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Vol. 13, No. 5

Welcome to Ute Country

"When I hear somebody talk about a horse or cow being stupid; I figure it's a sure sign that the animal has somehow outfoxed them."

— Tom Dorrance

PEEK INSIDE...



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We'll miss you, Tim!



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The Stetson Hat



page 8

Beasts of the Peaks

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On Deck

Jeff took the cover photo while distributing our papers last month on Hwy 59 outside of Guffey. Several horses were hamming it up for Jeff that day and he took several photos. We chose this outstanding photograph as these two horses seem to have reached an agreement of some sort. We found the quote was fitting and holds a lesson for us. It is natural for us to take in and process a tremendous amount of information in a millisecond, then draw a conclusion from it based on our life experiences and knowledge base. Perhaps our error is failing to consider the life experiences and knowledge base of that which we are taking in. Imagine the secrets these horses hold, consider all the trees and plants have witnessed, think of all the energies that have plodded upon our Earth and the stories she could tell from her perspective!

The pages of our May issue hold many articles that can reveal a variety of perspectives. *A Look Inside the Artist* shares the process of paper artist, Dakota Rogers. *Beasts of the Peaks* tells us of a benevolent trickster as things are not always as they seem. On that same vein, *Musings Along the Way* gives some insight into May Day and how moving through darkness brings us to light. Learn the history of the 10 *galon* hat to see why the Stetson has gotten this moniker. We also introduce a new column, *Panning for Good* by Dr. Bee who has a special way to help us gather renewal nuggets.

Are you getting tired of seeing our boys in Critter Corner? The easiest fix for that is to send us YOUR photos of your indoor or outdoor pets. Email (utecountrynews-paper@gmail.com) them or snail mail them to POB 753 Divide, CO 80814 or drop them off at Shipping Plus in Divide M-F 9-5:30 p.m.

Thank you,
— Kathy & Jeff Hansen

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 Alternative options for personal care

by Mari Marques-Worden

All my life I feel as if I've been challenging the status quo on a daily basis. It's no wonder I ended up choosing herbalism as a way of life. I'm always looking for alternative methods to achieve similar if not better results than conventional methods would have us believe are the best way to go.

I remember as a child reading the shampoo bottle and defiantly declaring, what if I don't rinse and repeat and make this bottle last two times longer? Now in my advanced years I challenge even further the notion of using shampoo at all. At this point I am convinced that standard hair care products require you to seek other hair care to fix the damage done by standard hair care products themselves. It has been over two months since I've shampooed my hair and it hasn't looked and felt this good in years.

This year I've decided to take on the personal care industry. I've often heard women talk about the over-age-50 hair struggle and I would agree the struggle is real. I tried what I thought to be the healthiest hair products to combat drying ends and frizzies to no avail until I decided to do what I had been taught a long time ago. Let my own natural oils take over.

Isn't that I don't wash my hair anymore, I just do it differently. Instead of using conventional shampoo I stir 1-2 teaspoons of baking soda in water, pour it on and massage it in, then rinse. It is strongly cautioned to only do this once-a-week maximum as baking soda is very alkaline and can cause damage if over-used. It is also not recommended for anyone with dry scalp or eczema. For this reason, I simply rinse instead of using any baking soda every second week. I've found that rinsing once a week is enough for me. I used to wash my hair daily with store bought shampoos and conditioners and I think this definitely contributed to my over-50-hair debacle.

I have long thick hair and combing my hair after washing it used to cause me distress even when using conditioner. It seems I could only get the comb to move an inch at a time before stopping dead in its tracks. One day as I was cooking some comfrey I decided to dip my comb in, as comfrey root is quite slimy when made into a strong tea. It worked like a charm. Comfrey is a great skin and bone healer so naturally it would be beneficial to hair was my thought. My comb goes through my hair like a hot knife through butter. My regimen now includes the following: I make a decoction with comfrey root and add apple cider vinegar and a few drops of rosemary essential oil. (See recipe below).

As I was researching for my new routine, I found that apple cider vinegar can help balance out the pH of the hair and the scalp as opposed to stripping it of natural oils like most hair products do. I added rosemary essential oil to the comfrey tea as it promotes hair growth and helps to prevent premature greying and dandruff or itchy scalp. The combination of the comfrey root and rosemary help keep my hair brown. For lighter color hair I recommend using marshmallow root powder and chamomile flowers in tea form. Marshmallow root is equally as slimy as comfrey if not more and won't add any brown tint. It doesn't require cooking, simply shake or whisk it into room temperature water and you're good to go. Cooking it would result in a slime ball, not quite the outcome you're looking for.

Yes, I smell like salad dressing until my hair dries but I'm not worried about that as I don't typically go anywhere with wet hair. When people find out I quit using hair products their first question is, isn't your hair oily and doesn't it smell bad? No, it doesn't smell bad and once your hair is allowed to return to its natural state, your own oils will balance out. Everyone is different so some may require more frequent rinsing, some less.

Consider when you shower, you are getting a complete dousing from any product you use on your hair. If the product contains Sodium Lauryl Sulfate (SLS), you are getting a head-to-toe dousing of potentially harmful chemicals. Many shampoos and conditioners contain SLS, which is the chemical that makes your shampoo sudsy. SLS is also not recommended for use on sensitive skin and is just one of the chemicals from personal care products that enter the environment in incredibly huge numbers. One study showed that in Germany alone in 1993, the output from personal care including bath additives, shampoo/hair tonics, skin care products, hair sprays, setting lotions/dyes, oral hygiene products, soaps, sunscreens, perfumes and aftershaves totaled one billion one hundred and eighteen million pounds. I imagine that number is infinitely higher now.

(Daughton and Ternes Pharmaceuticals and personal care products.)

You don't WHAT?!

I haven't used deodorant in years. My



sister was mortified when she heard this. Her response was "eeeeuuuww what do you use?" Nothing. We were meant to sweat as a means of detoxification and many of the ingredients found in conventional deodorants or anti-perspirants are just not something I want to absorb through my skin so close to lymph nodes. I explained to her that if my pits stink, there is a bathroom almost everywhere I go and I can just do a quick wash and if I'm out hiking, no one cares what I smell like! Eating healthy can dramatically change the issue of body odor for anyone and there are several natural deodorants available today with no harmful ingredients. If you are a heavy sweater, sage tea taken internally can put the damper on that issue right quick. You'll notice many of the natural deodorants contain sage; it neutralized odor, which is why you'll find it in many natural deodorants. I'm talking the regular garden variety sage but any sage will do.

Considering the cost of some personal care products, all the ingredients mentioned in this article are quite inexpensive and considering you only use small amounts on a weekly basis and you aren't contributing to the millions of pounds of chemicals being dumped on the Earth, I'd say we have a winning protocol.

My hair detangler/conditioner recipe

- In one quart of water (lessen the amounts accordingly for shorter hair)
- Low boil 3 tablespoons of comfrey root down to half the amount of water
- Strain into a mason jar and add ¼ C Apple Cider Vinegar
- Add 4 drops rosemary essential oil

Mari Marques Worden is a State 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.

The herbs mentioned in this article are available at The Thymekeeper.



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USPS workers in Divide Lisa Sarmiento, Tim Rioux, and Postmaster Cori Freed stand in front of the quilt Cori had made for Tim.

We'll miss you, Tim!

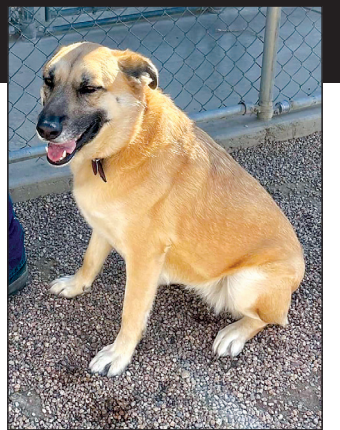
Tim Rioux has decided to retire after 14 years of providing service with a smile to customers at the Divide Post Office. He had touched the hearts and souls of his customers to the point that Postmaster Cori Freed felt it appropriate to offer customers a "square" to personalize a message for Tim. Cori has sewn these squares into a quilt for Tim to fondly recall the customers and years of service. We'll miss you, Tim!

Adopt Me by AARF

Patty

This is Patty, a shepherd mix from Fort Carson. Because she was a stray, we don't have much information about her. She's a sweet, loving girl, very happy and ready to play! She has made some dog friends at the kennel, but we're not sure about cats. She has done well with the kids she met at PetSmart last week. To meet this pretty girl and make her your new family member, contact AARF at 719-761-5320 or go to our website aarfcolorado.com.

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



A Look Inside the Artist

Dakota Rogers, Paper Artist

by Mary Shell

It was refreshing to find an artist who works with paper and fiber; to work in a medium that, not only feels good to the touch, but is soothingly pleasing to the eye. Layers upon layers of texture, course and smooth, thin and thick creating art just by being. As a long-ago fashion illustrator and designer, I have always loved the textures and feel of textiles and paper. What makes a watercolor so appealing is the how the paint interacts with the texture of the paper. Just think of the possibilities in working with paper and textiles. Unlike painting where you use the same medium through the creation of a painting, paper art is limitless to the connection with other mediums... ink, paint, fiber, sand... anything is possible in this medium. What paper art makes is secondary to what it is made with. It can be playful or serious, flat, or dimensional. Glossy, bumpy or dull, the mixture is pleasing to the creative soul.

Dakota Rogers is a prime example of an artist who utilizing the beauty a versatility of paper. Her work is refreshing and pleasing to the eye, and she creates for FUN.

How long have you been working with paper?

I remember back in my early teens having a wooden box where I kept greeting cards that had been sent to the family. I would cut them up and recycle them into cards for family and friends. My teens were a very long time ago. Then in 2012 I discovered Stampin' Up. I became a demonstrator and have been playing with paper ever since.

What other mediums do or did you work with in the past?

Gosh I've tried just about everything. I'm a curious as well as creative person. I was a hyper child in an age when my mother tossed us outside in the morning and told us not to come back inside until dinner. I was known to occasionally fly around the room backwards with the air coming out of me like a balloon. Not really a great thing when younger siblings are being encouraged to emulate you. So, between my grandmother and my mother I learned some knitting and embroidery. The embroidery would take me to a wonderful career of extensive travel, designing and teaching original works for the Canadian and American guilds. As the computer became a household appliance I taught "all over the world" by internet. After 9-11 I cut way back on the travel and eventually retired from the embroidery world. That left me looking for some other way to express my creativity. I played with felting silk Tussa and painting on silk fabrics for a while, but that takes the muscles of a younger person. I had won some major awards for my embroidery but was under

no illusions that I would duplicate that in other areas. As it turns out I've picked up ribbons in photography, fiber arts, clothing design, acrylic painting, and watercolors. But so far nothing has addicted me as much as paper.

What is your favorite subject?

I guess I would have to say the ocean. I grew up not far from Daytona and Coco Beaches in Florida and spent every available opportunity to be on those beaches. My heart is still with the shells and the waves and the sand. There are shells that I have collected all over my house and even tossed into the backyard. No trip brings me more joy than one back to the coast. I do prefer the Atlantic but that is a bit far to travel these days. The Gulf is a little closer and not quite as expensive which helps with a trip once or twice a year to renew my soul. Many shells have turned up in my mixed media. My second favorite is Steampunk. I liked the art from the moment I saw it many years ago. It allows for so much creativity to be expressed, how could I not love it?

Who inspires you to create?

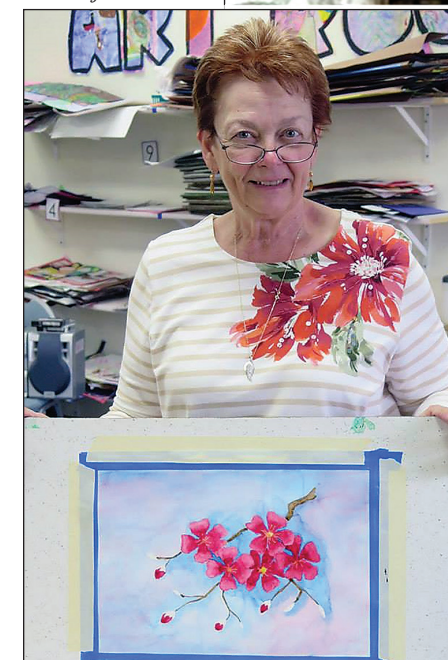
Everyone inspires me. The artist Michael Parkes makes me wish to be a better painter. O'Keefe shows me the beauty of simplicity while Pollock shows me rhythm and pattern. Escher teaches me about puzzles. Because I host at The Artists' Gallery in Cañon City at least twice a month I am surrounded by some truly awesome local artists. They inspire me to try hard to perfect whatever I am working on. There are a few scrapbooking designers who constantly create new equipment that I buy who help me explore new areas in paper much too often. I recently told a good friend of mine "I have too much knowledge and I can't focus on one thing!" She agreed. I'm capable of many forms of art and often have trouble deciding which thing I should be working on at any given moment. This means there can be several projects going on at the same time. This leads to a chaotic studio.

What is your biggest fear in creating?

Failure. That can absolutely paralyze me. And then there is the over-thinking. Both can bring me to a standstill. As I've gotten older the fear of failure has lessened. Creativity is all about exploring options; art is knowing which ones to keep. I believe I'm paraphrasing someone here. I'm not sure my "paper work" has reached an art form as yet but it sure is fun playing with it. And then again, life is all about irregularities and imperfections.

What other mediums do you see yourself trying?

Odd that you should ask. I recently had a conversation with my daughter about what I might explore next. She suggested I take all my previous knowledge and translate it to canvas. I've been working with distress inks and paints with this idea in mind. I've also acquired an airbrush machine. I'm not sure this will be a "career change," but rather just an



extension of a creative life. And then there is the next exciting thing to come around the corner...whatever that may be.

What do you think about when working on an art project?

I think about the same things I used to think about when I was writing: what if? Those two words have led me to all sorts of things in my life, some exciting and some dangerous. I think about possibilities. And I think about my father. He told me on more than one occasion "you'll never know until you try." He was right.

Where do you find your ideas?

When I was designing and teaching embroidery this question was frequently asked. The answer is: how can you not



find ideas? Just look around you! The world is an exciting place. And the truth is once you begin to create the process of creating generates more ideas. I have so many that I often give them away to young artists to get them started. I'll never live long enough to explore all the ideas in my head, and I hope that I will never stop learning, too.

How would you describe your art to people?

I'm laughing! Can you hear me? Well, let's see. Give me paper, glue and scissors and I'll build you a shopping center! I'm like a quilter is with fabric, but I use paper. No, I don't hear voices, but design paper speaks to me. I've been known to buy \$500 worth of paper just to make sure I have enough of the same design to be able to fail in an attempt to let that voice be heard. When I begin to create a journal, I want that design paper in small, medium, and large patterns. I want elements that will allow me to create a three-dimensional focus. I want to be able to cut the paper apart like a kid with paper dolls. And then I want to be able to piece it back together again to cause the viewer to be inspired to possibly take my work further. My journals should inspire the recipient to add to it, to personalize it. I can use up all that same paper to make several journals and each journal will be different from the others. That comes from playing the "what if" game while I am working.

You can view more of Dakota's work at the Artists Gallery in Cañon City.

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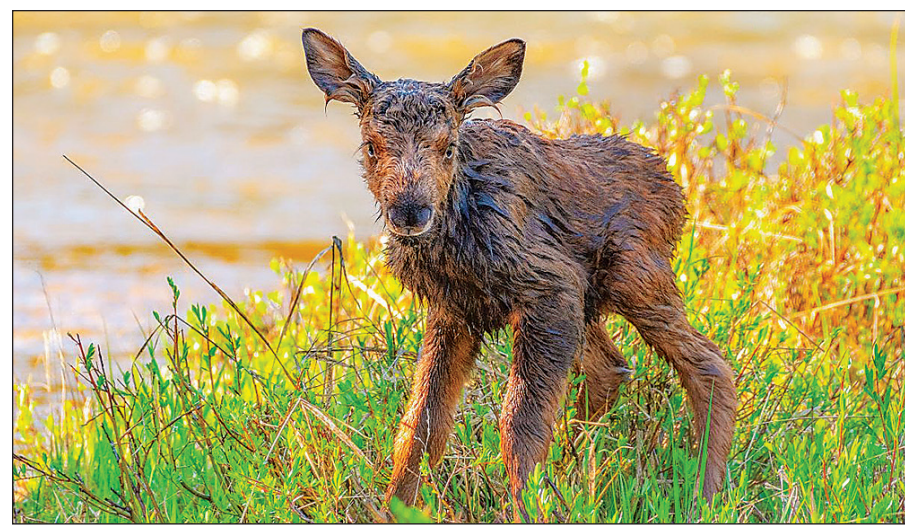
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Leave Young Wildlife Alone

Keep Colorado's wildlife wild

by Bridget Kochel, Statewide Public Information Officer

How can you help the next generation of young wildlife? Leave them alone! If you see an injured animal, call your local Colorado Parks and Wildlife office. Do not approach, move or feed the animal.

Each spring, Colorado welcomes an abundance of new young wildlife across the state. As wildlife becomes more visible in backyards, trails and open spaces, CPW and local parks receive an increase of office visits and calls from concerned people who report they "rescued" young wildlife that appeared "abandoned" by adult animals.

Although reports are made with good intentions, people routinely orphan young wildlife by essentially kidnapping them and bringing them to CPW offices. Deer, elk and pronghorn mothers hide their young for long periods of time while foraging. Young that have been removed cannot be successfully returned to the wild, as the mother will not continue searching for a missing baby or reject it because it was handled by humans and may no longer smell like her baby. People that feed, touch or remove wildlife from their natural environment are *actually causing them harm and may even cause the death of that animal.*

"What humans might misinterpret as abandonment is actually wild animals leaving a healthy, wild life," said CPW

District Wildlife Manager Katie Doyle. "Young wildlife are frequently left alone in a safe location while adult animals search for food. It's also common for baby birds to sit outside of their nest as they grow bigger and learn to fly. Humans should not approach baby wild animals, because the mother is probably nearby and might attack if she thinks her young are in danger."

Spring can be a particularly sensitive time for wildlife since many species are nesting, having their young or coming out of hibernation. CPW recommends people give young wildlife space, keep dogs leashed when enjoying dog-friendly trails and do not feed or remove young animals from their natural habitat.

"Wild animals have complex digestive systems and some human food is toxic to animals," said Karen Fox, CPW wildlife pathologist. "Last year, we saw an increase in reports of people feeding animals by their homes and the animals becoming sick or aggressive. We want to remind people that under Colorado law, feeding wildlife is illegal because it puts an animal's health and safety in danger."

Colorado provides a diverse and robust wildlife ecosystem. CPW encourages people outdoors to enjoy wildlife from a safe distance and treasure the growing natural wilderness that surrounds us.

CSHF approves \$3.9 million in grants

The Colorado Springs Health Foundation Board of Trustees recently approved \$3.9 million in grants to 50 organizations serving El Paso and/or Teller Counties. Several of these grants are multiyear in nature. These grants address one or more of the Foundation's funding focus areas:

- Access to care for those in greatest need
- Healthcare workforce shortage
- Suicide prevention
- Healthy environments
- Trauma and resilience

These funding focus areas were devel-

oped and refined based on the Foundation's mission, local needs, stakeholder input and insights, and the evidence behind what influences community health.

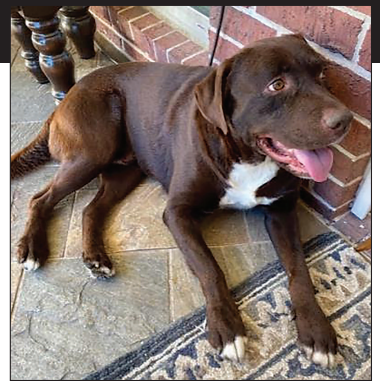
"As we enter our sixth year of grant-making, we continue to assess the Pikes Peak region's health needs and align our investments accordingly in order to have the greatest impact on community health. We value the work of the many organizations and individuals that work tirelessly to ensure that all El Paso and Teller County residents achieve their full health potential," said Thayer Tutt, board chair.

Adopt Me by TCRAS

Choco

This very handsome dog has been through a lot and now needs a new beginning where he can live a peaceful life. His amazing foster home in Texas had all great things to say about him. Choco is a very sweet boy and easy to have around. He loves being with people, giving hugs, rides in an SUV, taking walks, and playing with other dogs once he has been introduced and is used to them. Seems that he does not get along with cats. Please call TCRAS at 719-686-7707 to set up an appointment to meet Choco! We are located at 308 Weaverville Road in Divide.

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



The Stetson Hat

by Flip Boettcher

photos courtesy of the Gold Camp Journal, 2013

Nothing evokes the cowboy culture and the American west more than the Stetson Hat. The first Stetson Hat, "Boss of the Plains," which became the cornerstone of the Stetson Hat Company, and is still in production today, was developed, made and sold by John Batterson Stetson here in Colorado in the early 1860s.

Stetson was born May 5, 1830 in East Orange, New Jersey, the seventh of twelve children. His father Stephen Stetson, a hatter (one who makes hats), ran the No Name Hat Company, which made superior quality hats and it is said even made hats for George Washington.

At the time, a hatter was not a respected profession and hatters were seen as unreliable, lazy drunks, but John's good business practices and determination helped to change that image.

Growing up, John worked for his father and brother learning the hat trade; making hats, selling hats, buying raw materials for hats and training other workers.

Just about the time Stetson made plans to start his own hat business as a young man, his health deteriorated. He was diagnosed with tuberculosis and told he only had a short time to live. Stetson decided to quit the hat business and explore the west in hopes of recovering his health in the dry western air.

Stetson made his way to St. Louis, Missouri and got a job at a brickyard, soon becoming manager and then a partner in the business. The river flooded and destroyed the brickyard, taking Stetson's investment with it.

After the army rejected Stetson because of his health, he joined a group heading to Colorado, the "Pike's Peak or Bust" rush to find gold.

While crossing the plains the pioneers, having no way to tan hides, used raw hides for tents and blankets. But the raw hide tents deteriorated quickly in the damp weather and had to be thrown out. The plains, with almost no trees, provided little protection from storm or sun.

Drawing on his hat making experience, Stetson showed the pioneers how to make felt from the animal fur, making tents that would be waterproof and durable.

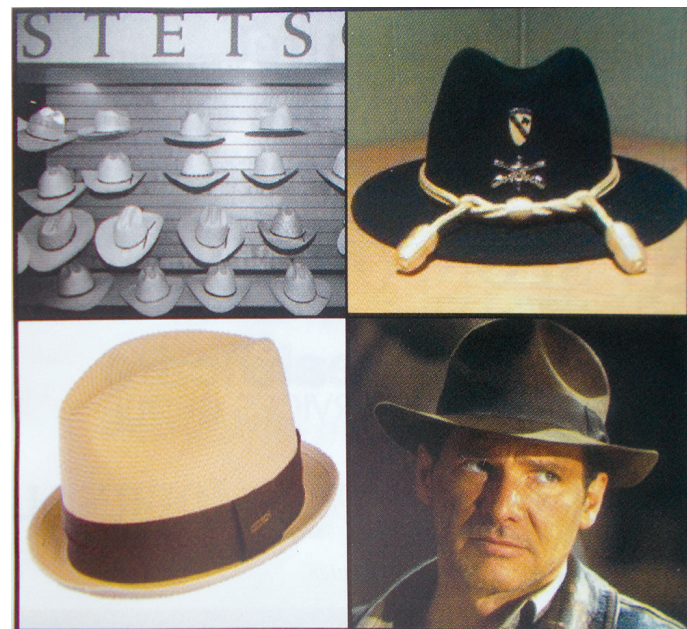
While Stetson was panning for gold in Colorado, it is said he went on a hunting trip, and as somewhat of a joke, he made a wide brimmed hat with a tall crown out of a beaver pelt he had showed the others how to felt. Before that people wore top hats and derbies or discarded civil war headgear.

The wide brim offered protection from the elements, helped fan a fire and, because it was waterproof, it could be used to carry water. The taller crown offered an insulated space and helped keep the head warm. Their multi-functionality is what made them so popular.

Stetson quickly grew fond of this hat as did some of his friends. One day it is said, a cowboy rode up to Stetson, tried on the hat and paid him a five-dollar gold piece for it, riding off with the first western Stetson. This was the first hat Stetson sold, called "Boss of the Plains."

Felt may be the oldest fabric known to man and since it isn't woven, a loom is not required, and ancient people easily made felt. Some of the earliest felt has been found in the Tlai Mountains in Siberia from nomadic horsemen dating to 700 B.C.

Early hat-making felt came mostly from rabbit, hare and beaver. Stetson also introduced buffalo felt.



Today's Stetson hats feature the traditional Western felts, western and panama straws, military, dress hats, and fedoras, like Indiana Jones wore.

In the felting process, heat, pressure and moisture are used. Animal fur is dipped in alternating hot and cold water and agitated. The hairs mat together, compress and interlock. Since felt is not woven, it can be cut without worrying about it unraveling.

The commercial felting process used



John Batterson Stetson.

mercury nitrate in its agitation solutions, causing dementia in the workers leading to the phrase "mad as a hatter," popularized by Lewis Carroll's Mad Hatter character in *Alice's Adventures in Wonderland*.

Stetson didn't strike it rich in Colorado, but his health did improve and in 1865 he returned to Philadelphia. With \$100 he had left from his travels and a small amount he borrowed from his sister, Stetson bought tools and fur and rented a small room at Seventh and Callow-hill Streets, starting the John B. Stetson Company.

Stetson started by making the popular styles, but realized he needed to make something unique and focused on the western market, creating the "Boss of the Plains."

The original "Boss," manufactured in 1865 featured a wide, flat brim with a straight-sided crown with rounded corners. "These lightweight, waterproof hats were natural in color, with four-inch crowns and brims. A plain hatband was fitted to adjust head size. The sweat band bore John B. Stetson's name," —Wikipedia. Stetson produced a high quality, expensive hat and owning one showed that a cowboy was doing well.

Stetson sent the hats to merchants in the southwest asking for a minimum order of a dozen "Boss of the Plains" hats. The "Boss" was an instant success and in less than a year the company was moved to a factory on the outskirts of Philadelphia.

By 1886 the Stetson Hat Company was the largest in the world having mechanized the hat-making business, making almost 2 million hats per year by 1906 in a factory spreading over nine acres.

Stetson died of a brain aneurism in 1906, but the company carried on, finally closing its Philadelphia factory in 1971, but licensing out the Stetson label to other

manufacturers.

Famous people who wore a Stetson include Buffalo Bill, Calamity Jane, Annie Oakley, Will Rogers, John Wayne, Lyndon B. Johnson, Winston Churchill, Harry Truman and Tom Mix, Hollywood's first superstar cowboy. It is said that George Custer wore a Stetson riding into the battle of the Little Big Horn.

Texans seem to prefer the "Ten Gallon" style, which has nothing to do with how much liquid the hat can hold. It comes from the Spanish word *galon*, meaning braid. Ten is the number of braids used in the hat band.

Besides being well known in America, Stetson products are sold in many countries. The Stetson name now sells hats as well as apparel, footwear, fragrances, eyewear, belts, bourbon and other western image products.

Still today the name Stetson evokes images of the classic cowboy hat and the great American west.

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Beasts of the Peaks The benevolent trickster

by Jessica Stevens

The forest was quiet. Resting my clinometer to my eye, I peered through, seeking to read the height of the tallest Engelmann spruce in the area. As it so often is in my favorite spots on earth, all was quiet. Though it is frigid and windy outside of the trees, once inside the forest, one can notably feel the temperature's rise and the ceasing of the wind. The subalpine zone, located at tree line, is possibly one of the most silent and still locations on earth.

Quiet it was as I peeked through the clinometer, and quiet it was as I bent down to record my measurement. When I lifted my head, there on a branch nearby sat a round, fluffy, cute little gray bird. It made a chirring noise, which in the silence of the trees, sounded quite loud. Its dark eyes stared at me and it cocked its head rapidly, this way and that, as birds do. Quickly its tiny breast sucked air in and out as it watched, turning his head, and letting each eye study me thoroughly. It was extremely interested in the clinometer I was holding.

After a few seconds, it darted off to another branch toward a classmate of mine to study them. Undoubtedly, he was looking for picnic scraps. Our teacher had gleefully told us about these medium-sized songbirds before leaving for our fieldtrip that morning.

This inquisitive gray visitor was obviously a camp robber.

Also known by myriad of other names, Canada Jays are omnivorous songbirds of the corvidae family (passerine birds, a part of the family to which magpies and ravens belong). Scientifically, its name is *Perisoreus canadensis*. *Perisoreus* denotes the bird's genus, which is small. This genus only has three subspecies, the Siberian, the Chinese, and the Canadian. Obviously, the second name in the bird's taxa describes Canada as the most common place these birds are found. Though endemic to Canada, these adorable and charismatic birds are also found in the Rockies, even as far south as Arizona and New Mexico. The ones I have seen are at the top of Cottonwood Pass near Buena Vista.

Canada Jays are also known as the gray jay, gorbey, lumberjack, whiskey jack, meat bird, meat hawk, and moose bird (to name a few). It is no wonder these amazing birds have so many names, since they are so personable and have also been the subject of the longest running bird study on earth. They were known as Gray Jays from the 1950s until 2018, when their name officially changed back to Canada Jay. Some people call these birds meat hawks since they are often seen feasting on leftover carcasses and scavenging for other meats. A few times, these birds have been observed feasting upon the blood-filled ticks on moose and other ungulates, earning the name Moose Bird. "Whiskey



Jack" comes from a bastardization of the Cree and Algonquin names for the bird: Wisakedjak. In Native American lore, Wisakedjak (also known as Gwiingwiishi and too many other native names to do them justice) was a benevolent trickster. Gwiingwiishi is a warning sign of danger but an indicator of good luck: a friend.

The Canada Jay is light gray all over, with darker gray colors on his back and a gray cap on the nape of his neck. Young birds are nearly black and sometimes look like a separate species altogether. Canada Jays mate for life and have been recorded living up to nearly 18 years old. They nest their eggs in the dead of winter, when it would seem illogical to do so, since the cold temperatures are deadly, the winds can be violent, and the snow is deep. However, these resilient birds nest close to the trunk of their tree, only four to eight feet off the ground, and their nests are made of lichen, twigs, pine needles, and moss.

All year long, Whiskey Jacks scour their range for food. Though they do not migrate, they may fly for miles in one day to find food to make into boli, which sounds like some sophisticated Italian dish. Boli are "packets" of food rolled around in a Canada Jay's mouth to coat it in sticky saliva, which it then sticks to trees close to the trunk to store for winter. These birds have been observed making over 1,000 boli in one day and they store this food over a large range. This method of food storage is called "scatterhoarding" and is a remarkably effective form of caching. As grandma used to say, "Don't carry all of your eggs in one basket." Gray Jays are experts at diversifying. Send them an email if you need help investing!

Gwiingwiishi will eat almost anything. They are opportunists and are unshy of humans. They will eat what they find in the forest: nuts, carrion, mushrooms, berries. Sometimes, they will hunt small rodents and other birds. When you are lucky and so are they, they will steal a hu-

man visitor's food. If they get food from a human, they are very likely to remember that individual and come back for more the next time they see them.

That day of our field trip, after my classmates and I had gathered all our data, we traipsed over the spongy subalpine earth back to our temporary classroom of fallen logs to hear Mr. Keidel's final instructions before heading to the next ecological zone on our field trip. In the boughs above us sat some of our new, gray friends. As always, their heads were busy tweaking about, looking for any possible scrap of food they could bum off us. Of course, they were not disappointed and as we walked back to the bus, I felt a little sad leaving them behind.

The Rockies are full of interesting creatures. Everything, even the flora, have lessons to teach about God's intent for us on earth, other people, and most importantly, ourselves. We need to know about ourselves before we can respect ourselves. We must appropriately appreciate ourselves before we can respect others or the things around us. What can we learn from the camp robber? Friendliness; it is always good to make new friends. Resourcefulness; use what you can when you can. Make the most of what life gives you. All of us could eternally use a reminder to be thankful for what we have rather than wishing for what we do not have.

If you can, take a trip up to the subalpine zone for a picnic one day to see if you will be graced with a visit from a camp robber. Make sure to take along some bird-friendly food, like nuts, seeds, raisins, or some meat. If you're unable to make a trip to that elevation, zoom over to YouTube and look up videos of these playful and bold birds. Many people, from seasoned woodsmen to amateur photographers and visiting hikers, have witnessed that Canada Jays are, in fact, benevolent tricksters and fast friends.


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Barbara Pickholz-Weiner

Growing Ideas The merry month of May!

by Karen Anderson "The Plant Lady"

Greetings once again fellow gardeners and friends. As we slowly but surely edge closer toward the warmer mountain gardening months, I will give you the 'yellow flashing light' which means please proceed with caution! Seasoned high-altitude gardeners have learned the hard way, but if you are new to our region, you would be wise to take heart, take notice and take advantage of the experiences and information us 'old timers' may have to offer. It can be a pretty tricky business.

May is an ideal time to plant foundational landscaping native trees and shrubs, as the earth is usually workable, the weather is cool and springtime snows or rain will be greatly beneficial in establishing those plantings. As long as you are planting native, you should be relatively safe during a late cold snap.

It is also a good time to transplant trees and bushes, being sure the earth is moist and you dig a good solid root ball. I will recommend applying a root stimulator during the transplanting process and several times afterward to help with the transition.

If you wish to integrate native Aspens, Spruce, Potentilla or Currant Bushes or hardy perennials into your garden, please contact me for more information as I can hook you up with the strongest and healthiest of high-altitude plantings.

In addition to those garden projects for mountain May gardens, it is a reasonably sound practice to plant some hardy vegetable seeds. Cold frames and greenhouses are great for getting an early start with grazing greens, like spinach, arugula and lettuces.

Root crops, such as carrots, radishes, asparagus, beets and turnips will normally be safe as long as you are prepared to cover those veggie beds with floating row covers to protect the above ground foliage from frosts. I will advise that you plant potato sets at the end of this month as their above ground foliage is rather tender and can be very vulnerable to freezing weather.

A straw mulch can also be utilized for frost protection. More on that later.

As the new green spring growth of established perennials begin to emerge from Mother Earth after their long winter slumber, the wildlife will be delighted as much as we are to see it...and to eat it! So, let's start right away applying some critter repellent in attempt to train them to leave it be. I will train myself to get out there and 'do it' so I can sleep better at night. As many of you know, I have created my own concoction consisting of feather meal, blood meal, cayenne pepper, deer and rabbit repellent granules and a tad bit of Irish Spring soap shavings. If you would care to have the detailed recipe, I would be happy to share it with you. This will be a continuous task throughout the growing season.

If you are lucky enough to have a greenhouse, go for it! Tomato, pepper and herb starts can be planted with success, but please be prepared with supplemental heat. A crop of fresh greens from seed can be sowed for early harvest and when it becomes too hot for their comfort, you will have more space for beans, cucumbers

"Everything that slows us down and forces patience, Everything that sets us back into the slow circles of Nature, is a help. Gardening is an instrument of grace."

— Mary Sarton

and squash if you wish. Mulch is always suggested to hold the moisture and add a warm blanket for the plants. You may wish to embellish the greenhouse with a few marigolds and petunias for that instant color that we all long for this time of year. But please avoid the temptation to plant any tender 'Foo Foo' annuals outdoors until mid-June in our higher-altitude areas.

So, that brings me back to the importance of MULCHING. Your gardens should never ever be without mulch, winter, spring, summer and fall. I have focused on this topic in many of the *Growing Ideas* articles over the years with the intention of helping gardeners to realize and experience the tangible significance of the implementation of MULCH! Guess what? I'm not going to ease up on encouraging you to take this long-time mountain gardener's advice! Straw is my favorite type of mulch, as it is the most economical, organic and easiest resource that Mother Nature can provide. It's 'straight up' Little House on the Prairie type of method which has been effective for eons of time. When combined and composted with farm animal manure it is perfect for gardening of all kinds.

I have been very busy for the last month or so, caring for the seedlings that were planted in March and they are ready to find new homes. A continuous flow of organic, non-gmo and heirloom tomato, pepper and basil plants of many varieties will be available for 'adoption' at The Outpost Feed Store in Florissant, Shipping Plus in Divide, and at Mountain Naturals in Woodland Park throughout the month of May and into June or as long as the supply lasts. You may also contact me directly for special orders at 719-748-3521 or e-mail plantlady@speaks@gmail.com.

Happy houseplants, my Heritage Seed Collection, Blessing Beads and Talking Sticks are also displayed at all three locations.

I am available for landscaping consultations if you feel you need some experienced and professional help in our high-altitude gardening world.

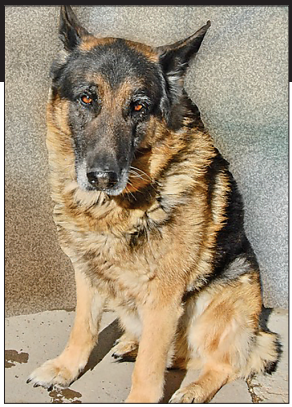
Happy Mother's Day (May 9th) to all the Moms out there, including plant and animal Moms.

Wishing you peace and well-being this spring and as always, Happy Gardening!

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Cat Masterson doing his Einstein imitation - Jeff & Kathy Hansen, Divide, CO

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The Scarlet Pearl *by Gilrund the Historian*

Mystie, Avi, Glacia and Crystal were in Mystie's tree home having tea and disgusting the various stories that their parents had told them over the years.

"I can't believe some of the things that the humans do," said Glacia, "But my dad says that the things he has told me about them are true."

"Yeah, why do they always have to have a king?" asked Avi.

"Well, we have a queen," returned Mystie.

"But that's different," replied Avi, "Queens are better. Our queen isn't always sending out the fairy boys looking for treasure and making them fight other fairy kingdoms to gain more power and wealth."

"What about the gigantic places that they build to live in?" added Crystal, "Who would want to live in some huge stone castle? How would you keep it clean?"

"Well, my dad told me," started Glacia, "about a human king that was way down south of Winter Mountain that had a magic ring..."

"They all had magic rings," interrupted Avi.

"Let me finish!" said Glacia, "This ring was different, it had a scarlet pearl, and the king could heal people that were hurt or sick and if the king wanted, it could tell him the future. We were talking about it because of all of the fairy folk that are sick right now and how it would be wonderful to have a ring like that."

"Do you think that it really worked?" asked Misty.

"I asked Dad about that too, but he didn't know," replied Glacia, "He said that it was lost when the king was killed by an invading kingdom."

"Oh, that's too bad," said Crystal, "If we were to have gone to that old kingdom and found the ring, we could help all of the fairies that are sick now. I wonder how it was lost?"

"Who knows?" said Avi, "Human's do such strange things."

Glacia was quiet for a few moments and then said, "You know pearls come from the sea, how about we go down to that old kingdom and see if we can find another one?"

"My dad said that pearls are made by a sea creature called an Oyster and they don't give them up easily," added Mystie, "He also said that most pearls are white except for the rare black ones. He didn't say anything about scarlet ones."

"Maybe a witch made it scarlet," suggested Avi.

"I doubt that," replied Glacia, "Witches don't usually do nice things like that."

"Maybe it was a special oyster," suggested Crystal, "It might have been a red one, so it made scarlet pearls that were magic. It might still be there in the sea near that old kingdom."

"What if it were?" said, Glacia, who was getting excited, "Then we could go there and get another scarlet one and bring it back here and help all of our friends that are sick!"

"Yeah!" shouted Mystie and Avi and Crystal, "Let's go!"

The four fairy girls flew out of the tree and off to their parents to ask if they could go on another adventure, and they all said, "Yes."

The four fairy girls had to fly for four days to the south to find the old fallen kingdom of the human king. It was actually there!

The girls flew around looking at what was left of the old stone castle and all the other building that were scattered around the castle.

They spent a few days looking through the castle hoping to find the ring with the scarlet pearl. They found a hidden treasure room that was still filled with treasure of all kinds, but search, though they may, they never found the ring.

"Well, I guess it's time to look for the oyster thing that lives in the water," said Glacia, "Who wants to go first?"

"I'll go," volunteered Avi, "I'm a pretty good swimmer and I can hold my breath for a long time."

"I'll go with you," said Mystie, "Just in case this oyster thing gets mean or something."

"Thanks, Mystie," replied Avi, "Let's go."

The two fairy girls flew out over the sea looking down into the water for a red oyster. They flew around for half an hour and then came back to the others.

"We didn't see anything that was red," said Avi, "But I did see a big purplish looking thing that had the shape that was described to us."

"Do you think that it might be the oyster thing?" asked Glacia.

"It could be. But we're too tired to go down and look right now."

"I'll go," said Glacia, "If Crystal will go with me."

"Sure, I'll go," said Crystal, "Come on."

The two girls flew off leaving Avi and Mystie resting on the warm sand.

Glacia and Crystal flew out over the water and soon found the purplish thing under the water and down they went with hardly a splash.

They found the oyster and swam around it for a moment trying to figure out how to get it open. Glacia tried tapping on the top and Crystal tried to put a stick in between the top and bottom of the shell. It wouldn't open.

The girls came back up and flew to the shore and landed with their friends.

"It won't open!" said Glacia, "What are we to do?"

It was quiet for a few moments and then Mystie said, "My dad said that the pearl is

made from the oyster getting worms in its mouth and then covering the worm with some sort of yucky slimy stuff and that's what makes the pearl. It takes a long time, but it works."

"Maybe we should try to feed it," said Glacia.

"With worms? Yuck!" cried Mystie.

"We have to do something to get the mouth open to look inside," said Glacia, "I'll hold the worm, you look."

Mystie and Glacia flew back out over the oyster and then into the water.

Glacia looked around for a wormy looking something, caught it and then held it in front of the oyster. Mystie looked at the oyster as it opened to catch the worm and grinned.

She motioned that it had a scarlet pearl inside as they both returned to the surface.

"Let's go back down and get the pearl," said Mystie as they floated on the water.

They both took a deep breath and dove back down. Glacia had the wormy thing and Mystie was ready to grab the pearl when the oyster opened.

Glacia held the wormy thing in front of the oyster, and they watched as the oyster opened to take in the wormy thing.

Mystie swam in and grabbed the pearl as fast as she could, then swam up to the surface, pushing the pearl in front of her with Glacia's help.

The other two were flying over the water when they brought up the pearl and then all four carried the pearl to the shore and dropped it in the sand.

"So, it is real!" cried Crystal as she ran her hands over the pearl, "Now, let's get it home!"

"Just how are we going to do that?" asked Avi, "I didn't realize how big the thing would be."

The girls stood and looked at the pearl thinking.

"Maybe we could roll it?" grinned Crystal.

The girls laughed and laughed, until Glacia stopped and said, "We need a boat!"

"Yes!" said Avi, "I saw one down there in the water too. It was just a small one, but I think it would hold the pearl, if we can get it up and repaired."

The girls followed Avi back out over the water until she stopped, and they looked down. The water was shallow so they could see the boat. Then using the fairy magic they raised the

boat up and then to the shore. It took more magic to repair the small boat, but they got it done.

As they ate supper of pollen cakes and nectar, they looked at the small boat as it floated in the shallow water at the beach. It had a mast for one sail and two oars on each side and a rudder to guide it in the water.

"All we need now is a crew," said Mystie.

"We have one. Us!" replied Crystal, "We'll have to use fairy magic, but I think that we can do it. We have to, it's the only way to get the pearl back to Winter Mountain."

They waited until the next day before starting their voyage. Crystal was on the rudder and Glacia and Mystie had made a sail out of old cloth they found in the castle. Avi was in charge of getting the pearl on board the boat and she did it with Glacia's help.

They cast off early in the morning as the tide was going out and then Crystal pointed the bow to the north and Winter Mountain.

The wind caught the small sail and the boat sailed swiftly on the water as Crystal held the rudder with fairy magic and the others all sat on the wooden seat and rode along enjoying the adventure. Sailing was something they had never done before. If anyone had seen the small boat sailing away, they would have thought that it was adrift. But the girls had the little boat under control and were learning about sailing a boat very quickly.

Mistakes were made and some had to be corrected with fairy magic, but they made good time as they sailed along back to Winter Mountain.

After a few days, they were on the northern coast and the problem of getting the pearl across the land to the mountain presented itself.

They could see their mountain, but it was far off when they beached the boat.

It was then that they heard someone calling out to them, "Hey, where did you girls get that boat?"

The girls looked at the edge of the forest where the voice had come from and there were six fairy boys flying toward them out of the forest.

The boys flew all around the boat looking at it in fascination.

"Do you like it?" asked Glacia.

"Yeah, where did you get it?" asked one of the boys.

"Just down the coast a little way," replied Glacia, "Would you like to have it?"

"Oh, yeah," was the answer.

"If you can get our cargo back to Winter Mountain, you can have it," replied Glacia.

"No problem!" replied another of the boys as he flew back to the forest and returned with a larger black beetle that had a pack on its back.

"We'll trade this for the boat," said the boy that held the rope on the beetle.

"It's a trade!" said Glacia as she took the rope, and the boys flew over to the boat and helped put the scarlet pearl on the back of the beetle and covered it with leaves.

The last the girls saw of the boat and the boys, they were drifting back out onto the water and the boys were laughing and having a great time, though they didn't know what they were doing.

It took four hours traveling at the beetle pace to get to the palace on Winter Mountain.

The girls asked for the Queen and she came out to see what they wanted.

Avi took the leaves off the scarlet pearl and the queen stood amazed. She knew the story of the healing powers of the scarlet pearl but couldn't believe that it was right there in front of her.

"Bring one of the sick!" she ordered the closest guard.

The young fairy flew off and quickly

returned with his own mother, who was very ill and close to death, laying on a bed of soft moss.

The Queen stood with her hand on the pearl and the other on the old woman as she said, "Be healed, mother."

The older woman suddenly looked full of energy and good health as she stood up and threw her arms around her crying son, who held her close.

"Thank you, my Queen, thank you!" was all the young guard could say as he held his mother close.

The Queen called out to the other guards that stood near and said, "Bring all of the sick and hurt to me as soon as you are able."

The guards flew away following their orders as the Queen turned to the four fairy girls shaking her pretty head.

"You've done it again!" she said, "How can I thank you for what you have done for my people?"

The girls didn't know what to say.

"Come to the palace the day after tomorrow for your reward. Now go and help bring in the sick and hurt, for there is much to be done."

The girls flew off and helped gather in the sick and hurt to be healed by the Scarlet Pearl and the touch of the Fairy Queen.

The girls received another ribbon and gold metal from the queen and another promise to do whatever she could for the girls in the future.

~ The End ~

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

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Musings Along the Way Mayday help from the Universe

Catherine Rodgers

Ever wonder why the universal call for help is "Mayday"? In the 1920s Frederick Mockford introduced it as a distress call between London and Paris airports because it sounded like the French "m'aider" or help me. These weeks I've been dealing with a series of health challenges, one after the other and interrelated. Although I've been diligent in doing my daily prayer work, and observant of my thought matrix, my body has demanded my attention. After running the gamut of doctors and dentists, I called out to God for help in understanding and transmuting the blocked energy making me sick. May-day!

This led me to consult a psychic healer for a life diagnosis. Are you rolling your eyes? "There are more things on heaven and earth, Horatio, than are dreamt of in your philosophy." (Hamlet) When we've done everything we can think of, sometimes we need an alternate perspective, a shamanic assist. Plus, my dog was taking on my symptoms, and I had to heal, for her if not for myself!

Thus, I do not pretend to understand what I am writing about this month. I am learning and exploring. I will do my best to report my experiences. May wisdom emerge for us all.

I don't like asking for help. We are a hypervigilant family. In my family vulnerability was way dangerous and my beloved Aunt warned me to never show a chink. In her 80s she broke down in tears one day when she told me her closet door was open 2 inches: she used to be punished for that. The fear of being seen as weak or incompetent — *imperfect* — is the scourge to my success. However, physically, this shows up as knots in my gut as I suppress my anxiety about making a mistake. Heaven forbid that I innovate or do something outside the approved pattern. This has resulted in years of IBS, shallow breathing with emphysema from smoking, and recently, allergies. Actually, the deprivation of life force from my organs that clears out toxins and renews my cells, combined with my inability to absorb life and new experiences without panic, has made me aware that past patterns and habits are pushing forward for healing. I am open to allowing a happier, healthier version of myself to arise.

This isn't just my personal process. When I look around, I see many people trying to find balance in rapidly changing scenarios. Geobiologist Rory Duff points out that our planet is being buffeted by a gamma galactic sheet that happens every 12,000 years. There are pulses of gamma rays and neutrino particles. What begins as a golden plasma wave merges into a cosmic wave. More light flooding into our physical forms is resulting in severe detoxification and release of lower frequencies. It's intense for us all.

I could have chosen to work with the "Unknown Lightwarrior" Jim Tourtsakis, part of the Pleiadian Ground Crew Command, founder of the 144 Starseed Group. His video on ReturnToYourTruth.com makes a lot of sense to my mind about non-traumatic and traumatic wounding. Sometimes we have left fragments of our soul in another timeline. (Time is not linear.) Sometimes we are living out of

personas and archetypal roles that are not in alignment with our souls or we made vows, agreements, contracts in another life, in another dimension. Maybe someone cursed or put a spell on us. With the glamor glittering before our eyes every day in our media, at least consider sex magic and hypnotic suggestions. I had some idea about this before I began delving into all the online woo woo. But I don't KNOW how to deal with this realm. How can I trust my gut feeling when my gut is all twisted?!

Well, I do trust my guidance — call that the whisper of my higher self, the brush of angel wings, my ancestors dancing around the periphery, the Arcturians and Pleiadians, or "coincidence." Molly Indura has been posting her paintings on Facebook with channeled commentary about Lilith whom she says she embodies as the Holy Spirit: "Lilith holds the Source of All Source Systems; one of which is our local 'Terra Sophia System' that we are currently living in." Hasn't it ever struck you as odd that the triad should be Father, Son and Holy Mother? Not a holy ghost. Much of what she says flies in the face of the conventional patriarchal story. But on a soul level, bells are ringing like a carillon pealing the Angelus at noon! Ringing the church bells drives out demons.

Molly describes Lilith giving form to the optimal garden of Eden. This macro cosmology of a supra goddess birthing creation out of her essence has counterparts in the micro. Her avatar Lilith and Adam were created equally of stardust. But he chose to play out superiority, oppression and domination of the Divine Feminine. In the micro we fallen humans descending from Adam and his second mate Eve have lived through this alternative, distorted timeline of separation from Source, through various permutations such as Yeshua and Mary Magdalene. We have forgotten our sacred relationship. This is not what Holy Spirit intended. Now the Divine Feminine is rising. In our pain we have called in the Goddess to heal these false paradigms.

"Finding fear in love is a goodness because love is not fear! What you find is nauthiz."

— Molly as Holy Spirit (bethelight.org)

Nauthiz is a rune of two crossed sticks rubbing, and the friction creates need-fire. The word nauthiz (NOW-this) corresponds with the modern-day Swedish word 'nöd' which means distress. A need-fire was a distress signal to the gods performed to call in community healing. Nauthiz is at once obstacle, what's in the way of experiencing love, and the spiritual dissatisfaction that drives us to find the way of fulfillment and wholeness. Rather than avoiding what I am afraid of, I need to examine what has shown up in the way of my healing.

"Let me see the world without my opinion. Let me see the miraculous today! Let me find my place in grace!"

— Rev Michael Bernard Beckwith

I see some parallel here with *A Course in Miracles* regarding the idea of Atonement. The Holy Spirit (which is

"What hurts you, blesses you. Darkness is your candle."

— Rumi

interpreted as male in ACIM) dissolves the disassociation of the ego. All those moments we felt disconnected have never been, because spiritual vision can see only atonement or union. Let us look with the eyes of the Holy Spirit, because "when I heal, I am not healed alone." (Lesson 137)

At some point, "I said 'Doctor, ain't there nothin' I can take?' I said 'Doctor, to relieve this bellyache?'" What I am learning from Molly is that as an empath, I have taken on a lot of other peoples' programs and pains. She sees layers around each chakra, sees blockages and identifies the point in time it occurred. These can be from past lives, false friends or even crossed timelines. She cleared an entity. She is teaching me how to take the lesson, and then to send the pain back to where it belongs. Have you ever noticed a sideways shift in the matrix as I have? With her guidance from Holy Spirit, the flow is being restored to my system. Plus, my dog is eating and well again!

I accept that she is in touch with heavenly forces that work for my good. One of the things that came up was my confusion about love. Love is love. We know how it feels: GOOD. But in my case, I had extreme cognitive dissonance between my father's behavior which was cruel and decidedly not loving, and my mother insisting that "he loves you in his own funny way." NOT. I have put myself into situations over and over when my gut said "NO" and my mouth said "Yes." So, we sent a lot of energy back to my dad, whom I totally forgive as he had his own unresolved issues and painful misperceptions. I am good at forgiving ignorance. I am still learning to acknowledge myself and my gifts. I am allowing myself to release my fear and to love this divine expression of Beloved I am.

Serendipitously the first thing I saw after this process was a guided meditation by Miguel Angel Silva to activate self-love at (ascendedvibrations.love). The second was a friend posting a soul retrieval exercise. Take a glass of water outside barefoot and repeat three times: "Everything I have taken from others I place back in this water." Pour the water back into the earth that connects us all. We breathe in the trees exhale. Take another glass of water and step on the earth, repeating three times, "Everything that has been taken from me, I now reclaim." Then drink the water.

Rev Keith Horvitz at Soul Center OC says that forgiveness transmutes, and gratitude propels. I truly believe that we are in the midst of the great Re-Do, resetting the matrix of our reality. I believe that Spirit can and will restore the years the swarming locusts have eaten and make all things new. I believe that Lilith as Creatrix can and will dissolve the illusion of separation and restore Paradise. As the Aeon or anthropic expression of the emanation of the light of God, Sophia is charged with creating an infinity of theoretically possible universes. In at least one of those universes, I see bliss, love, joy, harmony and realization of wholeness for all beings in all dimensions and times, free from false beliefs and all ensnarement. So it is. Fiat.

program continues to provide free counseling and other supportive services as requested to help individuals, families, groups, agencies and businesses navigate through the pandemic. The team is currently assisting at multiple vaccination sites supporting local agencies in Fremont, Chaffee, Lake and Custer Counties.

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Mountain Essentials

by Flip Boettcher
photo by Flip Boettcher

June 15, 2021 marks the second anniversary of Mountain Essentials, located at 520 on Fairplay's historic Front Street. Mountain Essentials is owned and operated by Nicole McChesney.

The shop features artisan goats' milk skin care products, including soaps, lotions, lip balms, as well as creamy fudge, all made from goats' milk. McChesney calls the shop an artisan's boutique and there are eight, Colorado based, female owned and operated businesses in the store including McChesney. McChesney also has a men's beard care line, CBD lotions, alpaca blankets and vintage and repurposed items, she said. The shop also has wedding and baby shower gifts.

McChesney is a Colorado native and she and her family have lived in Fairplay for 13 years. The family has over 35 goats with 16 of them milkers. All McChesney's skin care items are made with this goat milk.

The chores take about an hour or hour and a half two times per day. That includes the milking, McChesney stated.

It all started for McChesney when one of her children developed a rash. She made some goat milk cream and went on from there to develop all her products. Also, finding that the family was lactose intolerant, they used the goat milk too,



Nicole McChesney, owner and operator of Mountain Essentials located on Fairplay's historic Front Street, in front of her shop with one-month-old goat, baby Jake.

which is easier to digest and has different proteins than cow's milk.

Mountain Essentials is open Monday-Friday, 11-5 p.m. and Saturday and Sunday, 10-6 p.m. Their phone number is 303-880-7258. The website is www.mountainessentialsllc.com.

Rocky Mountain Cigar Company

by Flip Boettcher
photo by Flip Boettcher

May marks the Rocky Mountain Cigar Company's first anniversary and Memorial Day weekend; owner Scott Gardner will be celebrating the event. Having just gotten his liquor license, Gardner will be celebrating with a "tasting and pairing of Colorado craft spirits with a variety of our select premium cigars" in his new sipping lounge area in the shop, he said.

The store already had a comfortable cigar lounge with a large screen television. There is a golf simulator in the shop, featuring more than 2,000 golf courses. One actually hits a real golf ball! Gardner has clients who come from Denver to play golf and smoke cigars. Gardner also offers guided fly-fishing tours and stocks fly-fishing accessories like flies, tippet, leader and split shot.

The cigars range in size from small cigarillos and petite coronas up to the large Churchill. The cigars come from the Dominican Republic, Honduras, Nicaragua, and some brands from around the world.

The RMCC also sells pipe tobacco and accessories; roll your own cigarette tobacco and accessories; a limited supply of e-cigs; and will be adding some vaping supplies, Gardner stated.

The cigar company is located on Colorado Highway 285 next door to the Sinclair station. The shop is open Sunday-



Owner and operator Scott Gardner in front of his shop the Rocky Mountain Cigar Company with a friend of his.

Thursday, 9-6 p.m. and Friday and Saturday, 9-7 p.m. The hours will be expanding come June 1. The phone number is 218-556-3809. The new website is www.rockymtncigarco.com.

The cigar company will have a booth at Burro Days and they are a proud sponsor of the Park County Fair.

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Rural resilience through compassion and creativity

by Eric Chatt., ND

*She shakes the seeds in her hand in just the way my Grandfather used to
Giving thanks and setting the intention
These are for my grandchildren; may the pollinators multiply with food from these seeds
And may those little insects help produce food for generations to come
The mystery in a seed
The mind quiets
An ounce of prevention is worth a pound of cure she tells her granddaughter
Fortification through fructification
Restoration through respiration
Breathe
Closing the carbon circle
The soil is alive you know. She tells the curious toddler whose eyes get wide
Can we check on the worms Grandma?
This is her favorite part of the day.*

You see it when a fire sweeps through the canyon, ranchers are improvising with community aid groups, firefighters, veterinarians, and truckloads of animals, frantically communicating, mobilizing, and getting important stuff done! The solutions begin to form through the infrastructure in place to handle a situation as well as the compassion and creativity of rural and urban communities coming together to improve challenges, traumas, and grief that so impact our communities.

The current juxtaposition of social and health challenges presented with the Covid-19 pandemic, economic tensions, racial injustice, and climate challenges all represent global concerns and resiliency needs. Creativity and compassion emerge in times that challenge our very physical and moral core. Food banks and food shelves are coordinating across the world, international efforts to get vaccines to poor countries are occurring despite the oppressive systems, although with systemic patterns of inequity there is so much room to improve. So many creative arenas exist in which each of us individually, and more powerfully, part of collective efforts for healing and regeneration impact the health and wellness of the people as well as the biosphere and ecosystems which we are connected to.

Mending and restoring our relationships

with the land, soil, water, all species, food, sky, ourselves, and each other will occur in areas where preparation, opportunity, creativity and compassion merge. I just invite you to allow yourselves to envision what you are going to do, perhaps from the vantage point of a grandmother thinking about the future generations. Thanks to all who continue to inspire us in such times, who bear witness to the joy and the suffering, share with us their views of the sunny and shady side of the mountain, the yin and the yang, the love and the oppression in such beautiful acts of creative compassion.

This is a translated portion of the Popol Vuh from the book *The Shaman's Secret* by Douglas Gillette, M.A., M.Div. discussing illness. "The Maya believed that disease was the whisper of death, its first hint. But it was also an invitation from the Lords of Life to engage in the miracle of turning death into resurrection, of changing non-being into Being. A soul could accept this challenge by overcoming its stupidity through education, thereby learning to convert fear and arrogance into a specific set of personal qualities. . . These included intelligence, wisdom, fast thinking, resourcefulness, cleverness, a sense of humor, fierce courage, ruthlessness when necessary, passion, humility, balance, centeredness, and dignified grace." It is fun to learn from as many cultures as possible. It seems like this passage from an Indigenous culture such as the Maya, has many basic truths that can help us keep learning and growing, despite our foibles.

How is our fear and arrogance linked with oppressive and extractive systems in need of change? How can our individual work in cultivating the personal qualities above impact the interconnected world we live in? How can we collaborate in a more creative and compassionate way going forward? Witnessing and taking part in the efforts to stay connected, help each other, bringing mindful awareness around our collective relationships is rekindling the soul and quite contagious in a good way. Look forward to seeing what can be done together going forward toward resilience and restoration in both our rural and urban communities and ecosystems.

Teller County Assessor Listens

by Colt Simmons

Teller County Assessor Listens has two more meetings in May to discuss 2021 property re-evaluations as prescribed by Colorado Statute. Interested citizens can attend the meeting via zoom or in person, Tuesday May 4 and Thursday May 13. For Zoom, <https://us02web.zoom.us/j/82765074622> and Passcode 947726 or to attend in-person, the Teller County Centennial Building, 112 N. A Street, Cripple Creek, CO 80813. Questions: Visit <https://www.co.teller.co.us/assessor/default.aspx> or call 719-689-2941.

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Toby

Toby is a 7-year-old male neutered Domestic Shorthair mix cat. Many of our supporters recognize Toby as he was with us in 2018. He was adopted into a loving and perfect home, but sadly his owner passed away recently. Toby is definitely a staff favorite. In the mornings he greets us with stretches and a chorus of meows, and will often spend the day roaming our front office. He is FIV positive, so will need to be the only cat in the home. However, many cats still live long and healthy lives with an FIV positive diagnosis. He is currently receiving a supplement to help boost his immune system and let him live his best life! While Toby cannot go to a home with another cat, he would do great in a home with dogs! He has met a few dogs in the shelter and showed no fear of them whatsoever. If you've been looking for a dog-friendly cat, please consider Toby; he will continually entertain you with all his antics and quickly become your new favorite pet! Give us a call at 719-395-2737 to arrange a visit with Toby! We're located at 701 Gregg Drive in Buena Vista. This space donated by the Ute Country News to promote shelter animal adoption.



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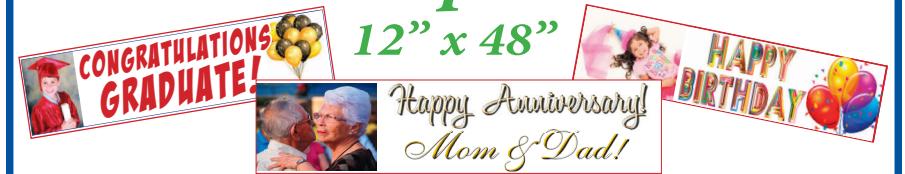
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Life-Enhancing Journeys

Making changes that last

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

When we consider the lives we are living, some of us would like to make changes in the way we act and think. Even though the desire for modification is strong, making changes can be difficult, yet it is certainly achievable. Instead of thinking about it as an impossible or even a traumatic task, there are methods that can enhance your ability to make improvements while refusing to be caught up in outdated, and ineffective habits.

Now that I am in my 60’s, I have a great deal of history to draw from. Reflecting on who I was in my younger days versus who I am today gives me such reverence for the benefit of putting effort into personal growth, so that I am finally evolving into a version of myself who I really like. The comfortable existence in which I now reside could only have been possible by my willingness and determination to make changes in who I was. I set out not to change my personality, but to accentuate my more positive qualities and to tone down the ones that I found less appealing. I have been able to accomplish this task through the feedback I have received from those whom I trust. Embracing mindfulness which brings my focus back to the present rather than the unwelcome doubts of reliving events from the past, along with consistently practicing new thoughts and behaviors, has enabled me to feel comfortable with who I am in the present.

There are several principles that encompass beneficial self-change strategies. Below are approaches for implementing changes in your own life.

Change occurs in stages

To increase the probability of success, divide a behavior into manageable segments then practice each part frequently. Research by psychologist James O. Prochaska, Ph.D., an internationally renowned expert on change, has organized the stages of change as follows:

- Precontemplation** is the stage at which there is no intention to change behavior in the foreseeable future. Many individuals in this stage are unaware of their problems. This phase can be described as *denial* — “There is no problem so why bother to think about it.”
- Contemplation** is the stage in which people realize that there might be a problem and are seriously thinking about overcoming it, yet there has been no commitment to take any action. People in this stage can be described as ambivalent or noncommittal. They want to improve their lives yet are unprepared to do anything differently at this point. In this stage, the process of change is about self-assessment.
- The **Preparation** stage is about information gathering, planning and setting goals. The preparation stage is most important, according to Prochaska. Fifty percent of the people who attempt behavior change and skip this stage will return to earlier behavior within 21 days when this stage is undeveloped.
- Action** is the stage in which behavior is modified in order to overcome problems — this stage is where behavior actually changes. This phase requires considerable commitment of time and energy. During the action stage, one applies the plans developed during the preparation stage.
- Maintenance** is the stage in which people work to prevent relapse, a resumption of the earlier behavior, then acknowledges and appreciates the gains they made. This stage can extend for a while, even a lifetime and requires regular reexamination. Almost all behavioral changes benefit from being broken down into smaller sections that may be easier to grasp. Try it and see what happens.

Change can be frightening

Most of us resist change because we fear the unknown — a new experience. Anxiety about doing things differently can result in clinging to past behaviors which no longer serve a positive purpose no matter how useful they may have been. Notice how changing your behavior can reap personal rewards such as being proud of yourself for being courageous enough to do things differently when allowing yourself to try a new approach. When you explore the tradeoffs of how you are behaving versus your desired actions, you can then more easily motivate yourself to continue to act differently. When there are positive results associated with the new behavior, fear of the unknown disappears. Remember, fear increases the likelihood of failure because fear traps you in the survival brain which simply reacts and is incapable of reasoning. Dr. Prochaska suggests you take a piece of paper and divide it into two columns. Label one “pros” and the other column “cons. Under each column answer every question:

- What will the consequences be for me (and my family, friends, coworkers) of staying the same — of doing nothing differently?*
- What will the consequences of my behavior change be for me?*
- What will the consequences of my behavior change be for others?*
- What will my reactions be to my new self?*
- Who will I become?*
- What will the reactions of others be to my new self?*

Understanding the pros and cons can help you acknowledge that behavioral change can offer positive benefit yet requires much determination and consistent effort.

Change ought to be positive

Positive reinforcement — not punishment — is necessary for permanent change. Avoid criticizing or condemning yourself as you work on adjusting your thoughts and behaviors. Reinforcement can come from within or outside you. By giving yourself praise for your efforts, you are reinforcing positive thoughts and actions.

It is unnecessary for an action to be enjoyable as long as you realize the end result will be favorable. Case in point; I dislike scrubbing my bathroom, yet I do it because I feel a sense of accomplishment when it is clean.

Give yourself a reward each time you accomplish your goal, such as putting \$20 into a vacation fund.

Remaining the same is more painful than transforming

When you do nothing, yet you recognize the need to make some changes, remaining the same can seem unbearable. If it feels like change will be uncomfortable, people likely will avoid anything that seems more agonizing than rewarding. Adjust your perceptions to view the transformation as beneficial and worthwhile. Enhancement takes effort so take the time to be gentle and kind to yourself.

People who are successful will often approach their goals gradually and with clear intention. Record your goals and the behavior you want to change by writing down purposeful steps that can bring you closer to your objective.

Keep in mind that simplicity helps to bring more clarity. Avoid needlessly complicated actions or thoughts.

■ Slower is better

Change is most effective when it occurs gradually, allowing behaviors to become more automatic, so take things slowly and steadily. Before you do or say anything,

take a moment to pause for a breath before proceeding. This will bring you into a state of mindfulness which enables you to expand control of your conscious mind.

■ Gain knowledge, do better

To avoid being caught off guard while working on changes, consider researching information to learn as much as possible about what you decide to work on. Additional information can make you feel stronger in your determination to accomplish your goal. It is unnecessary to remind yourself of your past regretful behaviors, so focus on the positive results associated with the new behavior. It would be awful to hear someone say to you, “It’s been so enjoyable talking with you since you stopped being such a know-it-all jerk.”

■ Change requires structure

Incorporating a routine into the desired changes can provide a greater chance of success. While spontaneity is a wonderful trait for some activities, impulsiveness is likely to impede the changes on which you are working.

You might find it useful to classify the activities and materials you are using as either helpful, neutral or useless in achieving your goal. Eliminate the ineffective ones, transform the neutrals into positives and preserve the beneficial ones.

■ Practice is necessary

The goal for which we are striving is to make new behaviors automatic and more instinctive through continual practice. The majority of failures occur when this principle is ignored. As discussed, consistent practice is the key to success.

■ Ask for help

It is impossible to learn everything you need on your own so enlist the help of trusted friends. It is easier to notice our own behavior through interaction with others so be brave enough to ask a friend for honest feedback.

■ Protect new behaviors

New behaviors are fragile and can quickly disappear if unguarded. Notice the environment in which you are learning new behaviors. Annoyances such as noise, flashing lights or numerous simultaneous conversations may interfere with installing the new changes. After identifying what reinforces and what interferes with your progress, increase the helpers and eliminate the rest. These new behaviors can be easily forgotten due to their newness and unfamiliarity in our lives.

Incorporate anything available to help you focus and practice your new skill.

■ Small steps lead to greater successes

Each successful action can build your reservoir of confidence which is what you are embracing. To enhance your chances of success, concentrate on small achievements. Approach each step as a separate task which will make the changes seem more manageable.

The process of changing from who you are now into a better version of yourself can include difficulty, frustration, reward and ease along with many other features. The effort required to remain the same or to choose to change is the same. The choice is yours.

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).



Panning for Good

Introducing our new columnist

by Dr. Bec

When sifting through the content of our lives, a universal hope may find its way to the surface of our consciousness. We hope to discover and hold onto what carries the most weight, remember what matters, and capture nuggets that will sink into our souls resulting in greater strength, security, and peace. We seek for communities of friends where kindness and courtesy unite, and we wonder at the goodness of people and the beauties of the earth. We survey both our internal and external worlds and look for interactions, places, friends, and family that listen, nurture and understand. We come to the mountains. As we allow ourselves to feel the pull of clear streams and positive currents, we explore new ways to create life-giving tributaries of encouragement to a weary world, that at times, overflows with negative refuse, anger, and unnecessary time fillers. We get to work unearthing the best things in life, bringing them to light, then sharing our treasures. I know many of you who do this daily, and I have benefitted from your love.

This column, *Panning for Good*, is an opportunity to look at the incredible people and places that exist in our mountain communities and focus on the good that is happening all around us! I have lived in Colorado for over five decades and in the mountains for almost a decade. Mountains are definitely my happy place! I began to feel deeply connected with them when I was chosen to be part of a small group of science educators earning master’s degrees at The Colorado College. The program was focused on hands-on learning. For two years, I was able learn about this incredible area in the best way possible, on-site! I studied water biology by taking water samples and looking under rocks for creatures near Badger Basin in Hartsel (just barely avoiding a buffalo stampede); analyzed the depth and types of snow layers at the CC cabin just off of Highway 24 near Twin Rocks road; was fascinated by the greenish, slotty, stone soup mix of the Crestone Conglomerate rocks in Crestone; climbed to the highest sand dune of the day in Mosca; engaged in detailed studies of millions of years of stone layers in the Garden of the Gods; enjoyed finding fossils pressed into Manitou limestone in Manitou Springs; wondered at the fascinating trees, foliage, and insects in Cheyenne Canyon; and thoroughly enjoyed writing and drawing everything I experienced in my notebooks. It was a glorious time, and the connection to and appreciation for the beauties and cycles of the earth discovered through experiential learning, was one of the greatest experiences of my life. I am excited to continue exploring the mountains and learning about the people living in and near them. I look forward to new on-site adventures as I learn and write about the good things that are happening in this beautiful place we call home.

I have made it a point in my career as an educator to focus on the positive. As a teacher, I used to remind myself, “Motivation is Job 1.” Near the end of my first year of teaching, I read an article that said I could raise test scores by 20% just by creating a motivating classroom environment. I was following an incredible teacher that had some of the highest test scores in the district; I was scared. I knew I didn’t know everything about teaching 5th grade (7 subjects), so I decided to do the best I could with the content, and focused mostly on motivation and creating a loving and supportive classroom culture. I wrote down my quest, to create a “Haven of Happiness.” This worked! The second year my students had some of the highest scores in the district and 16 years later I received a beautiful note from a student expressing how my classroom had been a “Haven” for her! I was in shock that she would use those exact words. After seven years of teaching, I moved to a district instructional coaching position helping kindergarten through 12th grade teachers be successful and then became the head of an instructional coaching program and a peer coaching program for many years. During this time with our nation, districts, and schools being so focused on assessment, we found that teachers often felt scared and intimidated, not sure they could be successful. Much of the instructional coaching became about ensuring schools and districts survived and data was sometimes used to focus exclusively on teachers’ flaws rather than identify ways to build up their strengths and provide positive support for them. I decided to do my doctoral work on instructional coaching and was able to conduct a mixed-methods study that included both an in-depth statistical analysis of coaches’ evaluations, and an analysis of qualitative interviews of coaches. Through these studies, 10 characteristics coaches could incorporate into their practice to be more successful were identified. These included: Collaborative, Caring, Competent, Authentic, a Quality Communicator, Flexible, Trustworthy, Planned, able to provide Models, and Inspirational.

After identifying these characteristics, we changed our coaching practice to be more balanced and intentionally focused on both caring and competency as core pieces that would honor teachers’ humanness and produce positive results. We were successful. Dissertation studies followed the characteristics studies. The dissertation analyzed coached teachers’ growth in 22 areas of instructional practice compared to non-coached teachers’ growth. Coached teachers outperformed non-coached teachers by 4 to 5 times in all areas with job satisfaction growth being 57 times the growth of the non-coached teachers. Student growth in classes of teachers coached was almost half a year more than students in teachers’ classes who were not coached. Corwin Press

Happy Meadows Campground Area by Tarryall Creek in Lake George, CO, where placer gold was found in 1859. Photograph by Jen Diviney.

recently published these findings along with stories and practical tips about how to successfully coach others in my book, *The Joy of Coaching: Characteristics of Effective Instructional Coaches*. It’s available on Amazon and in many other places online. I have left a few copies at Shipping Plus in Divide if anyone is interested. I have been presenting this information at educational conferences over the past six years. After working as a principal and finishing the book, I retired and am continuing to share what I’ve learned in a variety of ways. I think the main point derived from the research is that it is much more effective to identify strengths in people — what they are doing right, to encourage, motivate, and to listen, so coaching, leading, or mentoring can be personalized. Change is hard, and people respond better to intentional, authentic cheerleading with meaningful support, rather than chastisement borne from fear or mean-spirited motives. I believe this is true in almost any situation where we want to inspire growth and also create joy during the growth process. We will make mistakes in how we present our hearts, opinions, and desires to support others, I certainly have, but the ongoing refinement process to become that inspiring, motivating coach both to ourselves and others is worth the effort.

By developing characteristics that help us coach more effectively, we can, as parents, teachers, employers, etc., internalize the tools needed to effectively motivate using a coaching approach rather than approaches that create fear and cause resistance. For more information, you can check out the website at coachhappy.com. I am currently looking to find partners to help create an uplifting mobile app for educators, students, parents, and all those who would like to quickly access encouraging coaching words and resources. If you know of someone (it could be a company, but I just want to work with one person who coordinates the technical work) who has the skills to create a high-quality app for mobile devices and deeply cares about encouraging students, educators, and people who lead or mentor, please send them my way at hello@coachhappy.com.

We can build up our families, workplaces, communities, thoughts, and moods, by *Panning for Good* — searching for what encourages and enlightens, what is of great worth and depth, and what brightens and enriches lives. At the end of each column, you will see a few jokes because I like to laugh and hope you do too, a favorite quote related to the topic of the article, and then a simple challenge to consider taking on (this includes me). The challenge will be designed to help us sift through any clogs of internal sediment and/or negative influences surrounding us



so we can unearth and enjoy the amazing treasures just waiting to be discovered!

Jokes:

Q: What do you call a fake stone?
A: A Shamrock!

Q: What did the gold collector bake for dessert?

A: Karat Cake, of course!

I’m on a plane and the lunch choices are white meat chicken or sausage. I’m hoping for the breast but preparing for the wurst.

“Gold glitters, even in the mud.” Lithuanian proverb

Challenge: Identify your renewal nuggets

Sometime, when and if it works for you, make a list of a few of your favorite renewal sources. Maybe even organize them under the categories listed below, or in some other way, so when hard days come, and the good in life is elusive, you can refer to your list. Make the gold you’ve previously found easy to access when you want to gain perspective or are looking for strength and insight, and continue to add new nuggets as they come along! Wisely arranging our time to immerse ourselves in life-giving, positive resources and activities expands our ability to live happy lives and positively influence others. Perhaps you find your renewal nuggets in these categories: books/authors, quotes, music, poetry/fables/short stories, movies/videos/websites/blogs, art, positive statements or affirmations, movement, mentors/colleagues/leaders/friends, others.

There is only one you! You are incredibly talented, creative, unique, and insightful. No one can enjoy life or influence others the way you do, you are important! Where do you find sources of joy?

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~OUT AND ABOUT~

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

Readers: COVID-19 changes daily. Please follow CDC guidelines (cdc.gov) and your county's health department. Were you expecting to see your event listed and didn't? Please email utecountrynewspaper@gmail.com.

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Suicide prevention: <https://suicidepreventionlifeline.org/> or 1-800-273-8255

VIRTUAL COMMUNITY PARTNERSHIP
4 Crossroads of Parenting & Divorce 4:30-8:30 p.m. via zoom. Teller County court approved divorce class. Registration fee required. FMI AmyS@cpteller.org or 719-686-0705.

6 Circle of Parents Kinship Connection 5-6 p.m. via zoom. Are you raising your grandchildren or kin? Do you feel like you are raising them alone? A place where you can find and share support. FMI AmyS@cpteller.org or 719-686-0705.
15 Harvest Center Garden Talk part II with Larry Stebbins, The Garden Father 9-10:30 a.m. via zoom. FMI Jamie@cpteller.org or 719-686-0705.
• FREE Yoga with Leah 10-11 a.m. Mondays via zoom. FMI Jamie@cpteller.org or 719-686-0705.

BUENA VISTA
1 UAS Club Central Colorado 9-10:30 a.m. FMI 719-581-2010 or ccuasclub@gmail.com
7 Food drive! High Country Bank has partnered with Arkansas Valley Christian Mission for a food drive. Please bring your non-perishable items to High Country Bank, BV Branch 9-4 p.m.
10-24 Annual Chaffee County League of Women Voters Geranium Sale. FMI <https://www.lwchaffeecounty.org/>
15 BV HOPE monthly meeting 3 p.m. FMI BVHOPE.org.
22 BV HOPE's storage unit sale to benefit Haven for Hope, a sanctuary for human trafficking survivors 8-2 p.m. 852 US Hwy 24 (between Love's and Napa Auto).
• **Comanche Drive-In Movie** — open for season! Enjoy a safe, fun evening under the stars at the Comanche Drive-in Theatre 3

FAIRPLAY
15 The South Park City Museum in Fairplay opens May 15 (weather permitting). Our hours are 10-5 p.m. until Memorial Day weekend at which time the museum will be open 9-7 p.m. through Labor Day weekend. We are still asking our visitors to wear masks to and social distance. FMI 719-836-2387.

FLORISSANT
8 Pine Needle Basket/Craft class 9:00am. Reservations required.
15 Outdoor Craft Show/Flea Market and Grand Opening of the Florissant Grange Gift Shop 9-3 p.m. Spaces available for \$15 each. For reservations 719-748-5004.

WOODLAND PARK
2 Woodland Park Wind Symphony Spring Concert "Thank You to our First Responders & Medical Professionals" at Ute Pass Cultural Center 7 p.m. Seating is limited. FREE! FMI www.woodlandparkwindsymphony.com or 719-687-2210.
• Ute Pass Historical Society gift shop is open Weds 10-noon. Thurs through Sat 11-4. Located at 231 E. Henrietta Ave. FMI 719-686-7512.

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FLORENCE
8 Pioneer Museum Chili & Beer starting at 11 a.m. Chili is \$10 per bowl (hand-made pottery bowl from P&G Pottery — you keep the bowl) and served until gone. Beer sold until Brewery closes. All chili proceeds go for the repair of the second phase of our historic pointing project. FMI www.florencecanyonmuseum.org.
• John C. Fremont Library resumes normal hours M-R 10-6 p.m., Fri 10-5 p.m. and Sat 10-2 p.m.
• NAMI (National Alliance on Mental Illness) Connection Support Group — a free and confidential peer support program for adults who have a mental health condition meets weekly, every Friday 3-4:30 p.m. at Florence Chamber of Commerce 116 N. Pikes Peak Ave. Please wear masks!

FLORISSANT
8 Pine Needle Basket/Craft class 9:00am. Reservations required.
15 Outdoor Craft Show/Flea Market and Grand Opening of the Florissant Grange Gift Shop 9-3 p.m. Spaces available for \$15 each. For reservations 719-748-5004.

LIBRARY
10 Let's Rad Amok! 11 a.m. Theme: Color. FMI Leslie 719-687-9281 ext. 116.
13 Free Legal Clinic 2-5 p.m. For appointment: 719-748-3939.
19 Florissant Bookworms 10:30 a.m. May book: *To Say Nothing of the Dog* by Connie Willis. FMI 719-748-3939.
29-July 31 Florissant Story Walk at Florissant Community Park, just east of the Florissant Public Library. On display through July 31.
• Preschool storytime: age 0-5 Fri at 10 a.m. large meeting room.
• Take and Make Kits: Craft kits for kids, teens and adults.

MANITOU SPRINGS
1 Tickets go on sale for the 18th Annual Manitou Springs Colorado Wine Festival. This year, hosted over two days, two sessions each day in Memorial Park Aug 28 & 29. FMI 719-685-5089 or jenna@manitouchamber.com

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COMMUNITY PARTNERSHIP
8 Teller County Summer Expo 9-11 a.m. at Ute Pass Cultural Center. Sign up for summer camps, recreational sports, clubs, activities and more summer connections for students while your kids DIG IN to interactive activities throughout the event. FMI AmyS@cpteller.org or 719-686-0705.
• GED classes 5-7 p.m. Mon & Wed FMI AmyS@cpteller.org or 719-686-0705.
• FREE Yoga with Teresa 4-5 p.m. at Mountain View United Methodist Church. Doors lock at 4 p.m. Bring your own mat and props. All levels welcome. FMI Jamie@cpteller.org or 719-686-0705.

LIBRARY
4 Tween Book Buzz 1 p.m. viz Zoom. Ages 9-13. Looking for new books to read? Join the Youth Services Staff for Tween Book Buzz! Hear about new books and share books you've read. Register with Miss Julie for the link: Juliew@RampartLibraryDistrict.org.
5 Teen Craft Day: CD Suncatchers 3:30-4:30 p.m. Registration required, sign up in Teen Room or email bellw@rampartlibrary-district.org.
• Preschool Storytime: age 0-5 Fri at 10 a.m. Thurs. Large meeting room.
• Books and Babies: for the under

Where is Katee this month?

Outside walking with her friends

Katee wants to thank everyone who is continuing to support the Pet Food Pantry with donations so that her canine and feline friends can stay at home with their families. She knows that they will continue to comfort their owners during this difficult time.
You can drop off donations at TCRAS, Blue's Natural Pet Market, or the UPS Store located in the Safeway Shopping Center in Woodland Park, CO. You can also donate online, www.PetFoodPantryTC.com. Thank you for your support!
Katee thought you might want to meet some of her friends who are grateful for the Pet Food Pantry donations.



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Explore nature at Mueller State Park

Spring is bursting forth at Muller State Park! Flowers are blooming, birds are singing and the trails are open! Discover these joys on a guided hike or interpretive program this month. Naturalists and volunteers at Mueller love to share the wonder and science of all the living things at the park. A variety of programs in May will kick off our busy summer season!
Guided hikes help visitors to explore the habitats around the park and range from 1 to 5 miles in length. Bird walks are slow-paced and watch for birds getting ready for nesting season. Evening amphitheater programs, archery practice, kid's programs, and others are planned to offer our visitors activities to enrich their time in the park.
Continuing covid restrictions will place limits on numbers of participants. Please reserve your spot by calling the Visitor Center 719-687-2366.

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1 Hike: Homestead Trail* meet 9 a.m.
1 Hug a Tree to Survive — for Kids meet at Camper Services 2 p.m.
4 Hike: Cahill Loop meet at Grouse Mountain Trailhead 8:30 a.m.
7 Hike: Elk Meadow* to Murphy's Cut meet at 8:30 a.m.
8 Hike: Lost Pond and Outlook Ridge* meet at 9 a.m.
8 Nature Crafts meet at Visitor Center 2 p.m.
14 Knee High to Nature — Kids meet at Visitor Center 2 p.m.
15 Hike: Cheesman Ranch meet at Grouse Mountain Trailhead 8:30 a.m.
20 Hike: Grouse Mountain Trail* meet at 9 a.m.
21 Bird Walk: meet at Elk Meadow Trailhead at 8:30 a.m.
22 Hike: Osborn Homestead meet at Black Bear Trailhead 9 a.m.
22 Pond Hike meet at Wapiti Trailhead

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meet at School Pond Trailhead 10 a.m.
26 Hike: Full moon meet at Outlook Ridge Trailhead 9 p.m.
27 Hike: School Pond Trail* at 9 a.m.
28 Hike: Cheesman Ranch meet at Grouse Mountain Trailhead 8:30 a.m.
28 Knots and Lashing meet at Camper Services 3 p.m.
28 Amphitheater: Hummingbirds! 8 p.m.
29 Hike: Rock Pond* and Canyon meet 9 a.m.
29 Archery meet at Dragonfly Pond parking 2 p.m. and 3 p.m.
30 Bird Walk meet at Elk Meadow Trailhead 8:30 a.m.
31 Hike: Sights and Sounds Hike meet at Visitor Center Patio 9-11 a.m.
*Indicates to meet at the trailhead of the same name.
Mueller events are free, however a \$9-day pass or \$80-annual pass per vehicle is required to enter. FMI 719-687-2366.

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The logo for Timberline Spraying & Mitigation Services. It features the word "TIMBERLINE" in a large, bold, grey sans-serif font. Below it, "Spraying & Mitigation Services" is written in a smaller, grey sans-serif font. Two green evergreen trees are positioned on either side of the text.

SAVING THE FOREST ONE TREE AT A TIME

A photograph showing a white Timberline service van parked on a paved path in a forest. Two workers are using high-pressure hoses to spray the trees, with visible mist from the spray. The van has "TIMBERLINE" and "Spraying & Mitigation Services" written on its side. The forest is filled with tall, thin trees, and the ground is covered in dry grass and fallen leaves.

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