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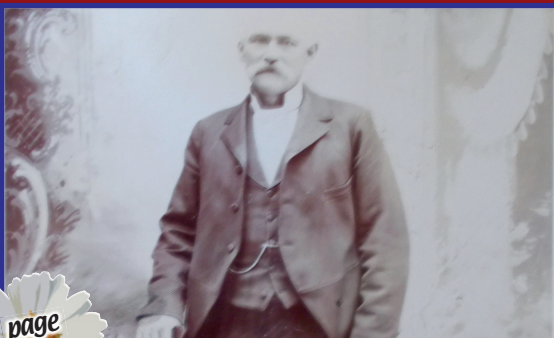
Vol. 11, No. 5

Welcome to Ute Country

**"Love is the answer,
and you know that for sure;
Love is a flower,
you've got to let it grow."**

— John Lennon

PEEK INSIDE...



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West Oil Creek part I



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Cars, cars and more cars



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Out and About Calendar

Tourist And Locals Can Breathe Again

Thanks to Mark and Nancy, Owners of Whole In The Wall Herb Shoppe.

I went to the store to pick up the amazing Aquagen liquid oxygen supplement- Says Marti. This took away all my high altitude symptoms the first day using the product. While I was there I received a free sample of the Gold Mini Tabs. (Whole Food MultiVitamin).

This helped me with energy and mental focus.

I also had sinus issues which I found out that Mark makes an Up Your Nose Sinus Spray. I sprayed two shots in each nostril and it took only 1 hour for my sinuses to open and they have not felt that good in years.

I drive out three times per year from Arizona to take classes at the college and in the past always suffered with low energy headaches and multiple sinus problems. I now look forward to coming to Colorado no matter what the season, knowing I can depend on these wonderful products.



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This month's cover photo was taken from our own back yard, although not this year because it is too early to put out the annuals. Maybe by the end of May, if cover is at the ready for that possible snowfall in early June. We look forward to the brightness flowers bring to our lives as we progress toward summer. Given all the snowfall we had this winter, the wildflowers are likely to show their pretty petals right alongside the seed from last season's blooms.

Our May issue has many articles that will brighten your day. The Plant Lady reminds us of the May Basket and Pole traditions as she encourages us to explore mountain adaptations. *Life Enhancing Journeys* helps us to better understand what it means to be vulnerable and how doing so becomes the building blocks for a strong foundation for any relationship. *Heaven and Earth* focuses on Ho'oponopono, an ancient healing practice any one of us has the capacity to embrace as a way to put forth healing energies.

Have you had a chance to take any pics of your favorite indoor or outdoor animal? Send them to us for *Critter Corner* at utecountrynewspaper@gmail.com or snail mail POB 753 Divide, CO 80814.

The deadline for our June issue is May 20; all ads must be finalized by 5 p.m. May 22.

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.

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Life-Enhancing Journeys Vulnerability is terrifying, yet so worth the effort

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

Have you ever wanted to communicate to your partner how much you need their help or support but were afraid to ask? How about avoiding bringing up some difficulty you're having with a friend because you're afraid of being viewed as incompetent? Have you ever withdrawn from another when they revealed something deeply personal? These encounters describe how vulnerability is perceived and why it seems so difficult to implement.

As I see more and more couples in therapy who want to learn skills to enhance, or even rescue their relationship, the notion of vulnerability comes up often. Comments I hear regularly are, "...I need to keep things to myself otherwise I'm afraid it will come back to bite me...if I'm that open with her/him, they can use that against me... what if I reveal my deepest desires and my partner is totally silent...I'll feel so ashamed and let down." Everyone I know, myself included, has struggled with the fear of being vulnerable; the ability to open up our true selves to others. It makes sense to avoid situations where we might get wounded by revealing secrets about ourselves. It means opening oneself up to possible rejection, shame or torment. Even if that injury is "just" emotional, it still can feel terribly hurtful.

In thinking about what vulnerability means, it might be clearer to use other descriptive words. Synonyms of being vulnerable include: endangered, exposed, weak, uncovered, defenseless, unprotected, unsafe. Most of us prefer to avoid these experiences. These alternate words are remnants from the past.

Nowadays, vulnerability implies that you have the courage, the power, to be your true self, according to Brene Brown, PhD. She interviewed many people for her research into "vulnerability." There was a consistent pattern which revealed that vulnerability described people who had the self-assurance to let their imperfections show, to be compassionate to themselves and to others for the purpose of connecting. As a result of their willingness to express their authentic personalities, they were able to release who they thought they should be in order to be their genuine selves. You have to be vulnerable to be authentic which enables you to be the person you came here to be. Without a doubt, vulnerability involves taking a risk by personally exposing oneself to another. Although we may try to avoid vulnerability, it is an important part of all social bonds.

Within a relationship, vulnerability is necessary because it enables you to develop and enhance intimacy with your partner. Being vulnerable in a relationship means allowing your partner to know your true self fully; your opinions, beliefs, struggles, flaws, fears, dreams, etc. Only with these truthful revelations, can genuine intimacy be achieved.

In the movie *Her*, Joaquin Phoenix's character is in the process of finalizing his divorce. During an interaction with his Artificial Intel-

ligence Operating System, the OS asked what happened that ended his marriage. His reply was, "I hid myself from my wife so she was all alone in our relationship." He recognized that he was reluctant to reveal himself to his wife yet could be daringly open with an AI Operating System. His fear caused him to be reluctant to create a deep, personal connection which ultimately severed their relationship.

When we've experienced difficult relationships in our past, we are afraid to be vulnerable. Our brains remain on survival mode which compels us to stay detached and protected. This creates a loop of distrust. You become so fearful of getting close, especially if you've lived through something like parents divorcing or infidelity.

If anxiety keeps you from revealing who you truly are, you'll be required to keep the pretense up forever. This is exhausting. There is research which identifies how our body reacts unconsciously to others' deception. A study by James Gross shows that when we are inauthentic and attempt to hide our feelings, others unconsciously sense our dishonesty then respond physiologically (such as a rise in blood pressure). This bodily response may explain our discomfort around inauthentic or phony people.

How a partner responds to another's willingness to be vulnerable is also significant. If they run away in disgust, obviously this inhibits any future sharing and you likely learned they are the wrong friend for you. When a companion shares their feelings, the other partner may feel frustrated or powerless then try to fix the problem with logical solutions. Stop judging or fixing! It's unnecessary. Simply listen with acceptance and compassion. Do you believe it's worth walking through terror and vulnerability to experience a more secure social connection? Yes, without a doubt! Brene Brown comments, "Show me a man who can listen to a woman and not try to fix her problem but rather just listen to her...show me a woman who can sit with a man who shares his vulnerability and still loves him the way he is...I'll show you (people) who are courageous and have done their work...Can this be the safest place that we have: with each other, you can be afraid with me and I can be afraid with you..." Experiencing a sense of safety and acceptance does seem like the best type of union possible.

Recognizing that you are seen, heard and loved for who you are feels so comforting and reassuring. To encourage someone else's vulnerability, to accept their struggles and love them anyway is such a gift for both of you and can be one of life's most rewarding experiences. Are you willing to make the choice to be courageous and embrace vulnerability? Please allow yourself to try it. You've got nothing to lose and everything to gain. To quote the poet Alfred Lord Tennyson: 'Tis better to have loved and lost than never to have loved at all.' *In Memoriam: 1850.*

You may be asking, how do I do it? Initially, it may be necessary to calm your fears

about opening up to others. As I have said in previous articles, TRUST YOURSELF – YOU GOT THIS.

How to Remain Calm When Choosing to be Vulnerable:

1. Get a reality check. Ask for feedback from your partner as well as from close friends as to whether they notice if you may be over-reacting, edgy, or negative, for example.
2. Connect with yourself. Do an internal body scan to uncover where there might be tension, tightness or knots. This will help you identify how you're feeling. Becoming more aware of your thoughts, feelings, and behaviors can help you understand what's really happening and what needs to be adjusted to assist you to feel better.
3. Talk about it. Once you get clear on what you're feeling, share it with your partner. Talking about what's going on with you (without blame or judgment) can cultivate feelings of closeness and mutual understanding.
4. Ask for what you need. Just try it. What have you got to lose? Usually the anticipation of asking for what you want is far scarier than actually doing it. Do you feel you're being ignored by your mate? Do you want more of their attention — physical, emotional, or both? Ask for what you need in a loving way, without nagging or accusing. Even if it's unimportant to you, yet is very important to your partner, let them know it will be your pleasure to make them feel special. Because they care about your well-being, chances are, they'll understand.
5. Help yourself and your partner feel safe. There is so much we can do to soothe our own and our partner's unease about being vulnerable. Encourage both of you to slowly and deeply breathe in and out to calm yourself. The act of conscious breathing helps you to relax and focus more easily. This also enables you to think and respond instead of getting triggered and reacting. Letting your partner know "this is really difficult for me to talk about..." can reduce conflict and create more openness.
6. Affirm your commitment to the relationship. Remind your partner that you are investing time and energy in the relationship because you care and want them to be in your life. Assure your companion that you intend to continually work on being your open, true self. Include that you're willing to take things at a pace with which they're more comfortable and that you'll give them the time they may need.

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 719-687-6927 (office) or 719-510-1268 (cell).

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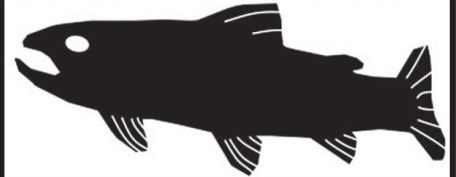
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Growing Ideas

May Days and May Poles

by Karen Anderson “The Plant Lady”

Spring greetings to our readers. The month of May has arrived and we are well into ‘deep thoughts’ about our gardening plans for the growing season. As we patiently wait for the weather to warm up enough to get serious about planting outside, here are few ideas to consider.

May Day (May 1st) is one of the ‘cross quarter’ days that falls between equinoxes and solstices and has its roots in astronomy. The ancient Celtic Festival of Beltane is celebrated on this day to welcome in the change of seasons and observing the waxing of the sun toward the summer months. A long-ago tradition of gifting May Baskets on May Day may be unknown or forgotten by many, but MAYbe we can revive this delightful custom in our lives today. Home-made paper baskets filled with spring flowers and sweet treats were (anonymously) left on friends and neighbors’ doorsteps on May Day. Nice! Of course, we may need to adapt this ‘cool thing to do’ in our mountain region, due to freezing temperatures and hungry critters. Think about it. Get creative!

Traditionally, along with May Day comes the May Pole. Another joyous ritual celebrating Springtime. A tall wooden pole is erected, sturdy enough to be pulling upon by participants with a wide enough resistance around it so that a circle of people can have adequate space to ‘dance’ around the pole. An even number of folks works best, but is not essential. Bright and differently colored wide ribbons (as many as there are dancers) are then attached to the top of the Maypole. Everyone chooses their streamers and begins to move around the May Pole in a clockwise direction, weaving under and over each other, often to music, wrapping it with a rainbow of color. The end result

is a ‘beautiful thing’ or a real mess! No matter though, as it’s all good either way! I have experienced and enjoyed the Maypole Dance several times and what a great activity for the kids! Fun for the whole family and it doesn’t have to be on May Day as our weather may not be very accommodating, but could be done in June, July, August or whenever you wish.

Now, here are your gardening tips for this month — in a nutshell.

1. Loosen (fluff up) winter mulches in perennial gardens so they are able to soak up some sunshine and warmth, as well as providing aeration for them.
2. Refrain from raking up your landscaped areas for a while, as the pine needles etc., will hold the spring moisture in the earth — while it lasts.
3. Turn your compost over and supplement garden beds. If compost is not available to you, it is still a good time to amend with a high nitrogen organic fertilizer to aid in new growth.
4. Plant cold hardy greens and root crops around Mother’s Day and have your floating row covers handy for the inevitable cold snaps.
5. Greenhouse and cold frame gardening can be very productive with supplemental heat if needed. Set those mousetraps!
6. Cut back old foliage on perennials if not accomplished last fall.
7. May is a good time to plant grass and wildflower seed, but please keep in mind that consistent watering for at least 8 weeks is essential for success.
8. Start applying your choice of deer and critter repellents to your garden areas.
9. Listen for the first hummingbird scouts and put out a feeder for them.

**“Behold, my friends,
the spring is come;
the Earth has
gladly received the
embraces of the Sun,
and we shall soon see
the results of their
love.”**

— Sitting Bull

10. Celebrate the Season.

Native Aspens, Spruce trees and shrubs are available this month and it is the perfect time to plant them. Hardy perennials, born and raised at 9,000 ft. will be ready to plant as well. Organic, non-gmo and heirloom tomato plants along with peppers, and a limited supply of herbs can be acquired by special orders or at Mountain Naturals in Woodland Park and the Outpost in Florissant.

I would also like to mention that the annual fundraiser for The Harvest Center, a non-profit organization helping the community with gardening endeavors, will be held at Mountain Naturals through May 5th from noon to 5 p.m. It is a great opportunity to purchase starter plants of all kinds and to help out a great cause. I will be there to share my gardening experience with you on Saturday May 4th, so ‘come on down’ and we can share some garden banter.

Please feel free to call me at 719-748-3521 or contact me by e-mail plantladyspeaks@gmail.com for any inquiries or special orders. I am also offering the service of personal landscaping consultations to help you achieve the results you want. Happy gardening and blessings to all.

The “2019 Midland Days” Symposium

Celebrating our Tenth Anniversary!

Ten years ago, David Martinek and Edward M. “Mel” McFarland had an idea to hold a day-long symposium to highlight the legacy of the Colorado Midland Railway, and its spur line to Cripple Creek and Victor, the Midland Terminal Railroad, and to raise funds to support the renovation of the Midland Depot in Divide. The John Wesley Ranch was chosen as the venue since the Midland Terminal grade passed just to the north of the ranch boundary, and the surrounding atmosphere of the old lodge’s rustic interior was just right for talking about railroads. That first symposium was a small gathering, scarcely more than 25 people, including the presenters and volunteer help. It seems like a decade ago.

Midland Days at Divide, Inc., along with its partners, the Teller Historic and Environmental Coalition (T.H.E. Coalition) and the Divide Chamber of Commerce, and its sponsors, proudly announce the tenth annual gathering of the Midland Days symposium, still held at the historic John Wesley Ranch south of Divide, on Saturday, May 18, 2019, from 9 a.m. to 4 p.m. “This will be a special time,” said David Martinek, President of Midland Days at Divide, Inc. “Since that first symposium on a snowy day in March 2010, on the Saturday after Good Friday, our small ad hoc group of railroad enthusiasts has morphed into a full-fledged non-profit that owns the Midland Depot property. We’re going to celebrate!”

In addition to a general focus and overview of the “Midland” railroads, just to get everyone on the same page, this year’s symposium program will reprise some of the more popular presentations from the last 10 years. Plus, some special treats are planned for those in attendance who are invited to share and reflect on a decade of symposiums and how an organization has grown and evolved as a result.

The 2019 symposium will begin with a social gathering at 9 a.m. followed by introductions and announcements. The

agenda for the day will include presentations (including numerous historical photographs) and conversations with local author and historian, Mel McFarland, and local historians Tom Van Wormer and Dwight Haverkorn. David Martinek will moderate the discussions and present, as well.

Seating for the symposium will be extremely limited, as always. Advanced reservations at \$55 per person are strongly encouraged. Reservations should be made on or before Sunday, May 12, 2019 by calling David Martinek 719-213-9335 or emailing your RSVP to MidlandDays@yahoo.com. A reservation fee may also be mailed to POB 1088 Divide, CO 80814. Refreshments will be available throughout the day and lunch will be served. Walk-in attendees are welcome for \$60 per person, but seating and lunch cannot be guaranteed.

According to the tradition established in 2010 at the first symposium, all those with advanced reservations will receive a limited-edition railroad print (ink on parchment) entitled “Colorado Midland Locomotive 10 Waits at Divide” specially drawn and provided courtesy of Mel McFarland (the 10th in a series). Additional copies of the print and prints from past symposiums, as well as other items and memorabilia will also be available for purchase.

The John Wesley Ranch is operated by the First United Methodist Church in Colorado Springs who once again has graciously opened their historic lodge facilities to host the symposium for the 10th consecutive year. The ranch is located south of Divide at 21285 Highway 67 just before the entrance to Mueller State Park. There’s ample parking.

All proceeds, sponsorships and contributions (less meal costs) from the “2019 Midland Days” symposium will help support Midland Days at Divide, Inc., future symposiums and the Midland Depot at Divide Preservation Project, and its partnering organizations.

One Nation Walking Together

Native American Trivia

by Kelli Herr

In this article, I invite you to test your knowledge about Native American history and current events. Assess your knowledge with this short 13-question quiz. You might be surprised to learn what you do and do not know.



Tribal Knowledge

1. How many federally recognized tribes are there in the United States?
2. Before Colorado was a state, the land was occupied by which five tribes?
3. According to the U.S. census, what percentage of the U.S. population identifies as Native American?
4. True or False. Most modern-day Native Americans still live in tipis.
5. True or False. A majority of Native American people are rich because of casinos.

Famous Native American Figures

1. This famous Native American woman from the Lemhi Shoshone Nation is best known for her contributions to the Lewis and Clark expedition.
2. On June 26, 1876, this Hunkpapa Lakota leader led his people to victory against the U.S. 7th Cavalry at the battle of Little Big Horn (also known as Custer’s Last Stand)
3. Who was the first woman elected to serve as Principal Chief of the Cherokee Nation?
4. Fill in the blank. A member of the Sac and Fox Nation, _____ became the first Native American to win an Olympic gold medal for the United States.

Current events in Indian Country

1. On January 3rd 2019, _____ and _____ became the first two Native American females to be sworn into congress.
2. Fill in the blank. Last summer, Colorado landowner Rich Snyder reached out to the _____ Indian Tribe of the Uintah and Ouray Reservation to return ancestral land to the tribe.
3. In 2017, the Standing Rock Sioux tribe and allied organizations took legal action to stop _____ from being constructed on ancestral land protected by the 1851 Fort Laramie Treaty.
4. True or False. The Justice Department

will no longer prosecute federal laws regulating the growing or selling of marijuana on reservations, even when state law bans the drug.

Check your answers at end of this article.

How did you score? Were you surprised by what you know or don’t know? I used a similar quiz during a trivia event a few months back. A majority of people who participated were shocked to learn how little they knew about the land they live on the people who originally inhabited it. When a majority of our country doesn’t know the answers to even the most basic questions about Native American history and culture, how can we expect people to empathize with the injustices happening in Indian Country today?

How can we expect people to be aware of the poverty, suicide epidemic, missing and murdered indigenous women, drug abuse, alcoholism, unemployment, etc.?

Problems are hard to address when you don’t know that they exist. Now that you’ve taken a moment to test what you do and do not know; I encourage you to dig a little deeper. Buy a book, follow native news, or attend a cultural event in your area. Listen to indigenous people. Support their art and initiatives. Take the information you learn and disseminate it to others. Create platforms for dialogue and discussion. Bring voice to those who have been historically silenced.

We should strive to educate ourselves and others about modern-day Native American realities. Without acting with a “white-savior mentality” we should help where we can. Here at One Nation Walking Together, we work with community contacts in numerous reservations to meet the need identified by each specific community. Furthermore, we host an annual Powwow to engage the community in a day of culture and education. This year, the Powwow will be held on August 10, 2019 at the Norris-Penrose event center. For those of you interested in learning more about Native American culture and history, this would be a great opportunity for you to be immersed in celebrations and frybread.

One Nation Walking Together strives to create brighter futures in the lives of Native Americans — the most under-served and disproportionately impacted demographic in our area and in the U.S — through emergency services programming, education, community outreach, and cultural preservation. ONWT is



an organization about People helping People — not a cause. Our mission can only succeed and make a positive difference in the lives of Native People with a personal investment of you: of your time as a volunteer, a donor of goods or a financial contributor. Walk with us to make your difference! For more information on how you can help please visit www.onenationwt.org or email, office@onenationwt.org or call, 719-329-0251.

Answers

Tribal knowledge

1. According to the Bureau of Indian Affairs (BIA), there are currently 573 federally recognized tribes.

2. Apache, Arapaho, Cheyenne, Pueblo, and Ute

3. According to the U.S. Census, 1.7% of the U.S. population identifies as American Indian or Alaskan Native alone or in combination with another race.

4. False

5. False

Famous Figures

1. Sacagawea

2. Chief Sitting Bull (pictured above, or is it below?)

3. Wilma Mankiller (in office 1983-1985)

4. Jim Thorpe (pentathlon and decathlon-1912)

Current events

1. Sharnee Davids and Deb Haaland

2. Ute

3. Dakota Access Pipeline

4. True

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Heaven and Earth Ho'oponopono means make it right by Olga Daich

To talk about Ho'oponopono, we first need to know where it's coming from. There is an ancient Hawaiian teaching for healing and spiritual development called Huna. The Kahunas are the priests of this Huna practice. Ho'oponopono is part of the Huna technique.

Ho'oponopono is a Hawaiian practice of reconciliation and forgiveness. It is an ancient Hawaiian prayer used for healing, transformation, inner peace and self-love. This practice has been brought back to our time through the work of Mornah Simeona (1913-1992), a Native Hawaiian Kahuna and a gifted healer who developed a new system of healing based on Ho'oponopono. She introduced this Ho'oponopono healing process at the Huna world convention in Hawaii in August 1980 and spent the next decade teaching throughout the USA, Asia and Europe.

Dr. Haleaka Hen Len, PhD, Hawaiian psychologist and Shamanic practitioner used to share time with Mornah at her seminars and teaching workshops.

He was called to work in a mental institute in Hawaii. People who had committed serious crimes were assigned there. The people working there were very frightened of those patients. The inmates were never brought outside to get fresh air. Some of them had to wear shackles on their ankles and wrists because they were dangerous. Most of them were under heavy medication to keep them under control.

Dr. Hen Len asked for each patient's file and spent most of his time in his room doing Ho'oponopono for his patients which he never tried to see personally. Little by little things started to change at the hospital. Patients behavior started to change. Some of them were not wearing shackles anymore; they could go out for fresh air. The level of medication for patients dropped. Patients started gradually to be released and a year and a half later it got to the point where only a couple patients remained, so they were relocated, and the hospital was closed.

My dear lector must be wondering how is it possible to help the healing process of very mentally ill people using this ancient practice? Well, the answer may surprise you and I hope you have an open mind to understand the answer but if not, I will provide the scientific point of view (again brought through quantum physics principles).

The Ho'oponopono principle comes from the idea that on a divine level everything in our outside world that we perceive as our reality reflects what is in ourselves or our environment. That we are part of a greater whole, we are all connected, we are ONE from the beginning of our creation. I am sure that from the lectors that have been following my articles, this Ho'oponopono principle will ring the bell! Yes, this is exactly what some of Quantum physics principles say: we are all connected from the beginning of our creation (entanglement), there is a FIELD that connects all of us

as a whole. The subconscious mind downloads data from the field and this data comes to our mind, body, and emotions impacting us whether we are aware of it or not.

Ho'oponopono, as well as quantum physics, tells us that we hold a lot of garbage information that makes us not just sick but living with unwanted situations and repeating the same stories of family drama generation through generations. May also the lector remember what Dr. Bruce Lipton, and Epigenetics (a new branch of the medicine filed) says: we are not victims of our genes, it is the interaction of genes, experiences and environments that influence behavior and health. Isn't it beautiful how science and this ancient healing practice have the same message?

Ho'oponopono practice follows a few steps:

1. Identify the problem or conflict that has been brought to your attention. It could be a physical illness (yours or another person), an argument with a relative which upset you (or witnessing other people's arguments), a financial breakdown, (either yours or not), a war between two nations, photos of starving or dying people, etc. Anything you see with your eyes and anything you feel in your heart (loneliness, sadness, angry, hate, etc.).
2. Take full responsibility for this problem or situation being in *your reality*. As Mornah N. Simeona said, "If we can accept that we are the sum total of our past thoughts, emotions, words, deeds and actions and that our present lives and choices are colored or shaded by this memory back from the past, then we begin to see how a process of correcting or setting it right can change our lives, our families, and our society."
3. Ask for that error in our thoughts, actions, words and deeds to be cleaned. We may come to this planet with a mortgage on our soul we are not aware of and/or we can get unwanted data from the field. Wherever is the root of our present situation, we are now living in awakening times where we can access the tools (ancient healing practices, science) to help us lift the veil and clean what needs to be cleaned. On this step you can use the Four Words Mantra or Prayer:

I am sorry that both of us were unconscious about the causes of this disturbance in this situation.

Please forgive me for not seeing the wholeness and perfection (or your happiness, abundance, etc.)

Thank you for giving me the opportunity to heal in me what I was not aware was inside me and now I can free the situation.

I love you. (Feel the love that embraces both of you).

The Ho'oponopono principle comes from the idea that on a divine level everything in our outside world that we perceive as our reality reflects what is in ourselves or our environment.

4. Trust that changes have occurred on a DIVINE level and that any corrections made within are corrected for all those involved. This involves the acknowledgment that we are all part of a greater whole. Ho'oponopono is not about analyzing, it's about letting go of the data that is laying in our subconsciousness. With this healing practice we can access our subconscious mind and erase the data. You will get to the stage of emptiness and that is when the inspiration comes through. It is what quantum physics calls the *phantom force of nothing*.

I would like to remind the lector that as we are ONE, we are responsible for each other. We can change what we see and don't like about the world or the people. The first step is to erase the data and the second is to trust that the change or healing is done. When I do a Reiki session, I do also Ho'oponopono because I now know, if I see somebody struggling, there is a part of me that is allowing to witness that situation. Being aware allows me to clean in me the responsibility that I have in the situation that is in front of me.

Please remember, this is not about guilt or fault. If we start to analyze we will end up having feelings of anger, sadness, guilt, etc. All those low frequency feelings will keep you from healing the situation.

Finally, I would like to share a Ho'oponopono prayer:

Divine creator, Father, Mother, Son as One.

If I, my family, relatives and ancestors have offended you, your family, relatives and ancestors in thoughts, words or actions from the beginning of our creation to the present, we ask for forgiveness.

Let this cleanse, purify, release, cut all negative memories, blocks, energies and vibrations and transmute these unwanted energies into pure light. And so it is done.

If you are interested in a Reiki or Ho'oponopono session please contact me by e-mail: olgacely@hotmail.com or text: 719-313-1564. Also, anyone who is seeking to connect with others aware of their spiritual journey and willing to share our various paths use "Connect" in the subject line. We are creating opportunity for such connection for those interested.

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How wildlife responds to bark beetle outbreaks

As Colorado's private and public forests recover from insect and disease outbreaks and other disturbances, humans and wildlife are adjusting to significant environmental changes. Spruce beetle and mountain pine beetle outbreaks may have changed the way you recreate, but have you thought about how wildlife are responding?

That's precisely the question research scientists from Colorado Parks and Wildlife and the U.S. Forest Service attempted to answer in a recently published paper in the journal *Ecosphere: Mammalian responses to changed forest conditions resulting from bark beetle outbreaks in the southern Rocky Mountains*.

"It's such a far-reaching event, both in terms of the amount of the state impacted and how far into the future this impact will ripple," said author Jake Ivan, a Senior Scientist in the Mammals Research Section of Colorado Parks and Wildlife. "As a first cut, we wanted to try to get a handle on how various species altered their use of these impacted areas, and we focused on lodgepole pine and spruce-fir systems as those two types of sub-alpine forest were hardest hit (by mountain pine beetle and spruce beetle, respectively)."

To do this, the researchers hired a team of technicians to deploy game cameras at 300 randomly located sites in subalpine forests across the state. The sites represented a gradient of beetle activity from green forests (no beetles) to forests that had been impacted more than a decade prior to sampling. The cameras were mounted low to the ground and pointed at a "lure tree" where a piece of wool, soaked in that most universal of all wildlife lures — peanut butter — was tied. This setup allowed researchers to obtain photos of the various mammalian species living in the vicinity, from chipmunks to moose.

The effort returned over 300,000 photos of 26 species. "As is often the case with big changes to a landscape," Ivan said, "the response varied widely by species. There were species that responded positively and used these impacted areas more intensely, some species that responded negatively, and others that didn't seem to care at all."

Ungulates were among the big winners in this changed system, although their response varied. Elk, for example, tended to increase their use of impacted areas in the decade after a beetle outbreak, responding most strongly in areas where the beetle impact was most severe (more dead trees). Use of beetle-impacted areas by moose, however, increased immediately after trees died, peaked 3-7 years after the outbreak, then declined. Mule deer showed increasing use of beetle-impacted areas with each year after an outbreak, but unlike elk, their use was not strongly related to severity. Researchers attribute increased use to increased forage and hiding cover available as understory and shrub cover increases once the forest canopy opens up.

Red squirrels were among the few species to be negatively impacted. "I imagine their decreased use is largely related to the loss

of cone crops, which take a big hit when all of the mature trees in a stand die," Ivan said. "That's the main food source for squirrels in these systems, and storing those cones in middens so they can get at them later is what helps get them through the winter."

While the response of some species is easily explained, for others, an easy explanation doesn't exist. Pine martens, for instance, commonly prey on red squirrels, yet use of beetle-impacted stands by pine martens did not follow the noticeable decline of red squirrels. Instead, marten use remained completely unchanged through time, regardless of severity of the outbreak.

According to Ivan, "This project gave us



Wildlife Technician Kat Bernier with one of the game cameras she installed in a recent study.

a better understanding of what to expect in the coming years as beetles finish their march through the green forests in the state. It gives us a sense of issues that may arise both in the

non-game world, and in the game world."

For instance, results from this project suggest that snowshoe hares, the primary food source for threatened Canada lynx, may weather the bark beetle outbreaks largely unscathed. However, lynx may be at increased risk during years of low hare abundance when they would normally turn to red squirrels to get them through.

On the game side, scientists expect that in some areas, elk will focus their habitat use in severely impacted areas during early season hunts. However, access and travel in these patches is difficult for hunters due to down timber. So, in some places, it's possible to end up with a mismatch between elk availability and hunter access.

"On the one hand, it is a bit sad to see all of these dead trees on the landscape," Ivan concedes, "but on the other, we're witnessing a once-in-a-millennia event, and Colorado is ground zero. It's quite a spectacle from an ecological perspective."

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Guffey Roots West Oil Creek part I

by Flip Boettcher

The Guffey area has a long, interesting and exciting history. The area is situated at the base of three ancient, eroded volcanoes that erupted some 34 million years ago. The Thirtynine Mile Volcanic area is the last remnant of the huge Central Colorado Volcanic Field and the Guffey volcanic center is the largest in the Thirtynine Mile field. The area is somewhat bounded by McIntyre, Castle, Saddle, Thirtynine Mile, Black, Cover and Witcher Mountains.

There are two prominent waterways in the area; Currant Creek with headwaters on the southwest slopes of Thirtynine Mile Mountain and draining to the Arkansas River west of Cañon City and West Four Mile Creek, which originates on the southeast slopes of Thirtynine Mile Mountain and drains to the Arkansas River east of Cañon City. West Four Mile Creek was originally called West Oil Creek because of the oil found near its mouth.

There is evidence of people in the area before 5,000 B.C. with finds of spear and arrow points, flaked stone chips and culturally modified trees. Native American Indian trails, some of which became wagon roads, roads and highways, crossed the area.

One of the main Ute Indian trails came north from Salida, crossed in the saddle between Hammond and Baldy peaks southwest of Guffey, crossed Currant Creek and traversed the southern slopes of Thirtynine Mile Mountain, then followed West Four Mile Creek to Four Mile Creek and down Ute Pass to Manitou. The hot springs at Manitou were considered neutral territory and a sanctuary. Many tribes spent the winters there. This trail passed through Florissant, which was the first white settlement in the Pike's Peak region. It also connected with another major Ute trail that followed US Highway 24.

Another trail that crossed the Guffey area came up Currant Creek and over Currant Creek pass to camping and hunting grounds in the great South Park. Colorado Highway 9 follows the approximate route today. (See articles on the Currant Creek Wagon Road, *Ute Country News* April, June & July 2018.)

The earliest pioneers came to the area in the late 1860s and 1870s, mostly lured by the discovery of gold in Colorado in 1859. They settled and homesteaded along the Currant Creek and West Four Mile waterways, becoming farmers, ranchers and miners. Some of the earliest along West Four Mile include Tremayne and Grosses from Cornwall, England, Marcotts from French Canada, Henry and Charlie Beckham from Missouri, William and Ella Bombeck, Henry Wattson, Mahon, Kittredge, Thomas Stratton, James Gentry, and John Reeves Witcher.

Richard Tremayne had a post office named Truro on his homestead just west of the Guffey Gorge on Park County Road 102, and is listed as the postmaster there by 1887. Tremayne lived there until he moved to Cañon City in 1903.

William Bombeck, Ella's husband, is



The main house in the right and the blacksmith shop in the right-middle of the pic against the hillside. photo circa late 1890s.



John Reeves Witcher in his later years.

the first recorded burial in the Four Mile Cemetery in 1875; he was only 39 years old. Thomas Stratton went on to become the state senator from Rocky, a ghost town outside of Lake George.

Captain Henry Bosworth (HB) Gross and his family settled in the area of CR 71 and CR 102 northeast of Guffey on the east, southeastern slopes of Mount McIntyre in the 1870s, and found themselves in the middle of the Mount Pisgah Hoax in 1884. Two men dug a hole on public land on the side of Mount McIntyre a little way outside the Gross homestead and filed a placer claim, according to *Money Mountain* by Marshall Sprague. The sequence of events is unclear, but presumably with great fanfare, the miners stocked up on provisions in Cañon City, proceeded to Mount McIntyre and dug their test pit. They of course stopped at the Gross homestead where HB just happened to operate an assay office.

Sprague states that the miners also went back to Cañon City and the sample presumably assayed out at \$2,000 gold per ton. HB said in an April 1884 *Park County Bulletin* article that his soil tests revealed little gold or silver in the area, but the gold rush was on.

Three square miles of pasture grass was staked out next to the Gross homestead and the area had the appearance of a gold camp. The sides of Mount McIntyre were stripped of trees for tent poles, corrals and firewood.

The claim proved to be a hoax, and some thought it was started by Cañon City businessmen who wanted to increase their business. Whether true or not, Cañon City merchants did make money selling the miner's their supplies, railroad and stage lines made money selling tickets to the miners, and others made money hauling supplies to the area and selling them there, said Sprague.

The *Bulletin* article said that those who were going to the area should consider it for homesteading because of the "extra fine range that is there afforded and the gilt-edge quality of our mountain scenery."

Even though the hoax was on Mount McIntyre, since Mount Pisgah was better known because of Cripple Creek, it was named the Mount Pisgah Hoax. The hoax is also mentioned in *Guffey: 100 Years of Memories*.

There must have been some gold or mineral in the area, because Gus Fromm and his brother Fern filed for a mineral lode patent in the vicinity in 1904 called the Spar Fisher Lode. The Fromm's homesteaded in the 1880s what is now called the Gold Pan Ranch.

Perhaps the most prominent and well-known pioneer in the area was John Reeves Witcher (JR) who arrived on West Four Mile in 1871, brought his family there in 1872 and homesteaded what is now the Teaspoon Ranch, which he called the upper ranch. In 1885, JR bought the Marcott Ranches, where West Four Mile and Four Mile creeks join, which he called the lower ranch. JR also acquired homesteads, three from family members, on the east slope of Thirtynine Mile Mountain in 1907. It was a vast empire JR called the 76 Ranch. It was all open range, 30-40 square miles, stretching from Pike's Peak on the east, Florissant on the north, Black Mountain on the west and Rice Mountain on the south. JR ran 10,000-12,000 head of cattle and ran the ranch until his death in 1911.

The Teaspoon and the acquired homesteads were sold off after JR's death. Two of his sons had their own ranches, Tol up near Howbert that is now partially under 11-Mile Reservoir and Walter where Sanborn Camp is now. JR's second wife, Laura Belle, known in the area as the Grand Dame of ranching, ran the lower, heart-of-the-76-Ranch until she died in 1956. The Witcher family is another story or even book.

According to Paul Huntley in *Black Mountain Cowboys*, those first old cattlemen were tough and independent. Fortunes were made on cattle in those early days. There were hardly any expenses. It was all open range of rich, lush grasses and water. There were no income taxes, although the weather was unpredictable. There were no newspapers, no radio, no television and it was 40 miles to any town by horse, wagon or sled; so, everyone worked and there was always lots of work to do.

In the 1890s, ranchers ran a 1000 head of cattle on 100,000 acres of open range, but by 1900, though, said Huntley that was all over.

Next month, *The Currant Creek waterway* - part II



All kinds of classic vehicles line East and West Main Street and the side streets for the annual Florence Car Show.

Cars, cars and more cars

by Flip Boettcher

The 18th annual Florence Merchants Association car show, 9 a.m.-3 p.m., May 19, should be the best one yet. Last year, about 500 antique and classic cars lined East and West Main and all the side streets in Florence, Colorado. This year, even more cars are expected.

The event kicks off at 6:30 a.m. on Saturday, May 18, for the 1st annual "Cruise Above the Gorge." The Royal Gorge Bridge, once the highest bridge in the world, is now the highest suspension bridge in the United States. Built in 1929, it crosses 955 feet above the Arkansas River. The bridge is opened for the classic cars to drive over and back. Last year's inaugural cruise over the bridge was so popular it started a tradition.

Sunday's Car Show events include live music from 10-2 p.m., valve cover races on a gravity inclined track, door prizes, food, shopping and more. For registration and more information visit www.florencecoloradocarshow.com, and we'll see you there.

Gillet Flats update

by Toni Moore

A small group of concerned citizens have been working together to keep the spring running and accessible to those who take away small amounts of water since October 2018. During that time very few additional folks have joined in the effort.

The group believes there is educational, historic, civic, cultural and tourism potential in this small artesian spring. They have spent many hours emailing and meeting with law makers, regulators, bureaucrats, news media, government entities, non-profit groups, grant sources, water retailers and others.

Teller County Commissioners and the Teller County Administrator, Colorado Department of Transportation, Colorado Department of Water Resources, the District Water Commissioners, and our Colorado State Representative have all expressed their desire to see the group succeed in keeping the spring flowing and have given us ideas, direction, and showed us tremendous respect and patience.

If the spring is to remain flowing in some capacity, action must be taken immediately. The consensus of all regulatory parties is that taking large amounts of water from the spring must cease. The law is clear that water taken from the spring is in violation of the state water regulations. To begin complying with the regulations and show good faith, the tank will either be modified/removed to prevent the use of submerged water pumps. While the removal/modifica-



tion of the tank may not be popular with everyone, it is the first step in a process to maintain some ongoing flow of the spring. In other words, the choice is simple; either 1) NO ACCESS at all for anyone, or 2) Modified Access to prevent hundreds of gallons of water being taken by a single party.

Since October 2018 data has been collected from those using the spring. This data indicates that the majority of the water is being used for household purposes and in some instances this water is being obtained by low income individuals to fill cisterns. While it is unfortunate that some households have become dependent upon the spring for their water, this represents a small percentage of the users. Other options do exist and plans are being considered as to how these users can be assisted.

On or before May 1, 2019, the stock tank at Gillette Flats Spring will be removed/modified by Gillette Flats Spring Organization to prevent submerged water pumps by a group of concerned citizens.

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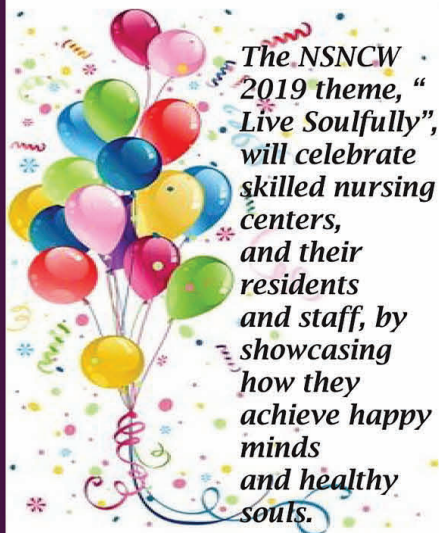
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Administrator and resident Mr. Loop finalizing the events to come.

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Monday 5/13
11:00 am Resident Movie/Lunch in Woodland Park
1:30 pm Large money Bingo/prizes
Tuesday 5/14
11:15 am Resident/Staff joint potluck luncheon
2:00 pm Special resident canvas painting class (making memories)
Wednesday 5/15
12:45 pm Resident/Staff memory making with ice cream Sundaes
2:00 pm Recognizing members in our local community who make a difference/All staff in-service
Thursday 5/16
1:15 am Special Mother's Day Family luncheon (prime rib, spring veg. mix, cheesy scalloped potatoes and red velvet cake or cheesecake) Families RSVP by Thursday, May 2nd
2:00 pm Crazy Hat Making (tell us your story....)
Friday 5/17
11:00am Elvis/music, resident/staff outdoor BBQ and,outside competitive games
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1:30 pm Candy Bingo

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Divide Post Office's Passport Fair helps travelers

Planning a vacation outside the United States? The Divide Post Office is hosting a Passport Fair which makes it extra convenient to submit a passport application before your travel plans.

The Divide Post Office, located at 66 Hybrook Rd S, Divide, CO 80814, will accept Passport applications on Saturday, May 4, 9-noon. Questions? Call 719-687-2885.

For the fair, postal customers are urged to make a passport application appointment online by visiting usps.com/passport and clicking the "Schedule an Appointment" link. Walk-in customers are also welcome, but are only assisted on a first-come, first-served basis, with priority given to those with appointments.

The cost for a passport book is currently \$145 for adults (16 years and older), with separate payments of \$110 paid to the State Department for the passport application fee and \$35 to the Postal Service for its processing fee.

The cost of passport cards for adults (16 years and older) is currently \$65: \$35 in a separate payment to the U.S. Postal Service for the processing fee; and a \$30 separate payment to the State Department for the passport application fee. The current passport card cost for those under 16 is \$50: \$35 in a separate payment to the U.S. Postal Service for its processing fee; and a \$15 separate payment to the State Department for the passport application fee. Children under 16 must be accompanied by both parents when applying for a passport or passport card.

Identification (original and a copy), is required to prove U.S. citizenship, such as:

- Previously issued, undamaged U.S. passport
- Certified birth certificate issued by the city, county, or state (Hospital-issued birth certificates are not acceptable)
- Consular report of birth abroad or birth certificate
- Naturalization certificate
- Certificate of citizenship

In addition, one current ID is required, such as:

- Naturalization certificate
- Valid driver's license

- Current government ID (city, state or federal)
- Current military ID (military and dependents)

The passport application also requires a recent passport photograph (2"x2"). Postal clerks at the Passport Center also offer passport photo services for \$15 per photo.

To make the process as quick as possible, applicants are strongly encouraged to print and complete their applications ahead of time by going online at usps.com/passport. Do not sign the application form, as the passport acceptance clerk must witness the signing.

In most cases, passport renewals do not require an in-person application process; full information is available at travel.state.gov.

Customers can go to usps.com/passport or call 1-800-ASK-USPS to get the location of passport Post Offices nearest them and their passport customer service hours. All applications are sent to the U.S. State Department for final processing and approval.

The Postal Service receives no tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations.

Public Lands Day River cleanup from Leadville to Cañon City

The Arkansas Headwaters Recreation Area (AHRA) and the Greater Arkansas River Nature Association (GARNA) will co-host the 28th Annual Arkansas River Cleanup-Greenup in conjunction with Colorado Public Lands Day on May 18.

Beginning at 8:30 a.m. on Saturday, May 18, upwards of 200 volunteers, individuals and groups will work together along the banks of the Arkansas River from Leadville to Cañon City and below to clean up trash and debris from the river corridor in preparation for a busy summer season.

Volunteers may pick up a commemorative pin, gloves and trash bags the morning of the event at registration tables located in Salida, Buena Vista and Cotopaxi. Colorado Parks and Wildlife will have a large dumpster at the AHRA Visitor Center parking area in Salida. The non-profit group American Rivers will furnish trash bags.

Bagged trash can be brought to the Visitor Center or deposited at restroom facilities in AHRA-managed recreation sites.

At the end of the morning, volunteers will use their commemorative pins to gain entrance to a celebratory free picnic at Riverside Park in Salida. Lunch will be served from noon to 2:30 p.m.

The AHRA launched its annual river cleanup program in 1992 in cooperation with American Rivers and National River Cleanup. In fact, that first river cleanup-greenup on May 9, 1992, earned an Honorary Proclamation by then-Gov. Roy Romer as "Arkansas River Cleanup Day."

Anyone who completes at least 48 hours of logged CPW volunteer work within a 12-month period is eligible to earn a free volunteer pass. To create a volunteer profile and log hours for this opportunity, visit the CPW CUGU Volunteer site at <https://goo.gl/dHU9oy>. Individuals or groups are also encouraged to register the morning of the event in Salida, Buena Vista, or Cotopaxi.

For more information, contact AHRA at 719-539-7289, email ahra@state.co.us, or visit us at 307 W. Sackett Ave, Salida.



Where is Zack this month?

Zack is a certified therapy dog and the mascot for the Pet Food Pantry for Teller County. As their mascot, he is dedicated and determined to help families keep their pets at home when they fall on hard economic times.

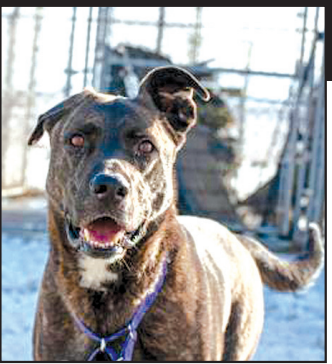
On Friday, May 17 from 9:30-1:30 p.m. Zack will be at Blue's Natural Pet Market and Dog Wash 773 Gold Hill Place in Woodland Park, collecting donations and food for his feline and canine friends in exchange for homemade dog biscuits, frisbees and catnip toys. He is pictured inside of this really "cool" store with Heidi Lengel, store manager. Please stop by and give him a hug for his hard work! FMI www.PetFoodPantryTC.com.

Adopt Me by Ark Valley Humane Society

Rex

Rex is a 4-year-old male shepherd mix who is good with kids, dogs and cats! Rex loves walks and is always down for an adventure. Come by or call to find out more about this sweet dog! 719-395-2737 or 701 Gregg Drive, Buena Vista.

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



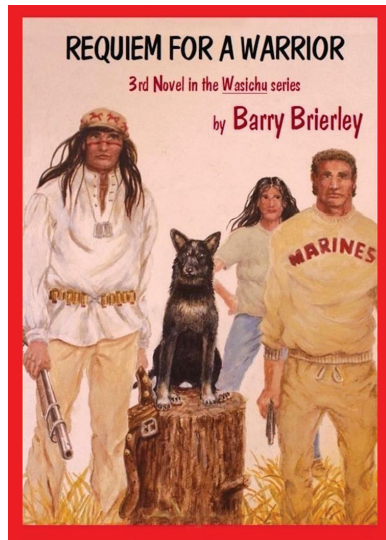
Musings Along the Way "I on Thy path O God. Thou O God, in my steps."

by Catherine Rodgers

This has been one of my chants as I journey, not quite sure what to do now or where: "I on Thy path, O God. Thou O God, in my steps." I came across the phrase again in *The Celtic Way of Prayer: The Recovery of the Religious Imagination* by Esther De Waal.

She recounts beautiful poems and prayers collected by Alexander Carmichael in Scotland, six volumes of *Carmina Gadelica*, and Douglas Hyde in Ireland, *Religious Songs of Connacht*, with her own musings and meditations. As I delve into this exploration of the Irish sense of Presence in the most ordinary tasks, I am struck by the power of greeting the day with an incantation:

*"I will kindle my fire this morning
In the presence of the holy angels of heaven,
In the presence of Ariel of the loveliest form,
In the presence of Uriel of the myriad charms,
Without malice, without jealousy,
Without envy
Without fear, without terror of any one under the sun,
But the Holy Son of God to shield me.
God, kindle Thou in my heart within
A flame of love to my neighbor.
To my foe, to my friend, to my kindred all,
To the brave, to the knave, to the thrall,
From the lowliest thing that liveth,
To the Name that is highest of all."*



Requiem for a Warrior

A book reviewed

by Flip Boettcher

Requiem for a Warrior, just released, is Florence author Barry Brierley's 10th historical fiction book and the third and last in the *Wasichu* series. The three books, *Wasichu*, *Wasichu Returns*, and *Requiem for a Warrior* chronicle the time traveling exploits of Vietnam veteran Christopher Raven.

Unexpectedly, Raven is transported from South Dakota in 1976 to South Dakota in 1876 at the time of the Sioux Indian wars. With surprising twists and turns, the books tell the tale of the Battle of the Rosebud; Little Big Horn; the mystery of Sioux Indian Chief Crazy Horse's final resting place; and crime, corruption, racism and the mob in 1996 South Dakota, through the eyes of time traveling Raven.

Meet historical figures like Crazy Horse, Sitting Bull, General Crook, General Custer, Wild Bill Hickok, and more. Brierley does extensive research for his books and vividly captures the Sioux Indian Nation at the height of its glory and the American West in the late 1800s.

The *Wasichu* trilogy and all of Brierley's books are available at Spirit Riders Western Emporium located at 111 West Main Street in Florence, 719-431-3592.

Brierley will be having a book signing at Spirit Riders on May 18, 11-5 p.m.

Rote recitations of prayers tend to lose meaning for me, so I use such rituals as examples to invent my own. The purpose is to create a mental atmosphere first thing at "break of day" (or whenever I break open my lids), that sets a tone of mindfulness. We place ourselves in the greater context of all life and open to the suchness, life as it is before ideas or words frame it.

Thankfulness makes a great chant as well. We can bless the trees' sap and substance; the land where they rooted and we harvested; the rain and the wind; the sweet saw and the axe; the truck that hauled and the rhythm of stacking the cord... and tea! Bless the camellia bush, whose leaves are called "the eyelids of Buddha" to stimulate Awakening, the grower and gatherer on the mountains, the spring that gushes water, the fire that boils, the clay pot that steeps.

I love *The Grace of Gratitude Journal* by Deborah Perdue and her *Daily Gratitude*

Reflections: 365 Daily Guides to Great- Full Living which have been very encouraging in this process.

De Waal cites prayers for washing your face, doing the dishes and making the bed, waulking the wool, and smoozing the fire (such fun learning new words!). These were sung under one's breath throughout the day, invoking blessings not just for oneself but shared with kith and kin. This recalls Thesalonians 5:16-18: "*Rejoice always. Pray without ceasing. Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*"

The way into mindfulness is through attention to the senses: a whiff of a fragrant flower, a song of a bird, the sight of sun glittering through the trees, the feel of rocks and roots beneath my feet, the taste of honey. I remain very shy about singing. But when I can remember to remember the Presence, and the angels who surround the throne of

God singing, "Praise and glory and wisdom, thanksgiving and honor, power and might, be to our God forever and ever." (Revelation 7:12), then I find myself in that suchness.

I often play a CD with chanting or toning and sometimes I hum along. I am finding my way through a whole cascade of stumbles, delays and seeming obstacles in several steps. First to step back from the situation and breathe. To write a list of what I like about someone or a situation I'm struggling with, and what I like about myself. To take 10 minutes in the morning to write about what is working in my life. In other words, look for the good and praise it! To forgive myself for my neurosis, anxiety and humanness, and to allow grace to clear up confusion and stress. As we relax into Spring, let us renew our promises to ourselves to live with joy, loving kindness, and gratitude. *I on Thy path, O God. Thou O God, in my steps.*

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by Barry Brierley

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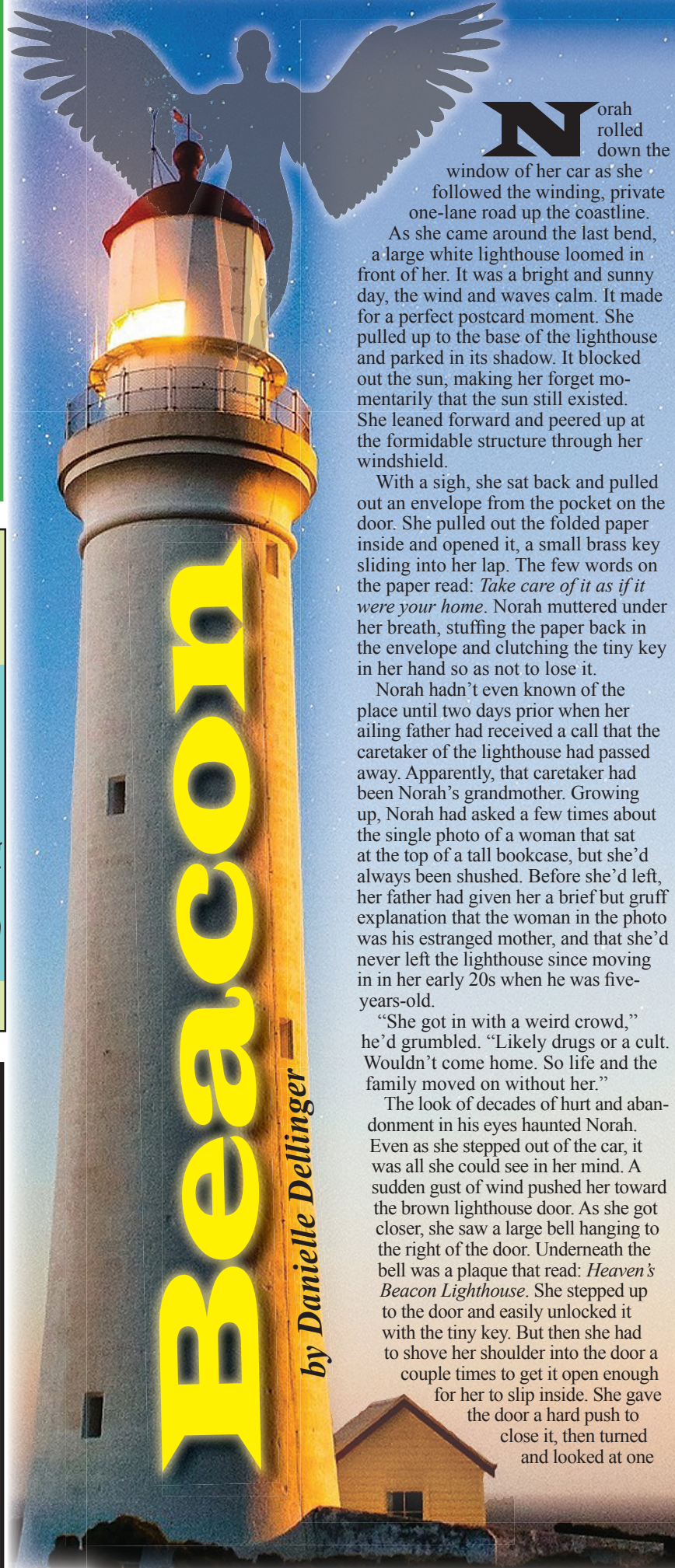
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Critter Corner

Birds getting a winter treat.

My "evil" squirrels that eat all my bird seed. — Cathy Kelsey, Divide, CO

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



Norah rolled down the window of her car as she followed the winding, private one-lane road up the coastline.

As she came around the last bend, a large white lighthouse loomed in front of her. It was a bright and sunny day, the wind and waves calm. It made for a perfect postcard moment. She pulled up to the base of the lighthouse and parked in its shadow. It blocked out the sun, making her forget momentarily that the sun still existed. She leaned forward and peered up at the formidable structure through her windshield.

With a sigh, she sat back and pulled out an envelope from the pocket on the door. She pulled out the folded paper inside and opened it, a small brass key sliding into her lap. The few words on the paper read: *Take care of it as if it were your home.* Norah muttered under her breath, stuffing the paper back in the envelope and clutching the tiny key in her hand so as not to lose it.

Norah hadn't even known of the place until two days prior when her ailing father had received a call that the caretaker of the lighthouse had passed away. Apparently, that caretaker had been Norah's grandmother. Growing up, Norah had asked a few times about the single photo of a woman that sat at the top of a tall bookcase, but she'd always been shushed. Before she'd left, her father had given her a brief but gruff explanation that the woman in the photo was his estranged mother, and that she'd never left the lighthouse since moving in in her early 20s when he was five-years-old.

"She got in with a weird crowd," he'd grumbled. "Likely drugs or a cult. Wouldn't come home. So life and the family moved on without her."

The look of decades of hurt and abandonment in his eyes haunted Norah. Even as she stepped out of the car, it was all she could see in her mind. A sudden gust of wind pushed her toward the brown lighthouse door. As she got closer, she saw a large bell hanging to the right of the door. Underneath the bell was a plaque that read: *Heaven's Beacon Lighthouse.* She stepped up to the door and easily unlocked it with the tiny key. But then she had to shove her shoulder into the door a couple times to get it open enough for her to slip inside. She gave the door a hard push to close it, then turned and looked at one

staircase ascending high up into the tower while another staircase disappeared down into darkness.

Norah assumed that up would be the observation deck and the control room, and down would be some sort of living quarters. She decided to go down first. Before going into the darkness, she turned on the flashlight on her phone. The temperature grew cooler as she descended the short flight of stairs. She was suddenly confronted with a black door. She hoped the door was unlocked or took the same key. Her hand barely touched the door and it softly creaked open to reveal a pitch-black room.

It took a couple minutes of fumbling to find a lantern and a tall floor lamp. She turned on both, illuminating the space almost completely. Two giant bookcases sat side by side against one wall. Every shelf was full of books, papers, and knickknacks. On the opposite wall was a small bed with a colorful quilt covering it. A trunk sat at the foot of the bed. A round table was placed in the middle of the room. A large red candle was in the center of the table. There were bowls, rocks, shells, and small jars of sand and moss scattered across the table. One thing that Norah noticed right away was that there weren't any photos on display in the entire room; not even one of her supposed son, Norah's dad.

Norah sat heavily on the bed, looking in the two bookcases over to see if she could get any sense as to who her grandmother was. She'd been directed to bring home anything important and take everything else to the dump. Even though Norah had never met this woman, she still thought of her as part of the family in some way, and that throwing away her belongings was a callous thing to do.

After a few more minutes of sitting there, Norah finally got up, brought boxes in from her car, and began going through the room, starting with the bookcases. She put on some music to keep her energy up so she could get through everything quickly.

Just as she straightened up from setting a few books in a box, she saw a man standing in the doorway to the room. She jumped back with a gasp, hitting her elbow on one of the bookcase shelves.

"What the hell are you doing in here?" she demanded. "Who are you?" "Who the hell are you?" he snapped back. "What are you doing with Cora's things?"

Cora was her name? Norah wondered. Her father hadn't even bothered to say her name.

"I'm packing up her stuff," she explained, putting a few more books in the box.

"Why?" She looked at him with a frown. "Oh, do you not know?"

"Know what?" His eyes were narrowed in anger and suspicion.

"Well, Cora, she's um, gone." She noticed his expression was unchanged. "Cora's dead," she clarified.

"Duh. I know. But why do you have to take her things?"

"My dad, Cora's son, sent me to." The man shook his head. "Nope. Not happening. Get out." He stepped toward her.

"Don't!" Norah snapped. "Don't come near me. I have a taser and I will use it."

He stopped and smirked, the anger still in his eyes but less so. "Must run in the family. Be out in an hour or else." He turned to go. "Or else what?" she called, but he was already gone.

Norah shook her head and cursed under her breath at the empty doorway. She went back to putting books in boxes. It wasn't long before she came across yellowed printed paper discussing the first-ever modern lighthouse in the United States. So Cora had liked history, Norah thought, reading over the page.

It was in the 17th century that modern lighthouses became prominent. In 1789, Congress created the U.S. Bureau of Lighthouses, but today they are under the Coast Guard. In 1835 at Ponce Inlet, Florida, the first lighthouse was built. However, it was ill-fated from the beginning. Oil for the lamp never arrived, a strong storm washed away the majority of the sand around it, and then it was supposedly attacked and destroyed by Seminole Indians. It wasn't until 48 years later in 1883 that any effort to rebuild was made, despite numerous tragic shipwrecks in the area. In 1998 it was designated a National Historic Landmark. There are only 10 other lighthouses with the prestigious designation.

Norah folded the paper and stuffed it inside the nearest book. She looked around the place and sighed.

"Well," she said to the room, "it does make for a great hideaway."

An hour later, she had the car loaded. She was taking more than she wanted to, but she didn't want it to go to waste. After putting in the last box, she shut the car door and looked up to see the man from earlier leaning against the lighthouse next to the door, watching her. Norah squared her shoulders and walked over

to him, maintaining eye contact. "I have one more thing to do and then I'll be gone forever," she said, her tone firm.

He raised his eyebrows, glaring down at her. "So that's how it is? You blow in and out like the wind?"

She glared back. "You're the one who yelled at me to get out."

He shook his head. "Just hurry up. I'm tired of this."

She gasped and made a face at him. She shoved the door open and marched up the stairs to the observation deck. It was late afternoon and the rich golden sunlight glistened off the water. She leaned against the railing and pulled out one of the small jars of sand from her pocket.

"Grandma Cora," she began, "I know we didn't know each other and I know this jar of sand isn't your ashes, but I feel as though I have to do something in your memory. I know you wanted Dad or I to come take care of this place, but I don't think that's going to happen." She climbed halfway up on the railing and opened the jar of sand, leaning over far and about to dump it out when she heard a shout behind her. "What're you doing?!" the man exclaimed. "Stop!"

She was so startled that she dropped the jar and lost her footing, going over the railing headfirst.

The wind was loud in her ears. She couldn't tell which way was up, or how close to the cliff face she was. Time lost all meaning. Was that her own screaming she heard, or whistling wind? Suddenly it all stopped, and her body could tell she was moving in a different direction. Up. Somehow, she was going up. Her eyes finally focused and she nearly screamed all over again. The man had her in his arms, and he had enormous wings spread out behind him. The wings were moving. Her brain fired into overdrive and told her to look around so it could figure out what the hell was going on. She looked out away from the man and then down. They were flying. Yes. They were definitely flying. But how did that man have wings? She looked back at him and saw that his lips were moving. Her ears finally caught up to the action and focused on what he was saying, which turned out not to be anything nice.

"How could you be so stupid, standing on the railing like that! The railing is that high for a reason, but you have no regard for your own safety!"

"Stop chastising me like a child!" she finally shouted over the wind.

"No. You don't get to say anything else after almost plummeting to your death and making me reveal myself."

"I didn't make you do anything. Put me down! I'm going home."

"As you wish." He unceremoniously dumped her when they were a couple feet off the ground near her car.

She coughed and spit out dirt.

"Why're you so rude?" she demanded, getting up and dusting herself off. "And why the hell do you have wings? What are you really?"

He landed a few feet in front of her as gracefully and lightly as a butterfly on a flower. His wings dragged on the ground.

Norah watched him exhale, and for the first time, soften his tough exterior.

"Your grandmother summoned me."

Her jaw nearly hit the ground. "She what?"

"According to her it was accidental. She—"

"Hold up. You're telling me that my grandma was a witch?"

He smirked. "Oh yeah, I keep forgetting you know nothing. Yes, she was a witch. A good one, with both her powers and intentions. Anyway, she summoned me when I guess she was practicing a new spell that calls upon guardian angels. Unfortunately, that spell came with a consequence of me being bound to my place of summoning. So my job became to rescue any shipwreck victims, at least back in the day before technology advanced. But from time to time people get in trouble in this area." He shot her a pointed look.

Norah rolled her eyes. "So you've known all this time today that I'm her granddaughter."

He nodded. "I'm sure you believe that she never knew about you, but the truth is that she did. She used her powers frequently to check in on her son. Cora was delighted when you were born. In fact, she and I worked together to keep you safe. Remember that time you were almost run over in the crosswalk on Baker street, but you felt like you were pulled out of the way by an invisible force just in time?" He smirked at the dawning realization on her face. "That was us."

"Wow. Incredible. That was one of the scariest moments of my life." Her mind was in disarray with thoughts. "So how come she never came to see my dad or me?"

"Well, your grandfather for one. He caught her practicing magic with your father in the room, and it really scared your grandfather. So he made her leave and never come back. She was ordered not to make any sort of contact with both you and your dad ever again."

Norah nodded, soaking in all that she could to relay to her dad.

"Does that clear everything up for you?"

"It does," she said. "However, if you knew who I was all this time, why have you been so hostile toward me?"

"Honestly?" He looked up at the sky.

"I don't know. It's my grief, I think. I was unaware that she'd arranged for you guys to be contacted after her death. It hurts a lot that she's gone. We really got along well and enjoyed each other's company. We were best friends. But because I technically don't have a place on this Earth, you showing up and taking her things while I was unable to do anything to stop you really got to me."

Norah blinked. She'd yet to think about what Cora's death meant for this man. "I'm so sorry. I wish I had known about you, about her life, really." She stepped toward him. "What's your name, by the way? Forgive my manners, please."

The man turned his eyes to her. "Gabriel."

Norah gasped. "You're an archangel! One of the seven archangels!"

Gabriel smirked. "Correct."

"Wow, oh wow," she breathed. Not knowing what to do with herself now, she bowed.

"Oh, please, please. None of that." Gabriel's hands were gentle on her shoulders as he guided her out of the bow.

Her eyes were huge as she gazed up at him. "May I hug you? I think we both could use it."

Gabriel smiled the warmest of smiles. "I think you're right." He pulled her into his arms, and they embraced each other tightly, letting their grief mix together and then ultimately subside a tiny bit. Grief is a storm that never goes away, but one that eventually calms into a gentle misting rain.

They finally stepped back from each other.

"Well, I'll be on my way then," Norah said.

"You'll come visit whenever you get a chance?" he asked.

She nodded.

As her car pulled away, Gabriel stood on the rooftop of the lighthouse, watching her start her journey home. His wings shone brightly in the setting sun, a beacon for those who were searching to see.

~ The End ~

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Pharmgirl Uprooted

Second chances

by Peggy Badgett

Sirens screamed in the distance. His purple tongue slithered out of his mouth; I pushed it back and forced another breath into unresponsive lungs. A rib cracked beneath my hands as I pumped on his chest. Bystanders watched silently. After the EMT's arrived, I retreated to the bathroom to cry. The man had probably died long before we found his body in a conference room, but flashbacks of his glassy eyes and blue lips haunted me.

I had first learned CPR (cardiopulmonary resuscitation) during my pharmaceutical research career. Political correctness hadn't arrived yet. Production mechanics in our department pinned up calendars featuring shapely women suggestively draped over vehicles brandishing wrenches they probably had no idea how to use. One of those boys would occasionally pass by my office and clutch at his chest, grinning. The joking ended after that incident. Then, years later, a chain reaction of decisions one blustery February evening led to my second chance.

After our children were born, we left the suburbs and moved to a little farm. Raising a family and trying to maintain old buildings intent on falling down forced that horrible experience into the dark recesses of my brain. During one particularly snowy winter, my oldest child became obsessed with snowboarding. I happily hauled Alex and his friends to local ski hills every Monday after school. As soon as their boots were laced, the lanky boys headed for the terrain park while I practiced falling on green runs until the lifts shut down. On the way home, the aroma of ripe socks and sweaty teenagers permeated the van's interior as the boys laughed and devoured sandwiches and soda. I navigated with an open window.

One night, a telephone call from a friend sent our weekly snowboarding plans spinning. She desperately needed a sympathetic ear. I traded an evening of face planting into powder for hanging out with her at the high school basketball game. Meanwhile, in our competitor's town, a couple debated whether to attend the event or listen on the radio. The husband persuaded his wife to brave the

weather. We arrived at the school simultaneously and waited in line to pay admission. As I handed my wrinkled dollar bills over, he crumpled to the ground.

The noise and chatter around me faded. Everything blurred at the edges like an impressionistic painting. My nightmare came crashing back in vivid detail. "RUN!" my mind screamed. Instead, I threw my coat on the floor, knelt beside the man, and asked in a surprisingly calm voice to no one in particular, "What do we have here?" His eyes rolled upward into their sockets and he stopped breathing.

My fingers searched for a pulse. There was none. I heard someone encouraging the crowd to give us space. My recent recertification was fresh in my mind. The instructor had played the Bee Gee's song, *Staying Alive* while we thumped on our plastic manikins. I grudgingly admitted that the song had a decent beat if you blocked out the high-pitched screeching. It was all I heard as I leaned over his body, placed my hands in position, and began compressions.

Adrenaline poured strength into my arms and shoulders. A flurry of movement to my right; another volunteer arrived with the automatic defibrillator. Not missing a beat as we lifted his shirt to position the pads, the fact that our patient was wearing a Green Bay Packer sweatshirt suddenly hit me. Horror of horror, I was a Chicago Bear's girl! After the machine took its reading, its tinny voice announced a shock was needed. Afterwards, I resumed compressions.

I was so into the zone that I almost burst into a chorus of that horrible song (which would have sent everyone fleeing) when his wife grabbed my arm. Our patient's eyelids fluttered open and a smile crept over his face. I grinned back at him. The EMT's arrived and quickly took over. I gave the couple a small wave as they disappeared inside the ambulance. The entire evening felt dream-like as I numbly walked into the gymnasium to find a seat on the hard-wooden bleachers.

Dale survived his heart attack; he and I remain close friends to this day. I am forever grateful for both of our second chances. Learn CPR; you won't regret it!

PPACG releases completed joint land use study

The Pikes Peak Area Council of Governments Joint Land Use Study (JLUS) team has completed the Colorado Springs Regional Joint Land Use Study, available online at <http://www.ppacg.org/jlus-study-report>. As part of our ongoing partnership with the military, PPACG is pleased to announce the grant award of \$514,674 from the Department of Defense, Office of Economic Adjustment, to implement study recommendations.

In October 2015, PPACG was awarded a grant from the Department of Defense to conduct a JLUS. This study examines impacts of existing and future land uses and missions of five local military installations: Air Force Academy, Fort Carson, Peterson Air Force Base (including Cheyenne Mountain Air Force Station), and Schriever Air Force Base. The study area includes El Paso, Fremont, Pueblo, and Teller Counties. This community-driven, cooperative, strategic planning process involved the five installa-

tions, local governments and communities within the study area, and other local, state, and federal stakeholders.

The goal of the study is to identify shared community interests and recommended strategies and actions for supporting partnerships between the military and communities. The implementation grant will allow us to begin acting on these recommended strategies. These efforts demonstrate the region's capacity to support existing military missions and potential new missions, including those associated with Space Command.

The Pikes Peak region's 16 local governments join together in PPACG to collaborate on issues that cross political boundaries and to reach solutions that benefit the entire region. PPACG's primary focus is regional planning in transportation, aging issues, military, and air and water quality.


FMI 719-471-7080 or visit <http://www.ppacg.org/military/>

Adopt Me

by SLV Animal Welfare Society

Dallie

Looking for an older, very mellow, affectionate baby who gets along with other dogs? Then Dallie is the dog for you. She is 7 years old, blue healer who had 4 litters of puppies while with her prior owner. She is spayed, microchipped and weighs about 55 pounds. She gets along with other dogs. She lost her girlish figure after the last litter of pups. She is a love! FMI 719-587-9663 (WOOF) or woof@slvaws.org.
This space donated by the Ute Country News to promote shelter animal adoption.

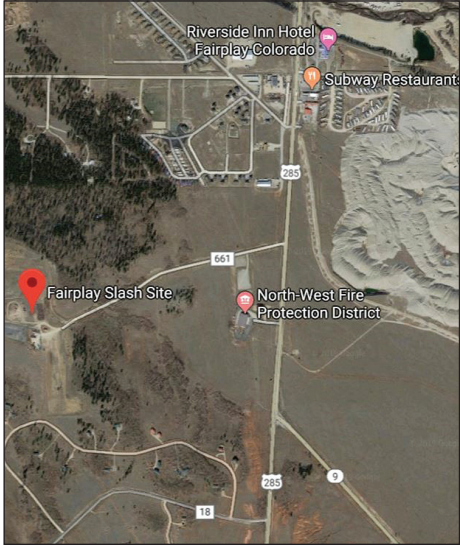


Slash season begins!

by Coalition for the Upper South Platte

As the days grow longer and warmer, we are moving outdoors for a wide range of activities. For many of us, those activities include thinning and cleaning up slash around our homes and on our properties.

Don't let the wet winter and spring fool you, it is still very important to thin trees and shrubs within the defensible space around your home. The Colorado State Forest Service has several resources for establishing a defensible space and maintaining your property to reduce risk of wildfire. The Coalition for the Upper South Platte (CUSP) is here to help with disposal of slash, the smaller woody debris from tree clean up.



Fairplay Slash site location.

CUSP hosts three slash drop-off sites in the watershed. The Divide and Bailey sites will open on May 3 and the Fairplay site will open May 25 for the 2019 season. Be sure to check the websites for current information and special closure dates.

The requirements and restrictions for material that we can accept at the sites are the same.

- Maximum length: 6 feet
- Maximum diameter: 8 inches

None of the following:

- Stumps, roots or lumber
- Tires, metal or household trash/refuse
- Dirt, weeds, or grasses
- Pine needles, not attached to branches

Also, when available, mulch is free at all the sites. Load yourself, and take as much as you can use. Contractors welcome!

The locations, dates and times of service of CUSP slash sites are as follows:

Divide (Teller County)
Located on South Hybrook Rd. (Southeast of the Post Office). Open Friday, Saturday and Sunday from May 3 to October 27, 2019, with holiday closures on May 26, July 5, and September 1.
Operating hours 9-3 p.m.
Fees - \$12 per pick-up load.
CASH OR CHECK ONLY
www.DivideSlashSite.com

Bailey (Park County)
Residential Services Only
US Hwy 285 & CR# 72. Open Friday, Sat-

Call for entries!

The Mountain Artists are accepting entries for the 34th Annual Mountain Arts Festival, August 3 & 4, 2019, to be held outside the Ute Pass Cultural Center in Woodland Park, CO. This is a juried arts and crafts festival. Applications are available at www.themountainartists.org, the Woodland Park Chamber of Commerce or by calling 719-502-5085.

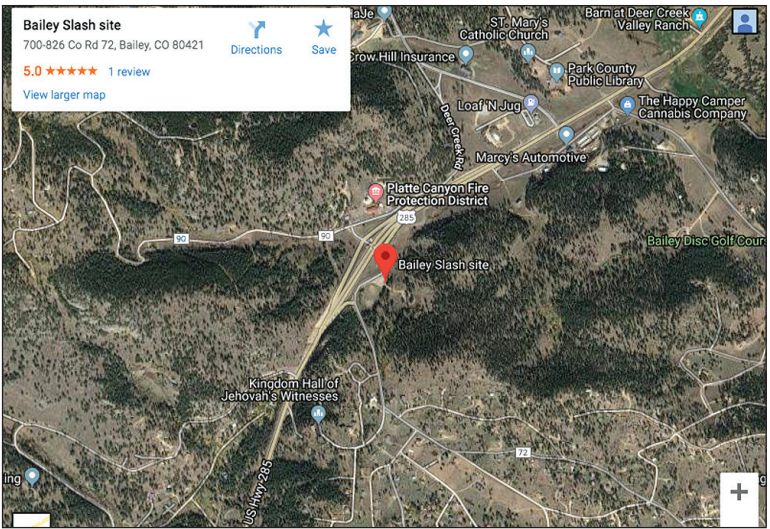


Divide Slash site location.

urday and Sunday from May 3 to October 27, 2019, with holiday closures on May 26, July 5, and September 1.
Operating hours 9-3 p.m.
Fees - \$15 per pick-up load for Park County Residents, \$20 for non-residents.
CASH OR CHECK ONLY

www.BaileySlashSite.com

Fairplay (Park County)
21925 Hwy 285, at Mountain View Waste Transfer Station entrance. Open Saturdays from May 25 to August 31, 2019.



Bailey Slash site location.

Operating Hours 9-4 p.m.
Fees: \$10 per pick-up load
CASH OR CHECK ONLY
<https://baileyslashsite.com/fairplay-slashsite/>

If you have any questions or FMI please call the CUSP office at 719-748-0033.

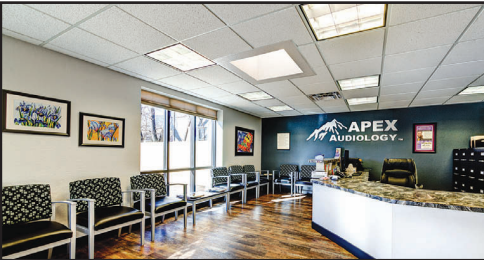
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What can you do with your tax refund?

We've passed the tax-filing deadline. For many of us, this means it's that time of year when we get our biggest financial windfall — a tax refund. If you have recently received a refund, or are expecting to get one in the next few weeks, what should you do with it?

Of course, you could just spend the money on something you want, but if you'd like to maximize the financial benefits from your refund, you might want to consider other options, including the following:

Invest the money.

In 2018, the average tax refund was about \$2,700. For this year, it might be somewhat lower, due to changes in the tax laws and the failure of taxpayers to adjust their withholdings in response. However, if you were to receive in the neighborhood of \$2,700, you'd be almost halfway to the annual IRA contribution limit, which, in 2019, is \$6,000. (If you're 50 or older, you can put in up to \$7,000.) If you have already "maxed out" on your IRA, you could use your refund to fill in gaps you may have in other parts of your investment portfolio.

Pay insurance premiums.

Let's face it — nobody really likes paying insurance premiums. Yet, if you have anyone depending on you, you will certainly need life insurance, and possibly disability insurance as well. If you want to help protect your financial resources later in life from threats such as an extended — and hugely expensive — stay in a nursing home, you also may want to consider long-term care insurance. Your tax refund could help pay for some of these premiums, boosting your cash flow during the months you would normally be making these payments.

Contribute to a college fund.

It's never too soon to begin saving for college, which has grown increasingly expensive over the last several years. So, if you have young children, you may want to think about investing some or all of your refund into a college-savings account, such as a tax-advantaged 529 plan.

Pay off debts.

You might be able to use your refund to pay down some debts — or perhaps even pay off some of your smaller ones. The lower your monthly debt load, the more money you will have available to invest for the future. Keep in mind, though, that you might not want to look at all debts in the same way. For example, putting extra money toward your mortgage might help you pay it off faster, but you'll also be funding an asset — namely, your house — that might not provide you with the same liquidity as you can get from investments such as stocks and bonds.

Help build an emergency fund.

By building an emergency fund containing six to 12 months' worth of living expenses, you can help yourself avoid dipping into your long-term investments to pay for large, unplanned-for bills, such as a major car repair or an expensive dental procedure. Your tax refund could help build such a fund, with the money ideally being placed in low-risk, liquid vehicles.

Clearly, you can help yourself make progress toward a number of your financial goals with your tax refund — so put it to good use.

This article was written by Edward Jones for use by Lee F. Taylor AAMS, your local Edward Jones Financial Advisors.

A walk in the park

by Catherine Shepherd, Florissant Public Library Manager

I have always loved reading outside during the warmer weather of spring and summer. I can remember sitting on my grandparents' porch or reading in the backyard feeling the breeze and watching the birds and squirrels. I will often carry a book with me when I am hiking or walking along a nature trail. Reading outside has helped me feel connected to and nurtured an appreciation for nature and being outdoors.

What better way for a library to foster a love of reading and of being outdoors than to combine the two activities through a StoryWalk™! A StoryWalk™ creates an interactive storytime which combines physical activity with early literacy. Pages of a deconstructed children's storybook are transformed into laminated signs which are mounted on posts or stakes and placed along a walking route, in a park or in an open space. Families, children, and caregivers are invited to follow the path and read the story to experience their very own reading adventure.

StoryWalk™ benefits communities by providing an easy, fun, family activity within the community. It encourages people to "unplug" and spend time outdoors. StoryWalk™ not only promotes reading in younger children but encourages families to read together. Children and adults laugh, talk and anticipate the next page of the book as they follow the StoryWalk™ path. This reinforces the *Five Early Literacy Practices: Read, Write, Sing, Talk, and Play*.

The StoryWalk™ Project was created, in 2007, by Anne Ferguson of Montpelier, Vermont and developed in collaboration with the Vermont Bicycle and Pedestrian Coalition and the Kellogg-Hubbard Library. StoryWalk™ is a registered service mark owned by Ms. Ferguson. At the time, Ms. Ferguson was a chronic disease prevention specialist. She wanted to develop an activity that promoted physical activity, which helps lessen the impact of chronic disease on both adults and children, yet was different, fun



Orchard Park, St. Clair, Missouri, May 2015. Photo originally published at emissourian.com.

and interesting. It was also important for the activity to allow and encourage families to participate together, as well as support the exploration of the outdoors. Ms. Ferguson installed the first StoryWalk™ along a nature trail in her local park. The response from the community was overwhelmingly positive. Ms. Ferguson continues to create StoryWalks™ and through her partnership with the Kellogg-Hubbard Library loans out StoryWalks™ to libraries throughout Vermont. Today StoryWalks™ have been installed in all 50 states as well as 11 countries including Bermuda, Canada, England, Malaysia, Pakistan, and Russia.

With the help of the generous sponsorship of the Friends of the Florissant Library, the Rampart Library District, as part of the Summer Reading program, will install an inaugural StoryWalk™ at the Florissant Community Park next to the Florissant Public Library. The theme for Summer Reading is "A Universe of Stories." The book chosen for this year's StoryWalk™, which corresponds to the Summer Reading theme, is *Pete the Cat: Out of This World* by James Dean. Please join the Rampart Library District as we celebrate our StoryWalk™ Kickoff on Friday, May 24 at 10 a.m. at the Florissant Community Park next to the Florissant Public Library.

Vendors wanted!

The Cripple Creek District Museum located in Cripple Creek, Colorado is proud to announce their newest event, Markets at the Museum.

Markets at the Museum is a vendor-based event featuring items which are HOME-GROWN, HOME-MADE, and HAND-MADE. Markets at the Museum is essentially a Farmers' Market and a Makers' Market all rolled into one! Home-grown produce, Cottage Foods, Hand-crafted items would all be part of the products allowed. Vendors may also sell items made in the U.S.A.

The Cripple Creek District Museum is

now taking vendor applications for the June Market. The Markets at the Museum will be held the first Saturday beginning in June and running through September, with business hours from 9-5 p.m. Cripple Creek is bustling with people during the summer months and the Markets at the Museum will be a great place to sell your wares!

For more information or an application, send an email to: director@cripplecreek-museum.com, using Museum Markets in the email subject line or call 719-689-9540. Spaces are limited, so don't delay!

The Pony Express

The fascinating story of the short-lived Pony Express will be told by presenter Ken Valles. Pictures and/or videoclips will be shown of paintings, stamps, routes, stables, posters, historical markers, stations, office headquarters, statues, memorabilia, museums, even Bibles, and of the 150th anniversary in Julesburg, Colorado and Sidney, Nebraska (2010). Also on display will be Ken's personal collection including: books, movies, photos, sample Bibles, maps, posters, and more (items not for sale). A colorful, pictorial, summary booklet is available for a donation of \$15 or more to the nonprofit KP Chronicles. Be sure to attend this historic adventure into the wild West and its Colorado connection!

Though born in Chicago, Ken has, over the last 40 years, studied and traveled much of the American West and Southwest, including working with people of the Navajo Nation. He also has studied the Pacific Theater of WWII, and Japanese martial arts for 40 years. He has made various presentations in numerous states and foreign countries. He began KP Chronicles to share America's unique history to young and old alike, including aspects of patriotism, U.S.

and other cultures, little known facts, and elements of faith. Most of his presentations include a corresponding costume/outfit, displays, video clips, photo album and projected photos (Powerpoint). The general topics include:

- 1 - The Early American West
- 2 - WWII Pacific Theater
- 3 - 'Incredible Colorado'
- 4 - Japanese Martial Arts.

Ken has 4 adult children, 11 grandchildren, and currently lives in Divide, Colorado.

The Pikes Peak Historical Society invites you to learn more about The Pony Express at the PPHS monthly Chautauqua on Sunday, May 19 at 2 p.m. at the Lake George Charter School. The Lake George Charter School is located only 4 minutes from Florissant, on the south side of Highway 24 just 2/10 mile west of the Ferrell Propane lot. This program is presented as a public service of the Pikes Peak Historical Society. Admission is free and refreshments are served. No reservation is required. For more information call 719-748-8259 or 719-748-3861.

Kem Winternitz 2018 Colorado Land Broker of the Year!

On September 6, 2018, in Grand Junction, Colorado, Joey Burns, president of the Colorado Realtors Land Institute named Kem Winternitz, Accredited Land Consultant, the 2018 Colorado Land Broker of the year.

Kem Winternitz, with Mason and Morse Ranch Company, is a 4th generation native of the great state of Colorado, has been in the Real Estate business since 1992 with a focus on land and rural transactions and will be serving her 3rd year on the board of directors for the Colorado Realtors Land Institute.

Kem stated, "I consider this award to be the most important accolade that I have received so far in my career. My predecessors have consistently been among the top producing land and ranch brokers in the state and to be recognized by my peers in such a

manner and to be included in such prestigious company is the highest honor I could imagine. A truly great land broker needs to be able to share their buyer's vision and truly grasp the highest and best use for all properties. Outstanding land brokers develop gut feelings and a natural instinct about land parcels that comes only with experience."

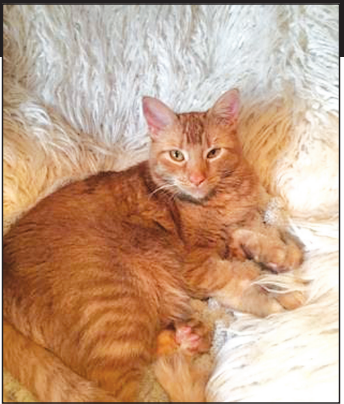


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Hi, my name is Baby JoJo. Can you believe I am looking for a home? I'm less than 2 years old and spayed. I know you are looking for a great addition to your home. I promise I will fulfill all your dreams. I have not been in a home with other pets, so beware I am a princess! So, what are you waiting for? Let's start our new adventure! Visit me at TCRAS or call to learn more about me 719-686-7707 or 308 Weaverville Road in Divide.

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Trooper Tips

What are you hauling?

by Trooper Gary Cutler

Summer is getting closer. You can tell by the occasional warm day that reminds you the lawn mower may need to be tuned up. This means yard work is not too far in the future.

If you are like me, your truck is used to carry everything. Some items fit well, and others need to be carefully placed in the back to fit. When you are loading a truck or trailer make sure you are loading it correctly. Now, let me first define the term load. The load is anything that did not come in the back of the vehicle when you bought it, so this means anything and everything that is natural or man-made is in fact the load. Let's move on.

I think we have all been behind a truck with grass clippings or leaves that are blowing all over the road as well as your car. When hauling grass, leaves, or anything that is small and light that might float away, make sure you have a tarp to cover the load. You are not allowed to have items flying out of the back of your truck or trailer. It doesn't matter if it's from nature or man-made; there are other ways to make sure it gets unloaded from your vehicle.

I frequently see tree limbs being hauled around the area. Remember, when hauling unruly items that want to stick out of the

bed of your truck or trailer, it is against the law to have them stick out further than the fender of the driver side or 6 inches from the passenger side fender.

Here's another one I see a lot of on the roadways of Colorado: just because you got it to fit into the back of your truck, doesn't mean you are free and clear to go down the road with it. If it is so heavy that your suspension is no longer suspended on the rear axle and the front tires are struggling to keep in touch with the road, it's time to consider making two trips. Once again, overloading is illegal, not to mention very dangerous.

The final item is making sure you strap down anything you can. It doesn't matter if the load is light or heavy; a strap can make sure you don't cause a crash or the very least damage the item you're hauling.

Just a couple of quick tips this month on how to load your vehicle this summer when making your yards look great. To summarize, make sure your load doesn't exit the vehicle early, spread out too far, and watches its weight.

Remember, think safety first when traveling across this great state. As always, safe travels!

Heart of the Rockies Regional Medical Center news

Salida hospital exhibits paintings by Stuart Codington Andrews

Buena Vista painter Stuart Codington Andrews explores the Western landscape in a collection of oil paintings on display at Heart of the Rockies Regional Medical Center through June 30.

"This exhibit is focused on my summer office where I work as a fly-fishing guide. Whether high in the backcountry or knee-deep in the river, the romance of the Western landscape never fails to captivate," said Andrews.

"Often there is a tale or anecdote connected to each image, open to interpretation by the viewers. I explore these collisions of ideas and events, creating a timeless window to each story."

Andrews is a self-educated painter and draws his technique from art history to achieve the effects needed to bring views to life. He utilizes oil, acrylic and mixed media to create pieces that highlight dreams, pop culture, alpine life and a love for the mountains.

He has worked for the past 35 years at The View Gallery in Buena Vista, and has focused on building the legacy of famous artists he admires such as Georgia O'Keeffe and Salvador Dali.

All of his paintings in the hospital exhibit are for sale, and 25% of the proceeds are donated to the HRRMC Foundation. This will be the second exhibit this year, which is part of the hospital's mission to create a healing environment.

More of his work can be viewed at www.viewgallery.com.

HRRMC displays the work of regional artists, with an emphasis on the Arkansas Valley. For more information on exhibiting art at HRRMC, call 719-530-2217.

HRRMC expands direct access lab testing to Westcliffe

HRRMC will begin offering direct access laboratory testing (DALT) at the Custer County Medical Center, 704 Edwards, Westcliffe, starting May 1.

Patients may order lab tests at discounted prices, from a set menu of 23 DALT tests, without a physician's order. Tests include



blood chemistry for \$35, lipid panel for \$25, serum pregnancy for \$25, hemoglobin A1c for \$30, and glucose for \$10. The full list of tests is posted online at hrrmc.com under the Wellness U tab.

DALT is available at the Custer County Medical Center, Monday through Friday, 8 a.m. to 4 p.m. Walk-ins are welcome but DALT appointments may also be scheduled by calling 719-783-2380.

"We are very pleased to collaborate with Custer County Medical Center to provide direct access lab testing to their service area," said HRRMC CEO Bob Morasko.

DALT results are mailed within four days of the test date. If a patient's results are critical results, requiring urgent medical attention by a physician, HRRMC will immediately call the patient with the results.

HRRMC will not send DALT results to a patient's medical provider. It is the patient's responsibility to set up an appointment to review the test results with his or her provider.

Payment is required up front, by cash, check or credit card. Insurance companies will not be billed, and in many cases, insurance will not cover the cost of the tests because they are not ordered by a physician.

A waiver explaining DALT specifics must be reviewed and signed prior to the lab test. Anyone under 18 must be accompanied by a parent or legal guardian.

The laboratory results of direct access laboratory testing require additional expert interpretation and do not substitute for medical advice, diagnosis or treatment, which should be based on your physician's professional judgment, his or her review of your test results, the findings of physical examination and the review of your personal and family medical history.

Food for thought

by Janet Bennett

Most people find reading dog food labels very confusing. Hopefully this article will help you to compare the nutrients in any type of dog food. There are eight types of regulated information on all pet food labels.

Brand and Product Name

This regulation covers how ingredients are allowed to be used as part of the product's name to help protect from false advertising. A product named "Lamb for Dogs" as an example, must contain at least 70% lamb as the finished product. A product named "Lamb Dinner for Dogs" need only contain 10% lamb. If a food label reads "Lamb Flavor" is does not have to contain any lamb but may consist of natural or artificial flavoring.

Intended Customer

Pet food packages must indicate the type of animal that the food is intended for. Never give your dog a food that is specific for any species. Incorrect nutrient levels can result in deficiencies or toxicities.

Quantity

This is the amount of food and may be listed as net weight or net volume.

Contact Info

Companies must provide their city, state and zip code. "Distributed by" means the food was manufactured by a third party and not the company selling it.

Nutritional Adequacy Statement

This indicates whether the product is complete and balanced to meet nutritional guidelines when fed as a sole source of nutrition. It also identifies what stage of life the food is intended.

Ingredient List

Ingredients must be listed in descending order according to their weight with the ingredient weighing the most listed at the

top. Beware of ingredient splitting making it appear there is less of a certain ingredient. For example, corn can be split into ground corn, corn meal and corn gluten.

Feeding Directions

This indicates how much to feed your pet based on their weight. Since calorie requirements can vary in each pet, use these guidelines as a starting point and keep in mind that you might have to increase or decrease the amount of food fed to achieve the perfect weight.

Guaranteed Analysis

Pet food manufacturers are required to list the guaranteed minimum or maximum percentages of certain nutrients contained in the food. Minimum percentages of crude protein and fat and maximum percentages of crude fiber and water are required. "Crude" refers to how the nutrient was measured and is not a reference to quality. To accurately compare foods with different moisture levels, you must first convert the nutrients to a "dry matter" basis by mathematically removing the water content.

For more information on pet food nutrition, visit www.myhealthydog.dog.

This article is brought to you by Victory Service Dogs. Victory Service Dogs is based in Colorado Springs and operates a client-based training program and strives to adopt shelter and rescue dogs to help in its mission. Visit us at www.victorysd.org.

PS: You can visit with some of the Victory Service Dogs and some therapy dogs as well when we attend the Forest Ridge Senior Living Center 3rd Anniversary Celebration going on Friday, May 17th from 11:30 a.m. to 3:30 p.m. Come celebrate with food, refreshments, music by Cari Dell Trio and watch the 3rd Annual Dog Show beginning at 1:15 p.m. Forest Ridge Senior Living Center is at 16006 W. Highway 24 in Woodland Park, right in front of the hospital.



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Mueller State Park

Explore nature!

Spring has arrived at Muller State Park! Flowers are blooming, birds are singing and the trails are open! Witness these delights on a guided hike or interpretive program this month. Naturalists and volunteers at Mueller love to share the wonder and science of all the living things at the park. Programs in May will highlight local wildlife, favorite flowers, exploring the trails at the park.

Guided hikes range from 1 to 5 miles in length. Bird walks are slow-paced and search out the new arrivals of migrating birds settling in for the summer breeding season. Evening amphitheater programs will start on May 30th with Paul Thies' History series! Every Thursday night, Paul will present a different aspect of history surrounding the Pikes Peak region starting with pre-history and the geology that shaped this region.

- 11 Bird Walk 8:30 a.m. meet at Elk Meadow Trailhead
18 Hike Cheesman Ranch 8:30 a.m. meet at Grouse Mountain Trailhead
25 Bird Walk 8:30 a.m. meet at Elk Meadow Trailhead

Save the date: June 1

Concerto fest benefit for 88.7 KCME FM!

Each year the Ute Pass Chamber Players dedicate one regular season concert for the benefit of a local charitable organization. Previous beneficiaries have included Teller Senior Coalition, Habitat for Humanity of Teller County, the Mountain Top Cycling Club, the Woodland Park Senior Organization, VFW Post 11411 and Auxiliary, and Community Cupboard of Woodland Park. Last year the ensemble's annual gift was to the entire community by presenting the Founders' Concerto Fest concert as a free event open to the public, drawing a sizeable audience despite bad weather.

The Concerto Fest was so enjoyable to musicians and audience alike that Concerto Fest 2019 will be presented at 3 p.m. on June 1, 2019 at High View Baptist Church,

1511 Rampart Range Road in Woodland Park. This extraordinary program will feature works by Vivaldi, Vaughan Williams, Hummel, Chaminade and Beethoven, performed by 35 amazing professional musicians from the Pikes Peak Region in support of KCME's mission to enhance the quality of life through music. A small number of tickets will be available at the door for \$15, \$5 for students with a valid school ID. However, since seating is very limited, online advance ticket purchase is highly recommended by visiting the KCME website (www.KCME.org) and clicking on the "Ticketed Events" button.

More information available May 1st by visiting utepasschamberplayers.org and on the air at KCME 88.7 FM.

~OUT AND ABOUT~

Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7393 or email us at utecountrynewspaper@gmail.com.

Honor Guard Ceremonies



Veterans of Foreign Wars (VFW) Post #11411 of Florissant and Lake George will conduct its Honor Guard Ceremony in memory of veterans that are buried in local cemeteries on Memorial Day, Monday, May 27, 2019 at the following times and locations:

- 10 a.m. 4-Mile Cemetery
11 a.m. Florissant Cemetery

12 p.m. Lake George Cemetery

The public is invited to attend these ceremonies.

To learn more about membership in the Florissant-Lake George VFW Post #11411 or it Auxiliary, contact Post Commander Randy Ford at 719-748-5344 or Auxiliary President Janiece Tyler at 719-748-1335.

BUENA VISTA

- 2, 11, 16, 18, 25 Serendipity Yarn & Gifts 10:30-12:30 p.m.
3, 10, 17 Classic Car Meet 5:30-7:30 p.m. North Railroad Parking Lot, Town Hall
3, 10, 17, 24, 31 American Legion Bingo 7-9 p.m.
3-15 Chaffee Arts Open Award Show at Heritage Museum
4 Collegiate Peaks Trail Run all day at Barbara Whipple Trailhead
4 Central Colorado UVAS Club Meeting 9-11 a.m. BV Airport, Conference Room
4-5 SOLO Wilderness First Responder Certification at BV Mountain Adventures
6, 13, 20, 27 Monday Morning Art 9-noon Community Center
6 Kyle Petty 25th Anniversary Charity Ride 10:30 a.m. Love's Country Store
6, 13, 20, 27 Celebrate Recovery 6-8 p.m.
7, 10, 17, 21, 24, 28, 31 Tai Chi class 5:30-6:30 p.m.
7 Swing Dancing at The Loft Theater 6-10 p.m.
8 Young at Heart monthly luncheon noon-2 p.m. Community Center
10 Intro to Glass Blowing 6-8 p.m. Vulcan Glass Art Studio
10 Free Movie Night 6:30-9 p.m. Creekside Gathering Place
11 Chaffee Arts Kids Show and Pizza Party
15 Fun Runs 3:15-4:15 p.m. Avery Parson's Elementary
16 BV HOPE 7-8:30 p.m. meeting at BV Chamber
16 Cultivating Hope and Creating Community: A Compassionate Guide for Difficult Days 7 p.m. presented by John Pavlovitz, author, pastor and activist at the Surf Hotel 1012 Front Loop. Free and refreshments will be served. Author of the books *A Bigger Table: Building Messy, Authentic, and Hopeful Spiritual Community* (2017) and *Hope and Other Superpowers: A Life-Affirming, Love-Defending, Butt-Kicking, World-Saving Manifesto* (2018). Pavlovitz writes, "To be compassionate is to bleed, to feel deeply for the damage around you, and to be moved to respond to it. This is a beautiful and invaluable instinct,

but it is costly, too. There is a toll the trauma of the world takes on us when we seek to step into that dangerous space and to work for healing and justice. Please join us for a time of authentic conversation on how to be safely burdened with the pain of this world and what to do when you have exhausted your resources." Pavlovitz is also a regular contributor to *Huffington Post* and *Relevant Magazine*. FMI www.collegiatepeaksforum.org.

- 17 Opening Banquet — WWII Exhibit 5:30 p.m. Heritage Museum
23 Chaffee Association for Gifted and Talented 6-7 p.m. Watershed
24 CKS Paddlefest Free Concert at the Beach 6-9 p.m.
24-27 CKS Paddlefest

LIBRARY

- 1, 8, 15, 22 Tunes and Tots and BV Library 10-10:30 a.m.
2-4 Teen/Adult CPR & First Aid 1-5 p.m.
3, 10, 17, 24, 31 Story Time 10-noon
4, 11, 18, 25 Meditation 10-noon
20 Came On 3:45-5 p.m.
6, 13, 20, 27 Monday Movement — Qi Gong 5:30-6:30 p.m.
7, 14, 21, 28 Mini Monets 10-11 a.m.
9 Taming Tech Trouble 3:45-4:45 p.m.

CAÑON CITY

LIBRARY

- 1 Free legal clinic for parties who have no attorney 2-5 p.m. Please schedule 719-269-9020.
15 Chess tournament 11 a.m. All ages and free!
• NAMI Connection Support Groups for those living with a mental health condition meets every Friday at 1 p.m., Community Education Room of St. Thomas More Hospital 1338 Phay Ave. These meetings are free and confidential. No reservations required. FMI 719-315-4975 or go to www.namisontheastco.org
• Yoga with Bill O'Connell at River Lotus Yoga Mondays 9 a.m., Wed 6:30 p.m., studio fees apply.

COLORADO SPRINGS

- 13 Pikes Peak Posse of Westerners presents *A Treasure Trove of Regional History... Right in our*

backyards! by Brett Lobello 6 p.m. social time, 6:30 dinner and presentation. RSVP and pay \$17 by Friday prior, 12 noon. <https://squareup.com/store/pppw>.

PIKES PEAK CENTER

- 10-11 COPS Philharmonic — Star Spangled Pops at 7:30 p.m.
18-19 COPS Philharmonic — Bolero at 7:30 p.m.
FMI: PikesPeakCenter.com.

CRIPPLE CREEK

- 11 Sister Friends Brunch 9:45-11:45 a.m. Cripple Creek Heritage Center 9283 Hwy 67. Women of all ages sharing personal journeys, live music, door prizes, and more. Mother-daughter emphasis in May. Interdenominational faith community. May's speaker's journey includes: abortion, adoption, redemption, infertility, parenting and more. FMI Diane 719-605-8311 Copraysndp@yahoo.com
• Alcoholics Anonymous meets at St. Andrew's Episcopal Church at 367 E. Carr St. Thursdays at noon and Sundays at 4 p.m.
• GED classes at Franklin Ferguson Memorial Library 8-11 a.m. Mon & Weds. Call Katy at 719-686-0705 to register.

ASPEN MINE CENTER

- 1, 8, 15, 22, 29 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.

- 2, 9, 16, 23, 30 Cocaine Anonymous group every Thurs 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.
7, 21 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.
8 Colorado Legal Services 1:30-3 p.m. The Colorado Legal Services is a non-profit organization that assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.
14 Veteran Service Meeting 9-11 a.m.
14 All Vets, All Wars. Group participation 10-11:30 a.m.
16 OIB Group. This is a support group

continued on next page

continued from previous page

for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room on the 2nd floor. FMI, Kathleen at 719-471-8181 X103.

- 16 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
31 Teller County Emergency Food Distribution Program (Commodities) will be held the last Friday of the month 9-2 p.m. Please bring photo ID and proof of Teller County residency.
31 Cross Disability Meetings for persons with disabilities 10-11:30 a.m.
• A Willow Bends every Tues 4-6 p.m., every Thurs 4-7 p.m., every Wed and Fri (all day in the shack).
• On-going: Our Health Navigator Kryss Arrick is available Mon-Thurs 8-4:30 p.m. for families who are seeking access to affordable and quality health care. Call 719-689-3584 ext. 111.

Unless otherwise noted all meetings are held in the 2nd floor conference room.

CC DISTRICT MUSEUM
The Cripple Creek District Museum located in Cripple Creek, Colorado is proud to announce their newest event, Markets at the Museum. See story on page 17.

CRYSTOLA

- Crystola Roadhouse 20918 E Hwy 24 free line dance lessons with Shell 6:30 p.m. Beginners on up. Every Thursday.

DIVIDE

- COMMUNITY PARTNERSHIP**
1 GED class registration 1-2 p.m. Lunch will be served. Child care is provided upon request. Be prepared to stay the entire time, assessment testing will be completed. \$40 enrollment fee. Classes Mon & Weds 12-3 p.m.
13 Career Workshops 3-4:30 p.m.
• Tutoring every Tuesday 12-2 p.m. We are hosting free study hall/tutoring sessions to all Teller County residents age 17 and over. Our amazing and incredibly knowledgeable GED instructor will be on-hand to help anyone who needs education assistance. This is an open session.

LITTLE CHAPEL FOOD PANTRY

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

- Save the date June 3 the Little Chapel Food Pantry will be hosting a golf tournament fundraiser. Sponsorships of holes and teams are available. Dixon Golf, a preeminent organizer of golf tournaments, will be assisting in hosting the events. There will be prizes for longest drive, straightest drive, closest to the pin, hole-in-one, winning team and

more. Lunch golf carts and 18 fun-packed holes of golf are included in your registration. No experience required. FMI 719-322-7610.

MASON'S

- Cripple Creek Masonic Lodge meets first Friday every month 5:30 p.m. at 75 Buñalo Ct in Divide. FMI 719-687-1457.

EVERGREEN

- 2 Free legal clinic for parties who have no attorney 3:30-5 p.m. Evergreen Library. Please schedule 303-235-5275.

FAIRPLAY

- 15 South Park City opens for the season! We are celebrating our 60th Anniversary with special events and surprises all season. Come and celebrate the local history of this 1880's gold mining town once named South Park City. With over 42 buildings, this open air museum will have an interest for all ages. FMI 719-836-2387 or www.southparkcity.org.

FLORENCE

- 11 The Florence Pioneer Museum and Research Center is bringing back the "Historic Florence Home Tour" for one Saturday only. Take Mom on tour of historic homes in Florence. \$10 per person. FMI 719-748-1904 www.florencepioneermuseum.org.

- 11 Second Saturday at Blue Spruce Gallery opening reception 5-7 p.m. for Brianna Oliver and Jim Red Hawk. The show includes original paintings, photography and wood-carving at 205 W. Main St. Exhibit runs through June 4.
11-27 The 3rd Annual Armed Forces Art Exhibit & Sale open to all active duty, veterans and retired military in the state of Colorado. Art will be on display in the windows of participating shops on Main St. Artists' reception in shops May 11 from 3-7 p.m. Stroll from exhibit to exhibit. FMI 719-742-6677 or mvrh876@gmail.com.
18 *Requiem for a Warrior* book signing. See page 11.
19 Car Show. See page 9.

FLORISSANT

- FOSSIL BEDS**
3 Night Sky Program 8 p.m.
18 Kids to Park Day — Be a Scientist! 10-3 p.m.
24 See *A Walk in the Park* page 17.
25-27 Memorial Weekend 10-4 p.m. FMI 719-748-3253

GRANGE

- 5 Cinco De Mayo fun 3-6 p.m. Enter your favorite Chili (\$10 entry fee) and let the community decide the winner, or enter your Salsa (\$10 entry fee) for a chance at winning the prize for the best Salsa. Bake a pie and donate it to the Pie Silent Auction. We will eat the chili and Salsa and take home some pies and enjoy some entertainment. Don't miss the fun. Call 719-748-5004 to enter your Chili and/or Salsa.
14 Quilt of Valor Guild meets from 9-12 to work on quilts. If you are a quilter and would like to join us

~OUT AND ABOUT~

or if you would like to donate to this worthy cause, call 719-748-5004. We happily need funds, fabric, tread or batting.
18 Pine Needle Basket Class will be held from 12-3 p.m. All levels of basket makers are welcome to join us. We will learn the fish net stitch.

LIBRARY

- 9 Free Legal Clinic for parties who have no attorney 3-4 p.m. Please pre-register 719-748-3939.
18 Veteran's Breakfast 9-11:30 a.m. Celebrate Armed Forces Day and honor those who served.
24 StoryWalk™ Grand Kickoff 10 a.m. see page 17.
• Lego Club Fridays 12-4:30 p.m.
• Storytime Fridays 10:10-45 p.m.

Adults

- 9 Yarnia! 10-12 p.m.
11 *Neither Wolf Nor Dog* film screening.
13 Let's Read Amok! 11 a.m.
15 Bookworms 10:30-12 p.m.
29 Craft and Create 1-2:30 p.m. Hand Dye Yarn. Register by May 13 719-748-3939.
• Tai Chi Mondays 10 a.m.
• Latters Home: A History of War Through Letters. This exhibit tells the story of wartime through personal letters, documents, journals, photos, and memorabilia from the Mexican American War through Desert Storm.

GUFFEY

- Yoga with Bill O'Connell 10-noon Sundays and 5 p.m. Tuesdays at Guffey Community Charter School. Donations appreciated.
BAKERY AT STRICTLY GUFFEY
• Yoga every Friday morning from 8:30-9:30 a.m. with Kristie.
• Talking Threads the 3rd Thursday from 10-12 noon.
• Drum Circle the 3rd Thursday night from 6-8pm.

LAKE GEORGE

- 19 The Story of the Pony Express. See page 17.

LIBRARY

- 18 Be Bear Aware! Presented by Joe Kraudt, local volunteer with the CO Department of Parks and Wildlife Bear Aware Team 2 p.m. at the Lake George Library. FMI and RSVP by May 15 to 719-748-3812 or Lakegeorgebib@parkco.us.
29 Summertime Story Time 1 p.m. and each Wed after.
29 Book Buck program, a summertime reading program for kids. FMI 719-748-3812 or Lakegeorgebib@parkco.us.

PALMER LAKE

- 16 The Palmer Lake Historical Society will feature Donna Guthrie, presenting *Trailblazers on Horseback: The History of the Singing Cowboy*. Guthrie celebrates the Western boom that took over Hollywood in the 1930's and the creation of the singing cowboy. The simple melodies, harmonies, and instrumentation of cowboy songs is told through music, slides and movie clips. Come join us for a great

evening! Events and programs are held in the Palmer Lake Town Hall, 28 Valley Crescent. Doors open at 6:30 p.m., program at 7 p.m. Light refreshments will be served. Free and open to all. FMI: www.palmerdividehistory.org.

SALIDA

- 2 Chaffee County's Emergency Food Assistance Program & Community Supplemental Food Program distributions 9:30-2 p.m. FMI 719-539-3351.
3 The 8th annual "Valley Visions" art exhibition opening, sponsored by Salida Council for the Arts, will kick off with a public Grand Opening Reception on Friday, May 3 from 4-7 p.m. in the SteamPlant Annex. Celebrated as a showcase for the Arkansas River Valley's top established and emerging creative talent, the exhibit will feature forty of the area's most innovative painters, sculptors, photographers, and artisans. All entries will be for sale at special exhibit prices. A \$5-\$10 suggested donation at the door supports the Art Council's high school Scholarship Program for local high school students, and entitles guests to a banquet of gourmet hors d'oeuvres, live music, cash bar, meet-the-artist opportunities, "first dibs" on the artwork for sale, and a ballot to vote for the coveted People's Choice Awards. Award winners will be announced and awarded at the reception's conclusion. The Valley Visions art exhibition will remain on display through June 2. For exhibit hours and additional information, visit salidacouncilforthearts.org/valley-visions/.

- 8 Food Safety Training for Colorado Cottage Food producers 5:45-8:45 p.m. at the Chaffee County Fairgrounds, 10165 CR 120. This class will give you the most up to date information. Learn which foods are now permissible under the Cottage Foods Act, product labeling and production requirements, and the all-important food safety for the home business. After taking and passing a short quiz, participants receive a Certificate of Completion, good for three years. This training is also recommended for those who oversee the food safety cottage foods such as health department staff and Farmer's Market managers. Pre-registration is required 719-783-2514 or email Christy.Fitzpatrick@colostate.edu. If accommodations for disability or language are needed please notify us 719-539-6447 at least five business days prior to the event. Cost \$25.
8 A free legal clinic for those who have no attorney 2-5 p.m. at Salida Library. Appointments can be made 719-539-4826.
9 Creative Mixer at the SteamPlant 5:30 p.m.
18 Embracing Aging Fair 10-3 p.m. Chaffee County Fairgrounds
19 Tails on the Trail: A 5K Run/Walk for Animals
25-26 Bluegrass on the Arkansas 5 P.M.
• NAMI Connections for people dealing with mental illness meets the 3rd Tues 5:30-7 p.m. at Salida United Methodist Church 228 E 4th St. FMI 970-823-4751.
• NAMI's Family to Family for those

who have a family member dealing with a mental illness meets 5:30-7 p.m. the 3rd Tues at Salida United Methodist Church 228 E 4th St. FMI 970-823-4751.

VICTOR

- 3, 10, 17, 24, 31 Celebrate Recovery at the Victor Community Center 6:15 p.m. FMI 719-243-4970.

CC&V Gold Mine Tours

- Friday, May 24 through Sept 2, one tour each at 10 a.m. and 1 p.m. Sept 7&8, 14&15 at 10 a.m. and 1 p.m. See VictorColorado.com or 719-689-4211 or 719-689-5509 for additional tour times. All proceeds benefit the Victor Lowell Thomas Museum. Tickets \$8.50.

WESTCLIFFE

- 8 Free legal clinic for parties who have no attorney 2-5 p.m. West Custer County Library. Please schedule 719-783-9138.

WOODLAND PARK

- 3 Karate Plus 25th Anniversary Celebration 7 p.m. Ute Pass Cultural Center, free, refreshments served. Demos of Karate and Jujitsu with board/slab breaking, sparring, defense, weapons, 2 guest speakers, and memorabilia.
4 Woodland Park Wind Symphony Spring Concert 6-7 p.m. at Ute Pass Cultural Center. Displays and costume contest. Music of the Jurassic period with video enhancement at 7 p.m. Free — donations welcome.
17 Forest Ridge 3rd Anniversary Celebration 11:30-3:30 p.m. See page 19.
18 Bicycle Friendly Drive 11-12:30 p.m. Safety is a shared responsibility. Become a bicycle-friendly driver! This course covers laws for bicyclists and motorists; how to navigate on-street bicycle infrastructure; and common crashes between motorists and bicyclists and how to avoid them. Ute Pass Cultural Center 210 E Midland Ave. Free registration <http://bit.ly/woodlandparkBFD>.

- 23 Senior Pancake Breakfast. Plan to begin your Memorial Day celebrations by honoring our Veterans! Join us for a Pancake Breakfast at the Woodland Park Senior Center, SE corner of Pine Street and Lake Avenue, Saturday, May 23, 8-11 a.m. Start off your weekend with a hot, home cooked breakfast! Join us for a fresh, all you can eat, breakfast of fluffy pancakes, scrambled eggs, sausage, the best biscuits and gravy around, and a seasonal treat. Your home town seniors will be flipping the pancakes and serving them up with juice and coffee or hot tea for only \$8. Kids 6 and under eat for \$2. All Vets with a veteran ID card eat free. Everyone is welcomed to enjoy great food and friendly conversation. This open to the public fundraising event helps to support the programs and activities of the Woodland Park Senior Center. We appreciated the support of each one of you!
• Plant Sale at Mountain Naturals 12-5 p.m. sponsored by the Harvest Center through May 27.
• Save the Date: June 1 Ute Pass Chamber Players NAMI Connec-

tions for people dealing with mental illness 1st and 3rd Mon 6:30-8 p.m. at Mountain View Methodist Church 1101 Rampart Range Road FMI 719-687-3868.
• NAMI Connections for people dealing with mental illness 1st and 3rd Mon 6:30-8 p.m. at Mountain View Methodist Church 1101 Rampart Range Road FMI 719-687-3868.

DINOSAUR RESOURCE CENTER

- 4 Star Wars 1-2 p.m.
13 Mother's Day 10-5 p.m. Moms get in free with one paid adult or child admission.
18 The Keystones 11-2 p.m. Interactive science and pop music. FMI www.rmdc.com.
• GED classes WP High School 5-8 p.m.

LIBRARY

- 1 Teller County Listens (TCL). Colt Simmons breaks bread with Teller County folks to listen to county issues and concerns. Teaming up with the Rampart Library System, the focus will be on the upcoming county re-evaluation programs and highlight the Rampart Library District.
9 Free Legal Clinic for parties who have no attorney 3-4 p.m. Please pre-register 719-687-9281 ext. 103.
11 We are witnessing a climate crisis and you can help. Join us 11-1 p.m. We are Citizen's Climate Lobby, a non-partisan non-profit dedicated to creating political will for a livable world. FMI pjposticker@gmail.com

Children

- Books and Babies Storytime Tues 10-10:20 a.m.
• Lego Club Fri all day
• Silly Saturdays 10-10L 30 a.m. ages 0-5.
• Storytime Wed & Thurs 10:05-10:45 a.m. ages 3 and up.

Teens

- 2 Teen Advisory Board 3:45-5 p.m.
• 22 Anime Club 3:30-5 p.m.
• 9 Mixed Media Art Club 3:30-4:30 p.m.

Adults

- 7 Stitches Above the Clouds 1-3 p.m. Colorado Room.
8 Preparing to Hike the Summer Front Range 6:30-8 p.m. Pete KJ gives overview on how to safely hike the Front Range.
18 W Community Singers noon.
21 AARP Smart Driver Program 9:30-1:30 p.m.
• Fridays 2 Legit to Knit 12-2:30 p.m. Enjoy the company of stitchers.

Book Clubs

- 1 Not So Young Adult Book Club 11 a.m. *I'll Give You the Sun* by Jandy Nelson
7 WP Library Book Club 10:30-12 p.m. May: *Killer of the Flower Moon* by David Grann
9 Senior Circle Book Club 10:30 a.m. May: *The Hate U Give* by Angie Thomas
• Tai Chi Thurs 5:30 p.m.
• Tai Chi for Arthritis Fri 10 a.m.
• Tai Chi Sun Style 11 a.m.

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