UTE COUNTRY NEWS

FREE

Putting the "unity" back in community™

November 2026 | P.O. Box 753, Divide, CO 80814 • 719-686-7587 • utecountrynews.com | Vol. 18, No. 11

Welcome to Ute Country

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

— John F. Kennedy

PEEK INSIDE...



page 5

Colorado Pharmgirl: To pause



page 13

Lake George Gem & Mineral Club's Donations



page 15

Two Burros Trading Co – First Anniversary!

WE WILL BE CLOSED THANKSGIVING WEEKEND

(Thanksgiving Day, Black Friday, and as usual closed Saturday and Sunday).
We look forward to helping you ship on Monday, November 30!

Shipping Plus HAS MOVED!

Your Full Service Shipping & Business Center

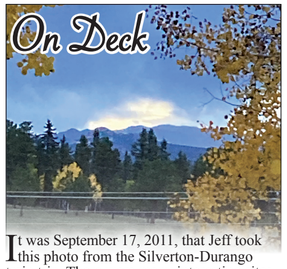
Our New Address Is:
121 County Road 5
Divide, CO 80814
Just 200 feet north of our old location, across County Road 5, between Little Chapel of the Hills and the Car Wash!



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

719-686-7587 • Open M-F 9-5:30
ShippingPlusCO@gmail.com • www.shippingplusco.net

FedEx Authorized ShipCenter
UNITED STATES POSTAL SERVICE
Authorized Shipping Outlet ups



It was September 17, 2011, that Jeff took this photo from the Silverton-Durango train trip. There were many interesting sites along the way. This train is at the top of our growing list of train trips. We encountered sunshine, rain and by the time we arrived in Silverton, snow was falling! Our Colorado weather is typically at the top of our favorite climate list and something we express our gratitude for on a regular basis. There is nothing better than the ease of this solar shovel! We chose the quote for November because we celebrate Thanksgiving; we have the opportunity to vote; we are grateful for our Veterans; and because gratitude is a much better vibe to radiate!

Our November issue is full of interesting articles that will incite the gratitude vibe. We are grateful for local author, Katie Vieira, who wrote *Into the Field*. We are grateful for donations that Black Hills Energy is giving to area fire departments and for the Lake George Gem & Mineral Club's recent donations. We are grateful for our Veterans; please see "Free Chili Lunch for Veterans." We are grateful for Community Partnership's new President, Cory Gorton, and all that CP does to elevate struggling families in our communities. We are grateful for our ability to move and for Dr. Bec's "Exploring Miraculous Movement." We are grateful for Oyate Herbals' "Honoring Native American Heritage" as they honored the Great Spirit in ALL of their surroundings, much like *Colorado Pharmgirl* who shows us this month 'To Pause."

We are grateful for our advertisers, our readers, our writers and our contributors! We are grateful that we have the opportunity to be FREE PRESS! Happy Thanksgiving to ALL — we appreciate you!

We bet you are grateful for your pets. We are grateful when you send in their pics to Critter Corner. Please send them via email to utecountrynewspaper@gmail.com, drop in at new location 121 County Road 5 to scan the photo at Shipping Plus or snail mail them to us at POB 753 Divide, CO 80814, we are happy to publish them!

Thank you,
— Kathy & Jeff Hansen

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

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

SalesAccount Reps:
Feel free to call 719-686-7587 so we can find the sales representative in your area to best serve your needs.
Flip Boettcher 719-429-3361
Phil Palmer 970-691-1504
Tracie Bennitt 719-641-9541

Writers:
Chuck Atkinson, Peggy Badgett, Dr. Bec, Flip Boettcher, Gayle Gross, Kathy Hansen, JA Rocky Mountain, Jamie Krall, Lynn Lemmon-Oliver, Tammie Lowell, Catrina Lynn, Lori Martin, Marianne Mogon, Barbara Pickholtz-Weiner, Mary Shell, Eli Spears, Zack Sztanyo, Tara Trujillo, Anna Urban, Steven Wade Veatch

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

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

Publishers Emeritis: Carmon & Beverly Stiles

Cover Photo: Jeff Hansen

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

First Class subscriptions are available for $40 for 13 issues, or 6 issues for $20.



Oyate Herbals

Honoring Native American Heritage

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



Han (Greetings!) Welcome to November Thakíyuŋa Wí (Deer Rutting Moon)

In Lakota tradition, "thakíyuŋa wi" (also called takiyugha wi) is the "Deer Rutting Moon" the eighth full moon of the Lakota year, marking the month when deer mate and the end of the rut, followed by the shedding of antlers and the onset of winter. As testosterone levels drop, male deer shed their antlers, a natural sign that the rut is over. For the Lakota, thakíyuŋa wi is the second and final month of the Ptanyetu (fall) season.

November is also a very special month for all American Indian people. On August 3, 1990, President George H. W. Bush declared the month of November as National American Indian Heritage Month. The bill read in part that "The President has authorized and requested to call upon Federal, State and local Governments, groups and organizations and the people of the United States to observe such month with appropriate programs, ceremonies and activities." This landmark bill honoring America's Native people represented a major step in the establishment of this celebration which began in 1976 when a Cherokee/Osage Indian named Jerry C. Elliott-High Eagle authored Native American Awareness Week legislation the first historical week of recognition in the nation for native peoples. This led to 1986 with then President Ronald Reagan proclaiming November 23–30, 1986, as "American Indian Week." The earliest documented show of advocacy began in the early 1900s, with Reverend Red Fox James (Blackfoot) traveling over 4,000 miles on horseback in 1914–1915 to push for national recognition for American Indian tribes. November was the chosen month to align with the end of the harvest season, a traditional time for tribal gatherings and giving thanks.

In 2013 President Barack Obama also signed a proclamation naming November as National Native American Heritage Month. Here are some quotes from that proclamation.

"As we observe this month, we must not ignore the painful history Native Americans have endured, a history of violence, marginalization, broken promises, and upended justice. There was a time when native languages and religions were banned as part of a forced assimilation policy that attacked the political, social, and cultural identities of Native Americans in the United States. Through generations of struggle, American Indians and Alaska Natives held fast to their traditions, and eventually the United States Government repudiated its destructive policies and began to turn the page on a troubled past."

"As we observe Native American Heritage Month, we must build on this work. Let us shape a future worthy of a bright new generation, and together, let us ensure this country's promise is fully realized for every Native American."

"NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2013 as National Native American Heritage Month. I call upon all Americans to commemorate this month with appropriate programs and activities, and to celebrate November 29, 2013, as Native American Heritage Day."

Native American Heritage Month is a national observance that celebrates the diverse histories, languages, traditions, achievements, and contributions of more than 574 federally recognized tribes across the U.S. It emphasizes that Native peoples are not a single culture but many distinct nations, each with unique histories and contemporary lives. The month is also a time to learn from Native-led resources and educators, support Native-owned businesses and artists, honor tribal sovereignty and cultural preservation and engage with current issues affecting Indigenous communities.

This commemorative month aims to provide a platform for Native people in the United States to share their culture, traditions, music, crafts, dance, and ways and concepts of life. This gives Native people the opportunity to express to their community, city, county and state officials their concerns and solutions for building bridges of understanding and friendship in their local area. Federal Agencies are encouraged to provide educational programs for their employees regarding Native American history, rights, culture and contemporary issues, to better assist them in their jobs and for overall awareness.

Native American Heritage Month is not only a celebration but also an important reminder of the challenges that Indigenous communities still face. Issues like land rights, health disparities, education access and protection of cultural practices remain areas of concern. For example, the land traditionally inhabited by Indigenous tribes has been steadily reduced, with only a fraction remaining under Native control. Environmental justice and land sovereignty continue to be pressing issues, as many Indigenous activists work tirelessly to protect their ancestral lands from pollution, development and resource extraction.

The observance of Native American Heritage Month serves as a call to action for all Americans to acknowledge and support Indigenous rights and initiatives. Indigenous Peoples' environmental stewardship and sustainable approaches to natural resources offer insights that are especially relevant in today's discussions around climate change and ecological conservation. The wisdom embedded in Indigenous knowledge systems, which emphasize harmony with nature, respect for all living beings and community-centered values, provides valuable guidance in addressing modern environmental changes. It is an essential time for reflection, education and community building. It is a chance to honor the lasting impact of Indigenous contributions to our world and to recognize the importance of preserving and supporting Indigenous cultures. By celebrating this month, Americans can contribute to a more inclusive and informed understanding of their country's history, one that respects the central role of Indigenous communities and their enduring legacy.

For the Lakota, Native American Heritage Month is both a national recognition of Indigenous heritage and a living, daily practice of cultural pride, language, and community and a time to honor the Oceti Sakowin (Seven Council Fires) and the enduring spirit of the people. It is an opportunity to actively engage with and share our culture through language, stories, art, dance, and values. Programs like those at the Cheyenne River Youth Project integrate Lakota language, songs, powwow styles, ledger art, and the philosophy of Mitakuye Oyasin ("We Are All Related") into youth education. This is not just symbolic; it is a chance to connect young people with mentors, learn sacred traditions, and build skills that strengthen identity. As Lakota we emphasize that it is not just November that we honor our traditions and culture, it's every day, we honor Native American Day! The month is a concentrated expression of what is lived daily: honoring the teachings, the culture and the history of the White Buffalo Calf Woman (Pte San Win) and practicing the values of reciprocity and respect for all creation.

So, during this month please be mindful of the indigenous cultures of this land. Take a moment to reflect on the past an educate yourself and your family with true facts of American history. What we all were taught in school was not always correct and was very one sided. With Thanksgiving also falling in this month, I am requesting everyone to research the truth about how that holiday actually transpired and the reasons why most Native cultures do not support or celebrate that day like most of society does. I'd be happy to share these facts with you anytime. I actually wrote an article for the November 2024 *Ute Country News*, which can be found in our online archives (www.utecountrynews.com)

If you would like to visit me in person, please stop by my store at 38 Costillo Ave. in Florissant, Colorado. We offer a full organic apothecary with bulk herbs, herbal teas, tinctures, salves, aromatherapy items and essential oils, bath and body products, CBD products for people and pets, authentic American Indian artwork, and much more. Most products in the store are made by me; when they are not, they come from another Indigenous family-owned and operated company. We offer tried-and-true traditional medicines used for centuries by Indigenous peoples. We also host ancient sound healings every Thursday from 5:30 p.m. to 7:00 p.m. with Garen Farenbach, and I offer Lakota Sweat Lodge Card Readings on Sundays, Mondays, and Wednesdays. Please call for an appointment (719-661-0410) or

continued on page 4

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!

☐ $45 for 1 year (13 issues!) first-class subscription.
☐ $22.50 for 6-months (6 issues!) first-class subscription.

Name: _____
Address: _____
City State Zip
Phone: _____
Email: _____

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

PROPANE SERVICE YOU CAN TRUST

- Residential & Commercial
- Locally Owned & Operated
- Reliable Routed Delivery
- No Additional Fees

Glaser ENERGY GROUP, INC

719-687-1180

650 County Rd 5, Divide, CO 80814

www.GlaserEnergyGroup.com

Grannys' High Altitude Super Hemp

The Purple Building in Lake George

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



CBD Whole Plant Extract
CBD Pain and Skin Salves
Hemp Tea



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

Open Tues – Sat 9am – 5pm

719-748-4736 grannyshemp.com

Be prepared for whatever Colorado weather brings.

Find safety tips, emergency resources and preparedness tools at **www.CORE.coop**, or scan the QR code.

CORE ELECTRIC COOPERATIVE

www.CORE.coop

Oyate Herbals

Honoring Native American Heritage

continued from page 3

sign up at the store; walk-ins are welcome. You can also subscribe to my email list at oyateherbals.com to see the events we attend along the Front Range and the monthly practitioners listed on our store calendar.

Anpetu Waste Mitakuye Oyate". (Good day relatives)
Many blessings and may you walk in balance.
Website: oyateherbals.com

Editor's Note: *We encourage our readers to find the book,* Colonization and the Wampanoag Story. *Written from the perspective of the Wampanoag culture, we get a bird's eye glimpse of how their culture functioned, how they respected nature and all living entities. We read how they shared their resources with each other and most importantly, what it was like for them when strange people, dressed in strange clothing suddenly appeared where they lived. This book presents the most historically accurate process of how Europeans invaded the land and took hold of it. The book is authored by Linda Coombs, an historian from the Wampanoag Tribe who spent three decades working at the Wampanoag Indigenous Program. If you are interested in reading, please contact us at Shipping Plus Monday-Friday 9-5:30 p.m. or call us 719-686-7587 or email us utecountrynewspaper@gmail.com. We purchased two copies and one copy is available for loan.*

Black Hills Energy Supports Fire Departments

Black Hills Energy is proud to support local firefighters across its service territories with $165,000 in safety grants through the Funds for Firefighters program, a 2026 giving initiative of the Black Hills Corp. Foundation.

More than $33,000 was distributed in Colorado, supporting fire departments that play a critical role in protecting communities across the state. Several grant recipients serve areas identified as higher wildfire-risk or Public Safety Power Shutoff (PSPS) priority areas, aligning with Black Hills Energy's ongoing efforts to reduce wildfire risk and strengthen community preparedness.

"We're deeply grateful to the firefighters and first responders who have worked tirelessly to protect Colorado communities during another active wildfire season with significant impacts in our region," said Erik Anderson, general manager of Colorado electric operations at Black Hills Energy. " These grants are one way we're investing in community resilience and supporting local emergency response capabilities as part of our broader wildfire mitigation and preparedness efforts."

The Funds for Firefighters program provided financial assistance to professional and volunteer fire departments to help them purchase essential equipment and supplies that enhance emergency response capabilities, public safety and community preparedness. Colorado grant recipients included:

Tallahassee Fire Protection District (Fremont County)
Victor Volunteer Fire Department (Teller County)
Florence Fire Department (Fremont County)
Rocky Ford Fire Department (Otero County)
West Park Fire Department (Pueblo County)
Cheraw Fire Department (Otero County)
Cripple Creek Fire Department (Teller County)
Fowler Fire Department (Otero County)
Manzanola Fire Department (Otero County)
Ordway Fire Department (Crowley County)
Haxtun Volunteer Fire Department (Phillips County)
Norwood Fire Protection District (San Miguel County)
Pagosa Fire Protection District (Archuleta County)
Peyton Fire Protection District (El Paso County)

"As we recognize National Preparedness Month, we're proud to support the firefighters and first responders who help keep our communities safe," said Chris Downey, general manager of Colorado gas at Black Hills Energy. "Funds for Firefighters helps provide departments with resources they can use to strengthen emergency response and invest in the tools they need to serve their communities safely and efficiently. We are grateful for their service."

Many volunteer departments also serve as emergency medical technicians, lead search and rescue operations, teach fire safety in schools and conduct emergency preparedness drills. Some even offer child car seat safety checks for local families. Several Black Hills Energy employees in Colorado serve in volunteer firefighter roles.

The program is also part of the company's broader commitment to community resilience and wildfire mitigation, supporting first responders who help protect customers, communities and critical infrastructure during emergencies. A total of 72 grants were awarded in 72 communities across Arkansas, Colorado, Iowa, Kansas, Nebraska, South Dakota and Wyoming.

Since its founding in 2001, the Black Hills Corporation Foundation has awarded more than $9.6 million to more than 600 organizations across the eight states where Black Hills Energy operates. Guided by its core giving pillars of Thriving Communities, Conservation and Future Leaders, the foundation continues to invest in the people and places that make these regions strong.

FMI visit blackhillsenergy.com/community.



Keep Your Butts In Your Car!

Save our forests and homes!

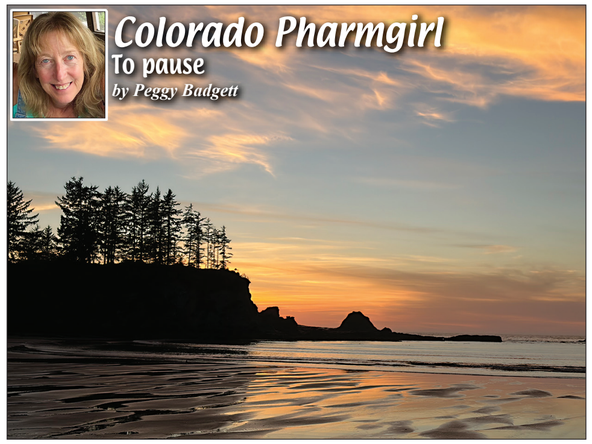
Adopt Me *by Ark Valley Humane Society*



Reese

Looking to add more joy and smiles to your life? Reese might just be the girl for you! Reese is an 8.5 year-old Mountain Cur mix available for adoption at Ark-Valley Humane Society. She gets excited to go on walks and cuddle with AVHS staff and volunteers, and she has enjoyed meeting everyone so far! Reese isn't just a happy, friendly girl; she's also a smart one. She's reportedly house-trained and crate-trained, and she knows commands like sit, down, and shake. She also enjoys low agility jumps and will happily do just about anything for a treat and to please her person. Although she's a senior, Reese is still active and enjoys getting out for adventures. When passing other dogs on walks, she tends to remain neutral and focused on the task at hand. She's ready to join you for whatever the day brings, as long as she gets to spend it by your side! Now, all Reese needs is someone to give her the loving home she deserves. Could that someone be you? If so, please contact AVHS at 719-395-2737 for the next steps.

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



Colorado Pharmgirl

To pause

by Peggy Badgett

Stunning sunset at Sunset Bay state park in Oregon!

Through most of my life, I've been driven to accomplish things. Relaxation has never been my vibe. Even in retirement, when I'm no longer responsible for supporting three children and maintaining farm buildings intent on falling earthward, the desire to set and achieve goals has not ended; there is too much to see and do. From bagging fourteeners to completing my next book, I focus on reaching summits or checking off tasks instead of enjoying the process. So during my recent trip out West, I decided to slow down, be less structured, and truly immerse myself in the experience.



A girl and her teacher

I drove to Reno to dog sit for Alex and Meg at the end of August. There were a few national parks I wanted to see during the journey, and my camping van hauled everything needed for adventure. The first stop was Grand Basin, Nevada, which provided the opportunity to hike one of the most challenging thirteeners I'd ever climbed. After I arrived in Reno, their dog Sloane and I explored while the kids traveled to three different weddings. When Sloane stopped to sniff something on our hikes, I took a moment to listen to the birds or admire a flower. We meandered. She was a great instructor for living in the moment and making friends (although I draw the line at sniffing butts.)

In between one of the kids' trips, I scored a campsite in Yosemite. The national park had been on my wish list, and it lived up to its breathtaking reputation. Cathedral Lake was the perfect spot for an evening dip from the campground. The next day I drove to the valley and hiked Glacier Point. The trail was crowded, but folks were courteous and kind. Then, three miles in, I caught up with a woman who didn't step aside when I announced I was on her heels. She sped up instead. Surprised by her reaction, I slowed down. That had never happened to me on a trail before. Fifteen minutes later, I was right behind her. She didn't stop when I cheerfully said "Hello," so I walked around her at a wide spot on the trail. She must have sped up again, because I heard her muttering behind me. At the next switchback, I moved over and smiled, but she didn't even acknowledge my presence. Maybe she was just having a bad day. It wasn't my problem to solve. Like Sloane had taught me, I let growling animals be. Near the summit, I came upon a group taking photos. I paused and took one of all of them, so they didn't have to wonder "Where was Martha?" on those photos later. Helping others was more fun than racing someone to the top.

When Alex and Meg finished their travels, I began my tour of the Pacific Northwest by driving north along the Oregon Coast. The first night, I camped at Sunset Bay State Park. At the beach, I did my best to capture the magical silhouettes and light as the sun disappeared over the water. The next morning, I toured the adjacent wildlife refuge overlook and botanic gardens. Instead of buzzing quickly through, I drank it all in by chatting with other visitors, sniffing the fragrant pine and flowery scents in the air, and laughing at the barking sea lions. Sloane had taught me well.

Cruising along Highway 101 revealed amazing views with every turn. After a few hours, I spotted an intriguing trailhead sign and turned the van around. The coastal mountain wasn't a fourteener but sounded like a cool adventure. I laced up my boots and shouldered my backpack for the surprisingly steep five mile jaunt which attracted few visitors. Old growth forest of towering hemlocks and gigantic ferns lined the path that climbed steadily up. I reminded myself to pause often and place my hand on rough bark or gently touch a frond as I passed. Miles of rugged coastline stretched before me at the top where I took a break and more photographs.

The following days passed in a blur of cool sand under my toes, waves crashing at the shore, giant Sitka Spruce and Western Hemlocks, and mist creeping in from the ocean. A short hike to Secret Beach wound through a rainforest to the rocky sandy strip. South Beach campground had deliciously hot showers, and a wonderfully melancholy foghorn that sounded faintly at night. I soaked up some sun and watched an osprey fish the shallows at Otter Rock Beach. Cannon Beach sprouted giant monoliths from in the ocean. Short Sands Beach featured surfers in wet suits bobbing like seals in the swells, waiting for the perfect "one." Several times I jumped in the cold Pacific water and sat on my towel afterwards to listen to gulls' cry.

After the Oregon coast, I headed north to Olympic National Park where my youngest child, Hannah, had just started working. It was dusk by the time I crossed the Astoria bridge, and there were no truck stops along the highway. I was tired and needed a place to sleep. Luckily, I spotted a town park in South Bend, Washington, where camping was allowed. The gravel lot overlooked a small inlet; fog covered the hills across from it. I was the sole occupant of the park and woke refreshed and un-murdered the next morning. At a local coffee shop named "Elixir," I sipped a latte and worked on a column while watching life pass by. A fishing boat cast its nets in the quiet waters, a harbor seal gulped down a huge fish behind it, and a blue heron quietly stalked the dock. Words flowed easily, bringing my story to life. Maybe there is something to this relaxation thing after all.

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

Cripple Creek Colorado

A Taste of Cripple Creek

THE CREEK

PROSPECTOR'S DEN
The Creek • Cripple Creek

OPEN DAILY 11 AM ★ HAPPY HOUR MON-FRI 3-6

Restaurant & Bar ★ Prospector's Den Upstairs

317 E. Bennett Ave Cripple Creek | (719) 689-9595 | @thecreekcripplecreek

CENTURY CASINO Cripple Creek & Hotel

MID CITY GRILL

200 E Bennett Ave • Cripple Creek, CO 80813
719.689.0333 • cnty.com/cripple-creek

CREATIONS EVERLASTING
Boutique, Coffee, & Tea Room

Coffee & Tea ✦ Breakfast & Lunch ✦ NFL Merch
Gifts for her and him
719-964-3502
creationseverlasting.com
261 E Bennett Ave, Cripple Creek

The Boiler Room Tavern at Hotel St. Nicholas
CRIPPLECREEK.CO
HOTEL ST. NICHOLAS
EST. 1898

GRAND PEAK SPA at HOTEL ST. NICHOLAS
Our Services
Massage • Nail Care
Facials & Skincare
Waxing & Tinting
Spa Packages • Sauna

Front Desk Business Hours: 8AM - 7PM • 719-689-0856
303 N 3rd St, PO Box 1475, Cripple Creek, CO 80813

THE MINER'S PICK

Daily Specials,
Sandwiches,
Pizza, Salads,
Fresh Fruit,
Snacks, Coffee,
Sodas & More.

THE BRASS ASS CASINO | MIDNIGHT ROSE | McGILLS HOTEL CASINO

719-689-2142
201 E Bennett Ave
Cripple Creek, CO

980 PRIME STEAKHOUSE

HOURS
Fri. - Sat: 4-10pm
Sun: 4 - 9pm

A LEGACY OF EXCELLENCE, ELEVATED TO NEW HEIGHTS.

Every detail at 980 Prime is built around impeccable sourcing and masterful technique, served in a dining room that pairs sophisticated elegance with mountain warmth. From prime steaks and Colorado lamb to Maine lobster and an extensive wine list, every visit is an occasion worth savoring.

Dress code: 980 Prime's attire is upscale casual. Please dress for the occasion, stylish and well-presented. Collared shirts are recommended. No athletic apparel, tank tops, flip-flops, shorts or swimwear. Thank you in advance for your adherence and for your understanding!

DON JUAN'S COCINA

A VIBRANT NEW MEXICAN DINING EXPERIENCE AT CHAMONIX

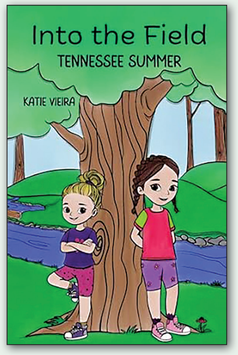
Introducing Don Juan's Cocina, where bold flavors, rich tradition, and modern flair come together in the heart of the Rockies. Nestled within one of Colorado's premier luxury resorts, Don Juan's Cocina offers guests an inviting escape into authentic Mexican cuisine, from handcrafted classics to elevated favorites, all served in a lively, welcoming atmosphere. Whether you're fueling up after a night on the casino floor or gathering for a memorable meal with friends, this new addition brings a fresh, flavorful energy to Chamonix's already world-class dining scene.

HOURS: Friday - Saturday: 12pm - 10pm
Sunday: 12pm - 8pm

719-681-6963 • 251 EAST BENNETT AVE., CRIPPLE CREEK, CO

Sponsored by City of Cripple Creek.
If you would like to be included in the next issue,
contact Phil Palmer at 970-691-1504 or
philpalmer2001@yahoo.com

A Book Review
Into the Field: Tennessee Summer
by Kathy Hansen



Local author Katie Vieira has written her first children's book titled *Into the Field*. I am very glad to learn the second book is in the works because this book was not only interesting, but it was also filled with all sorts of lessons that I would want all children to learn!

Curiosity about life is a theme Katie weaves throughout the entire book, which keeps the reader engaged and anticipating what might come next. The life lessons the parental characters teach in the book are integrated by the children's characters and reflected in their choices later in the story. There are lots of facts integrated throughout the plot, making it educational in nature.

Katie took great care in crafting characters that are vastly different from each other. This makes their interactions very interesting. Each character has their own coping skills and styles. I really liked how the characters accept their differences and respect each other's ways of problem solving and manner of coping. Specific skills are taught, for example considering what to pack in preparation for a hike or how to use a compass to find your way.

For those who enjoy adventures, this is a must read because it is action packed with lots of discoveries to be uncovered in their due course. For those who enjoy puzzles, you will want to pay attention to the carefully crafted maps for clues, an aspect of this book that I truly appreciated.

I enjoyed how the children brought the excitement of their adventure to their parental character, who followed through with helping the girls get the answer they sought.

The ending has a surprising twist, which makes the moral of the story strike home.

Katie closes the book with a sincere letter to parents warning of the potential addictive nature of the use of the "digital babysitter" in addition to supplying several helpful resources for those seeking alternatives outdoors.

Parents, grandparents or caregivers of children ages 4-10 are likely to enjoy *Into the Field* and may even find it a great way to launch a meaningful conversation or two with the littles.



Fitness ON the Mountain
Photobiomodulation: Light Therapy 101
by Lori Martin

Before I dive into the basics of light therapy I thought I would share my "why" for those who may not know the history of my passion for healing and movement.

In 2020, I began my search for ways to help my 88-year-old mom with her pain. I couldn't be there to help her in person so, I began researching non-traditional, passive ways to help her that would avoid the use of medications, and/or more surgeries that would lead to more medications, etc.

Eventually, I found Light Therapy. After much research and talking to various companies I bought a light therapy device to try on myself. Within 1 week, I ordered another device and had it sent to my mom in California. I also bought myself a second device to share with friends and family.

The responses I received led to having sold enough devices that I was asked to be an affiliate for a particular device, the DNA Vibe. This article is not an advertisement to sell devices, however. Through this article I want to share hope and possibility in a market that is becoming saturated and over-whelming. I hope to help eliminate some of the confusion and educate our readers on some important things to know about Light Therapy.

What exactly is Light Therapy?
In simplest terms:
- Light energy = healing
- Light therapy is non-invasive healing

Should you feel the desire to do further research, which I encourage you to do, you will come across the following:

1. Light therapy is often referred to as:
- Photobiomodulation or Low Level Light Therapy
- Most commonly, called Red Light Therapy

2. The effectiveness of a light therapy device depends on:
- Light source
- Wave lengths
- Energy density
- Light pulse structure
- Duration of the laser application

Each of these factors varies depending on the type of device you choose.

What are the types of light therapy?
The sun is a source of light therapy:
- The sun emits both red and near-infrared (NIR), as well as full spectrum light
- There are considerations to safely using the sun as a source of healing
- To what degree the sun provides healing compared to light therapy devices, is not clear
- Many researchers are recommending timing your dose of sunlight according to time of day, time of year, etc.
- Keep in mind that low horizon or low solar angle sunlight is optimal as it consists of less Ultraviolet rays. Low solar angle light also, provides Colorado with its' beautiful sunrises and sunsets.

Types of Devices
You'll find devices that use one or more of the following types of light, such as:
- Red, NIR or Infrared Light devices
- Laser devices
- LED devices

For those desiring to purchase an at home device you'll be deciding on what type of device. The most common devices can be saunas, panels, hand-held devices, or pads. These devices utilize primarily, Red and/or NIR light which, when designed properly will send specific wavelengths light to the cells that need attention. Most times a device has both red light and infrared light.

NOTE: Laser devices should be used in a clinical setting unless you have in depth training.

LED light with the proper wavelength can be left in place for longer treatment durations.

How does light therapy work?
Mitochondria and energy

These devices can enhance all aspects of our lives by improving our body's energy-producing mitochondria. As we age our mitochondria are subject to a lot of abuse and often are weakened or damaged. Weakened or damaged mitochondria are not able to do their job optimally, which is creating energy. Weak or damaged Mitochondria can lead to weakening of your body's natural functions. Mitochondria respond to long wavelength light. Optimizing the mitochondria to convert the energy that runs every system of our body is critical to our quality of life.

Until recently, traditional medicine only focused on the symptoms of an injury or condition. Lots of fascinating new treatments are on the horizon:
- Mitochondria transplants are up and coming
- Mitochondria cocktail sounds promising
- New drugs are being tested to create new mitochondria
- Mitochondria targeted antioxidants are on the way

In the meantime, having our own red light therapy device at home makes a lot of sense, for ourselves, our loved ones and even our pets. Treatment on our time allows us to be proactive with our healing of injuries while waiting to see our doctor. For someone facing surgery, light therapy is often used to help prepare your body prior to surgery and can help recovery, post-surgery. In many cases, we can even completely recover from more minor injuries and/or avoid further damage.

My son is 6'5' and loves to play basketball. He was repeatedly rolling his ankle. He recognized that with using his Light Therapy device before and after each practice or game he did not have to take time off the court to heal. With regular use, the tendons healed to the point that they were able to do the job they were intended to do, support the ankle joint while allowing for diverse directional changes and impacts. More importantly, he was at risk of permanent injury that could have resulted in having to give up the game.

Some devices can be strapped to your body allowing them to be worn while studying, working on a computer, watching television, etc., greatly enhancing our muscle recovery whether you're sore from working in the yard or the gym.

Most serious gym attendees know that to optimize their desired results (muscle strength, muscle endurance, muscle Hypertrophy/increase, cardiovascular and weight loss) our bodies need at least 24 hours recovery period after a typical workout. What athletes are finding is that recovery is accelerated with the use of light therapy so they can increase intensity of their workouts and experience greater progression in their goals, sooner.

My philosophy, "we are all athletes in our own bodies" reminds us that, for some, simple activities can become our workouts. Those strength and endurance gains aren't only for the body builders or athletes. We all have the ability to enhance all aspects of our health and wellness through light therapy in our daily lives. Shoveling snow, nurturing a garden and for some, cleaning the house are examples of ways we can over train our muscles. Everyday activities that challenge our bodies means treating our bodies to the quickest muscle recovery possible, is a necessity so that we can get back to doing life.

The recently released book, *Protocols* by Stanford Neuroscientist Andrew Huberman, PhD. lays out various protocols to improve health and wellness. The book includes one chapter dedicated to the importance of "light" and how to use it as a health and wellness tool. Huberman credits colleague Glen Jeffery, PhD., "We have him (Jeffery) to thank for taking what were lately anecdotal observations put forth by niche online communities and testing them in controlled studies including clinical trials." Glen Jeffery has published extensively on this subject.

I am not an affiliate but, much like red light therapy, I think every household should have a copy of *Protocol*. It's easy to read and organized around 7 topics so you don't have to read the whole thing to get the information most important to you at the time.

The benefit of light is not a new study. Nobel Prize winning Danish physician, Niels Finsen discovered how light could be used to treat various illnesses as long ago as 1895. Through his own experience of suffering with a "metabolic disease that caused low energy" he noticed that when he was in the sun, his energy improved. He went on to study the medical benefits of light, which led him to have his own institute where he studied the effects of light as a treatment. The widespread use of light therapy began to be used but was eventually replaced with antibiotics. From (www.NobelPrize.org)

My hope is that our readers will realize that while pain, chronic or acute, is inevitable, it is also important to pay attention to. My message is that pain needs to be addressed as soon as possible. Treat that first twinge before it becomes an injury. Watching the pain my mom was in the last years of her life was heartbreaking. That pain didn't just start one day. She dealt with it for years, she put up with it, ignored it until she couldn't. Back then I didn't have the insight I have now. That is why I am so passionate about light therapy. I want you all to feel empowered to Move... Heal...Live...MORE for YEARS to come!
www.lorimartinfitness.com

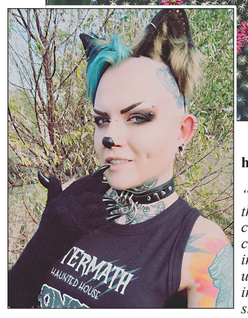
For more details regarding specifics and differences in quality of devices www.dnavibe.com/lorimartinfitness



A Look Inside the Artist
Moriah Gallegher, multi-medium artist
by Mary Shell

I asked Moriah to say a little about herself, and this is what she said. "The main thing anyone needs to know about me is that I believe one meaning of life is to really search to find yourself, and once you do, live authentically. My art is the expression of my self-exploration process, and I hope it inspires others to develop their own journey." When you meet her, you will see how authentic she is. She is filled with the essence of creating art and it shows in what she creates.





Blossoms (above). Artist Moriah Gallegher (left).

How old were you when you first started painting?
I actually didn't really start painting until my late 20s. My original career and art focus was photography, and I would sometimes paint in coloring sheets as a relaxing hobby after work. Around age 29, I decided to get serious about teaching myself how to paint and made a series of animals dressed in formal wear using an upholstery needle and acrylic paint. I kept learning from this process and finally started switching to using paint brushes at 31.

What's your favorite medium?
So far, I have only really explored acrylic as a painting medium, but I also will always be a fan of film photography and the darkroom process.

What is your favorite subject?
I really like subjects that either make me laugh while I paint or are challenging me to explore myself and my place in the universe. This is why my subject matters are so diverse, I just feel the need to get a lot out, both serious and not!

Can you explain your process?
For most pieces, I get an idea and then go through all my old photos or take new references of whatever elements I need. From there, I draw a very basic outline that just places where the largest and most important features will go. I paint in layers, foreground to background, and add in more detail but separate from my original outline with every layer. The smallest details are the ones that I have planned the least and allowed nature to dictate.

Who inspires you to create?
Basically everyone. I am inspired by my experiences in the world, and that includes all the people I interact with. Whether it's someone I joke around with and end up with ideas for my comedic pieces, talk about deep concepts that involve self-exploration, or even unpleasant interactions that leave me evaluating social expectations and divides, I am always learning from the world and incorporating that learning process into my art.

Who's your favorite artist?
The architect of Barcelona, Antoni Gaudí, has fascinated me since I first experienced his work in person. His designs are a masterful worship of natural beauty in an otherwise urban area, using elements of nature such as the movement of the sun. Gaudí creatively mastered architecture as an artform that makes his "experiencers" stop to fully appreciate natural wonder created by the universe.

What is the most difficult painting you have created?
Easily "Blossoms" the rolled canvas of cactus flowers in bloom. I usually work in relatively small format, packing in details, but this piece was requested to fill a wall. Blowing my style up from about 80 in2 to 1,296 in2 turned out to be extremely difficult, but with a beautiful reward.

Is there anything new in your future?
I am lucky enough to be presented with new opportunities on an almost daily basis. Right now, my newest ventures include upcoming Artist Features at both The Artists' Gallery and Fremont Center for the Arts, various projects to improve the community through the Public Arts Committee, exploring more printing potentials for fellow local artists with Dare Print & Sign, and free community art workshops at Green Thumb Initiative.

What haven't you tried that you would like to do in art?
I have never attempted plein air painting and will actually be trying it this week for the first time at the Paint the Town competition in Florence! I am excited to learn and grow from this opportunity since I have really stayed in the studios for a lot of my creative process until this point.

What is your favorite painting that you made?
On the Beach of Annihilation was a piece that I felt compelled to make one night and have been learning from since. Inspired by my favorite book, On the Beach *by Nevil Shute, it deals with acceptance of the inevitability of eventual death, for us and everyone we know. What I love most about this piece is that it challenges the viewer to explore how much they have accepted this inevitability. Like the subject matter of death, the large atomic cloud naturally tends to make some uncomfortable, but I want people to really sit with how this piece makes them feel and what that means about their relationship with death and change.*

What is it that you want people to see in your art?
I want people to see themselves and our shared experiences. Whether it's just that comedy is universal, or more difficult subjects like death and impermanence, all of us are just people trying to get through life and understand our place in the universe.

How do you choose your subjects?
Most of my subjects just pop into my head, whether it's a joke or a serious subject I want to explore. When I'm really lucky, I'll have an idea that I want to make but don't know why. These pieces are the most special because they always teach me something, whether I figure out what that lesson is while painting or after looking at the final piece over different seasons of my life.

Do you create a story with your paintings?
Most of my paintings have their own stories to them or are part of a series that tells an even larger story. These stories range from animals that are just absurd jokey concepts to explorations of theoretical physics.

Moriah can be reached via Facebook and Instagam.
You may reach Mary Shell at creatingfromthesoul@yahoo.com

TIME TO ORDER YOUR HOLIDAY MEATS
Mountain Naturals Community Market
Organic Foods | Local Produce
Gluten-Free | Grass-Fed Beef
Pet Food
719-687-9851
790 Red Feather Lane
Woodland Park
Hours: Mon-Fri 10am-6pm • Sat & Sun 10am-5pm
CELEBRATING OUR 34TH YEAR!
OUR CUSTOMERS ROCK! THANK YOU!

Best Dinner & Paint Party
SUNDAYS 12 –5PM
CANON CITY
Reserve at
Maryshellart.com

FILL UP SPECIAL
VOLUME DISCOUNTS
Global Propane
$2.099 Gallon
500 Gallons plus
*Price subject to change
(303) 660-9290
Family Owned Business

Stevens Carpet Plus
Your Local Source For All Your Flooring Needs
Pre-Holiday Sale Going on Now!
20% off sale on all Karastan Carpets and Shaw Pet Perfect Carpets now through November 20th.
Visit our showroom at 115 W. Midland, Woodland Park or Call 719-822-6822 For your Free In Home Estimate.
Showroom Hours: M,T,W,F 10-5, Thurs 12-5, Sat. by appointment
We Wish Everyone A Happy Thanksgiving!
Showroom Closed Wed., Nov. 25 thru Sun., Nov. 29 for Thanksgiving Holiday ▪ Back to regular hours Mon., Nov . 30

WANT TO BE A BETTER VERSION OF YOURSELF?
Discover Your Own Path, so You can Feel More Comfortable, Confident & Peaceful. You will learn valuable tools & how to use them to Make a Difference in Your Life. Get New Perspective Quickly.
• RN • Psychotherapist • Brain Injury Specialist
• PLT (Past Life Regression Therapy) • Healing from Trauma
• Quit Smoking Hypnosis (and other habits)
• EMDR (Eye Movement Desensitization Reprocessing) • Hypnosis
Find Hope, Freedom & Peace.
Cell: 719-510-1268
Web: journeyscounselingcenter.com
Barbara Pickholz-Weiner

OLD WEST LIQUORS
IN THE SPIRIT OF THE OLD WEST
ALCOHOL INFUSED CHOCOLATES
MAKE GREAT HOLIDAY GIFTS!
Hours:
Monday - Saturday 3 - 7pm
Sunday 12 - 5pm
719-239-1638 • 1431 CAÑON ST., GUFFEY, CO

ARE YOU AND YOUR VEHICLE READY FOR FALL TRAVEL SEASON?
SCHUMACHER'S Alignment & Tire Center
Over 37 Years in Teller County! Teller County's Oldest Family Owned & Operated Alignment & Tire Center!
Most Major Tire Brands Now Available
• Mufflers & Custom Exhaust • Wheel Balancing • Brake Service
• Oil Changes • General Automotive Repair • Cars ~ Trucks ~ 4x4's
220 S. Burdette, Woodland Park, CO
719-687-2446
Jamie Schumacher
Mon-Fri 8:00-5:00
WITH COUPON
10% OFF LABOR ON ANY SERVICE OVER $100

THE COLORADO
TRADING & TRANSFER
GIFT SHOP
Mention This Ad and Get 10% off Your Purchase.
500 EAST BENNETT AVENUE, CRIPPLE CREEK
THE OLDEST BUILDING IN CRIPPLE CREEK

PRECISION AUTO REPAIR
785-829-3353
Aaron Wendt
Cleveland Wendt
38163 US 24
Lake George, CO 80827

GREAT PLACE TO SHOP FOR HOLIDAY GIFTS!
The Guffey Bakery
Serving Breakfast and Lunch!
Thanksgiving Day
Community Potluck
11 a.m. - 3 p.m.
Handmade Candy and Chocolates
Great selection of hot coco bombs
• Home grown beef by the pound available
• Time to order your holiday pies!
• New Expanded Menu - and Daily Specials.
336 Main Street • Guffey, CO • 719-838-4575
dana@theguffeybakery.com • www.theguffeybakery.com
Hours: Thursday, Friday, Saturday, Sunday and Monday 8am - 3pm



Volcano

by Eli Spears

Might, destructive

Exploding, shaking, burning

Mountain, lava, ash

Quieting, quitting, cooling

Slow, sluggish

Clouds

About the author:
Eli Spears is a seventh grader from Dansville, Michigan, who collects rocks and fossils along the shoreline and plays sports. He enjoys building and mechanical projects.

The image is AI generated.

Butte Theatre Announces Production Transition

by Zack Sztanyo

The City of Cripple Creek and the Butte Theatre are aware of the recent arrest of Nicholas Madson, owner of Green Glass Productions, and the serious allegations associated with this matter.

Upon learning of the situation, the City of Cripple Creek and the Butte Theatre acted swiftly to separate Green Glass Productions and Nicholas Madson from all ongoing operations and productions at the Butte Theatre.

The City and the Butte Theatre take these allegations extremely seriously. The safety and well-being of our performers, staff, patrons, and community remain our highest priorities.

To ensure continuity of the Theatre's professional season, the city and the Butte Theatre have made arrangements with another professional theatre production company to assume responsibility for the remaining scheduled performances of *Sweeney! The Demon Barber of Cripple Creek* and the upcoming production of *Winter Wonderettes*.

"Our priority was to respond immediately and responsibly while ensuring that the Butte Theatre could continue serving our community," said Zack Sztanyo, Butte Theatre Manager. "We moved quickly to separate the Theatre from Green Glass Productions and establish a path forward for our remaining productions. We remain committed to providing a safe, professional environment for everyone involved."

The Butte Theatre's remaining 2026 productions will move forward as scheduled.

The City of Cripple Creek and the Butte Theatre recognize the seriousness of the ongoing legal proceedings and will cooperate with law enforcement should assistance be requested. Out of respect for the legal process, no further comment will be made regarding the allegations at this time.

We appreciate the continued support of our performers, patrons, and community as the Butte Theatre moves forward with its professional season.

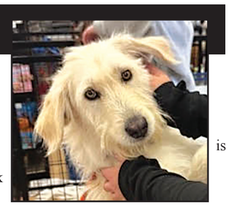
FREE Chili Lunch for Veterans

The Florissant-Lake George Veteran of Foreign Wars Post #11411 and its Auxiliary invite all Veterans and their families for a FREE Chili Lunch on Wednesday, November 11, 2026 from 11-1 p.m. at the Senior Center in Woodland Park 321 Pine Street. Join the VFW cooks for homemade chili, cornbread, drinks and dessert. Just show up — everyone is welcome! Please contact Post Adjutant Jerry Burnham 719-432-6406 for more information.

Adopt Me

by SLV Animal Welfare Society

Sugar



This is Sugar, an appropriate name for this sweetie! She is 3 years old, terrier mix, current on all vaccines and is spayed. Sugar is good with other dogs. She is medium size. Sugar was abandoned in a small town in Southern Colorado. If you would like to meet Sugar, check our website https://www.slvaws.org/ or give a call 719-587-9663.

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



Notes on Nutrition

Food rooted in our ancestry

by Catrina Lynn, Nutrition Enthusiast, Dance Instructor

With the holidays on deck, many of us will be thinking about our families; those that we still enjoy meals with and those we miss at the table. We'll daydream about foods we grew up sharing and can't wait to have them made "just right" by someone we love. You might even have a recipe you don't go a week without having, because it has always been a part of your routine, grandma said it's good for your health or simply because it makes you happy. I have wanted to dig a little deeper into the topic of Ancestral Diets and this seems like a great time to do so.

An Ancestral Diet is pretty simple; it is less a specific list and timing of foods, and more a lifestyle, a way of eating. It begins wide, with the idea that throughout the ages people's digestive systems developed along with the available resources. Concentrated towns with big agriculture are a relatively new kid on the block. We compound the adjustments our bodies are asked to make with ever increasing modernizations, industrializations, and new chemicals coming at us faster every day. If we consider what was available and consumed for millennia while our bodies developed, we might want to give ourselves more of the building blocks that grow and instruct cells, organs and systems. Backing off from processed foods, which confuse and harm the many processes our bodies go through daily will give disease less opportunity to take over.

If one has knowledge of their regional ancestral background, and a sizable amount of any particular genetic heritage, they can fine tune this concept and see if foods from their family history are particularly beneficial (the types of proteins, amounts and types of grains, dairy or no dairy, etc.). If you are research minded, or have someone around who is, you really want to dig in and understand the foods and benefits, historical context, and proper preparations for these foods.

Fats have been demonized in modern diets. Old recipes call for the fatty (nowadays cheap) cuts of meat to make meals more filling and go further than today's methods and cuts. Our cells, brain (and its function), hormones, and literally millions of parts of our anatomy and its processes RELY on fat. It is the slowest nutrient to digest and packs the most energy. Many of our bodies are holding onto excess amounts of fat, simply because we aren't supplying it. This means if we eat fats, our body is more likely to let go of its stored fat supply. Of course, some bodies are fine with a leaner intake and seem to thrive on that. Jack Sprat and his wife from the childhood rhyme taught us this long ago. Maybe we did learn all we really need to know in kindergarten.

Diets, programs, and now food delivery services that have a fairly specific set of foods to eat and to avoid have been around and popular for ages. Paleo is a pretty commonly known diet today. This one and the GAPS (Gut And Psychology Syndrome) diet are what I consider key to my weight loss (over 100 pounds) and a huge improvement in my overall health. That was over a decade ago for me and known by many people long before that. Both of these encourage eliminating sugars and additives; this doesn't necessarily mean seasonings. More fat also brings more flavor. Paleo eating is basically eating things that were available before agricultural foods became the norm 10,000 years ago; meats, fish, eggs, nuts and seeds, fruits and vegetables. Grains, legumes and dairy came later. Lean meats are often recommended. I believe the right amount of protein and fat intake depend on the person. Herbal teas and herbal seasonings are included in the recommendations. Processed grains and foods, as well as sugars are all out. That is likely key to why research shows improvements in health when consistently eating this way. Cardiovascular health, lipid levels (cholesterol), weight, blood pressure, athletic performance, have shown improvement in many studies. You can search Pub Med or the National Library of Medicine for these and more examples: pmc.ncbi.nlm.nih.gov/articles/PMC6628854 and pmc.ncbi.nlm.nih.gov/articles/PMC8004139

Simplifying the ingredients simplifies the building blocks and useful tools for the body, which eases how it manages, and we feel better. Always fine tune recommendations to how food makes you feel, make changes little by little, really ground them. Enjoying food is part of enjoying life. Being able to indulge or engage on occasion, while mostly taking good care of yourself, is the aim.

An Ancestral Diet is pretty simple; it is less a specific list and timing of foods, and more a lifestyle, a way of eating.

Step By Step to Eating Ancestrally

1. Read up on the idea and consider it. There are different schools of thought on what particular foods may be included. Recipes and resources abound for people who are simply changing what they cook and those that are new to considering their diet and preparing or selecting appropriate foods. Is there research to do to connect with family ancestry and region specific foods? Do you cook or shop for others in your household? Will they come along for the ride?
2. One thing at a time. Some of us decide on a path, clear out everything contrary to it, and change it all at once. I suspect lasting change isn't like that for everyone; pretty soon old habits sneak up and before long we're back to our old ways. How much are you wanting to shift? Pick one thing to start (i.e. making a new recipe from fresh whole foods once a week if you eat out often and microwave dinners) and one thing to stop or significantly diminish (i.e. for me it tends to be the soda pop, a nice cold Coke gets me every time). When you feel good about your new methods, pick the next change.
3. Locate whole food sources that limit distractions. If you want to shop the safest aisles at the store, go around the outside (meat, produce, deli) and avoid the middle aisles as much as you can. Farmer's Markets, community stands, friends and family, is there someone who loves to grow food who would trade you for your time and talents? The less energy you spend on engaging with or avoiding things you do not want in your life, the more energy you'll have to find what is helping you.
4. Play with your food. While the list of foods seems limited, it can be daunting because it's also pretty wide open. Most of the fruits and vegetables, proteins, nuts and seeds are fine and it's completely up to you what you want to eat. Include your kids, if you have them, and play with trying something new at least once a week. My kids loved Brussels Sprouts, and I would never have guessed.
5. Locate and create support. Even those that are super stars in the kitchen can stock a pantry, make a new recipe, and please a crowd like no one's business can benefit from external motivation and sharing how it's going when making changes. Teaching can be as powerful as taking a class to keep you motivated. Local groups and clubs, or neighbors gathering, online groups and idea pages, anything that reinforces your commitment and inspires you to keep with it is highly recommended.
6. Backslides happen, keep steadily replacing behaviors with new and beneficial ones. Improving health over time is a journey all its own. You look back one day and realize how different and BETTER life is: more access to activities and connections, stomach aches and headaches no more, simply breathing better. Don't beat yourself up over a piece of cake.

If you're feasting with family over the holidays, and you want to do the most to make it healthy, limit stress and fill up on gratitude. I have enjoyed modifying recipes over the years and bringing some of the traditional favorites with little changes for the shifting intolerances and needs we've encountered. If it's a real stickler, sometimes I'll make it both ways. The year I really got going on my nutritional shift I began with a broth from the Thanksgiving turkey for the GAPS diet and by Christmas I was feeling great and didn't miss eating all those cookies. This year, I'm going to make sure I have a couple of the molasses cookies that my nephew has mastered from his great-grandmother's recipe.

I don't think our bodies are doing well adapting to the modern processes and ingredients being manufactured today. I do think it's helpful to mostly eat what we have been all along, though even those carry some modifications, strawberries and apples ain't what they used to be. Most of all, I think our connections and communities are what keep us healthy. Encouraging ourselves and each other to do our best and looking for simple, uncluttered answers will enliven us all.

Love!

This article is not intended to replace medical advice. Always consult your healthcare providers.

Reach out if you are interested in private or small group dance and somatic classes, I teach movement and self-awareness for self-diagnosis and self-healing. You can reach me at magpieatthespring.com and facebook.com/magpieatthespring



Credit JA Rocky Mountain

Junior Achievement

Reimaging Education to Expand Opportunity

by JA Rocky Mountain

Junior Achievement (JA) partners with educators to deliver scalable solutions that address barriers to education, workforce development, and economic mobility. By making learning relevant, hands-on, and future-focused, we help students build the skills, confidence, and adaptability needed for success in a rapidly changing economy.

For more than 100 years, JA has helped students build skills in financial literacy, work readiness, and entrepreneurship. Today, we unite these pillars to advance economic mobility through education.

At the heart of our strategy is a systems approach that addresses the root causes limiting educational attainment and workforce access. As technology and AI reshape opportunities, JA develops scalable solutions that help students build the skills and adaptability needed to succeed in a changing economy.

Junior Achievement combines the power of a global network with the heart of a local mission.

With nearly 100 JA offices across the United States, we provide education solutions that reflect the realities of the students we serve. Our Rocky Mountain team knows the local landscape and understands the root issues and underlying causes within that community, helping young people build pathways to economic opportunity through JA.

In the 24/25 school year, we reached 87,593 students in our region. This past school year saw an increase to 119,317 students. In 24/25 we delivered 549,692 hours of education in the schools, this past school year we increased that number to 710,243 hours.

Together, we can prepare students with the skills, confidence, and connections they need to thrive in work and life, strengthening not only individual lives but entire communities.

Global expertise. Local impact. Real change — powered by you. To become a classroom volunteer with Junior Achievement, contact Sherri L. Albertson, Junior Achievement-Rocky Mountain, Mountain Regions Program Manager, at salbertson@jarockymountain.org.

Woodland Park Farmers Market
Teller County Farmers Market Association
Celebrating 36 Years
Holiday Market November 21st
Food and Holiday gifts from your favorite vendors.
Shining Mountain Golf Course
9 am to 1 pm.
We Welcome SNAP Benefits
719-229-3767
info@wpfarmersmarket.com
WPfarmersmarket.com
Woodland Park Farmers' Markets
@wpfarmersmarket
BEST OF TELLER
Meats, cheeses, salsa, jams & jellies, fresh baked breads and pastries, coffee, artisanal gifts, and a food truck.

HAPPY Thanksgiving DAY
Pet Food Pantry Volunteers hope your day is filled with peace, love and joy!
The Pet Food Pantry Volunteers & our Mascots,Yetee, Baylee and Daisy, want to Thank you for your donations!
Spread The Word!
Pet Food Distributions for November 2026
Monday November 12
Monday November 26
2 - 5 p.m.
at the Little Chapel of the Hills, Divide, CO.
Help us keep pets at home with their families!
www.PetFoodPantryTC.com



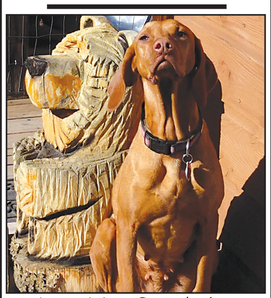
ARTHRITIS PAIN?
TRY PAIN RELIEF SALVE!
Comfort Mountain Salves
Jojoba CBD Pain Relief
Comfrey, Arnica and Cayenne
100mg CBD (2oz)
NATURAL & ORGANIC
SALVES - LOTIONS - CBDS - SPRAYS
TAMMIE LOWELL, NATIVE AMERICAN HERBAL WELLNESS & BEAUTY
To order your regular or extra strength (containing CBD) PAIN RELIEF SALVE, visit or call:
OyateHerbals.com
719-661-0410
YATE Herbals
Follow Us for Monthly Giveaways
COMFORT MOUNTAIN SALVES

Happy Holidays from
Divide Collision Center
Quality Work Since 1974!
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

Critter Corner



Fox visitor at our property - Lynne Roedema, West Indian Creek, Florissant, CO



Mindy and her favorite bear - Steven Rizzio, Guffey CO

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

Thanksgiving at the Shadow House

by Gilrund the Historian



Muriel had been alone for two years after her husband Kermit had passed away. She had their children close, and they took very good care of her, but life wasn't the same without Kermit.

Muriel was in her late 80s and still drove her own car. She volunteered at the ladies group each year when they sold nuts and candy to people during the holidays. But most of her time was spent reading her favorite books and watching the television shows that she liked. She also had a family of squirrels that she liked to watch and feed in the trees in her yard on the outskirts of Woodland Park.

It was late Thursday afternoon as Muriel was driving to her son Carl's home to spend the evening celebrating Thanksgiving with the family. Her daughter, Milly, was to be there with her family, so there should be nearly 15 people at her son's home to celebrate the holiday. The sun was setting and the clouds over the mountains were a bright red golden color as she drove west, along Highway 24 toward the turn off to her sons home back in the hills west of the city. She came to the turnoff and turned onto the dirt road that led to the scattered community of houses and cabins located in the hills. It was getting dark in the forest as Muriel drove into the short driveway in the trees that surrounded her son's home.

There was a three-story house that looked like it had been built in the late 1930s, and she stopped as she looked at it. "This is the right address number," she said to herself, "But I don't remember the house being this large." The house windows were all lit up and she could hear laughter coming from the open front door as her son stepped out onto the porch to welcome her in.

"Hi, Mom," Carl called out, as Muriel opened the door of her car and got out, "I'm glad that you could make it. Come on in." Muriel walked up the steps and onto the porch as Carl came out to give her a big hug and walk her on into the house.

Inside she saw all of her family laughing and talking as they each held a glass of a red-colored apple cider punch and a cracker covered with a cheese topping. Muriel stopped to see all who were there. Both her son and daughter's families were there, which included the three children from each family. Everyone was having a good time. The children were all under their teens and were running all through the house laughing and shouting at each other as the adults all turned to see Muriel come in.

Then it was, "Hi, Mom" and all of the adults came over to welcome her and give her hugs as she was ushered over to the refreshment table for her own glass of punch and a cheese covered cracker.

There were many questions and answers as they all started moving toward the dining room and the Thanksgiving dinner. The table was long to accommodate all of the family; it was covered with a white tablecloth and fine China dishes that Muriel's son had sent to his wife Lilly when he was in Germany while in the Army. Of course, the table was lined with enough chairs for all, except for one at the end that was covered with a blue cloth. Blue was Kermit's favorite color.

Muriel's son and daughter-in-law started to seat everyone at the table as the kids came from their running around the house and took their places at the table. Muriel was seated at the other end of the table, as had always been done at the family gathering for Thanksgiving.

When the children calmed down, they all joined hands and bowed their heads for the Thanksgiving prayer. Muriel's son looked towards Muriel and asked if she would pray because Dad had gone home to Heaven. Muriel smiled and bowed her head as she prayed for her family, thanked Him for what this holiday meant to them, then she thanked God for the food, they were about to enjoy.

Then it was heads up and the various dishes of delicious food were starting to be passed around the table, while Carl carved the turkey. The children passed on the salads, but took lots of mashed potatoes and gravy and, of course, plenty of the delicious turkey.

The conversation started again among the adults about how much fun it was to get together at the holidays and how good the food was. Lilly was given many compliments on how good the food was as the plates and bowls passed around the table.

Muriel just looked at the blue covered chair at the other end of the table and smiled at Kermit as he smiled back at her, until her daughter-in-law Lilly noticed that she wasn't taking any of the food that was being passed around the table.

"Mom?" she asked, "Are you alright?"

Muriel blinked her eyes and shook her head a little as she smiled at Lilly and took the bowl of mashed potatoes from her hand. "Yes, I'm just fine, Lilly. Just fine."

Lilly looked at the other end of the table and saw just the blue cloth over the chair and then thought she understood why Muriel had been so focused on it. She was remembering her husband being there so many times at family gatherings. Lilly touched Muriel's arm and smiled as she said, "I miss him too, Mom."

Carl had stopped carving the turkey and was watching the interaction between his wife and Mom, then continued carving the turkey and laughing with the children as they picked out the part of the bird that they wanted, which was the drumsticks and the wings.

Carl laughed and told one of the older boys, named Billy, that he couldn't eat a whole drumstick. Billy responded with, "You just watch and see!" as he took the drumstick and started eating it as fast as he could.

Carl sat down and he and everyone else started eating the wonderful meal.

The conversation continued between bites of food. Carl watched Billy eat the drumstick as he motioned Lilly to watch. Lillies' eyes got bigger and bigger as the meat on the drumstick disappeared as Billy ate the leg. Then the rest of the family noticed and started watching Billy as he ate the drumstick. Soon, it was just a clean bone. Billy held it up for the whole family to see as he said to Carl, "See! I told you I could eat the whole thing."

Everyone laughed and laughed, saying "Great job," and "You ate it all!"

That's all it took, the other 10-year-old boy, named Charlie, grabbed onto the other drumstick and tore it off of the side of the turkey that was still sitting on the big plate in the middle of the table, then he started eating it as fast as he could.

Millie, his mother, reached over the table to take it from him as she said, "Charlie! You can't eat all of that!"

Charlie turned away as he said, "If Billy can eat one, I can too." Then he kept chewing on the drumstick as fast as he could while everyone else at the table laughed and cheered Charlie on.

His father Larry told him that if he ate the whole drumstick, it would make him look like a turkey. But Charlie just kept on eating and everyone else laughed all the harder.

Charlie's cousin Billy sat next to him and cheered him on saying, "Go for it, Charlie, you can do it!"

The younger sisters just stared at Charlie as he ate and ate.

It took a few more minutes when Charlie, with his mouth still full of meat, raised the clean leg bone in the air and tried to shout," I did it!" The chewed-up turkey meat sprayed out of his mouth and down the front of his shirt and pants as his mother covered her face with her hands and moaned while everyone else laughed even more.

Larry laughed as he said, "That's my boy."

The rest of the meal went on with more laughter and stories told which brought back many memories for everyone.

Then it was time for dessert and Lilly brought out the pumpkin pie that she had made just for this occasion, also the whipped cream along with some vanilla ice cream. Everyone had some of the pie and whipped cream, but the kids wanted some ice cream too.

The adults looked at the two boys and asked each other how they could eat so much. Larry grinned and answered, "They're boys!"

When the meal was over everyone left the table and went into the living room to enjoy a little port wine, while the children all sat on the floor and played a game of monopoly.

Muriel sat on a rocking chair and slowly rocked as she looked back toward the dining room where she could still see the chair at the end of the table with the blue cloth draped over it. What she was really seeing was her husband Kermit smiling back at her the way he did when he was alive.

Carl was watching her and was wondering what she was looking at as he said, "Mom, Lillie and I will clean up after everyone has gone home."

Muriel looked at Carl and smiled and said, "Your father is here."

Carl looked at her as he said, "He would have loved to have been here, I'm sure. He would have added so much to the fun that we had tonight."

Muriel smiled as she stood from the rocking chair and started slowly walking toward the dining room and the chair covered in blue cloth. She could see Kermit standing there next to the chair with his arms held out to her and a welcoming smile on his face.

"Mom?" said Carl, "Where are you going?"

Muriel smiled as she looked back at her son and his wife who were watching her. Millie and Larry were watching the children and talking and hadn't noticed what was going on with Muriel.

Lillie had walked up to Muriel and was just about to reach out to take her arm when she, too, looked in the dining room and said, "Dad?"

Carl was now standing next to his wife and just behind his mother who was walking away, as he, too, looked into the dining room just as Muriel walked into Kermit's arms that wrapped around her.

Muriel turned and smiled at her children as she and Kermit vanished into a fine silver mist that had formed around them.

Carl cried out, "MOM!!" as he rushed into the empty room.

Lillie followed and took his arm as she said, "Their together again, Carl. That's what mom wanted more than anything."

Carl just stared into the empty dining room as tears ran down his face and Lilly wrapped her arms around him.

By now the rest of the family had come into the dining room asking questions and looking for Muriel.

Lilly answered the questions because Carl couldn't stop the tears right then. The children asked questions too and were given answers that, hopefully, they would understand. Mostly the answer was, "She has gone home to be with Grandpa."

The gathering was over now, and Millie and Larry went home with their kids and many unanswered questions and tears.

The darkness outside the house was complete now, because there was no moon shining tonight.

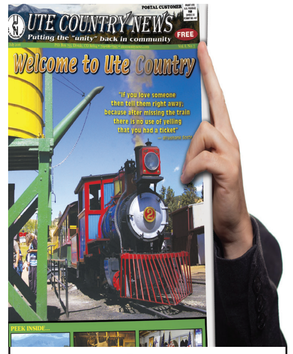
If you should happen to drive past Carl's home, you would see just a single story, three-bedroom, two-bathroom cabin made of logs. Not a three-story house with a surrounding porch.

What happened to the much larger house that the family had celebrated Thanksgiving in? It vanished in a thick gray fog just after Milly and Larry left with their kids.

Perhaps we'll find it again sometime.

~ To be continued ~

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



Advertise in the local paper that actually gets read...
■ 11,000 papers printed each month
■ Average 95% pick-up rate
■ Over 100 distribution points in over 4 counties
Your advertising dollar goes further in the paper that gets read "cover-to-cover".
- most commonly heard feedback from our readers.
Call or Email for more information on how to get your word out!
719-686-7587
utecountrynewspaper@gmail.com
Ute Country News

Woodland Park Art Gallery
8465
WE ARE OPEN FOR ART WALK
Great Outdoors Adventures
Mountain Home Decor
Reserve Our Gallery
Smith & Western
Solid Grounds
TAVA House
The Cowhand
Timeless Niche
WP Garden Gallery
November 6 from 4 - 7 p.m.
STOP & SHOP
FIRST FRIDAY ART WALK
KICKOFF HOLIDAY SHOPPING
COMMUNITY, ART & CHEER

Chautauqua featuring Don Sanborn of the AdAmAn Club

by Marianne Mogon



Don Sanborn

At the stroke of midnight on New Year's Eve, the AdAmAn Club presents a spectacular fireworks display, which on a clear night, can be seen for hundreds of miles along the Front Range of the Colorado Rockies and eastern plains. On November 15, Pikes Peak Historical Society is hosting Don Sanborn, a member of the AdAmAn Club at their Chautauqua.

The AdAmAn Club has been a Pikes Peak Region tradition since 1922. It is a unique group of mountaineers, who each year on December 30th and 31st, climb the icy slopes of Barr Trail on the east face of Pikes Peak. Then, at the stroke of midnight on New Year's Eve, AdAmAn members and their guests ignite a glorious fireworks display from the summit to usher in the New Year.

The club is dedicated to the memory of the original *Frozen Five*, Ed Morath, Fred Morath, Fred Barr, Willis Magee and Harry Standley. Their idea was that each year, only one new member would be added to the Club, and as a result, the name AdAmAn (add a man) was chosen. Each year, members choose one new member from a list of applicants.

Don Sanborn, a second-generation Colorado Native, was raised in Cascade, graduated in the Manitou Springs High School class of '77 and obtained a B.S. in Agricultural Engineering from Colorado State University.

Sanborn is a past President of the AdAmAn Club, past Chairman of the Board of Directors of Barr Camp, has been on the board of the Pikes Peak Hill Climb, has been Timing Director and Information Management Officer for the Pikes Peak Hill Climb, has been on the Pikes Peak Marathon Race Committee, is President of the Pikes Peak Hill Climb Historical Society and a member of the Pikes Peak Hill Climb Museum Committee.

He has also been an announcer as part of the KRDO radio live coverage team for the Hill Climb: at the start line the last 11 years and once from the finish line before that. He has served as commissioner of the Pikes Peak Highway Advisory Committee and the Telecommunications Policy Advisory Committee for the City of Colorado Springs.

"I was also a member of the Advocates for the Pikes Peak Summit House, a group pushing for a new summit house on Pikes Peak," he said.

He is married and in his free time likes to run, climb mountains, downhill ski and travel with his wife.

Sanborn hales from a family which has been very active on Pikes Peak. His Grandfather, Don Lawrie, founded and was first President of the Pikes Peak Ski Club, the first Superintendent of the Pikes Peak Highway and the only person to drive completely off road to the summit of Pikes Peak. Don's father and Uncle, Frank and Nick Sanborn both raced in the Pikes Peak Hill Climb. Nick won the Stock Car division five times and was the Race CEO for many years.

Pikes Peak Historical Society presents a Chautauqua periodically and is free and open to the public. No reservations are needed and all are welcome to attend. This Chautauqua will be held Sunday, November 15 at 2 p.m. at Lake George Charter School, 38874 US Hwy 24, Lake George, CO.

FMI 719-748-8259 or 719-291-6563.



*Limited time offer. Rates as low as 6.49% Annual Percentage Rate (APR) are available on qualifying Holiday Loans of up to $2,500 with a 12-month term, subject to credit approval. Actual rate is based on overall creditworthiness and may be higher than 6.49% APR. Payment example: A $2,500 loan at 6.49% APR would require 12 monthly payments of approximately $215.73. Other terms may also be available. Payment amounts will vary by loan amount, term, and rate. Other restrictions may apply.

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

Federally Insured by NCUA

Pikes Peak Credit Union

Ute Pass Holidays:

A Weekend of Holiday Cheer

The holiday season comes alive in the mountains as Ute Pass Holidays returns for a festive weekend of celebrations throughout Teller County, with events centered in Green Mountain Falls and Woodland Park December 5 and 6, 2026.

Ute Pass Holidays brings together local nonprofit organizations and community partners for two days filled with holiday traditions, family fun, shopping, music, and giving back — all against the beautiful backdrop of Colorado's mountain communities.

From festive home tours and holiday markets to family activities, a parade, live music, Santa, and fireworks, there is something for residents and visitors of all ages to enjoy.

A Celebration with Purpose

Ute Pass Holidays is about more than celebrating the season. The weekend showcases the organizations, volunteers, businesses, and residents who make the Ute Pass communities so special. Proceeds from participating events support local nonprofits and programs that make a difference throughout the area.

Weekend Highlights Include:

- **Tweeds Holiday Home Tour:** Festively decorated homes, holiday inspiration, artisan markets, that's a beloved mountain tradition where all proceeds go to local charities.
- **Yule Days in Green Mountain Falls:** A two-day craft fair and free family-friendly holiday activities.
- **Lights Above the Clouds Parade:** A festive holiday parade culminating with Santa and a spectacular fireworks celebration.
- **Woodland Park Wind Symphony:** Beautiful holiday music to celebrate the sounds of the season
- **Mountain Holiday Magic:** Shopping, community gatherings, local businesses, and plenty of opportunities to celebrate throughout the weekend

Save the Dates: December 5 & 6, 2026

Make a weekend of it! Gather your family and friends and experience the warmth, charm, and holiday spirit of Green Mountain Falls and Woodland Park.

"Ute Pass Holidays is a wonderful way to bring our communities together and showcase everything that makes the holiday season in the mountains so special," said Amy Novak, Publicity Coordinator. "It's a weekend filled with traditions, local organizations, businesses, volunteers, and neighbors coming together to celebrate and to give back to the community we love. It's a perfect weekend to kick off the holiday season with friends and family."

Event details, schedules, sneak peeks, and holiday updates will be shared throughout the season on the Ute Pass Holidays Facebook Page and their respective websites.

CC&V Recounts Economic Contributions

by Tara Trujillo

The Cripple Creek & Victor Gold Mine generated $704.2 million in total economic contribution and supported 789 direct, indirect and induced jobs across the Pikes Peak region in 2025, according to a new economic impact study produced by the Metro Denver Economic Development Corporation.

The report defines the Pikes Peak region as Teller, Fremont and El Paso counties. Across the three-county region, CC&V also generated $70.9 million in labor income and $31.5 million in state and local tax revenue.

"CC&V would not be here without these communities or the people who live in them," said Lowe Billingsley, general manager of the Cripple Creek & Victor Gold Mine. "Of our 428 employees, 396 live in Teller, Fremont or El Paso County. They are hardworking, skilled, and proud of the work they do. This report reflects their contributions as much as it reflects the mine's."

"Colorado Springs and the Pikes Peak region are known for our aerospace, defense and military sectors, but this report underscores the significant role mining continues to play in our economy. CC&V alone accounts for more than half of Teller County's economic output, while supporting jobs, businesses and economic activity throughout the region," said Johnna Reeder Kleymeyer, president and CEO of the Colorado Springs Chamber & EDC. "That kind of impact demonstrates why mining remains an important part of the economic strength and diversity of the Pikes Peak region."

Teller County receives the largest share of the mine's economic contribution. In 2025, CC&V generated $635.4 million in total economic contribution within the county and supported 644 direct, indirect, and induced jobs. The mine also generated $60.5 million in labor income and $27.4 million in state and local tax revenue in Teller County.

CC&V accounts for more than half of Teller County's gross domestic product, or GDP, making it the county's most significant single-site economic asset. GDP represents the total value of goods and services produced within a geographic area.

The mine directly employs 428 people at an average annual wage of $94,314. Nearly half of those employees, 206, live in Teller County. Another 110 employees live in Fremont County and 80 live in El Paso County.

CC&V's average annual wage is:

- 74.7% higher than Teller County's average wage of $53,976
- 66.2% higher than Fremont County's average wage of $56,732
- 35.6% higher than El Paso County's average wage of $69,576

"These are large numbers, but what matters most is what they represent: good jobs, families supported, purchases from local businesses and revenue for public services," Billingsley said. "We understand the responsibility that comes with being such a significant part of the regional economy. We want to continue earning the community's trust by working safely, operating responsibly and being a good neighbor."

"The economic report puts numbers to CC&V's impact, but we see it firsthand through our partnership on the public mine tours," said Ruth Zalewski, president of the Victor Lowell Thomas Museum. "Interest has been strong since the tours were announced this summer. They give people another reason to come to Victor, visit the museum and spend time at our local shops and restaurants."

CC&V's economic impact also extends across Colorado. Statewide, the mine generated $830.1 million in total economic contribution, supported 942 direct, indirect and induced jobs, produced $87.5 million in labor income, and generated $38.4 million in state and local tax revenue in 2025.

The Denver Metro Economic Development Corporation conducted the study using IMPLAN, an economic modeling system that estimates how an operation affects the broader economy by measuring its direct activity, purchases from suppliers and the additional economic activity created when employees spend their wages.

About Cripple Creek & Victor Gold Mine (CC&V)

The Cripple Creek & Victor Gold Mine (CC&V), operated by SSR Mining, is Colorado's only large-scale operating gold mine. Located in Teller County near Victor, CC&V is a major economic driver for rural Colorado, employing approximately 430 employees — many from Teller, Fremont, and El Paso counties and providing wages above regional averages. In 2025, the mine generated an estimated $830 million in economic activity across Colorado, supported 942 jobs statewide, produced $38.4 million in state and local tax revenue, and contributed more than $635 million to the Teller County economy.

Lake George Gem & Mineral Club's Donations

by Marianne Mogon

Lake George Gem & Mineral Club (LGGMC), since 1999 has awarded scholarships of up to $1000 to selected students from Teller and Park counties graduating high school and progressing to a college course of study in Earth Science. Last year, they awarded three. The scholarships may be used to defray costs of tuition, books or lab fees. Earth scientists work in government, teaching, earthquake or volcano study, mining industry, water resources, petroleum industry and even afford entry into space research programs. Specialties like geophysics require exceptional math and computer skills.

Due to the fact there were no applicants this year, the club has decided to use the proceeds from its annual Gem & Mineral Show held in Cripple Creek to fund three museums in the area who support mining, geology, and educating the community; Cripple Creek District Museum, Pikes Peak Historical Society, and Victor Lowell Thomas Museum. Each museum received a check for $1000.00.

The LGGMC is a group of people interested in rocks and minerals, fossils, geography and history of the Pikes Peak/South Park area, and the great outdoors.

The club's informational programs and field trips provide an opportunity to learn about Earth Sciences, Rocks and Minerals, Lapidary Work, Jewelry making, and to share information and experiences with other members.

Guests are welcome to attend a meeting at no charge, to see what they are all about. The club meets the second Saturday of each month at the Lake George Charter School Gym, located on the south side of US Highway 24 on the East side of town. During the Winter months (October through March) the meeting is at 10 a.m. During the Summer months (April through September) they meet at 9 a.m. and generally only have a short 20-minute meeting to allow more time for their amazing field trips. Anyone is welcome to attend the meetings, however, only members are able to go on field trips.

"We look forward to helping our communities and these three recipients share our same interests especially in education," said Karen Vogl, Treasurer of LGGMC.



Left to right are Scott Adams, Pike Peak Historical Museum, Ruth Zalewski, Victor Lowell Thomas Museum, Karen Vogl, Lake George Gem and Mineral Club and Bill Burcaw, Cripple Creek District Museum.

Blue Spruce Art and Antiques Holiday Show

by Lynn Lemmon-Oliver

The Blue Spruce Gallery annual "Holiday Marketplace" has a wide variety of handcrafted gift items from 30 talented artists. There is beautiful jewelry by Harold Taylor, and unique pottery from Lynn Lemmon-Oliver and David Camerlo. Beth RedHawk will return this year with her beautiful earrings and leather bags, and Julie Burnham's metal sculptures and ornaments are always a great find. Karen Laniewicz, a new gallery member, offers beautiful watercolors; Rose Starling has a wide variety of painted items; and Peg Piltingsrud has creative painted rosemaling throughout the store, from ornaments to furniture. There will be new silk scarves, cross-body bags, and pillows from Pat Wiles, and locally made soaps for those special people on your gift list. Erin Davidson, the gallery's newest member will show her intricate zentangle pieces. Cat Roberts has created necklaces with pieces of vintage buttons and jewelry. Joan Sindler's beautiful woven scarves are perfect gifts and Diane DelDuca has a new selection of alpaca hats, socks, and scarves. Of course there are always paintings, ceramics, and vintage Native American jewelry items for you to browse. So many gift items for you to choose from!! Support your local artists, and find holiday treasures.

On Second Saturday, November 14th, the Blue Spruce gallery will have refreshments 2-4 p.m. The holiday market at the Blue Spruce will be open through December, the perfect place for your fun holiday shopping.

Blue Spruce Gallery is located at 205 West Main Street in Florence. Call 784-1339 for more information.

Did you enjoy what you read?
Please thank our advertisers!



Proud Supporters of the LGCS's 48th Annual Halloween Carnival!

Lake George Charter School would like to send out a big shout out to all the individuals and businesses that donated to the 48th Annual Halloween Carnival. It was a huge success and we could not do it without all the support from our community. Please join us in celebrating our amazing community by thanking them when you see or visit their place of business.

Ac Concrete
Ace Hardware
Addalynn Cunningham & Erica Martino Family
Amanda Hurley & Family
April & Allen Patton
AutoZone
Bad Rock Auto
Baumerts Window Cleaning
Big D Motorsports
Blues Natural Pet Market
Brenda Schell & Family
Bristlecone Lodge
Cal's Trucking & Excavating
Candice Owen & Family
Cave of the Winds
Century Casino
Chimayo Turquoise
City Market
Clover Custom Gifts
CORE Electric Cooperative
Crafting with K
Crippen's Processing
Divine Body Arts
Domino's Pizza
Donut Mill
Dr. Sheila- Inner Smiles
Evergreen Station
Eagle Fire Lodge
Fat BBQ Shack
Farmers Insurance- John Bradley
Florissant Family Medicine
Gas Monkey
Glaser Energy Group
Glass Broker
Gold Rush Water
Granite Canyon General Store
Guns & Ammo
Holy Moly Donuts
High Pine Design, Inc.
Joe Stewart & Family
Lake George Cafe
Les Schwab
Look Great Everyday Salon
Margaret's Munchies
Michelle Quaney & Family
Midnight Rose Hotel & Casino
Mountain Naturals
O'Keefe Ceramics
Outpost Feed & Ranch Supply
Oyate Herbals
Paradox Beer Company
Peak View BBQ & Taproom
Pikes Peak Auto Body Specialists
Pikes Peak Polaris
RAM Water Transportation
Rampart Library District
Rampart Range Veterinarian
Reserve Our Gallery
Rhonda Hern & Family
Rix Company HVAC
Rocky Mountain Dinosaur Resource Center
Roy's Crew BBQ
Sam's Gyros & Kabobs
Serranos Mexican Bar & Grill
Shining Mountain Golf Course
Shipping Plus
Spirit Soul & Hair
Subway
Susan Tanner
Taco Bell
TCRAS
Teller Tire
Teller WiFi
The Market Place
The Mercantile Grocery Store
The Picket Fence
Top Golf
Trail Ridge Apartments
Trisha Fitzgerald & Family
Trinity Total Care Cleaning
T. R. Sales, Inc.
Wayne Taber
Whole In The Wall Herb Shoppe
Wines of Colorado
Wings Credit Union
Wise Guys Barbershop
Ute Country News
Yes Dear Florals

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



www.utecountrynews.com



To thank you for your service, let us now serve you!

All Veterans and their dependents are invited to the Senior Center at 321 Pine Street in Woodland Park for a FREE Chili Lunch from 11:00 a.m. to 1:00 p.m. on Veterans Day Wednesday, November 11, 2026

VFW
VETERANS OF FOREIGN WARS
Florissant-Lake George Post #11411 and its Auxiliary



FILL UP SPECIAL
VOLUME DISCOUNTS
Global Propane
$2.099 Gallon
500 Gallons plus
*Price subject to change
(303) 660-9290
Family Owned Business



Panning for Good

Exploring Miraculous Movement

by Dr. Bec



Early Mobility Program Display at Penrose Hospital with Nurse Desiree Baldwin, Chip approves!

"A body in motion stays in motion!" exclaimed my boss, whom I had appropriately nicknamed Flit, as she zipped across our office. She was as fast as a hummingbird, hence the name, here and gone, leaving happy encouragement, buzzing out the door to coach a teacher across town. During the first few years we worked together, I was thinking she was maybe 55 years old and was shocked when I learned she was actually 67. Longevity research shows that how much and how fast a person walks influences how long they live. (www.health.harvard.edu/heart-health/people-who-walk-more-or-walk-faster-live-longer-study-finds) This was certainly apparent in the youthful daily pace of life engaged in by my inspiring boss who neither acted, looked nor felt anywhere near her age.

Movement is now intentionally used as powerful tool to expedite health and healing. A few weeks ago, while taking my therapy dog Chip to his hospital visits at Penrose Hospital in Colorado Springs, I came across a display focusing on the importance of mobility for people recovering from surgery. It seems that not long ago, if a person was injured, they were encouraged to remain as still as possible, raise something above the heart and take anti-inflammatory drugs to help injuries heal. However, new protocols have many patients being encouraged to get up and move as soon as possible! There is even a Johns Hopkins Mobility Goal Calculator (JH-MGC) with 8 levels to help hospital patients move quickly from being bedridden to walking 250 feet over time.

An example of the recent changes in processes to include more movement to address injuries would be the progression of acronyms for suggested ways to treat a sprained ankle or other soft-tissue injuries. For a long time, the ICE (1962) method-Ice, Compression, Elevation was standard, then it became the RICE (1978) method-Rest, Ice, Compression, Elevation, then PRICE (1990s-2000s) with Protection added, then POLICE (2012)-Protection, Optimal Loading, Ice, Compression, Elevation was the way to go, but now, recovery includes more movement. In 2019, the PEACE & LOVE framework began to be adopted, with the acute phase of a soft tissue injury needing Protection, Elevation, Avoiding Anti-inflammatories, Compression and Education then adding LOVE-Load, Optimism, Vascularization and Exercise for the less than acute and chronic phases of healing. For more information, see the image included in this article or go to https://beyond-physio.com/peace-love-injury-recovery/.

In the early years of my career in education, I had a 5th grade class comprised of 17 boys and 7 girls. I was warned that two of the boys had reputations of being quite frustrating among the staff due to past behavior issues. The first day of class, one of the boys was sitting directly in front of me, staring at me intently and doing everything he could to look at me and pay attention. While his eyes were focused on me, he was sitting on his feet trying to hold them still, doing all he could calm their often ungovernable need to move. It seemed like he was desperately trying to stuff his jack-in-the-box pre-teen body back into place after it had sprung. I realized in that moment I was going to have to teach differently from previous years. I could spend my time warning and disciplining all day or we could change the environment to make it work for energetic students.

Meaningful movement became my goal. My desk was moved to the middle of the classroom and stations were designed around it for movement throughout the day. With the permission of the principal, the teaching of standards was infused into a daily program called Neurobics, implemented as we walked and ran around the adjoining park, with the goal of all students running a mile by the end of the year. We graphed our progress over time and the students were able to build camaraderie as they worked with partners and small groups on walk-and-talks involving parts of speech, math facts practice, sentence types expressed and identified orally and any other way content could be taught while moving.

We also began each day with students walking into the classroom as an inspiring, upbeat song was playing and did Brain Gym exercises to the beat of a fun Fire Safety album in the afternoon. Writing time was paced with beautiful classical music. I found music was a powerful tool to create the type of mood students needed to enjoy academic tasks and be inspired to participate appropriately. Music paced our days.

The two wonderful little boys who had struggled not only behaviorally, but academically as well, went from partially proficient to advanced academic performance in almost every subject area. Movement along with the combined effects of being outside in the sunshine and the strategic use of moving sound-music, made the school year fun and successful for us all. Parents loved it too because some students lost a lot of weight and became much happier in general. It was definitely not rocket science, but sometimes with our desks, phones, couches, TV's and computers, sitting has become our accepted way of life and we can often forget how detrimental that is.

The saying, "Sitting is the new Smoking," has been going around the past few years. Though smoking and sitting are not exactly comparable, the fact that a life of minimized physical movement (a sedentary lifestyle-because of technology or other reasons) contributes to chronic disease is a reality. But it's just so much easier to turn on a show like *When Calls the Heart*. Engaging stories found in exciting movies or TV shows with seemingly unending episodes and strategically employed cliff hangers are definitely an evil force that make me want to just sit around enjoying the storyline for hours. Lately, I've tried to start Japanese walking or HIIT walking — 3 minutes fast, 3 minutes slow for 30 minutes while watching a show. It's working pretty well, yet the couch (and the fridge) beckon incessantly.

We can improve our health and enjoy our days more by finding creative ways to make movement more a way of life than something extra. Keeping our air circulating and clean is an easy way to create movement in our lives. Hydrotherapy such as hot tubs or tubs with jets to relax and heal muscular aches and injuries is another way people incorporate movement around them. Sound moving in beautiful ways through music and even certain frequencies can help change our moods, bring us energy and inspire us mentally and spiritually. Vibration plates are a tool that can be used to easily access at least some movement with little effort. Exercise is one of the most effective ways we can maximize the positive effects of movement. It is still one of the best ways to lessen our chances of falling victim to serious diseases and there are so many varieties to choose from. Banish stagnation in any form is my newly determined motto!

We can cleanse ourselves and create energy with moving water. Recently, moving flames of fire were used to clean up an area near Rampart Range reservoir in a prescribed burn. Flowing water does not collect bacteria as easily and we are mostly made of water. Visualizing a nasty pool of stagnating water that smells terrible and has mosquitoes and all kinds of revolting stuff in it sometimes helps me have more motivation to get up and do something, so I don't let the water in my body become some kind of foul soup! At times, it's easier to make a mental picture of what we don't want and then focus on making the opposite happen, a teaching strategy I learned from my master teacher Mother. Her shockingly horrid stories (my siblings and I laugh about them often) scared us into not doing things that were unsafe. Even though movement is good, my mother would give you a few cautions about it including not to run with a sucker in your mouth or scissors in your hands. Ha Ha!

Movement really can produce miracles. I've seen it positively impact the longevity and work life of my boss and exponentially increase the ability of students to learn and be happy doing it! Movement can also be used to accelerate the rate of recovery from injuries, prevent chronic disease and keep our internal processes flowing smoothly. When we understand movement as a general concept to embrace and use it as a tool to improve the quality of our lives, our longevity and motivation to move forward in numerous ways is multiplied.



The new acronym for the management of acute soft tissue injuries

Quote:

Isaac Newton's first law of motion, the Law of Inertia states that, "An object at rest or in motion will stay at rest or in motion unless acted upon by a force." (Watch out for the forces of TV's, phones, computers and comfortable couches!)

Jokes

upjoke.com

Q: *What kind of exercise do lazy people do?*
A: *Diddly-squats*

My favorite exercise is a cross between a crunch and a lunge…it's called lunch.

Challenge:

Create movement in some intentional way in your life. Maybe it's the simple act of being aware of the benefits of opening windows to let in the breeze or a new commitment to start walking more? Could it be spending time listening to moving sounds such as music or nature sounds? It's incredible how small and simple things can help us create a mobile, enjoyable, active and inspiring life.

Two Burros Trading Co

First Anniversary!

by Flip Boettcher
photos courtesy of Cindi Winner



The front of the Two Burros Trading Co., LLC, located at 675 Main Street in Fairplay. You can see the original miner's cabin logs.

Do you have a sweet tooth? Even if you don't, Two Burros Trading Co, LLC in Fairplay is a great place to visit and help them celebrate their first anniversary. The heart of the store is homemade fudge with 12–24 varieties to choose from depending on the season.

Two Burros fudge flavors include classics like chocolate, chocolate walnut, dark chocolate sea salt caramel and peanut butter cup. Two Burros also rotates seasonal flavors like orange cream, cotton candy and rocket pop in the summer. In the winter around Christmas, they have flavors like eggnog, grinch mint, peppermint bark and caramel apple.

Two Burros will also try to make flavors people ask for and will do custom orders for gifting, especially around Christmas, said Cindi Winner, co-owner/operator, for their homemade fudge and nuts. Husband Dave is the other co-owner/operator and chief fudge stirrer.



A plate of fudge. The Two Burros Trading Co., offers from 12-24 varieties of homemade fudge.

The Random House Dictionary defines fudge as "a soft candy made of sugar, butter, milk, chocolate and sometimes nuts. The word was early in its history associated with college campuses, where fudge-making was popular."

Two Burros also makes fresh roasted cinnamon nuts, gourmet crackers and Blazing Burros dipping mixes and hot sauces. They just started carrying caramels and toffee. People also love their gourmet rice crispy treats, added Cindi.

Two Burros started in Jefferson with two summers at the Jefferson Market and one at the Jefferson Depot. Since this was just seasonal, Two Burros moved to Fairplay a year ago to be open all year, according to Cindi.

Two Burros, located at 675 Main Street in Fairplay, is housed in an old cabin which was built around 1879 and located in the mining town of Horseshoe, Colorado, near the mining town of Leavik above Alma.

In 1933, the cabin was disassembled and moved to its present location. The Tryon family lived there well into the 1980s and raised eight children and grandchildren there. Fairplay's town attorney bought the cabin and restored it around 2000. The large cabin logs are original.

Cindi grew up in Philadelphia, and while there, she baked and decorated cakes.

When she moved to Colorado around 2007, she found the altitude adjustment for baking was a little difficult, so since she had "dabbled in candy making," she shifted to making candy instead 15 years ago.

Two Burros also offers salt-water taffy, and local artist items including Upcycled denim bags, pottery, candles and a few local author books.

Two Burros loves their locals, said Cindi, and offers a "frequent flyer" rewards card — buy 5 get 1 free fudge or 10% off select items.

Two Burros also sponsors and follows Team Poppie, which is a local-favorite-burro racing team from Bailey.

Two Burros is usually open Thursday-Monday 11-4 p.m. and closed Tuesday and Wednesday to make fudge and nuts. Sometimes they are open later and occasionally closed for festivals and events, Cindi added.

Two Burros Trading Co. is located at 675 Main Street in Fairplay. Contact: twoburrostradingco@gmail.com or text 720-439-0400. You can also follow them on Facebook and Instagram and look for specials.

See you there for a special treat!!!



Dana's photograph

Photographer Showdown with $12,000 on the Line.

by Gayle Gross

Colorado Photography Week is the third week in November and one of the artists who displays at Reserve Our Gallery in Woodland Park is part of an exciting media production called the "Showdown."

The Showdown isn't your traditional photography exhibit. It's a live competition on the big screen. Five outstanding professional photographers from across Colorado have been selected to take the stage, each presenting an original 10-minute program of their life's best images set to music. The event happens on November 18 in Durango and there's $12,000 in prizes at stake. Dana Lee Stoner is one of the five photographers presenting in the 2026 Showdown.

Stoner came to Reserve Our Gallery when the gallery first opened in 2021. Since then, she has been a member of the local art community through the gallery, art shows, Mountain Arts Festival, and Mueller's annual art exhibit. Her main focus has always been wildlife and the last couple of years have taken her to Alaska to photograph the grizzlies. She has also spent many years photographing the elk and moose in Steamboat Springs. She is no stranger to traveling around to capture the right shot.

Audience members attending the Showdown in Durango are treated to remarkable visual journeys. Each photographer brings a distinct artistic voice, offering everything from sweeping mountain vistas and intimate wildlife portraits to vibrant urban scenes and powerful stories of people. Dana does all of this very well. She is a person who sees the perfect photo before anyone else does. There's something in her eye that encourages her to say, "Please, stop the car" when she's a passenger. Usually, a driver is not alarmed by this because they trust Dana and understand there's probably something worth stopping for.



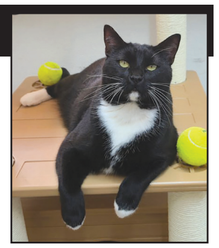
Dana Lee Stoner

You can learn more about Dana and the other photographers in the Showdown through: https://coloradophotoweek.org/ You can also stop by Reserve Our Gallery any day to view Dana's work locally.

Adopt Me

by TCRAS

Spooky



Good day, my name is Spooky! Please don't worry; I am not scary at all. I am a really big, lovable, easygoing guy. I love being around people and soaking up attention. I do have manners and can share my space with other cats as long as they get along with me. Again, my name is Spooky, and I am waiting to meet you! Call TCRAS at 719-686-707 to set up a time to meet me!

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







Jodi Mijares, President & CEO, and Cory Gorton, VP of Programs.

Cory Gorton named as next President & CEO of CP

by Jamie Krall

The Board of Directors of Community Partnership Family Resource Center (CP) is pleased to announce the appointment of Cory Gorton as the organization's next President & Chief Executive Officer, succeeding longtime President & CEO Jodi Mijares, who will retire December 31, 2026, following nearly two decades of leadership.

Gorton, currently CP's Vice President of Programs, has served the organization for 11 years and brings extensive knowledge of CP, Teller County, family support services, community partnerships, and nonprofit leadership to the role. A Teller County native, Gorton began her career at CP as the Parents as Teachers Coordinator and has grown through increasingly senior leadership positions. Today, she oversees all 20 of CP's programs and has played a significant role in the organization's strategic planning, program development, partnerships, resource development, and statewide engagement.

"Cory represents both continuity and an exciting next chapter for CP," said Dustin Bench, Chairman of CP's Board of Directors. "She knows this organization, understands the families and community we serve, and has earned the trust and respect of our staff, Board, partners, and community. The Board is confident that Cory has the experience, relationships, vision, and commitment to lead CP forward while remaining deeply grounded in the mission and values that have made this organization successful."

During her tenure, Gorton helped rebuild CP's Parents as Teachers program to full model fidelity, contributing to its national recognition as a Blue Ribbon Affiliate and receipt of the Losos Prize for Innovation in 2023. She has helped guide CP through periods of significant community need and organizational growth, contributed to the development and implementation of CP's strategic direction, cultivated funding and community partnerships, and represented the organization through local and statewide boards, committees, and coalitions.

"This organization and this community are part of who I am," said Gorton. "I have spent the past 11 years growing alongside CP, learning from our families, our staff, our partners, our Board, and Jodi's leadership. I am incredibly honored to be entrusted with leading an organization I care so deeply about. I look forward to building on the strong foundation that exists today while continuing to listen, evolve, and ensure CP remains responsive to the families and community we serve."

Gorton's appointment follows the planned retirement of Mijares, who has led CP through a period of extraordinary growth and transformation. Under her leadership, CP evolved from a grassroots nonprofit into a recognized leader in the Family Support field, expanded programs and partnerships, strengthened its financial and operational foundation, and created Teller County's first dedicated community center.

Mijares also championed an independent Return on Investment study by OMNI Institute examining CP's impact on the child welfare system. The study found that every $1 invested in CP generated approximately $2.92 in savings to Teller County Child Welfare and was associated with a 63% reduction in child abuse cases during the study period. The findings were subsequently published in the peer-reviewed Family Justice Journal and cited by the United States Senate in 2025.

During Mijares' tenure, CP was repeatedly recognized for organizational and program excellence, including multiple Greater Woodland Park Chamber of Commerce Nonprofit of the Year and Best of Teller awards. CP's Parents as Teachers program also earned national Blue Ribbon Affiliate recognition and international recognition through the Losos Prize for innovation in early childhood programming.

"There is no one I would rather see lead CP into its next chapter than Cory," said Mijares. "I have had the privilege of watching her grow from an exceptional program leader into a thoughtful, strategic executive who understands both this organization and this community at a remarkable depth. She brings her own strengths, ideas, and leadership style to this role, while sharing the values that have always been at the heart of CP. I am enormously proud of what we have built together, and I leave knowing that CP is in exceptionally capable hands."

Bench said the appointment reflects the Board's commitment to a thoughtful leadership transition that protects the organization's culture, partnerships, financial strength, and continuity of services.

CP enters the transition from a position of significant organizational strength. The organization is in the strongest financial position in its 34-year history, with healthy reserves, diversified funding relationships, established operational systems, and an experienced leadership team. CP currently serves more than 1,800 individuals annually throughout Teller County through more than 20 programs designed to strengthen families, prevent crises, build resilience, and create opportunities for community connection.

Mijares will remain President & CEO through December 31 and will work closely with Gorton, the Board, staff, funders, and community partners throughout the remainder of the year to support a seamless transition. Gorton will officially assume the role of President & CEO on January 1, 2027.

"Leadership changes, but our commitment does not," Bench added. "CP was created by this community for this community. Jodi leaves an extraordinary legacy, Cory brings extraordinary preparation for what comes next, and the Board is excited about CP's future."

SAVE THE DATE: Join us November 6, 2026, from 4-8 p.m. at Shining Mountain Golf Course in Woodland Park for a retirement celebration honoring Jodi Mijares and her 17 years of dedicated leadership and impact throughout CP and Teller County. Drop by for a little or stay for a while as we celebrate Jodi and wish her well on her next chapter. Everyone is welcome!

About Community Partnership Family Resource Center

Founded in 1992, Community Partnership Family Resource Center is Teller County's only Family Resource Center and is dedicated to "Strengthening families and our community." CP provides more than 20 free programs and services supporting family stability, early childhood development, parenting, education, economic self-sufficiency, food security, healthy living, and community connection. CP serves more than 1,800 individuals annually and operates Teller County's first dedicated community center at 701 Gold Hill Place in Woodland Park. FMI www.cpteller.org.

People See, People Do

You can Kindle Kindness, too!

by Readers of Ute Country News

This is a column all about kindness! We hope to share examples of kindness so we can all act in a kind manner, just in case we forgot what it looks like. There are no names of people or businesses because the focus is on kind behavior. We welcome your stories of kindness; whether you experienced or witnessed the behavior, please share! You may leave a voicemail at 719-686-7587, email us at utecountrynewspaper@gmail.com or come in person to Shipping Plus and tell us all about it!

- I saw it three times today, people opening or holding doors for others.
- The gift of black garlic is a delicacy to be shared with foodie friends. Sharing food is always an act of kindness.
- We ran late due to a brake issue and felt badly that she had come in early just to receive us. Yet, we were welcomed with open arms, offered a bottle of water and a chance to use the restroom. The forgiveness was an act of kindness and the offerings to accommodate humanness were also a acts of kindness!
- They came to help build a ramp so that when he came home from the hospital it would be easier for him to get into the house. Accommodating the infirm is an act of kindness!
- Of course he was upset! He certainly needed to get it off his chest. Given I was not in a position to solve the problem or impact the outcome, all I could do was listen. I was surprised when only a few minutes later, he called to apologize for venting; an act of kindness.
- Folks were gathered around every intersection for the No Kings protest encouraging people to vote. A business owner didn't like that they were using their sidewalk, afraid that people would think it was their business that was protesting, so he asked for people to move and said he would have cars towed that were parked on his property. A protester listened and asked folks to please move their vehicles and to please move away from his property. Conveying a message to respect someone's property is an act of kindness.
- Reminding people to vote is an act of kindness.
- The package was mis-delivered to her house. The actual address was about 5 miles out of her way and it was too far for her to travel with gas prices so high. AI suggested contacting the fire department; she left a voicemail; they did not call her back. This woman tried several other places to call. She ended up contacting the carrier — it took 25 minutes to connect to a human. Once she could speak to a human, the human agreed to send a truck to pick up the package. This was a true act of kindness, to be so diligent, so patient because she felt the package was important.

Pet Overpopulation

by Flip Boettcher

Pet overpopulation is a big problem, stretching budgets and space in animal shelters across the United States, with more incoming animals than there are people who want to adopt them. Before adopting a pet though, one has to consider that it is a commitment for the life of that animal, providing care, food and water, and shelter. Perhaps, if there were fewer adoptable pets and they were at a premium, people would cherish them more, take better care of them, and abuse them less. Don't get me wrong, most pet owners truly care for and take care of their animal companions.

According to adoptapet.com, 6.3 million dogs and cats are taken to US shelters each year — some are feral and some are former, abandoned pets — and American shelters are overcrowded, especially in the south. Shelters have to resort to euthanasia to prevent overcrowding.

US shelters euthanize about 920,000 shelter animals per year. According to the ASPCA, of the 6.3 million animals taken to shelters, about 3.1 million are dogs and 390,000 are euthanized; about 3.2 million are cats and 530,000 are euthanized.

A large part of the pet overpopulation problem is not spaying and neutering your pet. In seven years, one non-spayed female cat and her young can produce 420,000 kittens; in six years, one non-spayed female dog can be the source of 67,000 puppies. There is no limit to the number of offspring non-neutered male dogs and cats can produce.

Another cause of pet overpopulation is owners returning adopted pets because of lack of resources to care for the pet and not knowing how much it costs to have a pet. Another cause is the rise of puppy mills, according to adoptapet.com.

One of the consequences of stray animals is the $2 billion taxpayers pay annually for animal control. Stray pets are also known as "disease reservoirs" and can introduce diseases into local wildlife populations, a risk to people's pets and humans. Dogs are skilled hunters and in small packs can prey on local wildlife, adoptapet.org.

Local Guffey resident Amy Mason, DVM, works Tuesdays and Thursdays at the Hamlett Spay and Neuter Clinic located at 3660 Citadel Drive N in Colorado Springs. This is a great place, offering low cost spays, neuters and pet vaccinations to pet owners.

The Hamlett Spay and Neuter Clinic, founded by Alan and Josephine Hamlett in 1977, is a non-profit committed to the prevention of the birth of an animal rather than having to destroy it later, clinic brochure. Since it opened, the clinic has spayed or neutered over 240,625 dogs and cats in the community. Their mission statement is "To provide affordable sterilization of dogs and cats in an effort to reduce the overpopulation problem,



and therefore reduce needless death and suffering of animals," brochure.

The clinic also offers a low cost vaccination clinic to the community on a walk in basis.

Hamlett also offers a couple of programs to help lower the cost of spaying and neutering even more to those with low income, senior citizens and military discounts on vaccinations and surgeries. Contact the office for an application.

The brochure lists 10 reasons to spay or neuter your pet

- reduce pet related public health and safety risks;
- prevents or decreases many behavior issues;
- reduces the urge to roam;
- pet is less likely to bite unprovoked;
- reduces future law enforcement costs;
- increases life expectancy;
- prevents or reduces marking and spraying territory;
- reduces community cost due to overpopulation;
- eliminates or reduces the incidence of cancers; and
- increases the chances of your pet becoming a permanent member of your family.

Clinic contacts 719-475-1800; office@hamlettclinic.org; http:/hamlettsn.wixsite.com/clinic.

A very sad part of pet ownership is end of life decisions. It is really hard to put your pet in a carrier for its "last ride," besides terrifying the pet. That's why Dr. Mason offers an in-home-pet euthanasia service, taking care of end of life pet services with a consultation, at home euthanasia, care of body services, cremation options, and paw prints and nose prints. That way, your pet can go to rest in the safety and familiarity of their home.

You can call or text Mason at 719-276-5070.

Let's all do our part to cut down on the pet overpopulation problem by spaying and neutering your pet. One can also volunteer their time or make a donation to your local shelter. If you are considering adopting a pet. Please adopt one from a local shelter.



Life-Enhancing Journeys

What if "I got to" became "I get to"?

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

A few weeks ago, I found myself reflecting on a small difference in language that can have a surprisingly big impact on how we experience life. Consider the difference between "I got to" and "I get to." You might find yourself saying, "I got to take care of my mother," "I got to go to work," "I got to watch my grandchildren," or "I got to exercise." There's nothing wrong with any of these statements. Still, take a moment to notice how each one feels. What would it feel like to replace GOT with GET? These "GOT TO" statements convey obligation, as though something was expected of you, placed on your shoulders, and you did what you were supposed to do.

Now change just one phrase: "I get to." "I get to take care of my mother." "I get to go to work." "I get to watch my grandchildren." "I get to exercise." The circumstances haven't changed, but have your feelings? "I get to" now frames these things as opportunities rather than obligations. Your mother still needs your help. Your job still requires you to get up and go. Your grandchildren may still be loud, messy, and exhausting. Exercise can still be strenuous. Yet something inside you may have shifted. You are no longer describing only what you must do. You recognize that you are taking part in something you have been given the opportunity to experience.

That distinction has been on my mind because it relates to something I wrote about in my August 2026 article, "The Second Arrow." In that article, I explored the idea that painful experiences are part of being human, but we can sometimes add another layer of suffering through how we think and talk about what happens to us. This article highlights a different but related concept: "I get to" reframes obligation as opportunity. It asks you to pay attention to the story you tell yourself about your life. Sometimes, that story is simply the belief that I have to; that I have no choice.

The weight of obligation

You may know the feeling: You wake up and immediately start running through your to-do list, before you even get out of bed. You need to get ready, go to work, exercise, make dinner, care for someone, schedule an appointment, pay bills, and make an important phone call. The day can feel like a list of obligations before it even begins.

Of course, some things truly need to be done. Responsibilities are part of life, and others may depend on you. Bills must be paid, appointments kept, children cared for, and aging parents supported. We all have obligations as members of a family and community. Still, there's an important difference between having responsibilities and feeling trapped by them.

Imagine a man whose elderly mother is becoming increasingly dependent on him. He spends hours scheduling appointments, grocery shopping, managing her medications, and helping with tasks she can no longer handle. He tells a friend, "I have to do all of this. How can I think about this as a more positive experience rather than, "*I have no life anymore*."" He feels more resentment than obligation. He would much rather feel happy and content while caring for his parent and do it with more joy.

My hunch is that this is exactly how he feels. Caregiving can leave you with very few choices about what needs to be done. Even so, it may help him to see his role differently. He can remind himself, "I get to be here with my mother." He gets to share this stage of her life, offer comfort and care, and be present for moments they may never have again, sharing family stories and looking at old photos. This can ease the pain without pretending it is not really there.

Caregiving can still be exhausting and difficult. Saying "I get to" does not change that; it simply helps him recognize that, alongside the responsibility, he is spending part of his life with someone he loves. This shift can bring meaning and appreciation to something that might otherwise feel like an obligation.

I experienced this firsthand as each of my parents was dying. Being with them in those final days was painful, yet it was also a profound gift. I could share those last moments and be present for them. Pain and gratitude coexisted.

Sometimes, what feels like an obligation was once a dream.

Another reason "I get to" can be powerful: the things you once passionately wanted can sometimes become burdensome. You wanted children, and then you had them. Suddenly, there were lunches to pack, homework to supervise, laundry to do, illnesses to manage, and very little privacy. It's easy to find yourself thinking, "I have to do this." But in the middle of the chaos, perhaps you can remember that you get to be this child's parent. You get to hear their questions, watch their personality develop, and see the world through your child's eyes. One day, you may miss those ordinary moments that once felt so demanding most of all.

A few years into parenthood, I remember calling my older sister and crying, "I haven't slept in four years…" even though I love being a mom.

"I get to" means choosing to feel grateful for the opportunity. "I get to" encourages you to view your life with appreciation. It asks you to notice the opportunities, relationships, experiences, and moments in your life and recognize their value.

Appreciation does not mean pretending everything is easy. It means making room to notice what matters, even when life is hard. You can feel grateful for the chance to care for someone and still feel tired. You can appreciate the life your work provides while wishing some parts of the job were different. You can treasure your children and still find parenting demanding. You can enjoy getting stronger through exercise, even when it feels like a struggle. Both things can be true at once. Something can be difficult yet meaningful, require sacrifice and still be deeply worthwhile, or feel ordinary yet precious.

"I get to" shifts your attention to the part of the experience you might otherwise overlook. You get to be here, participate, love, contribute, try new things, and be part of something meaningful to you.

Then there is the experience of aging

Perhaps this distinction becomes most meaningful as you grow older. When you are young, you tend to feel like you have all the time in the world. There will always be another birthday, another summer, another opportunity, another chance.

As you grow older, you see more clearly that time is limited and that some things you once thought would always be there may not be. People you love die. Your children grow up. Your body changes. Friends move away. Some opportunities pass you by. At the same time, you may appreciate more deeply how precious what remains is. You get another morning, a chance to call someone you love, sit outside on a beautiful day, learn something new, change your mind, and choose what deserves your attention. You get to be here, present and alive. You can tell yourself, "I get to be here," not forever, not without difficulty, not without loss.

Listen to your own language

For one day, pay attention to the words you use when talking to yourself. Notice how often you think, "I have to" or "I have got to." Every so often, pause and ask yourself: What if I thought, "I get to"? This is not about convincing yourself that something unpleasant is pleasant, denying how difficult it is, or forcing yourself to be more positive. It's simply a way to look for the choice that may be hidden within an obligation. "I have to visit my mother" or "I get to spend time with my mother while she is still here." "I have to go to work" or "I get to use my abilities to create the life I have now." "I have to juggle the chaos or demands of my family" or "I get to be the person who brings balance to their lives, shares my values, protects and positively influences my loved ones, and is part of these people's lives."

The situation has not changed. Your responsibilities are still there, though your feelings about them may have shifted. That may be the real point: you cannot control everything that happens to you or get rid of pain, disappointment, inconvenience, responsibility, or loss. But you can shape how you talk to yourself about your life. Sometimes that conversation makes a responsibility feel like a burden, or an experience feel like a trap. Sometimes a small change in language helps you notice what was there all along.

One perspective asks, "What do I have to do?" The other invites you to ask, "What do I get to experience?"

Perhaps you do not need to change your life. Maybe you just need to pause now and then and look at it from a different perspective. Someday, you may look back and realize that some of the things you thought you had to do were the very things you'd give anything to experience again:

- The child asking for one more story.
- The parent you had to sit beside.
- The people you love.
- The life you are living.

You weren't simply getting through those moments. You were getting to experience them and perhaps the gift is realizing, while you are still living your life, that you get to be here for them.

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.



Obituary

Diana Marie Rohrer "Grandma Dee"

October 16, 1963 - September 24, 2026

Diana Marie Rohrer, lovingly known to her family and grandchildren as "Grandma Dee," passed away at her home in Florissant, Colorado, on September 24, 2026, at the age of 62.



Diana was born on October 16, 1963, in Germany to Russell and Renate Rohrer. She was the second oldest of five children and grew up surrounded by family, making memories, sharing stories, and building relationships that remained important throughout her life.

Diana eventually made her home in the beautiful Colorado mountains, where she found a life filled with the people and simple pleasures she loved most. It was in Cripple Creek, CO, that she met Terry Watson, her longtime partner and the love of her life. Together, Diana and Terry shared 22 years of memories, adventures, laughter, and life.

Family was at the heart of who Diana was. She treasured her children and grandchildren and loved nothing more than spending time with them. To her grandchildren, she was simply Grandma Dee — a name filled with love, warmth, laughter, and memories that they will carry with them forever.

Diana loved cooking, camping, fishing, and going to the beach. She also had a deep love for animals, especially dogs and deer. She found joy in caring for animals, watching them, and appreciating the special connection they brought into her life. Her love for animals was a reflection of her gentle, compassionate nature.

Diana had a special appreciation for the simple things in life and found beauty in the little moments that others might overlook. She also had a knack for turning even the most unexpected moments into stories her family would tell for years, and there were certainly plenty of stories.

One family trip to Florida became especially memorable when Diana was swept off the beach by the waves and had to be rescued — an adventure that became one of those family stories that would be told and retold.

Then there was the fishing trip when Diana managed to hook her grandson in the ear — not once, but twice on the very same trip. It was perhaps not her finest fishing accomplishment, but it certainly became one of the most memorable.

Then there was the infamous Dunkin' Donuts drive-through. While out with her grandchildren, Diana found out how much a dozen donuts cost, apparently decided they were a little too expensive, and simply drove off through the drive-through without the donuts. Her grandchildren would never let her live that one down.

Those stories capture something special about Diana. She wasn't afraid to make a memory, and she certainly wasn't afraid to give her family something to laugh about. Her grandchildren will remember not only the time they spent with her, but the stories, laughter, adventures, and little moments that made being with Grandma Dee so special.

Diana will be remembered as a loving mother, grandmother, sister, partner, and friend. She found joy in being surrounded by the people she loved and understood that some of life's greatest treasures were found in the simplest moments — sharing a meal, casting a fishing line, sitting on the beach, camping with family, watching deer in the mountains, spending time with dogs, or laughing together over a story that would be remembered for years.

Diana is survived by her partner of 22 years, Terry Watson; her children, Brandon O'Keefe and Alvina O'Keefe, Amber O'Keefe and Noah Poirier, and Ashley O'Keefe; and her grandchildren, Ayden O'Keefe, Porter Mokol, Sophie Mokol, Chancellor Poirier, Kyler O'Keefe, and Evelyn O'Keefe.

She is also survived by her siblings, Kurt Krech, Debbie Jackson and Troy Jackson, and Richard Rohrer and Wendy Rohrer.

Diana was preceded in death by her parents, Russell and Renate Rohrer, and her brother, Mark Rohrer.

Though Diana's life has come to an end, the love she gave and the memories she created will remain. Her family and friends will carry her with them — in the laughter of her grandchildren, in stories shared around the dinner table, on fishing trips, at the beach, around a campfire, while watching deer in the mountains, in the companionship of beloved dogs, and in all of the little moments that remind them of her.

A celebration of Diana's life was held October 7, 2026, at Mountain Memorial Funeral Home in Divide, Colorado.

The family would like to extend their heartfelt thanks to all of Diana's family and friends for their love, support, and kindness during this difficult time. They also offer their sincere gratitude to Mountain Memorial Funeral Home for their care and assistance in honoring Diana's life and memory.

Diana will forever be loved, forever be missed, and forever be Grandma Dee.

~OUT AND ABOUT~

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

AVAILABLE ONLINE

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

CASCADE

LIBRARY

6, 13, 20 Storytime 10:30-11:15 a.m. Stories and more for children ages 3-7, and their parents or caregivers.

7 Create-a-Cryptid 3-4:30 p.m. Build your very own cryptid at the library! Participants will design and construct a pixelated cryptid using wooden blocks. Get inspired by legends like Bigfoot, Mothman or create a creature of your very own. Ages 9-15. Registration required at https://ppld.librarymarket.com/event/create-cryptid-564574 or by calling 719-531-6333 x7011.

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

16 Handmade Journals 11-12:30 p.m. Journaling is a great way to collect experiences and express your creativity. Join us as we use tools to create a unique handmade journal. Ages 18 and up. Registration required at https://ppld.librarymarket.com/event/handmade-journals-564726 or by calling 719-531-6333 x7011.

16 Idea Lab: Rain Reflections 3:30-4:30 p.m. Explore reflections and symmetry while creating oil pastel resist art. It's magical! Ages 5 – 12.

CAÑON CITY

7 Historic Cemetery Crawl at Woodpecker Hill at the Greenwood Cemetery. Gates open at 5 p.m. Crawl starts at 5:30 p.m. Adults $20, Active/Retired DOC & children 6-12 $15. Fundraiser for Museum of Colorado Prisons, a nonprofit. Book online or 719-269-3015. Please dress warmly as this is an outdoor event.

- Sundays Paint with Mary Shell - see page 7.

LIBRARY

- 1st Friday Lego Club 3 p.m.
- 2nd Friday Breakout Box 3 p.m.
- 3rd Friday Creative Crafting 3 p.m.
- B.O.O.K. (Babies on our knees) story time Mondays 10:30
- Chess Club Wednesdays 2 p.m.
- Cribbage Club Fridays 10-noon.
- D&D for teens 12-2 p.m., Saturdays adults and younger kids 2-4 p.m. Registration is required.
- Dulcimer Club for kids 2nd and 4th Wednesday 3:30-4:30 p.m.
- Mahjong Club Tuesdays 1-4 p.m.
- Metaphysical Group Second Saturdays 10:30 a.m.
- Rummikub Club meets 3rd Monday of each month 1 p.m.
- Story Swap Book Chat 1st and 3rd Tuesdays 3 p.m.
- Story time and craft Tuesday and Thursdays 10:30 a.m. All at 516 Macon Ave unless otherwise specified. FMI 719-269-9020 www.ccpl.lib.co.us

COLORADO SPRINGS

14 Wags n Wishes at Doubletree. For tickets https://www.tcrascolorado.org/wags-and-wishes-2026

CRIPPLE CREEK

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

- GED Classes Mondays & Wednesdays 1-3 p.m. New students (min. age 16) may join GED classes after completing orientation and $40 registration fee. FMI Katy@cpteller.org

AMERICAN LEGION

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

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

ASPEN MINE CENTER

14 Cup of Christmas Tea Fundraiser contact Linda L at 719-689-3584 to purchase tickets for the event/host a table or more information.

20 Commodities distribution 9-1 p.m.

25 Community of Caring Thanksgiving at Aspen Mine Center

28 Tree Lighting at Pocket Park

28 Small Business Saturday downtown

- Tuesdays BINGO 10:30 a.m. for seniors.
- Tuesdays Moral Reconation Therapy 5-7 p.m. at ACCC building.
- Second Tuesdays Grafting Group 9-10 a.m. Join us in a welcoming space designed for self-expression and connection! FMI 719-471-8181 ext. 163.
- What Matters Wednesdays 10:45-11:45 a.m. Learning Series upstairs conference room. Join us every week as we bring professionals to you. We may go over different subjects like fraud protection.
- Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed, donations greatly appreciated, but not required.
- Mexican Train on Thursday 10:30 a.m. All programs at 166 E Bennett Ave. FMI 719-689-3584 x112.

DIVIDE

6 Teller Senior Coalition BINGO! 10-11:30 a.m. at Little Chapel Church 69 CR 5. Please call to set up a ride 719-687-0256 and join us for doughnuts, coffee and FUN!

9, 23 Little Chapel Food Pantry distribution 2-5 p.m. FMI 719-322-7610 or email littlechapelfoodpantry@outlook.com

LIBRARY

11122 US-24, Divide, CO
phone: 719-686-5301

3, 12 Fiber Arts Club 11 a.m. All are invited to join this club of fiber artists! Some of these arts include crochet, knitting, felting, needle point, sewing, macrame and more.

4 Family Craft 11-4 p.m. Drop in any time and make fabric scrap wreaths as a family!

13 Wine Glass Painting for Seniors 10:30 a.m. Join the library and Teller Senior Collation for a special wine glass painting class for seniors!

- Wiggle Wednesdays Storytime every Wednesday at 10 a.m. Come get your wiggles out at this new story-time for ages 0-5!
- American Mahjong Club every Monday 2-4 p.m. Play mahjong following the national league's rules every week!

FAIRPLAY

1 Catan Group 2-5 p.m.
7 One Shot Saturday 7 p.m.
8 Chess Group 2-5 p.m.
15 Cribbage Group 2-5 p.m.
15 The 3rd Annual Game & Puzzle Swap 2 p.m.
22 Word Game Group 2-5 p.m.
28 Small Business Saturday d20 Discount 12-8 p.m.

- Monster Mondays RPGs 7 p.m. different RPG each week
- Wednesdays Trivia Night bi-weekly 6 p.m. Free at Snitching Lady Distillery
- Thursdays Learn to Play 6 p.m. WRECKoncilable Differences
- Thursdays Boozy Board Games bi-weekly 6 p.m. at Snitching Lady Distillery
- Fridays Night Magic 7 p.m.
- Saturdays Adult RPG 6 p.m. & 7 p.m. different RPG each week.

FLORENCE

13, 14 Junktique-Off Main 9-2 p.m.
14 Second Saturday at Blue Spruce Art Gallery 2-4 p.m. see page 13.
21 Wine-Whisky Pull at Pathfinder Park 6655 CO 115 presented by the Florence Pioneer Museum & Research Center 5-7:30 p.m. Admission is $18/person, $30/couple. Save by buying in advance 719-784-1904.
26- DEC 19 Holly Jolly Christmas 11-3 p.m. parade, Santa & Mrs. Claus, Fundue Fondue on Second Saturday.

JOHN C FREMONT LIBRARY

Adult programs

3 Fremont Library Legal Foundation 10-12 p.m. to help people with legal questions.
4, 18, 25 Wool Gatherers 10-12 p.m.
9 Movie 2 p.m. There will be free popcorn but bring a drink in case you get thirsty. If anyone would like to know the title of the movie they can visit our website at https://www.jcfld.org/services/adult-programs/
12 Creative Writing 2 p.m. Flex your creative muscle, improve your writing skills and meet other local writers.
13 Cañon City Workforce 11-1 p.m. to help people with career related questions.
17 Marbled ornament craft 2 p.m. Registration is required, 719-784-4649 ext. 3.
24 Family Crisis Center Mobile Advocacy Clinic 10-12 p.m.
23 The Friends of the Library Silent Auction begins in November! It will begin on Monday November 23 and end December 10th at noon. There will also be a sneak peek on Sunday, November 22nd from 2-4 p.m.

Family Programs

6 Movie 2 p.m. There will be free popcorn but bring a drink in case you get thirsty! If anyone would like to know the title of the movie they can visit our website at https://www.jcfld.org/services/kid-programs/
13 A birthday party for the Cookie Monster! We will decorate cookies and watch a Cookie Monster movie. Registration is required, 719-784-4649 ext. 3.
20 Rebecca MacNamee will be doing a presentation and hands on demonstration of instruments 2 p.m. Registration is required, 719-784-4649 ext. 3. Ages 8 and up.

YOGA

- Yoga in Pathfinder Park Event Center, Community Meeting Room and on Zoom.
- IAM Yoga Open Class Tuesdays 8:30-10 a.m. Join on Zoom Meeting ID 950-5914-4447, password T8-Yoga
- IAM Yoga Open Class Tuesdays 5:30-7 p.m. Join on Zoom Meeting ID 932-9489-3063, password W5-Yoga
- FREE Yoga Nidra Meditation Tuesdays 7:30-8:15 p.m. Zoom only. First Class is FREE! Discount for multiple classes – 4 weeks x1 - $52, Drop in $15

FLORISSANT

GRANGE

25 FREE Thanksgiving Dinner 5:30-8 p.m. or when we run out of food. Music starts at 6:30 p.m. Volunteers are wanted and welcome to help cook for or? FMI 719-510-2325.

- Every Tuesday Quilts for Veterans meet 9-noon.
- Every Thursday Potluck and Music 6-8 p.m. Dancing encouraged!

LIBRARY

3 Playgroup 9:30-11 a.m. Florissant Library Learn, grow, play, and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playgroup is for families with children 5 years and under and their caregivers, older siblings are welcome. 1st Tuesday of the month, CP's Playgroup will meet at a rotating location. FMI Aimee@cpteller.org.
4 Healthy Eating Community 10 a.m. Join this support group focusing on how to make healthy food choices, meal prep and improve health through eating! Each month will have a different focus. This month we're having a healthy recipe exchange! Bring a recipe and samples to share.
4 Vitalant Blood Drive 11:30-3:30 p.m. You can register for a slot on Vitalant's website or try for a walk in!
5 Book Coven Book Club 5:30-7 p.m. Come sit a spell! Explore stories that feature witchcraft, mystical worlds, and magical adventures, from fantasy to contemporary works, creating a space for those who love all things magical and mysterious.
6 Ping Pong and Air Hockey for Adults 1-5 p.m. Adults only! Come play air hockey and ping pong in the library!
9 Romantics with Altitude Book Club 4-5:30 p.m. Read and talk about romance books with other lovers of love!
13 Writing Club 2 p.m. Share progress, talk about the craft, bring snippets for critique and troubleshoot your projects!
13 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. November's theme is "Stability."
14 Ben-Hur Day 10:30-12 p.m. Join Ben-Hur enthusiast Ken as we explore the book's history and influence. Ken has numerous artifacts and editions of the book. No need to read the book before you come!
17 Read Amok Book Club 11-12:30 p.m. Bring up to 5 books within the theme to share! November's theme is "childhood memories."
18 Mosaic Picture Frame Craft for Adults 11-1 p.m. Please call 719-748-3939 to register!
20 Game Night for Teens 5-7 p.m. Come play air hockey and ping pong and have snacks!

- Tuesdays Tai Chi 10-11 a.m. Come relax with us!
- Scrapbooking Club every Wednesday 10-11 a.m. We provide the supplies, you provide the photos. Come scrapbook with us!
- Thursdays 10-11 a.m. Homeschool Family Playgroup. Come make connections with other homeschool families!
- Storytime every Friday at 10 a.m. FMI 719-748-3939

OYATE

- Thursdays Sound Healing with Garen Farenbach 5:30-7 p.m.
- Lakota Sweat Lodge Card Readings Sundays, Mondays and Wednesdays or by appointment 719-661-0410.

GUFFEY

3 Crafternoon Craft Day 1-3 p.m. Meets every first Tuesday of the month. Meet at the library to crotchet, knit, craft, learn, and get to know your neighbors! All crafters welcome!
3 Socrates Cafe 6 p.m. Come and exchange philosophical perspectives based on personal experiences. Everyone is welcome regardless of age or background. This will not be a class, lecture or debate, just simply community dialogue. This meets at the Community Center.
30 Book Club 1-3 p.m. November's book is *Prayers for Sale* by Sandra Dallas.

- Come by the library for the Silent Auction Craft Fair in progress. FMI 719-689-9280 or Guffey. Library@parkcountyco.gov

LAKE GEORGE

15 Chautauqua featuring Don Sanborn of the AdAmAn Club 2 p.m. at Lake George Charter School see page 12.

LEADVILLE

NATIONAL MINING MUSEUM HALL OF FAME

14 The Silver Social 6-9 p.m. Tickets $30/person, $10/children under 13, Members $15/$5. Join us for a family friendly year-end celebration party including light catered refreshments, a movie, games and prizes.

MANITOU SPRINGS

8 Altitude Makers & Farmers Market Soda Springs Park 11-3 p.m.
25 Join Santa at the Town Clock for cider, cookies and the tree lighting. FMI www.manitousprings.org.

LIBRARY

3 Idea Lab: Recycled City 3-4 p.m. Work together or individually to plan and build a city using recycled materials. The only limit is your imagination! Ages 5-12.
5 Homeschool: Creative Writing Basics 11-12 p.m. Do you love to read and go on fantastical adventures? Why not create your own? Learn the basics of creative writing and go home with a reusable writing template in this fun and instructional workshop! Ages 13-18. Registration required at https://ppld.librarymarket.com/event/homeschool-creative-writing-basics-564564 or by calling 719-531-6333 x7004.
11 Ask A Lawyer 2-4 p.m. Meet briefly with an attorney to ask your questions. The attorney will be able to offer general legal information and resources. First come, first served. If you plan to attend, please email dhamilton@ppld.org or call 719-531-6333 ext. 6058.
14 Seed Saturdays 11-1 p.m. Stop by the seed library \for free wildflower seeds and resources about native species and pollinators.
16 Library Explorers 10:30-11:30 a.m. Library Explorers gives adults with differing physical and developmental abilities the opportunity to enjoy accessible Library programs that fit their abilities and individual needs. This month, join us for a poetry day, during which we will create Blackout Poetry, Found Poems, and One-Word Magnets. Registration is required at https://ppld.librarymarket.com/event/library-explorers-564831 or by calling 719-531-6333 x7004.

VICTOR

22 Thanksgiving Dinner at Victor Elk's Lodge #367
29 Small Business Saturday downtown
NOV-JAN 1 Gold Camp Headframe Lighting

WOODLAND PARK

7 Holiday Bazaar, Bake Sale and Craft Fair at WP Senior Center. Ready to get started on your Christmas shopping? Stop by WP Senior Center 9-1 p.m. You will be sure to find some great deals on holiday decorations, handmade arts and crafts, and homemade yummy treats for your holiday entertainment. All proceeds support activities and programs at the WP Senior Citizens Club – Retired Not Expired.
11 FREE Chili Lunch for Veterans 11-1 p.m. at Senior Center see page 8.
12 Don't Take the Bait. Check the Hook – FREE Fraud Prevention Night 6-8 p.m. Ute Pass Cultural Center. Scams targeting homeowners, bank account, insurance claims, and digital life keep getting more sophisticated. This Fraud Prevention Night brings local partners together so you can learn how to spot the hook before you take the bait. Raffle drawing for several prizes – you must be present to win. Please register https://www.eventbrite.com/e/fraud-prevention-night-protect-yourself-your-community-tickets-2002309368221?aff=oddtdtcreator Sponsors are First American Title, Coldwell Banker, 1st Choice Realty, TellerWiFi, PRMI Primary Residential Mortgage, Kiedinger Allstate, Wings Credit Union, Upworx Business IT Solutions, and WP Police Dept.

COMMUNITY PARTNERSHIP

3 Crossroads Co-Parenting Seminar 4:30-7:30 p.m. Teller County court approved parenting and divorce class seminar. $35 fee. Pre-registration required. FMI Aimee@cpteller.org.
4 Playgroup 9:30-11 a.m. Woodland Park Library Learn, grow, play, and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playgroup is for families with children 5 years and under and their caregivers, older siblings are welcome. First Wednesday of the month, CP's Playgroup will be held at the Woodland Park Library. FMI Aimee@cpteller.org.
4 Trust vs Wills Educational Seminar 11 a.m., 1 p.m., & 3 p.m. Key differences between Trusts and Wills. How to avoid probate and potential delays. Protecting assets for your family. Basic estate planning strategies for peace of mind. Preregistration Required 719-306-5959.
5 Civil Protection Orders, Divorce, and Custody 12-1 p.m. Colorado Legal Services will provide basic information about obtaining civil protection orders, and navigating the divorce and custody process in Colorado, plus time for Q&A at the end. FMI 719-409-0829.
6 Jodi Mijares Retirement Celebration 4-8 p.m. Shining Mountain Golf Course. We hope you can join us in honoring Jodi's 17 years of leadership and service to Community Partnership Family Resource Center, the families we serve, and the greater Teller County community. A community event, all are welcome. Come for a little or stay for a while! FMI Jamie@cpteller.org
9 Holiday Gift Giving Program Sign-up Opens. Thanks to the incredible generosity of our community donors, local businesses, and service agencies, we are offering: new coats, new toys, meals, and thoughtful gifts, at no cost to you. Call to schedule a private, personalized appointment in our Holiday Shop and choose the perfect gifts for your children. FMI Yvette@cpteller.org
13 Trust Based Relational Intervention (TBRI) Caregiver Training Introduction Class 9-4 p.m. TBRI is a family-based intervention model that is designed for children who have experienced relationship-based traumas such as institutionalization, multiple foster care placements, maltreatment, and/or neglect. This Raise the Future training will focus on understanding brain chemistry and the meaning of child and youth behaviors, as well as how to help families heal and connect. Participants will learn tools they can put into action within their family immediately. These trainings are open to invited in Colorado, as well as professionals that work with this population. Preregistration Required. FMI britni.huebschman@raisethefuture.org
18 Storytime at Community Partnership at 10:30 a.m. The Library is partnering with Community Partnership! Join us for special storytime at the CP building!
27, 28 Teller County Sheriff's Toy & Coat Food Drive 10-2 p.m. Woodland Park Wal-Mart. Help make the holidays special for every child and family. Your donations help provide gifts and activities that bring families together and create lasting memories. FMI Jamie@cpteller.org.

- Addiction Recovery Tuesdays 9-2:45 p.m. (canceled Nov 10) Serenity Recovery Connection provides peer and telephone recovery support and coaching. Walk-ins welcome. FMI 719-465-2295.
- Career Center Tuesdays & Thursdays 10-3 p.m. (Closed Nov 19 & 26) Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with George@cpteller.org
- Family Café Monday-Thursday 9-4 p.m. Enjoy coffee, Free Wi-Fi, Kid's Corner, and a space for parents and caregivers in our community to connect.
- Foundation Training Innovative Exercise Program Wednesdays 7-7:45 a.m. (No Class Nov 11 & 18) 45 minutes of activation, breathing and stretching. Feel stronger and more connected with your body after just one class. Bring your mat. FMI bethfoundationtraining@gmail.com.
- GED Classes Mondays & Wednesdays 10-12 p.m. New students (min. age 16) may join GED classes after completing orientation and $40 registration fee. FMI Katy@cpteller.org.
- GOAL High School Tuesdays 12-4 p.m. & Thursdays 8-1 p.m. GOAL High School is a free public high school offering free opportunities including high school and college courses, ages 14-20 yrs old. Walk-ins welcome, registration required FMI 877-776-4625 or www.goalac.org.
- Pearson VUE Testing Center Mondays 9:30-5:30 p.m. Schedule your certification or licensure exam at www.pearsonvue.com. Fees vary. FMI Katy@cpteller.org.
- Playgroup Tuesdays, Wednesdays & Friday 9:30-11 a.m. (canceled Nov 27) Learn, grow, play, and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playgroup is for families with children 5 years and under and their caregivers, older siblings are welcome. Third Wednesday of the month, Woodland Park Library will join playgroup at CP for a lively Storytime featuring engaging books, music, instruments. FMI Aimee@cpteller.org.
- Telehealth Location Monday-Thursday 9-4 p.m. Comfortable private rooms and equipment available for any virtual appointment including health care, therapy visits, interviews, parent-teacher conferences, and more.
- Yoga Mondays 10-11 a.m. & Wednesdays 5-6 p.m. First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org. All programs at Community Partnership Family Resource Center 701 Gold Hill Place unless otherwise noted. FMI 719-686-0705.

LIBRARY

3 Mahjong 101, 10-12 p.m. Learn to play American Mahjong! This is a two part class, so attending both is recommended. Please give us a call 719-687-9281 to register!
3 Woodland Park Book Club 10:30 a.m. Check our book clubs' page to see what we're reading next!
4 Playgroup with Community Partnership at WPPL 9:30 a.m. We're partnering with Community Partnership! Join us for a special playgroup at the library!
4 Kids Crafternoon 3-5 p.m. Join us and make a craft and work on projects in a comfy space!
4 Evening Book Club 4:45 p.m. A book club for those looking for an evening group!
4 Evening Tarot Club at 7 p.m. Join us for an afterhours edition of tarot club! November's theme is "Stability."
5 Mahjong 102, 10-12 p.m. Learn to play American Mahjong! This is a two part class, so attending both is recommended. Please give us a call 719-687-9281 to register!
5 Vitalant Blood Drive 11-3 p.m. You can register for a slot on Vitalant's website or try for a walk in!
5 DIY Autumn Wreaths 6-8 p.m. Come make autumn wreaths in our makerspace! Please give us a call 719-687-9281 to register!
5, 19 Photography Club 7 p.m. For the beginner and the enthusiast! Share your work, learn new tricks, and participate in monthly challenges!
6 Coffee Chats 10 a.m. Join us for free coffee, donuts and conversation. Meet new friends in Woodland Park!
6 Bookbinding for Beginners 1-4 p.m. Learn how to case bind a book from scratch! This is a two part class, so attending both is recommended. Please give us a call 719-687-9281 to register!
7 First Look Book Talk! 11 a.m. Want a fresh, first look at your local library's collection? Join our librarian for a book talk and discover the latest unique titles. Each month will showcase something new!
7 Bookbinding for Beginners pt 2, 1-4 p.m. Learn how to case bind a book from scratch! This is a two part class, so attending both is recommended. Please give us a call 719-687-9281 to register!
12 Silent Book Club 6:30 p.m. Hot drinks, silence, and comfy chairs. Come read together... independently, then stick around to chat about books after if you'd like!
12, 19 Homeschool Board Game Meet-up 1:30 p.m. Homeschool families, get together and play games! Bring a game or use one of the ones here. All ages are welcome!
14, 21 Board Game Club 1-3 p.m. Come play a game and meet other tabletop game players! Bring a game or play one of the many we have! For teens and adults!
18 AARP Smart Driver's Course. Sign up for this driving refresher course to improve your driving skills and learn how to better avoid traffic violations. Give us a call 719-687-9281
18 Fiber Arts Club 1 p.m. Join a local group of crafters! Bring your project for some cozy worktime, share and gain inspiration.
18 Celebrating Diversity 3:45 p.m. There is a place in your community to be recognized and supported. A teen LGBTQIA and allies group for making connections, sharing, and helping. Library staff will be present to ensure respect, safety, and enjoyment of the facility by all who participate. Snacks and an activity are provided!
18 Metaphysical Book Club 5:45 p.m. Join us for open-hearted discussions around a theme every month. Topics

continued on next page

Black Friday Tips

by Kathy Hansen

The term "Black Friday" originated back in the 1950s when a multitude of companies in the United States noticed that most of their workers called in sick on the Friday after Thanksgiving, giving them a 4-day weekend. The police in Philadelphia and Rochester used the term to describe the crowds of people and traffic congestion that accompanied the start of the Christmas Holiday Shopping Season. The Friday after Thanksgiving has since been considered the busiest shopping day of the year, which turn the retailer's books from being "in the red" to "in the black," hence the name Black Friday. The terms has gained national attention in the early 1980s and has continued to be recognized as the busiest shopping day of the season. As of November 28, 2005, "Cyber Monday" has followed suit to be the marketing term used for online retailers around the world.

Whether you shop Black Friday or Cyber Monday or perhaps have been stashing those special finds since August, we have a few tips for you to consider:

Gifts within the household

- If you are shopping for those within your household, there is little need to be concerned about the weight or size of your item. That is, unless you have an early gift-opener that will open every wrapped package and re-wrap because the anticipation is just too strong (yes, Carol, I refer to you as a child because you just could not wait until Christmas and you always gave us at least 3 guesses).
- Another concern is how would you hide that new RV, car or huge TV screen? Sometimes hiding large gifts can be a challenge. Some have resorted to storing at a neighbor or friend's house until the big reveal. It might be a challenge to hide that fully set-up drum set, much easier to blindfold the recipient and gently guide them to the location where the drum set has been erected.

Gifts outside the household

- The gift is for someone outside the household but is expected to arrive as a guest. These are typically wrapped and set under the tree with a name that doesn't match anyone in the house, with little concern for size or weight.
- Gifts for family members or friends that you are traveling to visit, you may need to consider your method of transportation. The extra baggage fee at the airport might be the straw that breaks your budget; think small, lightweight, possibly gift cards. Likewise, if you are packing your vehicle to drive to the destination, will there be enough room for your own suitcase with lots of large gifts in the trunk?
- Gifts that need to be sent. One great idea that came from COVID was the grandmother who decided to have Amazon or whichever online store send the packages directly to the receiver. Shipping charges are likely already charged and likely not much difference whether being delivered to your house or the recipient. Why not have them shipped directly to the receiver's address? This clever grandma did just that and mailed the gift bags, wrapping paper, tape and bows to the parents, who then wrapped the gifts for the grandkids.

General tips:

- Keep in mind the 3 factors that go into the price of shipping: size, weight and distance. Consider small, lightweight options. Remember that gift cards cannot be insured. Another clever grandma learned the teenage grandkids had Venmo or Zelle accounts and learned to deposit directly into those. Another safe way to send money is to use the old fashioned check made out directly to the recipient's name — do NOT make the checks payable to cash as anyone can cash that. Never send cash.
- Send your gifts as early as you can. Procrastinate on something else, if you must. Getting your packages out the door and to the recipient in early December means it is likely to arrive before the big day. Gifts sent after December 18 may not be delivered by the 25th.
- Once your package has a label, email, text or call the recipient to let them know which carrier, the tracking number and the expected date of delivery. If the package is late, the recipient knows you thought of them before the big day and will likely blame the carrier, not you, when it doesn't arrive on time.
- Packages that contain an unreplaceable, expensive or highly unique item should require a signature. That means, if the recipient is NOT available to sign, they may have to go to the carrier's location or an alternate location to pick it up. This is something to consider for that super-busy family, that never seems to have enough time to pick up the phone for a chat. Careful consideration can prevent your gift from becoming their burden.
- Taking your gifts to the shipping store to be shipped? Do not wrap them if you want to insure them. Shipping insurance is like any other insurance; insurance fraud is a crime. Packages that are already wrapped, would need to be unwrapped to confirm exact contents, photographed and brand-new packaging is required by many responsible shippers whose insurance would reimburse the sender if damaged or lost. Most carriers include $100 of insurance, which is helpful to know when budgeting.
- Shipping Plus in Divide will be closed Thanksgiving Day, Black Friday and the weekend after Thanksgiving for our annual 4-day vacation.

Happy Black Friday and Cyber Monday.

~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.

continued from page 18

touch on spirituality, philosophy, and metaphysics. Read one of the featured books and bring your thoughts to share. Check the website for each month's theme and book picks!
19 Financial Workshop: Social Security with Edward Jones 11 a.m.
19 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. November's theme is "Stability."
19 Fireside Fairytales Storytime 5:45 p.m. Come for a cozy evening story-time, complete with hot drinks!
24 For the Love of Writing 3 p.m. Writers of all genres and skill levels are invited to join this group of those smitten with the written!
24 Memory Cafe 1 p.m. Are you or a loved one experiencing memory loss and brain change? Join our monthly gathering of caregivers and loved ones for engaging music and activities, refreshments, guest speakers, friendship and community support!

- Tuesday Books and Babies 10 a.m. a special storytime for babies and toddlers.
- Thursdays Preschool Storytime 10 a.m.
- Thursdays Tai Chi at 4:45 p.m.
- Fridays Tai Chi at 10 a.m.
- Fridays Toastmasters 11 a.m. Build confidence in public speaking while creating community.

RESERVE OUR GALLERY

6 First Friday Art Walk 4-7 p.m. Door prizes, refreshments and a free shuttle leaves from Reserve Our Gallery. 9 locations include: Great Outdoors Adventures, Mountain Home Decor, Reserve Our Gallery, Smith & Western, Solid Grounds, TAVA House, The Cowhand, Timeless Niche, WP Garden Gallery
7 Art Gala 6-8 p.m. A social gathering to celebrate the art show "Go Figure", featuring artwork of people. Door prizes and open bar. Non-alcoholic drinks are also served. Chili is served and there's an open fire pit for roasting smores.
29 Artists Sunday at Tava House, hosted by Reserve Our Gallery. 11-3 p.m. Artists set up to demonstrate their work. There are performances and a gallery of artwork for purchase. Artists Sunday is a movement celebrating artists during the holiday season. Artists Sunday celebrates six years in 2020.

Mueller State Park

by Anna Urban

Programs happen rain, snow or shine unless posted otherwise. Check the cpw.state.co.us/events and the Mueller Facebook page for any event changes or to sign up for events requiring registration.

1 Junior Rangers on the Trail 10-11:30 a.m. meet at Outlook Ridge TH.
6 Mueller Storytime — Winter is coming 10-11 a.m. meet at Visitor Center.
7 Forest Bathing 9:30-12:30 p.m. meet at Visitor Center. Registration required.
7 Big Backyard Winter Edition 2-3:30 p.m. meet at Visitor Center.
8 Stoner Mill Guided Hike 1-2:30 p.m. meet at School Pond TH.
13 Basic Survival for Kids 2-3 p.m. meet at Visitor Center.
14 Story of Pikes Peak Hike 11-1 p.m. meet at Elk Meadow TH.
14 Birds of Winter 2-3:30 meet at Visitor Center.
15 Junior Rangers in the Forest 10-11 a.m. meet in front of Visitor Center.
15 Trees of Mueller Hike 12-2 p.m. meet at Outlook Ridge TH.
20 Mueller Storytime — Turkey Talk 10-11 a.m. meet at Visitor Center.
20 Animal Tracks for Kids 2-3 p.m. meet at Visitor Center.
21 Intro to Winter Hiking 10-12 p.m. meet at Visitor Center.
23 Let's Talk Turkey 10-11:30 a.m. meet at Visitor Center.
25 Pre-Feast Pedal Meetup 10-12 p.m. meet at Elk Meadow Parking Lot. Registration Required.
TH=Trailhead
FMI 719-687-2366.

~ UTE COUNTRY BUSINESS ~

Barbara Pickholz-Weiner
RN, BSN, MAC, EMDRII
Journeys Counseling Center
(719) 510-1268
321 W Henrietta Ave • Ste AA Woodland Park, CO
80863 www.journeyscounselingcenter.com
journeyscounselingctr@gmail.com

Compassion ANIMAL HOSPITAL
GREGORY S. COOPER, D.V.M.
PAULA VAN EVEREN, D.V.M.
KIMBERLY K. MAYER, D.V.M.
(719) 687-6000
312 W. Hwy. 24 • Box 5999
Woodland Park, CO 80866
gcompassionanimalhospital@gmail.com
mycompassionanimalhospital.com

719.686.7707
tcrascolorado.org
TCRAS
Teller County Regional Animal Shelter

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
15226 Hwy 24, Woodland Park, CO • www.tellerparkvet.com

MUSIC LESSONS
Violin, Beginning Guitar and Mandolin
FLIP: (719) 429-3361
flip@ghvalley.net

Stress Less About Accounting and Taxes!
Bookkeeping, Accounting, Payroll, Individual and Business Tax Services, QuickBooks Training, and Business Consulting
Propel Accounting & Consulting
(719) 800-2432 • Propel-Accounting.com
kim@propel-accounting.com

Classic or New Domestic Foreign 4 - Wheel Trucks Jeeps
711 Gold Hill Place
Woodland Park, CO. 80863
(719) 687-0001
Old Fashioned Care
Home Town Garage
With Modern Technology
"Home Town Service You Can Trust"

Time for Trailer Maintenance
Bearings, Brakes, Electrical, Welding
Get your utility or flatbed safe for hauling!
Hitchin' Post Trailer & Tractor Sales
800-729-2402
www.hitchinposttrailers.com

Reach over 32,000 readers in Teller, Park, Fremont, and El Paso Counties every month!
Your Ad Here
for as little as $40.89 a month*
Call 719-686-7587 or
email: utecountrynewspaper@gmail.com
for more information and advertising deadlines.
**pre-paid 6-month contract rate.*

There are 52 weeks in a year...

But only 12 months.



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

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

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

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

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

Ute Country News — Putting the "unity" back in community.

719-686-7587 • utecountrynewspaper@gmail.com

WORKFORCE COLORADO PIKES PEAK

START YOUR PATH TO EMPLOYMENT

WHAT CAN PPWFC DO FOR YOU?





WE OFFER

- Hiring events / Job fairs
- Job search activities
- Career coaching
- Interactive, virtual workshops
- Training opportunities
- And much more . . .

Call us today at 719-667-3700

More Info **ppwfc.org**

VETERANS ARE ENTITLED TO PRIORITY OF SERVICE

PPWFC IS AN EQUAL OPPORTUNITY EMPLOYER/PROGRAM
AUXILIARY AIDS & SERVICES ARE AVAILABLE UPON REQUEST

(PAID FROM CDLE'S WORKFORCE ENTERPRISE FUNDS)

MAKE HEAVEN CROWDED TOUR 2026

November 13 @ 6:30 p.m.

Bring your friends and family to hear the life-changing message of Jesus Christ.

This is an opportunity to share your faith and make an eternal impact. Come expecting God to move powerfully in your life and in the hearts of those you bring.

Join us for an evening of worship and ministry as we come together to help make heaven crowded.

Register for free at **MakeHeavenCrowdedTour.com** or scan the code.

This event is closed to press.



Andrew Wommack Erika Kirk Lucas Miles Frank Turek

TPUSA FAITH

Charis Bible College | 800 Gospel Truth Way | Woodland Park, CO

Andrew Wommack Ministries | Charis Bible College | Gospel Truth Network