street ~ Cripple Creek
719.689.2931

Call to discuss your personal needs and schedule a facility tour

www.cc-care.org

A Pebble Pup geode

by Jacob Kania

At our Pebble Pups meeting, we learned many things about geodes. The geode I worked on was found in Dugway Utah. I sawed it in half with a diamond tipped blade! Inside was a cavity lined with the mineral quartz. The geode fluoresced green under an ultraviolet black light. On the outside of the geode, an eye-shaped ridge occurred on the end of the broken geode.



View of a Dugway Geode. Quartz crystals line the cavity of the geode. From the Jacob Kania collection. Image © by the author.



About the author

Jacob Kania is a member of the Pikes Peak Pebble Pups and is 8 years old. He attends the Lake George Charter School and is in 2nd grade.

Featured Non-Profit Woodland Park Senior Organization

by Barbara Berger

Since Dee DeJong took over as the Director for the Woodland Park Senior Organization (WPSO), formally known as the Woodland Park Senior's Citizen Club, in July 2017, exciting things have been happening. The building housing the organization is called the Senior Center and it is located at 321 North Pine Street next to Memorial Park.

The Woodland Park Senior Citizens Club was formed July 12, 1973. For over 45 years, this organization has been promoting the general well-being of senior citizens and disabled adults by providing social interaction, mental stimulation and healthy activities. Through these efforts, the WPSO strives to create and maintain a unified group of senior citizens, 50 years of age and up, in Teller County and surrounding areas.

Woodland Park Senior Organization (aka the Club) was recently named as one of recipients from the 2017 Holiday Home Tour. This money will help them set up new exercise programs, classes and get seniors out and about in 2018. “We have an awesome Board of Directors at the Senior Center and they will help the WPSO realize some of the dreams that they have been talking about for years,” said Dee DeJong.

Even though February was a short month, the Senior Center had a lot going on! In addition to the various events, classes and presentations, a new reading nook to enjoy a cup of coffee or tea and a good book was created. Other new, fun things to do include dart games, shuffleboard, Scrabble, puzzles and Friday Game days. Each and every month is filled with activities.

Once a month, an organization sponsors a catered meal. In January, it was the VFW



Post 11411 and the members are still talking about the tasty fried chicken and fixings. Dotty Griffy is volunteering her time to teach a water color class on Fridays. Lori Ptak, BSN, RN from Teller County Public Health, provided free flu shots for the seniors.

A new membership category has been added to the Woodland Park Senior Organization adding another benefit to club membership. The associate member is a special membership open to any business or organization wishing to support the club by offering a special discount or service to club members. If you know of a local business/organization who is interested in supporting the club this way — a restaurant, a retail store, a service business — please contact Dee with the business name and we will contact them.

There are many reasons for joining the WPSO club, which include: socialization, an actual club house, regular activities and much more. Dues are only \$30 per year. Regular hours are 9-1 p.m., Monday through Friday except for holidays. Members receive a monthly newsletter that has a schedule of activities. Join them for their monthly pancake breakfast, every third Saturday from 8-11 a.m. The food is great!

You are invited to drop by and see what's happening, Monday-Friday 9-1 p.m. except for holidays or call 719-687-3877.

PRECIOUS METALWORKS

JULIANN & NORM
Fine Jewelry • Custom Design • Repairs
Since 1987

Here to serve your jewelry, watch & clock repair needs.

Business Hours - Tue-Fri 10-5
2321 Rampart Range Rd.

1/2 mile north of Woodland Park Middle School on Rampart Range Rd.

719-687-3533

Ermines: In the pines they are a changin’

by Eric Chatt N.D.

Whether you are talking particle physics or pelt physiology, change is the only constant. The ermine or stoat (*Mustela erminea*), is a weasel-like creature related to the ferret and pine marten. If you spend enough quiet, mindful time in the boreal forests at the edge of the tundra in Colorado with a perceptive eye, you will notice and hopefully get to appreciate the color changes in these critters throughout the year.

When I first saw an ermine, it was almost completely white with black eyes, scuttling about, standing up and stopping to notice me, then continued vole or mouse hunting in the understorey, near tree line on Hoosier Pass (elevation 11,500 ft.). The white color was striking, matching a snowy Rocky Mountain background. The next ermine encounter was in the summer and the brown coat was a stark contrast to its white winter pelt, allowing it to blend in with the brown understorey of the forest.

As with the snowshoe hare, there are seasonal changes in the color of the pelt, helping these creatures maintain adequate seasonal camouflage in a boreal ecosystem. Boreal is a term associated with climate in the northern latitudes (long winters), or it can be used in the context of an ecosystem such as a boreal forest.

Camouflage is a type of crypsis in ecological terms (evasive adaptations in looks, smell,

or auditory concealment). Counter shading also exhibited by the ermine is another form of crypsis, which helps mask depth with shading. Can you imagine why, in an area with long winters, an organism would evolve to change color from all white in the winter to brown on the back and white on the belly in the summer.

We are truly lucky to have such magnificent biological diversity that is accessible to



The ermine in the summer, wearing his brown coat.

Colorado citizens. If luck is the crossroads of opportunity and preparation then special thanks go out to the Ute Nation and the ancestors of this land that lived in balance so that we can enjoy what we can today. May we do our part to honor and embrace sustainable and regenerative lifestyles?

Eric Chatt is the site manager of Beaver Ponds Environmental Education Center.



Local Gunsmith has over 50 Years
Experience & Great Prices



Alpine Firearms

NRA Conceal/Carry Classes
Target & Hunting Weapons
Ammo • Accessories
Military Surplus • FFL Transfers
Tactical • Insured

687-3900

102 West Midland
(across from Hungry Bear)

WE BEAT MAIL ORDER PRICES EVERY DAY
Send ‘em... Ship ‘em... Buy ‘em here!

**ON THE TRAIL OR ON
THE ROAD WE’RE
THERE WITH YOU**

USGS Quads: Paper & Waterproof

HuntData • MyTopo • BLM

Plus Colorado & USA

Travel Maps & Wall Maps

Map Tools • Street Atlases

Online & Special Orders Welcome!



633-5757

1045 Garden of the Gods Rd.

M-F 8:30-5:30 | SAT 9-5 | macvanmaps.com

AN ORIGINAL STAGE MUSICAL

GOD WITH US

Go on a Journey with God

March 23-25 • Woodland Park, CO

Hosted by Charis Bible College

SHOWTIMES	TICKET PRICES
Friday, March 23 7:00 PM	Adults.....\$25
Saturday, March 24... 2:00 PM	Children ages 5-12.....\$15
7:00 PM	(Children ages 0-4 seated on an adult’s lap are free.)
Sunday, March 25 4:00 PM	

www.GodWithUsMusical.com

Celebrating 50 Years 1968-2018
ANDREW WOMMACK MINISTRIES

PET BOARDING

Big Sky Ranch Bed and Biscuit

Where your pets are treated like family.

Free pick up and drop off



Pet boarding in a home environment.
On 35 acres next to National Forest for exercise and exploring.
Daily hikes and plenty of playtime.
Or/and plenty of zzz time in a sunny spot.
Ranch visits where we come to your home to feed your horses and/or other livestock.

BigSkyRanchBedandBiscuit.com
BSRBandB@gmail.com
970-333-0277





WANT TO BE A BETTER VERSION OF YOURSELF?

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

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

Find Hope, Freedom & Peace.

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



Barbara Pickholz-Weiner

BIG O TIRES
www.bigotires.com

Get Up To \$250 OFF
On Qualifying Sets of 4 **GOOD YEAR**

Offer good at participating stores 3/5/18 through 3/31/18. Not valid with any other offers. See store for complete offer details.

Get \$50 instant savings and up to \$200 Visa prepaid card by mail-in rebate when using your Big O credit card to buy 4 Goodyear tires of \$500 or more.

WINTER SERVICE SPECIAL

✓ 5 qt. Oil & Filter Change ✓ Top Off Fluids ✓ Rotate Tires	✓ Test Battery/Alternator ✓ Inspect Brakes ✓ Check Belts & Hoses	All 6 For Just
\$26⁹⁵		

Good for most vehicles, excludes Diesels. A waste oil and shop supply fee may be added. Includes up to 5 qts. conventional oil. Hurry! Offer good thru 3/31/18.

FREE 4-Tire Rotation or Standard Flat Repair Offer good for most vehicles through 3/31/18.	\$15 OFF Any Full Synthetic or Diesel Oil Change Offer good through 3/31/18.	\$54⁹⁵ All Wheel Alignment Service Offer good for most vehicles through 3/31/18.
FREE Battery / Alternator or Alignment Check Offer good through 3/31/18.	\$20 OFF Transmission Flush or \$15 OFF Radiator Flush Offer good through 3/31/18.	Buy 3 Shocks/Struts Get the 4th FREE Installation required. Good for most vehicles thru 3/31/18.

WOODLAND PARK Highway 24 & Chester 687-6682	SOUTH NEVADA S. Nevada 2 Blocks S. of I-25 . . . 473-7089
POWERS CENTER Powers & Palmer Park 550-1840	AUSTIN BLUFFS Austin Bluffs & Barnes 599-4555
WOODMEN RD Woodmen & Rangewood 268-9988	FOUNTAIN/WIDEFIELD N. of Walmart on Camden . . . 392-4203
FILLMORE Fillmore & Prospect 520-0722	MONUMENT Safeway Center 488-2299

THE TEAM YOU TRUST™

Pie Palooza

by Flip Boettcher
photo by Flip Boettcher

Once again, madness struck the Guffey community for the 9th Annual Pie Palooza on February 8. This year, the award for Grand Champion Pie Maker went to Jenny Hartman's K-2 grade class for their Triple Berry with a hint of dark chocolate pie.

The top selling pie this year, the Piotrowski family's old world crimini pie, sold for \$485 beating last year's top pie at \$410. The second highest selling pie, Jake Van Egmond's chocolate stuffed crust strawberry cream pie sold for \$475. The third highest selling pie, Ann Erickson's potato tart with sautéed mushrooms and gruyere cheese brought \$320.

There were fewer pies than last year, 48 versus 56; and the school raised a little less money \$6,800 versus \$7,375; but the price per pie increased this year from about \$132 last year to \$142 this year.

About 100 people plus students crowded into the school's multi-purpose room for this year's pie contest, melodrama and pie auction. The pie judges were Betty Royse, head judge, Julie Frost and Frank Schiola.

Local auctioneer Chris Downare once again donated his skills for the pie auction. Proceeds from the auction will go toward purchase of new furniture for the middle school classroom, as the size of the middle school is expected to double next year, said School Principal Martine Walker. Some of the pie proceeds will also go into the new school bus fund, she added.

Walker handed out certificates to students who baked pies this year: middle school students Troy Dabney, Havannah Van Egmond and Sophia Guillian, Vince Guillian and Colton Johnson, Jenny Hartman's K-2 grade classes, and Lynda MacDonald's 3-5 class. Also, a big THANK YOU to the 25 volunteers who helped make the event a success, said Walker.

While the judges were making their selections, the school students put on a pie melodrama, *All's Fair in Love and Pie*, with some adaptations by middle school teacher Hillevi Peterson-Hirsch. Since there are more male

than female students in her class this year, the Pie Sisters, from previous melodramas, were changed to the Pie Brothers from Another Mother.

After the melodrama the pie awards, first-, second- and third-place winners in each of the four categories — cream, fruit, savory and other, were handed out. From the four first place winners in each category the Grand Champion is picked. The first-place winners in each category were: savory — the Piotrowski family with their old world crimini pie; other — Sally Peterson with



Jenny Hartman's K-2 grade class winners of the Grand Champion award at the Pie Palooza.

her cherry-burgundy pie; fruit — Hartman's K-2 grade class with their triple berry pie; and cream — Jake Van Egmond with his chocolate stuffed crust strawberry cream pie. The Grand Champion award went to Hartman's K-2 classes. Of the student pies baked, Sophia Guillian and Havannah Van Egmond's zesty orange pie took third in the fruit category and Troy Dabney's ban-offee pie (that's sliced bananas with a light coffee whipped cream topping, an English dessert pie) took third in the cream category.

Before the pie auction took off, everyone got to sample as many of the 48 pies as they wanted. The first pie auctioned off for \$15 and things went up from there. The pies sold from \$10 to \$200, excluding the top selling pies, with most in the \$75-\$140 range.

Student pies sold for: Guillian and Van Egmond's pie, \$250; Dabney's pie, \$60; Colton Johnson's two pies each sold for \$60; and Vince Guillian's pie, \$50.

The traveling Grand Champion award will stay in the K-2 classroom until next year's pie fest.

Adopt Me by TCRAS

Darwin

Hello, my name is Darwin. I came to TCRAS as a stray and my people never came looking for me. So now I am looking for a home to call my own. I don't need much but a warm place to sleep and someone to give attention and some extra love. I know I am a bit older at just over 7 years, but I have lots of love to give. Please give me time to settle in and feel comfortable in a new home! Come down to the shelter, located at 308 Weaverville Road in Divide and see if I would be a good fit for your family! The fine folks at TCRAS can answer questions about me if you call them 719-686-7707.



homeless animals in the Pikes Peak region.

This is more than a simple election — it's a chance for local businesses to support each other, the shelter and it's a chance for people to let their voice heard! The mayor is no simple walk in the park and is not a decision that should be shaken off. The candidates will be working their tails off to earn your votes and show that they are good boys and girls! Voting is unlimited and only costs a dollar per vote! Vote now through April 9th! You can vote online at www.tcrascolorado.org, at any of the sponsoring businesses or at the shelter in Divide. Check our website to learn more about Wild Whiskers on March 3, a Meet and Greet and TCRAS on March 10, and the 1st Annual St. Patrick's Day Parade and Pub Crawl in Woodland Park on March 17.

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



Campfire
by Steven Wade Veatch

Campfires mark some of the more memorable scenes of my childhood, while other memories tend to be lost, covered by the dust of time. When growing up, I always enjoyed camping with my grandfather in Colorado's wilderness areas. I was a wide-eyed young boy of 11 then, and enjoyed setting up camp and then listening to the stories told around the campfire. These stories provided a background that shaped my life.

On one trip with my grandfather, we went to the mountains to explore an old railroad bed, now a two-track forest access road. After we had traveled half the length of the road, we selected a grass-covered clearing, surrounded by spruce and aspen, for a campsite. I eagerly set up camp under a deep, luminous blue sky. The air was warm. Camp robbers hung around in the trees while I collected firewood. These relentless gray bushy-tailed thieves were waiting for me to drop some food to steal. The forest, at the edge of the clearing, was dark, damp, and dismal. Boulders bordered the forest edge. Streams flowed from melting alpine snow patches. Wildflowers bloomed in every color on an artist's palette.

After supper, a summer sundown corralled darkness around the clearing where our camp was situated. Shadows of crooked branches reached out, grasping at our tent. Nightfall soon replaced the red glow on the horizon. The moon nudged higher and higher toward the cold stars. An owl's "who" broke the quiet.

A chill in the air declared it was time for a campfire. I carefully arranged split wood over kindling of dry twigs and pine needles. I struck a wooden match on a granite rock and then set the kindling on fire. A blaze quickly engulfed the wood. Soon the fire became so bright that I could not see beyond the glare. Heat pressed toward me while an all-night breeze blew smoke in my direction. Every time I breathed, it was like inhaling in a smoke-filled Ute tepee. The dancing flames, the crackling wood, the exploding sparks, and the smell of burning pine was mesmerizing and calming. I drew back my defenses and took in grandfather's stories.

I remember one conversation around the campfire. My grandfather talked about growing up in a mining camp, about life in general, and the choices people made. He lit his pipe and said, "Life is not easy, and it is hard enough without being burdened by poor job choices, drinking problems, cheating on your taxes, and other deceptions."

"Yeah, I understand." I vowed to remember his maxims.

"Steve, you want a clear focus on what

Seeking vendors

It is that time of year when summer events are being planned. Vendors may be interested in these opportunities.

Hartsel Days

Looking for craft and food vendors for Hartsel Days. Booth cost only \$35 for the first weekend in August. This event had approximately 800 attendees last year! Great opportunity at a great price. Email hartseldays@gmail.com FMI.

you want to accomplish. Never give up on what you want to do, if you quit, you will always wonder what could have been." I gazed into the campfire and caught real meaning from my grandfather's stories.

I pondered our conversation until an interruption broke my attention. The forest was disturbed by the snap of a branch. Steps in the darkness. Steps that rang cold in the silent forest. More footsteps. What could be out there — beyond the shadows? Another snap. A twig popped. Pine boughs rubbed against something. More crunching and crackling in the woods. Someone was coming in our direction.

A voice, coming from the darkness, hailed our camp. My grandfather and I stood up; he replied, "Come on in." The campfire reflected on a shadowy apparition — as if from a tenebristic painting: a beautiful woman's face appeared, framed by the murky darkness.

The woman said, "I'm Tea Valverde. I was hiking in the woods and got lost."

My grandfather pointed to any empty camp chair and said, "Have a seat and make yourself comfortable."

Tea settled down in the chair and reached out toward the fire to warm her hands. Tea had black hair under an L. L. Bean trail hat. She wore a faded red denim shirt tucked into her jeans. Tea looked relieved to be in our camp.

My grandfather asked, "What are you doing in the woods when it's so dark?"

"I was hiking in the area and went deeper into the woods than I realized. I knew I wouldn't be able to walk out before sundown. I was right; I lost the trail in the twilight. My dad is the county sheriff; he's probably worried about me by now."

Tea recognized the road we were camped by and knew the way back to her car nearby. She was relieved. After a little more conversation, she left camp to walk to her car and drive home.

The campfire that night had a magical way of erasing my cares of the world. It even brought some excitement with Tea's appearance. My grandfather revealed a truth that night by the campfire. I learned then how important it is not to give up on what you want out of life. Just as the lost woman had an immediate need to find her way out of the forest, she did not give up. I had a desire to become a scientist. I did not give up despite many obstacles; I stayed the course. There is nothing worse than to wonder what could have been. Sometimes I still feel the flickering flames of the fire, smell the scent of pine and smoke, and I hear my grandfather's voice of encouragement, like the warmth and comfort of a campfire.

Steampunk and Wine

The 4th Annual Steampunk and Wine Festival in Florence, Colorado is being planned for June 9 and 10 this year at Pioneer Park. Vendors will be set up throughout the park from 9 a.m. to 5 p.m. all weekend. Email steampunkwine@yahoo.com to receive an application and reserve your booth. Deadline is May 15, 2018. The fee is \$85 for the weekend. Security will be in the park Friday night through Sunday at 5 p.m.

Lenore Hotchkiss
Real Estate Broker
(719) 359-1340

WOODLAND PARK BEAUTY

4000 SF, 4/4/3, excellent condition; architectural drama throughout, several decks, beautiful landscaping. Hot tub/solarium, large master suite, fireplaces, game room w/wet bar. Pikes Peak view. Great neighborhood, 3/4 acres. \$625,000



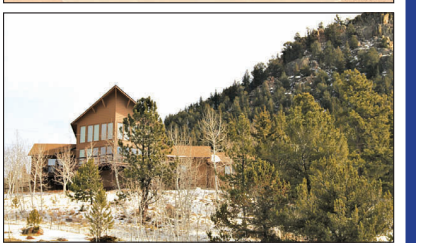
DO YOU NEED A REALLY, REALLY, BIG BARN?

3000 SF barn + two other outbuildings; power, heat, water. Log home w/3 bdrms, 2 baths, big views & borders National Forest. \$450,000



OVERLOOKING ELEVEN MILE RESERVOIR

Immaculate 3/3/2 home, dramatic great room w/fireplace, wrap around deck. Main level living plus 2 bdrms/bath up. \$412,000



LenoreHotchkiss@gmail.com

509 Scott Avenue, Suite 101 / P.O. Box 526

Woodland Park, CO 80866



Rolling your way



We're returning \$15 million in Capital Credits this year.

These credits are your share of IREA's net revenue and just part of our commitment to providing reliable electric service at low rates.

Most customers will see their refund as a line item on their March bill.

For more info about Capital Credits, visit www.IREA.coop/capital-credits.



PORCH PIRATES ARE REAL!

DO YOU KNOW WHO IS WATCHING YOU?

Colorado Data Services offers security camera installation to help you catch and make these Porch Pirates **WALK THE PLANK! FREE** on-site consultation. Call or stop by the shop today and see how we can help you feel secure once again.

307 Main St., Cañon City
719-276-2591 • Mon-Fri 8am-5pm

The Sudsey Pup Grooming Salon

Hours Tue-Sat

Sheree Sanchez
Owner and Professional Groomer with 40+ Years of Experience
Member National Dog Groomer Association

\$5 Nail Trim
Walk-ins Welcome

HAPPY ST. PADDY'S DAY!

180 N. Hwy 67 • Woodland Park
(behind Big D Motor Sports)

Critter CORNER

Buster says... wake me when it's Spring - Jo Coleman, Florissant, CO

Willow & Stella Blue - Laura Lenahan, Alma, CO

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

Hello from space Chapter 8

Chapter 7 appeared in the January 2018 issue, on pages 12 & 13.

Helix grabbed the glass jar of shiny black pearls and ran from the office with it clutched to his chest. His heart weighed him down as he sprinted through the halls, the magnitude of the situation clouding his mind. He had to make things right, he had to save Marik. The human doctors weren't going to be able to do anything for him.

Once in his room, he sat down at his desk and unscrewed the jar's lid. A potent smell wafted out, even before the lid was removed. The pearls smelled of life and death all at once. He imagined it to be what space would smell like, if it had a scent. The jar began to vibrate as the pearls came alive, threatening to burst out. He slammed the lid back on, spinning it shut. At that moment, the door to his room flew open and in strode the Council leader.

"Give me the jar, Helix."

Helix studied the leader's outstretched hand, then shook his head. "I have to do this. I have to save Marik."

"You don't know what you're doing, and what those pearls are capable of."

Helix turned to his computer, pulling up a tab on dark energy.

"Humans have hypothesized an event called The Big Rip. Dark energy is currently accelerating the expansion of the universe, which could lead to a catastrophic event that will cause a rip and destroy the universe. Life very well could not survive. That would be the end of humans, most likely permanently."

The Council leader sighed. "What's your point?"

Helix faced the leader, rising from his chair. "These pearls are dark energy. If I introduce just the right amount with some alterations, I could rip out all of the disease and medical issues in Marik."

"But you'll leave huge gaps that will need to be filled."

"I know, I know. That's why I need to use some of our medicine and healing powers to fill the holes."

"No, that won't happen. This is none of our business. Besides, Marik is back home on Earth. Leave him there. Now, hand over the jar."

Helix stared down the leader. "No." He pushed by and ran from the room, heading for the teleportation bay. An alarm began blaring while every door slammed shut and locked. Helix reached the door to the teleportation pods too late.

"Damn it!" he shouted. "Let me do this!" He glared into a security camera.

"Continue down this path, Helix, and you will be terminated," the Council leader spoke over the intercom.

The word 'terminated' made Helix's skin prickle like thousands of knife points were threatening to slice into his skin.

"You would dare terminate me for trying to do something good!" Helix shouted. "You are not a leader that represents what we as a species are about. We are peaceful, loving,

and kind! You are not!" He put his hand on the door to the storage closet of the teleportation pods, and his fingers began to glow. As they heated up, sparks shot out, and the metal of the door began to sizzle with a high-pitched screeching sound. Finally, the metal gave way and fell into the closet. He grabbed a pod and put it on the floor.

"Helix, if you teleport, you will become a fugitive and we will hunt you down. You will not survive."

Helix glared at the security camera again. "Shut up!" He stepped on the edges of the pod and immediately vanished, arriving outside of Marik's house. The windows were dark, and nothing stirred except for the leaves on the nearby trees. Helix exhaled, trying to remember where the nearest hospital was, and if that was where Marik had ended up. Only one way to find out. As he ran, he realized he wasn't disguising his true self. His transformation happened quickly, but it wasn't lost on him that someone might have still seen him. Finally, after running for over an hour, the hospital rose up from behind some trees. He was just about to dash in through the entrance when a man leaning against the wall caught his attention.

The man was fiddling with an unlit cigarette, muttering under his breath. Helix recognized his voice as that of Marik's father.

"How the hell did we miss this?" the man sighed. "What do we do? It's all happening so fast."

Helix watched him, taking note of how many times the man raised his hand to put the cigarette in his mouth but stopped halfway each time. Each time, the action became more defeated, the exhaustion more visible on the man's face.

The cigarette fell to the ground. "Damn it, damn it, damn it!" the man suddenly burst out, stomping the cigarette with all the anger and grief he had.

Helix decided to approach. "Sir? Excuse me."

The man stopped, embarrassed. "Yes?" He shrank back into the wall, the stomping having winded him just a tad.

"Are you Marik's dad?"

The man studied Helix with a cautious eye. "I am. And you are?"

"A friend. We were supposed to get together this week, but he never got back to me. He'd been saying he felt ill, so I thought I'd come here. Is he here?"

"Oh, kid, go home. He's here, but you don't want to see him this way. I sure as hell don't."

"Sir, he's my best friend. I want to be here for him, no matter what. I'm Helix, by the way."

John looked Helix over with bloodshot eyes. "Fine, but don't say I didn't warn you. It's gruesome. Room 322."

Helix dipped his head toward John. "Thank you." He rushed inside.

The sterile smell in the hallway of the third

floor burned his nose. The humming fluorescent lights made his ears ache. The strange art on the walls made him cringe. He stopped outside of room 322, the door shut. The unimaginable horrors that were on the other side made his body weak and tingly. Guilt crushed him from the inside out as he thought of how preventable this might have all been. Helix lifted a shaky hand to knock, paused, but then forced himself to follow through. His knock was barely audible. No one came to the door, and no one spoke from inside the room. He clenched his jaw and opened the door, doing his best to fully prepare himself in the split second he had of the door swinging open.

If he'd thought the sterile hallway smell was bad, the lung-collapsing stench that greeted him was the end of all smells. Marik was in full view of the door, and Helix desperately wished there'd been a wall to gradually come around. Marik virtually had no skin left, appearing to mainly be muscle now. Helix's stomach churned. Nope. He couldn't do it. He turned around and shut the door, walking back down the hallway. As he neared the nurses station he could hear them talking.

"The kid in 322? Yeah, they're about to pull the plug on him. Nothing is working."

"Really? He's been given every treatment under the sun!"

"I know. It's so tragic. He's not even out of high school. It's like whatever's killing him isn't of this world. It's alien."

"Alien? You're not serious, are you?"

"Well, I don't know how else to describe it." Helix heard a sigh and clicking of a tongue.

"You're right. I don't know either. He'll forever be an unsolved mystery."

"Yeah. He'd need magic to save him at this point."

Helix inwardly groaned, being reminded that he had the 'magic' to save Marik. Reluctantly, he turned around and went back to the room, dry heaving as he got a whiff of the stench somehow penetrating through the door. He inhaled through his mouth, then pushed the door open and fought the urge to run out. The door softly clicked shut, and Helix approached the bed, doing his best to keep his eyes on just Marik's face. But his face was in as rough shape as the rest of him. Doubt crept in. Would his plan really work?

He reached into his pocket to pull out the jar, and right as he was about to bring it out, the door to the room opened and in walked Marik's mom. Both she and Helix jumped when they saw each other.

"Oh, it's you," she said after a moment.

"How did you get in here?"

"Um, John. We met outside the entrance and he gave me the room number."

She shook her head, setting down the overnight bags on the couch by the window. "He shouldn't have done that. You shouldn't be here."

"I know. He said the same thing. But Marik's my best friend. I couldn't not be here."



by Danielle Dellinger

She looked at him skeptically. "How did you know he was here?"

"We made plans earlier this week, and when he didn't keep them, I got worried. I remembered him saying he hadn't been feeling well, so I thought I'd check here."

She frowned at Helix. "He's been missing for days. Do you know anything about that?"

Helix swallowed, putting on his best surprised face. "Missing? No, I had no idea!"

"He showed up earlier today in awful condition. He's contracted some disease, they think, and he has heart failure. There's nothing more to do for him. Nothing," she whispered, choking back tears. "He was actually in better condition than this when we found him, believe it or not."

"Absolutely nothing?" Helix asked, watching her.

"Absolutely nothing," she repeated, her eyes on her son. "We have to decide when to pull the plug."

She put a trembling hand to her mouth, tears slipping down her cheeks.

Helix looked back to Marik, and moved closer to lightly brush his fingers against Marik's. His skin was fiery, and it felt like it spread to Helix's fingers with just that light of a touch. He discreetly made a fist and took a step back from the bed.

Marik's mother seemed to remember he was there. Her gaze was of heartbreaking sadness. "I know you don't want me here, but I'd appreciate a few minutes alone with him to pay my respects. Please?" he insisted, seeing her hesitation.

She wiped her eyes and nodded, grabbing her jacket and leaving the room.

Helix wondered if he was the only one able to smell the stench coming from Marik. Were humans immune to it? He shook his head and pulled out the jar, opening it. Next, he transitioned into his real, alien form, and dumped out a handful of the pearls into his hand, making a fist around them. He closed the jar tightly and set it aside. The next step was crucial because the pearls had to be altered just right. Already they were vibrating in his hand. He pressed his hands together as if he were praying, and made

a small hole with his thumbs. He put his lips to the hole and began to rapidly whisper things. The pearls vibrated harder, causing his hands to shake violently. A piercing bright light burst through his fingers, sparks raining down.

He lowered his hands to find Marik's body black like a shadow, but down the center of his body, his chakras were glowing brightly. Starting at his head and descending downward is the crown chakra, the third eye, the throat, the heart, solar plexus, sacral, and root. Marik's throat chakra was murky and flickering, meaning his communication was blocked. Helix leaned over and placed a pearl on each chakra, giving one extra to the throat chakra, and two extra to the heart chakra. The pearls were absorbed into the chakras, and almost instantly there came a terrible and repeated snapping sound, like bones breaking. All of a sudden, a vortex opened from each chakra, creating a monster windstorm inside the room. But instead of things being pulled in, black sludge was being spewed out. Helix raised his hands, drawing the sludge to him and letting it enter his body through his palms. The sludge seemed never-ending, but finally it stopped. Helix closed his eyes, centering himself and focusing on his own heart chakra to create healing magic.

The horrendous stench was now gone, and the atmosphere felt lighter. He placed his hand over Marik's root chakra and gradually began to sweep his hand upward to his crown chakra. As he did, pale, healthy skin began to appear, washing away the shadowy black. As his hand passed over Marik's third eye chakra, Helix felt himself get tugged through a blue light veil. Once he could see again, Helix saw Marik standing before him.

"Hi," Marik said, a warm smile on his face.

"Hi," Helix smiled back.

"Want to explain to me what all that just was?" Marik chuckled.

"I fixed you," Helix said simply. "I undid all the bad, including the muteness. And now I'm putting you into a parallel universe where life will be much better for you. But in this universe, you're going to die."

"I see. Why did I get so sick?"

"I think Sunrosa's tissue caused you to have some sort of allergic reaction. Even with my species' advanced science, we're not perfect. I'm sorry."

Marik shook his head. "No. I appreciate everything. Really. But what about my parents? I can't leave them."

"In this universe you'll leave them, but you'll be together in the parallel universe."

Marik dropped his eyes, upset.

"I know this is hard. I did everything possible to keep you here, but it wasn't enough."

"I know. Thank you."

Helix smiled, closed the gap between them and kissed Marik. "I'd do anything for you," he muttered.

"Me too," Marik whispered. "Don't forget to visit me."

Then, in the blink of an eye, Helix was back in the room with the loud flattening sound waiving in the background. Nurses rushed in and pushed Helix out of the room. Marik's parents rushed by to get to their son. Helix stood there watching, and without warning, a jolt of electricity went through him. He turned his head in time to see the Council leader striding down the hall with a special termination gun in hand. Helix collapsed. The Council leader stood over him, the gun aimed right between his eyes.

"I warned you," the leader said.

The last thing Helix saw was the trigger being pulled.

In a parallel universe, there was an alien and a boy walking hand in hand.

The end.

Debut novel Dating the Grim Reaper is available for purchase online only in print and digital formats at Barnes & Noble, Amazon, Google Play, and iBooks. Brief summary: Two college guys start dating. One guy is a murderer, and the other turns out to be the grim reaper. It's full of Greek mythology and romance.

Twitter.com/ZepherSong
Facebook.com/storyrealm

Open March 9th!

TWIN CREEK TRADING CO.

FLORISSANT, COLORADO

The place to find unusual items

- Antiques
- Furniture
- Home and cabin décor
- Gift shop
- Rocks and crystals
- Lotion Candles
- Try your skill at the new ol' time shooting gallery

Always something New

Open 10 to 5

Friday • Saturday • Sunday • Monday

2851 Hwy 24 • Florissant, CO

719-641-6404

twincreektradingco@gmail.com

Thunderbird Inn

SATURDAY, MARCH 17TH

ST. PADDY'S DAY DINNER & SHOW

Lavanna's Homemade Corned Beef & Cabbage
with all the fixin's starting at 5pm

Music at 6pm featuring: Lissa Hanner

Florissant, CO
719-748-3968

WERTGEN & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS, P.C.

VICTORIA A. WERTGEN, CPA JOHN CAPACI, MT, CPA

CELL 503.830.4809 CELL 503.804.5610

EMAIL: VAW@WCO.BZ EMAIL: JOHN@WCO.BZ

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

Hippie
radio 97.5


Professional solutions for relocation, downsizing, real estate and estates.

+

= Minimize stress... Maximize returns

Mike Fischer/Stacy Fischer
Realtor/Estate Specialist
719-964-8507
Mike@tandemestatesales.com

Stephanie Scoville
Realtor/Staging expert
719-213-7515
Stephaniescoville@gmail.com



IRA? Don't wait to contribute.

Lee F Taylor, AAMS®
400 W Midland/Hwy 24
Suite 125
719-687-9541

Brian Watkins
400 W Midland/Hwy 24
Suite 125
719-687-9541

Paula R Hunt
18401 Highway 24
Suite 212
719-687-5962

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING



ST PATRICK'S MONTH FESTIVITIES

THU 3/8	JAMESON IRISH WHISKEY TASTING WITH FOOD PARING - LIMITED SPACE
SAT 3/10	ST. PRACTICE DAY MUSIC ~ FOOD ~ DRINKS
THURS 3/15	KICK-OFF PARTY ~ FEATURING PARADOX BEER MCDEVIANTS 6:00-9:00 • DANCERS 6:00
FRI 3/16	FISH FRY ALL DAY • IRISH DANCERS 6:00
SAT 3/17	HAPPY ST. PATS PARTY!
SUN 3/18	PARADE 2:00 • DANCERS 3:00 MCDEVIANTS 4:00

IF YOU'D LIKE TO JOIN IN THE PARADE CONTACT US

11115 HWY 24 • DIVIDE • (719) 686-7703

Financial Focus

How can women make financial progress?

On March 8, we observe International Women's Day. This year's theme is "Press for Progress," and events around the world will celebrate women's advancements in the political, social and cultural arenas. But right here in the United States, women still face barriers to their financial progress. If you're a woman, you need to recognize these challenges — and respond to them.

So, what are the key obstacles to financial security for a woman? Probably the first thing that comes to mind is the gender wage gap: Women generally earn around 80 cents for every dollar men earn, according to the U.S. Census Bureau.

But women also face other threats to their financial security. For one thing, they are far more likely than men to take time away from the workforce to raise a family — and time away means smaller Social Security payments and significantly lower balances in 401(k) plans and other retirement accounts. Women's roles as caretakers don't end when their children are grown — in fact, women are twice as likely as their male siblings to end up caring for an elderly parent, according to a Princeton University study.

What, then, can you do to help ensure a comfortable retirement and achieve your other financial goals? Here are a few suggestions:

- **Take full advantage of your employer's retirement plan.** If your employer offers a 401(k) or similar retirement plan, take full advantage of it. Invest as much as you can afford each year, and every time you get a raise, increase your contributions. At the very least, put in enough to earn your employer's matching contribution, if one is offered.
- **Invest for the long term.** Some evidence

shows that women may be more conservative investors than men. But if you want to reach your long-term goals, you will need to consider some growth-oriented investments in your portfolio, factoring in your risk tolerance and time horizon. You may want to consult with a financial professional about the best way to invest for the long term.

- **Maximize your Social Security.** If your spouse is the higher earner, you may want to consider how you can use this disparity to your advantage when you collect Social Security. Specifically, you may be eligible for Social Security benefits based on your spouse's earnings and Social Security record. You'll want to consult your tax advisor before making any moves.
- **Protect yourself from long-term care costs.** More than two-thirds of nursing home residents are women, according to the National Center for Health Statistics. The median rate nationwide for a private room in a nursing home is over \$97,000 per year, according to the *Genworth 2017 Cost of Care Survey*. Medicare generally pays very little for long-term care, so if you ever need these services, you'll have to find other ways to pay for them. A financial professional can suggest some ideas.

As a woman, you face special financial challenges, and striving to overcome them will be a lifelong activity, but it's worth the effort.

This article was written by Edward Jones for use by Lee F. Taylor AAMS, Brian Watkins, and Paula R. Hunt, your local Edward Jones Financial Advisors.

Teller County Volunteers acknowledged

by Kathy Hansen
photo by Jeff Hansen

The 16th Annual Teller County Cares Volunteer Awards ceremony took place February 13, 2018 at the Ute Pass Cultural Center. This is always a heart-warming event as it reminds us how much love and compassion live in the heart of Teller County. A list of the specific awards and winners follow.

- Arts and Culture - Annie Durham
- Centennial - David Martinek*
- Civic/Service - American Legion Post 171
- Community Pride - Pat Hyslop & Kathi Pilcher
- Education - Miriam Mondragon
- Environment - Sally McCracken-Maertens
- Good Samaritan - Team Habitat Volunteers
- Health - Golden Bridge Network
- Heritage - Doug McNiel
- Rising Stars - Jefferson Gravestock & Kларыssa Murray
- Seniors - Frank Vigilanesse
- Special Service - Teller County Sheriff's Posse
- Special One-time Noble - Lisa Noble.

*Dave Martinek (pictured above with award presenter Marian Ritchey Vance) is also this year's winner of Greater Woodland Park Chamber of Commerce's Volunteer of the Year for being dedicated to preserving and showcasing the rich history and cultural attractions of the area.



Reservations recommended!

Mama Dana's
Italian Bistro

Featuring classic Italian cuisine. Several select menu items that include homemade pastas, sauces, salads and breads.

Saturdays 2-7pm



MEXICAN BUFFET!

Specialty Mexican foods

All-you-can-eat Mexican Buffet

Wednesdays 3-7pm



The Bakery

336 Main Street
Guffey, CO
719-286-8589

Visit the gift shop of local artists and check out our art classes!

Job opportunities in renewable energy are soaring!

by Patricia J. Turner

Kudos to Rep. Mike Foote and Sen. Matt Jones for addressing the urgency of global warming. All of their arguments regarding public health are true and national security risks cannot be dismissed.

Scholarly articles in journals ranging from a plethora listed in *Elsevier to Nature* all demonstrate high concentrations of methane leaking during fracking. This is the worst carbon we can emit.

A large number of studies regarding the de-coupling of Gross Domestic Product (GDP) from carbon reduction prove an increased GDP. The scholarly articles are too numerous to count. Carbon fees in British Columbia reduced their emissions considerably while growing their economies to such a degree that the entire country of Canada will implement the plan this year.

Twenty countries which implemented the reduction in fossil fuels and initiated carbon fees have enjoyed substantial increases in GDP. Norway is only one example and is counted as the happiest country on our planet by the UN for 2017. Employees of fossil fuel companies can be trained for renewable industries. In a state that enjoys nearly 300 days of sunshine per year there is no excuse not to move into renewables. A report published by the Environmental Defense Fund's (EDF) Climate Corps program (2017), says

"that solar and wind jobs have grown at rates of about 20% annually in recent years, and sustainability now collectively represents four to four and a half million jobs in the U.S., up from 3.4 million in 2011."

We are losing jobs from global warming in our ski industries (which are already feeling the effects) from lack of snow, our rafting industries over the lack of water in our rivers and our shellfish industries are suffering on both East and West Coasts. Health care costs from pollution are well known world-wide. We are running out of time and it's time we consider the future of our planet over short-term gains in finance.

We wish to invite you to join Citizens' Climate Lobby, a non-profit with over 72,000 volunteers who are working to create political will for a live-able world. We are working to get a *Carbon Fee and Dividend* legislation introduced in congress. This will put a fee on production at the source, oil companies, frackers, coal mines and distribute the fees to every household in the country thus making it revenue neutral.

All indicators show that a carbon fee used in many countries has successfully reduced their footprint and provided new jobs. Find a chapter near you at <https://citizensclimatelobby.org/>. See Out & About under Divide for local chapter meeting.

Adopt Me

by SLV Animal Welfare Society

Rocky

Rocky is a big, mushy guy who weighs about 60 lbs. He is great with people and gets along well with female dogs. He protects his food dish so he might be best as an only dog or fed separately. He is neutered, current with vaccinations, and 3 years old. He came in as a stray 2 year ago, abandoned at a gravel pit. Rocky is NOT good with little dogs. He was evaluated by Jill Haffley, a trainer in Colorado Springs. She says he needs a dominant person who will let him know he is under his/her control. She said he is a nice dog and very adoptable to the right person.

One Saturday at the Petco adoption event, Rocky got pretty bored in his kennel. He had a blanket under him. He tore a hole in it and poked his head through. He had made himself a poncho. Aileen had an old hoodie, which she hadn't washed before she gave it to Rocky. She thought he might have a great time shredding it. Rocky did not. He spread it out under him to lie on and never shredded it. He must have smelled the human scent and wanted to be with Aileen.

He would be a great hiking, running partner. He might even pull a sled. His adoption fee is \$75. Call 719-587-9663(WOOF) for more information or to see if Rocky will be at the Petco at 5020 N. Nevada Avenue in Colorado Springs on Saturday.

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



Grannys' High Altitude Super Hemp

The Purple Building in Lake George

Colorado's Only Industrial Hemp Cultivation and Retail Store

No High, Just Health!



CBD Whole Plant Extract
CBD Pain and Skin Salves
Hemp Tea
CBD Trans-Dermal Cream
CBD Vaporizers

Hemp Clothing
Bath and Beauty
Nutritionals
And Much More!

All of our industrial hemp is grown organically right here in Lake George and WE SHIP ALL OVER THE COUNTRY

719-748-4736 grannysheмп.com

Open Mon – Sat 9am – 5pm – closed Sundays

At Grannys' High Altitude Super Hemp we are "Growing the Future....."

Obituary

Linda Jean Lewis

September 25, 1963 - January 23, 2018



Linda was born in Allegheny, PA, and raised in Baden, PA where she still has many relatives and lifelong friends. She was preceded in death by her father Harold D. Lewis, her mother Norma J. Lewis and her brother Michael J. Lewis. She is survived by her brother William "Bill" Lewis, nieces Bethany A. Lewis, Kelly L. Kechowski (Nicholas) and great nephew Caleb D. Lewis, all from Baden, PA.

Linda was a strong independent woman who had many occupations to include bus driver, bank teller, heavy equipment operator for Park County Road and Bridge in Colorado, as well as waitressing and bartending. She loved animals and always had dogs, cats and her beloved Serima, an Arabian mare, who just passed away this winter at the age of 30.

Linda had a heart of gold and was always there to help a friend in need. Generosity with her time and energy was unmatched. She was an exceptional cook, well known for her lasagna parties. She would cook and host large gatherings, Thanksgiving, Christmas Eve and many summer BBQ's.

Linda loved to sing and play the guitar. She rode her horse in shooting competitions across the State. She owned and had a love for motorcycles all her life. She was definitely a diehard Pittsburgh Steelers fan.

She was a spirited Redhead and all that goes with it. She could be larger than life and it may be said that we only meet someone like Linda once in a lifetime. She will be deeply missed by all.

Celebration of Life
March 3, 2018, 1 p.m.
The Florissant Grange Hall
2009 CR 31
Florissant, CO.
Please bring a dish and a story to share.



Taste of the Irish


Irish Stew & Shepard's Pie Cook Off

Sunday March 11, 2018
2 p.m. - 5 p.m.

\$10 Admission Includes 16 oz. Beer

Entry forms available at
Ute Pass Brewing Company
209 E. Midland Ave,
Woodland Park, CO

Sponsored By  Proceeds benefit the Pet Food Pantry 



THE DUNGEON INC.

Body Art Studio

Best studio award in 2010 by The National Tattoo Association

TATTOOS • PIERCINGS

JEWELRY • CLOTHING

503 Main St. • Cañon City, CO
719-275-5050



Cup and Cone

Open for Spring Break!

Hand Dipped
Blue Bell
Sundae ~ Splits ~ Shakes ~ Malts

Full Espresso Bar
• Hot or Iced Drinks

Soda Fountain
• Handcrafted like 100 Years Ago

Hwy 50 at 4th St
Downtown Cañon City, CO
719-275-3434



The Thymekeeper

Mari Marques
1870 CR 31 • Florissant
719-439-7303
mugsyspad@aol.com
thethymekeeper.com

Herbs & Oils • Folk Remedies

Private classes available.

OLGA DAICH



REIKI MASTER

SPIRITUAL COACH

801-628-9273 | olgacely@hotmail.com | ASHA
Facebook Reiki heaven and earth

Renewable Energy Outfitters



ENERGY BY DESIGN

Solar Power * Generators * Batteries



CERTIFIED
Solar Pro
Installer

Trusted Since 2008



2016
SolarReviews
SOLAR PRO

www.reosolar.com 719-221-5249


VOTE

Val Carr

for

MAYOR

of Woodland Park



Win back
YOUR Voice!

facebook.com/MayorValCarr

Dinosaurs are great

by Elkan Normandin
Art by Elkan Normandin.

*Dinosaurs are great.
Dinosaurs are awesome,
Dinosaurs are cool.
They even have scales.
What color are they?*

About the poet

Elkan Normandin is 7 years old and attends Lake George Charter School in the mountains of Colorado. He is in 2nd grade. Elkan enjoys participating in the Pikes Peak Pebble Pups and playing sports, flying remote control aircraft, and looking for rocks.



A dinosaur watches an erupting volcano.

Where is Zack this month?

Zack is a Certified Therapy dog and the mascot for the Pet Food Pantry for Teller County. He has dedicated himself to helping families keep their furry best friends when they fall on hard economic times.

On Sunday, March 11th from 2 - 5 p.m., Zack will be at the entrance to the Ute Pass Brewing Company. He will be the greeter for the Pet Food Pantry's fundraiser, "Taste of the Irish."

We hope to see you there. For more information, go to www.Pet-FoodPantryTC.com.



Obituary

Gertrude Anita Quist

November 30, 1928 - January 31, 2018

Gertrude Anita Quist (Barr) passed away January 31, 2018 at her home in Lake George, CO at the age of 89. Gertrude liked to be called Gertie, was born in Lake George, CO on November 30, 1928 to Benjamin A. Barr and Jessi Juanita Barr (Patton). She had one brother and four sisters.

Gertie married Carl A. Quist on July 31, 1948 in Lakewood, CO and made their home in Lake George, CO. Together they had 11 children. Carl built a service station in Lake George called Carl's Services and together they worked the business while raising their children.

Gertie enjoyed several hobbies including rock collecting, trains, and collecting clocks of all kinds. She loved her family dearly. Everyone she met instantly became her friend. Many locals refer to her as the historian of Lake George, as she had plenty knowledge and photos of the area.

Gertie is an oral cancer survivor since 1991. She was a member of the Lake George VFW Women's Auxiliary, The Just Folks Senior Club.

Gertie is survived by her children Alberta L. Quist of Florissant, CO; Carol J Kelzer (Dan) of Montibello, MN; Robert B Quist of Lake George, CO; Anita B Wenzlick of Lake George, CO; Lisa P Quist of Craig, CO; Carla J Quist of Denver, CO and George L Quist (Jennifer) of Lake George. Also, her Sisters Beatrice Stoll (Ralph) of Laharpe, KS and Gean Eittle of Washington State. Gertie had 16 nieces and nephews, 17 grandchildren, 31 great-grandchildren, one step-grandchild and one great-great-grandchild.



Gertie is preceded in death by her husband Carl A. Quist, April 1997; her sons Fred E. Quist September 1965; Frank A. Quist, August 2013; H. Stephen Quist, February 2016; her daughter Judy Quist August 2015; her Granddaughter Sabrina Quist, January 2015. Also, her brother Benjamin A. Barr, November 1990; her sisters Alverda Remion, July 2011 and Mildred Smith, November 2016.

Gertie was a life-long resident of Lake George and Park County but had traveled to New Mexico, California, Las Vegas, Minnesota and Wyoming.

Gravesite Gathering will be held June 23, 2018 at 12 p.m. at the Lake George Cemetery. A celebration of life will follow at the Lake George Park. Dennis Holt and Les Heinemann were one of Gerties favorite bands to listen to and will be there singing all her favorite songs. Please join the family with your memories, laughter and food. Bring your favorite dish.

In lieu of flowers or gifts, Gertie would prefer donations made to the American Cancer Institute or St. Jude's Children Hospital.

The Aspen at Woodland Park

Assisting with life

by Kathy Hansen

Alice is 82 and doesn't see herself as old. A retired senior, yes, but she strongly believes age is a state of mind and hers is still pretty darn sharp! She attends a book club, a knitting club, a cooking club, and church every Sunday. Alice is active, too! She walks 3 miles each morning, enjoys yoga hikes at the Florissant Fossil Beds and strives to hike at Mueller State Park at least twice per month. Alice enjoys her independence.

This past year Alice is noticing a few changes that sort of come and go. She was a little bit afraid to tell her doctor about the evening after a 6-mile-hike she had fallen asleep on the sofa and when she woke she was stiff and it was somewhat difficult to stand up. Once she did, Alice was a little light headed.

Alice was afraid her doctor would say she isn't safe at home alone anymore, which is just silly. Sure, the morning after a long hike it might take Alice a little longer to get moving, but after she gives herself a day to take it easy, she bounces right back the following day. Thinking back throughout her life whenever she would challenge herself physically, the following day Alice would find herself a bit stiff, so that's really nothing new; it is actually normal, just a little more pronounced. As for the light headedness, well, it is not like it happens on an everyday basis. Anyone can get a head rush, yet Alice notices it happens more frequently when she becomes fatigued. Alice also knows the biggest risk in falling is breaking her hip or hitting her head followed by a potentially downward spiral series of declining health events. Alice was afraid the only option would be a nursing home.

Then Alice learned about The Aspen at Woodland Park, an assisted living residence, not a nursing facility, rather a place she can call home with built-in help, whenever she needs it. The Aspen is a feasible option for Alice who doesn't want to lose her independence. She can continue to come and go as she pleases to her book club, her knitting club and she even has the option of hosting her cooking club in the dining room, overseen by Chef Jeff (who for over 8 years had been providing a dining experience for guests at the BroAdmoor in Colorado Springs). Alice can go on a 6-mile-hike and afterward choose whether she wants to make her favorite salad or enjoy the meal already prepared. Either way, Alice doesn't have to worry about clean-up if she doesn't want to; the staff will take care of it.

The best part is after dinner, if Alice takes a nap and wakes to find her muscles are a little tight and sore, she can ask for one of the Residential Experience Professionals (REP) for help. Then, the REP can enter Alice's room, help Alice to a standing position and even help Alice get ready for bed in Alice's private bathroom. Better still, the REP can schedule a massage for Alice tomorrow morning right at The Aspen. As Alice and the REP talk further, they can make a plan for the next 6-mile-hike Alice intends to complete. They can include Chef Jeff who knows the saying, "Let food be thy medicine." Together, they can plan a breakfast the morning of the hike to include healthy fats like coconut oil to help Alice's joints on the hike that day. They can also plan dinner to include turmeric and ginger or other ingredients known to reduce inflammation. That way, when Alice gets home from the hike she can enjoy the delicious meal with her housemates as they discuss their activities that day. The food will help her muscles recharge and the conversation will feed Alice's soul with her newly found friends. Perhaps that evening Alice will take advantage of the Mindful Meditation class offered near the fireplace.

When Alice is ready for bed, if she is feeling a little uncertain (better safe than sorry) one of the REPs will help her; all she has to do is ask. Likewise, in the morning, if Alice is feeling a little unsteady and just needs someone there to assure her safety, maybe offer her a cane or even breakfast delivered to her room so she can take her time getting ready for her late morning massage, all she has to do is ask. Alice might need someone to remind her to take her medicine on the day after a hike; the REPs



are there to help.

Getting back to the kitchen, food brings people together and given Chef Jeff's commitment to scratch-made recipes from as organic as it can get whole foods there is always something to talk about. Everyone in the house has input as to what they like to eat and when they like to eat it. Anyone can help themselves to a sandwich or snack whenever they want because it is their kitchen!

The Aspen is designed for 21 suites, so to be compliant with a Colorado statute that says serving more than 17 requires a commercial kitchen license, Chef Jeff and his staff will be there to see that all food safety standards are upheld and sanitation standards are adhered to.

When we understand what the natural aging processes are we can better prepare for subtle changes and potential risks.

The Aspen is an assisted living residence like no other, taking a holistic approach to aging with dignity and by maintaining as much independence as possible. Each new resident will be interviewed by Diane Evergreen, who will find out what their interests are. What do you like to do? What would you do if you could? This last question gets to the root of what it takes to make it happen. Whether it means bringing a yoga instructor in for Chair Yoga in the sun room or arranging transportation to/from the Symphony Above the Clouds, Diane wants to know what the residents are interested in and makes it her business to assure the residents are enjoying life on all levels; physical, spiritual, mental. Activities that encourage strength and balance could include anything from Tai Chi to creating a golf outing. For those interested in developing their creative side, perhaps a watercolor or weaving class fits the bill or even organizing a musical jam session. In any case, activities will provide opportunity for social interaction with your neighbors.

The Aspen may sound like a fantasy but it is a reality in Woodland Park, Colorado. It is the first of what is intended to be many of such residences. The idea is to understand aging is a natural process, not a disease to be feared, always keeping the person at the center of focus.

When we understand what the natural aging processes are we can better prepare for subtle changes and potential risks.

The building was designed to accommodate many of the risks inherent in a natural aging process, such as tripping hazards. This home was constructed in such a way that all transitions from one room to another are smooth; no edges to catch that tired toe and cause someone to trip or fall. The shower does not have a lip to step over and the flooring in the shower is slip-resistant. The carpet throughout the residence is ADA compliant for ease in rolling wheelchairs; no getting stuck in carpet creases. Oh, and the ceiling is painted just like in your home now; none of those awful acoustic ceiling tiles. There are two fireplaces, a sun room, a dining room and a great room. Each of the 21 suites has its own security and a private bathroom.

The Aspen REPs are ready to provide services including arranging transportation, housekeeping, laundry, and room service. There is also help with medicine which can include reminders to take meds, administration of medication, and medication reviews, which may be of particular interest for those who have a goal to take control of HDL/LDL numbers to ultimately get off their blood pressure medication, or those who wish to try CBDs to increase range of motion in arthritic joints. The REPs are sensitive when it comes to assisting with personal cares such as grooming, dressing, bathing, and light incontinence. The Aspen offers security, oversight and supervision 24 hours per day.

Think of how beneficial it can be to live someplace where these services are available whenever you need them. How perfect when time for the preventative colonoscopy is scheduled. The REPs can assure the appropriate but nutritious liquid dietary options are available the day prior to the test, arrange transportation to/from the test, and the monitoring system can easily be activated just to keep an eye for any potential adverse reactions. When all systems and energy levels have returned to normal and steady, the monitoring can cease. This monitoring service may be of particular interest to the concerned family member miles away. The settings can be completely private between resident and family member. The settings could be changed to include REPs should the need arise. As always, the resident is in charge of deciding which services and to what degree.

The Aspen is scheduled to open in April of this year. To learn more contact Angela Waterbury 719-465-3870 or email Angela@TheAspen.Life.

HOW DOES YOUR GARDEN GROW?



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

719-687-9851
790 Red Feather Lane • Woodland Park
Hours: Mon-Fri 9am-7pm • Sat 9am-5pm • Sun 10am-5pm
WE HAVE ORGANIC NON GMO SEEDS!

Call To Artists

For applications go to www.FriendsOfMuellerSP.com

Mueller State Park

Fine Art Show & Sale

Save the Date!
July 28-29
2018

Sponsored by the Friends of Mueller State Park

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

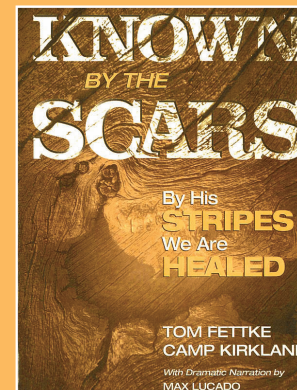
FREE Estimates!



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

Easter Cantata - "Known by the Scars"

Presented by the OK Chorale and Picardy Third Hand bell choir of the



Lake George Bible Church
At the corner of Hwy 24 & CR 90
719-748-9088
Worship time - 10:45 AM
Everyone Welcome!

Tumbling Trout Fly Shop



Ice Fishing Rentals

38283 Hwy 24
Lake George
(720) 363-2092

Assisting with Life



The Aspen
Woodland Park

AN ASSISTED LIVING RESIDENCE

APRIL 2018 OPENING

- Mountain residence in park-like setting • Spectacular views!
- All-inclusive pricing • 21 beautiful private suites + baths
- Chef-inspired meals • Personal assistance + support

719-465-3870

ANGELA@THEASPEN.LIFE WWW.THEASPEN.LIFE

107 Village Terrace Woodland Park, Colorado

Interested in joining The Aspen team? Call Angela at 719-440-1194 or visit theaspen.life/careers

HRRMC Ear, Nose and Throat

Michele Streeter, MD, is a board-certified otolaryngologist who specializes in medical and surgical treatment of the ear, nose and throat (ENT).

Conditions treated:

- Hearing loss and tinnitus
- Chronic sinus disease
- Allergies
- Voice and swallowing disorders
- Ear, nose and throat infections
- Head and neck cancer, including skin cancer

Common procedures:

- Tonsils and adenoid removal
- Ear surgery, including ear tubes
- Sinus surgery
- Nasal septoplasty
- Head and neck cancer removal
- Vocal surgery
- Sleep apnea surgery
- Skin cancer removal and reconstruction



Michele Streeter, MD



HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

920 Rush Dr., Salida, CO 81201
719-530-2000 • hrrmc.com

Located in the Wentz Foot and Ankle Specialists building on the hospital campus



Life-Enhancing Journeys Limbic System: hippocampus part II

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

Life is stressful. Being able to manage one's emotions consciously is preferable to being oblivious or out of control. Our attitude is a temporary state of mind that influences how we think and view the world. It is affected by events in our lives: the amount of sleep we get, hormones, even the weather. But what role does the brain play in shaping our outlook?

Last month's column focused on the amygdala (the primitive and automatic part of the brain that attaches emotional significance to events and memories). It is worth repeating that the amygdala is a structure that, while necessary, operates unconsciously. It primarily reacts to emotions, particularly stress or trauma, which can disrupt the entire nervous system. Fortunately, we have a complimentary brain structure, the hippocampus, which helps to balance the reactive amygdala.

Features of the hippocampus include the following:

- Develops as we age
- Processes information and learning
- Organizes thoughts
- Recognizes details
- Spatial orientation and navigation
- Memory formation and storage
- Slow to respond

The hippocampus reminds us which courses of action or behaviors are consistent with our mood. For instance, if you feel great, you might like to walk down a path fringed with daffodils. If you feel down, you may instead be drawn to that bar that plays melancholy music. In day-to-day life, the hippocampus is controlled by some newer networks in our brain which co-ordinate how we think and act, therefore, our actions are able to help us focus on longer-term goals, rather than always going wherever the mood takes us.

As we focus on this limbic system structure, the hippocampus, it is useful to recognize that it converts short-term memories into long-term memories. It is also essential in forming new memories, which are stored with all of the connecting emotions with senses, such as smells, sights and sounds, to those memories. Another way of understanding this is that memories are remembered through the senses which were engaged during the event.

If the hippocampus is destroyed, nothing can be retained in the memory, therefore, everything seems as if it's happening NOW!

This function is also necessary for learning, which relies on memory retention as well as a linking of new memories. The hippocampus plays a role in spatial memory as well, which involves taking in information about one's surroundings and remembering locations. The hippocampus also works cooperatively with the amygdala to connect our emotions and long-term memories. This is a key component for evaluating information in order to respond appropriately to situations. Consider the difference between an immediate reaction (the amygdala) versus a slow, thoughtful response (the hippocampus). Our goal is to get our hippocampus to kick in as quickly as possible so our responses are more rational than reactive.

Did you realize that emotion and memory are closely linked? You might recognize this from experience. Here's an example. You go to a party where you're meeting new people. Which faces will you remember? The guy who made you laugh or the woman who made you feel embarrassed. The accurate answer is the one who had an emotional impact on you. That is part of the hippocampus' job: to be able to sort the associated emotions and situations and place it in its correct time frame which enables you to separate one event from one another. Without the ability of

the hippocampus to organize and categorize your memories, it may feel like every past experience is happening right now. That can be a challenging way to live.

Let's return to the party where you are meeting new people. Your boss introduces you to his colleague, a woman who reminds you of your aunt who was very abusive to you as a child. You're unaware of the association your limbic system is constructing. Without realizing what is happening, your heart rate increases, there's a knot in your stomach, your mouth goes dry and running away from her as fast as you can becomes your primary objective. Your amygdala just high-jacked your reasoning ability and has instantaneously sent you into flight or fight mode. The hippocampus has gone off line and you desperately need it to help you regain good emotional control rather than making a fool out of yourself. You start to consciously focus on slowing your breathing down and you notice your heart rate begins to regulate to a more comfortable level. What you just did was to reorient yourself back into the present moment instead of the past.

This is what is meant by memory and emotion being closely connected. If you were able to accurately understand that your reaction to the woman was related to past events that you clearly survived, your interaction with her would likely be quite different. The hippocampus allows you to compare the conditions of a present threat with similar past experiences, thus enabling it to choose the best option, in order to guarantee its own survival. If the hippocampus is destroyed, nothing can be retained in the memory, therefore, everything seems as if it's happening NOW!

In 1861, French neurologist Pierre Paul Broca described a patient who was unable to speak, yet he had no obvious motor impairments to explain his inability to communicate. An examination after he died showed a lesion in a large area towards the lower middle of his left frontal lobe particularly important in language formulation. This became known as Broca's area.

Broca's area plays a critical role in putting our thoughts into words. It is important for the articulation of speech, for our being able to express our thoughts and experiences in words.

Damage to Broca's Area (*Broca's aphasia*) prevents a person from producing coherent speech even though the person can understand language. Words may be improperly formed and speech can sound slow and slurred. The person can have the ability to speak, however, their words may be unintelligible, or they will be unable to speak at all, just producing sounds, like grunting.

When Broca's area becomes disconnected, or shuts down, because of feeling stressed or threatened, it seems like you know what you want to say, you just cannot get it out. You are unable to talk about what is happening. This is why when you're really upset, it is useless to try to participate in a conversation. Not only is it impossible to speak, there is no reasoning available, only intense emotion. How can you possibly talk rationally to your partner, boss or any other important person if Broca's area is disconnected? It's impossible so do what you can to calm yourself then converse. You'll have a much better outcome.

Now that the limbic system structures have been defined, next month's column will focus on ways to work with these brain structures for our ultimate benefit.

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



Reiki Heaven and Earth The hidden room

by Olga Daich

According to science there is a field that connects each species as one, called the morphogenetic field. We, the human beings have our own morphogenetic field where in a subconscious way, we share information with each other. Personally, I wonder how different life could be if we were conscious about that field and our connection. That information may change our relationship with each other. Some cultures talk about a veil that doesn't allow us to remember who we really are. This veil in our minds (called for some, Maya's veil) won't allow us to see each other as brother and sister; won't allow us to see our connection, instead and sadly, makes us think about separation or division.

I know the field that connect us is real, not just because science has recognized this field, but because that is the field that I get connected to when I am doing a Reiki session or a house cleansing.

This next story is real, as are the others I have been sharing in this column. This experience taught me more about the energies that can be stuck in a place or a building for years, waiting for somebody awake enough to help them to be released, cleaned or healed.

I was having a conversation with a friend (I will call him Ethan). He was asking me some questions about my Reiki experiences. At some point in this conversation he shared with me some personal information. He was living in a remote place, in a tiny cabin. When he bought his property, there was a big and very old barn there. He told me that his daughter and grandson didn't like going to the barn, for some reason they were afraid and felt very uncomfortable in that building. Ethan asked me if I would go and check the place to see if I can pick up some energies that would be the reason for his family to feel afraid of that place. I agreed to go there.

From far away you could notice the old building. This building had two doors, one on the back and other in front. We came in the building using the back door that led directly to the second floor. He was walking in front of me. I didn't like the building. I understood the feeling that his daughter and grandson shared about the place. I started trying to pick up any energy. I moved around the second floor but didn't feel any specific energy there. He took me to the third floor. Nothing there either. We came back to the second floor again, nothing there. Finally, we headed down to the first floor. I was following him.

We started walking towards the front door. At this point I told him, "I know there must be a reason because I don't like the energy of the building but I can't find a particular low energy spot in the building." As soon as I said that I felt something and told Ethan, "wait!" I stopped walking behind him. I took a few steps back, Ethan turned in my direction and asked me, "what is it?" I told him, "I feel something, give me a few minutes." I got my crystal pendulum from my pockets. I got in tune with my spiritual guides and asked

them, "Is there something here?" The answer was, "yes." I told Ethan, "there is something here." He asked me, "where?" as he moved to my right side. He was facing me, with his back close to the building wall, standing under the stairs that led to the second floor. I asked my spiritual guides where that energy was coming from. The pendulum moved exactly to the place where Ethan was standing. I told him, "right in your direction."

I was surprised since there was nothing in that direction but the wall behind him. Ethan told me, "are you kidding me?" I told him, "I am sorry, I don't understand but it's pointing in your direction."

He moved under the tiny space that was between the walls and the bottom of the stairs. He told me, "Come over here" I asked him, "Over where?" It didn't make sense to me to move to that tiny space but, I did it. As soon as I moved under the stairs I felt a very spooky and awful energy. I screamed while I was looking at the wall under the stairs. This wall was made of old logs, there were nothing special about the physical appearance of the wall but I could feel something dark coming from behind the wall. I remember my words to Ethan, "oh, my God, what is there?" Ethan answered, "there is a hidden room behind this wall." I told him, "I need to get out of here, there is something awful coming from there." The feeling was so overwhelming that I remember I got tears in my eyes. I didn't know why.

I headed out of the building. Ethan was following me. It took a few minutes for me to recover. He told me, "when I bought this place some neighbors told me that there was a hidden room in the barn, which I tried to find for years." Ethan almost gave up trying to find the room until one day when the sun rays showed him something strange about the wall. Finally, he found the hidden room. There was not a door handle, nothing on that wall gave any sign of a hidden room behind the wall. He told me that the wall was attached in place through screws that were not visible because the lack of light in that tiny place.

Ethan asked me if I knew the reason for that low energy. I didn't know in that moment but I told him that I will ask as soon as I felt better.

After a few minutes I started praying for guidance. The information came with a deep feeling of sorrow in my heart. I was able to connect with the energy of a child who was repeatedly raped in that room. I was feeling her emotional pain, I couldn't stop crying. I told Ethan, "a child was raped in that room, many times." The footprint of her suffering was imbedded in that room.

I did my best to try to heal the child. The room was cleansed, but not without leaving on my heart a deep sorrow for this child.

Ethan told me that the previous owner of the place had a very bad reputation with his few neighbors.

Ethan was surprised when I found the hidden room. He never mentioned that room

to me, until the day I found it.

I know what that man did to the girl.

There are reasons why I decided to share this story. My first reason is to help people with their awakening process.

This means to become aware of the energies we are leaving behind us and also the energies that we are picking up in a subconscious way from the places we go and where we live.

The implications are huge. Think about this: have you been able to feel the peace of a Cathedral or monastery? Have you been able to feel the worries and sadness of a hospital? The connection with all the energies around us is real; it is a fact. I am talking here about energies coming from the past as well as present moments. As Lyrica Mia Marquez and Gayle Barkley shared in their book *Awetizm*, autistic kids are coming to the Earth not only to help us raise the human being's vibrations but to help the earth to cleanse the holes that pain and misery have left behind, energetic footprints of sorrow and pain. We need to think about that. How can we clean the footprint left behind from a war? There is a silent work happening right now. This is the silent work of the autistic kids and all of the human beings that are in the awakening process.

The second reason is to awaken the curiosity of the reader. I am not asking you to believe me or believe my stories. I am asking you to do your own research. Research about this field that connects us as humans. The scientific information is right in front of you. Maybe you wonder why nobody talks about that? Let me tell you that the scientific community is talking about that, but most of the people are *distracted or yet sleeping*. You don't have to be a scientist to understand what they have been trying to share with us. I am not a scientist myself; I am a curious person who decided to look for answers. Quantum physics principles explained to me what I didn't understand about my spiritual experiences.

Finally, I would like to thank the new generation of kids who are trying to make a difference. Not only autistic kids but those kids who instead of sitting in front of a video game are teaching us about love, compassion, and oneness. I do have faith in human beings! Namaste.

If you are interested in a Reiki session, Reiki training or information about the workshop please contact me by email: olgacely@hotmail.com or by text: 801-628-9273.



Foundation Training What is this?

by Barbara Berger

Foundation Training is a core strengthening program designed not just for women. It was developed by chiropractor and movement expert, Dr. Eric Goodman, to heal his chronic back pain and to avoid surgery. Beth Wiley started looking into Foundation Training for herself because her core, abdomen and lower back were very weak after four pregnancies. She tried various exercises which helped but she still lacked strength.

After doing Foundation Training on her own and receiving amazing benefits personally, she wanted to share with others the same benefit.

Beth became a certified Foundation Training instructor in August of 2015 and has enjoyed sharing her knowledge with all ages.

Foundation Training targets the source of pain, not just the symptoms, making it a long-term solution for health. It brings the whole body, inside and out, into balance allowing you to function at your absolute best. When you practice regularly, your torso, pelvis and backside strengthen. Your breathing capacity and oxygen levels increase.

Tandy has been taking weekly classes with Beth Wiley for the past 2 years. She says that the impact on her body has been amazing and that Beth teaches with clarity and intentionality. The workouts are ever changing and always challenging no matter what condition you are in.

Another student, Barbara, 71 years young, starting taking classes about 1 1/2 years ago. The class was recommended to her as a way to help with her balance. She enjoys riding her bike and she did not want to give up this activity. Thanks to weekly classes, she is able to continue with this outdoor activity. Her stamina has also increased so that she can enjoy hiking and snowshoeing.

Foundation Training classes are offered in Woodland Park at Ute Pass Chiropractic, 509 Scott Avenue, upstairs in Suite 2 D. If you are new to Foundation Training, please attend one of the Saturday beginner workshops prior to coming to a class. For more information and class/workshop schedules, go to www.woodlandparkdoctor.com or contact Beth by sending an email to bethfoundationtraining@gmail.com or calling her at 719-687-6683.



Beth Wiley

The UPS Store[®] Your one-stop shop

- Printing & document finishing
- Packing & shipping
- Mailbox services

- Postal products & services
- Notary services
- Shredding services*

1067 E US Hwy 24
Woodland Park, CO 80863
719.687.3023
store1374@theupsstore.com
theupsstorelocal.com/1374

*Visit theupsstore.com/shredding for full details.
Copyright © 2018 The UPS Store, Inc. 11079011218

20% OFF
PRINTING SERVICES

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2018 The UPS Store, Inc. Offer expires 02/28/18.

The UPS Store[®]

WINTER IS COMING SOON!

AWL ROOFING & CONTRACTING LLC

Residential & Commercial

Bill Langford
Office: 719-246-4434 • Cell: 719-510-7949
Licensed - Insured

Roofing, Gutters, Windows and Siding

Free Consultation
(Shingles lifetime warranty)

Veteran Owned

~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 719-686-7393 or email us at utecountrynewspaper@gmail.com.

BUENA VISTA

- 1 Free Income Tax Return prep 12-5 p.m. BV Community Center by IRS-certified volunteers Tues and Thurs through April 12. Call 719-293-1857 for appointment.
- 2, 9, 16, 23, 30 BINGO at 7 p.m. American Legion 338 N. Railroad.
- 6, 13, 20, 27 Women's Self-Led Work-out Group \$2 at Community Center 8:15-9:45 a.m.
- 9 Wild & Scenic Film Festival 2018 6-9 p.m. at the BV Community Center.
- 10 BV Bash, BV Chamber annual dinner and show 5:30-11 p.m. at Loft Orpheum Theater.
- 13 Celtic & Old Time Music Jam 6:30-8:30 p.m. FMI 719-395-6704.
- 15 GARNa's Nature Series 2016: A Birding Big Year 7-8:30 p.m. at BV Community Center.
- 16 Noonday Collection Trunk Show 6:30 p.m. at Creekside Gathering Place, 203 Cedar St. FMI 719-395-6938
- 24 Great Divide Grinder — Fat Bike Race. FMI www.buenavistacolorado.org

CAÑON CITY

- 7 Free Legal Clinic at Cañon City Library 3:30-5 p.m. 516 Macon Ave. Walk-ins are welcome; everyone helped on first-come, first-served basis.
- 11 Cup and Cone presents Southern Colorado Big Band 2-5 p.m. at Quality Inn's Ball Room 3075 E Hwy 50. Tickets \$12 per person, \$20 per couple and available at Cup and Cone.
- 15 Christ Episcopal Church Rectal Series presents The Altezza Trio, featuring Karne Garbova on violin, Scott Kluksdahl on cello, Mary Beth Shaffer on piano at 7 p.m. performing Brahms 1, Schubert B flat major and Haydn's Gypsy Trios at 802 Harrison Ave. A meet and greet will follow the performance. Tickets at the door \$10, students free. FMI 719-429-7551.

CAÑON CITY LIBRARY

- 2 First Friday 6 p.m. at the historic Skyline Theater. Charles Pace will be performing as Malcolm X in an original Chautauqua performance. Free program, school age to adult seniors.

- 7 Legal self-help volunteer attorneys appear via computer link.
- 21 Legal self-help custody and visitation.
- Mondays at 10:30 a.m. BOOK baby story time and play.
 - Tuesdays and Thursdays 10:30 a.m. story and craft time.
 - Wacky Wednesdays 4 p.m.
 - Wednesdays Smash Brothers tournament 3 p.m.
 - Tax preparation by AARP for any age, any income under \$250,000 FREE. No appointments. Tuesdays and Saturdays noon – 4 p.m. FMI 719-269-9020.

CASCADE

- 10 CVFD Pet Vaccination Clinic 10-1 p.m. Cascade Fire House lowest prices available for dogs and cats!

COLORADO SPRINGS

- 23 RSVP date for the April 3 Reason to Hope fundraising luncheon at noon at the Antlers 4 S. Cascade Ave. The Alzheimer's Association works

on national and local levels to help all those affected by the disease. This luncheon is an opportunity for you to join the effort and have a profound impact on the movement to end Alzheimer's — a movement that touches millions of lives. We ask you to our event to learn about the critical work of the Alzheimer's Association including information about care and support for families, advocacy, and the latest advances in research. There is no charge to attend. FMI Charlotte, clong@alz.org or 303-813-1669 x310.

CRIPPLE CREEK

- ASPEM MINE CENTER
- 2, 9, 16, 23, 30 Willow Bends 3-5 p.m.
- 6, 20 TBI Group participation meetings 10-11:30 a.m.

- 7 ATTUNE, Support group for male victims of domestic violence 4-5 p.m.
- 7, 14, 21, 28 Community Lunches between 11:30 and 1 p.m. All community members are welcome; particularly seniors, persons with disabilities, volunteers, low income individuals and families. Meals are provided on a donation basis.
- 7, 14, 21, 28 Cocaine Anonymous 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.
- 13 Veteran Service Meeting 9-11 a.m.
- 13 All Vets, All Wars 10-11:30 a.m.
- 14 Colorado Legal Services 1:30-3 p.m.
- 15 OJB Group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room. FMI Kathleen at 719-471-8181 X103 or Jeanette at 719-471-8181 X126.

- 15 TESSA - Women Empowering Women 1-3 p.m.
- 29 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
- 30 Teller County Emergency Food Distribution Program (Commodities) 9-2 p.m. Please bring photo ID and proof of Teller County residency.
- 30 Cross Disability Meetings 10-11:30 a.m.
- Health Navigator program. The Medicaid Health Navigator, Krys Arrick is available Monday through Thursday 8-4:30 p.m. to help individuals and families who are seeking affordable and quality health care. FMI 719-689-3584 X111.
 - All meetings held in the 2nd floor conference room unless otherwise noted. FMI 719-689-3584 x124.

- 31 Veterans Service Meeting 9-11 a.m.
- 13 All Vets, All Wars 10-11:30 a.m.
- 14 Colorado Legal Services 1:30-3 p.m.
- 15 OJB Group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room. FMI Kathleen at 719-471-8181 X103 or Jeanette at 719-471-8181 X126.
- 15 TESSA - Women Empowering Women 1-3 p.m.
- 29 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
- 30 Teller County Emergency Food Distribution Program (Commodities) 9-2 p.m. Please bring photo ID and proof of Teller County residency.
- 30 Cross Disability Meetings 10-11:30 a.m.
- Health Navigator program. The Medicaid Health Navigator, Krys Arrick is available Monday through Thursday 8-4:30 p.m. to help individuals and families who are seeking affordable and quality health care. FMI 719-689-3584 X111.
 - All meetings held in the 2nd floor conference room unless otherwise noted. FMI 719-689-3584 x124.

- 31 Veterans Service Meeting 9-11 a.m.
- 13 All Vets, All Wars 10-11:30 a.m.
- 14 Colorado Legal Services 1:30-3 p.m.
- 15 OJB Group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room. FMI Kathleen at 719-471-8181 X103 or Jeanette at 719-471-8181 X126.
- 15 TESSA - Women Empowering Women 1-3 p.m.
- 29 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
- 30 Teller County Emergency Food Distribution Program (Commodities) 9-2 p.m. Please bring photo ID and proof of Teller County residency.
- 30 Cross Disability Meetings 10-11:30 a.m.
- Health Navigator program. The Medicaid Health Navigator, Krys Arrick is available Monday through Thursday 8-4:30 p.m. to help individuals and families who are seeking affordable and quality health care. FMI 719-689-3584 X111.
 - All meetings held in the 2nd floor conference room unless otherwise noted. FMI 719-689-3584 x124.

- 31 Veterans Service Meeting 9-11 a.m.
- 13 All Vets, All Wars 10-11:30 a.m.
- 14 Colorado Legal Services 1:30-3 p.m.
- 15 OJB Group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room. FMI Kathleen at 719-471-8181 X103 or Jeanette at 719-471-8181 X126.
- 15 TESSA - Women Empowering Women 1-3 p.m.
- 29 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
- 30 Teller County Emergency Food Distribution Program (Commodities) 9-2 p.m. Please bring photo ID and proof of Teller County residency.
- 30 Cross Disability Meetings 10-11:30 a.m.
- Health Navigator program. The Medicaid Health Navigator, Krys Arrick is available Monday through Thursday 8-4:30 p.m. to help individuals and families who are seeking affordable and quality health care. FMI 719-689-3584 X111.
 - All meetings held in the 2nd floor conference room unless otherwise noted. FMI 719-689-3584 x124.

- 31 Veterans Service Meeting 9-11 a.m.
- 13 All Vets, All Wars 10-11:30 a.m.
- 14 Colorado Legal Services 1:30-3 p.m.
- 15 OJB Group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room. FMI Kathleen at 719-471-8181 X103 or Jeanette at 719-471-8181 X126.
- 15 TESSA - Women Empowering Women 1-3 p.m.
- 29 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
- 30 Teller County Emergency Food Distribution Program (Commodities) 9-2 p.m. Please bring photo ID and proof of Teller County residency.
- 30 Cross Disability Meetings 10-11:30 a.m.
- Health Navigator program. The Medicaid Health Navigator, Krys Arrick is available Monday through Thursday 8-4:30 p.m. to help individuals and families who are seeking affordable and quality health care. FMI 719-689-3584 X111.
 - All meetings held in the 2nd floor conference room unless otherwise noted. FMI 719-689-3584 x124.

- 31 Veterans Service Meeting 9-11 a.m.
- 13 All Vets, All Wars 10-11:30 a.m.
- 14 Colorado Legal Services 1:30-3 p.m.
- 15 OJB Group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room. FMI Kathleen at 719-471-8181 X103 or Jeanette at 719-471-8181 X126.
- 15 TESSA - Women Empowering Women 1-3 p.m.
- 29 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
- 30 Teller County Emergency Food Distribution Program (Commodities) 9-2 p.m. Please bring photo ID and proof of Teller County residency.
- 30 Cross Disability Meetings 10-11:30 a.m.
- Health Navigator program. The Medicaid Health Navigator, Krys Arrick is available Monday through Thursday 8-4:30 p.m. to help individuals and families who are seeking affordable and quality health care. FMI 719-689-3584 X111.
 - All meetings held in the 2nd floor conference room unless otherwise noted. FMI 719-689-3584 x124.

- 31 Veterans Service Meeting 9-11 a.m.
- 13 All Vets, All Wars 10-11:30 a.m.
- 14 Colorado Legal Services 1:30-3 p.m.
- 15 OJB Group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room. FMI Kathleen at 719-471-8181 X103 or Jeanette at 719-471-8181 X126.
- 15 TESSA - Women Empowering Women 1-3 p.m.
- 29 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
- 30 Teller County Emergency Food Distribution Program (Commodities) 9-2 p.m. Please bring photo ID and proof of Teller County residency.
- 30 Cross Disability Meetings 10-11:30 a.m.
- Health Navigator program. The Medicaid Health Navigator, Krys Arrick is available Monday through Thursday 8-4:30 p.m. to help individuals and families who are seeking affordable and quality health care. FMI 719-689-3584 X111.
 - All meetings held in the 2nd floor conference room unless otherwise noted. FMI 719-689-3584 x124.

- 31 Veterans Service Meeting 9-11 a.m.
- 13 All Vets, All Wars 10-11:30 a.m.
- 14 Colorado Legal Services 1:30-3 p.m.
- 15 OJB Group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room. FMI Kathleen at 719-471-8181 X103 or Jeanette at 719-471-8181 X126.
- 15 TESSA - Women Empowering Women 1-3 p.m.
- 29 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
- 30 Teller County Emergency Food Distribution Program (Commodities) 9-2 p.m. Please bring photo ID and proof of Teller County residency.
- 30 Cross Disability Meetings 10-11:30 a.m.
- Health Navigator program. The Medicaid Health Navigator, Krys Arrick is available Monday through Thursday 8-4:30 p.m. to help individuals and families who are seeking affordable and quality health care. FMI 719-689-3584 X111.
 - All meetings held in the 2nd floor conference room unless otherwise noted. FMI 719-689-3584 x124.

- 31 Veterans Service Meeting 9-11 a.m.
- 13 All Vets, All Wars 10-11:30 a.m.
- 14 Colorado Legal Services 1:30-3 p.m.
- 15 OJB Group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room. FMI Kathleen at 719-471-8181 X103 or Jeanette at 719-471-8181 X126.
- 15 TESSA - Women Empowering Women 1-3 p.m.
- 29 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
- 30 Teller County Emergency Food Distribution Program (Commodities) 9-2 p.m. Please bring photo ID and proof of Teller County residency.
- 30 Cross Disability Meetings 10-11:30 a.m.
- Health Navigator program. The Medicaid Health Navigator, Krys Arrick is available Monday through Thursday 8-4:30 p.m. to help individuals and families who are seeking affordable and quality health care. FMI 719-689-3584 X111.
 - All meetings held in the 2nd floor conference room unless otherwise noted. FMI 719-689-3584 x124.

- 31 Veterans Service Meeting 9-11 a.m.
- 13 All Vets, All Wars 10-11:30 a.m.
- 14 Colorado Legal Services 1:30-3 p.m.
- 15 OJB Group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room. FMI Kathleen at 719-471-8181 X103 or Jeanette at 719-471-8181 X126.
- 15 TESSA - Women Empowering Women 1-3 p.m.
- 29 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
- 30 Teller County Emergency Food Distribution Program (Commodities) 9-2 p.m. Please bring photo ID and proof of Teller County residency.
- 30 Cross Disability Meetings 10-11:30 a.m.
- Health Navigator program. The Medicaid Health Navigator, Krys Arrick is available Monday through Thursday 8-4:30 p.m. to help individuals and families who are seeking affordable and quality health care. FMI 719-689-3584 X111.
 - All meetings held in the 2nd floor conference room unless otherwise noted. FMI 719-689-3584 x124.

and improved workshop: a video and discussion-based workshop for parents with children birth-5 years. Fridays, March 2-23, 9:30-11:30 a.m. Food and child care provided. FMI 719-686-0705 or Michelle@cpteller.org

6 Crossroads parenting 4:30-8:30 p.m. Teller County Court approved for divorced or divorcing parents, divorce and custody class at Community Partnership. Fee is \$35.FMI Michelle Carothers 719-686-0705 or Michelle@cpteller.org

7 GED orientation 9:30-2 p.m. GED classes Mondays and Wednesdays 12-3 p.m. New Student Please call Katy to register 719-686-0705.

31 Attend a presentation to help any community member prepare resumes, introductory speeches, etc. to assist in their job search. This is in preparation for the upcoming Pikes Peak Workforce Center job fairs in April.

FAIRPLAY

8 Friends of Fairplay Community has pizza night from 4:30-7 p.m. at the South Park Pub & Grill in the Valiton Hotel. You will enjoy a slice of pizza and lasagna plus a salad, a cookie, tea or soda for \$10 or \$5 for kids under 6. This event is a fundraiser for the Friends with monies being raised for the community technology building fund. FMI 720-205-0178.

24 Free Public Day at Beaver Ponds Environmental Education Center 11-3 p.m.

FLORENCE

- 31 Yagabond Flea Market at the Rocky Mountain Bank parking lot on the corner of Main Street and Pikes Peak. Please join in, have fun in Florence and shop for great April Fool's Day deals throughout the town. Donations for the flea market can be left at Spirit Riders. This is the first fundraiser for the steampunk society.

JOHN C. FREMONT LIBRARY

- 1 Dr. Seuss's Birthday Bash 3:45 p.m. all ages welcome!
- 10 Colorado End-of-Life Options Act (see Penrose).
- 15 Ladies of the Evening by Sherry Johns 6:30 p.m.
- 17 Family Movie: *Wonder* 2:30 p.m.
- 22 Cochineal: The new world red dye by Kathy DeHerrera 6 p.m.
- 23 Fourth Friday Film at Five: *The Theory of Everything* 5 p.m.

Adult programs

- 1, 15 Vegan Book Club 11:30 a.m.
- 7, 14, 21, 28 Wool Gatherers 10 a.m.

Youth programs

- 7, 14, 21, 28 Story Time 10:30 a.m.
- 1, 8, 15, 22, 29 Teen Group 3:45 p.m.
- 2, 9, 16, 23, 30 Growing Readers Story Time 10:30 a.m.
- March featured artist is Jody McCasland's series, *Here and Here Again*. Jody is a local artist, born and raised in Fremont County, who comes from a family of creatives and has experimented with lots of different outlets throughout the years including sand-blasting glass, beading, and macramé. This exhibit features her paintings of flowers and faces using watercolor. Stop by and see this delightfully vibrant collection of color and joy.

PIONEER MUSEUM

- Spring training begins! We have our

baseball display up with old Coal Creek baseball uniforms, team pictures, and a special baseball used in a 1915 exhibition game between the Denver Grizzlies (Bears) and the Chicago White Sox held south of Florence. Tues-Fri 1-4 p.m., Sat 10-3 p.m.

FLORISSANT

- GRANGE #420
- 10 Fine Needle Basket making class at noon. Learn to make something eye-pleasing out of an eyeglass. Cost: your donation. FMI 719-748-5004.
- 12 Financial Primer 6:45 p.m. What you need to know for 2018 about the new tax law. Is now the time to sell your home? How can you maximize retirement accounts? What to do to protect assets prior to moving into a nursing facility. How do I begin to accumulate wealth? This informational meeting is free. Presenters from Kozleski CPAs, Community Banks of Colorado, Allstate Insurance.
- 24 Children's Easter Party 1-3 p.m. Kids, bring your parents out for a fun time! Free picture with the Easter Bunny, Easter egg hunt (weather permitting), crafts, cocoa/coffee, and other treats. Donations welcome.

HARTSEL

- 1 SP Park Rec Center seeks public comment at Hartsel Community Center at 6 p.m. to advancing mill levy in May vote. The current Center, which sees visits from 1,500-2,200 community members every month, is in need of extensive upgrades. Two Colorado-based companies, CSNA Architects and Bryan Construction, are serving in a pro bono capacity to advise on design and construction. While designs for the potential expansion — which could include a new gymnasium, indoor walking track, climbing wall, technology center, commercial kitchen and additional class space — are being finalized, the Recreation District Board wants to hear from local citizens about what they would like to see in an improved recreation and community center. FMI www.southparkrec.org

- 10 Mountain Erie Irish Dancers 10:30 a.m.
- Fridays, Storytime 10-10:45 a.m.

FLORISSANT LIBRARY

- 5, 12, 19, 26 Tai Chi 10 a.m.
- 8 Free Legal Clinic 3-4 p.m. for those who have no attorney on the second Thursday of each month. Please pre-register by calling 719-748-3939. For free legal information for Colorado civil issues visit www.checkerboard.co

- 10 Mountain Erie Irish Dancers 10:30 a.m.
- Fridays, Storytime 10-10:45 a.m.

ADULTS

- 12 Let's Read Amok! Book Club 11 a.m.
- 21 Bookworms 10:30-12 p.m.
- 28 Craft and Create 1-2:30 p.m. Supplies provided. Call 719-748-3939 to register.

GUFFEY

- BULL MOOSE
- 5, 19 BINGO with cash prizes 6 p.m.
- 10 Open Mic hosted by Super Chuck 6 p.m.
- 12 Trivia game night with prizes 6 p.m.
- 17 St. Patrick's Day party hosted by Stompin' George 6 p.m.
- 24 Music, comedy and magic show with Marty Wayne & Super Chuck 6 p.m.
- 31 Mark Griffiths & John Juan 6 p.m.
- Fridays Karaoke 7 p.m.
 - 2 April NCAA March Madness National Championship Game 7 p.m. FMI www.thebullmooseinguffey.com, or 719-689-4199.

FRESHWATER BAR & GRILL

- 3 Adam Ashley & Joe Bellavia
- 10 Trick Dog
- 17 Soulsmith Unlimited
- 24 Flash Black
- 31 Steel Street
- All entertainment 5-8 p.m.

GUFFEY LIBRARY

- 5 Talking Threads 1 p.m.
- 6 Friends of the Guffey Library Quarterly 10 a.m.
- 6 Rocky Mountain Rural Health Outreach 11-1 p.m. (weather permitting)
- 12 Patches & Pieces 11 a.m.
- 26 Guffey Literary Society 1 p.m.
- 27 Veteran Outreach Program 11-4 p.m.

continued on next page

~OUT AND ABOUT~

continued from page 20

- 31 Spring SEED swap day noon.
- Jigsaw puzzle days MTW & Sat. 11-4 p.m. All events are open to the public and are free. Please feel free to call or email with any questions 719-689-9280 or Guffeylib@parkco.us or visit our website <http://http://parkcounty.colibraries.org>

STRICTLY GUFFEY

- 4 Making silver rings class 12-4 p.m.
- 15 Drum Circle 6-8 p.m.
- 16 Wine and watercolor 6-8 p.m.
- 17 Talking Threads 10-noon.
- 25 Creating Bezel-setting stones in silver jewelry 12-4 p.m.
- Yoga each Saturday 8:30-9:30 a.m.

HARTSEL

- 1 SP Park Rec Center seeks public comment at Hartsel Community Center at 6 p.m. to advancing mill levy in May vote. The current Center, which sees visits from 1,500-2,200 community members every month, is in need of extensive upgrades. Two Colorado-based companies, CSNA Architects and Bryan Construction, are serving in a pro bono capacity to advise on design and construction. While designs for the potential expansion — which could include a new gymnasium, indoor walking track, climbing wall, technology center, commercial kitchen and additional class space — are being finalized, the Recreation District Board wants to hear from local citizens about what they would like to see in an improved recreation and community center. FMI www.southparkrec.org

- 10 Mountain Erie Irish Dancers 10:30 a.m.
- Fridays, Storytime 10-10:45 a.m.

Proceeds will benefit the Hartsel Community Center.

LAKE GEORGE LG CHARTER SCHOOL

- 11 Daylight Savings Time begins
- 13 Charter Board Meeting 6 p.m.
- 15 End of third quarter (35 days)
- 22 Report cards go home
- 26-29 Spring Break - NO SCHOOL

PALMER LAKE

- 15 The Palmer Lake Historical Society will present "The History of the Mt. Manitou & Incline Railway," the story of an iconic part of Manitou Springs history, by Eric Swab. Events and programs are held in the Palmer Lake Town Hall, 28 Valley Crescent. Doors open at 6:30 p.m., program begins at 7 p.m. Light refreshments will be served after the presentation. Palmer Lake Historical Society events and programs are free and open to all. FMI: www.palmerlakedividehistory.org

PENROSE

- 10 Information session: Colorado End-of-Life Options Act by Marlow Sloan, M.D. at Penrose Community Library 11 a.m. 35 7th Ave, Penrose.

SAILDA

- 1 Chaffee County Emergency Food Assistance 9:30-2 p.m. at Paquette Gallery of the Steam-Plant 220 W. Sackett Ave. featuring artist Donna Waggle and musician Ron Slaughter. The creative mixer is free, open to the public and is a casual, social gathering to share information about the local art scene.

- 8 Salda Council for the Arts' creative mixer 5:30-7 p.m. at Paquette Gallery of the Steam-Plant 220 W. Sackett Ave. featuring artist Donna Waggle and musician Ron Slaughter. The creative mixer is free, open to the public and is a casual, social gathering to share information about the local art scene.

- 10 Wild & Scenic Film Festival 2018 6-9 p.m. at SteamPlant Theater.

VICTOR

- 2, 9, 16, 23, 30 Celebrate Recovery at the Victor Community Center every Friday Night at 6:15 p.m. FMI 719-243-4970.
- 17 St. Patrick's Day "Trash Can Dinner" at the Victor Hotel to benefit the Tractor & Mining Museum. Donation requested. 4-8pm or until food is gone. FMI 719-434-0878

WOODLAND PARK

- 3 Wild Whiskers at Shining Mountain a TCRAS event FMI www.tcrascaloradolorado.org or 719-686-7707.
- 8 Free Legal Clinic for parties who have no attorney 3-4 p.m. at the library, by computer link. Please pre-register by calling 719-687-9281 Ext 103. For free legal information for Colorado civil issues visit www.checkerboard.co
- 8-10 Win from within 2018 Men's Advance. Train for greatness with Andrew Wommack, James Brown, and Tony Dungey. Charis Bible College. Tickets \$55.
- 10 Teller County Farmer's Market at Ute Pass Cultural Center. See ad on page 4.
- 11 Zack is the greeter at Taste of the Irish see page 16.
- 17 The 1st Annual St. Patrick's Day Parade and Pub Crawl FMI www.tcrascaloradolorado.org or 719-686-7707.
- 18 Senior Center Pancake Breakfast at the Senior Center, SE corner of Pine Street and Lake Avenue, 8-11 a.m. Continue your "wearing of the green" as you join us for a fresh cooked, all you can eat, breakfast. Full of the blarney, your home town seniors will be serving up fluffy pancakes, scrambled eggs, sausage, the best biscuits and gravy around, and a seasonal treat complete with juice and coffee or hot tea for only \$8. Kids 6 and under eat for \$2. Everyone is welcomed to enjoy

great food and friendly conversation. We appreciated the support of each one of you!

24 Senior Center Chili Cook-off: Come join in on the fun at the Woodland Park Senior Center Annual Chili Cook-off 11:30-1:30 p.m. An admission fee of \$5 covers tastings of all the chili entries as well as a great chili lunch with all the fixings. Want to submit your secret chili recipe into the contest? The entry fee is \$10. Drop by or call the Senior Center 719-687-3877 to reserve your spot. Proceeds from this event support activities at the Woodland Park Senior Center.

24 The 4th Annual Mule Deer Conservation Fundraising Banquet. Doors open 4 p.m., dinner starts at 6 p.m. Banquet revenue will be used to assist with mule deer habitat improvement projects on public lands in Teller, Park and northwest Douglas Counties. A live auction, silent auction and raffles for merchandise. Attendees are encouraged to bring mounts to display. FMI Larry 719-351-0994 or Rose 720-936-5778 (leave message) or email csfslong@gmail.com. Must pre-register to attend.

24 The 4th Annual Mule Deer Conservation Fundraising Banquet. Doors open 4 p.m., dinner starts at 6 p.m. Banquet revenue will be used to assist with mule deer habitat improvement projects on public lands in Teller, Park and northwest Douglas Counties. A live auction, silent auction and raffles for merchandise. Attendees are encouraged to bring mounts to display. FMI Larry 719-351-0994 or Rose 720-936-5778 (leave message) or email csfslong@gmail.com. Must pre-register to attend.

24 The 4th Annual Mule Deer Conservation Fundraising Banquet. Doors open 4 p.m., dinner starts at 6 p.m. Banquet revenue will be used to assist with mule deer habitat improvement projects on public lands in Teller, Park and northwest Douglas Counties. A live auction, silent auction and raffles for merchandise. Attendees are encouraged to bring mounts to display. FMI Larry 719-351-0994 or Rose 720-936-5778 (leave message) or email csfslong@gmail.com. Must pre-register to attend.

DINOSAUR RESOURCE CENTER

- 10 Free Scout Day 10-6 p.m. All scouts and their leaders, IN UNIFORM, will be admitted FREE.
- 17 Irish Tales of Luck 1-2 p.m. Sienna and Joey, the famous border collies battle a giant in this interactive show. FMI www.rmdrc.com

GED Mondays and Wednesdays 6-8 p.m. at the High School. Please call Katy to register 719-686-0705.

LIBRARY

- 1, 8, 15, 22, 29 Tai Chi 5:30 p.m.
- 2, 9, 16, 23, 30 Tai Chi for arthritis 10 a.m. and Tai Chi sun style 11 a.m.
- 10 Mountain Erie Irish Dancers 2:30 p.m.

13 Ukulele jam in Children's Activity Room for ages 12 and up. Must have your own ukulele and know how to play. Come prepared to share a

EVERY MILE, EVERY MILESTONE, WE'VE GOT YOU COVERED.

CALL (719) 687-9292 FOR A NO-OBLIGATION FREE QUOTE.



Frank Gundy, Agent
Frank W Gundy Agency, Inc.
101 Sundial Dr Ste B2
Woodland Park, CO 80863
fgundy@amfam.com
Bus: (719) 687-9292



Barbara Asbury
"Your Mountain Living Specialist"
MRE, ABR, CRS, SFR, ePRO, Broker/Owner

400 W Highway 24 Ste 217 PO Box 28
Woodland Park CO 80863

Cell 719-337-7033 Ofc: 719-687-0630
Fax: 719-646-0200 e-mail: bgasbury@gmail.com



Cañon City Coins
Collector & Investor Coins - Buying, Selling & Trading Coins, Gold, Supplies and Gold Panning Equipment

123 S. 5th St. - Cañon City
www.canoncitycoins.com • (719) 269-7507



McGraw HOME INSPECTIONS
For Home Buyers or Sellers
Inspected Once, Inspected Right!

For Buyers - Get the best home inspection possible before you buy.
For Sellers - Find & fix problems first for a quick & easy closing!

Jim McGraw - Certified Home Inspector - #NACHI15122809
(970) 846-9691 • www.mcgrawinspections.com



WOODLAND PARK GARAGE DOORS
291-1088 / 684-8888

MICHAEL BROWN
REPAIRS / INSTALLATIONS
Family Owned & Operated



Shipping Plus Your Full Service Shipping & Business Center

Making it easier to live & work in the mountains

email: lisa@shippingplusco.net
Mon - Fri 9:00 - 5:30 • Sat 9:00 - 1:00
52 County Road 5 719-686-Plus(7587)
Divide, CO 80814 Fax 719-686-9176



HARDCASTLE HEATING & AIR
KING OF COMFORT

1212 1/2 W. Hwy 24
Woodland Park, CO 80863
719-686-6742
chris@hardcastleheat.com

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

WINTER LABOR RATE ONLY \$65 per hour
Schedule Welding, Repair or Service



Hitchin' Post Trailer & Tractor Sales
719-748-8333
www.hitchinposttrailers.com

Active Life Chiropractic

808 W. Browning Ave
Woodland Park, CO
719-687-7600
Dr. Cheryl Steen, D.C.

March Special 25% OFF ALL NUTRITIONAL SUPPLEMENTS



MUSIC LESSONS
Violin, Beginning Guitar and Mandolin



FLIP: [719] 429-3361
flip@ghvalley.net



Shannon Lemons, DVM
Teller Park Veterinary Service
Elevate your Veterinary Care.

Accepting Care Credit

Large and Small Animal Medicine and Surgery, Specializing in Dentistry

719.687.2201
1084 Cedar Mtn. Road • Divide • www.tellerparkvet.com

Reach over 37,000 readers in Teller, Park, Fremont, Chaffee, Summit, and El Paso counties every month!

Your Ad Here
for as little as \$24.75 a month*

Call 719-686-7393 or
email: utecountrynewspaper@gmail.com
for more information and advertising deadlines.
**pre-paid one-year contract rate.*



WOODLAND ROOFING COMPANY
COMPLETE ROOFING SERVICE
52 YEARS OF SERVICE


PHONE (719) 687-9645
CELL (719) 291-4731
www.woodlandroofing.com

STEVE BARRINGTON- OWNER P.O. BOX 9002
E-MAIL: steve@woodlandroofing.com WOODLAND PARK, CO 80866

Journeys
Counseling Center, Inc.
"We are here to help you create your best life possible"


Barbara Pichholz-Weiner
RN, CAC III, MAC, EMDR II

320 Burdette Street, Woodland Park, CO 80863
719-687-6927 Fax 687-7827 Cell: 719-510-1268
journeyscc@aol.com



Wanted!
Tax-deductible donations of steel railroad track (60 lbs. or greater) and grade one railroad ties for use at the Midland Depot at Divide. Contact David Martinek at (719) 213-9335 or at MidlandDays@yahoo.com.

Midland Depot at Divide, Inc. is a 501(c)3 non-profit corporation.



Compassion ANIMAL HOSPITAL

GREGORY S. COOPER, D.V.M.

(719) 687-6000
312 W. Hwy. 24 • Box 5999 gcompassionanimalhospital@gmail.com
Woodland Park, CO 80866 mycompassionanimalhospital.com



The House Fairy
Cleaning & Handyman Services
Property Care and Management

Quality Service
Affordable Rates
References available
Weekly - Biweekly - Monthly
Reliable

We do the work from deep cleaning to all repairs

Carmen and Mike
505-382-4412

We service all Teller County
Woodland Park, Divide, Florissant and Guffey



ALPINE Towing & Recovery

Storage lots by Buena Vista 719-395-8556
appointment only Salida 719-539-6634
3 locations Lake George / Woodland Park 719-748-3331



EVERGREEN TREE SERVICE

FIRE MITIGATION • TRIMMING • REMOVAL & MORE!

(719) 332-7516
TRENT HANCOCK • WOODLAND PARK, CO



FOUNDATION TRAINING
CERTIFIED INSTRUCTOR

Beth Wiley
719.687.6683
bethfoundationtraining@gmail.com

Griggs Vacuums
WE WANT TO BE YOUR VACUUM STORE!

Vacuum Repair, Sewing Machine Repair & New Vacuum Sales

Sanitaire Miele RICCAR MAYTAG

1706 W. COLORADO AVE COLORADO SPRINGS, CO 80904 16 OAK STREET BUENA VISTA, CO 81211
(719) 475-9216 (719) 395-2202

WWW.GRIGGSVACUUMS.COM • GRIGGSVACUUMS@YAHOO.COM



Business Expansion Ahead

Business growing? Starting a new venture?
South Park Insurance Services can help!
20+ years insuring local businesses in Park, Chaffee, Lake & Summit counties
Call or go online to request a free, no-obligation quote for your business insurance
719-836-2980 / emccallum.spis@crsdenver.com

The Insurance Center, LLC
Julie A. Matthews
Owner / Agent

105 Sundial Drive
Woodland Park, CO 80863
juliem@wpinsurancecenter.com
719-687-3094
Fax 687-6160
www.wpinsurancecenter.com



Classic or New Domestic Foreign 4 - Wheel Trucks Jeeps




Home Town Garage
711 Gold Hill Place
Woodland Park, CO 80863
(719) 687-0001
"Home Town Service You Can Trust"



Paradise Gardens
Forty Years of High-Altitude, Organic and Native Gardening in Florissant, Colorado

"The Plant Lady"
Karen Anderson

719.748.3521
PlantLadySpeaks@gmail.com
By Appointment Only, Please



Mike McCartney

M.G.M. Arms
Specialized Reloading

P.O. Box 242 Florissant, CO 80816 By Appointment 1-719-748-3521

Basic Handgun Safety & Proficiency Classes • Concealed Carry Training
Certified Instructors • Group or Individual Classes • Call for Times



gardensINC

Hydroponics • Seeds • Nutrients/Fertilizers • Plant Starts (Seasonal)
Soil/Growing Media • Lighting & Controls • Starter Trays and Pots


741 Gold Hill Square • Woodland Park, CO
719-687-1800

NOW IN FLORISSANT!
M-F 8:30-5:30 Phone: 719-748-1006




R & A Auto Repair
Aaron Wentz Owner
raautorepair1995@gmail.com
17831 County Road 1 | Florissant, CO


We can help you with Mountain Property Insurance.



email: rspcoach2008@yahoo.com for more details



Geri Salsig, Broker, e-PRO®
Box 46/43 CR 102, Guffey, CO 80820
Bus 719-689-2008 Fax 877-376-6980
WWW.ZLANDLADY.COM
geri@zlandlady.com



BUCKSTITCH SADDLERY
Handmade Saddles, Tack & Other Gear

RICK FAVINGER Phone: (719) 660-4488
40025 Hwy 24 PO Box 220 Lake George, CO 80827
Email: buckstitchsaddlery@hughes.net



even in the end
HIGH ALTITUDE SPIRITS

Hangovers Installed and Serviced

Main Street Fairplay Jake & Jennie Ph. (719) 836-3155



LAMININ CONSTRUCTION
16 years of experience in the building industry. General Contractor, Licensed and Insured. Offering quality services with a focus on integrity-driven remodeling and home repair services.

Call Us Today For Your Full Home Renovation Or:
• Bathrooms (Upgrades or Additions) • Kitchen (Indoor & Outdoor) • Fencing
• Garages • Sheds • Patio Covers • Basement Finishes • Custom Woodworking
• Painting • Finish Trim Work • Custom Mantels • Countertops • Tile • Decks

Call Jarrod For A Free Estimate 719-270-0766
jarrod@lamininconstruction.com



BB Painting of Woodland Park

Quality Interior & Exterior Painting

Call Bert Barta For Free Estimate 303-905-0422

Dad and Daughters Team
Local & Insured Over 20 years experience

We Buy, Sell, Trade • Gold Panning On Site!

ANTIQUES TO ANTIQUITIES • CONSIGNMENT
MAN CAVE GOODIES • COLLECTIBLES
PRECIOUS GEMS & GOLD NUGGETS

WINTER HOURS: FRI-SUN 11-3 BY APPOINTMENT

38334 HWY 24 LAKE GEORGE
719-838-0521
PHOTO/TEXT

ADVANTAGE TAX PREPARATION
Mark Mandler
Individual • Family • Small Business • Non-Profit Agencies


Phone: 303-730-3652 6325 W. Mansfield Ave #211
Fax: 1-888-730-6925 Denver, Colorado 80235
advantagetaxprep@centurylink.net

www.OhGetMeAHome.com

Homes Cabins Land Ranches 719-748-1099

Serving Teller & Park Counties Since 1999!

HIGH COUNTRY REALTY
John Lloyd Magoon, Broker 2717 W Hwy 24 Florissant CO



Jim Wright, DVM
ANIMAL CARE CLINIC
(719) 748-3048
(719) 337-9822

Veterinary Practice
Small Animals • Equine and Livestock
Small Animal Surgical & Hospitalization Facilities Available

39609 Hwy. 24 • Lake George, CO 80827
Serving Teller, Park, Douglas, & El Paso Counties

HAY RANCH
www.ForSaleRanch.com
131 acres / 3 water rights
South West of Divide
Can subdivide into 55 / 75 acre parcels
719-221-8619 Brokers 3%



Black Wing Blasting
Over 40 Years of Explosive Experience

Drilling/Blasting • Rock Stabilization • Soil Nails

Rick Batista • PO Box 998, Divide, CO 80814
(719) 687-6170 • (719) 687-7090 Fax



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!
Fill out this form and mail it back to us with your payment of \$36 for your 1 year (13 issues!) first-class subscription.

Name: _____
Address: _____
Phone: _____
Email: _____

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



TIMBERLINE

Spraying & Mitigation Services



SAVING THE FOREST ONE TREE AT A TIME

We will match or beat any written competitor's pricing

Spray Season is Here!

Are pests eating your trees? Let us help you!

Timberline Spraying & Mitigation Services spray for a wide variety of bugs and beetles including:

- Budworm
- Tussock Moth
- Aspen Mites & Aphids
- Pine (IPS & MPB), Fir & Spruce Beetles

719-687-6811

Richard@SavingTheForest.com

*We also provide
Mistletoe Sterilization and
Deep Root Fertilization, along
with our Mitigation Services
as well.*



HEART OF THE ROCKIES RADIO GROUP & MEDIA CENTER, PROUD TO SERVE CHAFFEE COUNTY AND BEYOND!



Brewed up in Chaffee County,
served around the world!



Heart of the Rockies Radio
Group & Media Center,
locally owned and
community-focused!



Listen online or download our
app in the Google Play Store
or the Apple App Store.



COLORADO STRONG | COLORADO PROUD

Heart of the Rockies Radio Group and Media Center

719-539-2575 | 7600 CR 120, Salida, CO 81201 | gbuchanan@threeeagles.com