



UTE COUNTRY NEWS

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April 2022

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Vol. 14, No. 4

Welcome to Ute Country



**"Our spring has come at last
with the soft laughter of April suns
and shadow of April showers."**

— Byron Caldwell Smith

PEEK INSIDE...



page 5

The Dungeon



page 9

Cedar and Loom



page 16

Puzzle Exchange is here!



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On Deck

Jeff took the front cover photo back in 2018 as we were on one of many head-frame hiking trails in Victor. The hike was invigorating as it offered spectacular views. We enjoy several seasons sometimes in the same day during the month of April in our mountains. We experience a balance; a little shower to cleanse the Earth and a little sunshine to warm our souls.

Our April issue has many articles about balance. “CPW donates burros to help rancher prevent wolf depredations” offers a very natural way to balance the need ranchers have to keep their stock safe by integrating burros into the herd as Colorado opens lands to help restore the wolf population and prevent them from becoming extinct. Speaking of learning to live peacefully with the wildlife whose homes we have encroached upon, see “CPW’s \$1 million in grants to reduce human-bear contacts” and the link at the end has more bear articles. Are you seeking balance within? Then *Life Enhancing Journeys* provides a very personal example of “How to outsmart worry while living in the moment.” Are seeking a spiritual balance, in which case *Musings Along the Way* provides “LIGHT: Living In God’s Holy Thought.” We are delighted to share a beautifully penned poem in “Helianthus Blossom” balanced perfectly with *Growing Ideas* “Sunflowers show solidarity for Ukraine.” History buffs will enjoy balancing the present with the past in *Curran Creek Characters – part XVI*. Balance is often about give and take. Read “Puzzle Exchange” to learn how to share puzzles. Below it is “Teller Senior Coalition” to see how this organization offers services which balance out seniors’ needs.

We are delighted to share photos of your favorite in/outdoor pet. All you need to do is email utecountrynewspaper@gmail.com or snail mail them to POB 753 Divide, CO 80814 or drop them off at Shipping Plus in Divide M-F 9-5:30 p.m.

Thank you,
— Kathy & Jeff Hansen

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A Look Inside the Artist Abi Criswell, potter by Mary Shell

Creating pottery is one of the oldest craft/art forms for humanity. Although its function was a vessel for food and drink it never escaped being decorated with amazing art.

As a long-time potter myself I understand how you can get hooked on creating with clay. Whenever I had a new student that didn’t know what they wanted to create I would put a block of clay in front of them and say, “play.” Within minutes of stretching, rolling and pulling on the clay I would hear, “I know what I want to make.” Working in clay is very therapeutic and is the key element in my Rite of Passage Shaman Drum Making Workshop. Working on the wheel is very difficult. It takes strength and total knowledge of the limitations of the clay. I tell my students not to fall in love with their work until it is done. There are so many steps to clay where things can go wrong. Air bubbles in the clay and drying too fast are just a few of the things that will ruin your piece of art.

I met Abi at a show in Cañon City and fell in love with her work. She has great knowledge and respect when it comes to clay. Her work is clean and expressive, and I look forward to seeing more of her work.

When did you first get interested in working with clay and how long have you been working with it?

My interest with clay begins with my dad. He was a potter in the 70’s but ended up taking a long hiatus. In 2018, I got him a gift and started him in pottery classes in Cañon (with Beki Javernick). He jumped back in and ended up with a small home studio. I then started my pottery journey through him in 2019. I started with hand building projects while he’d throw on the wheel. I started out making hand-built bees, which I would attach wire legs onto after firing. Eventually he taught me how to throw on the wheel and I was hooked.

What is your favorite thing to make in clay?

My favorite thing to do with clay is throw objects on the wheel and then carve designs into them when they dry a bit. I find the carving action to be very soothing and meditative. I also enjoy hand building things like flowers, bees, and moons. My work is inspired by color and nature and love. One of my favorites is also Raku Pottery. Firing ceramics in a kiln requires a lot of waiting, you can’t run the kiln and see your results in the same day. Raku pottery is more instantly gratifying. You can glaze and fire your pots in just hours and have a final product the same day. It’s fascinating to watch and be a part of.

Who inspired you?

My dad is a big inspiration, he hadn’t worked with clay in over 30 years and seemed to pick up right where he left off. He has taught me a huge majority of what I know. I am also inspired by the work of other artists and potters. I find a lot of inspiration from the work of other artists. I love that you can make something that feels like someone else has made it before and still it never turns out the same.

What is your favorite part of working with clay?

My favorite part of working with clay is the feeling that comes over my whole body when I am in the right zone with the clay. I love the feeling of starting with what is basically mud and turning it into anything I want. I’m always making things and then going back frequently and turning them over, examining them, adjusting. There are a lot of life lessons in pottery. It has taught me a large amount about being present. I find on my most “off” clay

days, my mind is usually somewhere else. Pottery has become something I use as sort of a meditative tool. I try to stay in the moment and not focus on the final product. I usually don’t set out to make something and just end up going with whatever I feel.

Do you create more than pottery?

Currently my main creation is clay. I work at an Elementary School full time and also have 2 small children, so I have limited time to stretch over too many hobbies at the moment. I am also a beekeeper, which is part of the inspiration behind many of my pieces. I also have interest in pursuing silversmithing and lapidary work.

What is the most difficult thing to make?

The most difficult thing for me to make right now is large, tall things. I am still learning and keeping things standing when they get tall is still a challenge. This is how pottery teaches me about non-attachment. I can make something and feel like it’s almost done and then something happens, and it falls and all you can do is scrap it and start over.

What would you consider to be the best piece you made

I would say my favorite pieces I have made have all been hand thrown and carved bowls. I also really loved the very first bee I hand built. I was always trying to make one I loved as much as it and never quite succeeded but made a lot of other bees in the process.

What clay do you like to work with?

I go back and forth between a couple of clays but my most used are stoneware clays that fire to cone 6. I use a lot of BMX from a company that makes it in Denver. My current kick is Speckled clay. It’s a light tan clay that fires with dark specks in it.

When I worked in clay, I hated glazing. What’s your relationship with glazes?

My relationship with glazes is give and take. I give and it takes! Glazing is one of the things I find to be difficult, but I also love it. Glazing can be hard because the final fired product looks so much different than it does with unfired glaze on it. Unless you test all your glazes and how they will react with each other, and the clay,



sometimes you just don’t know what you are going to end up with. Even when you think something will be good sometimes it just turns out bad. I love glazes with color. My favorite glazes are celadons, and I do use them most frequently in my work. They are colorful and mixable and fire semi clear, so they are wonderful for showing off carved texture.

What is in the future for you?

More pottery is in my future! I am currently practicing and creating and making more work. I plan to work more actively to sell my work soon. I haven’t made a huge effort to put any of it out there for sale yet and I have plans in process to do that very soon. I am researching and have plans to build my own raku kiln this summer. I am also beginning to teach a kid’s clay class beginning in April, at Beki Javernick’s new studio, Driftwood & Clay. I look forward to continuing my pottery journey and sharing my art with the community.

You can find more about Abi at Facebook. If interested in classes with Beki Javernick go to <https://www.driftwood-clay.com>



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Currant Creek Characters – part XVI

The Dells – the first generation

by Flip Boettcher
photo by Flip Boettcher

A February 5, 1893 *Flume* article stated that BR and Mary Dell were being sued for \$5,000 in the district court after their pet mountain lion in Cripple Creek attacked and injured F.P. Richardson’s little son. Don’t know if they won or lost, but \$5,000 in 1893 would be worth \$149,909 today accounting for inflation.

In 1900, Mary sold her one sixth interest in the Lone Chimney lode to Alzina Shimin and also owned the Pocahontas lode; both mines were in the Freshwater mining district.

The 1900 census shows BR, 57, living in Eldred, the half way stop on the Cañon City to Cripple Creek Shelf Road. BR’s house is free and clear and he is a sawmill manager and he says he is widowed and married 38 years. BR was married in 1861 to Mary but they got divorced in 1882. BR is living with his 23-year-old son Calhoun, who is single and a sawmill laborer. One of their neighbors is Martin Bender, son of Annie and John Bender whose homestead is near Currant Creek Pass.

Mary is living in Freshwater, presumably at the Dell Ranch on Currant Creek. Mary is 63 years old, a farmer and head of the house. Mary is living with her 27-year-old son, Alfred, a farm laborer.

A May 1901 *Park County Bulletin* says that Mary Dell has moved to her ranch. In May 1909 the *Flume* reports that the Dell Ranch was sold to the Rowe brothers and that Mary bought O’Brian’s house in Guffey and expects to move into town soon.

By November 1909, Mary has moved in town from her ranch and is serving meals. “Sunday dinner a specialty,” stated the *Flume*. Sometime thereafter, Mary must have bought the east half of Peter

Alstrum’s homestead with the ranch house about a half mile downstream from the Dell homestead. This is the site of the Dell/Douglas roadhouse and stage stop marked on the old Rowe map. Mary’s son Alfred married Pearl Douglas.

In 1910, BR lives in Cripple Creek with his daughter Bertha Petty who is a teacher. BR, 70, says he is a retired sawmill man and has been married 51 years? He divorced Mary in 1882.

Also living in Cripple Creek is BR’s son Alfred, 36, head of the household and a miner. Alf is living with his wife Pearl, 34; and children Louise, 7; Charles, 5; Buford, 3; and Elizabeth, 1.

BR’s son Calhoun, 35, is living with his in-laws, John and Katie Keller in Cottonwood, Fremont County. Cal is living with his wife Merle, 31; and children Theodore, Jr., 9; Elton L., 8; F. Dilbert, 6; and Florence C, 1 ½. Cal is a miner prospecting for gold.

There is no 1910 census information for Mary, but she is most likely in the Guffey area at the Alstrum homestead and her house in Guffey. A 1911 *Flume* reports that Mary has gone to Cripple Creek to visit relatives, perhaps BR and daughter Bertha, and then she will go on to Denver and Golden for a month to visit her daughter and relatives there. In 1912, Mary owes back taxes for 1910 and 1911 on the Alstrum homestead she bought.

In 1913, BR retires to his ranch at Guffey shortly before he dies on January 26, 1914, in Guffey and is buried in Cripple Creek. According to his obituary, BR died on a Monday afternoon and the horse drawn ambulance sent out from Cripple Creek Monday afternoon, finally returned



The shared headstone of BR and Mary Dell in the Mt. Pisgah Cemetery. Courtesy of ancestry.com.

to Cripple Creek by Tuesday night, after an all-day trip from Guffey through the snow. For several miles from the Teaspoon Ranch on Park County Road 102 into Guffey it took four horses to break open the road before the ambulance could go through to Guffey.

BR died from a complication of diseases brought on by old age, stated the obituary; BR was 71. Perhaps he died of a broken heart as well?

BR had owned a sawmill in Cripple Creek before the town was founded and also had a general store there. According to his obituary, BR had recently turned to mining and leasing. BR spent 30 years in the sawmill business, owning 10 mills. He also spent about 30 years in the Guffey area, according to Charlie Dell, BR’s grandson, and owned several stores. BR came to Guffey by

wagon through Julesburg with 150 wagons in the group, said Charlie.

After BR’s death, in 1915 the *Flume* states that Mary Dell was up from Guffey Wednesday on business at the county seat. In February, the *Flume* reports that the first of the week Mary Dell’s home at Guffey burned down. Five months later, July 7, Mary died in Cripple Creek of heart failure. Perhaps she too died of a broken heart?

Even though the couple had divorced in 1882, they still seemed to stay together, BR even saying he was widowed or married, never mentioning the divorce. Theirs is a sad story. The couple shares a headstone in the Mt. Pisgah Cemetery in Cripple Creek.

To be continued...



A pic of Nikola Tesla during one of his electric experiments on the wall at the Dungeon Body Arts Studio. Cover: The front of the Dungeon Body Arts Studio.

The Dungeon

by Flip Boettcher
by Flip Boettcher

April 1, 2022, marks the Dungeon Body Arts Studio’s lucky 13th anniversary. The Dungeon, located at 503 on Cañon City’s historic Main Street, is located in a building that was built in 1901 and has recently undergone extensive interior and front exterior remodeling.

Owner/operators Darcie Wige and Richie Streatre painted inside and out and added exterior, multi-colored wood for a new façade and more modern, industrial age look, said Darcie.

The old sign was re-designed, emphasizing the “tattoo” part of their business and creating a new business card.

The interior lighting is all new and includes “Edison” bulbs for a modern feeling, even though Richie admires Nikola Tesla and his inventions, which were created here in Colorado. Many of Tesla’s inventions were stolen and he never got proper credit for them. The glass separation wall is now new vinyl with a quote from Tesla “Let the future tell the truth, and evaluate each one according to his work and accomplishments. The present is theirs; the future, for which I have really worked, is mine.”

The light array above the work stations was designed and built by Richie. The waiting area couches, items and cabinets are all new. The office/desk was moved downstairs into the front area to better greet and access customer files. Several friends helped add some washable, wood-looking interior walls and metal corners on the accented walls and upstairs railings. All of the historic lighting and railings are stored in the basement to be kept with the historic building.

Cañon City and Fremont County gave the Dungeon a Covid Relief Grant which helped to pay for the remodel and helped fund their business after the March and April 2020 shut downs, said Darcie. They are “eternally thankful and graciously appreciative to be among the few businesses that had been approved to receive these funds for their small business.”

Come on into the Dungeon for a tattoo or a body piercing; this is Richie’s 21st year as a tattoo artist. The Dungeon stocks a full line of accessories for piercing, as well as some fashionable clothing items. Help them celebrate 13 lucky years in business.

Introducing ARWC and the sonde

by Coalition for the Upper South Platte

The Coalition for the Upper South Platte (CUSP) is continually collaborating and engaging with watershed and water quality-oriented organizations to share our experiences and learn from one another.

Our partners, the Arkansas River Watershed Collaborative (ARWC) and River Science, are completing monitoring projects to help communities with the lingering impacts of the Decker Fire and the Hayden Pass Fire. The Hayden Pass Fire burned 16,000 acres in 2016 south of Coal Dale. The Decker Fire burned nearly 9,000 acres in 2019 just outside of Salida. Long-term impacts from the fires include ongoing debris and sediment flows following precipitation events.

River Science, based in Cañon City, has developed a multi-probe water quality instrument, called a sonde, to monitor water quality in remote locations. The solar-powered equipment relays real-time data as conditions change. ARWC has installed one sonde and is seeking a permanent location for a second one, to monitor water data below the fire burn scars.

The sonde relays data to an on-line dashboard. Alerts are sent out based on water quality threshold levels automatically to several partners. Water providers such as Cañon City are able to close their intake locations and avoid contamination, such as high turbidity.

Experience with many fires throughout

the state has shown that sedimentation can occur for many years following a fire. The sonde is a simple and effective solution for water providers to maintain their systems in a cost-effective manner.

Since you will continue to hear great things about their work, meet the ARWC team! Jonathan Paklaian joined ARWC in the fall of 2021 as the Executive Director. Jonathan has worked throughout the Western United States and brings a wide range of inter-disciplinary experience to ARWC.

Carrie Adair is the COO and GIS specialist for ARWC. Carrie wears many hats and she is the “go to” for information about ARWC history and strategic operations. Carrie’s 10 years of experience with GIS and data gathering began with the Waldo Canyon post-fire restoration efforts.

Margaret Strozky is new to ARWC, with experience in fire and Emergency Medical Services. Margaret is a welcome addition to the team on the “green” side of forest management. She will be assisting subdivisions and property owners with forest assessments and mitigation work.

Andy Lerch is ARWC’s Lead Forester. He has extensive experience with collaborative wildfire mitigation projects with an eye for landscape scale projects. Recently Andy managed the Monarch Pass project, which brought mitigation solutions to previously unmanageable steep slopes.

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Shed antler collection CPW issues reminder of seasonal restrictions

by Jason Clay

To protect wintering big-game animals and sage grouse species, Colorado Parks and Wildlife (CPW) reminds the public that the collection of shed antlers on all public lands west of I-25 is prohibited from Jan. 1 through April 30.

This closure, in place since 2018, is intended to protect wintering animals from unnecessary human disturbance during the late winter months when ungulate body condition is at its worst.

Big game and sage grouse species live in a basic survival mode during the winter when food is scarce. If forced to move and burn calories unnecessarily, wildlife can lose vital energy stores that they put on in the summer and fall to help last them until the spring green-up.

"Big game animals are already having a hard enough time nutritionally during winter, so the more energy they burn from human disturbance will cause them to burn the energy that is crucial in helping them to make it through the winter," said Lance Carpenter, Senior Wildlife Biologist for CPW's Northeast Region. "It is hard enough already for them."

In addition to the statewide restrictions, additional special regulations are also in place for the Gunnison Basin. In Game Management Units 54, 55, 66, 67 and 551, it is illegal to search for or possess antlers and horns on public lands between legal sunset and 10 a.m. from May 1 through May 15.

Shed antler collecting has become very popular. The interest in personal and commercial collection has led to a substantial increase in the number of people searching for antlers across big-game winter range in Colorado. The seasonal prohibition applies to both commercial and personal collectors.

It is not just those out there looking to find shed antlers that can stress wintering wildlife either. Carpenter encourages those participating in all forms of winter

recreation that if you see wildlife, give them a wide berth.

"When you are out there in the winter time, you don't want to disturb the animals," he said. "You don't want to go up close to them, get close-up pictures, you don't want to make them walk away from what they are doing. Go the other way if you can. They are most vulnerable this time of year."

Wildlife officers and biologists continue to educate the public about the negative impacts to wildlife caused by irresponsible shed collection and winter recreational activity. Violators of these regulations may face a \$137 fine per violation, in addition to separate fines for illegal possession of each shed antler and the five license suspension points that are assessed for each violation.

In addition, apart from the shed collection rules, harassing wildlife remains illegal and CPW officers will cite individuals for violating this regulation, too. Harassing wildlife includes a \$137 fine that also carries 10 license suspension points.

To learn more about shed hunting restrictions, please see this question and answer section on shed antlers on our website <https://cpw.state.co.us/search/Pages/results.aspx?k=antler%20shed>. Colorado's cervids (members of the deer family) drop or cast their antlers at different times in the winter. When that happens is variable based on the age and condition of the animal.

"The harder the winter conditions and poorer condition the animal is in, the earlier they will drop," said Andy Holland, Big Game Manager for CPW. "Generally, mature animals will cast antlers earlier."

Deer in Colorado are known to shed their antlers from mid-January through March. Elk may start in February, running through April and moose typically drop their palmate antlers November through January.

CPW's \$1 million in grants to reduce human-bear contacts

In an effort to help communities co-exist with bears, Colorado Parks and Wildlife (CPW) is pleased to announce a unique funding opportunity aimed at reducing human-bear conflicts.

CPW will be offering up to \$1 million that it will distribute through a grant process this spring to be used on projects that reduce conflicts. Funding for the program was made available through House Bill 21-1326, which passed the General Assembly and was signed by the Governor last year. Local governments, NGOs, HOAs, community groups, businesses, tribes, universities and individuals are all eligible to receive funding. Applicants can apply for grants between \$50,000 and \$500,000.

"This is an huge opportunity for local governments and partners to work with Parks and Wildlife to reduce human-bear conflicts to keep communities and property safer and better protect Colorado's iconic black bear populations," said Colorado Governor Jared Polis. "I look forward to seeing positive impact from the innovative solutions that are developed through these new projects."

Projects should have local support, be designed to prevent conflict with bears and have tangible outcomes with realistic timelines. Local support can be demonstrated through cost sharing, in-kind contributions, letters of support, participation in public meetings, membership in local organizations and partnerships.

"This is a unique funding opportunity we are providing to help communities reduce human-bear conflicts," said Kristin Cannon, Deputy Regional Manager for

CPW's Northeast Region, who is helping lead this effort. "High priority projects will model solutions to conflict, be innovative, are replicable by other communities, involve multiple partners and fill a need in an area with high conflict."

From 2019-21, CPW received over 14,000 reports of sightings and conflicts with bears. Nearly one-third of those involved trash cans and dumpsters as an attractant, which will be a target area CPW looks to address when awarding grants.

Other constant sources of conflict include birdfeeders, livestock, bears accessing open garages and other human originated items that are left unsecured. Increasing human-bear conflicts can lead to property damage and increased demands on time and effort to respond to the conflicts by CPW and local government personnel. Expanding existing conflict reduction efforts or developing new approaches will help reduce the impact on bear populations and improve public safety.

The application is available at <https://cpw.state.co.us/learn/pages/Livingwith-WildlifeWildBears.aspx> submit no later than May 6 at 5 p.m. Read the full Community Grant Program Plan, including timeline, requirements, when funds need to be used by and more.

Those interested in living peacefully in bear country are encouraged to visit the link above to see additional resources that follow after the article.

Need help applying or have questions? Contact Cannon by email at kristin.cannon@state.co.us, or by phone at 303-291-7313.

CPW donates burros to help rancher prevent wolf depredations

Colorado Parks and Wildlife is turning to a new ally in its efforts to help a Jackson County rancher protect his livestock from wolf depredation — wild burros.

Recently, CPW wildlife officers delivered six wild burros (two gelded jacks and four jennies) to rancher Don Gittleston in Walden in an attempt to decrease wolf depredations on his property. After becoming acclimated to the climate and altitude, the burros will be introduced to Gittleston's herd of cattle.

"The idea is to make the burros become a part of the cattle herd to where they will start to protect or consider the cattle as a member of its family," said CPW Wildlife Officer Zach Weaver, of Walden. "Don will start to introduce the burros to certain members of the herd in small increments."

"He has put the burros out with a small group of calves on his ranch. They're still in a corral with access to heat, but he's beginning to acclimate them ... Don is monitoring the animals. He's paying attention to how much they're going inside to warm up. They'll gain more hair as they need it."

Gittleston experienced three depredation events due to wolves in December and January. After the last event, Gittleston and Weaver met with the Animal and Plant Health Inspection Service (APHIS) to discuss potential methods of preventing further depredation.

Weaver said they learned that in addition to approved hazing methods like fladry and noisemakers, there was some evidence that wild burros could help prevent wolf depredations.

"APHIS told us that burros were effective at stopping predation in Oregon," Weaver said. "We learned that wild burros

are more effective because they've been in the wild where they've had to defend themselves and their herd from predation from animals like mountain lions and coyotes."

During the last week of January, Weaver located potential wild burros for adoption in Utah that had just come off the high country in Nevada. Weaver said this was an important factor.

"We didn't want to bring an animal that had been at low elevation, say like southern California, where they had not been in negative temperatures or seen snow. Don [Gittleston] and I wanted animals that had been at a higher elevation so they were acclimated and had developed hair for the cold. You're talking 5,000 feet there as opposed to 8,000 at our lowest. We also wanted mature animals that had been on the landscape and would know how to defend themselves."

On Feb. 27, 2022, Weaver and fellow CPW Wildlife Officer Josh Dillely drove to Axtell, Utah, and picked up six wild burros with ages ranging from 5-11 years old from the Axtell Wild Horse and Burro Facility.

Although it's not a service CPW will be able to offer every rancher in Colorado, it could yield important information about how effective wild burros can be at preventing wolf depredations and Weaver said he's been telling ranchers who reach out to him to look into the possibility of adopting burros.

"A lot of our monitoring will be based on feedback from Don for this pilot program," Weaver said. "He'll tell us if he's seeing as many wolves as he has in the past, or if they're still coming through his property at as high a frequency as they were."



About Wolf Reintroduction in Colorado

Proposition 114 - now state statute 33-2-105.8 — directs the CPW Commission to create a restoration and management plan within three years, and to restore and manage gray wolves in Colorado no later than December 31, 2023. Enacting these plans will require close partnership with the US Fish and Wildlife Service and will be subject to their approval based on the February 10, 2022, ruling from the U.S. District Court for the Northern District of California.

That ruling vacated the U.S. Fish and Wildlife's (USFWS) 2020 rule delisting gray wolves across the lower 48 states. The ruling returns management authority of gray wolves in Colorado to the U.S. Fish and Wildlife Service.

While CPW will continue its planning efforts to meet the deadlines directed by statute, reintroduction will require close partnership with the US Fish and Wildlife Service and will be subject to their approval. Their permitting requirements and processes will need to be followed as they now have management control of the species in Colorado.

In addition to being federally protected, gray wolves are also a state endangered species in Colorado, and wolves may not be taken for any reason other than self-defense. The gray wolf in Colorado is protected by the ESA and state law. Penalties can vary and can include fines up to \$100,000, jail time and loss of hunting privileges.

For more information and updates, visit CPW's Wolf Management page.

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Congratulations Jim and Evelyn Irving

Jim and Evelyn Irving met in 1969 at the Armed Services YMCA in Long Beach, California — Jim was in the Coast Guard serving on the Icebreakers and Evelyn was a member of the Girls Service Organization (GSO). They were married on April 22, 1972.

Jim was born in Boston, Massachusetts and Evelyn was born in Long Beach, California. It is amazing they met being from opposite coasts. They had been vacationing to Colorado from southern California for 10 years and bought a lot in 1993 in Divide they hoped to retire to.

In a few months they moved to Colorado for Jim's work in 1994 where Evelyn was a paralegal but became the secretary for Holy Family Catholic Church in Security, where she joined Jim in retirement in 2016 from St. Dominic Catholic Church after working for the Church over 22 years.

Jim and Evelyn have been active in Teller County, including the Ute Pass Historical Society — Jim was the chairman of the Centennial Committee celebrating Teller's 100th Birthday in 1999. He was one of the initial members of the Board for T.H.E. (Teller Historic and Environmental Committee) and is currently the President of the Pikes Peak Community Club in Divide. Jim is also the President of the Divide Planning Committee.

Jim and Evelyn are having a special 50th Anniversary Mass at Our Lady of the Woods Catholic Church in Woodland Park on April 23, 2022.

Community grant applications
now open

Salida Council for the Arts invites all Salida artist and creatives to apply for the Upcoming Community Grants. Grants of up to \$500 each are open to applicants seeking funding for local arts and cultural projects. Applicants may be individuals or organizations. Residency in Salida is not required, but the project must have a definable connection to the Salida Community. FMI <https://www.salidacouncilforthearts.org/scholarships-grants>.

Local drone group receives
national backing

What began a few years ago as a drone club in Buena Vista is expanding its reach to elsewhere in Colorado and beyond. It'd be a cliché to say "things are looking up" for the local organization.

Last March, the Unmanned Safety Institute (USI) announced will become a major sponsor of the locally-based Central Colorado UAS (CCUAS) group, a non-profit organization whose promotion of the use of Unmanned Aerial Systems (commonly called drones) has been spreading across Colorado.

The CCUAS organization currently has funded drone-education programs in the Buena Vista and Salida high schools. It also has hosted annual conferences, which have attracted dozens of national speakers to events at the Mount Princeton Hot Springs Resort each fall. CCUAS also created what is considered the nation's first sanctioned drone-flying park off U.S. Highway 24 in Buena Vista.

Membership in the CCUAS has been expanding the past year. It includes drone pilots who are involved in media work, journalism, search-and-rescue operations, educational programs and more, according to Taylor Albrecht, president and a founder of the organization.

Josh Olds, president and CEO of USI, said his business felt that sponsorship of CCUAS organization is a great fit. "The Unmanned Safety Institute is proud to sponsor Central Colorado UAS (CCUAS) as they are providing valuable training

and educational opportunities related to proper UAS operations within their service area. Like USI, CCUAS safety practices and procedures are founded in tried-and-true aviation principles and they are doing great work in building the required knowledge and hands-on flight proficiency that is being required by companies looking to hire professional UAS pilots."

Members of CCUAS, according to Albrecht, are delighted with the significant sponsorship from USI, which developed the curriculum used in the Buena Vista High School drone program. "The CCUAS' primary mission is community outreach and education," noted Albrecht. "Small-unmanned aerial systems, commonly called 'drones' are in an explosive growth stage. Not only are they being used to take fantastic photographs and videos from vantage points previously unavailable, but also have been instrumental in helping recent disaster recovery efforts from Hurricanes Florence and Michael. In Chaffee County, using drones to help in search and rescue and wild land firefighting efforts are increasing and a targeted area for research. The group is focused on helping pilots with the safe and legal use of drones in these and other applications."

FMI, please contact CC UAS at ccuas-club@gmail.com, or visit its web site at <https://centralcoloradouas.org>.

Meet Heather Rupska
Buena Vista Chamber of Commerce announces
new executive director

The Buena Vista Chamber of Commerce is excited to introduce their new Executive Director, Heather Rupska. Heather officially started with the Chamber on Friday, March 18, 2022.

Heather has extensive experience in communications and marketing, including serving as Secretary on the Executive Board of Directors for Veterans Life Center in Butner, NC and owning/operating a boutique real estate firm in Raleigh, NC.

Heather has spent quite a bit of time in Buena Vista with her family for over 30 years. She now resides in Buena Vista, and enjoys outdoor activities including hiking, white water rafting, 4-wheeling in her Jeep, and exploring with husband (Andy) and two Australian Shepherds as well as reading, cooking and spending as much time as possible with her family.

"I am eager to share everything I love about working, playing and living in Buena Vista with community members and visitors. Buena Vista is truly a wonderful and welcoming place with something to do for everyone's interest," says Rupska.

Heather has several ideas to provide businesses networking, educational and marketing opportunities, and welcomes community members and business owners to share their ideas as well.

"My priority is to meet with business



owners, community leaders and residents and learn what additional services they would like. I am truly honored to have the opportunity to serve the community and Chamber members and welcome new members to the Chamber," continues Rupska.

She invites community members to email her at director@buenvistacolorado.org or call 719-395-6612 or 919-996-9965 to arrange a time to meet.

FMI on the Buena Vista Chamber of Commerce or to become a member, visit www.buenvistacolorado.org or call 719-395-6612.



Katie Sanders in front of her herbal remedies which she makes on site.
Cover: Katie Sanders at her loom in Cedar and Loom.

Cedar and Loom

by Flip Boettcher
photos by Flip Boettcher

Tucked away a block north of Cañon City's historic Main Street across from the public library at 121 North Fifth Street, is a unique shop, Cedar and Loom, which opened about a year ago.

Katie Sanders is a medical intuitive who uses her gifts to help people and animals, she said. Over the last 14 years, Sanders has had two other apothecaries, Garden Fairy Apothecary and White Wolf Medicine, but she loves Cedar and Loom the best because here she has incorporated her art, weaving and her herbal medicines. Sanders makes all of her own herbal remedies on site using local, native plants, many of which she grows on her farm in Penrose. Sanders also intuitively creates healing shawls that have a message for the recipient and was featured in the magazine *In Her Studio* in the winter of 2021, she said.

Sanders has been teaching master herbalist classes and speaking for several years throughout Colorado. She also teaches classes at Cedar and Loom.

The name for the shop comes from

cedar, because she has been trained in the Native American medicine tradition and cedar is the main plant used for prayers and healing. Loom is because she is a weaver.

The shop is stocked with her herbal remedies, local art, her books, paintings and shawls. It is a place designed to be peaceful where "people can come rest, enjoy a moment creating or finding healing," a place to just sit and have a cup of tea and visit.

Sanders and her husband are Colorado natives and have a farm sanctuary in Penrose called Encanto Sanctuary. They teach homesteading and rescue small farm animals in need.

Sanders "keeps very busy and loves being active in the community," she said. Visit Cedar and Loom for a chat, a cup of tea or just a peaceful moment in your busy day.

FMI visit www.CedarandLoom.com, katie@cedarandloom.com, or call 303-617-3370.

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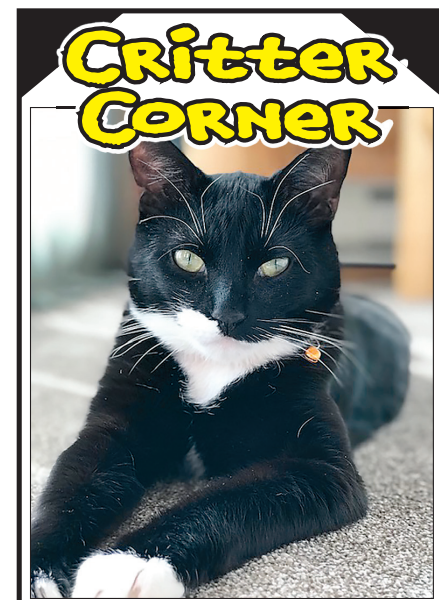
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Harvey the Humongous Hare

by Gilrund the Historian

It was the night before Easter Sunday and Harvey the Humongous Hare was ready. He had his many sacks, and he had his large wagon. He didn't need a light this Easter, because it was a full moon this year on the sixteenth of April. There would be plenty of light to see as he went yard to yard stealing the Easter Eggs that had been left by the Easter Bunny for the children.

There would be no happy faces on the children the morning of Easter again this year. They could look all they wanted, but there wouldn't be any Easter eggs for them. Oh, no, Harvey the Humongous Hare would have taken all of them for himself and he would eat them all himself too and this is why.

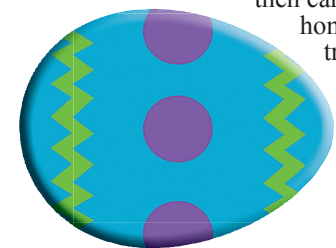
When Harvey was just a young hare, he was already bigger than all the other rabbits and hares in the town of Rabbiton, Colorado, high in the mountains near Fairplay.

He liked to play with his family and friends by running across the road in front of the human's cars and trucks and then laugh when they slammed on their brakes to avoid hitting them. Sometimes the human's cars would slide off the road or spin around in circles on the slippery, snow-covered roads.

Another fun thing for the rabbits and hares to do was to run down the road right in front of the cars and trucks at night in the light of their headlights. The silly humans would go really slow so they wouldn't hurt the rabbits and hares as they ran in front of them for a really long distance before they would jump off of the road. It made the humans late for dinner or wherever they were going.

Another fun thing for the rabbits and hares to do was to jump up in front of the human's big dogs as they walked them on the side of the dirt roads. The dogs would see them and want to chase them. That would sometimes cause the humans to fall down in the dirt and be dragged along by their dog as the rabbit or hare ran just in front of the big dog. Sometimes it made the humans run in a very funny and awkward fashion as they tried to stop their dog from chasing them.

Of course, it didn't always work. There were times when the big dog would get loose and actually catch the rabbit or hare, and that wasn't ever good for the rabbit or hare. The dog would crush them and then carry them home like a trophy, then the dog would bury them in the dirt or actually eat them.



Harvey got to play the games for a while, but then he started really growing. He didn't know what caused him to grow so big. Was it something that he ate? Or maybe, because his uncle Hugo had been a big hare and he had inherited it. He didn't know and his parents didn't know either, but when he was only six months old, he really started to grow.

It first it was fun. Oh, yes, he had some aches and pains, but he got to eat as much as he wanted, and he was always the one picked for the Rabbit and Hare games that were played each weekend. He could run faster and jump farther than any of the others. But when Mom would paint pictures of his brothers and sisters, he had to always stand in the back or else he would cover one or two of them and Mom didn't like that.

The food that grew wild in the mountains was good, but the best food was what the humans grew in their gardens. Harvey really liked to sneak into the human's gardens at night and eat the carrots and cauliflower, radishes and peas and anything else that they thought would grow in the high mountains.

One time he jumped into a big clay pot and ate all the sunflower plants that had grown up through the soft soil.

He laughed when he heard the male human shout in anger when he saw that his sunflowers had been eaten.

Harvey was three years old when he heard some of his rabbit friends talking about how the Easter Bunny had left them some easter eggs and how good they were to eat. He questioned them on what an Easter egg was, and they explained that it was a sign of new life in the Spring. They also told him how the humans had a different story about Easter.

They said that the humans believed that a wonderful man had come back from the dead a long time ago and that was why they celebrated Easter, because this man had done so much for them and would do even more in the future.

They also told Harvey that the children of the humans were visited by the Easter Bunny too and they got all different kinds of eggs, and they had to look for them, sort of like a treasure hunt.

Harvey wondered why he had not gotten any Easter eggs in his three years of life. He went to his mother and asked her. She told him that they didn't believe in the Easter Bunny. It was just a silly story told to the rabbit's children to give a reason for the Easter Egg Hunt.

Harvey didn't like the answer because he would like to get Easter eggs too, even if it was only once a year.

He watched as his rabbit friends laughed as they hunted for the eggs all

over the meadow and through the forest. He watched as they filled their baskets with the colorful eggs and then later ate them and enjoyed the taste.

Year after year Harvey watched the rabbits gather the Easter eggs and how much fun they had. Each year he grew more and more angry, because he didn't get any.

For three years Harvey stayed up on the night before Easter and watched for the Easter Bunny, but he was never able to see him hide the eggs. Yet the eggs were there in the morning of Easter and the rabbits, once again, had a wonderful time hunting for them and eating them while Harvey just watched and grew even more.

When Harvey was seven years old, he had had enough. He was bigger than any hare in the memory of the hares in the mountains and he wanted those eggs, and he was going to get them.

He waited until just before sun-up and then he quickly ran through the small town of Rabbiton and stole all of the Easter eggs that he could quickly find. Then he ran off into the forest, where his nest was, and he ate every one of the Easter eggs.

That morning little rabbits were crying all over Rabbiton because they could find no Easter eggs. One or two of the rabbits found a couple of them, but it was like the Easter Bunny had hopped right over their little town and only a few eggs had dropped out of his bag.

Harvey sat behind a large tree eating the eggs and laughed as he watched while the little rabbits searched and searched but found only one or two eggs. The others all went home crying to parents that wondered what had happened to the eggs that were so carefully hidden for their little ones.

Harvey could hardly wait until the next Easter so that he could take all the eggs. Then the little rabbits wouldn't get any of the eggs and he would have them all.

Mister Rabbit, the father of Peter rabbit, was no dummy. He knew that someone was stealing the eggs that he had put out for his little ones, and he was going to find out just who it was. He had an idea but wasn't sure. So, one day Mister Rabbit went looking into the forest for some clues and it didn't take him long to find Harvey's nest and it was cluttered with many colored eggshells.

Mister Rabbit was not a rabbit to take revenge, no, he was a kind and thoughtful rabbit. He understood just why Harvey would have done such a thing as stealing the little ones Easter eggs. So, he came up with a plan and he waited for the next Easter to come.

It was the night of the full moon and Mister Rabbit smiled as he watched from

behind a thick bush as Harvey started to load his wagon with the many sacks that would hold all the Easter eggs he intended to steal.

Harvey walked around the wagon and went to pick up the tongue when he saw something in the grass.

"What's that?" wondered Harvey as he picked up a red egg. He held it up to the bright light of the full moon and knew right away what it was, it was an Easter egg.

"How could this be?" he wondered as he looked at the bright red egg. "I wonder if there could be more?"

Harvey put the red egg on the wagon and started looking around in the grass that covered the ground.

There was another one and another one. They were different colors than the grass and were easy to see.

Harvey grabbed a sack from the stack that lay in the wagon and went looking for more of the Easter eggs.

They were everywhere as he looked for them. What Harvey didn't notice in his hunt, was that that the eggs he was putting in his sack were leading him toward the little town of Rabbiton. It would take a while, but if he kept looking and finding eggs he would soon be in the small town.

Harvey wasn't the only one and who was looking and collecting for Easter eggs. As he looked, he came closer and closer to the town. What he didn't notice at first, was that there were others looking for eggs too.

There were little rabbits running all over the town looking in the grass, behind the trees, under the bushes, all of them trying to find what the Easter Bunny had left for them.

Harvey suddenly saw the little rabbits as they ran around laughing and gathering up the colorful eggs and putting them in their baskets. Here and there he would see a little one just looking and not able to find an egg.

for themselves.

It wasn't easy to stay hidden, because he was so big, and his big sack was full of the colorful eggs, but he did it. Not one little rabbit ever saw what Harvey did. But Mister

The tears on their little faces brought back the memory of him not finding any eggs when he was their age, and he couldn't stand it.

Harvey's heart was changed; he didn't want them to become like he had been, angry and mean to others. So, Harvey would carefully slip near the crying little rabbit and toss a few eggs into the grass where they could see them, run and take them

Rabbit saw the whole thing and he smiled. Harvey was a busy hare that morning as he ran here and there rolling colorful eggs into the paths of the little rabbits from hidden places.

All the tears had stopped, and the laughter continued into the rest of the morning as the little rabbits gathered the wonderful eggs that the Easter Bunny and Harvey had hidden in the grass and the bushes and behind the trees.

Harvey's sack was empty as he watched the little rabbits walking back toward their homes where mother and father rabbit waited with smiles on their faces. He turned as the last of the bunnies went into their homes, and there stood Mister Rabbit.

"That was a wonderful thing that you did this Easter morning, Harvey," said Mister Rabbit, "I know of a certain human that would be very proud of you for what you have done this morning. HE is the real reason for this day and, well, I'm proud of you too. You did a fine thing for the little ones that couldn't find the eggs."

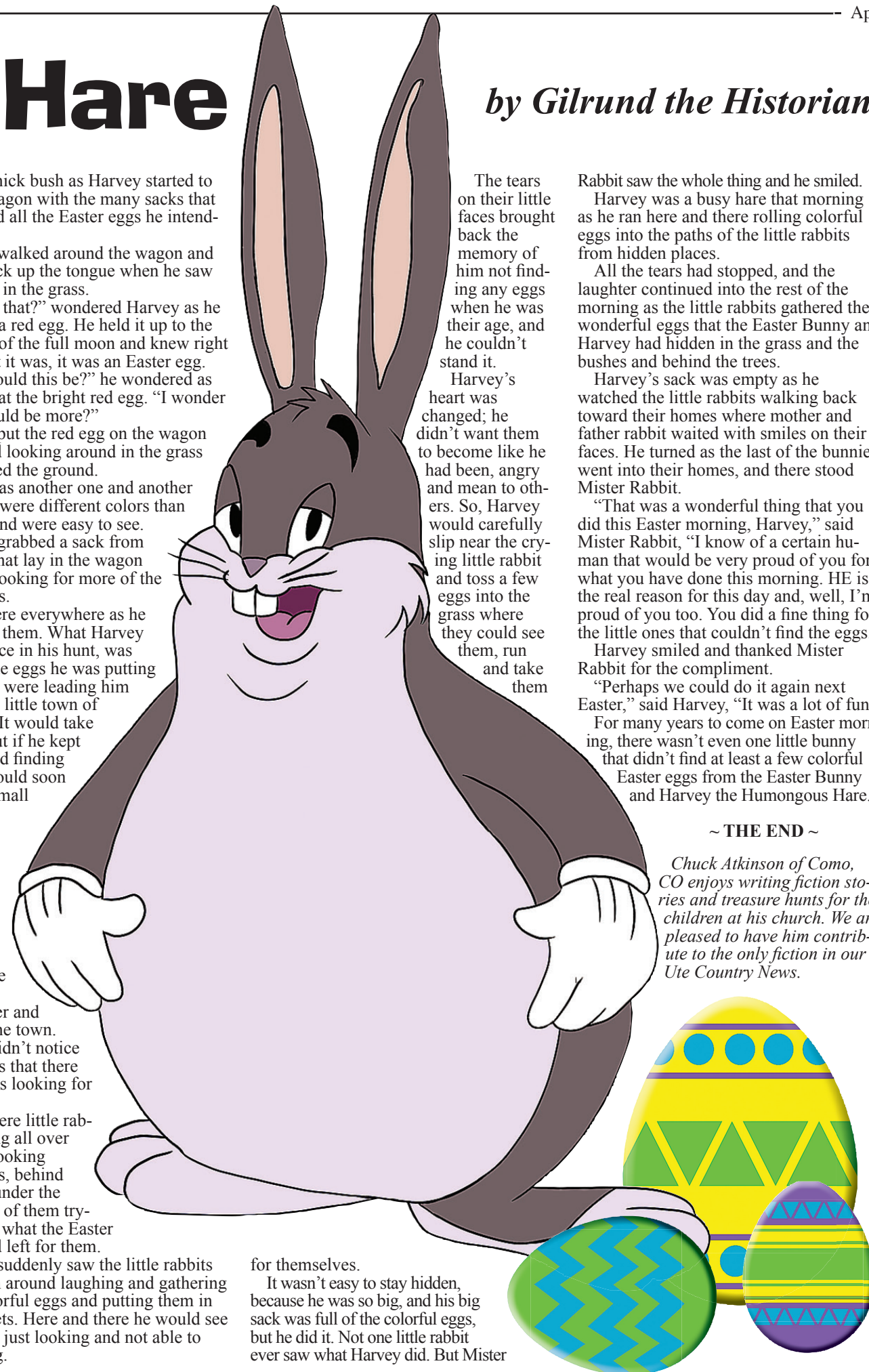
Harvey smiled and thanked Mister Rabbit for the compliment.

"Perhaps we could do it again next Easter," said Harvey, "It was a lot of fun."

For many years to come on Easter morning, there wasn't even one little bunny that didn't find at least a few colorful Easter eggs from the Easter Bunny and Harvey the Humongous Hare.

~ 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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Life-Enhancing Journeys

How to outsmart worry while living in the moment

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

Whenever I contemplate writing an article for the *Ute Country News*, I consider what is going on in the world as well as the issues that clients bring up during our therapy sessions. In this column, I will be using my own recent experience with a close family member who has caused me much pain and how I have been managing the situation.

Following a phone conversation with my older sister a few weeks ago — a call that compelled me to hang up on her because she was speaking to me in such an offensive manner — I recognized that this has been going on my entire life. I needed to either accept that this is who she is, and she will likely never change her behavior or essentially “divorce” her and end our relationship altogether. “No more...I’ll never let you do that to me again...” were the thoughts I had. I was angry, disgusted, hurt, and felt betrayed by my misfortune to have such a heartless older sister. “It’s all so unfair! Why me?”

It took me quite a while to get over the hurt, however, instead of allowing myself to agonize over the event (which I had done numerous times in the past), this time I took a step back and asked myself quietly inside, “What lessons am I learning from these situations?” Taking this new perspective enabled me to become calmer and clearer. I continued going through my day more peacefully without the mental suffering caused by allowing the intrusive noise inside my head.

This is an approach I now draw on frequently. For all the rewards I have in my life — family and friends who love me, good health, satisfying work, what purpose does it serve to focus on the one person who torments me?! I have been fixating on the one relationship that has caused me such pain. At this point I am removing the cause of the anguish altogether.

Recently, I have been acknowledging that life happens and instead of fighting against it (whatever it might be), I now try to allow, maybe even welcome, whatever happens to come along. It is unnecessary to understand why it is happening so I tell myself “This is exactly what I needed.” Generally, it lifts me out of my suffering fairly quickly. I still acknowledge how inconvenient, painful, and unpleasant some situations are, yet I can let go of the need to figure it out or to fix it. Although there are doubts and uncertainties in my life, this enables me to shift from being anxious to becoming curious. When I catch myself saying “I hate this...I don’t want that...” I’m nervous about that...” I shift into a mode of acceptance then I find myself in a much better place emotionally, with a clearer mindset.

Clearly, I would prefer having positive experiences, yet when I tell myself,

“This is what is happening right now,” this guides me to stay in the present moment rather than hoping that my life was different. I accept that this experience simply is what is going on currently. The best option in the moment is to experience whatever the situation requires. When we stop filtering our experiences through our judgments of what it should or could be or what we really want, it gives us the ability to become more aware of the situations and become curious (not critical) about how to interact. This is significantly more rewarding than complaining about the world failing to follow the rules which may be generated by our beliefs.

Thinking about making changes to live in the present as well as welcoming whatever comes along, is easier than putting it into practice. When I embrace the bad feelings and discomfort with acceptance, many of those emotions I attempted to avoid are far less painful than I imagined them to be. When I have found myself wanting to resist feelings of anxiety or painful memories, it produces even more distress. I then become stuck in avoidance and am unable to move forward to solve the problem, however, when I allow myself to experience what is going on, the concern diminishes.

A significant experience I had in 2002 proved to be a positive lesson I learned about acceptance and being present. My father called early one morning as I was about to leave for my group therapy session in Cripple Creek. He told me that the cancer from which my mother had been “cured” had returned and it metastasized to her lungs. I sobbed and wailed to the point where I was nearly unable to breathe. When I called the administrator of the facility to let her know what was happening, I was told that I could skip that day but I knew it was important for me to show up. When the group convened, I decided to be revealing and I tell them, “The first thing you’re going to notice is that I am crying and I cannot stop...the next thing you’ll notice is that today I am unable to provide any therapy because I just found out my mother is terminally ill...but I am here...” Instead of sucking it up and acting like everything was okay or avoiding showing up for my group, I allowed myself to feel the pain of the experience and shared it with the people who had assembled. This turned out to be a beneficial experience because the group became closer, more connected and open than ever before. I had no expectations as to how anyone would react to me that day yet I trusted myself to be present, authentic and vulnerable. We allowed ourselves to connect rather than directing our energy and attention to squelch or hide our emotions. I felt the genuine healing power of human contact. That turned into a valuable lesson

for which I will be forever grateful. Having freedom from distress is worthwhile. Instead of trying to suppress the symptoms of anxiety, consider finding liberation by uniting with the symptoms rather than pushing them away. Contemplate welcoming them with an open-minded curiosity, “Hello, symptoms...Who are you and what are you trying to tell me?” This can help change the frame of reference about the symptoms and transform your perspective. The shift from “symptoms = bad” to “symptoms = opportunity” can alter the way we view ourselves and the world. By accepting what the present moment offers, without resisting, we can expand our opportunities even more.

Welcoming symptoms

Although worries can signal a warning that requires immediate attention, experiencing repetitious, unproductive, obsessive thoughts that accompany anxiety are simply distressing noise. When a person can change the frame of reference from “my obsessive thoughts are in response to a real and dangerous threat” to “my obsessive thoughts transmit baseless noise unrelated to any true threat,” there now is a solid platform from which to change your entire world view (and, incidentally, makes the warning signs go away).

All symptoms that are triggered by negative emotions (real or imagined) are initially experienced as a body sensation such as a knot in the stomach, a racing heart, a lump in the throat, tight muscles, sweaty palms, etc. Rather than ignoring the physical sensations, recognize them as a message from your body. Pinpoint the level of distress by putting it on a scale from 0-10 to begin with then again when you feel complete. Even though you may think that your symptoms will be scary and make you feel like you are out of control, you actually have more ability to manage them. Encouraging yourself to courageously analyze the problem with curiosity, humor, and compassion can be inspiring.

Gently challenge the symptoms and turn the struggle with anxiety into a mental game. A way to do this is to increase the symptoms; make them as intense as you can. I know this seems counterintuitive, yet it really works. Increasing the symptoms by talking directly to it works; “Anxiety, I beg you to make this knot in my stomach tighter and bigger...make it so large that it will look like it is protruding out of my belly...can you make it as big as a basketball?” Anxiety reinforces uncomfortable physical symptoms and uncertainty about the future. If you can intentionally encourage symptoms and act as if you welcome them rather than dread them, you can trick anxiety into

By accepting what the present moment offers, without resisting, we can expand our opportunities even more.

going away. Viewing anxiety from a new perspective, as a kind of game, can refocus your attention away from a needless battle. Revving up symptoms weakens them and enables you to feel more in control. You might be surprised to find that when you stop resisting symptoms, they begin to fade.

Recognize that anxiety symptoms can cause shaky hands, a quivering voice, and worry about the critical judgments of others. Do you realize that anxiety “expects” us to try to avoid it? This new game flips things around. Imagine when feeling anxious you ask anxiety to make your hands shake more, your voice quake, and the fear worsen. Do your best to get those feelings to last as long as possible. What you are doing is refusing to play the game that anxiety craves and expects. You will notice that the symptoms are never as powerful as you believe. Instead of experiencing the symptom as disturbing the present moment, ask the symptom to join you presently, welcome it which puts you in charge. The symptom is now working with us. We prove that we can achieve a consciousness in the present that is more powerful than the symptom.

Living in the now is what life is about even when the present tense is less than pleasing. Being present is empowering especially when you release the doubt and fear. Allow your mind and body to focus on the task immediately in the forefront. Engage in the present without pushing it away. That will help create a better future. Avoid experiencing this yet wanting that. Offering no resistance to disappointment, anger, or pain, provides a platform from which to move forward to something better.

During a conflict, remind yourself, “I’m okay with this experience.” You release your ideas as to how this moment should be and settle into what the moment actually is. Have the courage to face whatever comes your way trusting that you have the skills to handle anything. Be friendly and playful with your thoughts to facilitate them in becoming your Superpower.

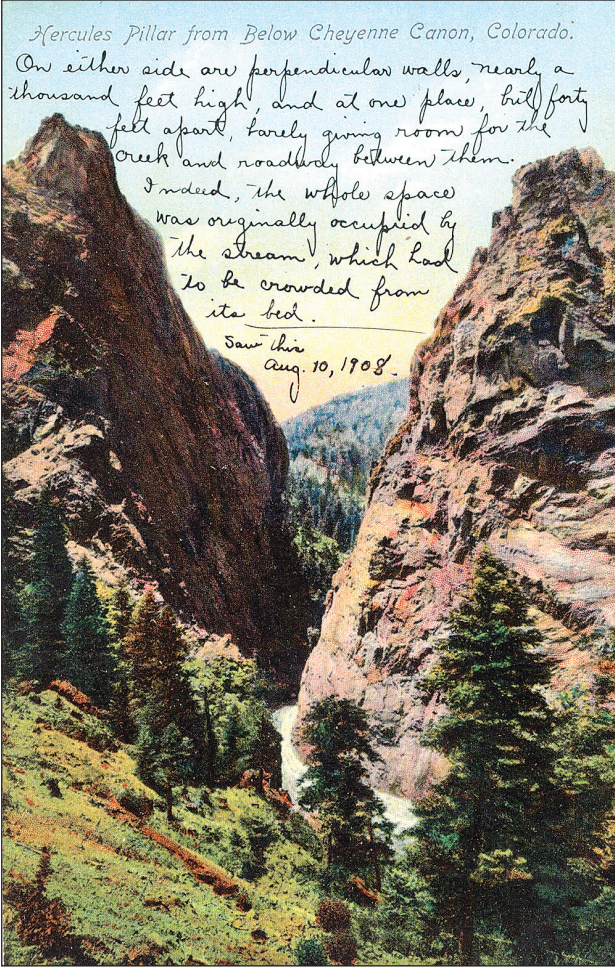
Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII is the program director of Journeys Counseling Center, Inc. At Journeys we teach you tools, skills and help you discover resources to live the most effective life possible. We guide, support and coach you along the path you desire, to become the best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

Pillars of Hercules

by Steven Wade Veatch

On August 10, 1908, a visitor to the Pikes Peak region traveled up the dusty, winding road through South Cheyenne Cañon. This road, long hailed as “The Grandest Mile of Scenery” in Colorado, ends at Seven Falls, a tourist attraction since the early 1880s. Fascinated with the sights along the way, he bought a postcard at the local curio shop to commemorate his tour.

Moved by the striking geology along the road, he began to consider the geologic processes at work. He observed how South Cheyenne Creek relentlessly carved down through the faulted Pikes Peak Granite to create the cañon. He wrote messages on both sides of the postcard to remember how these geologic wonders moved him on that summer’s day. On the front of the postcard, he wrote:



Postcard showing South Cheyenne Creek flowing between the imposing granite Pillars of Hercules. A visitor to the Colorado Springs area in 1908 wrote a message on the front and back of the postcard. From the S. W. Veatch postcard collection.

On either side are perpendicular walls, nearly a thousand feet high and at one place, but forty feet apart, barely giving room for the creek and roadway between them. Indeed, the whole space was originally occupied by the stream, which had to be crowded from its bed. Saw this Aug. 10, 1908.

Then, on the back of the postcard, he typed:

Before us are two tremendous cliffs “The Pillars of Hercules.” They seem to stand squarely across the cañon, completely filling it and demanding a halt. The way seems barred, and the stranger is at a loss to know which way to go, but the brook has found a way and so must we.

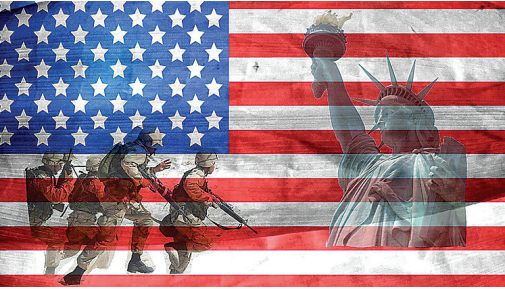
Here is a most wonderful demonstration of the action of water. For hundreds of feet the cañon at this point has been worn through the solid granite.

The anonymous visitor did not mail the postcard but kept it with his important papers and keepsakes. That this postcard has lasted all these decades is as remarkable as the magnificent mountain scenery it portrays. The cañon continues to this day to impress visitors.

Veterans Appreciation Dinners

by Little Chapel of the Hills

Little Chape of the Hills has begun a ministry to local veterans. We have had two veteran appreciation dinners so far, one last December and the second on March 18 this year. There is never a charge; we just want to show our veterans that we love and appreciate them! They are not alone! December was a prime rib dinner with baked potatoes and salad; March was BBQ Ribs and scalloped potatoes and salad. Both dinners were well-attended, with over 60 people! We plan to do this at least once every quarter. Any vets that want to get on the waiting list to attend the next dinner, call or text Max Wharton 720-215-8885.



Adopt Me

by SLV Animal Welfare Society

Logan

This is Logan; he is a Great Pyrenees mix at 15 weeks old, neutered, vaccinated and chipped. Logan gets along with other dogs. He may grow to be about 70 pounds as an adult, so if you are seeking a large dog Logan can fit your bill. We have an adoption event the first Saturday of each month at 5020 N. Nevada Petco in Colorado Springs 10-3:30 p.m., and the remaining Saturdays we’ll be at 7680 N. Academy PetSmart 10-3:30 p.m.

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Helianthus Blossom

by Melissa Ochoa, 02/02/2019

Helianthus Blossom – the Sunflower.
So named because her face always follows the sun;
From the first fragile breaths of dawn
To the last golden drops of honeyed sunshine
That melt away from lavender and pink streaked skies
Her face always follows the sun.

Her roots come from the plunging depths in the warm earth,
Drawing life and substance from the soil.
She never turns towards darkness, always growing strong, growing tall
Did you know, some sunflowers stretch as tall as trees?
She stretched as tall as the mighty redwood.

Did you know that sunflowers can cleanse harsh toxins from dirt?
Even those as destructive as nuclear fallout.
Who knew that such a cheerful, laughing delight
Was powerful enough to defeat something so able to destroy?
Her smile, her care, her laugh, could cleanse all feelings of doubt and defeat.

Bright yellow petals; vibrant, radiant,
Did you know, that a sunflower is in reality
Thousands of tiny, delicate flowers
Growing together as one. Helianthus,
We are all made up of thousands of beautiful memories.
Yet, we grow together as one.

The sun gives heat and light as nourishment,
The sunflower is a perfect, glowing mirror, giving nourishment in the form of seeds
Seeds that go on to become precious oil, fuel, food, and medicine:
Ways to heal each other and the world, in new and unimaginable ways.
Seeds that almost always grow in the sequential pattern of the Golden Ratio.

It is not just radiance, brightness and beauty,
It is what we can learn and mirror
It is us as seeds, becoming.
It is us playing at YET, exploring,
and what we will do with all that we are made of, next.

Helianthus Blossom – the Sunflower.
So named because her face always followed the sun;
From the first fragile breaths of dawn
To the last golden drops of honeyed sunshine
That melt away from lavender and pink streaked skies
Her face always followed the sun.

Draw your strength from the deepest roots of the earth,
Cleanse negativity with limitless joy.
Make yourself up with thousands of tiny, beautiful memories,
Work to create something that you can use to change the world.
And always, always keep growing, as tall, and as strong as the mightiest of trees.
And lastly, Helianthus Blossom, turn your face always, toward the sun.





Growing Ideas

Sunflowers show solidarity for Ukraine

by Karen Anderson “The Plant Lady”

“Here and yonder, high and low, golden-rod and sunflowers glow.”
– Robert Kelley Weeks

April greetings friends and neighbors. I believe that we are collectively feeling deep sadness and a sense of helplessness with the horrific situation presently happening in Ukraine, perhaps counting our own blessings with more profound meaning than ever. I had been pondering on a topic for this month’s article and many gardening thoughts were rolling around in my head, but my heart was focused on the tragedy and the pain of the Ukrainian people. During a heartfelt discussion with my dear and long-time friend Dawn Boatwright, she mentioned to me that the Sunflower was the national flower of Ukraine. After a bit of research and fact checking, I found that this is indeed true and wanted to learn more. So, I would like to take a moment to share with you a few tidbits of information that may help us to cope with our emotional unrest. I am finding that it is somewhat comforting for me to write about the thing that is bothering me the most.

The sunflower throughout Ukraine’s history has been a symbol of peace. They have been grown in the fertile farming areas of Eastern and Central Ukraine since the 18th century and if you can, just picture endless fields of yellow sunflowers covering the peaceful land with their absolute beauty and symbolic significance. These bountiful crops of sunflowers have been cultivated for their seeds for healthy snacks, as well as being crushed as an essential ingredient for cooking oil and an extremely important export for Ukraine. According to *Time*, “In June 1996, to celebrate Ukraine giving up nuclear weapons, the U.S., Russian and Ukrainian defense ministers planted Sunflowers in a ceremony for peace at Southern Ukraine’s Pervomaysk Missile Base.” Hmmm. Since Russia’s unprovoked, senseless, disastrous and destructive invasion of Ukraine,

the sunflower has now become a global symbol of resistance, unity and hope (Soniashuyk is the Ukrainian word for sunflower). Becoming aware of this movement, folks throughout the world are displaying their support by wearing clothing adorned with Ukraine’s national flower, laying sunflowers on the steps of embassies around the globe and sending sunflower emojis in their correspondences. Artists are painting them everywhere and on everything. An abundance of sunflower seeds are being planted with purpose and prayer by gardeners in regions where frost is not an issue at this time. These may be small gestures considering the monumental crisis facing the Ukrainian people and the entire world for that matter, but anything we can do is helpful. If we are able to donate to the cause in a monetary way, we do that. If we can plant sunflowers for solace and support and solidarity, we do that.

As gardeners in our Rocky Mountain regions, we usually associate the blooming of our sunflowers toward the end of summer and I’m not recommending sowing any of these seeds outdoors until the threat of frost has passed, which is typically in mid-June for higher elevations. But I have been prompted and motivated to plant some seeds indoors and nurture those seedlings until it is safe to transplant them to the outside gardens. Although you may have read that sunflower starts don’t like their roots to be disturbed, there is the “plug-it-in” method, which has been very successful in my experience. If you would like to learn more about this technique, please give me a call and I would be happy to share this information with you.

There are many types of sunflowers to choose from and a multitude of benefits provided by these happy plants. I don’t want to get too scientific here, so I’ll keep it fairly simple and offer a few facts and suggestions about growing sunflowers at our high altitudes.

The sunflower (*Helianthus annuus*)

Adopt Me

by TCRAS

Fancy


It is not easy to be Fancy, but that is my name. My friends at TCRAS tell me how pretty I am, especially with my markings on my face, chest and feet. I came in with two of my younger siblings because our past owner’s life had changed, and our care was in poor conditions. I am a tidy cat that does use the litterbox and I am shy, so would need someone who can be patient with me and has positive love to give. If you think we are a match, please call TCRAS at 719-686-7707 to set an appointment for us to meet.

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is an annual plant with a large daisy-like flower face. Its scientific name comes from the Greek words *helios* (“sun”) and *anthos* (“flower”). They are commonly bright yellow but also come in many colors including red, orange, maroon and brown. They are heliotropic, which means that they turn their flower faces toward the sun as it moves across the sky. The Farmers’ Almanac has informed us that they have discovered the planting of sunflowers can help remove harmful toxins from the soil. Environmentally, scientists are using sunflowers to clean up nuclear radiation. Wow! A fascinating topic that you may want to research on your own on-line as the particulars and details are vast and informative.

Personally, I am planning on broadcasting as many sunflower seeds as I can in the outdoor garden beds as well as in the wild around the end of May. Of course, as the name indicates, full sun is desirable, however they can tolerate a small amount of shade, especially in the afternoon. The plants are not fussy about their growing conditions, but be aware that our residential deer friends will definitely enjoy munching on these delicious flowers. So,

we do our best to protect them with organic methods, plant bunches and bunches of them-in solidarity and glory to Ukraine!

For April, I would invite you to practice your patience and continue to plan and prepare for outdoor growing. Greenhouses can be safely planted with cold weather crops such as edible greens but please have some supplemental heat handy for those freezing cold temperatures that will undoubtedly be frequent.

Start tomato, pepper and herb seeds indoors this month. If you are thinking about incorporating native shrubs, Aspen or Spruce trees into your landscape this season, please contact me for more information and availability. My Heritage Seed Collection of Power Perennials are now on display for purchase at The Outpost Feed Store in Florissant, Shipping Plus in Divide and at Mountain Naturals in Woodland Park. You may also want to check out the happy houseplants and blessing beads at all three locations.

Feel free to contact me at 719-748-3521 or email plantladyspeaks@gmail.com with any inquiries you have regarding the world of high-altitude gardening.

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Puzzle Exchange is here!

by Kathy & Jeff Hansen

Surely you have seen the “Little Free Library” in a neighborhood or two; a small box with a door in which books can be kept dry from the elements. The idea is to bring a book, take a book; a free library that is tended by its patrons. Take this idea and now apply to jigsaw puzzles and you have the Puzzle Exchange!

The first Puzzle Exchange (to my knowledge) is now located at Teller Senior Coalition in Divide. Whether you are a jigsaw puzzle hobbyist or if it is something to do only in the cold winter months or perhaps when certain relatives visit, you now have a FREE puzzle source!

Yes, this is an idea that was born of the covid-19 pandemic. We had increased our puzzle options at Shipping Plus and found many customers had a genuine concern about what happens to a puzzle once it has been assembled. Some put glue on the back of it and frame it. Some decide to send to friends or family that are also puzzlers. Some agreed that having an option to share puzzles with the community would be a great idea!

The box was donated by the *Ute Country News*. Jeff was willing to mod-

ify the shelf so that it is stable (typically there are springs which allow for the box to be filled with newspapers; as the papers are picked up, the spring lifts the shelf upward for an easy reach). We felt it could potentially become a hazard if not a spontaneous puzzle project if that spring were sprung, launching puzzle pieces all about. Kathy picked out the neutral color for the box. Jeff designed the face plate for the front door of the box, which opens to reveal the very simple rules: Bring a puzzle, take a puzzle; 100% puzzle pieces accepted — no missing pieces, please; it can be helpful if the puzzle pieces are in a Ziplock bag, but not required. Jeff also designed the graphic for the side of the box.

Next was the question of where should it be placed? To be congruent with Kathy’s New Year resolution to make an effort to put more positive vibes in the world, the question became where will the box do the most good, reach the most people?

Thanks to our friends Mike Isele and Trudy Feldhauser, who both volunteered at Teller Senior Coalition, they suggested (you guessed it) Teller Senior Coalition.

Mike was instrumental in helping us make the connection with Teller Senior Coalition. We figured placing the box in a location near where folks are likely to use it makes sense. Many seniors enjoy puzzling. The Puzzle Exchange may just draw folks to Teller Senior Coalition who may be timid or those dealing with a little society anxiety might find approaching the box to be a positive experience and eventually decide to step inside to see what more the Teller Senior Coalition has to offer. Teller

Senior Coalition is centrally located and easy to access. The Puzzle Exchange could be placed outside as it is weather proof, so it would not take up any valuable internal space. Executive Director Katherine Lowry was immediately on board!

If you are a jigsaw puzzler and would like an option to find and share FREE puzzles at your convenience, stop by the Teller Senior Coalition located at 11115 West US Highway 24, Suite 2-D, in Divide, Colorado. Participation is FREE!



Marc Graham, Kristina McManus, Dianna Van Auken, Roni Gordan, Sharron Hahn, and kneeling is Maggie Becker, some of the TSC staff welcoming the Puzzle Exchange.

To schedule transportation call 719-687-0256. By the way, to help you feel safe and secure, you can visit the TSC website to see a photo of the drivers on board.

TSC offers a public shuttle that runs Wednesdays in Woodland Park and Green Mountain Falls. Victor and Cripple Creek residents can connect through the Cripple Creek Transit system.

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ber the last day you had off? Find out how you can get a break from caregiver duties.

Handyman/Home safety services
Have you noticed where you are grabbing when you are getting in/out of the shower/bath? Do your stairways have railings? TSC’s handyman service can install grab bars and railings for you, making your home a safe haven.

Emergency heating and electrical assistance
Call or stop in to learn more.

Senior Food Boxes
We are now part of Care and Share’s Commodity Supplemental Food Program and can provide Senior Food Boxes. To see if you qualify, give us a call.

Veteran Services
Are you a veteran? Cindy Meyers is here to help with Teller County Veterans Service.

Legal Aid
We have partnered with Colorado Legal Services, to help with civil legal issues. Applicants are screened for eligibility and legal problem.

TSC has LOTS to offer seniors! If you are interested in making a donation to TSC there are many ways to do so.

- You can donate your Colorado State Tax refund, registration number 20133004041.
- Are you an Amazon shopper? Log on to www.smile.amazon.com/ch/84-1358087.
- Are you a City Market shopper? You can connect select TSC as your charity to receive rewards.
- Consider including TSC in your estate planning by making a bequest in your will. Consult your legal professional for more details.
- Write an ol’ fashioned check out payable to Teller Senior Coalition and mail it to POB 845 Divide CO 80814-0845.

FMI 719-687-3330.

Musings Along the Way

LIGHT: Living In God’s Holy Thought

by Catherine Rodgers

Earl Nightingale popularized the phrase “Everything begins with an idea.” Even those who didn’t grow up in Chicago in the ‘50s and listen to WGN and Sky King radio drama have been influenced by this truism. Bob Proctor gave further currency to “Thoughts become things. If you see it in your mind, you will hold it in your hand.” Basing his work on Napoleon Hill’s *Think and Grow Rich*, Proctor published *You Were Born Rich* in 1984 and his fame took off from there. When he died this February 2, 2022, however, I had to look him up.

I was more familiar with Rev Ike, not because I watched his TV church. Rather I used to be a mail carrier and had to stuff thousands of mail cubicles with his monthly solicitations for money. As the flyers were dumped on our desks, the whole station would start yelling, “That’s for me, God!” This became my practice to overcome envy (my worst character trait, I thought) (others had their own opinions) whenever I saw something I wanted. In his 2009 obituary, the *New York Times* wrote, “The way to prosper and be well, Reverend Ike preached, was to forget about pie in the sky by and by and to look instead within oneself for divine power. ‘This is the do-it-yourself church,’ he proclaimed. ‘The only savior in this philosophy is God in you.’”

The only savior is God in you. With so many solar flares; starving refugees fleeing climate change and drug gangs; mutating plagues to say nothing of ordinary cancer, unprovoked invasions and rampant inflation impacting our addiction to oil; cascading insect and animal extinction, and “all the rest,” one could be forgiven for believing that the four horsemen ride again: famine, war, pestilence, and death. Don’t forget the Beast! Then remember: the only savior is God in you.

We seem to have this amnesia that we are created in the image and likeness of God. I am the holy thought of God in form. God had this divine idea and voila, here I am! Which also means that the power of God’s imagination to give life or form substance is also within my toolbox of magic powers. The mind of God thinks through me because there is no other consciousness in the universe. I act upon the divine precepts which pop up not as the “Thou

shalt nots” but rather as guidance. “That’s a really good Idea. I think that I’ll do...that.” Are we listening to that still small voice within? Does God have to SHOUT?

You were expecting maybe aliens? I really enjoy the drama of Dragons and the Tartarian Empire (Wikipedia); Sophia opening space time out of herself into the void for her avatars Lilith and Adam; the wisdom and consolation of the channeled Pleiadians and Arcturians; paranoiac myths not so much. I find it truly arrogant to discount that there are other beings in the multiverse that coexist in altered dimensions and variant forms beyond our present understanding at this frequency. However, these are all metaphor, symbols cloaking the essential truth that the Creator and all the little demiurges are fashioning “the sensible world in the light of eternal ideas” (Merriam-Webster).

I am living in God’s holy thought. I am a bubble in the ocean of God. I am God’s secret agent here on earth and it is HIGH TIME that I be about my business of imagining a loving, radiant, healthy, peaceful, beautiful and miraculous world! ... I wasn’t given this world shaping power just to make more Twinkies and vintage Malbecs.

Although I confess, a good Malbec or Syrah not only protects me from Covid but assuages the ANXIETY I feel about putting what I see out here as it may run counter to the dominant story line. Nobody likes to be criticized, ridiculed or attacked. But now — NOW — is a great opportunity to review what we think/ feel might be going on, and to support each other in the process of releasing old beliefs and limiting thoughts. We know that all paths lead through God as God in God for God because a working definition of God is ALL THAT IS. Then there’s those usually old, generally male curmudgeons controlling the nuclear codes, sending soldiers, sucking oil and whisky, and manipulating the stock markets i.e., prices of gas and groceries as they sail their yachts, who think THEY are the powers that be. Well. Now. The only savior is God in you.

Let’s shine a light and bind goodness, and mercy, and wholeness on Earth as it is in Heaven. Let’s imagine a world that works for all beings all the time. Let’s say a prayer that all beings of all dimensional



frequencies and all eternity are self-realizing beings of light, peace, and love. Let’s imagine for a moment that all things work for the good for those who love God, and then love God always, all ways. That’s for me, God!

There are certain precepts or commandments that we must obey not only because they guide us to enlightenment or heaven or whatever, but because otherwise we are shooting ourselves in the foot. You know: Thou shalt not kill. Period. Thou shalt not covet thy neighbor’s seaport, bread basket, or liberty. Thou shalt not lie but speak the truth, the whole truth, and nothing but the truth. Thou shalt not worship any gods before God, the Life-Giver, the Light. The Buddhists go another step to prohibit intoxicants but Jesus turned water into wine, so I’ll go with that. First, do no harm.


We are being bombarded by solar flares which affect our electro-magnetic bodies. These photons are altering our DNA as emotions stored in our cellular bodies are raised to a higher frequency. We are being shape shifted by light. Basically, our vibration is being attuned to another dimension. We value things differently such as respect, integrity, freedom. Thus, we are

healing, manifesting more easily, noticing time dilations (miracles are instantaneous, remember?), and sometimes feel really adrift and out of sorts. This is a long conversation and I am redirecting you to: <https://www.theawakenedstate.net/solar-flares-and-the-consciousness-connection/>

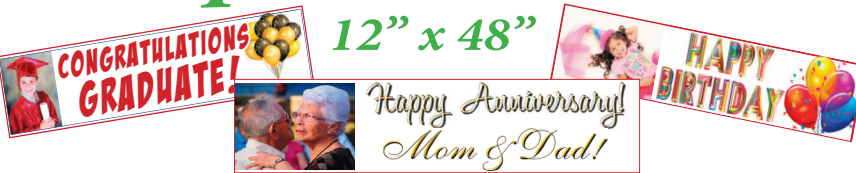
Sabrina Cox and Herd of Light, working with horses for co-evolution, whickers it this way, “First you must fully land Here and Now, Fully arrive as an open moment. The Vastness of the Present Moment Presence is inseparable from the Vastness of you. The very nature of this Vastness is integrity, where individualization is woven by threads of the integrity of Unity. Discovering yourself as this is discovery of impenetrable integrity, ... Light itself, woven by gossamer, inter-breathing threads of Wholeness, from the still pointed center within.”

The sweet, soft spoken Irish astrologer and tarot reader, Romy Wyser, puts it this way to soothe our souls, “Light finds me where I am and holds me until I’m ready to come home to myself again.” Let us walk home together in the Light, being peace, being love, being whole, being holy. Namaste.

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Mueller State Park

Guided hikes are on the calendar for April at Mueller State Park. As the days get longer and the buds start bursting open, you can join a hike to watch for other signs of spring! The first spring migrant birds have already arrived. Mountain bluebirds and American robins have been seen in the park making their way north.

A Volunteer Orientation will be held on April 9th. Volunteers are a valuable part of the park’s activities and services. Mueller enthusiasts are welcome to come learn about the volunteer opportunities at the park.

April’s weather can be very mixed-up in the mountains! Be prepared for sunshine, snow or ice! Visitors are encouraged to check snow conditions first by calling the Visitor Center 719-687-2366 before arriving.

Mueller State Park is open every day for hiking, camping and enjoying the outdoors! The

Visitor Center is open 9-4 p.m.

- 1 Hike: Elk Meadow*** to Murphy’s Cut meet 8:30 a.m.
- 2 Nature Crafts** meet 2 p.m. Visitor Center
- 8 Hike: Cahill Cabin and Cahill Pond** meet 8:30 a.m. at Black Bear TH
- 9 Volunteer Orientation** meet 1 p.m. Visitor Center Auditorium
- 15 Hike: Outlook Ridge Trail*** meet 8:30 a.m.
- 16 Knots and Lashing** meet 2 p.m.
- 22 Hike: Osborn Homestead Loop** meet 8:30 a.m. meet at Black Bear TH
- 29 Hike: Cahill Cabin and Cahill Pond** meet 8:30 a.m. at Black Bear TH

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

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





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~OUT AND ABOUT~

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AVAILABLE ONLINE

- Through April 21 NAMI Chaffee County offers a FREE Family-to-Family program for families and friends of adults with mental health conditions 6:30-9 p.m. Thurs evenings. Participants will have the opportunity to share experiences and gain insight, hope and confidence in caring for a family member with a mental health condition. NAMI programs change lives and help families understand that mental illness is a biological brain disorder – an illness like any other. Classes are led by trained family members who understand the challenges of supporting a loved one with a mental health condition. To register or FMI info@namicchaffee.org or 970-823-4751 or <https://us02web.zoom.us/j/8234751>
- suicidepreventionlifeline.org/ or 1-800-273-8255
- BUENA VISTA**
 - 2 UAS Club Central Colorado 9-10:30 a.m. at Central Colorado Regional Airport. FMI: 719-581-2010 or cuasclub@gmail.com
 - 15 BV HOPE meeting 1:30 p.m. FMI BVHope.org
- CAÑON CITY LIBRARY**
 - 1 Open mic night 6-7 p.m. Come share a poem, rap or story.
 - 2 The 150th anniversary of Cañon City Jubilee at the Cañon City High School 3-9 p.m., fireworks at 8 p.m. We have a food booth from 3-6, food vendors, lots of activities.
 - 6 Free Legal Clinic 2-5 p.m. at Cañon City Library. Call 719-269-9020 to sign-up.
 - 7, 14, 21 Write the Story of your Life classes by Jeanne Schmidt 10-12 p.m.
 - 9 Monica Young presenting "Before the time comes, helping your elderly transition into the net stage of life at 10 a.m.
 - 14 Pastel pictures "Spring Scenes with Sis" 12:30 p.m.
 - 23 Living history performer Lee Michels will be performing
- ASPEN MINE CENTER**
 - 25 Commodities distribution (drive up basis) 9-2 p.m.
 - Tuesdays BINGO 10 a.m. for seniors.
 - Tuesdays board games 1 p.m. for seniors.
 - Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed, FREE!
 - Thursdays Mexican Train 10:30 a.m. & 1 p.m. for seniors. FMI 719-689-3584 x124.
- COMMUNITY PARTNERSHIP**
 - 8 Crossroads of Parenting &

- as Laura Bell McDaniel a madame from Colorado City, now known as Old Colorado City. The performance is at 2 p.m. at the Steeple Event Center 701 Macon Ave.
- B.O.O.K. Babies** on our Knees Monday 10:30 a.m.
- Break out box** 2nd Friday each month 3-4 p.m.
- Chess Club** Wednesdays 2 p.m.
- Cribbage** Friday at 10 a.m.
- Filler Friday** (different activity each month) 3rd Friday each month 3-4 p.m.
- Fremont Brain Injury Support** 1st Tuesday 12:30 p.m.
- Lego Club** 1st Friday each month 3-4 p.m.
- Metaphysical Group** every Saturday 10:30 a.m.
- New Neighbors Genealogy** 1st Friday 1 p.m.
- Story Swap** book chat is the 1st and 3rd Tuesdays at 3 p.m.
- Story time and craft** Tuesday and Thursday 10:30 a.m.
- Virtual story time** Wednesday 10:30 a.m.
- All events at Cañon City Library 516 Macon Ave, unless otherwise noted. FMI 719-269-9020.

COLORADO SPRINGS

- 12 Megadeth & Lamb of God –

Adopt Me by Ark Valley Humane Society Bucky



Bucky is an adorable 11-month-old big puppy who has been with the shelter since late last year. He was adopted and returned, because his rambunctious personality was a little too much for the young child in their home. Bucky needs an adopter who will continue to work with him on training so he can grow into a well-behaved adult dog! Bucky has been spending most of his time in a wonderful foster home where he spends hours playing in the yard with the other dog in the home. He would love to go to a home with another dog so he can continue his daily playtime! Bucky is neutered, microchipped and up to date on his vaccinations! Is your pup looking for a playmate to spend their days with, tiring each other out? Please consider Bucky! Adoption Application: <https://www.ark-valley.org/adoption-matchmaker-application/> This space donated by the Ute Country News to promote shelter animal adoption.

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~OUT AND ABOUT~

- quarterly meeting 10-12 p.m. The Friends of the Guffey Library is a volunteer group that helps to support the Guffey Library in what it has to offer its community in many ways. These meetings are always open to the public and we'd love to hear your opinion about what you'd like to see happening at our local library. We're also looking for officers and new members at this time. It's a great way to volunteer for a good cause!
- WOODLAND PARK**
 - 14 Free Legal Clinic 2-5 p.m. at Woodland Park Library. Call 719-748-3939 to sign-up.
 - 23 The 14th Annual Wild Whiskers 5-8 p.m. at Edgewood Inn. Heavy hors D'oeuvres catered by Swiss Chalet, beer by 110 Reserve, wine, coffee and soft drinks. Live entertainment with Bobby Guley. Silent auction preview. Tickets \$70 each or two for \$130. Limited tickets. Ask about our "Stay at home with your pets" package. FMI TCRASColorado.org or 719-686-7707.
- FLORISSANT**
 - 14 Free Legal Clinic 2-5 p.m. at Florissant Library. Call 719-748-3939 to sign-up.
 - 15 Greg Brazil plays at Iron Tree 4-7 p.m.
- GRANGE**
 - 9 Easter Party with the Easter Bunny. This year the Easter Egg Hunt will start promptly at 1 p.m. Don't be late! After the egg hunt see the Easter Bunny and get your bag full of goodies, toys and crafts.
 - 16 Pine Needle Basket Class 9-12 p.m. If you are new to the class, you will learn a basic stitch to make your basket. If you have attended before, you will relearn the ladder stitch. Reservations suggested.
 - 22 Help us celebrate Grange Month with a Friday night Souper Supper 6-8 p.m. We have soups, chilis, cornbread, Fritos and brownies. You can dine in or take out (a quick call before you arrive would be helpful!) Suggested donation is \$15.
 - Thursdays Potluck and music 6-8 p.m. Everyone is welcome so bring a dish and a small donation and be ready to dance! Hope to see you there. FMI for all Grange events or to RSVP 719-510-2325.
- HARSTEL**
 - Country Church of Hartsel meets at the Hartsel Community Center 80 Valley View Drive 10 a.m. Sundays. Everyone is welcome! FMI call Jimmy Anderson 719-358-1100.
- MANITOU SPRINGS**
 - 30 Health Fair 7 a.m. to 12 p.m. at Community Congregation Church 103 Pawnee Ave.
- SALIDA**
 - 13 Free Legal Clinic 2-5 p.m. at Salida Library. Call 719-539-4826 to sign-up.
 - 14 Maryanne Rozzi, Celtic Harpist will be performing background music at 5 p.m. for the 10th Annual Valley Visions Art Show sponsored by the Salida Council for the Arts and the Salida SteamPlant Event Center. FMI on booking Maryanne 719-838-0279 or solarozzi@yahoo.com.

- COMMUNITY PARTNERSHIP Thru April 11** Active Parenting of Teens 5-7 at Mountain View United Methodist Church. For parents of preteens and teens. Yes, it's possible to parent your teenager and still get along with them! Learn how to turn challenges into opportunities. Meal and childcare provided. FMI Michelle@cpteller.org.
- 18-May 23** Active Parenting Now 5-7 p.m. at Mountain View United Methodist Church. Bring back the JOY of parenting your 5-12-year-old and leave a positive, lasting impact on their childhood years. Meal and childcare provided. FMI Michelle@cpteller.org.
- 26-May 31** Cooking Matters for Families 5-7 p.m. at Mountain View United Methodist Church. School-age children (6-12) and their parents learn about healthy eating as a family and the importance of working together to plan and prepare healthy meals on a budget. Hands on workshop. Take home groceries to practice the recipes. Meal and childcare provided. FMI Michelle@cpteller.org.
- 30** The 5th Annual Teller County Summer Expo 10:30-1:30 p.m. at Ute Pass Cultural Center. A free, family-friendly event where you can explore summer activities. Sign-up your child of any age for clubs recreational sports, camps and more summer fun. Youth of all ages welcome! Learn more about horseback riding, dinosaurs, karate, rock climbing, meet pets from TCRAS and more. Free food at registration table, while supplies last. FMI Cory@cpteller.org.
- Circle of Parents Kinship Connection**, a support group for family members raising grandchildren or kin. Date/ location tbd. FMI Michelle@cpteller.org.
- GED classes** 5-7 p.m. Mondays & Wednesdays. FMI Michelle@cpteller.org.
- Playgroup** – Mondays & Wednesdays 9:30-11a.m. temporarily at The Resource Exchange 509 Scott Ave, Suite 203B. Parent or caregiver with children ages 5 & under. Older siblings welcome. FMI Jackie @cpteller.org. FMI for any Community Partnership events 719-686-0705.
- Save the date!** May 7 The 20th Annual KIDSFEST Early Childhood Festival will be held at the Ute Pass Cultural Center 9-noon. There is so much to see and do at this early childhood hands-on festival! On Stage: Dana's Dance performance at 11 a.m. Visit the game area with prizes, the discovery zone and the hands-on activity booths represented by our early childhood community leaders. Come see what programs and services are available for early childhood (Birth-Syrs) in our community. FREE Admission. For more info: www.tre.org

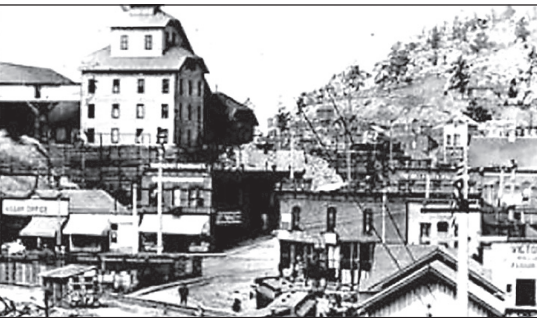
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Visits with History

On April 3rd, long-time Victor resident and retired miner, Gary Horton will give an interesting and informative presentation on the Woods Investment Company and the impact "spare no expense" and "don't spread too thin" had on the history of Victor, Colorado.

Gary Horton has lived and worked in Victor most of his adult life and has a keen interest and understanding of the history of the Cripple Creek District. The Cripple Creek District Museum invites you to learn more about the Woods Investment Company and the birth of Victor, Colorado on Sunday, April 3, 2022, at 2 p.m. The talk will be held at the Cripple Creek Heritage Center, 283 S Hwy-67, Cripple Creek CO. This program is presented as a public service of the Cripple Creek District Museum in partnership with the City of Cripple Creek. Reservations are recommended. Refreshments will be served. FMI or to make a seating reservation, please call 719-689-9540.



This photo was chosen as it is likely during the time of the Woods Investment Company. The Woods family was very instrumental in the building of Victor. Noticing the brick buildings; it would be logical to assume it was after the Victor fire of 1899.

Where is Katee this month?

Katee and Baylee will be at Memorial Park on Saturday, April 16 handing out Easter biscuits to dogs and catnip toys to cat owners from 12:30-2 p.m.

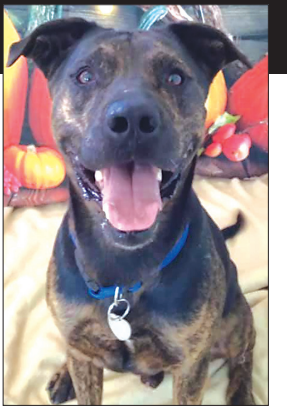
Katee and Baylee want to thank everyone for supporting the Pet Food Pantry with food and monetary donations so that their canine and feline friends can stay at home with their families.

You can drop off donations at TCRAS, Blue's Natural Pet Market or the UPS Store in the Safeway Shopping Center. You can also donate online at www.Pet-FoodPantryTC.com. Thank you for being so supportive.



Adopt Me by AARF Buddy

Buddy is one of those special boys — outgoing, playful, goofy, affectionate, etc. We're not sure of his breeds, although we think Plott Hound, Lab, and Pittie are rolled into this great dog. He's about 2 years old, gets along with other dogs and wants to meet YOU! You'll fall in love with him like we have so please call Dottie to make an appointment to meet your new best friend 719-761-5320. This space donated by the Ute Country News to promote shelter animal adoption.



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Visits With History

Presented by the Cripple Creek District Museum












April 3 Woods Investment Co. Gary Horton
May 15 Colorado's Forgotten History..... John Anderson
June 5 The Sale of Stratton's Mine Dan Plazak
July 10 Portrayal of A.E. Carlton..... Leo Kolman
Aug. 14 TBA
Sept. 11 TBA

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Applications can be accessed online or at your Teller County DHS office at Tamarac Business Center in Woodland Park or Aspen Mine Center in Cripple Creek.



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Our new winter hours will be 4:00 to 9:00pm for dinner. Reservations are still recommended and we will have new menu items for winter.

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