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Vol. 12, No. 3

Welcome to Ute Country

"People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, "Soften the orange a bit on the right hand corner." I don't try to control a sunset. I watch with awe as it unfolds."

— Carl Rogers

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On Deck

The cover photo was taken in Victor, Colorado, one evening as we were completing our delivery. The view was spectacular! Even though the camera's image isn't exactly as vivid as seeing this amazing sunset live, it prods my memory to recall the image first witnessed. We felt the Carl Rodgers quote was appropriate as we often find ourselves struggling to accept that which is before us simply for what it is, especially when it comes to people, even ourselves. Far too often, we find ourselves judging, which prevents an unfolding process, often depriving us from additional information. As we give ourselves permission to allow the image, person, situation to unfold, there is a change in our perception as well, because that which has just unfolded is different from the initial perception. How might our perceptions be different, if we halted judgements, gave ourselves the suggestion that what we see in this moment is likely not what we'll see in the next? We encourage you to become the observer in March. No need to judge, just take in what you can and be in that moment.

We have a March issue that is full of articles that end in a very different place than they began. *Thymekeeper* gives us a peek into the communication system of mycelium; Stefanie Skidmore gives a glimpse of the transformation wild mustangs endure; and the Plant Lady gives us step-by-step hints on how to hug a tree. There is something for everyone in March.

Receiving Critter Corner pics make us happy! Please send your photos of your in/outdoor creatures to *Ute Country News* POB 753 Divide, CO 80814 or email them to utecountrynewspaper@gmail.com.

Care to share your comments, questions or requests? Send them to the email and address above or you can stop by Shipping Plus Monday through Friday, 9-5:30 p.m. or call us at 719-686-7587.

Happy St. Patrick's Day!

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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The Thymekeeper

Forest wisdom

by Mari Marques-Worden

With the state of our country being described as the *Divided States of America* in some circles, this may be a good time to observe some truth about unity. Although we may have our individual differences, we are all in this together and we are all a part of the human family. Let's all take a collective deep breath.

Now, let's consider some facts; we all need oxygen to stay alive and that oxygen comes from plants, most notably from trees. I would point out there is no way to distinguish whether the oxygen molecules you just took in came from the tree in your backyard or from a tree in the Amazon, most likely it would be a combination from all of the plant kingdom across the world acting in unison.

Let's look to the wisdom of the trees in the forest. There are advantages to working together. One tree on its own cannot establish a consistent local climate. Alone, it is at the mercy of wind and weather. Where together, many trees create an ecosystem that can moderate extremes, store more water and generate a great deal of humidity. In such a protected environment, trees can live to a ripe old age.

A common rule in Nature is that the whole is greater than the sum of the parts. Survival of the fittest doesn't exist in tree world, and only the strong survive is not true in the forest. A forest is a living being, not just made up of living beings, it is itself, is a living being that creates its own microclimate.

One of the most amazing characteristics of trees is how social they are. All trees communicate through an underground network of mycelium; a fungus referred to as the *wood wide web*, a term coined by Dr. Suzanne Simard of the University of British Columbia. She discovered that news bulletins are sent via the roots using chemical compounds and electrical impulses that travel a third of an inch per second. One teaspoon of soil has miles of fungal fiberoptic network. This fungal network connects all the root tips of the trees through which information, nutrients and warning signals are transmitted.

Gentle wisdom

An example of how tree communication works is, if a hungry animal comes along and begins feasting on the leaves of a tree, the tree will, in slow motion (about 1 inch per hour) start to produce a chemical that makes the leaves taste bitter. At the same time, it starts to emit an ethylene gas that spreads approximately 100 yards to alert the other trees in the area so they can start to produce their own bitter chemical. Although everyone needs to eat, by the time the trees have produced enough bitter, the animal more than likely has eaten its fill. If not, it will have to move away at least 100 yards and in this gentle wisdom way, the forest maintains its balance.

In another study, it was found that if an invasive insect starts to eat the leaves of the tree, it can *taste* (for lack of a better word) the saliva and determine which insect in order to slowly produce a pheromone to attract a natural predator to the area. Once again, allowing time for the insect to eat, but not allowing it to be greedy.

In the symbiotic community of the forest, it's safe to assume all the plants of the forest benefit from these relationships. A far cry from the cultivated farm fields where our food is grown. In Peter Wohlleben's book *The Hidden Life of Trees*, he points out that isolated trees have far shorter life spans than those connected to a forest. He adds that "the saddest plants of all are the ones enslaved by our agricultural systems. They seem to have lost the ability to communicate and are isolated by their silence." He advocates, "Perhaps farmers can learn from the forests and breed a little more wildness back into their grain and

potatoes so that they'll be more talkative in the future." When plants lose their ability to communicate it leaves them vulnerable to disease and predatory insects.

Trees in a forest literally care for each other and will sometimes nourish the stump of a felled tree for hundreds of years after it was cut down. Some trees are mother trees who nurture their young for several years. There is no discrimination in the forest. Everyone is fed nutrition and information and all are included in the network from the weak, strong, old, new, even competing species are a part of the whole; everything matters.

In Robin Wall Kimmerer's book titled *Braiding Sweetgrass*, she speaks of a phenomenon called mast fruiting. This occurs among butternut, black walnut, hickory and pecan trees to name a few. Nut trees don't produce a crop every year because nuts are so highly nutritious and high in caloric content, the trees must take a long time saving up for it. Mast fruiting trees spend years making sugar and rather than spending it little by little they keep it in a savings account as starch in their roots. When the account has a surplus, only then does mast fruiting occur.

If one tree fruits, they all do. There are no solo performances here. Not one tree, or one grove but every tree and every grove across the country acting as a collective. It matters not the fertility of the soil, the amount of sun or shade, or any other factors that have been considered in the attempt by biologists and ecologists to hypothesize this phenomenon.

Exactly why or how this happens we do not know. However, it makes no sense for a nut tree to make a few nuts every year with the number of lurking predators. It would not be possible to successfully generate the next generation of forest without making a lot of nuts at once. These trees show a capacity for concerted action and unity of purpose.

"What we do know, and what we see here is the incredible power of unity: What happens to one, happens to us all, we can starve together or feast together. All flourishing is mutual."
— Robin Wall Kimmerer

Maestro

One of the oldest trees on Earth is in Sweden and is believed to be more than 9,500 years old, that is considerably longer than the life span of a human. Consider how much perception it would require for a being to adapt to changing conditions in order to exist for so long. Vast amounts of information would be acquired over this amount of time.

There is much to be learned from the wisdom of the forest and there's a reason indigenous people refer to the plants as maestro or teacher. On a journey to a remote area of the Amazon, herbalist Rosemary Gladstar



Dear human! If you don't destroy me

I will give you shelter, food, water & oxygen

encountered an indigenous local who was perplexed by her books. He inquired as to what she needed them for, how did she use them? Her reply was that she gains knowledge from them. Even with her explanation, the local man could not understand.

On her next encounter with him, he could hardly contain his enthusiasm. He figured it out and shared his understanding of how she gained knowledge from a book. He surmised that it was the tree the book was made from that was imparting its wisdom to her, not the words on the pages of the book.

The wisdom of the forest teaches us that united we stand, divided we fall. If there's one thing we can learn from Nature, it's that we're stronger together and much can be accomplished by reaching out to those in need. No matter where you are, there's always someone who can use a hand up. Be like a tree; good things happen when people care and share.

For more fascinating information on trees, I highly recommend the book *The Hidden Life of Trees* by Peter Wohlleben. If you aren't already a tree hugger, this charming little book will change how you see trees forever.

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

Herb class with The Thymekeeper

A virus is a virus.

Although the flu generally has its season during the dark months of the year, a common cold (which incidentally is in the coronavirus family) can happen anytime. Let's talk about some home remedies for prevention as well as remedies if you do happen to catch a virus of the respiratory type. We'll learn how to make lozenges, a cough syrup and immune boost elixir and everyone will leave with samples of what we make.

When: Sunday March 15th 1:30-3:30 p.m.
Where: 1870 County Road 31 Florissant, CO
Cost: \$25.00

Pre-registration is REQUIRED. Contact Mari to reserve your space



Spring

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Calling all crafters and vendors of homemade items!

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Deadline to apply is March 13.

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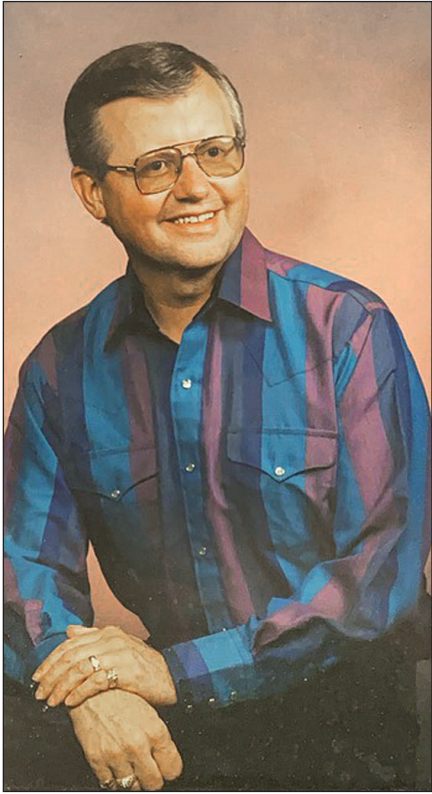
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Obituary

Leslie Lee Clark



It is with great sadness that the family of Leslie Lee Clark “Les” 74, of Florissant Colorado, announce his passing on February 13, 2020.

Les was born May 25, 1945 in Denver, Colorado. He grew up in Colorado Springs and moved to Teller County, where he lived the remainder of his life.

Les started dating the love of his life when she was 12 years old and he was 16. The two married in 1964 in Raton, New Mexico and together have shared 56 years of life together.

Les graduated in 1963 from Palmer High School and began a life-long career at the age of 14. His first job was working as a cashier and standing on a Pepsi-crate to stack shelves at Lechers Foods. This led to his career in the grocery business and in 1968, Les moved to Woodland Park where he was involved in managing and running the first modern grocery store in the area, Circle Supers. In 1979, he opened Super Value, which is known today as City Market. Les later opened several businesses in Divide and Florissant, which include Florissant Mercantile, Log Cabin Liquor, Smiley’s Subs & Pizza, Mountain Burger, and Florissant Conoco.

Les had a great passion for life and enjoyed it to the fullest. He was involved in many community organizations: on the board of directors for the Saddle Club for 9 years, president of the chamber of commerce, and helped with the funding for the Memorial Park Gazebo in 1976.

Leslie found great joy in hunting with his family, golfing, playing poker and most importantly, working every day. Les also lit up the room when he danced with the love of his life, Laurel. Leslie never knew a stranger and never turned down the opportunity to help someone in need.

Les is survived by his wife, Laurel of Florissant; his two sons, Todd Lee Clark (Kerrie) of Fairplay and Larry Dean Clark (Brigitte) of Florissant. He is also survived by his two brothers, Vernon (Barbara) and Bill (Barbara); his grandchildren; Dillon, Samantha, Leah and Gage, several nieces and nephews, cousins, and multiple friends.

Preceding him in death were his parents Ervin Clark and Maude Thelma Lehr; his sister, Barbara Johnson and several other family and friends.

A celebration of Leslie’s life was held on February 29. In lieu of flowers, donations can be made to Florissant Fire Department, Four-Mile Fire Department and Cripple Creek Ambulance.



Pharmgirl Uprooted

March madness

by Peggy Badgett

Saaaaadieeee! Jacksonnnnnn! I faced another direction and yelled again. But my efforts were futile; the howling wind simply whisked my desperate calls up into the atmosphere. This catastrophe was totally my fault. Two old mongrels had no business being out in a blizzard. I had foolishly assumed they would stay close while I cleared off the cairn marking the driveway curve. Apparently, as soon as my back was turned, they decided to bolt. I frantically shuffled through 10 inches of fluff searching for tracks. There were none. Mother Nature had erased all evidence of their passage.

With a heavy heart and very bad feeling in the pit of my stomach, I trudged to the house. Peering through the windows proved fruitless. My coonhound and black and white mutt were nowhere in sight. I sent a few texts asking neighbors to be on the look-out for my escapees. Then I glumly pulled on my insulated coveralls, hat, gloves and coat and grabbed the 4-runner keys. It took 10 precious minutes to dig out the front wheels. Finally, I fishtailed down the driveway and out onto what I hoped was the county road. Electric windows squealed downward as I resumed yelling. Stinging pellets of snow in the face were the only answer.

Where had those idiotic mongrels gone? Sadie trailed a long purple leash, and visions of her trapped between granite boulders flooded my mind. Granted, she was a horrible dog, but even she didn’t deserve such an awful death. Jack would blindly follow her anywhere, even into a mountain lion den. Tears of desperation froze on my cheeks. I kept driving. Suddenly my cell phone buzzed. I fumbled through pockets until my fingers found it. Breathlessly, I stammered a “hello?” My neighbors reported that Sadie and Jack were there, begging for bacon-flavored treats. I guided the 4-runner to their house and lifted my wretched canines into the backseat after gratefully hugging my friends.

Miraculously we made it back to the cabin without getting stuck in any of the

enormous drifts the storm flung before us. Both fugitives meekly followed me inside and slunk away to my bedroom. I fixed a cup of tea, stoked the fire and retreated to the couch. Just as I nodded off, a shrill beeping pierced the cabin. Two trembling and drooling dogs scrambled onto my lap, fighting for space. What a rotten day to replace smoke detectors batteries. That task required my step ladder, which was in the wood shed.

Sighing heavily, I pulled those soggy coveralls back on. First, I checked on the chickens. Chuck and Stella huddled miserably beneath their heat lamp. I gave the girls cracked corn and wrestled the door shut before gusts tore it off the hinges. Then I forged a path toward the barely visible shed, floundering through a thigh-high field of snow. Finally, I made it to where the ladder hung, pulled it down and turned around. But my tracks had vanished; I could barely see five feet in front of me. Horrified, memories of my grandmother’s stories of people perishing in blizzards surfaced. I made it three paces from the shed before the wind wickedly spun the long aluminum ladder around, me with it. My sense of direction disappeared, and I stumbled into a small gully.

My heart pounded as I took inventory of my limbs. Nothing was broken. Cursing my folly at leaving the cell phone charging on the kitchen counter, I realized my situation was grim. I was absolutely alone in the worst storm of the year. Any screams for help would be useless. Quelling the panic threatening to rise to the surface, I took a deep breath and looked out into the blinding white. Luckily, at that precise



Sadie and Jack rest after their escapade.

moment, the sun peeked eerily through the clouds. It provided just enough light to see the cabin’s outline. Summoning my courage before the image disappeared, I dug through the snow until my gloves gripped a cold metal rung. I crawled through the gully and dragged the ladder without taking eyes off my goal. The light faded just as I heaved the aluminum ladder through the front door. Not caring where I left puddles of melting snow, I quickly changed out the batteries and threw the ladder back out on the porch.

After peeling off my soaked layers, I returned to the couch with the dogs. We curled beneath blankets as the wind shrieked and rattled the roof. Snow blasted horizontally through our valley, covering everything in a thick white blanket. I mixed a batch of chocolate chip cookies, but was too tired to bake them, so settled for eating half the dough. My little band of Midwest animals and I had survived another mountain challenge. Spring couldn’t be that far away.

Peggy Badgett is a recent transplant to Guffey Colorado. She is a retired pharmacist, author of two books The Rooster in the Drive Thru and Romancing the Bike, artist and avid adventurer. Her website is coloradopharmgirl.com, email is coloradopharmgirl@gmail.com.

Mysteries of the mind

Magic and mind-bending feats will be featured on the stage of Cripple Creek’s Butte Theater Saturday, March 21. The 7 p.m. show “Mysteries of the Mind” will feature Paul Draper — a comedy presenter, mind-reader, and speaker.

Draper has appeared on the History Channel, A&E, HBO, Hallmark, the Travel Channel, HGTV, and shows like *Hell’s Kitchen*, *Pawn Stars*, *Ghost Adventures*, *Mindfreak*, and *House Hunters*.

Draper has appeared with David Copperfield, Lance Burton, and Teller of Penn & Teller as an expert for the History Channel. He has performed for HBO Comedy Fest at Caesar’s Palace and hosted companion documentaries for Steven Spielberg’s *Poltergeist*.

In Las Vegas, he has headlined for many casinos, including the Orleans Casino and Planet Hollywood V Theater, in addition to his seven years as house

magician for the Venetian Hotel & Casino. The International Magicians Society awarded Draper a Merlin Award for World’s Best Corporate Performer. Recently, Draper has performed at Yale, USC, Apple, YPO, the Magic Castle in Hollywood, Off-Broadway, and the Magic Circle in London.

In addition to his corporate shows and lectures, Paul Draper is frequently called upon as an expert in fields ranging from magical history to human consciousness. As an anthropologist and member of the Society for the Anthropology of Consciousness, Paul Draper studies Native American ghost dancers, South American cannibals, and spiritualists.

As an expert in communication and entertainment, Draper has interviewed major film and television celebrities live onstage before audiences of thousands at Fan X Salt Lake Comic Convention during SLCC’s last six



Magician and Mentalist Paul Draper performs at the Butte Theater March 21.

record-breaking annual events. Tickets for this special show at the Butte are on sale online at ButteTheater.com or at the door the night of the performance. Tickets are \$12 per person. For more information, see ButteTheater.com; email info@buttetheater.com; or call the theater box office at 719-689-6402.

AHRA seeks nominations

For Citizen Task Force advisory group

The Arkansas Headwaters Recreation Area (AHRA) is accepting nominations for its Citizen Task Force, a 16-member panel that advises Colorado Parks and Wildlife on management issues in the upper Arkansas River valley.

One delegate is needed to represent each of the following interest areas: anglers; commercial permittees; private boaters; environmental interests; water users; county/municipal governments; and river-front property owners.

Per the 2019 AHRA Management Plan, two new seats will be added for outdoor recreation/other. This interest area includes outdoor recreation clubs, bicycle organizations, horseback organizations, hiking organizations, recreational gold

panning groups or other similar entities. In this first year, one person will be selected to serve a 1-year term and a second will be selected to serve a full 2-year term.

Self-nominations are accepted, but endorsement by AHRA partner organizations is encouraged. Nominations will be accepted through March 15.

The task force, created in 1990, makes recommendations to the AHRA on management, growth and development issues throughout the recreation area. It also provides an open communication link to parties affected by management decisions.

Volunteering for the Citizen Task Force is a great opportunity to get deeply involved in the mission of the AHRA. Hours spent working on the task force may be

logged toward a free Volunteer Park Pass (issued after 48 hours of volunteer time are logged in a 12-month period).

Task force members serve two-year terms, which will run from April 2020 until April 2022. Members are expected to attend four or five meetings each year, which typically are scheduled from 9:30 a.m. until noon.

Information on the CTF nomination process, a list of “clearinghouse” organizations and a nomination form can be obtained by visiting the AHRA website at <http://bit.ly/AHRACTF>. You may also request more information or a nomination form by visiting the AHRA Visitor Center at 307 W. Sackett Ave., Salida. Or call the office at 719-539-7289.

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A Look Inside the Artist

Sheri Trahern
by Mary Shell



It's not very often that an art teacher experiences the *Ah-Ha* moment when someone creates art for the first time. I'm not talking about those sweet moments of playing with shapes and color. I'm talking when you can't believe you have created something with meaning.

Well, I had that experience two years ago when working with St. Thomas More Hospital's Caring Hearts event where I provided the guests with art activities. About 20 people had the opportunity to create aspen trees with colorful fall leaves. I instructed the process of creating the paintings with step by step instructions. Everyone had a wonderful time and we were finished in about an hour... that is all except Sheri Trahern who spent and additional hour adding color. She looked like she was having so much fun, so I gave her my business card with class information.

It wasn't long before she showed up for a class with a huge glass window in tow. "What do you want to do with this?" I asked. Showing me a picture of sweet little birds on branches, she replied, "This."

Her willingness to learn and her passion to paint soon showed her the way to create great art. This wouldn't be so unusual for people who are already crafty, but Sheri was a CPA plus the president and CEO of St. Thomas More Hospital at the time. A position that requires little creativity, only numbers, laws and regulations. I was beside myself watching her create beautiful pieces of art on glass. Each one more stunning than the last.

my gallery and within a week one of her windows sold, then another. Of course Sheri was excited to sell her art, but it didn't seem to affect her as she just kept painting more windows.

Flowers, birds, bicycles, simple subjects lost their simplicity and became bold colorful images. Glass, not being an easy surface to paint, requires layers and layers of paint to obtain opaqueness. This time-consuming technique never shattered her patience as she plugged along working for hours on one painting. She loved it.

I asked Sheri when she started painting and she replied, "When I met you."

As a workshop facilitator on creativity and quantum thinking I have never experienced a person's switch as I have with Sheri. Not only has she become a prolific artist, but she has started a new business as a certified executive coach.

So, I asked Sheri a few questions:

How did you feel the first time you painted?

"It was exciting and relaxing. I never thought I was creative and/or could "let go" and be creative. My dad is a musician and my mom is an artist. I truly thought creativity skipped me until that first painting."

Has that feeling changed any?

"No. Art is where I go to de-stress."

What is your favorite subject?

"Birds and trees. A bird reminds me of God's presence. I love nature and trees depict that for me."

Why did you choose glass to paint on, and why old windows and doors?

"I enjoy creating something new from something old. I can be creative about colors on the frames and then add a picture on the glass."

How do you feel when you paint?

"Stress free. I get into right brain thinking and can think through issues that are troubling me."

Are you afraid to make mistakes, choose colors?

"The nice part about glass is that if I don't like it, I can scrape it off. I have not done that much. I've come to see a "mistake" as an opportunity for new creativity..."

What would you like to do most?

"I want to continue to get better at the creative part of the work. I have a lot of windows to work on."

What do you get out of painting?

"Time to create and reflect while producing something of beauty."

Does creating art change your approach to other work?

"I would say that I am in a different place in my approach to life and stressors because of the creative process. I am now using that creative process in the work that I do, and I believe it adds a new dimension to my coaching."

You can view Sheri's artwork at REM Art Gallery, 710 Main St. Cañon City 719-371-5405 or at www.envisionwithin.com

Wolves in Colorado

Colorado Parks and Wildlife (CPW) biologists have received notification back from a genetics lab confirming that four scat samples collected near a scavenged elk carcass in Moffat County in early January came from wolves. This is the first official documentation of a pack of wolves in the state since the 1940s.

Of the four samples, DNA results indicate three are female and one is male. The testing was also able to determine that all the wolves were related, likely as full siblings.

"The DNA doesn't tell us the age," said CPW Species Conservation Program Manager Eric Odell. "We don't know where or when they were born. We can't say. But that there are closely related wolves is a pretty significant finding."

Odell also noted that "although previous reports had mentioned sightings of up to six wolves, this doesn't do anything to alter that estimate. Just because we only collected four scat samples doesn't mean there were only four animals."

CPW is still waiting to receive results back from scat samples collected at a potential wolf sighting in Moffat County on January 19.

CPW would like to remind the public that wolves are a federally endangered species and fall under the jurisdiction



of the U.S. Fish and Wildlife Service. According to the US Fish and Wildlife Service, killing a wolf can result in federal charges, including a \$100,000 fine and a year in prison, per offense.

The public is urged to contact CPW immediately if they see or hear wolves or find evidence of any wolf activity. The Wolf Sighting Form can be found on the CPW website.

FMI visit <https://cpw.state.co.us/>

BLM evaluates mineral materials sale proposal in Fremont County

The Bureau of Land Management (BLM) Royal Gorge Field Office is seeking the public's input on a draft Environmental Impact Statement (EIS) evaluating the proposed expansion of the Parkdale Quarry, west of Cañon City.

If approved, the expansion would provide access to approximately 400 million net tons of aggregate used to produce asphalt and concrete, as well as used for railroad ballast.

"Our analysis thus far includes several alternatives that address the public demand for aggregates throughout southern Colorado and beyond," said Royal Gorge Field Manager Keith Berger. "We look forward to hearing from our partners and the public to help inform our decision."

The public comment period will run for 45 days. Public comments will be most helpful if received by March 23 and must be submitted through the BLM ePlanning site <https://go.usa.gov/xy6tn> or mailed to "Parkdale Quarry Expansion Comments," 3028 E Main Street, Cañon City, CO 81212.

In Fiscal Year 2018, non-energy minerals on BLM lands in Colorado generated approximately \$194 million in economic output and supported 650 jobs.

Before including your address, phone number, e-mail address, or any other personal identifying information in your comments, please be advised that your entire comment, including personal identifying information, may be made publicly available at any time. While individuals may request the BLM to withhold personal identifying information from public view, the BLM cannot guarantee it will be able to do so.

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by AARF

Kenai

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Barbara Pickholz-Weiner

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Snowpack and drought

by Coalition for the Upper South Platte

Feb 20, 2020

SNOTEL Current Snow Water Equivalent (SWE) % of Normal Laramie and North Platte



USDA NRCS

The calendar says that spring is on the way. This can be good news or bad news, depending upon how you feel about more snow. Colorado is entering its snowiest months; March and April, although February has been giving the traditional snowy months a run for their money in the past couple years (a topic for another time).

There is more good news and bad news in the review of this winter season so far. The Colorado statewide snowpack is at 115% of average, with all basins except the San Juans in the southwest corner of the state above 100%. The bad news is that the Drought Monitor continues to show a good portion of the state is abnormally dry or in moderate drought. Hmmm, how can this be the case?

The statewide snowpack is a measurement of the water content of the snow on the ground. The United States Dept of Agriculture Natural Resources Conservation Service operates the Snow Telemetry Network (SNOTEL) to monitor snowpack, precipitation, temperature and other climatic conditions. The network includes over 800 automated data collection sites throughout the nation.

Manual snow monitoring locations are also measured monthly for depth and water content of the snowpack in the western U.S. These snow courses are about 1,000 feet long, in sheltered areas protected from the wind. Surveyors access the snow course on skis, snow machines, or sometimes helicopter. The surveyors use snow samplers, hollow tubes, to measure the depth of the snowpack and snow water equivalent.

As an interesting aside: Historically, snow course measurements were the first form of snowpack data collection, starting in 1906 when Dr. James Church from the University of Nevada measured a course he laid out on Mt. Rose near Reno. Prior to the 1970s and the inception of the automated SNOTEL, snow courses were the primary means of collecting snowpack data. As a result, snow course data records often start earlier than SNOTEL records.

So, with the snowpack at above average levels, how can much of the state be in drought conditions? The U.S. Drought Map is based on several climatological inputs, satellite-based assessments of vegetation health, indicators of soil moisture, hydrologic data, surface water supply index, and yes indeed the snowpack. The experts pull together the data, and in coordination with a network of more than 450 observers, develop the map. The map is updated every week, giving the developers the ability to consider rapidly changing conditions.

The water locked up in the snowpack isn't available in the soil or other water storage. As the snowpack melts, the drought conditions may change. During the spring of 2019, Colorado was completely without drought for the first time since the map began in 2000, but drought crept back in during the dry summer.

The snowpack levels are an encouraging sign for regeneration of water storage and groundwater. How the snowpack impacts the drought conditions depends on spring melt timing and rates. Spring is on the horizon, more snow is forecast, and summer will be here soon. We can count on that.

U.S. Drought Monitor Colorado

February 25, 2020
(Released Thursday, Feb. 27, 2020)
Valid 7 a.m. EST

	None	D0-D4	D1-D4	D2-D4	D3-D4	D4
Current	30.09	69.91	42.77	3.30	0.00	0.00
Last Week (20-18-2020)	28.74	71.26	43.82	3.30	0.00	0.00
3 Months Ago (11-18-2019)	24.08	75.92	61.85	32.29	0.00	0.00
Start of Calendar Year (01-01-2020)	31.72	68.28	51.19	20.11	0.00	0.00
Start of Water Year (10-01-2019)	30.14	69.86	27.53	0.00	0.00	0.00
One Year Ago (02-26-2019)	10.64	89.36	62.26	35.26	0.59	0.00

Intensity:

- None
- D0 Abnormally Dry
- D1 Moderate Drought
- D2 Severe Drought
- D3 Extreme Drought
- D4 Exceptional Drought

The Drought Monitor focuses on broad-scale conditions. Local conditions may vary. For more information on the Drought Monitor, go to <https://droughtmonitor.unl.edu/about.aspx>

Author: David Mikus NOAA/NWS/NCEP/CPC

USDA NDMC droughtmonitor.unl.edu

The U.S. Drought Monitor is jointly produced by the National Drought Mitigation Center at the University of Nebraska-Lincoln, the United States Department of Agriculture, and the National Oceanic and Atmospheric Administration. Map courtesy of NDMC.



Life-Enhancing Journeys

How childhood can impact who you are today

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

Everyone in the world has lived through childhood. As we get older, we tend to view being young as a carefree time, an idyllic period in our lives where we had fun and enjoyed the exploration inherent in youth. The reality, however, may be quite different. Being young does not protect against the emotional hurts and traumas many children face. They have few resources, experiences, wisdom or skill to draw from; after all, they're just children.

I routinely hear from people of all ages about how their early life was a living hell that they just had to tolerate. Oftentimes the sentiments expressed by people with difficult childhoods sound akin to "All I ever wanted was to get through it and just survive long enough to get out on my own." Children may deal with problems ranging from moving away from their friends, bullying by classmates, abuse by those trusted to care for them or the requirement to be perfect (not human) — to name just a few. Some of the most wounding traumas can come with abuse at home. Research shows that merely witnessing traumatic events, like domestic violence, shootings, or even fighting, can impact the physical development of a child's brain — potentially leading to lifelong health and social issues.

Childhood experiences create who we later become and are essential to our emotional development. We all desire a stable, reliable and protective relationship especially when we are young and dependent on others. Without this safety net, children grow up to become adults who struggle with feelings of worthlessness, a sense of being unlovable, as well as challenges regulating their emotions. Exposure to traumatic experiences in childhood can have a negative impact on the development of the brain when it's most vulnerable. Pediatrician Nadine Burke Harris acknowledges that the repeated stress of abuse, neglect, and parents struggling with mental health or substance abuse issues has real and tangible effects on the development of the brain. We oftentimes see higher rates of depression, suicide, anxiety disorders, post-traumatic stress disorder, and aggressive behavior in people who have experienced childhood mistreatment and neglect which can cause severe and long-lasting effects. When childhood trauma is unresolved, a sense of fear and helplessness can carry over into adulthood, thus setting the stage for continued trauma.

When I pondered writing this article, I found myself confronting my own childhood abuse again. My older sister was very physically, verbally and emotionally abusive throughout my childhood. It even persisted into adulthood until I stopped allowing myself to be treated so badly. I remember thinking that if only I did this or that, then perhaps she would be nicer to me and not be so mean. No matter what I did, no matter how hard I tried, the abuse continued. Telling my parents was a waste of time because all I heard was, "Oh no, she would never do that," and so it continued. When my sister moved 6,000 miles away to Hawaii when I was a teenager, I was so relieved. Yet, I continued to feel rattled just by thinking about her or receiving a phone call from her or someone simply mentioning her name. My body would react with physical symptoms; my heart would race and my stomach would be in a knot as my muscles tightened and my mouth would suddenly become dry. All of the symptoms the brain recognizes as "I'm unsafe/I'm scared I will die" even though she was very far away. Now when I think about my older sister and the terrified little girl inside me gets triggered off, I remind myself that our big sister sure was a formidable teacher and look at all we learned. We survived and are stronger for it yet will never again allow such mistreatment. Even though we are now adults and so much time has passed we continue to struggle to have any sort of a relationship.

Having a grandparent who loves you, a teacher who understands and believes in you, or a trusted friend in which you can confide can mitigate the long-term effects of early trauma.

Bessel van der Kolk, a physician who specializes in treating trauma, acknowledges how early childhood trauma can become destructive later in life. "If you cannot tell the truth," van der Kolk says (referring to early experiences of abuse), "you need to lock that reality away. It becomes a splinter in your mind, a splinter in your brain, a splinter in your soul that starts festering. When your reality is not allowed to be seen and to be known, that is the trauma." He further explains that, "When you go to a psychiatrist and they label you with a disorder, hand you a prescription, and ignore the fact that you're dealing with the legacy of brutalization, you're not going to get better. Forgiving yourself for all the ways you've tried to survive — that's a big job." Can you relate to what Dr. van der Kolk is acknowledging?

Having taken training with Dr. van der Kolk taught me to reframe an initial question to a new client from "What did you do?" to "What happened to you?" By recognizing that what individuals experience during their childhood, one can understand the significant impact on who they have become as adults.

A questionnaire that has gained some notoriety of late is the "ACEs". This acronym stands for "Adverse Childhood Experiences." Between 1995 and 1997, the Centers for Disease Control and Prevention along with Kaiser Permanente conducted a study about ACEs with more than 17,000 participants. The Adverse Childhood Experiences Study, which established that early childhood trauma is linked to a host of seemingly unrelated mental and physical health issues later in life. These include violence, obesity, insomnia, migraines, alcohol/drug abuse, anxiety, and trouble with impulse control (along with others).

Below is the entire questionnaire. This may be difficult for some people to answer as it is asking about some of the worst experiences a child can endure.

ACEs Questionnaire

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often ...
 - Swear at you, insult you, put you down, or humiliate you?
 - Act in a way that made you afraid that you might be physically hurt?
2. Did a parent or other adult in the household often ...
 - Push, grab, slap, or throw something at you?
 - Ever hit you so hard that you had marks or were injured?
3. Did an adult or person at least 5 years older than you ever...
 - Touch or fondle you or have you touch their body in a sexual way?
 - Try to or actually have oral, anal, or vaginal sex with you?
4. Did you often feel that ...
 - No one in your family loved you or thought you were important or special?
 - Your family didn't look out for each other, feel close to each other, or support each other?
5. Did you often feel that ...
 - You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
 - Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
6. Were your parents ever separated or divorced?
7. Was your mother or stepmother:
 - Often pushed, grabbed, slapped, or had something thrown at her?
 - Or sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
10. Did a household member go to prison?

Points = one point for each "Yes" answer. A score of 4 points means that you experienced 4 ACEs. An ACE score of 4 or higher is considered to be a high ACE score. A score of 7-10 is extremely high.

What your ACE Score means — as ACEs numbers increased, the likelihood of depression, cancer, diabetes, sexually transmitted diseases, alcoholism, drug use, smoking, ischemic heart disease, chronic bronchitis or emphysema, skeletal fractures, suicide, and homelessness significantly increased as well. People with an ACE score of 6 or higher are at risk of their lifespan being shortened by 20 years.

Although having a traumatic childhood can create problems in life, one must remember that the ACE score is unable to predict your future — it's just meant as guidance because you are in charge of yourself. It tells you about one type of risk factor among many. It doesn't directly take into account your lifestyle or genes, or whether you smoke or drink excessively — to name just a few of the other major influences on health.

Consider that the ACE scores disregard any positive experiences in early life that can help build resilience and protect a child from the effects of trauma. Having a grandparent who loves you, a teacher who understands and believes in you, or a trusted friend in which you can confide can mitigate the long-term effects of early trauma. The ability to thrive despite these challenges arises from the skills of self-assurance and resilience.

Resilience is not a trait that people either have or do not have as it involves behaviors, thoughts, and actions that can be learned and developed. In upcoming articles, we will further explore the concept of resilience-building practices by offering information and tools to strengthen one's competency.

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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Mountain Mustang Memories Bridging the gap

by Stephanie Skidmore

In my work as a trainer of wild horses for the Mustang Heritage Foundation (MHF), a lot of what I do is akin to building bridges: The ungentled Mustang stands on one end, the adopter on the other, and spanning the space in between is the process of gentling the wild horse, finding a suitable adopter and helping the adopter prepare for a successful transition and road ahead with their new equine partner.

The most recent group of wild horses I gentled and placed into homes was also the most recently gathered bunch I have worked with so far. The two 4-year-old geldings and a 2-year-old mare, whom I named Frosty, Ice and Belle, respectively, arrived in Guffey in early December of 2019, less than three months after having been rounded up and removed from their home on the Nevada range. Mustangs are gathered when their numbers exceed appropriate management levels (AML) for their Herd Management Area (HMA). While bait-trapping, a method where wild horses are gradually introduced to a temporary corral in which food is placed and then one day the gate closes behind them, is becoming more prevalent, most gathers to date are conducted via helicopter. Imagine a herd of horses, with each herd consisting of a number of smaller family bands, used to roaming thousands of acres of open land with little, if any, human interference, suddenly being startled by the sound of a low-flying helicopter. The horses — stallions, mares and foals — begin to run with the helicopter still behind them. The old horses and young foals struggle to keep up. Some fall or get tangled up in fences. Others split from the group and disappear into the vastness of the landscape.

The helicopter is now driving the herd towards a corral system, consisting of sturdy panels and often covered with webbing similar to snow fence, in order to prevent injuries caused by horses attempting to run through fences. Once in the corral, the wild horses are run onto large trailers and taken to a holding facility. There the horses are separated into groups based on age and gender. Most stallions are gelded. Very young foals stay with their mothers until they are old enough to be weaned. Many of the mares are pregnant. All horses are run through a chute to be freeze-branded, tagged, vaccinated, dewormed and have their blood drawn for disease testing. After that, some or all of the Mustangs are hauled to either a different holding facility, an adoption event, or a storefront location where trainers and adopters alike can pick them up. Some of the wild horses may be adopted straight out of holding while others never get picked. In either case, these horses often travel hundreds, if not thousands, of miles on a trailer before arriving at their final destination. Family bands are separated and each horse's entire world is turned upside down. Did that just make your head spin? It does theirs, too.

Back to Frosty, Ice and Belle. After six weeks of daily human contact and learning basic skills such as accepting a halter, leading,

picking up their feet and trailer loading (calmly, this time, and in-hand), these three formerly wild horses went on to their new homes in two different states. Only four-and-a-half-months out of the wild, they were now ready to begin a new life.

In the wild, a Mustang covers many miles a day searching for forage on mostly arid rangeland, and traveling to water sources that can be few and far between. The horses are often without so much as a tree for shelter from the elements. Weather conditions can be brutal with hot, dry summers and frigid winters with deep snow covering the scarce vegetation. Stallions may injure each other in fights, mares foal without human intervention and young foals face harsh weather conditions and the need to keep up with their bands from the day they are born. Wild horses pay a high price for their freedom and not all of them live into their golden years. Some never reach maturity. The ones that do are tough and smart, sometimes covered with scars telling the stories of their life on the range. That these horses can adjust so well, and so quickly, to living among humans is astounding, even humbling, to me.



Wild stallions Van Gogh (left) and Outlaw fight over Van Gogh's small band. Note the many scars on Outlaw's rump. photo taken at Sand Wash Basin HMA, Colorado, by Petra Kadrnokova.

These Mustangs know how to be a horse, how to survive in the wild and find their place among other horses, much more so than most of our domestic equines. At the same time, they have no idea how to interact with humans, what to expect from us or what to make of the many unfamiliar objects they encounter in our world; yet they try. I treasure the first eye contact, acknowledging that I am another being that can be interacted with, the first hesitant sniff of the whip I use to extend my reach and to get the Mustangs used to touch while still giving them space, the first touch of my hand from a soft nose, usually with an outstretched



Tag off! This happens early on in the gentling process, when the Mustang is gentle enough to allow touch on head and neck, yet often still a bit leery of humans. It is a big milestone, symbolizing that they are now an individual with a name, a personality, a story and a — hopefully — bright future, rather than just a number. Tag number 4926, Frosty, now lives with his new family in Missouri. He has a very sensitive side to him! photo by Stefanie Skidmore.

neck and big, uncertain eyes. With time, the horses become more confident and engaged. Their bodies relax and their eyes soften. Soon they get used to always having hay and water in front of them, they begin to get curious about people and seek their attention. Before too long, these once wild horses learn that certain behaviors lead to neck scratches and food rewards. Yielding to pressure is learned, and new objects are introduced. The Mustangs meet new people to help them get used to more than one handler and eventually generalize that humans are ok.

All the while I am working outside of the corrals as well, often early in the morning or late into the night, getting the word out about these horses

in order to find them suitable homes, someone who will appreciate them for who they are and continue their training in a manner and direction appropriate for each horse. While that may be the toughest part of my work with Mustangs, it is also the most rewarding one. When I hear from adopters, sometimes months if not years after they have picked up their Mustang, and receive photos of their adventures together, that is the greatest reward of them all. When the horse is loved and well cared for, and is out on the trail, in the arena or the show ring, or living the life of a beloved pasture puff, it is also representing all Mustangs, their cause and what they are capable of, sparking curiosity and interest in even more people. This goes a long way towards keeping wild horses free on the range and finding good homes for those in holding.

Stefanie Skidmore is a Mustang trainer and advocate located in Guffey, Colorado. Her website is stefanieskidmore.com. To learn more about her work with wild horses, about adopting your own Mustang or for help with a horse you already own, you can contact her via email at stefanie@stefanieskidmore.com or call/text her at 719-377-8587 (cell).



Mustang mares in motion at a holding facility. The red roan mare on the left, tag number 1922, is now known as Chrome and lives in Ohio. She was one of my 2019 Trainer Incentive Program horses. photo by Stephanie Linsley.

MountainAries Market One-year anniversary

by Flip Boettcher

photo by Flip Boettcher

It doesn't seem like it's been a year, but February 15 marked the first anniversary of the MountainAries Market in Guffey. The market is located at Colorado Highway 9 and the Guffey turnoff.

Over the past year, the market has grown quite a lot and features dairy products, meats, in-season produce, bulk dry goods including nuts, grains, flours, trail mixes and herbs. The market also carries the MountainAries skin care products which are made right there on the premises. All their skin care products are hand crafted from scratch, using organic where possible.

The market also carries household products, pharmaceutical items, body and bath products, pet foods, coffees and teas, and snack items. They will also gladly order items for you, which they do not stock.

Olimpia Robinson owns the MountainAries Market and Ashley Stone helps run and manage the store. Both women own the skin care products line that they make in the small building next door to the market.

MountainAries also has a zero/minimum waste policy and they refill jars, use small reusable cloth bags, paper bags and compostable plastic, mostly from non-virgin materials. They also try to use locally made items when they can.

The coffee has been a big hit, said Robinson. They are expanding their coffee and tea section into their office space. They will be purchasing new machines and a larger espresso/coffee maker. Also, they will be adding items like iced coffee and smoothies, said Stone.

The market has many items by local artists including paintings by Kathy, outdoor painting by Peggy, scrap work from Sundance Sheepskin, metal art by Bill Soux, handmade hats by Ruth, mittens by Cherri (60% of the proceeds go to the school's elective classes), jewelry by Roy



Ashley Stone (left) and Olimpia Robinson in front of their coffee, tea and herb section which will be moving and expanding into the current office space.

(a disabled veteran), rocks collected by Meggan, some local author's books and crafty fire starters by Tracey. Robinson bought the building in April 2018 and even with the help of family and friends, it took Robinson and Stone a lot longer than planned or expected to get the market up, running and open.

Originally the building was the West homestead house that had been moved from Guffey town to the present location. The building sat vacant and open to the elements for years before local realtor Geri Salsig refurbished the building and opened a real estate office there for several years.

The MountainAries Market has been a real boon to those who can't, won't or don't want to drive to Cañon City, Woodland Park or elsewhere for groceries.

Congratulations on your first year of business; may there be many more!

Sarah's Place at the Bakery

by Flip Boettcher

photo by Flip Boettcher

After almost four years in business, on February 1, 2020, Dana Peters, owner of The Bakery in Guffey, turned ownership over to Sarah and Kris Wilson. The new name will be Sarah's Place at the Bakery, but most things will stay the same.

Peters said it was hard to give up the day-to-day operation of the bakery, which could be very hectic at times, but she has done so for many reasons. Peters said that Sarah and Kris had many plans to expand and improve the bakery.

Sarah's Place will now be open seven days a week and there will not be a gift shop in the bakery, just great food.

Hours will be Sunday-Wednesday 8 a.m. - 2 p.m. and Thursday-Saturday 8-8 p.m. There will be special dinners on Thursday, Friday and Saturday nights.

Thursday will feature special home-style dinners, Friday will be fish fry dinners and Saturday will continue to feature the around the world themed dinners.

Sarah and Kris, who plan on getting married this summer, have over 25 years of restaurant experience between them. Sarah arrived in Guffey in 1996 and Kris is recently here from Cincinnati.

Peters will still be cooking the Saturday night Italian dinners once a month, as well



Kris, on the left, and Sarah Wilson. The new owners of the bakery in Guffey getting ready for the grand re-opening. It is now called Sarah's Place at the Bakery.

as baking on Wednesday mornings and will continue having art classes at the bakery.

Sarah's Place at the Bakery should continue to be a great place for a hearty meal, a sweet treat, a fresh loaf of bread, or just a nice visit in the new cozy nook!

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Critter Corner

Luna & Paloma saying hi to one of our daily neighbors - Mark Waldo & Michelle Alarid, Florissant, CO

Princess checking out a deer - Sue Santoro, 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.

The Villain's Kiss

by Danielle Dellinger

Jacobix Willis walked through the misty woods. He followed a path lit by fireflies. They would land on mushrooms and rest their backs on the caps, causing the whole mushroom to light up. In the distance, he could hear the faint melody of windchimes. As he got closer, he could see a soft glowing light. He realized it was a porchlight, illuminating the outside of a quaint cabin. Jacobix stepped out of the trees, cautiously approaching the mossy cabin door. Before he reached it, an opossum scurried out from a hedge and stopped in front of him, hissing and baring its teeth at him.

Jacobix stepped back, unsure of what to do. "I'm only here to return what was stolen."

The opossum hissed more, moving toward him.

"Let him enter," came a woman's voice from behind the door.

The opossum immediately went silent and trundled away into some bushes.

Jacobix watched it go, and then inched toward the door. "Hello? Thank you for calling off that creature." He was met with silence.

The door soundlessly swung open, revealing a roaring fire in the fireplace straight ahead. Over the fire was a black kettle whistling loudly.

"Hello?" he said again, stepping inside. Everywhere he looked was clutter, piled high to the ceiling. There was only enough room to walk in to the fireplace, turn around, and walk back out.

Suddenly, a stout elderly woman materialized out of the mound of items by the table and lifted the kettle off of the fire.

Jacobix stumbled back. "Well, hi. Why didn't you answer?"

The woman turned and stared him down while the kettle hovered behind her in midair and poured its contents into a cup. "You've got it, right?" She looked him up and down. "Don't waste my time, urchin."

He frowned at her for her tone, ignoring the cup and kettle for the moment. He pulled a necklace out of his pocket. "This is it?" He held it up, letting the piece of antler at the end of the cord twirl back and forth. Before he could do anything, she snatched it from him hand, examining it closely.

"You lie! This is a fake!" she snapped, glaring up at him. "How dare you!"

"It's not a fake!" He glared back incredulously.

"My antler has seven striations. This one only has five. Therefore, it's a fake. How dare you try to trick me!"

"The man who turned it in said he took it from here."

"Idiot! Clearly, he's a liar! Do you know what the punishment is for lying to a witch?" Her eyes were hard, her gaze unwavering as she took a threatening step toward him.

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ward him. "I'm sorry. I'll just go. Keep the necklace." He backed up, feeling around for the door handle.

"Foolish pip!" She pointed at him with the end of a wooden spoon handle. "No longer the same. Forgotten how to be tame. Only will the kiss from enemy of old return wild to its previous form." She repeated the spell three more times.

Black smoke shot out of the spoon's handle and enveloped Jacobix. He coughed and tried to fan away the smoke. Dizziness washed over him and his feet faltered. Was he kneeling? Or was he shrinking? No, he was definitely shrinking. He held up his hands and gasped when he saw they were now tiny paws. He went to let out a scream, but it came out as a shrill squeak. Hearing the sound coming out of his mouth only made him squeak more.

The smoke finally cleared, and the witch tossed back her head, howling with laughter. "You'll never undo this spell, not looking like that."

Jacobix squeaked incessantly at her, but when she spoke, he stopped and tried to look around at himself. He was horrified by what he saw.

"Now, get out of here, vermin!" She stomped toward him to chase him out. Afraid of being squished, he turned and bolted out through a crack in the door. He ran through the darkness, with no fireflies or glowing mushrooms to light his way. He ran until his lungs gave out. Strange sounds were all around him. It was still nighttime, and the nocturnal predators were highly active.

Jacobix hid under a bush, quivering with fear. What had just happened? He was afraid to confirm what he thought. Slowly, he sat back on his haunches and held up his hands — now paws — to see if he could figure out what he'd been turned into. Unable to tell by examining his paws, he carefully felt all over his body. When he touched his nose, he squeaked. His nose was distinct. She had turned him into a naked mole rat!

As a child, Jacobix had been fascinated by rodents, along with his friend, Fayng Merlin. The other kids thought they were weird for their interests, so they were each other's only friend, and they clung tightly to that friendship. They each had a pet rat growing up, and would spend many afternoons together with their pets, reading any book they could about rodents. It was so long ago, Jacobix barely remembered anything he'd read on naked mole rats. But what he could recall was this: They aren't actually blind, merely have poor vision due to the size of their eyes. They live the majority of their lives underground in darkness. They can also move their incisors independently, much like chopsticks.

The last thing he remembered was they're eusocial, meaning they live in a hierarchy, and are one of only two mammals who do so. They have a queen, but she isn't born a queen. She fights her way to the top.

He could feel himself starting to panic as the full realization of his situation hit him.

The witch's words played on a loop in his head. "Only will the kiss from enemy of old return wild to its previous form." An old enemy? What does that even mean? Did he even have any enemies, or one

worthy enough to break a curse?

A memory flashed across his mind. He and Fayng were around 11-years-old. Somehow, they had ended up in a heated argument about their favorite kind of rodent. Jacobix had said that while he liked the rat, it wasn't his favorite. He wanted to give it to someone else so his parents would let him get something else. As far as Jacobix could figure, Fayng felt betrayed by this admission, and flew into a rage, lunging at him. A fight ensued between them and when it was all over, Jacobix's dead rat lay at their feet, having been crushed in the fight. Jacobix ran home, shouting the entire way that he'd never speak to Fayng again.

From then on, they avoided each other in school and around town, but Jacobix noticed his former friend's demeanor had changed. He became reckless, distant, and sometimes violent. Many times, he was seen trying to hex people he disliked. When his parents couldn't take it anymore, they sent him away and Jacobix never saw him again.

He thought it over as he sat there under the bush, and eventually concluded that he needed to find Fayng and get his help. He sniffed the air, and was amazed at just how much he could smell. His instincts told him to track the scents. As he trotted along, he kept hidden in any foliage he could find. The scent of multiple fires burning in fireplaces made him suspect he was near a village. He was so focused on tracking the smells, he almost missed the whoosh of wings over his head. Jacobix squeaked and dashed forward. The whooshing sound was right behind him and gaining, so when he came across a hole in the ground, he dove in it without a second thought. He felt the wind of the wings on his backside as the bird flew by. His heart was beating so fast it rattled his body. He sniffed the air and discovered he wasn't alone in the hole.

"You were almost dinner," came a high-pitched squeak from in front of him.

"I know," he answered back slowly.

"What was it?"

"An owl. You woulda been gone in an instant."

"Wow. Yikes. Sorry I barged in. Forgive me, but I can't really see you. Are you a naked mole rat, too?"

"No," the creature cutely chuckled. "I'm a gerbil. What're you doing traveling through these woods?"

"Long story, but I visited the witch at the end of the wood to return something, but she claimed I was lying and punished me by turning me into this rodent."

"You seriously went to see Hilda the witch?"

"Yeah . . . Why?"

"This forest is filled with people who were cursed by her. Very few have been able to reverse the spell."

Jacobix heard the gerbil hopping closer. "Are you one of us, too?"

"No, but I've been trying to help anyone I can."

"Would you help me? I really need it. The world is so big, and I'm so small."

"I'd be happy too. I'm Winsky, by the way."

"Jacobix," he replied, his heart rate finally slowing.

"Good to meet you. So, any idea what you're supposed to do to break the spell and return you to human? Walk and talk, though." Winsky turned around and started down a side tunnel.

Jacobix followed her as a thought about this possibly being a trap crossed his mind. "Well, as far as I can tell," he said, "I need to find my enemy from childhood and kiss him."

"Huh, that's a new one. Creative. I like it."

"Excuse me?"

"Sorry," Winsky said, taking a right into another tunnel. "Good news, though, yours is straightforward. So, how do you need my

help?"

"I don't know where my enemy is. He was sent away when we were kids and I never saw him again."

"Hm, interesting. What's his name?"

"Fayng Merlin," Jacobix replied, the cold air in the tunnel bringing lots of new smells, distracting him, and he bumped right into Winsky. "What? Everything okay?"

Winsky hopped around to face him. "Your enemy is the Fayng Merlin?"

"Yeah. Do you know him?"

"Everyone in the land knows him. He's the worst; cruel and heartless. Torture is his fun hobby. Hilda the witch is a snugly teddy bear compared to him. I'm sorry, but I can't help you."

"Wait. Can you at least get me near him? You don't have to meet him. I just need to know where to go."

Winsky sat in silence for a long moment before she turned back around. "Alright, fine. Follow me."

Together, they weaved their way through numerous tunnels. It felt like they had traveled hundreds of miles, and Jacobix began to slow from hunger and exhaustion. "Hey, Winsky, I need to rest and get food. Can we do that?"

"Just a little further. We're almost where you need to be."

He grumbled and reluctantly kept going. A few minutes later, they popped up out of the ground into blinding sunlight. Jacobix quickly scurried back into the dark tunnel. "I don't like it."

"You should, because we're outside of your friend's home. If you go straight, and if you run fast, you'll make it inside alive. He has numerous creatures patrolling the area."

Jacobix was about to protest when Winsky suddenly shoved a large root at him. "Eat," she said. His stomach rumbled and he hastily chewed the root. He was impressed by how fast he could eat. "Okay, now go." Winsky nudged him in the shoulder with her paw.

"Geez, alright. No need to push." He poked his head out of the tunnel and breathed in the fresh air. "Is the coast clear?"

"Go!" Winsky slapped his rump, and he took off, running in a straight line like she'd told him to.

"Thanks!" he called back to her, and he thought he heard a faint response. He ran until he crashed into a wall. He sputtered and rubbed his sore nose, peering around with his tiny eyes trying to see what was in front of him. As far as he could make out, it was a black brick house. His nose led him to a crack in the foundation and he squeezed in. The cold temperature told him he was in a cellar, and the creaking footsteps overhead confirmed that. He found the stairs and made his way up them to the main floor. The vibrations led him down a hallway to a



large room. He could see what looked like chairs, so it was a safe bet he was in the living room. Suddenly, two feet came into view ten feet away.

"Who should I torture today?" a man said aloud in an agitated voice.

Jacobix recognized it was Fayng immediately, and he poked his head around the corner. There wasn't going to be a good time to get Fayng's help, so it was now or never. "Fayng!" Jacobix yelled as loud as he could with his little lungs. "Fayng!"

Fayng stopped pacing and looked around for the source of the squeaky voice. "Who's there?"

"Down here by the corner. It's me, Jacobix."

Fayng frowned and knelt in front of Jacobix, smoothing his black velvet robe under his knees. "Ah, well, look who it is. Seems you're in a situation that suits you. I can smell the spell on you."

"Listen, let's cut to the chase. I need your help."

"No, you don't." Fayng picked him up by the tail and dangled him. "After you abandoned me, I have no reason to help you."

"We both did things that led to the end of our friendship. But right now, I just need you to, um, well, kiss me."

Fayng burst out laughing, getting to his feet. "No, I won't do that. You're vile. I'll never kiss vermin." He let Jacobix drop to the floor from several feet.

The wind left Jacobix. "Please," he wheezed. "I'll do anything for your help. Anything."

Fayng walked away. "I want nothing to do with you."

"Listen, Fayng, I'm sorry about what happened between us. I'm sorry for running away from you. I know now it wasn't your fault my rat died, that it was a freak accident. Please. You were my best friend, and we really only had each other as kids. I hated watching you become an outcast. I miss us. I've thought about you every day since then. All I've ever wanted to do was apologize."

Fayng faced him. "You have?"

"Swear on my life, yes."

"I've thought about you too." He came back and gently picked up Jacobix. "I've really missed you. Thank you for saying all that. I'll kiss you." He raised Jacobix up and kissed him right on his nose and teeth.

In a puff of black smoke, Jacobix returned to human form. He laughed with relief and smiled at Fayng. "Thank you so much."

"Thank you for apologizing. Want a drink?"

Jacobix nodded quickly. "Absolutely! I need it," he chuckled.

— The End —

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The Gunnison River Rainbow

Whirling Disease resistant rainbow trout now a reality in Colorado



In the Gunnison River gorge, CPW Aquatic Biologist Eric Garduno, holds a whirling-disease resistant rainbow trout. CPW is stocking fish resistant to the disease throughout the state.

Whirling Disease first impacted Colorado's rainbow trout in the mid-1990s and eliminated many wild populations of this popular sport fish. The aquatic tragedy sparked a decades-long effort by Colorado Parks and Wildlife research scientists to find a remedy and re-establish populations.

Since 2003, the researchers have been crossing a strain of rainbow trout resistant to the disease with other strains of rainbows in the hope of developing a trout that would fend off whirling disease. Now, after more than 20 years of study, frustration, experimentation and dogged persistence by CPW's aquatic researchers, the tide has turned in the fight against the dreaded disease. Whirling-disease resistant rainbows are now thriving in the wild and the agency is collecting their spawn, enabling hatcheries to propagate millions of fish that will be distributed to rivers and streams throughout the state.

"Thanks to advance genetic testing, we know these fish are maintaining their resistance to whirling disease," said George Schisler, CPW's aquatic research chief. "Now they are surviving, reproducing and contributing to future generations of Gunnison River rainbows."

This long success story started on an August day in 1994 when former CPW researcher Barry Nehring, while walking the river bank in the Gunnison Gorge, noticed small fish swimming helplessly in circles. He knew immediately that the fish were infected with a microscopic spore that damages the cartilage of young fish and prevents them from swimming and developing normally. Whirling disease had arrived in the wild.

The disease was accidentally introduced to Colorado in the late 1980s when infected fish were imported to state and private hatcheries. After those fish were stocked in 40 locations, the spore spread and within a decade infected many rivers throughout the state. The disease kills young fish, so eventually natural reproduction by wild rainbows ended across much of Colorado.

In search of a remedy, CPW scientists and biologists from wildlife agencies throughout the West started researching the disease in the late 1990s. At a national conference in Denver in 2002, a researcher from Europe who studied whirling disease gave a presentation about a strain of disease-resistant rainbow trout he'd found at a hatchery in Germany. Schisler, working with the University of California-Davis, imported eggs and then tested the hatched fingerlings, known as Hofers — named after the German hatchery. He found they were 100 times more resistant to the disease than the various CPW rainbow strains.

He also learned that because these fish had been raised in a hatchery for decades, they showed no inkling of the flight

response needed to elude predators in the wild. So researchers started crossing them with wild strains, such as the Harrison Lake and Colorado River rainbow to produce fish that exhibit wild behavior and maintain resistance to whirling disease. Those fish were stocked in rivers around the state and some natural reproduction started.

Biologists working in the East Portal Section of the Gunnison River gorge began documenting wild reproduction of rainbow trout in that location in the mid-2000s. These fish demonstrated strong resistance to whirling disease, but also had instincts to survive in the wild. Through advanced genetic analysis, Schisler and his research partner, Eric Fetherman, determined that a DNA marker unique to the stocked Hofers appeared to have been incorporated into this population, resulting in observed resistance to the disease.

The researchers and agency aquatic biologists determined that developing a brood stock using the Gunnison River trout would be the best way to repopulate Colorado's rivers with wild rainbows. Since 2014, more than 500,000 eggs have been collected from these fish to stock into whirling-disease-positive rivers and to create hatchery brood stocks.

The trout now has its own moniker: The Gunnison River Rainbow.

CPW's Glenwood Springs hatchery is propagating both the pure Gunnison River Rainbows and crosses of those fish and other strains of whirling disease-resistant rainbows. This summer more than 1.3 million of fingerling disease-resistant rainbows will be stocked in rivers and streams throughout the state.

The ultimate goal of the stocking effort is to restore natural reproduction in the wild, eliminating the need to stock rainbows in the future.

However, re-establishing the rainbows continues to be a long-term project. After rainbows vanished, brown trout took over Colorado's big rivers. They prey on the small rainbows that are stocked or hatch and compete for food and habitat with adult rainbows. Biologists say it will take many years for rainbows to become firmly established.

Research scientists don't declare victory easily, but Fetherman noted that the research project in the East Portal is officially closed. Populations across the state will continue to be monitored because the tiny worms that produce the spores causing whirling disease will likely always exist in Colorado's rivers.

"I feel like we've done some good work and these fish are ready to be stocked statewide," Fetherman said.

For more information on CPW's aquatic programs, go to: <https://cpw.state.co.us/thingstodo/Pages/Fishing.aspx>

Financial Focus

Will your money last as long as you do?

What do your fellow citizens fear most? Almost half of them, 49% are most afraid of running out of money during retirement, a higher percentage than the 44% whose chief concern is failing health, according to a recent survey by Aegon Center for Longevity and other groups. What steps can you take to help ensure your money will last as long as you do?

Here are a few suggestions:

- Estimate your longevity. None of us can say for sure how long we'll live. However, you can make some educated guesses based on your health and family history. Once you have at least a ballpark figure, you can then determine about how much money you may need to last the rest of your lifetime. A word of caution: It's probably going to be more than you think. Health care costs alone can run into the hundreds of thousands, even with Medicare.

The thought of running out of money during retirement is scary indeed...

- Determine when you'll retire. Your retirement age will have a big impact on how long your money can last. The longer you work, the more you can contribute to your retirement plans, such as your IRA and 401(k). Plus, if you have health insurance through work, you should be able to cover some of the out of pocket health care costs you'd normally have to pay if you're retired.
- Invest as much as you can in your retirement. During your working years, contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored retirement plan. Every time you get a raise, try to

increase the amount you put into your employer's plan.

- Protect yourself from long-term care costs. If you're fortunate, you'll never need any type of long-term care, such as an extended stay in a nursing home or the services of a home health care provider. Still, there are no guarantees, and long-term care expenses can be big enough to threaten your retirement savings. The average cost for a private room in a nursing home is about \$100,000 per year, while a home health aide costs about \$50,000 per year, according to the insurance company Genworth. Medicare typically pays just a small portion of these amounts, so you may want to purchase a long-term care insurance policy that will pay for qualified long-term care costs or you might consider a "hybrid" policy, which combines long-term care protection with life insurance. So, if you never needed long-term care, your hybrid policy would pay a death benefit to your beneficiary, but if you did need the care, your policy would pay benefits toward those expenses.
- Choose an appropriate withdrawal rate. During your retirement, you'll need to withdraw money from your IRA, 401(k) and other retirement accounts. But you'll want to avoid taking out too much each year, especially during the early years of your retirement. It's important to establish an annual withdrawal rate that's appropriate for your needs, taking into account your age, sources of income, lifestyle and other factors.

The thought of running out of money during retirement is scary indeed but by making smart choices, you can go a long way toward alleviating this fear and enjoying your life as a retiree.

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

The 22nd Annual Pearl's Follies

Mark your calendars for Saturday, March 7th to attend Cripple Creek's biggest party of the year. This annual brouhaha is a fundraiser for The Old Homestead Museum where everyone is welcome to join in the fun at the Double Eagle's Hotel and Casino's Conference Center.

Pearl's Follies is where local Cripple Creek area residents get together to share their love of the community, Colorado history and having a great time with family and friends.

The Old Homestead was built in 1896 and was the most elegant brothel in the Cripple Creek Mining District during its heyday. Since 1958, the house has been operated as a museum and has been a public favorite ever since. With the continued support of the community this treasure will

be around for many generations to come.

We are still working on acts for the show, but wanted to get this early notice out for all the folks who have attended Pearl's Follies in the past, that we are making a couple of changes. Yes, we will still have food, entertainment and dancing, but we will be opening an hour earlier at 5 p.m. and the silent auction will end at 7 p.m. This will give folks two hours to enjoy the food, catch up on visiting with the friends and bidding wildly. We felt it best not to have bidding during the show, so everybody could enjoy and hear the entertainment.

We are still rounding up the acts, looking for sponsors and items for the auction. If you can help with any of those needs, please give us a holler. Charlotte 719-689-2485 or Karen at 719-689-3984.

Adopt Me by TCRAS

Peanut

Please meet Peanut! She is an active girl at about 1 year and 7 months. This lovely red/white Australian Cattle Dog mix would be an amazing companion as you go hiking or at the agility course. Stop by TCRAS to visit her; we're at 308 Weaverville Road or call for more info at 719-686-7707.

Save the date for Wild Whiskers April 4 at Shining Mountain Golf Club. Doors open 4:30 p.m. for cocktails, live music and silent auction. Dinner is at 6:30 p.m. with program and special rescue stories. Special guests will include many of the Mayor of Divide Candidates! Tickets are \$45 each or \$80 for 2 and can be purchased at TCRAS 308 Weaverville Road or online www.tcrascolorado.org. Table and event sponsorships available, call 719-686-7707 or jodi@tcras.org.

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



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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March 14, 2020



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- 2 p.m. – Rev. Whitney – “You Are My Sunshine,” “Moose,” “Angel of Love...”
- 3 p.m. – Circle Dance, singing “Some Day.”
- 4 p.m. – Chocolate

Wyckoff Homestead
455 Shavano Creek Trail, Florissant, CO.

For more information or directions
call Shavano 719-476-0030.

Voter update

by Bob Seay

Changes in Colorado's election laws for the 2020 election should increase voter participation but some of these changes could cause some confusion.

The most important step in this process is to make sure you are registered to vote! You cannot vote if you are not registered. Colorado allows online voter registration through Vote.org or online through the Colorado Secretary of State's office. Registration is also available at the County Clerk's office and through voter registration drives. Voters must update their voter registration if they have changed their address or their name. Voters who are unsure about their registration status should visit govotecolorado.com to verify their information.

Dates and Important Changes:

February 14: Deadline to register and to declare a party affiliation if you want to participate in the Colorado caucus. Unaffiliated voters — those voters who are not affiliated with either the Democratic or Republican parties — can vote in the primary elections but are not eligible to participate in the caucus process.

What's new: Registered voters who are 17 years old and are registered as either a Democrat or a Republican may participate in their party's caucus if they will turn 18 before the November election.

March 3: Presidential Primary

This is another change. Colorado's last presidential primary was in 2000. After that, Colorado went to a caucus system. Then, in 2016, Colorado voters reinstated the state's presidential primary. The ballot for the presidential primary will contain only the names of candidates who are running for president.

Registered Democrats and Republicans will receive their party's presidential primary ballot in the mail during the week of February 10. Ballots must be mailed back and received by the County Clerk no later than 7 p.m., March 3. Remember to put a stamp on the envelope and to allow enough time for delivery!

Unaffiliated voters will receive packets containing both Democratic and Republican primary ballots. They must select one

ballot and return it by the March 3rd deadline. If a voter returns two ballots, both ballots will be discarded. Regardless of which ballot the Unaffiliated voter uses, voting in the primary will not change the voter's unaffiliated status. You can vote for a Democratic candidate in the presidential primary and remain unaffiliated.

March 7: Democratic Precinct Caucuses

Caucus is the first step towards selecting candidates for the US Senate and other races. Caucuses are held at the precinct level. Please see ParkDems.org/2020-election for the location of your precinct's caucus. If you are unsure of your precinct number, please contact the Park County Democrats through the ParkDems.org website, or your county's website.

Caucus goes must have lived in the precinct for at least 22 days; must have registered to vote no later than 22 days before the caucus; and must be affiliated with the party holding the caucus — in this case, you must be a registered Democrat to vote in the Democratic caucus — for at least 22 days before the caucus. Voters who are 17 but will turn 18 before the November election are eligible to participate in caucus, provided they meet the other requirements. Unaffiliated voters are welcome to attend the caucus and voice their opinion, however only registered Democrats will be able to vote.

June 30: Non-presidential Primary Election

Voters will choose their party's official candidate for senate, for congress, for state representative, state senator, board of regents, and for other partisan races on June 30.

What's new: Voters who are 17 years old may vote in the non-presidential primary if they will turn 18 before the general election in November.

November 3: The General Election

All registered voters will receive the same ballot in the mail in October. Voters will vote for president, senator, representative, and for state offices. It is important to vote in every race, including those at the bottom of the ballot! Ballots must be returned by 7 p.m., November 3.

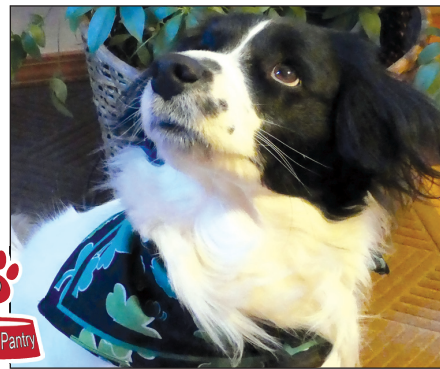
Democracy is not a spectator sport! Get registered and VOTE! ParkDems.org

Where is Katee this month?

Katee is the mascot for the Pet Food Pantry for Teller County. She has dedicated herself to helping families keep their furry best friends at home with them when they fall on hard economic times.

On Saturday, March 14th from 2-4 p.m., Katee will be at the entrance to the Ute Pass Cultural Center. She will be the greeter for the Pet Food Pantry's fundraiser, “Taste of the Irish.” We hope to see you there.

FMI www.PetFoodPantryTC.com.



CALL TO ARTISTS

REM Art Gallery in Canon City is seeking artists. For info e-mail Mary Shell at creatingfromthesoul@yahoo.com or call 719-371-5405

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Growing Ideas
Hip ideas to live by

by Karen Anderson “The Plant Lady”

March greetings friends and mountain gardeners. Hoping your winter months have been good ones filled with many blessings and well-being. Mine certainly were and I'm back to help guide you through the 2020 gardening season to the best of my abilities.

February may have been fairly challenging to many of us with the chores of dealing with so much snowfall, but as we know, those snowy days are to our benefit in the long run. Personally, I relish in a good old fashioned snow day when things in my life slow down a bit and I can simply keep the wood stove on ‘simmer’ and putter around the house. As Spring Equinox approaches on March 20th, I shall still welcome as much snow as Mother Nature wants to give us! It's a good thing!

Since we high altitude gardeners have a few months yet to get ‘jiggy’ with our gardening endeavors, I would like to take the opportunity this March to share a few thoughts about this month's quote, as it seems to represent and characterize my authentic self as a person, a passionate gardener and as an Earth Keeper. Thank You to my good friend and neighbor, Miss Carmen, who shared the quote with me and provided me with the inspiration to write this article. I think she has come to know me pretty well and I appreciate her thoughtfulness.

Tree hugging

Most of us are familiar with the traditional description of a ‘Tree Hugger’ when an environmentalist climbs a tree and hugs that healthy, elder ‘standing one’ for dear life in order to protect it from being cut down, for whatever reason.

On a different level, have you ever just wandered out into the forest or your yard and physically wrapped your arms around a tree with the intention of fully experiencing its special energy? I would like to encourage you to do that sometime, especially if you are stressed to the max! Many years ago, my dear and long-time friend, Debbie Winking of Heart Song Yoga enlightened me to the tree hugging experience and I will forever be grateful.

If you are interested, here's a few tips to get you started. Take a leisurely stroll outdoors and begin to focus on your surroundings. One particular tree may call to you. Give it a loving hug. Maybe close your eyes for a few moments, and if your senses are open, you may become aware of to this trees' heartbeat coming up from the Earth Mother who gives it life. Listen. What sounds to you hear? Are there birds singing for the pure joy of living? What does the wind or breeze sound like? Feel the strength, support and grounding properties this tree is providing for you. Be willing to receive these gifts from nature. Love this tree back. You may wish to open your eyes now and really look at your tree companion. Notice its particular beauty. Touch it. Smell it. Perhaps even taste it.

Have a private conversation with a wise old tree. There may be answers that come to you.

Yes indeed! I love to hug me a tree. In addition to being the Lungs of the Earth, trees offer many other gifts if we are willing to receive them.

Hugging humans is a healing practice as well. Hugging each other is a miracle kind of medicine. A sincere and loving hug can relieve us of many physical and emotional problems. Try a heart-to-heart hug. We are accustomed to hugging each other in one particular way, just switch over so that your hearts are touching and feel the love from one heart to another.

Flower sniffing

Our sense of smell is a wonderful gift from our Creator. I think most of us have

heard the old saying “Don't forget to stop and smell the roses.” When the wild native roses are blooming in my garden, the fragrance is intoxicating and I am compelled to simply pause and linger in that sacred space for a period of time, no matter how busy I am, in order to fully savor the delight of the sweet scent that fills my spirit with gratitude and pleasure. Certain flower scents can bring forth all kinds of fond memories from our past, which carry us back in time to relive those times in our mind. Visitors to Paradise Gardens often ask me if a type of flowering plant smells and sometimes I respond with an ‘I don't know’ because I haven't taken the time to find out! As long as I have been gardening, I am still learning to stop and sniff the flowers!

Animal kissing

I've been kissing animals all my life. If we have grown up in a family who has welcomed pets into the home, then we have more than likely kissed many dogs, cats, Guinea pigs, bunnies, birds of all kinds, iguanas and maybe even some fish. When I was a little girl, around 5 years old, I lived in the mountains near Prescott, Arizona and somehow acquired a pet skunk named Petunia. I kissed her all the time. She was de-skunked, so I was able to carry her to all the nearby neighbors to introduce my beloved skunk friend. Well, I remember a lot of doors slamming in my face! Guess they just didn't get it. Anyway, I continue to kiss any animal that will allow me to do so. It's great therapy!

Planet loving and dirt worshipping

Yes, we must love and care for our

precious Mother Earth. She provides all we need for life itself. Keeping the soil and the water and the air clean and healthy is essential for our very existence.

This is why I do what I do! It is my ‘calling’ to be a custodian of the planet and I am dedicated to the cause. I will continue to encourage the practices of organic gardening, composting, growing non-gmo food products in our gardens, to share knowledge and wisdom with others and to walk in beauty upon the Earth.

And proud of it!

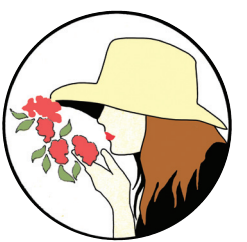
Although I have outgrown some of the old hippie stuff, I remain dedicated to the concepts of peace, love, flowers in your hair, kindness, respect for the Earth and her inhabitants, and for my Brothers and Sisters. I am glad to have lived in those good old days and will always keep those values close to my heart and soul.

We'll get more into mountain gardening and growing ideas next month, but for now I invite you to exercise patience and please don't get too excited about a possible faux spring that usually occurs around this time of the year. No cabin fever here as I am happy and content with tending to and enjoying the colors of my indoor houseplants, especially the flowering ones like amaryllis, geraniums, Christmas cactus, velvet Elvis, kalanchoes, cactus and other succulents as well as some forced bulbs like tulips and grape hyacinths.

While we are patiently awaiting the warmer gardening weather, here's a little check list for March: Sort through your existing seed inventory and make a list

**I am a...
Tree Hugging,
Flower Sniffing,
Animal Kissing,
Planet Loving,
Dirt Worshipper**

And Proud of It.
— Hippies for World Change



of what you would like to purchase or exchange through our local Seed Libraries. Set aside tomato, pepper and herb seeds to start indoors toward the end of this month. Planting a few days after the New Moon (March 24th) is a good time, but not essential. Peruse through some gardening magazines and take notice of what interests you. Take advantage of any gardening classes that are offered in your community. The Harvest Center in Woodland Park is a great resource for valuable information (wpharvestcenter.org) as well as Rampart Area Seed library Partnership (RASPL 719-472-3671). You may also call me at 719-748-3521 for any inquiries regarding high altitude, native and organic gardening. I am also available (weather permitting) for landscape consultations.

My Heritage Seed Collection will be available for purchase around the second week of March at Mt. Naturals in Woodland Park, the Outpost Feed Store in Florissant and a new location at Shipping Plus in Divide.

Gift Certificates can be acquired by contacting me personally.

If you are interested in adding native Aspen or Evergreen trees to your landscape this year, call or e-mail me at plantladyspeaks@gmail.com for more information.

I am looking forward to the 2020 gardening season, reuniting with old friends and meeting new kindred spirits. Happy garden planning!

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"As a fifth-generation Teller County native, being a part of and helping the community is extremely important to me. Owning a piece of the mountains is something we can help you do!"

--Alanna Crawford

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Pie Palooza Grand Champion – Best in Show

by Flip Boettcher
photo by Martine Walker

Pie madness descended upon Guffey once again for the 11th Annual Pie Palooza, as Erin Van Egmond won Grand Champion — Best in Show with her Oatmeal Cinnamon Roll pie.

Almost 100 people, plus students, packed into the Guffey Community Charter School multi-purpose room to watch the Guffey School players perform "In a Pickle at the Pie Palooza," a pie melodrama, and to sample pies and buy pies at the pie auction.

This event is the school's biggest fundraiser of the year, and monies go to support the school, said School Principal Martine Walker. This year the school raised about \$6,700. Six students baked pies this year and they each received a certificate from Walker. Over the past 10 years the school has raised about \$57,000 from the pie paloozas.

While the audience was watching the melodrama, the pie judges were sampling and judging the pies. The four judges were Juliana Frost, head judge, Alexi Alfieri, Holly Sample, and Frank Schiola.

First-, second- and third-place winners in the four pie categories were announced and given ribbons. From the four first-place winners, the Grand Champion — Best in Show is chosen and takes home the traveling award for a year.

First-place in the savory category was Hattie Clayton with her green chili chicken pie; first-place in the other category was Van Egmond; first-place in the fruit category was a student entry, Nate Vallaro with his caramel apple marshmallow pie;



Grand Champion — Best in Show Erin Van Egmond on the left with her traveling award. Head judge Juliana Frost on the right.

and first-place in the cream category was Kristy Satterly and Erin Van Egmond with their key lime pie.

Auctioneer Miles Downare auctioned off 39 pies; 11 savory, 11 fruit, 10 cream and 7 others. Chris Downare has been the auctioneer for the past 10 years but was a little under the weather this year so he got Miles, his brother, to fill in for him.

The first pie sold for a measly \$5, but things went up from there. The top selling pie went for \$510 for Hattie Clayton's chili chicken potpie; last year's top pie sold for \$500. Second highest selling pie was \$430 for last year's Grand Champion, Jake Van Egmond's deer meat pie. Jodi Corona's chocolate mousse pie sold for \$300; Rita Mick's filo pizza pie sold for \$340 and an American pie sold for \$380. Four pies sold in the \$200 range and quite a few sold in the \$100 range.

All in all, a lot of delicious pies were made, sampled, judged and sold. Who will be next year's Grand Champion?

Quilters and crafters Got extras?

If you have a talent of craftiness (painting, crocheting, knitting, jewelry making, pottery, drawing, sewing, etc.) or are able to create quilts of any size, we are interested in your items for our Cañon City Library Quilts and Crafts Silent Auction fund raiser. We would be honored to accept, display the item(s), and collect bids at our Quilts and Crafts Silent Auction. All proceeds will go directly to purchase prizes and help fund our Summer Reading Program 2020.

Donations will be accepted until June 1, 2020. The Silent Auction runs June 1 through end of day July 24.

Cañon City Public Library is located at 516 Macon Ave. FMI 719-269-9020.



Trooper Tips CSP Youth Academy

by Trooper Gary Cutler

Once again, it's time to look towards the youth of Colorado where we give them an experience of a lifetime. The mission of a Colorado State Patrol Trooper is not just enforcing the laws on the state's highways, and interstates. We are also very involved in educating the public in various areas.

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

The goal of the CSP Youth Academy is to assist in the development of future leaders for Colorado through team exercises and individual achievement. It is a week-long adventure for the 45 teens that are accepted. Some of the academy requirements include that they must be a junior or senior in the fall of 2020, write an essay, have two letters of recommendation, and complete an interview with troopers.

During the week of activities, they are constantly supervised by State Troopers and mentored in various areas that will help them in life or whatever career they decide to follow. The youth stay at our academy, eat at our facilities, and gain friendships with other youth from across the state.

While in the youth academy, teens will

have an enjoyable, fun filled week and get to experience a long list of activities. Some of the activities include defensive driving on our state patrol track, firearms safety, self-defense tactics, traffic stops, building searches, team building, and ethics in law enforcement, just to name a few. At the end of the week there is also a special field trip for the participants. Past years have been visits to the Bronco's football facilities, and Rockies games.

The Youth Academy is not just for teens interested in law enforcement. The week long class will help them in their future endeavors. It will also be an experience they will remember the rest of their lives. If they want to continue with a career as a trooper, well, we won't complain. We have had several of our Youth Academy participants become State Troopers, and we couldn't be prouder.

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

This year's youth academy is July 19th-25th. Applications are due by March 22, 2020.

As always, safe travels!

New Chief at Four-Mile Fire Protection District

by Flip Boettcher
photo by Jay Teague

As of January 6, 2020, the Four-Mile Fire Protection District has a new fire chief, Jay Teague.

Teague is from Midland Texas, but has been coming to Teller County visiting family since he was a child, he said, and has wanted to live here permanently for some time.

Teague brings a lot of experience to the fire department working the last 23 years as a firefighter at the Goodfellow Air Force Base outside of San Angelo, TX and just retired as a fire Captain. Teague was also the Chaplin for eight years with the San Angelo Fire Department.

Teague has bought a house in the Bear Trap Ranch subdivision east of Guffey, on the Teller County side. Teague has been married to his high school sweetheart Monica for 22 years and they have two daughters, Karah, 14 years old, and Josilyn, 13 years old.

The Four-Mile fire district is 65 square miles and its western side edges on the east side of the Southern Park County Fire Protection District. The two agencies have a mutual aid policy to help each other.

Like most small rural fire districts, the equipment and buildings are outdated and constantly in need of repair. It is hard to recruit, train and retain quality volunteers.

Call-out times are often lengthy.

The Four-Mile Fire Protection District is a fire and emergency medical service (EMS) agency and has two stations; a main one and a satellite, as well as 14 vehicles. The department is strictly a volunteer agency, except for a paid chief and the department does not charge for calls. Unless the patient requests a specific air ambulance, Teague prefers to use Flight for Life out of Colorado Springs. Flight is a non-profit agency and the average bill for a transport is much less than other services and benefits the district's residents greatly, said Teague.

When Teague started in January, there were less than five active volunteers on the roster. Currently there are 30 volunteers, both fire and EMS. That's more than triple the number of volunteers with a lot of them currently going to fire and emergency medical technician (EMT) school, said Teague.

The new chief's main goal is to increase emergency medical and firefighting services to the district. Teague has already increased the number of responders; the department already helps subdivision residents with fire mitigation; March 14, three new captains and three new lieutenants will be promoted to help with the new recruits, Teague said.



New Fire Chief Jay Teague in the bay at the 4-Mile fire station.

There is also a fleet and station improvement program in place for this year.

Ever since he joined the department, Teague says he has been called a "lightening rod" for attracting and promoting positivity. Teague believes, "positivity and negativity are equally contagious. I don't allow the latter in the fire department."

Every new recruit has heard him say, "The fire department is my china shop... no bulls allowed."

Welcome to the district Chief Jay Teague.

Access to Money & Resources

A conference connecting small businesses with resources

We are excited to announce that the Chaffee County Office of Housing has partnered with our regional Small Business Development Center, our Economic Development Corp, and the UAACOG Development Corp, to host a regional conference.

Perhaps even more exciting is that the intent of the conference is to link entrepreneurs with financial capital to bring their ideas to fruition.

Day one connects small businesses and start ups with funding and business resources. Lenders, investors and other support organizations will showcase their products, including loans, grants and investments. The

afternoon allows attendees the opportunity to meet with funders and business resources to discuss funding options and sign up for free or low-cost business resources.

Day two affordable housing developers and tradesmen bring your ideas to fruition by networking with real money. You will have time dedicated for people like you to present your housing and/or business development ideas in front of this room full of people with the capital and other resources to bring your ideas to fruition. You must register to speak by emailing Becky Gray at bgray@chaffeeconomy.org.

This innovative approach is getting small-scale development projects funded

has gained the attention of the Colorado Housing Finance Authority, who is co-sponsoring the event, as well as attention of local, state-wide, regional, and national capital lenders and investors.

Keynote speakers include Betsy Markey, executive director of the Colorado Office of Economic Development and International Trade and Rick Garcia, executive director of the Colorado Department of Local Affairs.

FMI please contact Jamie Billesbach at info@centralsbdc.org. Register for free at: <https://clients.coloradosbdc.org/reg.aspx?mode=event&event=400400011>.

Adopt Me by Ark Valley Humane Society

Journey

Journey is a 3-year-old female Rottweiler mix who would make a great Accountability-buddy for someone who is looking to stay fit this spring! When she first came to the shelter, she weighed over 100 lbs! With diet and exercise we've helped her shed some of those pounds here at the shelter, and she's looking for a home that would continue to help her stay active, and live her best life!

Journey gets along with some dogs, but not all, so it's important to bring any pups in the

home to the shelter to meet her. She loves receiving affection from everyone around her, she really is just a big goof! She is currently on some pain medication and glucosamine supplements to help her joints, since she's such a big gal. With weight loss and a higher glucosamine in her system she should be able to be weaned off the pain medication over time.

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



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One Nation Walking Together

Impoverished Reservations

Lack of mobility, affordability contributes to food deserts

by Robert Manylightnings Williams

In any Denver grocery chain store, shoppers can find hundreds of fresh fruits and vegetables. Looking for apples? There are Red Delicious, Golden Delicious, Jonagold, Honeycrisp, Macoun, Granny Smith, and Pink Lady. Looking for potatoes? You'll find russet, Idaho, yellow, red, white, Gemstone medley, little, and jumbo baking. There are also the organic alternatives. So many choices in what foods to bring home and consume. One can even place an order online and pick it up or have it delivered for a nominal fee.



Alternatively, just five hours to the north of Denver is the Pine Ridge Reservation in South Dakota, roughly the size of Connecticut. It is home to Oglala Lakota Nation, descendants of warriors, buffalo hunters, horsemen and a proud, beautiful culture. There is just one medium-sized grocery store within the massive reservation. It offers a variety of bread, packaged food, fresh meat, frozen foods, and a limited selection of fruits and vegetables. By the doors, there is a deli that offers hot, deep-fried ready to eat food like chicken, corn dogs, and burritos; all of these foods are high in cholesterol, sugar, and fat. For those living in the northern part of the reservation, in the community of Wanblee, it is over a two-hour drive to this grocery store. There are scattered "convenience" stores throughout the



While we may take them for granted, there are no supermarkets in a food desert.

reservation that also offer fast food served from under a heating lamp or frozen items ready to warm up in a microwave and with little to no choice of fresh fruit or vegetables. The nearest town with a more substantial grocery store is in Rushville, Nebraska, to the south approximately 24 miles away from the town of Pine Ridge but 108 miles from Wanblee. There are no public transportation systems that run through the reservation. When nearly half of the population on the reservation does not have access to reliable transportation, how do people get food? How do people meet some of their most basic needs?

How does this affect the community at large? Will children have the proper nutrition to succeed in school?

In South Dakota, the poverty rate is 14% overall, compared to 42% on the Pine Ridge Reservation. The U.S Department of Agriculture reports that a food desert is a "low-income geographical area where residents have limited access to a grocery store and fresh, healthy, affordable foods." Across the United States, 60% of Native Americans and Alaskan Natives are food stamp eligible. The graduation rate is 49%. The infant mortality rate is 10 times the national average. Suicide is 2.5 times the national rate.

Native Americans have the highest rate of diabetes and are approximately two times the national average according to the National Indian Health Board's Special Diabetes Program. Statistics show type II diabetes affects more than 50% of Native American adults. Native Americans are 177% more likely to die from diabetes than non-Natives. Diabetes can lead to eye problems, high blood pressure and cholesterol, nerve damage, and kidney failure. Proper nutrition plays a key role in combatting the consequences of diabetes.

Food deserts, lack of economic support, as well as an overwhelming lack of awareness have created unfortunate situations such as these. Although these issues are not monolithic to all tribes and nations, they still negatively affect thousands of Native Americans living in impoverished reservations. Accessible food and nutrition are taken for granted by many, and the people who need it the

most are not receiving it. ONWT wishes to support those who do need assistance and ask any and all to help in their efforts to fight the crisis of food deserts.

One Nation Walking Together (ONWT) was founded to assist impoverished Native American communities with basic provisions, including supplemental food. ONWT acknowledges that Native Americans are among the most economically disadvantaged populations and is strongly committed to make a positive impact in their lives. With three paid part-time staff, plus a steady flow of volunteers, ONWT relies on donations from Colorado Springs and surrounding communities. They think of it as people helping people and their mission embodies the notion that, one by one, we truly can make a difference. Over the years, ONWT has collected and distributed basic human necessities such as furniture, appliances, hygiene items, space heaters, blankets, jackets, hats, and clothing to 11 reservations in seven states. In addition, they sponsor a Back to School Supply Drive each summer to help children have the tools to succeed and a Toy Drive from October through December to warm hearts and bring smiles to their faces.

March 1 through April 30, ONWT will host its annual nonperishable food drive. The goal is to collect 10,000 pounds of nonperishable food or monetary donations to help ship the food. Your participation in One Nation's food drive will help parents stress less and allow students to succeed in the classroom. ONWT is looking for individuals, local businesses, churches, and organizations to help meet this goal. One Nation will provide you with a collection box, posters, and other marketing materials. All you have to do is collect the food. Suggested non-perishable items to collect and donate include: canned meats, canned fruits and vegetables, soups and sauces, juices, dried fruits and nuts, whole grain cereals, canned and powdered milk, baby formula, rice, pasta, legumes and beans. Any monetary contributions to the drive, will aid ONWT in the delivery of the food and other essential items to the communities they serve, and are much appreciated. These items and/or monetary contributions may be dropped off or sent to their facility at 3150 North Nevada Ave. or donate online www.onenationwt.org. One Nation extends their heartfelt gratitude for both your support and assistance. With your help, ONWT is confident they will reach their 10,000 lb. goal! Together, we can make a difference! For more information call 719-329-0251 or email: office@onenationwt.org.

Food donations may be dropped at Shipping Plus 52 County Road 5 in Divide, CO M-F 9-5:30 p.m.

HAPPY SAINT PATTY'S DAY!

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Big Sky Ranch Bed and Biscuit

Send your pet on a vacation of their own!

by Kathy Hansen

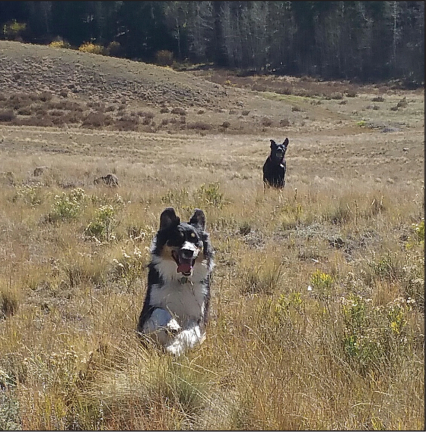


Above: Bisou, the white English Cream Retriever and Locket playing in the snow. Below: This is our environment, where they are free to hang out on the couch, or the dog beds we have set up around the living room. In the foreground is Gibbs, Zuni is in the middle, Duckie is the black dog, and Walter is on the floor.

Your boss just called; the spearhead of the project you've been working closely with has just gone to the hospital for an emergency appendectomy and will not be able to travel to Europe to sign off on all the formalities that seal the deal, scheduled in three days. You need to go instead and you know it means the biggest bonus you've ever received. What about Fido? He's too old to tolerate a plane ride, even if he could ride in the seat next to you. Leaving him alone is not an option. What will you do?

It's time for the annual weekend get-together with the group of friends you hung with in college. Then you realized Ruby tends to chew up your cushions, shoes and even once a door frame when you left her alone for more than four hours. No animals are allowed at the resort Chris chose this year. Hiring someone to check in on Ruby just won't cut it. No one has ever missed this gathering in the past 30 years and you surely don't want to be the first; you'll never hear the end of it. What option do you have?

You are the best man for Tony's wedding and the bachelor party (you planned six months ago) is next weekend. You don't want to admit you didn't even think about this event when you adopted Scooby, who is now 18 weeks old, full of vim and vigor, and really needing structure. He's made so much progress learning commands in the past month; sit, stay, come, and heel have been firmly mastered, and about half the time he brings the ball directly to you before he chases the squirrel. You hate the thought of losing any ground on how far Scooby has come and there is no way you can miss this bachelor party. Who can you call?



This is our front yard. We are on 35 acres so there is a ton of room to run. As you can see, we have no neighbors. The National Forest is behind them. Brie and Duckie out for some fun!

The answer to all three questions is Big Sky Ranch Bed and Biscuit. Sue Carlson and Kendra Hall opened their doors October 2016, creating a dog boarding business in a home environment on 35 acres at the end of a cul de sac that borders Lost Park National Forest. Their facility is their home. The dogs hang out with them in their living room, with a secondary living space below. Conveniently located in Jefferson, Colorado off Hwy 285 it's easy to stop and drop your friend on the way to

Denver and DIA, and just as convenient to pick up your best friend upon your return.

They have a large fenced in play area in the back, perfect for a game of chase or fetch. Your dog will have ample opportunity to be physically active, engage with other guests and with resident greeter dog Hurlly, a yellow lab who takes her job seriously as she loves to show her guests her favorite hikes and helps them to feel at home. Guests who are prone to tiring quickly can still enjoy watching the other dogs in the play area and are welcome to nap while the other guests take a long hike. The dogs are always supervised, and often so busy playing chase they won't even notice you are gone.

Pens and crates are set-up for feeding and sleeping; dogs are fed separately to avoid food aggression issues. Those guests who are more comfortable sleeping on the couch in the living room are allowed to do so and those who feel safer within the confines of the crate may enjoy that security.

Because both Sue and Kendra are "animal people" they understand every dog has a unique personality, their own quirks, special appetites and need for activity. They are also good at understanding Fido always feels safer with his tennis ball in his mouth and Scooby's going to find the biggest stick to carry with him on every hike. These ladies accept each animal and assure each guest is comfortable; reading the responses to each questionnaire for each guest prior to arrival helps them prepare for your pet and anticipate its needs, activity level, etc. If you happen to have multiple dogs, families can be kept together, especially at nightly routines.

While owners provide their own food, Sue and Kendra have an ample supply of dog beds, bowls and leashes. If your best friend has a jacket and boots, Sue and Kendra will assure they're wearing their protective gear before going out to play. Should there be muddy areas or smelly things impossible for any canine to resist rolling in, a bath is certainly in order.

Rest assured that every need will be met. Both Sue and Kendra are experienced at giving dogs medication, even shots. Both have substantial experience working with dogs and horses, being lifelong pet lovers and resumes touting experience at various rescues in Colorado. They attune themselves to each animal and are experienced at witnessing interactions, making it easy for them to identify when certain combinations could be risky. They have plenty of space on 35 acres for up to 25 dogs that they are licensed* for. As the guest number begins to rise, they get assistance from Meg, Kim and Marilee, all of whom are experienced with animals. Having enough staff assures everyone is getting enough attention, whether that is being engaged in play or laying down for a belly rub; everyone is supervised!

In the unlikely event of an emergency, Sue and Kendra have plans in place. If it is after hours, the closest vet is in Evergreen. They also have a great relationship with Park County Animal Hospital in Fairplay. If it is not an emergency, they will do their best to take the dog to its own vet, if the location is within reasonable distance.

Sue and Kendra know the "parents" of the pets they care for will wonder how well they are getting along in their absence. To help keep pets and "parents" in touch, they email photos and videos of the pets daily. This personalized touch seems to assuage any concerns the "parents" have and gives the pets another opportunity to be in the spotlight. "We often hear from our guests' parents how they can relax and enjoy their vacation knowing that their beloved kids are taken well care of and given lots of attention and exercise," Sue continued, "Most of our four-legged guests are with us so much that they feel like family. Many of the dogs are often here at the same time, and so they develop friendships."

In just over three years, Big Sky Ranch had received a plethora of testimonials. We didn't have that much space, so we narrowed it down to three.

Angus

Angus, a Westie, has been a regular at Big Sky Ranch Bed and Biscuit for several years. His mom, Alison is an adventurous 80+ year-old ski instructor who drops Angus off as she jets off to one of her many adventures. Last summer, Angus stayed at Big Sky Ranch while Alison was biking through the Champagne Region of France. Alison says, "No matter how far I go, I always know Angus is well and happy. Sue and Kendra are our angels."



Angus is Alison's dog.

Duckie and Gibbs

Duckie and Gibbs are two boys that have also been long-time guests at Big Sky Ranch. Their first stay was for over three months as their parents, Joanna and Mark wrapped up an extended stay while working in Peru. "We had to fly Duckie and Gibbs out months before we relocated back to the States, before it got too hot on the airport tarmac and dogs would not be accepted for transport."

Since then, Duckie and Gibbs have had many vacations at Big Sky Ranch. Joanna and Mark have even driven all the



Gibbs on left and Duckie on the right.

This is Tucker (chocolate lab) and Titus (Jack Russell), whose parents gave a testimonial. This is our UTV for getting dogs in and out; at Big Sky Ranch we're prepared for inclement weather.

Tucker and Titus

Michelle and Becky found Big Sky Ranch's rack card at Ark Valley Humane Society, where they are volunteers. They walk dogs waiting to be adopted into their forever homes. "We are so thankful to have Big Sky Ranch Bed and Biscuit to take care of our babies, Tucker and Titus."

When you are in a situation where you need to board your dog and you're seeking a caring, compassionate place that will keep your best friend so busy your absence isn't noticed, consider the personalized attention your dog will receive at Big Sky Ranch, as well as the photos or videos of your best friend sent to you daily. Big Sky Ranch becomes a second home for your best friend whenever you need it.

To schedule your best friends' visit call 970-333-0277, email BSRBandB@gmail.com or visit their website www.bigsky-ranchbedandbiscuit.com.

*Big Sky Ranch Bed and Biscuit is licensed by the State of Colorado through the Pet Care Facility Act. They are inspected once per year and subject to inspections without notice. All guests are required to be current on the following vaccinations: Bordetella, Rabies, and Distemper.

Mumbo Jumbo Gumbo winners!

The 26th Annual Mumbo Jumbo Gumbo Cook-off was held in Soda Springs Park on Saturday, February 22, 2020. Nine amateur and nine professional teams lined the pavilion to compete for 1st-, 2nd-, and 3rd-place in their respective categories, as well as the Showmanship and People's Choice awards.

Gather Food Studio was voted best among the professionals, with Slow Downz and Jax Fish House & Oyster Bar following behind for 2nd- and 3rd-places, respectfully. Paul Haas, Bayou Boys, took top honors in amateur division. Gus Bootle, Creole Kitchen was awarded 2nd-place, and JJ DuBose, The Ragin' Cajuns, ranked 3rd-place. Gus Bootle and The Creole Kitchen also ranked 2nd-place in the professional category based on point values, and was unintentionally mis-categorized as an amateur. This year, the People's Choice Award went to Gus Bootle and the Creole Kitchen and The Showmanship Award was presented to JJ DuBose and The Ragin' Cajuns.

The Mumbo Jumbo Gumbo Cook-off is sponsored by The Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development, Pikes Peak America's Mountain, and Colorado Peak Real Estate.

Mueller State Park



Carrie Nancy and friends snowshoeing

Snow or sunshine, Mueller State Park is a great place to get away from it all! Guided hikes listed below range from 2- to 5-miles and from moderate to more challenging. Snowshoeing is also very popular. Trail conditions can range from dry to 2-feet of snow, to icy. Snowshoes or micro-spikes and poles are usually recommended. Check conditions by calling 719-687-2366 or visit www.cpw.state.co.us/placestogo/parks/Mueller.

- 6 Hike: Elk Meadow to Murphy's Cut meet at Elk Meadow Trailhead 8:30 a.m.
- 7 Hike: Homestead Trail meet at Homestead Trailhead 9:15 a.m.
- 7 Forest Bathing Walk meet at Outlook Ridge Trailhead 9:45-1 p.m.
- 7 Hike: Preacher's Hollow meet at Preacher's Hollow Trailhead 1 p.m.
- 8 Hike: School Pond Trail meet at Preacher's Hollow Trailhead 9:30 a.m.
- 13 Hike: Nobel Cabin Loop meet at Camper Services parking area 8:30 a.m.
- 14 Hike: Elk Meadow meet at Elk Meadow Trailhead 9:30 a.m.
- 15 Snow Shoe Hike on Homestead Trail meet at Homestead Trail 11 a.m.
- 19 First Day of Spring Hike meet at Visitor Center 10 a.m.
- 20 Hike: School Pond and Stoner Mill Trails meet at Preacher's Hollow Trailhead 8:30 a.m.
- 21 Hike: Outlook Ridge and Lost Pond meet at Outlook Ridge Trailhead 9:15 a.m.
- 27 Hike: Elk Meadow to Murphy's Cut meet at Elk Meadow Trailhead 8:30 a.m.
- 28 Hike: Osborn Cabin meet at Camper Services parking area 9:30 a.m.
- 28 Animal Antifreeze meet at Visitor Center 2 p.m. to learn how animals survive the winter.

Mueller events are free; however, a \$9-Day pass or \$80-Annual pass is required to enter the park. FMI 719-687-2366.

~OUT AND ABOUT~

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

- ALMA**
7 Democratic Caucus 2 p.m.
Precinct 2 at Alma Town Hall 59 Buckskin St.
- BAILEY**
7 Democratic Caucus 2 p.m.
Precincts 9, 10, 11, 12 & 13 at Deer Creek Elementary School.

- BUENA VISTA**
7 UAS Club Central Colorado 9-10:30 a.m. at Central Colorado Regional Airport. FMI: 719-581-2010 or cuasclub@gmail.com. Meets every first Saturday, usually at Central Colorado Regional Airport.
- 12 Volunteer Lunch & Learn 12-1 p.m. at BV Welcome Center 343 Hwy 24. Are you interested in giving back to your community? Do you love talking about all the amazing things that BV has to offer? Have you wanted to get more involved in Chamber events? If you answered YES to any of these questions, join us for a Volunteer Lunch & Learn and find out ways you can volunteer at the Welcome Center or at special events. This is a no obligation, informational to get together where you can ask questions and learn about how you can make an impact in the community. Lunch will be provided. RSVP by March 9 at events@buenavistacolorado.org.

- 21 BV HOPE meeting 3 p.m. 112 Linderman Ave. Helping to educate to stop Human Trafficking.
- CAÑON CITY**
6 First Friday Art Walk along Main St. Art Galleries and most of the shops are open until 8 p.m. REM Art Gallery will have Mary Shell speed painting and giving her creations away beginning at 7 p.m. Come join the fun each month!
- 19 Corner demonstration for Health Care for All at corner of 9th and Royal Gorge 12-1 p.m. (3rd Thurs of the month).
- 26 Tabling event for Health Care for All at Senior Mini College, PCC-Fremont Campus 8:30-2 p.m.
- Free Cowboy Cha Cha lessons at the School of Ballet Art 113 N 5th Ave. every Monday 10 a.m.
- NAMI Connection Support Groups for those living with a mental health condition meets every Friday at 1 p.m., Benedicite Room of St. Thomas More Hospital 1338 Play 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.

- CAÑON CITY LIBRARY**
4 Free Legal Clinic for parties who have no attorney 2-5 p.m. Schedule 719-269-9020.
- B.O.O.K. babies on our knees story time every Monday at 10:30 a.m.
- Story time and Craft Tuesday and Thursday at 10:30 a.m.
- Super Mario Smash Brothers gaming every Wednesday 3-4 p.m.
- Health Care for All Book Club meets every Thursday 10:30-11:30 a.m.
- Health Care for All Meeting 2nd and 4th Thursday 11:30-12:30 p.m.
- Lego Club 1st Friday 3-4 p.m.
- Breakout box 2nd Friday 3-4 p.m.
- StudioH 3rd Friday 3-4 p.m.
- Quilters and Crafters — got extra? We welcome them for our Quilters and Crafters Silent Auction — read more on page 20.
- Ask about our Adult Literacy program with 1:1 tutoring or call 719-269-9020. Cañon City Library is located at 516 Macon Ave. FMI 719-269-9020.

- ASPEN MINE CENTER**
2, 9, 16, 23, 30 The Art Group meets every Monday 8:30-12 p.m. in the dining room.
- 2, 16 Employment First 8:30-12:30 p.m. A DHS program for SNAP recipients. Open to public; appointment required, call Lisa 719-686-5511.
- 3, 17 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.
- 4, 11, 18, 25 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.
- 4, 11, 18, 25 Celebrate Recovery Weds 1:45-3:15 p.m.
- 12 Southern Teller County Housing Task Force 8:15 a.m.
- 12 Southern Teller County Child-care Task Force 10 a.m.
- 10 Veteran Service Meeting 9-11 a.m.
- 10 All Vets, All Wars. Group participation 10-11:30 a.m.
- 11 Teller County Resource Group 9-11 a.m. Meeting for community partners.
- 11 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.
- 19 OIB Group. This is a support group for individuals with blindness or other sight issues 1-3 p.m. in the Dining Room on the 2nd floor. FMI, Kathleen at 719-471-8181 X103.
- 21 VITA Tax Service 9-noon. No-cost tax preparation. Call 719-229-9868 to schedule an appointment.
- 27 Teller County Emergency Food Distribution Program (Communities) will be held the last Friday of the month 9-2 p.m. Please bring photo ID and proof

- COLORADO SPRINGS**
5 Learn to photograph wildlife at CPW class 6 p.m. CPW offices 4255 Sinton Road.
- PIKES PEAK CENTER**
4 The Allman Betts Band 7 p.m.
- 13, 14 COS Philharmonic — Celtic Spirit 7:30 p.m.
- 7 Screwtape Letters by CS Lewis 4 p.m.
- 17 Dancing with the Stars — Live Tour 2020 8 p.m.
- 24 The Office — A Musical Parody 7 p.m.
- 25 Aaron Lewis 8 p.m.
- 28 COS Philharmonic — Leningrad 7:30 p.m.
- 29 COS Philharmonic — Leningrad 2:30 p.m.
- 30, 31 Finding Neverland 7:30 p.m.

- CRIPPLE CREEK**
3 SATURN Meeting 12-1:30 p.m. at Cripple Creek-Victor School District Admin Bldg. Topic: ACES training. Be a part of positive youth change in Teller County. RSVP recommended as lunch is provided 719-687-6416 or saturncoalition@gmail.com.
- 5 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at Brass Ass Casino, top floor banquet room.
- 7 Democratic Precinct Caucus 2 p.m. Centennial Bldg. (Precincts 5, 6, 13).
- 7 The 22nd Annual Pearl's Follies. See page 17.
- 14 Sister Friends Bruch 9:45-11:45 a.m. at Heritage Center, free! Come hear author Sue Nutman from the UK share her testimony; she and her husband founded the ministry Roots and Wings. She will have a book signing at the end of the brunch. Sister Friends is a community of women of all ages committed to sharing life's journeys with others in order to support women as they navigate life's ups and downs. The bond that ties us together is the hope we have in Christ, who heals our hurts and teaches us how to love ourselves and others.
- 16 Screenagers: Next Chapter 5:30-7 p.m. at Cripple Creek-Victor High School. FMI 719-686-0705 or Cory@cpteller.org.
- 21 Mysteries of the mind 7 p.m. at Butte Theater. — see page 5.
- 28 Teller County Democratic Assembly & Convention at Heritage Center check-in 9 a.m. Event is 10-4 p.m.
- Alcoholics Anonymous meets at St. Andrew's Episcopal Church at 367 E. Carr St. Thursdays at noon and Sundays at 4 p.m.

- 25 Aaron Lewis 8 p.m.

- 25 Aaron Lewis 8 p.m.
- 28 COS Philharmonic — Leningrad 7:30 p.m.
- 29 COS Philharmonic — Leningrad 2:30 p.m.
- 30, 31 Finding Neverland 7:30 p.m.

- PARKS N REC**
1, 8, 15 Pickleball at Cresson Elementary Gym 12-2 p.m.
- 12, 19, 26 Teen Group 3:45 p.m.
- 21 Family Movie: *Malificent: Mistress of Evil* 2:30 p.m.
- 27 Friday Film at 5 p.m. *Harriet*
- Artist of the month: Steve Harris & Cheryl Partain.
- Story Time 10:30 a.m. Tuesdays and Fridays
John C. Fremont Library is located at 130 Church Ave. FMI 719-784-3764.
- NAMI Connection Support Group 6:30-8 p.m. at the Chamber of Commerce 116 N. Pikes Peak Ave. for those living with a mental health condition. The meetings are free and confidential. FMI 719-315-4975 or www.namisontheastco.org.

- CRYSTOLA**
31 Fifth Tuesday Happy Hour 5-7 p.m. Join a group of people from the Nonprofit Cooperative to mix 'n mingle. RSVP 719-233-9902.

- DIVIDE**
14, 28 TACO = Taking Action, Changing Outcomes 9-10 a.m. at Teller County Public Health & Environment. TACO is a youth-led work group with SATURN whose focus is on creating positive change in the community while building skills, promoting personal growth and having fun! FMI 719-357-0960 or saturncoalition@gmail.com.
- TCRAS says Save the Date: April 4 for Wild Whiskers — see page 17.
- COMMUNITY PARTNERSHIP**
2, 9, 16, 23, 30, April 6 Active Parenting NOW 5:30-8 p.m. Discussion series for parents with children 5-12 years of age. Meal and childcare provided. RSVP 719-686-0705 or AmyS@cpteller.org.
- 3 Crossroads of Parenting & Divorce 4:30-8:30 p.m. Teller County court approved divorce class. Registration fee required. RSVP 719-686-0705 or AmyS@cpteller.org.
- Yoga sponsored by Community Partnership at Pikes Peak Community Club Mondays 10-11 a.m. and Wednesdays 5-6 p.m.

- LITTLE CHAPEL FOOD PANTRY**
Food Distribution 3:30-6:30 p.m. For more info 719-322-7610 or email littlechapelfoodpantry@outlook.com. 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
Begin to think about our Annual Golf Tournament and start getting your teams together! Having all registrations by May 15 helps us have everything ready for June 1. Thank you!
- MASONS**
• Cripple Creek Masonic Lodge meets first Friday every month 5:30 p.m. at 75 Buffalo Ct in Divide. FMI 719-687-1457.
- FAIRPLAY**
7 Democratic Caucus 2 p.m. Precinct 1 at North West Fire Station 21455 Hwy 285.
- 14 Park County Democratic Party Assembly and Convention. Call to order 1 p.m. South Park Rec Center 1190 Bullet Rd.

- FLORENCE LIBRARY**
3 Dr. Seuss birthday party 4 p.m. at John C. Fremont Library 130 Church Ave. Join the celebration with four special guest readers. There will be cupcakes and fun! "You're never too old, too wacky, too wild, to pick up a book and read to a child," says Dr. Seuss.
- 4 Friends of the Library meeting 4 p.m.
- 11, 18, 25 Wool Gatherers
- 12, 19, 26 Teen Group 3:45 p.m.
- 21 Family Movie: *Malificent: Mistress of Evil* 2:30 p.m.
- 27 Friday Film at 5 p.m. *Harriet*
- Artist of the month: Steve Harris & Cheryl Partain.
- Story Time 10:30 a.m. Tuesdays and Fridays
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- OWL APOTHECARY**
7 Make your own Aromatherapy Bracelets 11 a.m. hosted by Glitzen with Sandra S15.
- 7 Honey and Bee Education 1 p.m. hosted by Shelly. Free. Samples provided.
- 15 Closed.
- 21 Bear Paw Art & Painting Class 11 a.m. hosted by Sandra. Registration required. Call Deb at 719-371-3734 or 719-784-7447.
- 21 Lissa Hanner performs 1-4 p.m. Lissa's songbird voice and groovin' guitar will whisk your worries away!
- 28 Young Living Essential Oils 11 a.m. hosted by Sandra. Free.
- Every Thursday 2-5 p.m. Herbs & Acupuncture, hosted by Candice. Free!
- Pioneer Museum and Research Center has a variety of books, maps and files that could help you answer burning questions about your family history, and history about railroads, Florence, Fremont County or Colorado. Come by and take a peek at what we have. www.florencepioneermuseum.org for business hours.

- FLORISSANT**
7 Democratic Precinct Caucus 2 p.m. Library. (Precincts 4, 7, 11, 12).
- 15 A Virus is a Virus class with the Thymekeeper — see page 3.
- Thunderbird music line-up — see page 9.
- GRANGE**
14 Pine Needle Basket/Gourd Art Class 9-12 p.m. Join us to learn to make Pine Needle Baskets or have fun creating beautiful art with a gourd!
- 28 Help us Celebrate Spring and the kick off Grange month with our Grange Souper Supper 4-6 p.m. Your \$15 donation buys a sample of each soup/chili; vote on the soup you think is best and enjoy a bowl of soup/chili and some delicious side dishes. Bring a pie to the Pie Silent Auction and bid on the pie you want to take home. We will also have door prizes and entertainment. FMI on Grange events: 719-748-5004.
- FLORISSANT LIBRARY**
• Lego Club Fridays 12-4:30 p.m.
- Storytime Fridays 10-10:45 a.m. Ages 3 and up.
- Adults**
• Tai Chi Mondays 10 a.m.
- 12 Yarnia! 10-12 p.m. Bring your crochet and knitting projects and meet other yarn crafters. Share projects, tips and socialize.
- 12 Free Legal Clinic for parties who have no attorney 2-4 p.m. Schedule by calling 719-748-3939
- 9 Let's Read Amok! 11 a.m. March

Center 1190 Bullet Rd.

FLORENCE

- LIBRARY**
3 Dr. Seuss birthday party 4 p.m. at John C. Fremont Library 130 Church Ave. Join the celebration with four special guest readers. There will be cupcakes and fun! "You're never too old, too wacky, too wild, to pick up a book and read to a child," says Dr. Seuss.
- 4 Friends of the Library meeting 4 p.m.
- 11, 18, 25 Wool Gatherers
- 12, 19, 26 Teen Group 3:45 p.m.
- 21 Family Movie: *Malificent: Mistress of Evil* 2:30 p.m.
- 27 Friday Film at 5 p.m. *Harriet*
- Artist of the month: Steve Harris & Cheryl Partain.
- Story Time 10:30 a.m. Tuesdays and Fridays
John C. Fremont Library is located at 130 Church Ave. FMI 719-784-3764.
- NAMI Connection Support Group 6:30-8 p.m. at the Chamber of Commerce 116 N. Pikes Peak Ave. for those living with a mental health condition. The meetings are free and confidential. FMI 719-315-4975 or www.namisontheastco.org.

- OWL APOTHECARY**
7 Make your own Aromatherapy Bracelets 11 a.m. hosted by Glitzen with Sandra S15.
- 7 Honey and Bee Education 1 p.m. hosted by Shelly. Free. Samples provided.
- 15 Closed.
- 21 Bear Paw Art & Painting Class 11 a.m. hosted by Sandra. Registration required. Call Deb at 719-371-3734 or 719-784-7447.
- 21 Lissa Hanner performs 1-4 p.m. Lissa's songbird voice and groovin' guitar will whisk your worries away!
- 28 Young Living Essential Oils 11 a.m. hosted by Sandra. Free.
- Every Thursday 2-5 p.m. Herbs & Acupuncture, hosted by Candice. Free!
- Pioneer Museum and Research Center has a variety of books, maps and files that could help you answer burning questions about your family history, and history about railroads, Florence, Fremont County or Colorado. Come by and take a peek at what we have. www.florencepioneermuseum.org for business hours.

- FLORISSANT**
7 Democratic Precinct Caucus 2 p.m. Library. (Precincts 4, 7, 11, 12).
- 15 A Virus is a Virus class with the Thymekeeper — see page 3.
- Thunderbird music line-up — see page 9.
- GRANGE**
14 Pine Needle Basket/Gourd Art Class 9-12 p.m. Join us to learn to make Pine Needle Baskets or have fun creating beautiful art with a gourd!
- 28 Help us Celebrate Spring and the kick off Grange month with our Grange Souper Supper 4-6 p.m. Your \$15 donation buys a sample of each soup/chili; vote on the soup you think is best and enjoy a bowl of soup/chili and some delicious side dishes. Bring a pie to the Pie Silent Auction and bid on the pie you want to take home. We will also have door prizes and entertainment. FMI on Grange events: 719-748-5004.
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- 9 Let's Read Amok! 11 a.m. March

continued on next page

~OUT AND ABOUT~

continued from previous page

- theme: Books into Movies
- 14 AAPOA meeting 10:30 a.m. FMI 719-687-2739.
- 18 Bookworms 10:30-12 p.m. March book: *The Tattooist of Auschwitz* by Heather Morris.
- Craft and Create.
- 19 *Pioneers: A Film* 3 p.m. Sponsored by the Friends of the Florissant Library. Meet four unsung Colorado heroines whose lives exemplify the role women across the American West played in championing an environment of cultural opportunity for all. The aware winning directorial debut of Colorado filmmaker, Erika Vochan O'Connor tells the stories of four Colorado women artists: Helen Henderson Chaim, Jean Wirt Sherwood, Muriel Si-bell Wolfe, and Eve Drewelow.
- 21 Traditional Irish Dance with the Mountain Eire Irish Dance School 10-10:30 a.m.
- 25 Craft and Create at Your Library 1-2:30 p.m. Colorful Clothespin Magnets. All supplies provided. Sign up 719-748-3939 or at the Circulation Desk.
- 23 Friends at the Table Cookbook Club 11:30 a.m. Bring a prepared dish to share and the cookbook/recipe that inspired the dish. Everyone will have a chance to sample an assortment of dishes. Make sure you come hungry! March theme: 5 Ingredients or Less. FMI 719-748-3939.
- Morning Yoga 10:30-12 p.m. Fridays End your week with a late-morning yoga practice and reconnect to yourself through movement and breath. Focusing on stretching and strengthening. Morning Yoga is open to all levels. Bring water, your mat, and any other props you like. Some mats and props are available to lend. Chairs available. Contact Renee@reneedolph.com with questions.

- GREEN MOUNTAIN FALLS**
• Mountain High Serenity AFG 5 p.m. Saturdays at Red Cloud Serenity Club 10400 Ute Pass Ave.
- Women's Networking Group meets at the Blue Moose the second Friday of each month 11:30-1 p.m. RSVPs required 719-480-8638 or wpwin@yahoo.com.
- GUFFEY**
7 Democratic Caucus 2 p.m. Precinct 6 at Guffey Community Charter School 1459 Main St.
- Corona's Freshwater music schedule page 15.
- Yoga with Bill O'Connell at Guffey Community Charter School Sundays 10 a.m. Donations appreciated.

- LIBRARY**
2 Walking, Talking Threads 12:30-3 p.m.
- 3 Friends of the Guffey Library Quarterly Meeting 10-11 a.m. Open to public.
- 14 Family Fun Movie Matinee and St. Patrick's Day Fun 12-3 p.m. Come and enjoy a fun filled Irish day that will include games, crafts, and Irish refreshments! Movie tea.
- 25 Rocky Mountain Rural Health Outreach 12-2 p.m. Weather permitting, RMRH representatives will be offering free health screening, good financial medical advice, free clothing and more.
- 30 Guffey Literary Society 1-3 p.m. Book choice for discussion is *Circe* by Madeline Miller. All welcome to join!
- 31 Mountain Outreach 12-2 p.m. Meet your Park County Veteran

- LAKE GEORGE**
7 Democratic Caucus 2 p.m. Precinct 5 at Lake George Charter School 38874 US Hwy 24.
- LAKE GEORGE LIBRARY**
9 Veterans Affairs officer comes to the library every 2nd Tuesday noon-2 p.m.
- 12 Rocky Mountain Rural Health comes to the library every 2nd Thursday noon-2 p.m. to give health screenings and read blood pressures, as well as donated clothing and shoes for free!
- PONCHA SPRINGS**
6 Cottage Food course 1-5 p.m. at Poncha Springs Town Hall. Fee \$30. Register Morgan Young@colostate.edu or 719-539-6447.

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outreach representative and bring all your questions with you. FMI 719-689-9280 or Guffey-lib@parkco.us.

- HARTSEL**
7 Democratic Caucus 2 p.m. Precinct 7 at Hartsel Community Center 80 Valley Dr.
- Country Church of Hartsel offers Sunday Service at 10 a.m. at Hartsel Community Center 80 Valley Drive, Breakfast Potluck on 1st and 3rd Sundays. Come one, come all! FMI Don 443-756-2911.
- Country Food Bank: feeding the hungry in our area with dignity, respect and love every Sunday 2-3 p.m. at 10 W. Elm St. FMI 719-836-2480 Jimmy or text Mark 719-293-1914.

- JEFFERSON**
7 Democratic Caucus 2 p.m. Precinct 3 & 4 at Jefferson Community Center 100 Main St.
- LAKE GEORGE**
7 Democratic Caucus 2 p.m. Precinct 5 at Lake George Charter School 38874 US Hwy 24.

- LAKE GEORGE LIBRARY**
9 Veterans Affairs officer comes to the library every 2nd Tuesday noon-2 p.m.
- 12 Rocky Mountain Rural Health comes to the library every 2nd Thursday noon-2 p.m. to give health screenings and read blood pressures, as well as donated clothing and shoes for free!
- SOULCRAFT BREWING**
3, 17, 31 Trivia Night 6-8 p.m.
- 6 Roma Ransom performs 5-7 p.m.
- 13 The Runaway Grooms perform 5-8 p.m.
- 28 TC & Guitars with Oso performs 5-7 p.m. FMI 719-239-1430.

- PONCHA SPRINGS**
6 Cottage Food course 1-5 p.m. at Poncha Springs Town Hall. Fee \$30. Register Morgan Young@colostate.edu or 719-539-6447.

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- SHAWNEE**
7 Democratic Caucus 2 p.m. Precinct 8 at Shawnee Community Center 57 CR 64.

- VICTOR**
• Celebrate Recovery at Victor Community Center every Friday night at 6:15 p.m. FMI 719-243-4970.

- WOODLAND PARK**
7 Democratic Precinct Caucus 2 p.m. St. David's Episcopal Church. (Precincts 1, 2, 3).
- 8 Movie House Music 2020 2:30-4 p.m. Woodland Park Windy Symphony Ensemble showcase: Clarion Winds, High Altitooters and Mountain Brass at the movie theater 615 W. Midland Ave. Music, a beverage and a movie for \$20. Music and beverage \$12. FMI 719-687-2210.
- 8 Jr. Woodland Players' auditions for Bye Bye Birdie and Frozen are on March 8, 2-4 p.m. and March 14, 12-2 p.m. FMI www.jrwoodland-players.org
- 9 Training meeting for the Nonprofit Cooperative of Teller County 3-4 p.m. at Community Banks of Colorado. RSVP 719-233-9902.
- 10 Nonprofit Cooperative: Organizational Structure for Nonprofits by Stu Ferguson 3-4:30 p.m. at Community Banks of Colorado 651 S. Scott Ave. Fee \$3-\$5 per month. RSVP 719-233-9902.
- 15 Weed ID: The Good, The Bad, and The Ugly 1:30-3:30 p.m. at Teller County CSU Extension Conference Room at Tamarac Center 800 Research Dr, Suite 224. FMI 719-472-3671 or tellerparkcd@gmail.com.
- 15 Are We Done with Snow Yet? Concert by Ute Pass Chamber

- WOODLAND PARK**
14 Taste of the Irish - Fundraiser for the Pet Food Pantry. Irish Stew & Shepard's Pie Cook Off. Ute Pass Cultural Center, 2-4 p.m. Cash Prizes! FMI: www.petfoodpantryinc.com
- 14 The 3rd Annual St. Patrick's Day Parade and PubFood Crawl at noon. Parade starts on Henrietta. \$5 stamp card gets you beer/food discounts at local restaurants and eateries. Purchase your punch card at McGinty's or UPPC. For questions or to participate in the parade, call Mickie 719-210-4183 or www.mountainaire.org.

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St Patrick's Day Events

continued from page 25

Players, presenting music of JS Bach, PDQ Bach, Donizetti, David, Morris and Ibert 3 p.m. at High View Baptist Church 1151 Rampart Range Road. Featuring: Guy Dutra-Silveira, oboe; Bruce Gibbons, piano; Dina Hollingsworth, flute; Carla Parmentier, piano; Clark Wilson, bassoon; and Barbara Riley-Cunningham, piano. Admission \$15, students \$5 with ID.

17 Raising Gen Z 7:45-9:45 a.m. at Woodland Park Middle School. Are you interested in learning more about parenting Generation Z? Join us for a free monthly educational series and support environment. FMI LMagnuson@wpsdk12.org.

18 Raising Gen Z 7:45-9:45 a.m. at Woodland Park High School. Are you interested in learning more about parenting Generation Z? Join us for a free monthly educational series and support environment. You will have opportunities to share about your student, learn about methods to manage youth risk, and ways to engage your youth in a positive and trusting relationship. FMI NCherry@wpsdk12.org.

18 Screenagers: Next Chapter 5:30-8:30 p.m. at Ute Pass Cultural Center. FMI 719-686-0705 or

Cory@cpteller.org.

20 Lissa Hamer performs 6-9 p.m. at Woodland Country Lodge. What a perfect way to end the week; let Lissa's songbird vocals and groovin' guitar whisk your worries away!

21 Senior Center's 9th Annual Chili Cook-Off 11-1 p.m. Chili cooks can register to submit their best chili by dropping by the Senior Center any weekday before 1 p.m. Come early — we have room for only 12 entries. Registration is \$20. Cash prizes (\$100, \$50, \$25) for the top three recipes! Tasting is open to everyone for \$5 — all the chili you can eat plus a ballot. This is an annual fundraiser; bring your family and friends!

• Come Sing with Us! WP Community Singers each Monday 6:30-8:30 p.m. at Mountain View United Methodist Church. Anyone who loves to sing is welcome! We are especially looking for a new accompanist! FMI: Melissa 620-482-2170.

• Come Sing with Us! Each Thursday 6 p.m. at the Church of Jesus Christ of Latterday Saints 758 Apache Trail. Do you love to sing? Do you want to improve your skills? FMI: 719-687-1417.

• Narcotics Anonymous meets at Mountain View United Methodist Church 1101 Rampart Range

~OUT AND ABOUT~

Road, Fridays 7:30 p.m. Parking/entry at rear/East church lot.

• Women's Alanon Group Thurs at 6:30 p.m. and Fri at noon, both at Mountain View Methodist Church at 1101 Rampart Range Road.

• Yoga sponsored by Community Partnership Tuesdays 4-5 p.m. at Mountain View United Methodist Church.

• **Save the Date:** April 7 SATURN Meeting 12-1:30 p.m. at WPSD Admin Bldg 155 Panther Way. RSVP recommended as lunch provided 719-687-6416 or saturn-coalition@gmail.com.

DINOSAUR RESOURCE CENTER
7 Free Scout Day 10-6 p.m. All scouts and their leaders in UNIFORM receive FREE admission.

28 Eleven Mile State Park Presentation about wildlife using skins and skulls at 11 a.m. and 1 p.m.

LIBRARY Children
• Books and Babies Storytime Tues 10-10:20 a.m.
• Lego Club Fri all day
• Silly Saturdays 10-10:30 a.m. ages 0-5.
• Storytime Wed & Thurs 10:05-10:45 a.m. ages 3 and up.
12 Jellyfish Salt Painting 3:30-4:30 p.m. Children's Craft Room. Ages

3 and up. Supplied provided.

Teens
5 Teen Advisory Board 3:45-5 p.m. We are looking for kids ages 12-18 to tell us what you want to see and do in the Teen Room!

11 Anime Club 3:30-5 p.m.
12 Mixed Media Art Club 3:30-4:30 p.m. Media: Magazine Wall Art. Ages 12-18, supplies provided.

24, 28 Marvel Movie Marathon 1:30 p.m. Bring a snack and enjoy a different movie each day.
• Fridays Coffee and Manga 4-5 p.m. Teen Room Ages 16 and up.

Adults
7 Democratic Precinct Caucus 2 p.m. Library. (Precincts 8, 9, 10).

10 AARP Smart Driver Program 9:30-1:30 p.m. Sign up for this Driving Refresher Course for drivers 50+ who want to improve their driving skills and avoid traffic violations. AARP members \$15 with AARP card, non-members \$20. Registration required, sign up at circulation desk.

10 Stitches Above the Clouds 1-3 p.m. Colorado Room.

11 Broken Promises — Shattered Hopes: Road to Wounded Knee 6:30 p.m. lower level. Historian Steve Adelson focuses on the confrontation between the U.S. Government's military forces and Plains Indians as the two cultures collided

in an epic struggle. In this one-hour presentation, we will examine the historic clashes, battles, and massacres, and the controversies that surround them; controversies that still haunt the American consciousness even today. The Grattan Fight, Sand Creek Massacre, Fetterman Fight, Washita, Battle of the Little Bighorn, Wounded Knee, and others will be revisited. Steve Adelson is an historian, author, producer and seasonal Ranger Interpreter at Little Bighorn National Monument in Montana. You may recognize him from the History or Discovery Channels.

12 Free Legal Clinic for parties who have no attorney 3-4 p.m. Schedule by calling 719-687-9281 ext. 103.

14 Citizens Climate Lobby 11-1 p.m. Join your neighbors who are working to address climate change. We have a bill in congress that could reduce our carbon footprint by 40% in 12 years. We gather each month for great films, lively discussion and for creating action through reaching out, letter writing, etc. We are non-partisan and welcome everyone!

21 Traditional Irish Dance with the Mountain Eire Irish Dance School 1:30 p.m.
• Conversational English meets

Tuesday and Thursdays 10:30 a.m. Colorado Room. English conversation group for non-English native speakers. Come join the conversation with Bonita a TESOL instructor. Register 719-687-9281 ext. 103.

Book Clubs
3 WP Library Book Club 10:30-12 p.m. March book: *Women Rowing North* by Mary Pipher.

11 Not So Young Adult Book Club 11 a.m. March book: *Darius the Great is Not Okay* by Adib Khorram.

12 Senior Circle Book Club 10:30 a.m. March book: *Furious Hours: Murder, Fraud, and the Last Trial of Harper Lee* by Casey Cep.

Computer Classes
14 Microsoft Power Point Basics 1-2 p.m.
17 Microsoft Publisher Basics 10-11 a.m. Register for classes by calling 719-687-9281 X 102.

• Tai Chi Thurs 5:30 p.m.
• Tai Chi for Arthritis Fri 10 a.m.
• Tai Chi Sun Style 11 a.m.

• **Save the Date:** April 4 Wild Whiskers for TCRAS read more on page 17.

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Fresh seasonal ingredients, craft beers, signature cocktails and a variety of wines. Dine in our comfortable and Contemporary atmosphere or outside in beautiful courtyard garden.
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Open 7 days a week from 11am to 9pm. Reservations recommended

Come Celebrate Fairplay's Wonderful Winter Season