



# UTE COUNTRY NEWS

FREE

Putting the "unity" back in community™

February 2023

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

Vol. 15, No. 2

## Welcome to Ute Country



**"We're all a little weird. And life is a little weird. And when we find someone whose weirdness is compatible with ours, we join up with them and fall into mutually satisfying weirdness—and call it love—true love."**

**— Robert Fulghum**

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Health, Wellness & Fitness Fair



# The Bakery

We are having a Valentines dinner on Saturday the 11th. 4-7pm.  
Fettuccine topped with creamy lobster or a 4 cheese heart ravioli with marinara.  
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## On Deck

Check out the pronghorn on our front cover! Jeff took this photograph in May 2011, near the Hartsel area. We felt it was perfect for February, as we celebrate Valentine's Day. The quote is something we agree is true as we have fallen into our mutually satisfying weirdness and call it love. We trust you can too!

Our February issue has a variety of articles for your enjoyment. *Life Enhancing Journeys* provides us with the evolution of relationship development that can enlighten anyone truly interested in long-term relationships. *The Adventure Carousel - Missing Lynx* will take you on another escapade, this time on a lynx. History buffs will enjoy several articles as *Current Creek Characters* shares part XXIV, and "Ute Youth and his dog" gives insight into the items included in the photograph and how they may have been utilized. *A Look Inside the Artist - Joanne Suther* shares her unique approach to creating art. We also have helpful articles on prescribed burns, fire mitigation tax subtraction and avalanche safety to remind you of good common sense tactics that keep us safe in this high-desert mountain region.

Are you seeking a side gig? Do you enjoy meeting people and helping to solve problems? *Ute Country News* is currently seeking sales staff. If you are interested, please stop in Shipping Plus in Divide M-F 9-5:30 p.m., call us 719-686-7587 or email your intent and resume to [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com).

Do you have cute pics of your pets? We are always looking for photographs to fill Critter Corner. All you need to do is email [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or snail mail them to POB 753 Divide, CO 80814 or drop them off at Shipping Plus in Divide M-F 9-5:30 p.m.

Thank you,  
— Kathy & Jeff Hansen

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## A Look Inside the Artist Joanne Suther, multi-medium artist by Mary Shell

It seems once an artist gets to know the processes of creating art in their choice of medium, they become scientists and begin experimenting with it. I will have to admit that I am guilty of that myself. Often they don't work, and sometimes they create a new movement. Joanne is one of those "scientist" artists. She can move smoothly between mediums and sometimes gathering them all together to create beautiful art. It takes a courageous artist to take chances and Joanne is one of them.

To create spiritual art is the basis of why humans create art to begin with. Children don't create art...they create stories. Joanne has been gifted with the ability to maintain the core of creating art...to tell the story and touch the heart.

### You create such interesting watercolor paintings. Where did you learn to paint?

I started attending art classes outside of school when I was in the 7th grade. I had a lot of learning challenges in school and art was the one area where I thrived. I wasn't the most talented student in my class, but my teacher submitted my work for a scholarship with a Saturday program at the Carnegie Museum in Pittsburgh and I was one of the winners. The three years I attended the program we worked on drawing and painting. Then I took every art class I could while in high school. I studied art education in college, and I learned that a lot of students that were drawn to art had challenges in other academic areas just as I had. I became an advocate for those students.

I loved exploring techniques to help students lose their fear of the page. I often draw with my non-dominant hand and found that when I encouraged my students to do that, they could begin to let go of the idea that everything has to look perfect. I had them draw on post it notes to remove that sense of preciseness. I drew upon standard drawing warm-up techniques, added my own twist and over time, I found my drawing style. That translated to my plein air watercolors, especially the ones that incorporate architecture.

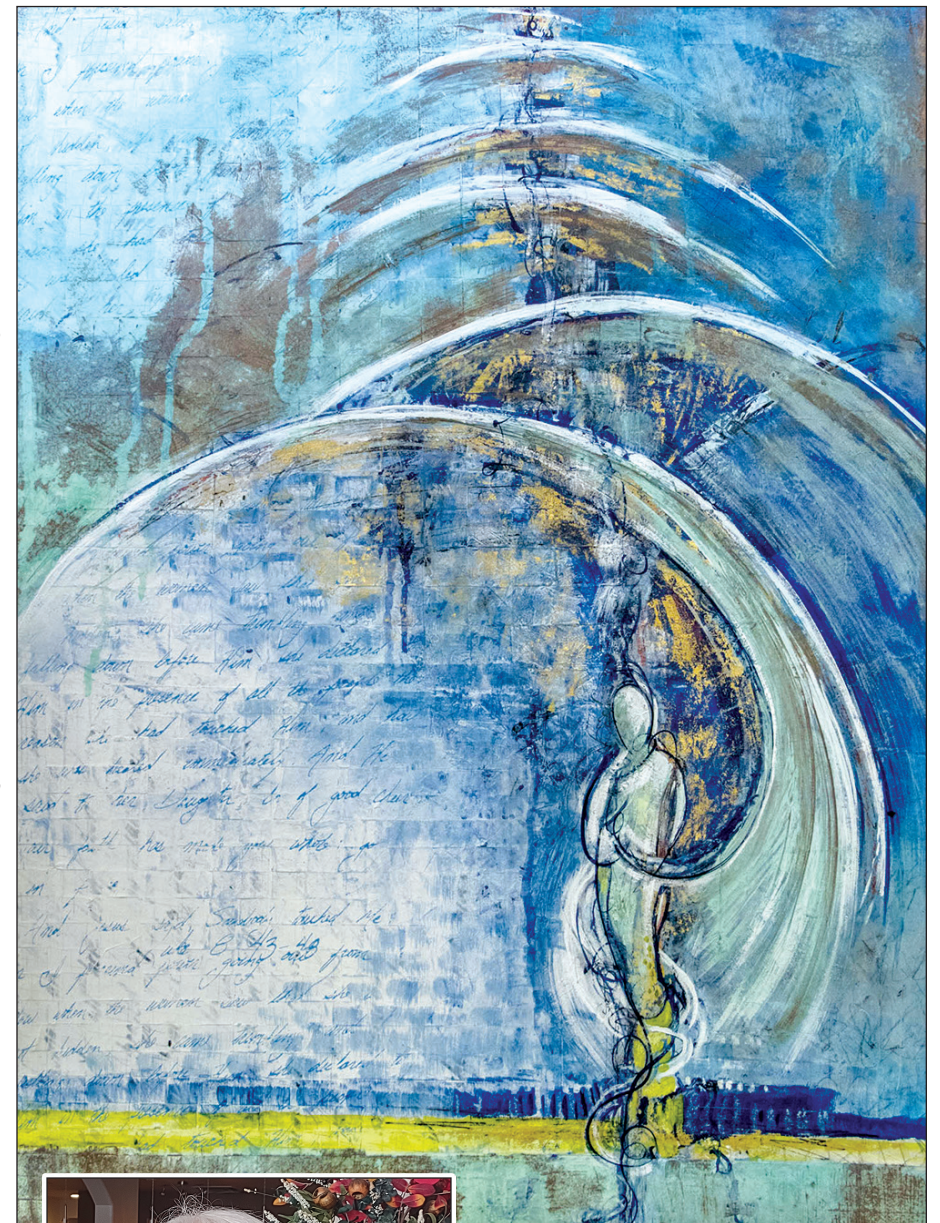
Before moving to Cañon City, I worked at the Nelson-Atkins Museum of Art in Kansas City. I was fortunate to study and teach with some wonderful artists on staff. Learning from others always informs your own work and I learned so much from my peers while teaching there. While I was at the museum, I had the opportunity to work with The Start in Art class with 3- to 5-year-old children. I learned more about the sheer fun of intuitive painting through that experience than I ever did in all my college classes. After that I understood why the great Master of Modern Art invited children to come and paint with them in their studios.

### How would you explain your process?

It depends on the medium I am working in. As an art and museum educator I taught drawing, drafting, painting, printmaking, mixed media, collage, book making, and fibers. But for my watercolor work, I may start with an ink continuous line drawing. I enjoy doing modified blind contour drawings and non-dominant hand drawings for the loose quality they produce. Then I might add wet on wet loose color. That is what I did with the Quick Draw painting of Florence Brewery, 201 West 2nd Street, the sketch of the bank building and the chickens at the Lavender Farm. Sometimes I start by adding loose wet on wet colors, allowing those to bleed together then let that dry. Then I will do an ink sketch on top of that. That is what I did with the little sketch of Fremont Peak.

### When did you start painting?

As a student I started painting in junior high. But I started doing more personal work after I started teaching.



Joanne Suther (left) and her work Healing Spirit, Soul and Body (above).

as Facets on a Diamond is one of my favorite illustrations. I saw that all my dreams are facets on one diamond not a collection of hundreds of separate dreams. The thorns that encompass the diamond represent the Hebrew word Shamar. It means to keep, to guard and to protect as a treasure. The picture image is the hedge of thorns a shepherd would build for his sheep in the open field to protect them from predators.

### What is your best subject?

While I am enjoying the plein air work I am currently doing, I think the work I did after my healing over trauma is my best work. The mixed media painting Healing Spirit, Soul and Body was my response to that. After my second hip replacement surgery I had to have an extra eight weeks of physical therapy

continued on page 4

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## BLM hosts public meetings for input on solar energy program

by Eric Coulter

As part of its ongoing effort to support responsible renewable energy development on public lands, the Bureau of Land Management is holding a public scoping meeting in Grand Junction to solicit feedback on the recently announced programmatic environmental impact statement for the BLM's utility-scale solar energy planning.

The BLM is considering updates to its 2012 Western Solar Plan that included six south-western states — Arizona, California, Colorado, Nevada, New Mexico, and Utah — and is seeking comment regarding expanding its solar planning to include five additional states: Idaho, Montana, Oregon, Washington, and Wyoming. The Grand Junction meeting is one of a series being held in February in various western states, as well as in Washington DC and virtually. For the complete list of meetings visit <https://www.blm.gov/>

"The BLM is committed to expanding renewable energy development on public lands to help lead the nation into a clean energy future, enhance America's energy security, and provide for good-paying union jobs," said BLM Director Tracy Stone-Manning. "We look forward to hearing from the public on effective ways to expand our nation's capacity for producing solar energy while continuing to ensure robust protection of our public lands and waters."

The Grand Junction meeting will be held

on February 9th from 3-7 p.m. at Grand Junction Convention Center, 159 Main Street in the Whitewater/Kannah Rooms. Parking is complimentary for attendees. Individuals that need special assistance, such as sign language interpretation and other reasonable accommodations should contact the BLM at [Solar@BLM.gov](mailto:Solar@BLM.gov).

A virtual meeting will also be held Feb. 13 from 12:30-3:30 p.m. Mountain Standard Time. Pre-registration is required. Click below to register:

[https://argonne.zoomgov.com/join/join/join/vJsdOGHqTsoH695-CQK-bV2QMr\\_XxPikfo](https://argonne.zoomgov.com/join/join/join/vJsdOGHqTsoH695-CQK-bV2QMr_XxPikfo)

After registering, you will receive a confirmation email containing information about joining the meeting.

The Notice of Intent to update the BLM's 2012 solar programmatic environmental impact statement was published in the Federal Register on December 8, 2022, with interested parties invited to submit written feedback or to participate in one of the in-person or virtual public scoping meetings.

The public comment period will remain open for 15 days after the last public scoping meeting. For the most current information on these meetings and to view the Notice of Intent, visit the BLM's ePlanning web site at <https://eplanning.blm.gov/eplanning-ui/project/2022371/570>.

## Prescribed burning in Park County

by South Park Ranger District

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

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

- **Lake George east piles** — north of Highway 24, south and east of Trail Creek Road, adjacent to the Lake George Forest Service Work Center.
- **Road 98 piles** — about 1/2 mile south of Wagon Tongue Subdivision, and on both sides of County Road 98.

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

and the recreating public in the area.

Ignitions will occur only when weather and fuel conditions meet prescriptive parameters and when smoke impacts can be managed within established requirements. Ignition and burning operations may continue for several days depending on the number of piles being burned. Fire personnel will monitor the burns until the fires are completely out.

Smoke is a natural byproduct of fire, and some amounts are unavoidable. However, fire managers and prescribed fire specialists do attempt to minimize smoke impact to the public during prescribed burning. Once burning begins, expect smoke to be visible from Woodland Park, Divide, Florissant, and Lake George. Smoke may also linger over the burn areas for a few days following initial ignitions. For more information on smoke and health, please visit: [www.colorado.gov/pacific/cdphe/wood-smoke-and-health](http://www.colorado.gov/pacific/cdphe/wood-smoke-and-health).

Follow @PSICC\_NF on Twitter for up-to-date information on this and other topics. Use #LkGeoRX for South Park Ranger District for prescribed fire notifications. For more fire information resources, please visit our website [www.fs.usda.gov/detail/psicc/fire/?cid=fseprd667411](http://www.fs.usda.gov/detail/psicc/fire/?cid=fseprd667411).



## Check avalanche forecasts before you go!

by Bridget O'Rourke

Colorado Parks and Wildlife wants to remind winter outdoor enthusiasts to check avalanche forecasts at [www.colorado.gov/avalanche](http://www.colorado.gov/avalanche) before going into the backcountry.

Early-season snowfall followed by heavy snow in December and early January has created dangerous avalanche conditions. The Colorado Avalanche Information Center (CAIC) interactive online map provides valuable, and potentially life-saving, information about dangerous avalanche areas around the state.

The CAIC recorded over 870 avalanches since Dec. 26, 2022. There has been a fatal avalanche accidents three weekends in January, killing four people. The avalanche danger is not going down and people can expect these dangerous conditions throughout the holiday weekend.

"We have seen more avalanches this year than we do on a typical year, and recently they've gotten much bigger," said CAIC's Director Ethan Greene. "We want everyone to enjoy the wonderful public lands in Colorado and go home alive and well to their family and friends. We need everyone headed into the backcountry to plan their trip carefully and avoid avalanche hazards."

In Colorado, outdoor adventurers must be mindful of the risks that winter weather and constantly shifting weather patterns can present. Dangerous weather conditions that raise concerns are unpredictable, such as strong wind gusts, heavy snow storms, cold water temperatures and avalanches.

Before heading out in the backcountry or on trails that go through avalanche terrain, CPW advises the following winter recreation safety tips:

- Check the CAIC avalanche forecast and plan backcountry travel accordingly.
- Take avalanche training.
- Carry all required safety gear. Make sure you and every member of your group carry an avalanche-rescue transceiver, a probe pole, and a shovel — and know how to use this equipment.
- Keep wildlife wild. Wildlife viewing ethics are particularly important during the winter. Maintain distance and do not chase animals.

Regardless, if you enjoy relaxed activities like snowshoeing and ice fishing or more advanced activities like snowmobiling and skiing, CPW encourages people that plan to spend time outside this weekend and winter to recreate safely and be mindful of avalanches and wildlife on our landscapes.

Watch this Know Before You Go video to learn about why and when avalanches happen. For more information about CAIC's education resources page, visit <https://avalanche.state.co.us/education/resources>.

To support avalanche safety programs in Colorado, visit [cpw.info/keepcolorad-owild](http://cpw.info/keepcolorad-owild). Colorado residents who get a \$29 Keep Colorado Wild Pass with their vehicle registration through the Division of Motor Vehicles help support local search and rescue teams and avalanche safety programs.

## Get ready to celebrate!

**4th Annual Woodland Park Saint Patrick's Day Parade and Crawl**

by Mickie Richardson

The 4th Annual Woodland Park Saint Patrick's Day Parade and Pub/Food Crawl at noon. The parade starts at Memorial Park, goes in front of the Ute Pass Cultural Center, then finishes along Baldwin. All area groups, organizations, clubs and businesses are invited to have a float, classic car, walking or riding groups participate. The Pub/Food Crawl begins after the parade. Crawl cards are \$5 and they are filled with discounts and deals from favorite area eateries. We are still accepting vendors for this as well. The parade and crawl vendor participant deadline is February 24, 2023. The Crawl Card deals are good starting the 11th at 1 p.m. through March 18. Cards will be for sale March 11 at the table in front of the Cultural Center before and after the parade. FMI [www.mountainaire.org](http://www.mountainaire.org) or [mountaineire@yahoo.com](mailto:mountaineire@yahoo.com).

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...and Fiona - Nichole McAllister, Franklin, WI

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# The Adventure Carousel

## Missing Lynx

by Gilrund the Historian

Jack was on his way to Ben's house when his mother called him back and told him that Ben's mother had just called to tell her that Ben had the flu and wouldn't be able to meet him at the malt shop today.

"Rats!" said Jack to himself as he turned back into the house and returned to his bedroom. "We were going to plan a new adventure today."

Jack sat in his bedroom for about an hour when he decided to text Ben on his phone.

"Hi, your mom says that you've got the flu and I can't come over. Perhaps we could plan our next adventure on the phone."

Jack waited for a response for nearly an hour and Ben didn't text back.

"Wow, he must be really sick," thought Jack, "I guess I'll go to the carousel by myself. It won't be as much fun, but I want to do something today."

Jack walked to the malt shop that was near the carousel and ordered his chocolate malt and sat down at one of the tables to wait for it to be made.

As he waited, in walked Janice, the young woman that used to work in the malt shop. She had gone away and gotten married six months ago.

Janice saw Jack sitting at the table and waved as another young man entered behind her.

"Hi, Jack," said Janice, "I would like you to meet my husband, Bill. I think you may have met him before."

Jack stood up and extended his hand to Bill to shake hands.

"Good to see you again, Jack," said Bill, "You and your friend Ben changed my life and I want to thank you for that."

Janice smiled as she took her husband's hand and said, "You changed my life too, Jack and I thank you. We thought you and Ben might be here today and so we came to see you and say "Hi" before we returned to our home in Lexton. Will you tell Ben "Hi" for us when you see him again?"

Jack didn't know what to say. These people shouldn't even be here; they lived in a mystical land not here in the Colorado mountains.

Jack knew Bill as King William of Lexton, a kingdom in a land that he and Ben had gone to on one of their adventures.

"How did you get here?" Jack asked as his malt was placed on the table by the waitress.

"Oh, you should know that" replied Janice, "We rode in on the carousel and we will leave on it too. It's a magical place, you know."

"But I thought that it only was magical at night. That's when Ben and I went to it, only at night."

Janice smiled and said, "Per-

haps, once you have had an adventure on the carousel, the magic works all the time. It did for Bill and I."

Bill touched Janice's shoulder and motioned that they must leave. Janice gave Jack a kiss on the cheek and said, "Thanks again, I am very happy."

Jack watched as the happy couple left the malt shop and walked toward the Carousel of Happiness.

Jack sat down at his table and as he drank his malt wondered if the magic would work for him during the day.

"Probably not," he thought, "I don't live there like Janice does with King William. She had no carousel animal to ride on, so it had to be all magic. It's so confusing!"

Jack waited until night before he walked back to the carousel and entered the back door, as he always did. There was Danny the dragon waiting for him.

"Where is Leo the lion?" Jack asked as he looked around in the carousel building.

"Ben didn't come with you this time, so I was the only one needed tonight," answered the dragon.

Jack stood in front of the dragon and said, "I have a question that I think only you could answer."

He told of meeting Janice and King William that afternoon and what they had told him of how they got to this world from their own magical

world.

"How did they do that? Could Ben and I do it too?" Jack asked.

Danny looked at Jack for a moment and then said, "I can't answer that for you, Jack. But I know someone that might be able to."

Just then a mist formed behind the dragon and a Lynx appeared and walked forward to stand by the dragon.

"This is Larry the Lynx," introduced Danny the dragon, "As you may know the Lynx is a keeper of secrets. So, I think that Larry might be able to give you the answers to your questions. Right Larry?"

The big cat looked at Jack and then Danny, then said in a soft voice, "Perhaps. Come, young one, mount me and we shall see what we might see."

Jack mounted on the Lynx's back and the mist started to grow around them. Soon, they were in a different place as the mist cleared away somewhat, but still floated around at their feet.

There before them was a large flat, round frame

that turned slowly in the wind that blew through the openings in the old building. There were many brass tubes that stuck up from the wooden frame and shined in the sun.

"What is this that we are looking at?" asked Jack.

"Watch and see," was the answer by the Lynx, "We have as much time as we will need for your answer."

Jack continued to watch as a young man walked into the large building and up to the round platform and looked at it closely. He had a notebook in his hand and appeared to be writing things in the notebook as he walked around and looked at the platform. Then he turned and

walked away still writing in his notebook.

"Why didn't he see us?" asked Jack.

"We are still in the mist and cannot be seen," answered Larry.

The scene changed and now Larry and Jack were in a large workshop and the young man they had seen looking at the round platform was working with wood cutting tools on a large block of wood.

Leaning against the side walls of the shop were several other large blocks of wood and a partly completed carving of a horse.

"That looks like one of the horses on the carousel at home," said Jack.

"Yes," Replied Larry, "Do you now understand what we are seeing? This

is the beginning of the carousel. Keep watching and you'll get the answer to your question about the magic."

They continued to watch the young man work on the carving of the animals that would be put on the carousel. Jack saw the care and love that went into the carvings. He watched as the young man rubbed his hands over the carvings as he worked and smiled.

"He knows how much the children, like you, and yes, the adults too, will love riding on his creations. He is aware of the good memories and happy thoughts that they will generate as they are ridden over and over again. That is part of the magic."

The scene changed again, and Jack watched as the same young man walked through a wooded place with an axe in his hand and looked carefully at the various trees that he passed. He would stop at a certain tree and touch it with his fingers and then go one to the next to touch it with his fingertips and then continue on.

"What do you suppose he is looking for, Jack?" asked the Lynx.

"I'm not sure," answered Jack, "But I think he's looking for something special about the trees. He must be able to feel it, whatever it is."

"Keep watching," Said the Lynx.

It was then that Jack saw the young man stop at a certain tree and run his fingertips over it again and again, then he smiled as he stood back and raised his axe to strike the base of the tree.

"NO!" came a cry from the tree. "Please don't cut it down!"

Then slowly the figure of a young woman came out of the tree and faced the young man as he stood back and lowered his axe.

"This is my home and if you cut it down, I shall die," said the woman, who was, in fact, a wood nymph.

She was a strange looking woman with long stringy hair of a dark brown. She was slightly shorter than the young man and of a slim build with angular features. She had dark skin and a pointed upturned nose and green eyes. She was dressed in a short dress just above her knees, which looked to be of tree bark, and she wore dark sandals made of bark on her feet.

The young man smiled at her and said, "What will you give me if I spare your home tree, little wood nymph?"

"What would you desire?" she returned.

"I know that you have some magic, and I would have some of that placed on my carvings of wood for the carousel that I am building. I have a desire for the children that ride them to have magical adventures that no one else may have and remember them for the rest of their lives. Will you do that for me and the children?"

The wood nymph looked at the young man and smiled as she said, "You ask not for yourself, but for the joy of others. Therefore, I shall grant what you ask."

The wood nymph raised her thin, brown hands and said some words that the young man could not understand. Then she looked in his eyes and smiled.

"You have your desire," she said, "Everything that you make for the children and those who are older seeking joy will have the magic that you wanted."

"Thank you," returned the young man. He turned and started to walk out of the forest, while the wood nymph smiled as she walked back into her tree home.

The mist surrounded Larry the lynx and Jack and they soon found themselves back at the carousel with Danny the dragon.

Danny asked, "Did you find your answers, Jack? Do you now understand why and how we are here in this carousel?"

"Jack nodded his head as he answered, "Yes, I understand it now. It is because of the love of a man for children and for the joy that a place like this brings to others. This place will always be MAGICAL for all who seek the joy of it. Thank you, Larry, I think that I understand how the magic works now. It must be a deep desire that brings out the magic. May I share what I have learned with my friend Ben?"

Larry looked at Jack and said in his soft voice, "Yes, but only with Ben. If it is known to all, the magic will be lost and we can't have that, can we?"

"Then only with my friend Ben. I promise," Replied Jack.

A mist arose and Larry the lynx disappeared and Danny the dragon looked at Jack as he said, "It's time to go now, my friend. Return when you wish and always remember the magic of the carousel."

Did Jack tell Ben the secret of the Carousel? Yes, he did, and they both kept the secret to themselves. Because of that knowledge they had many more wonderful adventures in places that one could only imagine.

The End

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

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

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# A Ute Youth and His Dog

by Steven Wade Veatch

John Hillers, an early American photog-rapher, took this remarkable photograph known as the “Indian Boy and His Dog,” in 1874. The youth in the tea-colored photograph belonged to the Uintah, one of 12 bands of the Ute tribe, and lived in Utah’s Unita (no “h” at the end) Valley. “Uintah Utes” refers to western Ute bands who were relocated after 1863, by the federal government, from central Utah to the Uintah Reservation. This band lived in the Unita Basin to the area around the Green River and the Tavaputs Plateau.

This young man is in his late teens, per-haps 17. This is the age when Chief Ouray joined his father’s warriors. Warriors were highly respected because they offered their lives to protect their people. This teen spent much of his time hunting, fishing, and making weapons to hunt with and for protection. Although his name is not recorded, he too may have joined a warrior band.

The young Ute is not wearing his every-day outfit. He is undoubtedly attired for the photographer, who asked him to don all his regalia. The teenage Ute is wearing his hair in traditional Ute style with two braids hung over his chest. The Utes never cut their hair. Ethnographer Ann Smith reports, “Men wore their hair parted in the middle and arranged in two braids, with otter or weasel skin braided in towards the ends for decoration.” The cylin-ders covering his braids are likely made of buckskin decorated with colored porcupine quills. A length of fur from an animal — possibly otter, mink, or the summer fur of a weasel — is attached.

He parted his hair in the mid-dle, and put decorations in his part, doubtless disks of *dentalium* shells, as they have a consistent size and shape. These shells were cherished trade commodities and are still worn on regalia. The large shell that crests the three disks in his part is an *Olivella* shell (a medium-sized to large marine snail), also a coveted trade item that is found in abundance in Ute territory.

The young man is wearing what appears to a necklace made of bone or shell beads strung together with a sinew string. According to Celinda Kaelin, noted historian, “The pendent is quillwork in the shape of the Four Directions symbol. This symbol is sacred to the Ute and is represented in their Medicine Wheels.”

A sinew-wrapped bow and several arrows are spread out across the Ute teen’s lap. Arrows shot from bows were lethal up to 70 yards. One arrow point might be obsidian, making him a person with sacred abilities. Other points were made of metal. The Utes

were practical. They would utilize metal for tips if it could be easily found. If not, they would resort to using stone points.

The young Ute is in common men’s wear of leggings and a breech cloth. He is also barefoot, which is common in the summer and depends on personal preference.

Dogs were important to Ute culture, and they were often large. According to author Jan Pettit, “This well-bred dog may have been obtained through trade or was a gift.” Utes denied ever eating dogs. Dogs barked whenever an enemy approached and provided an alarm for the Ute war-riors. Dogs also guarded against wolves. Since dogs were never fed, they cleaned up all waste around a village. Each family owned between one and twelve dogs. Other animals, such as hawks and fawns, were kept by children. This photo shows how much the Utes loved their pets. All animals were considered relatives in their cosmology.

John Hillers (1843-1925), who took this photograph, began making photo-graphs in 1871 while part of Major John Wesley Powell’s second expedition of the Colorado River. Hillers was nine years old when he emigrated from Hanover, Ger-many with his family to the United States in the 1850s. He spent several years in the army and saw some action during the



Hillers at work with his negatives at a campsite on the Aquarius Plateau, Utah Territory, July 1875. Photograph by Almon Thompson or Grove Karl Gilbert. National Archives photo no. 57-PS-805 (U. S. Geological Survey Collection).



Indian Boy and His Dog (1874). A male Ute teenager poses with his dog. Dogs were an important part of Uintah Ute culture. His bow and arrows are across his lap. This photograph, though posed, provides an important glimpse into the youth’s way of life. From part of series: U.S. Topographical and Geological Survey of the Valley of the Colorado River of the West, by J.W. Powell and A.H. Thompson, from the Library of Congress, Call Number: LOT 13577, no. 9.

Civil War. At the end of the war, he re-enlisted and was posted to several Western forts. Follow-ing his discharge from the army, Hillers worked a variety of jobs. In 1871, the 28-year-old veteran army sergeant worked as a boat-man on John Wesley Powell’s expedition to map the Colorado River. While on Powell’s boat, the Emma Dean (named after Powell’s wife), he entertained the crew with rollicking stories and spirited songs. He quickly became interested in the survey’s photography and was soon the

photographer’s assistant. By 1872, Hillers was the expedition photog-rapher. After Hillers saved Powell from drown-ing in a stretch of rough rapids, they formed a friendship that was to last over three decades. He was one of the first to photograph the Grand Canyon. Hillers worked for the entirety of his extraordinary 29-year career as a pho-tographer for the federal government and made more than two thousand nega-tives of anthropological and geological subjects. He left behind possibly the most spectacular visual record of the 19th century West. His work contributed to transforming American photography from being strictly utilitarian into an art form.

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## Life-Enhancing Journeys

The evolution of relationships

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

Remember when you met that person who seemed perfect for you? You fell madly in love and wanted to spend every moment with that special person. You thought about how compatible you were with your values, goals, desires, dreams, etc. Conversation flowed easily. Every touch sent shivers through your body. It was as if your partner could do no wrong. Any minor faults were unimportant to you. Your lives were starting to merge as you were moving from “I” to “we.” You and your companion became inseparable. Everything seemed fun and exciting and you felt more alive than ever. You were on a high from the love chemicals (primarily dopamine, serotonin, oxytocin) coursing through your veins. It gave you the feeling that you were living in “heaven on earth” and life seemed amazing. Your attention was totally present, in your conscious mind, 100% of the time.

Welcome to *Attraction and Romance - Stage 1*, of the five stages of relationships. It usually lasts from two months to two years. How soon it fades varies, yet it inevitably wears off.

The traits you saw in your new love were so exciting. “Ooh! You’re such a smart, strong and powerful person...” “It’s as if you can read my mind because you’re so sensitive to my needs and feelings...” “You’re so dependable...” You found what you were looking for!

### Stage 2: Disillusionment or Crisis Stage

After a while, the love chemicals decrease and you are no longer enchanted. Life becomes routine, misgivings may appear in the relationship. This is where the conscious mind retreats and the unconscious mind takes over. Your desire to be together declines and euphoric feelings wane. Instead of giving your partner your undivided attention, you focus again on your responsibilities. You are now functioning automatically from your unconscious mind. Here is an example: My partner asks me a simple question while I am trying to figure out a solution to a problem. I am irritated at being interrupted and I snap at my mate. My partner is shocked and thinks, “What just happened...Who are you?” The conflicts get worse when I am accused of being nasty. I am now on the defense and I respond with, “what are you talking about...you’re crazy?” The attraction and romance disappear as you become less responsive to your partner’s needs.

That perfect partner is now getting on your nerves. During this phase, many things that were once cherished or overlooked about your relationship, change into irritation, (example: “you’re so strong and powerful...” becomes “you’re overpowering...too intense” or what used to be “you’re so sensitive to my needs and feelings...” turns into “you’re too sensitive...” or “you’re so dependable” is now “you’re so rigid”).

Disappointment is common at this stage. Couples start to see their partner for who they are, versus whom they thought they were. Power struggles intensify, and your partner seems to have changed. You feel unfulfilled, emotionally neglected or abused. You may be wondering, “What happened to our “heaven on earth?” “Maybe we are not perfect for each other after all.” “If this continues, will I lose myself or feel imprisoned?” You seriously consider ending the relationship.

Most couples will hit the crisis stage and break up because they are unsure how to move past the conflicts. Where it goes from here depends on the choices you make.

I went through this phase with my partner (now together over four decades). When the excitement of our relationship subsided, I remember feeling that the

spark was gone with my mate. Talking to a therapist helped me to see the situation more clearly. She suggested that I view my partner based on his behavior; someone who was committed, trustworthy and dependable rather than believing he was unexciting. Reframing my perception of my partner convinced me to stay, to work on our relationship, as well as look at myself and acknowledge the part I contributed.

## This would be a truly remarkable world if everybody learned and lived the experience of wholehearted love.

*Stage 3 is The Love or Leave Choice* and there are only three options: decide to leave, stick it out despite how unhappy you are or commit to repairing the relationship.

When you operate from the unconscious mind, the young, frightened, angry child inside of you will defend itself by blaming the partner. An example would be “No — I am not doing anything wrong... it’s your fault...you have to change.” That strategy will keep you trapped. Continuing this approach will cause you to be defensive, withdrawn, critical and blaming, all of which will destroy the relationship.

The amount of work you are willing to put into yourself and your relationship will determine the direction of your partnership. Remaining in love requires hard work because love is more than just a feeling; it is action, however, without guidelines and effort, you will fail.

The *Lasting Love Choice* is when you decide to commit to working on the relationship. Committed, connected love develops, which is different from new, wildly romantic love. Instead of it being exhilarating, unpredictable and idealistic, the connection is more realistic, stable and supportive.

Contented couples believe that keeping their relationship harmonious requires good communication skills, mutual respect and admiration, as well as trust. Sex is important, too, however, any kind of affectionate touch reminds your mate that you want to be close to them.

If you decide to work on your connection, the effort pays off as you create a more thoughtful flow of love. More time is spent on initiating happiness, respect, harmony and being a good listener. You and your partner are now co-creating the relationship you desire, while leaving behind the unconscious, unsettled issues.

Becoming curious (“I wonder...”) will deactivate criticism. This shifts you from the unconscious, critical brain to the conscious, rational mind. Now you can decide which path you want to take, your CHOICE, defines your relationship.

*The Commitment Stage, Stage 4* — is the glue that holds your relationship together. It means you decided to remain a couple, even though you are aware there likely will be difficult times ahead. Having previously created heaven on earth, you can choose that healthier state again.

Accepting that your partner is an individual, with their own set of dreams, limitations, ambitions, wants, and needs, without trying to change them, is considerate. Part of the attraction between the two of you is that you are different from each other. It is unnecessary for your partner to always agree with you or to value, believe

and like the same things you do. Accept when their opinion is different from yours because it is unnecessary to always agree.

Be willing to reveal your true self and practice being open and clear with your thoughts, wants and needs. For example, “I’m unsure what to do now...can you help me?” “I feel scared...sad ...would you hold me?” Always acknowledge when your partner shares their perspective so they feel seen and heard, “I thought I heard you say...” “Please repeat that so I understand you...”

Your love life needs to feel like a safe space for each of you, where you can express authentically your emotions, desires, concerns, and so forth.

Being polite by using phrases such as “please,” “thank you,” and “are you willing?” is appreciated. Feeling positive about how you have co-created a harmonious relationship together keeps each other motivated to follow this path.

Partners still get angry with each other and they still have disagreements, however, they use the conflicts to bring about deeper sharing, greater intimacy, connection and true reconciliation.

### Stage 5 — The Rekindling of Wholehearted Love

This stage is where all the hard work makes everything worthwhile. Finally, you and your mate are a team, a true partnership. This point is where you start to feel strong collectively as well as individually. You experience a new sense of closeness and a fulfilling intimacy that enables you to communicate with respect, compassion, appreciation, and understanding. You can respond (the conscious mind) instead of reacting (the unconscious brain) when you get upset. The relationship is mutually satisfying and is built upon trust, empathy, consideration, and acceptance. You both have learned to constructively handle conflict by discussing it while learning to calm yourselves if you feel agitated during these times. You think about the great times fondly and, when the difficult times roll around, you have the skills to work out any concerns.

You are more confident in taking risks knowing you have a safe place to land, and a strong connection to your partner. Two people who achieved this state have truly given themselves a gift! You now see your mate as your main support and can enjoy the benefits of a truly committed relationship.

Gratefully, my partner and I attained this level of *Wholehearted Love*, prior to having children, by working with a couple’s counselor. We were willing to address our personal issues along with the problems in our relationship, even though it was painful at times and required effort, but it was worth it. We found ourselves living in, a now realistic, “heaven on earth.” We are the best of friends and truly adore one another. We always look for ways to rekindle our love, reserving time to be together, at least once a week.

I still use many of the tools learned from our therapist and I teach them to others when needed.

This would be a truly remarkable world if everybody learned and lived the experience of wholehearted love.

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

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## Fitness ON the Mountain Health, Wellness & Fitness Fair

by Lori Martin

Fitness On the Mountain held the first Health, Wellness & Fitness Fair on January 7, 2023, and what an amazing event it turned out to be. The overwhelmingly, positive response from both attendees and vendors left me speechless as 17 vendors from the Ute Pass region beautifully, showcased their services and products to almost 100 attendees.

Vendors commented, "the best event we've attended as a vendor, ever." "I spoke non-stop to the nicest and most receptive people." "The attendees were very engaged and interested in learning about my services and products."

The attendees were equally as happy with learning and experiencing new concepts, methods and practices designed to enhance their lives.

In the September 2022 column of Fitness On the Mountain, I wrote about keeping our bodies safe as we transition through the seasonal activities of our choices. Part of keeping our bodies safe is addressing issues as they come up. Not all aches and pains are the result of acute injuries such as a fall or a sprained ankle. It's often the chronic issues that setback our goals. The small ache in our knee that was ignored can lead to bigger problems. We begin to compensate for that ache by altering our movement patterns, thus creating muscle imbalances and eventually requiring surgery.

Sciatica, more correctly known as Piriformis Syndrome, is a nerve impingement typically the result of muscle imbalances often caused by sitting too much. We initially address the pain with ibuprofen. Eventually, we seek medical help. However, the next appointment is weeks out as is the MRI and Physical Therapy. Meanwhile, you've been suffering for months.

I am advocating for:  
**#1** Prevention  
**#2** Early intervention  
**#3** Restoration

Many of the vendors at our wellness fair last month have the training and experience to help with all three.

Functional Massage Therapist and Founder of Movement Training Co, Chris Gonzales demonstrated on attendees a Functional Range Assessment (FRA). FRA shows Chris what an individual needs to improve mobility, to increase resilience to injury, to function properly and the resulting freedom to live our lives doing the things we love to do. When you become a client of Movement Training Co you get the best of both his practices. Chris is a Licensed Massage Therapist, a Movement Specialist, a Personal Trainer and an adventurer who understands the passion for the outdoors.

Some of our vendors were celebrities here in Teller County such as, Karen Anderson, also known as, "The Plant Lady." I was sincerely delighted to speak briefly



Hanna Pope, owner of Zyia Activewear will take the time to learn your size and style preferences.

to Karen and hope to learn more about the benefits of working with plants and high-altitude gardening, as well as learning about yoga poses to help gardeners avoid back pain.

Shining Mountain Golf course came with their chipping net and computer swing analysis system. As with all sports and fitness, finding instructors that teach proper form and technique is important to injury prevention. It was fun seeing Shining Mountain golf professionals, PGA PRO Jon Husby and Golf Instructor Guiseppe, in action, as they patiently taught younger golfers how to hold and swing the club. More advanced golfers stepped up to showcase their skill and some, to just have fun. I was reminded that whatever our activity of choice is or how advanced or novice we are, having a knowledgeable professional fine tune our movements can help us avoid overuse injuries and improve our game/s.

Owner and instructor of Kenpo Karate, Thom Seehafer is a promoter of all things fitness, safety and mental health. Under his instructions kids and adults will learn self-confidence, self-esteem, self-awareness, self-respect and self-defense. Thom is a huge advocate for helping our community in multiple ways outside of his gym, as well.

I was very excited to meet Dana Richardson of Dana's Dance. Not only does she teach all styles of children's dance, she instills a love of dance while teaching manners and respect. I saw a few adult classes on her schedule, as well.

A nice little gem, Tree of Life Wellness, offers Massage Therapy, Healy and Vibrational Sound Therapy. It is conveniently located in Woodland Park and offers online services as well.

The Ute Pass Social Club began over 40 years ago when



Karen Anderson, AKA "The Plant Lady", was there with her plants and beadwork

a few friends would meet at local restaurants and diners. It's blossomed over the years to over 100 members and now has groups within the organization. Huge "shout out" to Yoga Instructor Debbie Orlowski, to Susan Griswold, and Teresa Koetter who organized the UPSC hikes.

One of the most visited vendors was Model Citizen Coffee. A veteran-owned company and Family-owned business with a mission "to inspire people to do good." The coffee samples were amazing, as was the on-

line customer service. The Camacho family has traveled the world learning their trade. In addition to all that coffee deliciousness Model Citizen is also partnered with Victory Service Dogs. A portion of the proceeds goes to providing service dogs to veterans when you purchase from the Vets Helping Vets collection.

Hanna Pope, owner of



Susan Griswold, Debbie Orlowski, and Teresa Koetter represented The Ute Pass Social Club.



Olla Terve Healing Arts owner and founder, Linda Kilpela creates Sacred Sound Spa experiences.

Zyia Activewear caught my interest as an expert at the nuances of running a business on social media, as well as, in person. If I have a question about a promotion or a piece I'm interested in, Hanna is quick to reply and does so with great patience. She took the time to learn my size, style preferences and sends me notices when an item pops up that I might like or if she suspects I ordered an item that might not fit me properly. I adore exceptional customer service.

Julie Bearden Massage and Body Work joined our vendor list in the middle of relocating her established business from Monument to the Florissant/Guffey areas. We are so happy to have such a valuable resource in the Florissant area for those community members that just can't get to town as often as they like. Julie began her passion for her business while caring for her father in his later years.

True Self Blueprint - Olla Terve Healing Arts took the prize for most innovative and appealing booth design. Owner and founder, Linda Kilpela creates Sacred Sound Spa experiences. Participants were drawn to her beach scene booth, complete with umbrella and anti-gravity chairs, were leisurely swept away by soothing audio via headphones. Linda helps her clients achieve stress free and pain free



Shining Mountain Golf course came with their chipping net and computer swing analysis system.

Cover: Rachelle Bryant and her husband James represent Hempworx, which has an impeccable CBD product line.

lives online and in person.

For the hardcore fitness enthusiasts, Freedom Fit joined our vendor list and rocked the building with energy and push-up contests. Owner Hannah Haesler and her rockstar list of trainers including, Jessie Huthmaker, personal trainer and co-owner of Righteous Ground Coffee Roastery. Don't let these trainers' lovely smiles deceive you, though. Jack LaLanne would be honored to have them carry on his legacy.

My vision of Fitness ON The Mountain Health Wellness & Fitness Fair had amazing support right out of the gate. By mid-October, that vision began to unfold. I could not have brought it to life it wasn't for Rachel Buckley from Nature Mama Body Care LLC, Rachelle Bryant, owner of Hempworx, and the Hansens at Shipping Plus. Rachel is the owner of Nature Mama Body Care and can be found in her shop, above Shipping Plus. Rachel is a cosmetic formulation specialist, Reiki master, and herbalist, among many other things.

Peak Oils For Life, owner and educator, Leandra Jackson is passionate about wellness and nutrition. Leandra does not just sell doTerra essential oils and supplements, she's on a mission to share her knowledge and to personalize her customers' experience in wellness.

Owner and artist of Mae's Jewelry Box, Marsha Rice, creates beautiful healing jewelry with crystals and stones. She created a design specifically for Thom Seehafer of Kenpo Karate WP. Thom requested a piece that would represent the phoenix, in honor of his non-profit Anti-Bullying campaign Colorado Phoenix Project. It was a very special moment when Marsha presented Thom with his Phoenix necklace.

Rachelle Bryant is another lady on a mission to build people up in any way she can. Rachelle represents Hempworx, which has an impeccable product line, a progressive business model, and hefty compensation system. As a Hempworx Affiliate, Rachelle takes it to a higher level. She is relentless about making sure each customer has an epic experience, especially with the CBD line. Equally awesome is the fact that Rachelle and her husband James together own and operate six businesses. They are passionate for each one but the focus for all six businesses revolves around their story, their passion, their family and their love for educating others. I'm proud to be a recipient of some of that passion and grateful for our friendship.

For more info on all our vendors and our next Wellness Fair check out our website: [utepasswellnessproviders.com](http://utepasswellnessproviders.com) or contact: Lori Martin at [lorimartinfittness@icloud.com](mailto:lorimartinfittness@icloud.com)

MOVE, HEAL, LIVE ...LOCAL

## Pikes Peak Historical Society presents Craig Karlin at February Chautauqua

by Marianne Mogan

Pikes Peak Historical Society is happy to announce their upcoming Chautauqua, February 19 at 2 p.m. at Lake George Charter School. The speaker will be Craig Karlin of Lake George and he will be sharing the history of Lake George and his business, Granite Canyon General Store.

On December 3, 1922, the Frost Mansion, built around 1897 by George W. Frost, considered the founder of Lake George, burned to the ground. The mansion was located just a few feet behind where Granite Canyon General Store sits today and is outlined by 12 large white flags.

In March of 2020, Craig and Lisa Karlin purchased Starky's General Store in Lake George, promptly naming it Granite Canyon General Store and changed the dynamics of the store to reflect the area in pictures, working with local artists to display their art to the benefit of both locals and tourists alike.

They chose the name Granite Canyon

General Store to pay tribute to the historical name of Eleven Mile Canyon. The building itself has a unique history that spans nearly a century. The cabin they live in behind the store also has its own historical significance that the Karlin's are currently researching. Some have thought it was moved to Lake George from Howbert before it was flooded to establish Eleven Mile Reservoir; some have thought that it was moved from Linderdale, once located in Eleven Mile Canyon. However, the Karlin's have learned from previous owners that the cabin was once one of the two saloons located at the entrance to the Canyon. There were two saloons in Lake George and the other was moved to become Lake George School and later moved again to the South Park Museum in Fairplay.

The Karlin's admiration of the history and the development of the area has led them to research and obtain information about their building and the role it has played in

the evolution and history of Lake George. They became particularly excited when they discovered foundation stones, melted pieces of stained glass, and bricks from the chimney of the mansion buried behind the store. Knowing what a significant landmark the mansion once was, the Karlin's are looking into the possibility of rebuilding the mansion to create a museum dedicated to Lake George, the Midland Railroad, ice mining, and long-lost communities like Idlewild.

Granite Canyon General Store is located on the corner of Highway 24 and County Road 96 in Lake George at the turnoff to Eleven Mile Canyon. Craig Karlin will be sharing what he has learned about Lake George and his historic store and property at PPHS' February 19 Chautauqua. The Chautauqua's are presented to the public free of charge as a public service of the



Pikes Peak Historical Society.

PPHS invites everyone to learn more about the history of Lake George, George Frost's Mansion, and the 85-year-old building that houses Granite Canyon General Store on Sunday, February 19 at 2 p.m. at the Lake George Charter School, 38874 US Hwy 24, Lake George, CO. The school is located only 4 minutes from Florissant, on the south side of Highway 24 just two tenths' miles west of the Ferrell Propane lot. This program is free and no reservation is required. For more information call 719-748-8259 or 719-748-3861.

## Adopt Me by TCRA5

### Helios

Hello, my name is Helios! I'm only 2 1/2 years old and I've been neutered. I've been through quite a lot in my young life but I'm living for all the love I get here at the shelter. As much as I love my friends here, I mostly want a home of my own. I would prefer a home without other feline friends so I can be king of the castle. I always greet you with a chirp and lots of head butts! If you think I'm the one for you, please call TCRA5 719-686-7707 to set up an appointment to meet me!

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



## Adopt Me by SLV

### Naya

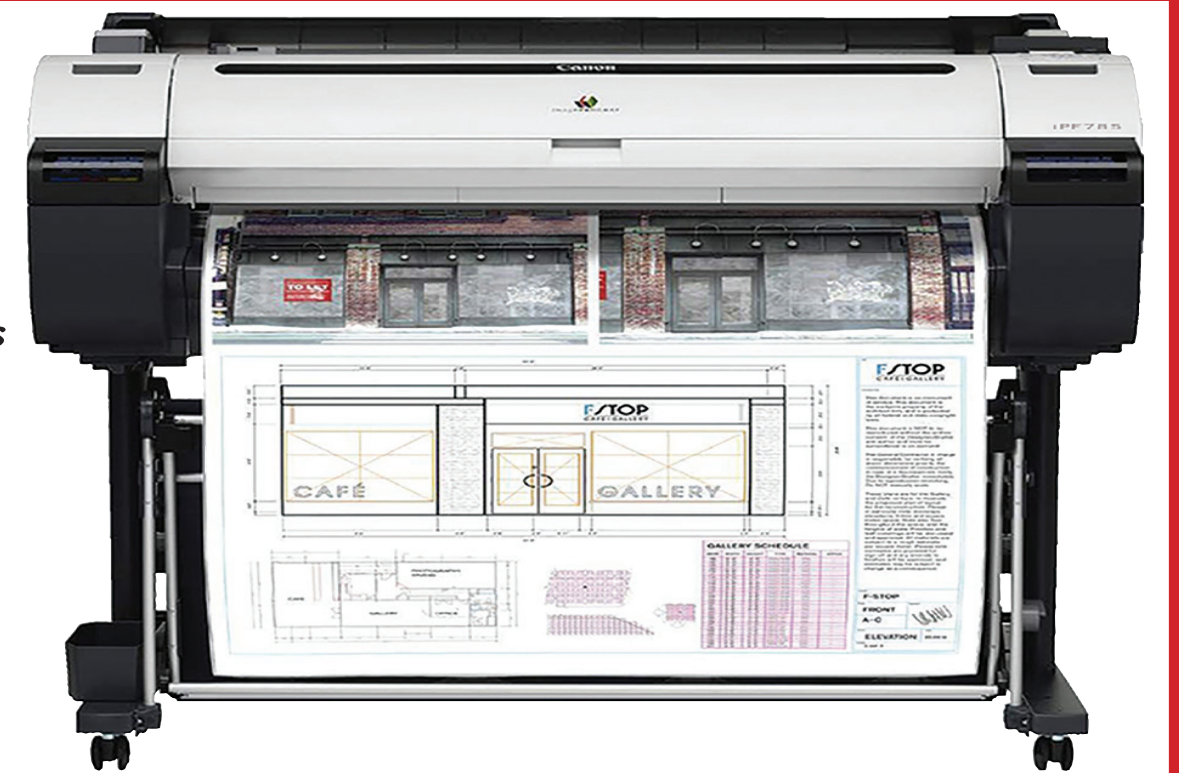
Naya is a 6 1/2-year-old, sweet as sweet can be Cane Corso. She is very mellow, doesn't bark much, and walks well on a leash. Naya loves to ride in a vehicle! She is good with older children; she might knock a younger one over. Naya is spayed and current on all vaccinations. She had cherry eye surgery on both eyes. Naya is a bit overweight; she would need a ramp to get into your vehicle or a boost from behind. We hold adoption fairs 11-3:30 p.m. First Saturday of each month at 5020 N. Nevada Petco; all other Saturdays 7680 N. Academy PetSmart.

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



## We Now Have A Large Format Printer!

- **Building Plans**
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~OUT AND ABOUT~

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

AVAILABLE VIRTUALLY

- 4 NAMI Chaffee County and NAMI Southeast Colorado will offer a free Family-to-Family Class on Saturdays beginning Feb. 4. The 8-week class will be offered both in-person and virtually. Pre-registration is required. To register and for more information, email [scrump1999@gmail.com](mailto:scrump1999@gmail.com).
- NAMI Colorado: <http://www.namicolorado.org/>
- Suicide prevention: <https://suicidepreventionlifeline.org/> or 1-800-273-8255

CANON CITY

- LIBRARY
- 1 FREE Legal Self-Help Clinic 2-5 p.m. at the library call 719-269-9020 for appointment.
- 8, 22 Roxanne Schuster from Natural Grocers presents on brain health at 11 a.m. She brings samples and coupons.
- 9 Becky Stone performs at 6 p.m. in a chaquetauga style performance for black history month. This program is held at Steeple Event Center, 701 Macon Ave at 6 p.m.
- Adult literacy program. We have tutors available to help for FREE!
- B.O.O.K. Babies on our Knees Monday 10:30 a.m.
- Break out box 2nd Friday each month 3-4 p.m.
- Chess Club Wednesday 2 p.m.
- Cribbage Club Fridays 10 a.m. All ages welcome!
- Filler Friday (different activity each month) 3rd Friday each month 3-4 p.m.
- Fremont Brain Injury Support 1st Tuesday 12:30 p.m.
- Lego Club 1st Friday each month 3-4 p.m.
- Metaphysical Group every Saturday 10:30 a.m.
- New Neighbors Genealogy 1st Friday 1 p.m.
- Story Swap Book Club 1st and 3rd Tuesday 3-4 p.m.
- Story time and craft Tuesday and Thursday 10:30 a.m.
- February is Black History Month! All programs are located at 516 Macon Ave, unless otherwise noted above. FMI 719-269-9020.

COLORADO SPRINGS

- PIKES PEAK CENTER
- 21 Our Planet Live in Concert at 7 p.m.

CRIPPLE CREEK

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

FAIRPLAY

- 14 Salado restaurant on Front Street will have live music 5-7 p.m., featuring harpist Maryanne Rozzi, also food and drink specials. Reservations recommended 719-836-7031.

FLORENCE

- 1, 8, 15, 22 Open mic Night at the Bell Tower 6:30 p.m.
- 1-12 Counting Kisses Contest at

- Carr St., Food and refreshments at 5 p.m.
- 18-26 Ice Festival FMI 719-270-1999.
- GED Class 1-3 p.m. Mondays & Wednesdays. New students (minimum age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org.

ASPEN MINE CENTER

- 25 Commodities distribution 9-11 p.m.
- Tuesdays BINGO 10:30 a.m. for seniors.
- Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed. FREE!
- Thursdays Mexican Train 10 a.m. for seniors. FMI 719-689-3584 x124.

BUTTE THEATER

- 10-11 Butte-i-ful Love Stories 2023. FMI <https://buttetheater.com/>
- 18-19 Ice Fest Feud shows at 1 p.m. and 6 p.m. Tickets \$10.
- Save the Date! March 4, for Pearl's Follies. See more in our March issue.

CRYSTOLA

- 10 Sunburn in the Shade 7-10 p.m.

DIVIDE

- 3, 17 Teller Senior Coalition is sponsoring BINGO, coffee and donuts for seniors 10 a.m. at the Pikes Peak Community Club.
- 11 Veterans' Appreciation Luncheon noon at Little Chapel of the Hills. See page 4.
- 12 Valentine's Day event 9-11 a.m. at Colorado Wolf & Wildlife Center 4729 Twin Rocks Road. \$40 ages 12+, \$20 ages 8-11. Reservations required 719-687-9742.

LITTLE CHAPEL FOOD PANTRY

- 13, 27 This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are: Last name beginning with: A-H ..... 3:30-4:30 p.m. I-Q ..... 4:30-5:30 p.m. R-Z ..... 5:30-6:30 p.m.

MANITOU SPRINGS

- 17 CarniBall with a theme of Manitou Time Machine 6-10 p.m. at Briarhurst Manor. Tickets \$50, purchase online [manitousprings.org](http://manitousprings.org).
- 18 Mumbo Jumbo Gumbo Cookoff 11-1 p.m. at Soda Springs Park. Register to cook at manitousprings.org. Come for tasting at 11 a.m. at \$0.75 per taste and vote for your favorite Gumbo.
- 18 Carnivale Parade 1 p.m. Theme is Manitou Time Machine. Register to participate in the parade [manitousprings.org](http://manitousprings.org).

WOODLAND PARK

- 11 Ute Pass Saddle Club's Winter Party and Membership Drive 5 p.m. at Ute Pass Cultural Center. All members and non-members welcome! Let's hang out, have a good time and welcome all new members. RSVP by Feb 9 by texting 719-920-7413 or email [WPashley3@gmail.com](mailto:WPashley3@gmail.com).

- the Baker's Rack.
- 3, 10, 17, 24 Trivia with Hat at Florence Brewing Company 7 p.m.

FLORISSANT

- 11 Florence 2nd Saturday Art Walk 1-4 p.m. Local artists showcase their work and techniques in various businesses.
- 11 Weaving demonstration by the Handweavers Guild of Pueblo 2-5 p.m. at Antique Warehouse 124 East Main St.
- 11 Art opening at FloCo Gallery 5-7:30 p.m. February featured artist is Linda Stratton. Free admission. All ages welcome.
- 11 John Hawtree at FloCo Gallery 6-7 p.m. Free admission. All ages welcome.
- 11 Doc & Kit, Smythe & Taylor at the Rialto Theater 7 p.m.
- 18 Manitou Strings at the Bell Tower 7 p.m. Tickets \$8 members, \$10 non-members.
- 26 Adam Ashley's "Johnny Cash Birthday Celebration" concert at the Rialto Theater 7 p.m.
- The Florence Pioneer Museum and Research Center continues to sell Dennis Lancaster's book *Florence 1870s-1970s* for \$24. The book and our winter hours can be found on our website: [www.florencepioneermuseum.org](http://www.florencepioneermuseum.org) in the General Store link.

GRANGE

- 8 Gourd Class 10-12 p.m. Cost is donation and \$10 for supplies.
- 10 Art/Craft classes staggered on the same day:
- Pine Needle Basket Class 9-12 p.m. Cost is donation.
- Needle Felting Class 11-1 p.m. Cost is donation and \$10 for supplies.
- Paint with me class 1-3 p.m. Cost is \$35 for supplies. Please RSVP so we have enough supplies 719-510-2325.
- 11 Valentine Brunch 10-1 p.m. We hope to see you all there! FMI 719-510-2325.
- 14, 28 Quilt of Valor Guild meets 9-12 p.m. All quilters interested in joining us are welcome.
- Every Thursday Potluck and Music 6-8 p.m. Everyone is welcome, bring a dish and a donation. Dancing is encouraged.

LIBRARY

- 8 Florissant Bookworms Book Club 10:30-12 p.m. February selection is *West with Giraffe* by Lynda Rutledge.
- 9 Free Legal Clinic 2-5 p.m. at Florissant Library. Call 719-748-3939 to sign-up.
- 17 Friends at the Table Cook-book Club, theme is Cajun 11:30-1 p.m.
- 21 Read Amok Book Club, themed "Self-Published" 11-12:30 p.m.

- Tuesdays Tai Chi 10-11 a.m. Come relax with us!
- Thursdays Yarnia! 10-12 p.m.
- Second Wednesday Thumbs-Up Movie Club. Be a critic with us 1-2:30 p.m.
- Second & Fourth Tuesday Hooks and Needles 10-12 p.m.
- Third Wednesday Crafting Together, a club where we finish abandoned projects 10-11:30 a.m.
- Fourth Saturday Adult Social Circle 10-11:30 a.m. Meet and make friends with ease.
- Fridays Storytime with Ms. Beth 10 a.m.
- Family Fun Fridays 2-4 p.m., the second and third Friday 10-5 p.m. FMI 719-748-3939.

LAKE GEORGE

- 19 PPHS sponsors Craig Karlin's presentation of the History of Lake George and the Granite Canyon General Store at Lake George Charter School at 2 p.m. See page 13.

WALKING TALKING THREADS

- 12:30-3 p.m. Meets every first Tuesday of the month. Take a nice brisk walk around Guffey Town and meet back at the library to crochet, knit and talk away.
- 11 Valentine's Day Tea Party 12-3 p.m. Friends of the Guffey Library are holding a Tea Party at the Guffey Library. Come by to socialize and have some tea with a community of friends.
- 22 Rocky Mountain Rural Health Outreach 11-2 p.m. Weather permitting, RMRH representatives will be offering FREE health screening, sound financial medical advice, FREE clothing and much more.
- 27 Guffey Literary Society 1-3 p.m. February's book is *Between Shades of Gray* by Ruta Sepetys. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join. FMI 719-689-9280 or [Guffeylib@parkco.us](mailto:Guffeylib@parkco.us).

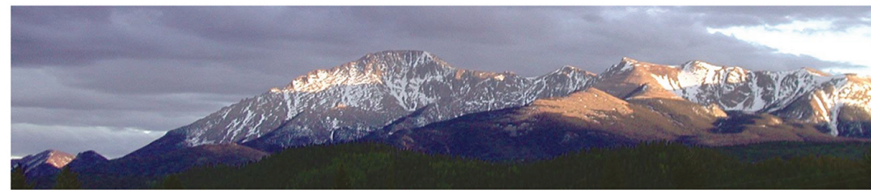
WOODLAND PARK

- 11 Ute Pass Saddle Club's Winter Party and Membership Drive 5 p.m. at Ute Pass Cultural Center. All members and non-members welcome! Let's hang out, have a good time and welcome all new members. RSVP by Feb 9 by texting 719-920-7413 or email [WPashley3@gmail.com](mailto:WPashley3@gmail.com).

HARTSEL

PRESENT

UTE PASS Chamber Players



A VERY WINDY CONCERT

Music of Donizetti, David, Telemann, Shinohara and more!

FEATURING:

- GUY DUTRA-SILVEIRA, Oboe
- NANCY ANDREW, Flute
- BRUCE GIBBONS, Piano
- DINA HOLLINGSWORTH, Flute
- CARLA PARMENTIER, Piano
- CLARK WILSON, Bassoon
- BARB RILEY-CUNNINGHAM, Piano

Sunday, February 19, 2023, 3:00 PM

High View Baptist Church

1151 Rampart Range Road in Woodland Park

ADMISSION: \$15, \$5 for students with valid school ID

Bad Weather back up date: February 26, 2023

(Please check [utepasschamberplayers.org](http://utepasschamberplayers.org) for updated information)

Affiliate Member



- 19 Ute Pass Chamber Players present A Very Windy Concert 3 p.m. at High View Baptist Church. (Please see our ad on this page.)

COMMUNITY PARTNERSHIP

- 7-28 Cooking Matters Parents of Pre-schoolers, Tuesdays (no class Feb 21). Parents and kids will learn important lessons about self-sufficiency in the kitchen. This hands-on workshop provides take-home groceries after each class, to practice the recipes at home. Meal and childcare provided. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).
- 10 Crossroads Co-Parenting Seminar 9:30-1:30 p.m. Teller County court-approved parenting & divorce class. \$35 pre-registration fee required. FMI [Jackie@cpteller.org](mailto:Jackie@cpteller.org).
- 13 School Readiness Screenings 9-3 p.m. Developmental screenings and assessments, includes motor, cognitive, language and social-emotional screenings; hearing screening; and school readiness assessment for children ages 1 month-5.5 years. Walk-ins welcome. FMI [Jackie@cpteller.org](mailto:Jackie@cpteller.org).
- 14 Circle of Parents Kinship Connection 5:30-7:30 p.m. A place for those raising their grandchildren or kin, to share, laugh, joke and find out how other caregivers are navigating this new world. Meal and childcare provided. Second Tuesday of each month. FMI [Steve@cpteller.org](mailto:Steve@cpteller.org).
- 23 *Serenaders: The Next Chapter* 5:30-7:30 p.m. Join Community Partnership and Woodland Park School District for the

WOODLAND PARK

- 17 CarniBall with a theme of Manitou Time Machine 6-10 p.m. at Briarhurst Manor. Tickets \$50, purchase online [manitousprings.org](http://manitousprings.org).
- 18 Mumbo Jumbo Gumbo Cookoff 11-1 p.m. at Soda Springs Park. Register to cook at manitousprings.org. Come for tasting at 11 a.m. at \$0.75 per taste and vote for your favorite Gumbo.
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WOODLAND PARK

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UTE PASS Chamber Players



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(Please check [utepasschamberplayers.org](http://utepasschamberplayers.org) for updated information)

Affiliate Member



~OUT AND ABOUT~

continued from page 14

- viewing of the film. Snacks and drinks provided FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).

27-22 Nurturing Families

- 5-15-7:45 p.m. Mondays (no class March 27). A nurturing and active approach to parenting in a supportive peer environment. Support for every step of your child's physical, emotional, and cognitive development. Meal and childcare provided. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).
- Career Center 12-4 p.m. Tuesdays & Thursdays. Pikes Peak Workforce Center can help with job searching, resume assistance and unemployment applications. Walk-ins welcome. FMI [Erin@cpteller.org](mailto:Erin@cpteller.org).
- FREE Yoga with Leah Mondays (no yoga Feb 20) 10-11 a.m. First come, first served, doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).
- FREE Yoga with Leah Wednesdays (no yoga Feb 22) 5-6 p.m. First come, first

- served, doors lock at 5 p.m. Bring your own mat and props. All levels welcome. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).

GED Class

- 5-7 p.m. Mondays and Wednesdays. New students (minimum age 16) may join GED classes after completing orientation and \$40 registration fee. FMI [Katy@cpteller.org](mailto:Katy@cpteller.org).
- Pearson VUE Testing Center Mondays (closed Feb 20) 10-7 p.m. Schedule your certification or licensure exam at [www.pearsonvue.com](http://www.pearsonvue.com). Fees vary. FMI [Katy@cpteller.org](mailto:Katy@cpteller.org).
- Playgroup 9:30-11 a.m. Tuesdays, Wednesdays & Fridays. Parents and caregivers with children ages 5 & under. Older siblings are welcome. FMI [Jackie@cpteller.org](mailto:Jackie@cpteller.org). All programs at Community Partnership 701 Gold Hill Place unless otherwise noted. FMI 719-686-0705.

LIBRARY

- 1, 15 Family Art Day 11-5 p.m. in Children's Activity Room
- 1, 15 Teen Craft Day 3:45-5:30 p.m.

- 1 Evening Adult Fiction Book Club 5 p.m., book *Shutter* by Ramona Emerson

WP Book Club

- 10:30 a.m., book *Breathe* by Joyce Carol Oates

Reader's Circle Book Club

- 10:30 a.m., book *Four Winds* by Kristin Hannah

Free Legal Clinic

- 2-5 p.m. at Florissant Library. Call 719-748-3939 to sign-up.

Giant Winter Book Sale

- 2-6 p.m. Grab a bag for \$5!

Giant Winter Book Sale

- 10-2 p.m. Grab a bag for \$5!

Open Book Club

- 10-11:30 a.m. ages 12-112, come to read award winners across all genres! Book, *Fire Keeper's Daughter* by Angelina Bouley.

Film Club

- 5-6 p.m. We're watching and discussing *The Night of the Hunter* (1955).

Tuesdays Books and Babies

- 10 a.m. Storytime for babies and toddlers

Thursdays Preschool Storytime

- 10 a.m.

Thursdays Tai Chi

- 5 p.m.

Fridays Tai Chi

- 10 a.m.

FMI 719-687-9281

Mueller State Park

Winter is beautiful in the Colorado mountains! Mueller State Park is open every day for visitors year round. Guided hikes and programs are a great way to get out and experience nature! Visitors are welcome to explore on their own as well, many come out to snowshoe, ski and sled. Hiking is available year round too. Feel the brisk air on your face, enjoy the bright snow and blue sky and watch for signs of wildlife.

Winter weather is in full swing and can be quite variable. Snow can make the trails snowy, icy, or dry. Remember to dress in layers, bring water and a snack. Snowshoes or spikes are often recommended for hiking. Please access your local weather resources or call the Visitor Center between 9-4 p.m. for current conditions 719-687-2366.

4 Nature Crafts meet 2 p.m. Visitor Center

11 Rock Canyon\* Hike or Snowshoe 9 a.m.

18 Hike: Stoner Mill 9 a.m. meet at

Preachers Hollow TH

19 Hike: Elk Meadow\* 9 a.m.

26 Hike: School Pond and Stoner Mill 9 a.m. meet at Preachers Hollow TH

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

Sledding

Peak View and Preachers Hollow are the two best hills for sledding. You may feel free to call the Visitor Center for snow conditions.

Cross Country Skiing

Skiers are welcome to ski anywhere but there are three groomed trails when the snow is sufficient: Conifer Ridge, Grouse Mountain Campground loops and Black Bear Trail. You may feel free to call the Visitor Center for snow conditions.

Snowshoeing

Snowshoeing is welcome anywhere when the snow is deep enough. Deep snow tends to accumulate throughout the winter. While main trails often get packed down, deep snow usually can be found off the trails and further from the road.

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

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