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4







The peaceful cover photograph of the gazebo ▲ at Green Mountain Falls was taken in February 2022. We like the quote by Mary Oliver on many levels. She reminds us to enjoy how pretty this planet is and how light eliminates darkness. How perfect, to get a reminder of beauty that resides in the creation of this beautiful planet on the very day that Russia invades several cities in Ukraine. Our hearts go out to those who have already lost their lives, as well as the families of the survivors on both sides! We hold onto our faith that light always shines eliminating darkness, even in what may appear to be the darkest times and we encourage our readers to let the light in your hearts shine through each precious day that you've been given the opportunity to do so!

Our March issue is full of articles that will help keep your focus on the light. "Grants for wildfire mitigation available" is a must-read for anyone living in Colorado or any other state threatened by wildfire. If you need a little encouragement to open to new possibilities, then Musings Along the Way helps you to "Wake up to what's possible." Life Enhancing Journeys tackles "Loneliness" and helps us understand how it can be detrimental as well as how to pull yourself out of loneliness. Those who enjoy learning about animals will be pleased with *Panning for Good* as Dr. Bec is "Exploring Yaks at Double Eagle Ranch" as you'll learn why yaks are a good choice for raising red meat at high altitude and how this ranch treats their herd with respect. For those who switch their focus to history, we have another installment of "Currant Creek Characters" and for those who find their light when surrounded by plants, Karen Anderson of *Growing Ideas* presents "Watering your houseplants 101.3

Need a new start? *Ute Country News* is currently seeking both sales staff and delivery drivers. If you are interested, please stop in Shipping Plus in Divide M-F 9-5:30 p.m., call us 719-686-7587 or email your intent to utecountrynewspaper@gmail.com.

Do you have any photos of your favorite critter, indoors or out? 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.

— Kathy & Jeff Hansen

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

Publishers: High Pine Design Jeff & Kathy Hanse

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

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## Growing Ideas Watering your houseplants 101 by Karen Anderson "The Plant Lady"

"Friends are the flowers in the garden of

— greeting card

March greetings, friends! While we are still in indoor gardening mode for at least a few more months, I would like to share what I know to be true regarding the various methods of watering your houseplants. You may be thinking that this seemingly simple task would be a no brainer. How hard, complicated or important can it possibly be? But like most things in life, it's all relative, and extremely consequential. There are so many variables to consider when we are 'parenting' our plants hoping to attain health and happiness for them and us. Some examples of relativity include the temperature of the rooms in your home, where your houseplants are residing, exposure to direct sunlight or not, what type of plants you are nurturing, the size of your pots and if they have drainage or not, the condition of the soil and so on. All of these factors come into play and I'll try to cover all as we move along in the article. Starting with the temperature aspects,

in the winter months we are keeping our homes warm and cozy with gas furnaces, electric heat and wood stoves. In doing so, the environment is quite dry and plants (and humans) need appropriate hydration in these arid conditions. In my home sweet home, temperatures vary from room to room and those change according to the time of year. Some plants thrive in cooler surroundings, while others are happier in warmer accommodations and where your plants dwell will help to determine how often and how much watering is required for their overall well-being. If you grow your plants in a sunny room, they will dry out quickly and need to be checked at least once a week, maybe more if the planters are small. The type of plants that will survive and thrive in sun rooms include all cacti, most succulents and geraniums among a few others. Contrary to popular belief, succulents need more hydration than we would think, so please don't neglect or deny them plenty of water.

Soil conditions will also help to determine how frequently you water your houseplants. Succulents prefer a somewhat sandy soil for good drainage, so water retention is brief. Therefore, you will need to water more often. Other varieties enjoy a more rich and loamy soil which will hold moisture much longer, so please take that into consideration.

Another component on this topic is whether or not your plant is root bound. If so, first of all, it probably would appreciate a makeover transplant into a bigger container with fresh dirt. But the point here is that tight conditions do not allow

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for proper hydration. In addition, if the soil is compacted rather than loose, the same idea applies. If a complete transplant is not possible right away, then try 'fluffing' up the soil with a fork and this will aid in the plants ability to absorb more water.

There are some pretty obvious signs that plants are suffering from thirst. Observation is the primary notification that you need to water. If they look parched, wilted and withered, that's not good. Dehydration will also lend way for pests and disease to infiltrate your plant family. Some plants may recover with a thorough soaking. Then there's the good old fashioned 'finger test' which is a common practice for me. Stick your finger in the top of the planter and if the soil is dry, you more than likely will need to go get the watering can and take care of the situation.

You can buy those fancy water meters that supposedly will tell you if a plant needs a soaking, but I've found that they really don't work that well. Speaking of watering cans, I prefer to use a smaller one for aiming accuracy, filled from a one-gallon milk jug.

## Right sizing your drainage dishes is an important aspect as you really don't want your plants to be 'peeing' on anything!

Most of us tend to pour water in the same spot of the pot and this practice may cause the roots of your plant to be exposed due to erosion in that area. You may want to fill in those holes with fresh soil and water in a circular motion instead of always in one place. Another method that may help to ensure a healthy houseplant is to go back and forth from plant to plant, watering a little each time until you see water draining from the bottom of the planter.

This brings to mind an additional tip about what type of drainage saucers or



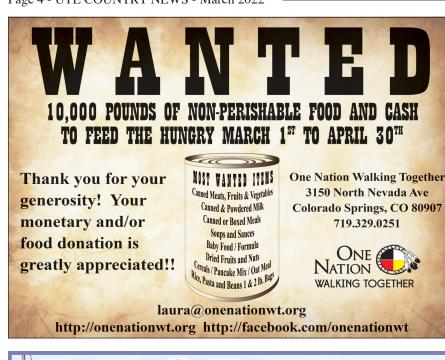
bowls to use. I will always recommend glass, even under the terra cotta ones, as clay tends to sweat and can damage your furniture. I also like to place a doily or a wicker trivet beneath the planter for extra protection. Right sizing your drainage dishes is an important aspect as you really don't want your plants to be 'peeing' on anything! An occasional misting would also be greatly appreciated due to our dry surroundings. The plants love that.

For those of you who are subject to chlorinated water, please be aware that salts may build up in the soil and it would be a good idea to flush your plants once a month or so with some non-chlorinated water. Salt is not a plants' favorite thing to deal with.

The bottom line is the most important task is to just water your plants. Take time to get to know them. Form a relationship with them. When you develop this sacred bond, health and happiness will follow.

Happy houseplants are available for 'adoption' at the Outpost in Florissant, Shipping Plus in Divide, and at Mountain Naturals in Woodland Park. Keep in mind that gardening season is around the corner and if you have inquiries about personal landscaping consultations or anything concerning the world of plants, feel free to contact me at 719-748-3521 or e-mail plantladyspeaks@gmail.com. Wishing all of our community folks a merry month of March!

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The front of the Mose Public House in Cañon City, located at 409 Main Street.

#### Mose Public House

by Flip Boettcher photo by Flip Boettcher

The Mose Public House is located at ▲ 409 on Cañon City's historic Main Street, housed in a building built in 1898. The Mose Public House opened in October, 2020. Proprietor Gerry Meloni named his public house after Old Mose, the famous grizzly bear who roamed around Black Mountain, 39-Mile Mountain and 31-Mile Mountain in the Guffey area between 1870 and 1904, hoping to keep some local history alive, he said.

In his reign of terror, Mose is supposed to have killed some 800 cattle and horses and a few humans. Mose was finally killed in 1904 and it was estimated he weighed 1000 - 1500 pounds and measured 9 feet from nose to tail. Mose's hide was on display in Cañon City for a time and eventually went to the University of California at Berkley, where he still is today. Each booth in the Mose Public House has a written account of the tale of Old Mose.

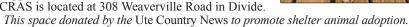
The public house has a full bar and specializes in classic cocktails. The pub serves up soups, hero sandwiches, Philly cheese steaks, and cheese boards. The public house was awarded "best bar" this year in the Cañon City Daily Record's Reader's Choice. Meloni's manager is Jennifer Myers.

The Mose Public House is open Sunday-Thursday 11-midnight, Friday and Saturday 11-2 a.m. They can be reached at 719-315-2266, info@mosepub.com or www.mosepub.com.

Visit the 400 block of Cañon City's historic Main Street. If your computer needs some work, Madi Weber at Positive Computing can most likely fix it. While waiting for your computer, you can visit the newly opened Medora Gallery and then have lunch with Mose. Perhaps the

## Adopt Me by TCRAS

T'm super excited to tell you about myself! I'm just La pup at 1 year and 6 months of age and I still have so much to learn and I can't wait. I LOVE people and will hop all over just to express my excitement! I would really benefit from having an experienced owner who's willing to help me on my journey of learning some great new manners. If you think I'm the one for you please call my friends at 719-686-7707 to set up an appointment to meet me. I'm looking forward to it! TCRAS is located at 308 Weaverville Road in Divide.





#### Things Left Behind: An Intimate Time with Spencer and Julie Penrose

Spencer Penrose made a fortune mining gold in Cripple Creek and then copper in Utah. After investing his money, he molded the Pikes Peak region into a tourist mecca by building the Broadmoor Hotel and other attractions. Both Spencer and Julie Penrose made significant contributions to the business, social, and philanthropic communities of the Pikes Peak region. Join Steven Veatch as he shares Penrose rocks, gold ore, stories, historic photographs, and artifacts from when his grandfather was the private secretary for Spencer Penrose and later Julie Penrose. Veatch relies on these Penrose artifacts, charged with emotion and memories, to provide an intimate look into their lives and personalities. This FREE presentation happens on March 12 at 10 a.m. at Lake George Charter School gym.



you plan on using the vehicles heater,

flow in the vehicle.

make sure the exhaust pipe is clear and

you have a window cracked to allow air

Try to stay with your vehicle. This is

looking for it because you were thinking

the safest place since rescuers will be

Spencer Penrose



Tguess it's that time of year to make sure Leveryone is ready for the impending spring snow season. This is mostly a list of making sure you haven't taken anything out of your vehicles that you may need when you are traveling this winter.

Let's go over the basics. Are your tires in good condition and do they have at

least 3/16th inch of tread as required? I know you don't take these out of your vehicle, but do vou usually run snow tires during the winter? It's a good time to get ready and make sure the tires are in good condition, and there are no cracks or rubber missing from them.

Now to make sure that if we

unfortunately get stuck, do we have what it takes not be in really dangerous trouble. If you have read my articles before you know that I'm a fan of your trusty shovel. I've gotten out of a lot of predicaments using mine.

If you have to use the shovel, then you will be wanting water after having shoveled the heavy snow. Have some of it with you along with snacks. You have to keep that strength going.

If it looks like the shovel may not be the answer this time, be prepared to stay the night. Blankets and a flashlight will

**Smuage** 

ahead; told someone your travel plans and route in case something like this hap-

Some other items that should be staples in your vehicle are matches, toilet paper, a coat that is warm enough for a stay in the mountains, and a change of clothes in case you get wet.

Finally, sometimes it just safer to stay home if it looks like there might be bad weather in the forecast. The ride might be safer next week or tomorrow. As always,

## $M^{\rm eet\ Smudge!}$ He is 2 ½ years old, 44 pounds, extremely intelligent and a fun-loving dog of the Boston Terrier Lab all vaccines. To meet Smudge come to the PetSmart March 5 at

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

persuasion, who seeks a new best friend(s) to be a member of a loving home. He's looking for a new position that will allow

him to utilize his loyalty, companionship, ability to zoom and stunning good looks. Smudge is a certified gentle treat munch-

er, a relaxed bath taker, carefree truck rider and a no-pull park

come and leave it. Smudge is neutered chipped and current on

walker! His is also house trained and knows to sit, stay, lay,

7680 N. Academy in Colorado Springs 11-4 p.m.



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#### Grants available for fire mitigation

The Department of Natural Resources-Executive Director's Office is pleased to announce the release of the Colorado Strategic Wildfire Action Program (COSWAP) Workforce Development Grant. COSWAP is a wildfire mitigation funding program designed to protect life, property and infrastructure and this release of funding is specifically targeted to support workforce development throughout the state. COSWAP funds can support projects on all land ownership types in Colorado.

The Workforce Development Grant has four funding opportunities associated with it, all of which are described in detail in the Request for Applications (RFA). We encourage everyone to read through the RFA before contacting us with specific questions regarding your project proposals. If you are uncertain about which funding opportunities you are eligible to apply for, visit page two in the Request for Applications for a detailed flow chart. Last, please visit our website for more information on Strategic Focus Areas and eligibility. The RFA and Application are also available for download directly from COSWAP's website https://dnr.colorado. gov/divisions/forestry/co-strategic-wildfire-action-program

#### The Workforce Development Grant encompasses:

Two types of project requests

1. Wildfire mitigation work completed by a conservation corps or DOC SWIFT crew. DOC SWIFT crews are available STATEWIDE while conservation corps are only available in COSWAP's Strategic Focus Areas.

2. Wildfire mitigation workforce training (Strategic Focus Areas only)

#### Two funding mechanisms

- 1. Crew time awards for 6-25 weeks of Colorado Youth Corps Association (CYCA) accredited conservation corps or DOC SWIFT crews. These awards do not include any cash, only crew time and do not require a match.
- **2.** Cash grants of up to \$100,000 for wildfire mitigation work completed by a non-CYCA accredited conservation corps, or for wildfire mitigation workforce training. Cash grants require a 25% match.

#### How to Apply

Applicants must complete the application in order to be considered for the Workforce Development Grant, DNR will accept applications on a continual basis until all funding is awarded. DNR will review applications on a monthly basis

COSWAP's Website: https://dnr.colorado.gov/divisions/forestry/co-strategicwildfire-action-program.

#### **AVHH needs volunteers!**

Ark Valley Helping Hands (AVHH) a local nonprofit that serves older adults in Chafee County is seeking volunteers who reside in Buena Vista and Nathrop. Through vetted volunteers, AVHH provides an array of services for its members, which helps them remain independent in their homes as well as connected to our awesome community

Ongoing volunteer opportunities include: grocery shopping, prescription pickup, friendly visits, care calls, simple handy services, occasional light cleaning and more. To learn more about AVHH and its mission, visit avhelpinghands.org or call Mason at 719-530-1198.

#### JA in A Day!

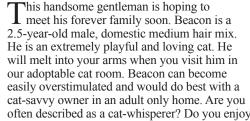
Tunior Achievement of Southern Colorado, Teller County will host JA in A Day this coming spring at Gateway Elementary, May 11 and at Summit Elementary on May 18 for Kindergarten through 5th grades. Community volunteers utilize Junior Achievement lessons to bring a unique classroom approach to teaching children about work readiness, entrepreneurship and financial literacy skills. JA provides specially-developed curriculum that corresponds with the Colorado educational standards and activities that enable students to develop the skills they need to experience the realities and opportunities of work and entrepreneurship. Getting involved is easy and JA provides all the necessary volunteer training and curriculum materials. Interested in learning more? Contact Sherri L. Albertson at 719-650-4089 or email sherri.alberston@ja.org.



#### Adopt Me by Ark Valley Humane Society

#### *Beacon*

This handsome gentleman is hoping to ■ meet his forever family soon. Beacon is a



often described as a cat-whisperer? Do you enjoy cats with lots of personality? Please consider Beacon! Ark Valley Humane Society is open Monday-Saturday by appointment. Please give a call 719-395-2737 to schedule a time to meet Beacon!

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



#### A Look Inside the Artist Bob Weir, Musician by Mary Shell

Thave enjoyed the music of Bob Weir I for many years. He would entertain guests at my gallery for three years at Cañon City's First Friday Art Walk. Like many good musicians he would play the audience. I'm not sure if it's instincts or a plan, but if the audience got quiet or he noticed a lull in the energy he would play something that would lift the whole crowd. He is very comfortable and content when playing music, as if he get's lost in it and the world disappears.

#### How long have you been playing music?

I started playing music when I was 15, that was 55 years ago. I started out on the drums and later added the guitar, harmonica and piano. Over the years I have played in many bands, rock and roll bands, oldies bands, Beatles tribute band, and blues bands.

#### What type of music do you like to play?

I have a wide taste in music and will listen what I feel like at the time, could be old rock and roll, new rock, heavy metal, country, maybe even Andre Bocelli if the mood strikes me. I'll play any genre if I like the tune, some are harder to play than others i.e., I think jazz is the hardest to actually play. I enjoy playing songs I like, and that the audience l like. That is the fun part to me.

#### Do you play any other instrument?

Yes, I am self-taught on drums, guitar, harmonica, and piano. I have never had a lesson and play everything by ear; can't read music. My wife can read music. Here is the ironic part, I can hand her a piece of sheet music and she can play it on the piano, where I couldn't read it. However,

if you ask me to play a song I know, I can usually figure out the chords myself in a few minutes. She can't do that. I also play a little bit on a handmade native American flute that was made for me personally by a Navajo flute maker in Phoenix Arizona. My totem animal on my flute is a hummingbird.

#### What musician inspires you?

Initially it was the Beatles, but also Buddy Holly and all the old 50s and 60s groups. Later I fell in love with Cat Stevens, then Neil Young, but those early and mid-60's English rock and roll bands really influenced me.

#### Do you write your own music?

I have, but I don't now. I just don't feel I could ever write anything to compare to John Lennon and Paul McCartney. I guess I put the bar too high for me to reach.

#### How do you feel when you play to a

#### How often do you play music?

As often as I can, at least weekly. I play a guitar solo show at different venues around southern Colorado, and I also play drums in a rock and roll band call the Frady Catz. This keeps me musically busy. I have a license plate on my car that

I was just talking about this. These are troubling times we live in these days, what with covid, supply shortages, worker shortages, and prices going up on everyday items. The only time I don't worry about all those things is when I am playing. I hope that my playing will give my audience the same escape experience. That is why I play.



says "STLRCKN" (Still rockin'), that's

#### Is there any instrument you haven't played that you would like to try?

I have always wanted to play the saxophone, I think from the times I played in blues bands, The sax is such a bluesy

#### What's in the future for you?

Not sure, I am 70 years old, so I know there is a finite time I have left. As long as I can physically play, I will continue. I love sharing my music, I especially love being able to donate my talent to charities and non-profits; it's how I can give back.

#### Personal note:

Music and sharing music is a very big part of my life in fact in my family's life. I have been married for 48 years and many an evening was spent listening to music with my wife. I hope people get a chance to see me at a show and escape from real-

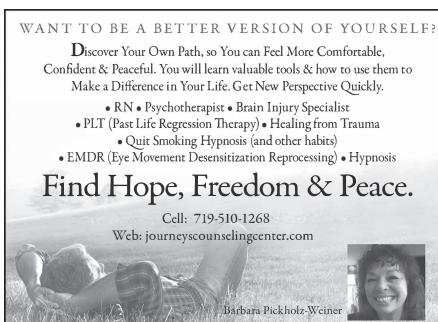






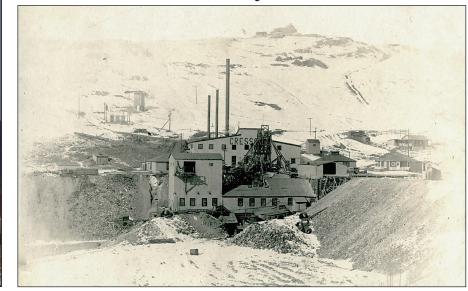
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# Grace Church of South Park invites you to come and learn about the greatest "Influencer" of the last 2000 years. A free breakfast is included that starts at 9:00. Our new Pastor Jason speaks at 10:00. GRACE CHURCH OF SOUTH PARK PROPERTY OF S





#### Visits with History



Early view of the Cresson mine, Cripple Creek, Colorado. Photograph date circa 1914, courtesy of the Cripple Creek District Museum.

Join Steven Veatch for a Visits with History presentation on *Cripple Creek's Cres*son Mine: The Untold Stories. Come and eniov this incredible story as Steven Veatch reveals the secrets of this remarkable mine through old letters, newspaper clippings, crumbling documents, and rare photos. Follow the career of Richard Roelofs, who worked at the Cresson mine. Roelofs wrote, "I was a prospector, a leaser, a miner, an assayer and chemist, an underground shift boss, foreman, superintendent, and then general manager of one to the greatest of Colorado's mines." Hear about the mine's legendary underground cavern of gold. It was so rich that the miners shoveled gold crystals into bags for weeks.

Steven Veatch, local historian and Earth scientist, will present this segment of Teller County history, a story so big, so bold, that only the World's Greatest Gold Camp can hold it. The Cripple Creek District Museum invites you to learn more about the Cresson mine on Sunday, March 13, 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. For more information or to make a seating reservation, please call 719-689-9540.

#### Thank you to Ute Supporters! by Kathy & Jeff Hansen

We take this opportunity to say, "Thank you!" to our *Ute Supporters* who have taken their precious time to share feedback about our publication. That feedback goes to our writers; every month we share three comments with our writers, who are always appreciative. We are also grateful to those who have chosen to send in a donation "to keep the lights on during these challenging times." If you'd like to be a *Ute Supporter*, feel free to send your comments and/or check to Ute Country News POB 753 Divide, CO 80814 or stop in at Shipping Plus! We promise to continue to print the positive news of our area.

## Where is Katee this month?

Katee will be at the Third Annual Woodland Park Saint Patrick's Day Parade on March 12. The parade starts at Memorial Park at noon. Hope to see you there.

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

You can drop off donations at TCRAS in Divide, Blue's Natural Pet Market or The UPS Store in Woodland Park. You can also donate online at www.PetFoodPantryTC. com. Thank you for being so supportive!



## Adopt Me by AARF Brody

Prody is a gorgeous Aussie, about 2 years old. He's looking for a home with ample room and lots of attention. Brody is sweet, alert, very intelligent and very affectionate. He is just the right dog for someone with an outdoorsy lifestyle. To set up a meet and greet with Brody, call Dottie at 719-761-5320.

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



## FUN FACTS ABOUT ST. PATRICK'S

Saint Patrick's color was actually azure blue; he didn't wear green. It wasn't until after the Irish Independence movement in the late 18th century that green was linked to St. Patrick's Day. The azure shade of blue continues to be Ireland's official heraldic color. Discontent with English rule eventually turned into rebellion; wearing a green shamrock rather than the ordained blue was a sign of the discontent.

Saint Patrick was born to Roman parents in Scotland or Wales; he was British. His birth name was Maewyn Succat. He changed his name to Patricius after becoming a priest.

Patrick was 16 years old when he was seized from his family's home by pirates who enslaved him and took him to Ireland. This is when he converted to Christianity.

The shamrock was used as a metaphor for the Holy Trinity when he was introducing Christianity to Ireland. The Celts

referred to it as the seamroy, a sacred plant that signals the arrival of spring. The 4-leaf clover is a rare find, chances are 1 in 10,000. The leaves represent faith, hope, love and luck and others say they are fame, wealth, love and health.

According to the fossil record, Ireland has never been home to snakes as it was too cold to host reptiles during the Ice Age. The surrounding seas kept snakes out since. St. Patrick never drove snakes out of Ireland, at least not the reptilian kind.

The famous "corned beef and cabbage" doesn't contain any corn. The large grains of salt historically used to cure meats were known as "corns" and that is where the "corned beef" comes from.

Lobaircin means small-bodied fellow, which is the original Irish name for Leprechaun. This belief likely stems from the Celts who believed in fairies that could choose to use their magical powers for good or for evil. Leprechauns mended the shoes of the fairies.

#### Here's a little St. Patrick's Day Humor

- **Q:** Why did the leprechaun go outside? **A:** To sit on his paddy-o.
- **Q:** What type of bow cannot be tied? **A:** A rainbow
- **Q:** What is a leprechaun's favorite type of music?
- A: Sham-rock 'n roll
- Q: What do ghosts drink on St. Patrick's Day?
  A: Boos
- A: B008
- **Q:** When does a leprechaun cross the street?
- **A:** When it turns green.
- Q: What would you get if you crossed Christmas with St. Patrick's Day A: St. O'Claus
- Q: What did the leprechaun say when the video game ended?
  A: Game clover.
- Q: Why did St. Patrick drive all the snakes out of Ireland?A: It was too far to walk.
- Q: What do you call a leprechaun with a sore throat?A: A streprechaun.
- Q: What instrument does a showoff play
- on St. Patrick's Day?
  A: Brag-pipes.
- Q: When is an Irish potato not an Irish potato?A: When it's a French fry.
- **Q:** How does a leprechaun work out? **A:** By pushing his luck.
- Q: How can you tell if an Irishman is having a good time?
  A: He's Dublin over with laughter.
- **Q:** What do you call a leprechaun's vacation home? **A:** A lepre-condo.
- Q: Why do people wear shamrocks on St. Patrick's Day?
- A: Because real rocks are too heavy.

- Q: What do you call environmentally conscious leprechauns?A: Wee-cyclers.
- **Q:** What is Irish and left on the lawn? **A:** Paddy O'Furniture.
- Q: Why are leprechauns so concerned about global warming?A: They're really into green living.
- Q: How did the Irish Jig get started?
  A: Too much water to drink and not
- enough restrooms. **Q:** What does it mean when you find a
- horseshoe?A: Some poor horse is going barefoot.
- **Q:** How can you spot a jealous shamrock?
- **A:** It will be green with envy.
- **Q:** What do you call a bad Irish dance? **A:** A jig mistake.
- Q: Why don't you iron four-leaf clovers?A: Because you don't want to press your luck!
- Q: What did the Irish potato say to his sweetheart?A: I only have eyes for you.
- Q: What do Irishmen say when you tell them Bono is your favorite singer?
  A: You, too?
- Q: Why does the River Shannon have so much money in it?A: Because it has two banks.
- **Q:** What do you call an Irishman bouncing off the walls?
- **Q:** What do you get when you cross poison ivy with a four-leaf clover? **A:** A rash of good luck!
- Q: What did St. Patrick say to the
- **A:** He told them to hiss off.

A: Rick O'Shay.

We thank WorldStrides, History Hit, History.com, and Parade.com.

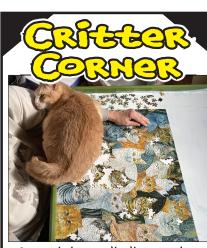




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George helping with the puzzle...



Merrill warming himself by the stove - Jeff Hansen, Divide, CO

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

Leo the Leprechaun by Gilrund the Historian was early morning and Leo was ready to he saw in the distance a group of humans go on the hunt for the legendary "Magic

Four Leaf Shamrock." His grandfather had told him of the legend when he was just a child and he had accepted it as just a fun story, like all of the other stories that grandfather had told him while Leo sat on his lap.

Grandfather was gone now, but the story of the four-leaf shamrock had stuck in Leo's mind. It had been nearly 20 years since grandfathers passing and now Leo was in his 20s. He wanted to see if there really were four-leaf shamrocks.

According to the legend Leo had been told, the four-leaf shamrock could only be found in a certain valley that was a three day walk from where Leo's family lived in a forest of Scottish pines.

The valley was a deep one with a wide and deep stream that ran through it and had several caves in the sides.

The legend also told of a treasure that was hidden in one of the caves that no one had been able to find. Treasure would be great to find too. For though leprechauns were supposed to have their own treasure, Leo hadn't acquired his yet.

Oh, he had tricked several humans out of a few coins and caused them some trouble, but he didn't have his own treasure. Also, there was a young and very pretty girl leprechaun, named Lavender Lollypop that he would like to impress. But he had little to impress her with.

He had only a small tree stump with a short tunnel under it on the side of a hill for a home. He wanted Lavender to have a large castle like home under a fine meadow with green grass and flowers that she could enjoy.

Leprechaun magic could only do so much, and without a good reason, it could do very little.

Leo started on his three-day journey on a bright sunny day with food in his knapsack and a skin of good wine hanging from a strap across his shoulder. He looked ahead and saw the green grass of his Ireland homeland and smiled, he loved where he lived.

Hour after hour Leo walked over large meadows and up and down grass covered hills and through thick forests of Scottish pines and ash and some alder trees.

He had walked for many miles as the sun started to set and Leo began looking for a place to spend the night. He found a good-sized tree that had fallen down years ago. He looked down inside the stump and decided that it would be a good place to spend the night.

Leo ate some of the mushrooms and nuts he had brought and drank just a little of the wine, then settled down in some of the soft old tree wood and went to sleep.

As he started his second day of walking,

in a large meadow. They all had their heads down and were looking at the field of clover that they were standing in. "What could those humans be looking at?" thought Leo as he walked closer.

Soon he could hear some of the younger humans calling to the others.

"Have you found

Leo heard one of them inquire The swer was always, not yet. Keep look-

any yet?"

wonder what they are looking for?" Leo said to himself. Then he guessed what it was, they were looking for

the four-leaf clovers that were supposed to be in fields like this one. Leo hid in a small cluster of trees

over an hour with no success. "Silly humans," he said to himself as he walked away from the trees and

and watched the humans search for

continued on his way. As Leo walked, he started thinking about what the four-leafed clover stood for. It was a symbol of good luck. Everyone knew that. But what did the shamrock stand for?

"Well," he thought, "the one I am looking for has four leaves and each leaf stood for faith, hope, love and luck. That's much better than just luck," he thought, "I'd much rather have all four that just luck. Sometimes you can have bad luck. I don't want that."

Leo continued his walk to the secret valley as he thought about the shamrock that he hoped to find there. "I hope that when I find the shamrock, it will bring me all of the things that it is supposed to bring."

The next day was bright and shiny with no clouds in the sky. Leo enjoyed the walk through the green meadows and over the tree covered hills. He would stop every so often and enjoy a clear stream that flowed past. Sometimes taking a drink of the fresh,

He spent time, as he walked, thinking of

what each leaf stood for on the shamrock and how it might apply to him.

He thought about faith and knew that he would be faithful to Lavender Lollypop if he were lucky enough to have her as his bride. He loved her very much and hoped that she would accept him as her husband "Hey!" said Leo as he stopped walking,

couldn't see the openings of any caves,

"That covers all of the four leaves on the shamrock. I've got to find one now." The next day found Leo standing on the top edge of the valley and looking down at the stream that flowed through it. He

The sun had moved, and it was going to

but then the valley was quite long, and he

couldn't see all the way to the other end. Down he climbed, to the bottom and stood next to the rushing stream. It was mid-day, and the sun was shining down into the valley and Leo could see the green shamrock covered floor of the valley.

He started looking for the four-leafed shamrock that he just knew would be somewhere in the valley. As he walked, eyes to the ground, he was very careful of where he stepped. He didn't want to step on one, it might ruin the magic.

Soon, Leo saw that his little candle was

going to go out, so he grabbed a few coins

He took a quick drink of the wine and then to mark where his treasure tunnel was.

As he quickly walked away, he started to wonder how he had found the treasure cave. He hadn't found a four-leafed shamrock, or

Leo stopped walking and looked at what

He had found one, he just didn't know it. He had experienced faith, for he knew that he would find a shamrock and hope, that he would find the treasure cave. He did it all for the love of Lavender Lollypop and the last leaf had brought him luck.

The shamrock legend was true, and he could prove it! He had experienced it in his own life.

It didn't take him three days to get back home, for he ran most of the way out of the

grandfather had told him. Farther and farther into the tunnel he walked until he found another tunnel leading off to the right side. The opening was partly covered with rocks, loved Leo very much.

but Leo was able to pull some of them away to look down the new tunnel a little. His candle didn't give much light, but ones with the wealth that Leo had found.

there was enough for him to see some sparkles further down the tunnel. Was it just some shiny rocks or was it the treasure? Leo started pulling away the rocks that blocked this other tunnel as he hoped that he was lucky enough to have found the

At last, he had the opening large enough that he could climb through and go further down the tunnel.

legendary treasure.

get dark, and Leo was getting tired, so

where he was sitting.

he walked to the side of the valley

and sat down to rest near some

of mushrooms and some nuts,

he looked more closely around

thick bushes. As he ate his supper

It was then that he saw the open-

ing of the cave behind the bushes

that he was sitting next to. He took

a quick drink of his wine and then

to look inside the cave

The sun was in

just the right posi-

tion, and he could

way. He saw

just a

hole in the

side of the valley. There was

a tunnel that went back into

the side of the valley far

enough that the sun didn't

light up very much of it.

the knapsack that he had and pulled out a

candle that was there. He struck a match

and lit the candle and slipped through the

Slowly, Leo walked into the tunnel,

always looking for anything that might

harm him and for anything that might

be the treasure spoken of in the story his

bushes and into the tunnel.

Leo quickly reached into

see inside a little

pushed some of the bushes aside

There was the treasure that he had been told about when he was just a child on his grandfather's knee. There were sacks and sacks of

gold coins and silver coins and diamonds and emeralds and rubies and sapphires. All there for him to take as much as he wanted.

Now he had the treasure that leprechauns were expected to have, and now he could ask Lavender Lollypop to be his bride. He could give her anything that she might need or want. He could give her the castle that he had dreamed of. Leo was a very happy leprechaun as he danced around the treasure cave and sang a happy song.

and jewels and climbed back out of the treasure tunnel and then ran back down the main tunnel to where he had left his knapsack and wine skin.

put on his knapsack, then started back down the valley, after making a small pile of rocks

he was wearing. He looked at his shoes and didn't see anything until he took off the right one. There stuck between the heel and the sole was the stem of a four-leafed shamrock with the four leaves sticking out of the side of his shoe.

Leo was a very happy leprechaun. pure joy that filled him.

Lavender Lollypop was very happy to be his wife, for she had faith and had been hoping that he would ask her, because she

They were a very lucky couple and lived a good life being kind to their friends and loved

So, if you should ever go to Ireland, you might want to look for a shamrock with four leaves. You never know what it may bring you. Perhaps the luck of the Irish.

#### ~ 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







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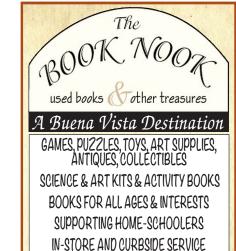








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#### Wildfire!

by Flip Boettcher

No one is immune from a raging wildland fire. There is no fire season anymore during the dry months in Colorado; wildfire season is now year-round. The recent Marshall fire near Boulder is a case in point. Some of those residents only had 1 ½ minutes to evacuate their homes. What would you take if you had 1 ½ minutes to leave your home, not knowing if it would be there when you got back? You would take only that which you could truly not live

without, said new Southern Park County

Fire Protection District (SPCFPD) chief

Aric Stahly. Think about it, 90 seconds. More than half of Colorado residents live in the wildland-urban interface (WUI) and are at some risk of being affected by a wildfire. If you live in the WUI, it is not a matter of if a wildfire will impact your home and property, but when, according to a Colorado State Forest Service booklet.

Pre-planning is a good idea. You might want to pack some cherished items in your car; items you would like to save but would have no time to take if you had only 90 seconds to leave.

You might also pack extra clothes, shoes, jacket and hat in your car. If you have pets, you might pack their carriers and have food and supplies for them. Don't pack anything that would freeze.

Maybe have a suitcase or backpack by the door with toiletries, cosmetics, medications, extra cash and checks, important documents, snacks, etc. This

On the evening of June 26, 2012, a friend in Idaho sent me a message

with an urgent question. "Are you OK?"

she asked. "The evening news just pro-

vided stark evidence that you all are now

threatened." Not far from where I live,

were evacuated, and 24 households in

Boulder went on pre-evacuation alert.

when the Flagstaff Fire ignited, 26 homes

But there is compelling evidence that I

was neither alerted nor alarmed. Here is

the complacent, unrattled response I sent

to my friend's concern, "Thank you for

A decade later, I can only wonder what

thinking of us. We are a good distance

from this fire, and we are squarely in

on earth I was thinking. How could I

have been so confident that, since I was

"squarely in town," I could dismiss my

friend's concern for my safety as well-

Embers are lightweight. An intense

from the open space of grasslands and

had not made possible a quick response

from firefighters, windborne embers

wind can make an ember almost animate

in its migrations. My house is four blocks

forests. If the location of the Flagstaff Fire

town, not in the foothills."

intentioned, but unjustified?

would be something you could grab as you, your family and your pets evacuate in 90 seconds

There are also measures one can take to help lessen the risk of a wildfire to your property and structures. It is ultimately the home owner's responsibility to protect their property and structures from wildfire, by creating and maintaining a defensible space; it's called fire mitigation.

The SPCFPD provides free wild land risk assessments for properties within their #9 district, in accordance with the National Fire Protection Association Standard 1144. This provides a method to assess fire ignition potential around existing structures and offers guidance for reducing potential ignition hazards for new construction in the face of a wildfire.

There are three methods of structure ignition: by embers which can be windblown from over a mile away; a surface fire or direct flame contact; and radiant heat.

A home's defensible space is composed of three zones:

Zone 1, 0 - 5 feet, is the hardest to main-

tain and requires constant vigilance. This zone is to keep the flames from coming into direct contact with the structure. Removing flammable vegetation; trimming branches overhanging the roof; keeping debris out of gutters and off roofs and decks; keep dead

would have had no trouble finding me.

In 2022, millions of us in Colorado's

cities and suburbs still reside in the intact,

unscathed houses we occupied before Dec.

30, 2021. In the days and nights since then,

every moment we spend in our comfort-

able homes offers a reminder: we cannot

explain our own good fortune, nor can we

Fire brought to hundreds of people who —

Rereading our exchange from 2012, I

am struck by my lapse into historical am-

nesia, forgetting a pattern that was almost

In the last half of the nineteenth cen-

tury, fires regularly laid waste to Western

towns and cities. In April 1863, a fire

swept through Denver, leaving "most of

the eastern half" of the town "in black-

fires in 1884, 1886, and 1888. In 1889,

icenter of cyclical combustion, with major

three major cities in Washington Territory

Spokane, Ellensburg, and Seattle —

went up in flames, leaving their residents

the residents of Durango watched a fire

hard-pressed to rebuild. In that same year,

explain the misfortune that the Marshall

like us — lived "squarely in town."

of the American West.

Sitting squarely in town, historically means nothing to fires by Patty Limerick



debris raked away; don't stack wood or store anything, in this zone.

Zone 2, 5 feet - 30 feet, is designed to minimize fire spread and intensity and helps protect the structure from radiant heat. Mow grasses; no large piles of fuels; 10 feet of space between crowns of trees; no ladder fuels underneath trees and branches trimmed up 6 feet -10 feet; and remove dead/stressed trees and shrubs, in this zone.

**Zone 3, 30 feet - 100 feet**, is for giving the fire less fuel as it approaches your house. no grass mowing is necessary; watch for ladder fuels and space tree crowns 6 feet - 10 feet apart; treat slash, the farther from the structure the better, in zone 3.

For a more detailed account consult "The Home Ignition Zone," from the Colorado State Forest Service. You can get copies from the SPCFPD fire station in Guffey. The fire department also has a chipper and will come out to your property and chip up your slash piles.

To meet the new chief, Aric Stahly, schedule a fire risk assessment, schedule the department's chipper, or to volunteer, call 719-689-9479, Monday-Sunday 9-3 p.m. or stop by the station; unless they are out on a call, someone will be there.

What would you take if you had 90 seconds to evacuate your home in case of

#### CURRANT CREEK CHARACTERS The Dells - the first generation part XV

by Flip Boettcher photos by Flip Boettcher

ontinuing down Currant Creek past the Crampton homestead, the scene of the brutal murder of William Crampton by the "King of Freshwater" in 1896, we come to the Dell homestead.

Benjamin Reuben (BR) Dell was born in Michigan December 1842, to William J. Dell (1802, Canada - 1886) and Lucretia Martin (1810, Canada - 1875). BR was the sixth of eight children. BR and his father had a general store in Lakeport, MI and the 1850 U.S. census shows the family living in Burtchville, MI.

December 1, 1861, BR married Mary G. Campbell in Burtchville, MI. Mary's parents, Calhoun Walter Campbell, 1803 -1880 and Catherine Sinclair, 1807 - 1885) came from Scotland. Mary was born around 1841, maybe as early as 1836, and she was the fourth of eight children.

In 1865 BR, 23 years, is living in Decatur, MI, presumably with his family. BR and Mary had six children, all but one were born in Michigan. Mary "May", 1862 - December 29, 1902, Cripple Creek; Bertha, 1864 - 1945, Pueblo; Helena "Lena", 1867 - unknown — she married George Green of the 4-Mile Creek area; Delmer John, 1869 - March, 12, 1878, Kansas; Alfred "Alf" Benjamin, December 18, 1871 - 1964, he died in Cripple Creek but is buried in the Fairplay cemetery; Calhoun Burris, August 31, 1874, KS - January 20,1950, Cañon City. Calhoun had a lot of nicknames, including Cal, Cally, Burrie and Cale.

In 1870 the Dell family is in Michigan and BR, 28 years, is keeping store, perhaps with his father. His personal worth is \$3,300 and his real estate is worth \$5,000. He is living with Mary, 28 years; May, 7 years; Bertha, 6 years; Helena, 3 years; and Delmer, 3 years. Since Alf was born in 1871 in Michigan, sometime thereafter the family moved to Kansas where Cal was born in 1874.

The 1875 Kansas census has the family living in Parsons, KS. BR, 33 years is a trader; Mary, 33 years; Bertha, 9 years; Elaine (Helena), 7 years; Delmer, 5 years; Alfred, 2 years; and Burrie, 8 months. There is no daughter May listed, but she would have been 11 years.

On March 12, 1878 Delmer John, 9 years, dies in Parsons, KS and BR and family show up in Cañon City, CO the same year. In a 1961 interview with Uncle Alf as everyone knew him, he says they came to Cañon City in 1877, but with Delmer John's death in 1878, the family was most likely still in Kansas at that time. After arriving in Cañon City, the family moves up Currant Creek, where BR acquires first water rights on Currant Creek with his ditch numbers 1, 2 and 3, on June 1, 1879.

The 1880 census has BR, 38 years, living in South Park. He is a farmer and freighter to Leadville. BR is living with Mary, wife 37 years; daughter May, 18 years; daughter Bertha, 16 years; daughter Lena, 13 years; Alfred B., son 8 years; Calhoun Burris, son 6 years; and a farm laborer, John Box, 24 years.

The Dell family is living in the ranch BR bought on Currant Creek, which was a 160-acre cash sale homestead patent that he started filing in 1880. The family lived in the first generation 7-room hewn log house. The homestead is on Colorado Highway 9 at Park County Road 88. Some of the original buildings are still there.

The Kester post office was located at the homestead and daughter May was the postmistress. May was the first postmistress on Currant Creek, according to her nephew Charlie Dell, a long time Guffey resident. May also taught at the Guffey School. May married Bill Hammond, Annie Bender's brother, and had two girls, Della May and Bertha, who both taught at

the Guffey School.

Bill Hammond's brother Hank married Fannie Hahnenkratt. Fannie taught at the Guffey School as well as the couples five daughters, Maud, Blanche, Grace, Mary and Babe.

In 1880, BR also had a 2-story building in Howbert with a large hall upstairs and a grocery store downstairs. Howbert was first called Dell Flats. Records show that BR sold Chandler and Taylor boilers and engines, sawmill engines, blacksmith tools and Little Kentucky Shingle machines. He also sold mules and horses.

Then in 1881, BR runs an ad 27 times from May to December in the Fremont County Record advertising the Dell Ranch on Currant Creek is for sale. The ad reads:

Dell Ranch for sale. 33 miles from Cañon, 6 miles from South Park on Currant Creek. One mile on the creek is under fence. 300 acre pasture is under brush fence on good cattle range. There is a 20 acre potato ground. Three springs, 7 room hewed log house and log stables. Asking \$700 cash or ½ the amount in horses or cattle and the rest in cash. Kester post office is located at the house.

The ranch didn't sell until much later, in 1909

There is an 1881 article that mentions that Nathan Munn's store is located at Dells. A December 1881 Flume mentions that at a Christmas party held at Morford's on 31-Mile Creek, the Dell boys, Alf and Cal, got knit hats. The article also mentions that Mary Dell played music at the party.

The family was musical. Mary played the piano and her sons Alf played the 5-string banjo and Cal played the fiddle Alf's sons Charlie played the guitar and Buford played piano and 4-string banjo.

Something goes wrong with the marriage, and BR and Mary file divorce papers July 12, 1882, in Park County, with BR, the plaintiff, bringing suit against Mary. Their eminent divorce was probably the reason the ranch was for sale the

1885 saw BR's first 160-acre cash sale homestead proofed up with Kester witnesses Bill Hammond and N.A. Munn. BR's second 160-acre homestead was proofed up in 1889.

The 1885 Colorado census has just Mary, head of household 39 years, living with her children at the ranch, Bertha, teacher 19 years; Lena, laborer 17 years; Alfred, laborer 12 years; Collie, laborer 10 years; and hired help Charles Johnson, 55 years and George A. McBee, 28 years. Mary's neighbors living downstream are Olaf Davis, Aaron C. Davis and Joseph Goodnight. Her upstream neighbors are William Littleton, J. Bender and William

In 1885, BR, 42 years, is boarding at Wilson Thompson and E. Thompson's residence. Wilson is a blacksmith, head of house and E. Thompson is his wife. BR is a merchant and they live in Chaffee County

By 1887, BR is the Howbert postmaster and also in 1889. In 1888 J.M. Petty sold BR 160 acres comprising part of Howbert for \$1,000. Petty married BR's daughter

Also, in October 1888, Mary gets a \$2,500 rebatment from the county. A January 22, 1888 Flume article reports that "The family of BR Dell has lately moved into his handsome residence on Currant Creek. It is newly furbished throughout and is one of the most comfortable homes in the mountains." What about their divorce? Did just Mary and the children move in to the house?

This would be the homestead's second-



The Dell ranch house today. The rectangle in the back with the grey chimney is the original part. The rest were add-ons.



Some old barns and corrals on the Dell homestead

generation house, which is still standing but has been added onto and re-sided.

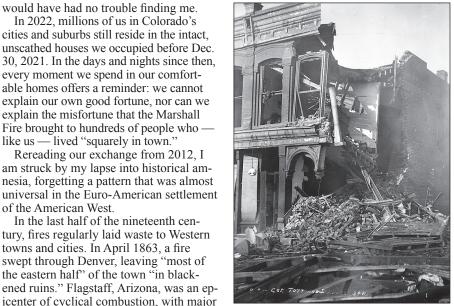
BR's second homestead north of the first one was proofed up in 1889 and BR was again the Howbert postmaster. Unfortunately, the 1890 census papers burned up in a fire, so there is no information about the family.

In March of 1892, the *Flume* reports that BR has returned from New Mexico and in May and November is a notice of default on two loans, one for \$1,500 and the other for \$2,000, by BR and Mary. The loans are on the two 160-acre homesteads and payable to the Mortgage Trust Company in Pennsylvania and up for sale at public auction with all water rights. Dell had the first water rights on Currant Creek. The Dells defaulted on a December 1889 promissory note and there would be a trustee sale with Biddle Reeves as the

Either the homesteads didn't sell and reverted back to the Dells or they refinanced another loan and re-bought the property, as the ranch didn't sell until 1909.

...to be continued





The Cripple Creek fire of 1896

destroy their downtown.

Throughout the West, Euro-American settlers harvested timber from local forests or sometimes imported ready-cut wooden

houses for on-site assembly. They then packed these structures close to each other, with little or no preparation for emergency water supplies. Frequent, devastating fires became a feature of Western urban life. When people caught onto the pattern, they made more use of building materials like brick and stone, created permanent fire departments, and set up better systems for supplying water to firefighters.

Here is the lesson that repeated misfortune taught Western settlers more than a century ago.

Living in a city offers no exemption from the catastrophe of uncontrolled fires. With that recognition, Westerners were positioned to embrace practices that reduced the power of fire to inflict sorrow and loss. Affliction and hope turned out to be

Patty Limerick is the faculty director and chair of the Board of the Center of the American West. To respond to this article, please use old-fashioned technology and call 303-735-0104. We thank Coalition for the Upper South Platte for helping us make this connection. This was first published in the Denver Post.



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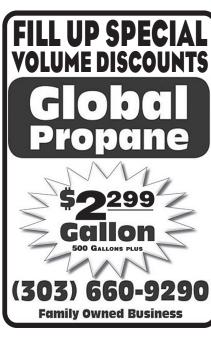
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#### Musings Along the Way Wake up to what's possible

by Catherine Rodgers

When was the message hidden in Nooks and Crannies of the Thomas English Muffin bag revealed as "wake up to what's possible"? Is it a gentle nudge from the Arcturians to join in the great planetary transmutation? Or simply serendipity singing along with National Lampoon's Deteriorata, "You are a fluke of the universe. You have no right to be here. And whether you can hear it or not, The universe is laughing behind your back."

Pema Chödrön writes: "There isn't anything but your own life that can be used as ground for your spiritual practice. Spiritual practice is your life, twenty four hours a day." We have a constant commentary running, describing the events before us, magically arising from nothing and disappearing to nowhere. Of course, we generally solidify this precipitate of emotions into points of view as our so-called reality. This temporal flow that we float and surf along offers the opportunity to ignore the passing panoply on the banks and instead to dive into the river when we stop to breathe.

Remembering to breathe into this moment, we stop time. We are present in the unchanging, everlasting NOW. Have a good look around at the vastness. No rush because we have all eternity. Relax. Breathe again more deeply. Send prayers of thanks to Thich Nhat Hanh.

Lately I've had scenarios from the past flicker across my screen for review and reframing. Connecting with one of my best friends from high school, I looked at my teenage opinions that shaped my self-image and judgments about others. Mine was an all-girls, private Catholic convent, so you can imagine how we were being molded. The nuns had very dark black habits. During lectures on how to be "womanly" (what?), I would hold my breath to faint. We all have outgrown those outlooks now, yet how often do they

still limit us, shame us? Time to let go. Patrick Teahan on YouTube offers 15-minute insights into childhood recovery from trauma, from his own healing from abuse and his counseling practice. When he talked about navigating rage and how we leave our bodies, I really had to hold on.

Underlying the drama, however, is the lodestar of focus on being here for God. We are the place holder. That has served me well on my quest through the quagmire and quicksand as a quark among hadrons, no user's manual. Are we a quirk of the universe which is laughing in our face?

"How does it feel, how does it feel? To be on your own, with no direction

A complete unknown, like a rolling stone' - Bob Dylan

Allowing oneself to feel the uncertainty t becomes rather obvious that we've never been in this place before. Such a clean slate allows us to tap into our heart's desires, ground in our highest vision, and speak a world into being that works for

Jikara at The Blooming Lotus Healing invited me to a Medi-painting: meditation before messing around with paints. Of course, I said YES, that sounds like FUN and it was! What I didn't realize is that this Venezuelan priestess in training is also able to clear Akashic records while we were otherwise distracted with pretty colors. She did ask permission. There is so much that I am still finding out about the powers available to those who ask for guidance, assistance, clearing, insight, grace. We say with God all things are possible, but how many of us really trust that

and ask? Pay attention. None of this is accidental. The next weekend I did a workshop similar to Leonard Orr's rebirthing process called Holotropic Breathwork



#### Pay attention, none of this is happening by accident.

(HB). This process uses continuous breathing with several hours of tribal music. From the Greek words, "holos" (whole) and "trepein" (to move toward), the word "holotropic" means "moving towards wholeness." The principle of this technique is that healing comes from within each person, no agenda. As we introduced ourselves and our intentions for the session, the woman next to me recounted how she has lost her father, brother, husband, aunt and daughter over the last two years. My eyes started leaking and I dissolved in sobs of empathy. How often do we let ourselves really feel what we are going through? Our psyches are so

Allowing oneself to feel the uncertainty, it becomes rather obvious that we've never been in this place before. Such a clean slate allows us to tap into our heart's desires, ground in our highest vision, and speak a world into being that works for everyone.

During the breathing, I began to spasm in orgasm, writhe in childbirth, and flail about in release. I had known the instant of my daughter's conception, but in HB I experienced my own ensoulment in the throes of my parents' passion. Awkward, being present as I was conceived as an apology to the raging feuds that were my parents' marriage the next 20 some years. Perhaps this is why I say "I'm sorry" so often... although my daughter aims to break that habit. I connected to my grandmothers, including the nameless one who died in childbirth in the coffin ship over

from Ireland. I felt the rapes by husbands in my paternal line and the women's long suffering from the men's rage and violence. Breathing was not always steady or even, and the guides provided the support and protection of masculine energy in this

These female ancestors share not only their blood and oxygen as we gestate in their bodies, but also their thoughts and consciousness. Shining through is a love so deeply committed to healing these aberrations. I am the visible aspect of a long line of empathetic healers, the growing tip of a tall tree with very deep roots.

I want to make the link as well that we are birthed from the body and substance of our Mother Earth, Gaia. This awareness seems to have been severed. We are talking heads and typing fingers, disconnected from standing barefoot in the grass and embracing trees that translate light into oxygen. Exult in tree exhalation! I am allowing myself to relax, to ask for grace and assistance, to trust that Love is the true nature of life. I just have to be this prana channel, this breath of fresh goodness blessing the earth, this radiant glow worm of joy.

My body has been stiff so I've been leaning into doorways to release muscles and getting massages. Here's a suggestion from Elizabeth Peru, in Deltawaves, for the occipital acupressure points: Taking "your index fingers and your thumbs, place your thumbs against the back of your neck and press your index fingers in right at the base of your skull. Does it hurt when you do this? Can you feel pressure being relieved throughout your entire body and energy system — right down to your toes? The chakra point you have just located acts as an energetic doorway through which we communicate spiritually with other dimensions. It has been called the 'Alta Major' Chakra and the ancient Egyptian cultures identified this energy center with the 'Atlas' bone — the gateway through which you can access higher dimensions of consciousness. Some people also call it 'The Zeal Chakra." For further information on "the Mouth of God" or "the Well of Dreams" as it's also known, see https://my360massage.com/zeal-point-chakra/

May you have zeal. Breathe on.



#### Life-Enhancing Journeys

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

It took three days for coworkers to notice I that my friend. "Debbie" had been absent from work in February 1997. I received a phone call from Debbie's brother telling me she was found dead of a heart attack at 45 years old and that she had died a week prior to the authorities finding her body. Every aspect of the news was devastating; however, the most distressing part was that no one missed Debbie outside of work because she had isolated herself to the point where nobody thought to check on her. Debbie spent most of her time outside of work in chat rooms. enabling her to create an unreal world of "friends" and was able to avoid physical interaction with humans.

Being alone is a choice and can be a positive experience. Loneliness is painful and not a matter of choice. It implies that there is a discrepancy between the interactions we are experiencing from the connections we desire. Loneliness is detrimental to our well-being especially when we feel abandoned, excluded, unimportant or unlovable.

Human connection is almost as essential as food, shelter, and physical touch. When we lack human bonds, we may try to distract ourselves and find connection through risky, unhealthy behaviors such as smoking, drinking, drug abuse, driving recklessly, fighting, and so on.

Historically, humans have been a social species who create communal structures such as families, pairs, villages, institutions. These alliances have helped us survive, reproduce, and care for our offspring as we banded together for mutual protection and support. During cave dweller days when we only had access to our primitive, survival brain, without a connection to a tribe, a clan or a group, we would most assuredly die. In that context, loneliness can be viewed not only as an unhappy state but also as potentially life-threatening situation. People need each other to survive. Loneliness is, like hunger; a signal from the body that something is missing. In this case, the missing component is human contact.

These days, with Covid continuing to impact our lives, loneliness and social isolation has become epidemic. It does not discriminate on age or gender or borders. It happens all over the world.

In April 2020, U.S. Surgeon General Vivek Murthy explained the physiology of loneliness as follows: Chronic loneliness causes persistent stress, which increases inflammation that damages tissues and blood vessels, sometimes causing cardiovascular illness and death...interferes with the immune system, sleep cycles, causes high blood pressure and obesity. It affects mental health and can lead to depression, anxiety, and suicidal thoughts.

People who are struggling with diseases like diabetes, depression, even cancer, may have become vulnerable to those diseases in part because they were lonely. An analysis of recent research estimates that loneliness is as risky to our health as smoking cigarettes.

The brain is the key organ for forming, monitoring, maintaining, and repairing connections with others. When humans feel isolated, the brain instinctively goes into self-preservation mode and becomes extremely alert for any signs of danger. Whether loneliness is real or imagined, it activates the brain's stress response, triggering the body's fight or flight reaction which can cause someone to become (unconsciously) suspicious and on-guard for social threats. They will then more likely identify their isolation as negative which further reinforces separateness and increased feelings of loneliness.

The belief that one is socially isolated impacts the brain and behavior even

more than true loneliness. Over the last three decades, the sense of loneliness has expanded significantly and we have yet to figure out how to adapt to this change. Mass media, from television to the internet and video games, has become a replacement babysitter for many kids (who need to learn how to interact but there is no one there).

In 1980, research revealed that the percentage of people who reported being lonely was about 20%. At present it has more than doubled to 45%. What a shocking difference!

The number of lonely young people in society likely is underestimated. Although children and adolescents seem to always be surrounded by others at school and in activities, teens as well as seniors, have been found to be the loneliest groups in society.

The research that is available shows us that many younger people feel pressure to be constantly socializing, to be surrounded by others all the time, however, it is important to use alone time wisely. Scrolling on social media can often makes a person feel even more lonely. When spending time alone, allow yourself to participate in solo activities which can be fulfilling.

#### In 1980, research revealed that the percentage of people who reported being lonely was about 20%. At present it has more than doubled to 45%.

#### **■** Involve yourself in light-hearted exchanges with others.

Wave at the passing car; say good morning to a stranger; smile at the person you are standing next to in line; hold the door open for a person coming behind you and make eye contact while doing so, are examples of easy exchanges to create human connection. It may feel awkward at first, yet these small interactions can help you feel more comfortable in social situations and the more you practice, the more it will become routine and natural.

#### ■ Breathing

Can be helpful to calm us and take us into a more grounded state. Inhaling gently through the nose (to a count of five for example) then slowly exhaling through the mouth, longer than the inhale (to the count of seven), can be calming and comforting

**■** Hang out with like-minded people Consider the things you are into sports, video games, music, books. Joining a group is a great way to meet and connect with like-minded people.

#### ■ Get active

Exercise is an ideal method for keeping you strong, less stressed, and can also be a way to meet new people

#### ■ Go Online

It may be unhealthy to turn to social media as a substitute for actual encounters. but if internet sites are used to organize a community meetup, a football game, or a conversation, the internet can be a healthy way to maintain and build social ties. How about sending quick text message or a caring email? Research shows people who have received communications like this have reported significant improvements in their physical and mental



health. The phone in your pocket can open a universe of people who are there for and

Be cautious though because the internet can steer you to some misleading sites who seek out vulnerable people. There is a site called ReachOut.com, which is an online community that is monitored by staff who ensure the community is a safe space for everyone. There is also a web site called "No Isolation" that may be helpful.

#### ■ Say "Yes"

Sometimes you find yourself in a loneliness spiral, you might turn down opportunities to be sociable without even realizing it. You might have had thoughts like "...I won't enjoy that...they really don't want me to join them..." When you push yourself to say "yes", you might find yourself enjoying things a lot more than you thought you would.

#### **■** Write it down

Writing is a great way for some to manage loneliness as it helps to process emotions then become more aware about what is going on inside of you

#### ■ Sit with the feeling of loneliness

It might seem weird to let yourself experience the feeling of loneliness when all you want to do is get rid of it. Are you aware that denying your feelings and telling yourself to get over it can make you feel even worse? When you accept instead of rejecting your feelings, it is likely you may start to feel better. There is benefit to validating the emotion (e.g., 'I'm feeling lonely, and 'it's okay to feel this way' or 'I'm human...everyone feels this way at times') and then talking to yourself like a friend (e.g., 'I'm sad you feel this way...it will pass').

#### **■** Hang out with some non-humans

Animals are great at making us feel connected and loved. Pets, especially dogs and cats, can reduce stress, anxiety, depression, and ease loneliness. If you prefer avoiding the responsibility of owning a pet, you could pet sit or volunteer

at an animal shelter. Petting a friendly dog or cat can calm and relax along with reminding us how important touch can be Hanging out with a pet is also a great way to meet new people.

#### **■** Volunteer

It is important to realize that when you are feeling isolated, volunteering can help you to connect to others and the community around you. Dedicating your time as a volunteer helps you make new friends, expands your network, and can boost your social skills. Becoming a part of something bigger than yourself can enhance your integration with others.

#### ■ Get a massage

Appropriate physical touch is so important to managing loneliness. Massage therapy is a potent antidote to anxiety, depression and feelings of isolation. Research reveals that massage is now being considered as a treatment for our total mind and body health

#### **■** Get some support

If you have tried some of these steps and continue to feel lonely, consider seeking help from a skilled professional. It is okay to get the support you need wherever you may find it. You are not alone so reach out to trusted resources.

Remember everyone feels lonely. Taking a few steps to alleviate loneliness can help reduce your isolation and you likely will notice that the quality of your life improves. It is your life and you are in charge if you choose to be.

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 vourself. To contact Barbara, call 719-510-1268 (cell) or email Journeyscounselingctr@gmail.com.

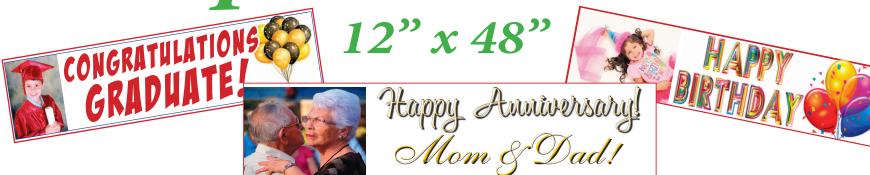


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## **Panning for Good**Exploring Yaks at the Double Eagle Ranch

About five years ago while driving on Highway 24 near Divide, I glanced at a herd of what I thought were cows on the rolling hills of the Double Eagle Ranch, but noticed the animals had long hair and big horns. Entranced, and thinking I might have been transported to the Himalayas, I slowed down and pulled off to the side of the road. I took pictures of the yaks and quickly sent them to family with excited commentary about this new and novel addition to my daily commute. Each day I hoped I would catch a glimpse of them, and when I did, those days were touched with a kind of wild wonder so needed in my overscheduled world. Over the years, it was magical to witness the growth of the herd from seven original yaks to 48 strong.

#### At the ranch

Jessica and Bob Burton welcomed me to the Double Eagle Ranch on a typical winter day in Divide, Colorado. Cold, windy, with intense blue skies, the chilly snow-covered grasslands felt perfectly balanced by the camaraderie within the vak and cattle herds and the Burton's kindness and warmth

Jessica Burton is an unusual and exceptional young person. Strong, intelligent and engaging, Jessy's eyes light up with enthusiasm for all things ranching and she radiates a genuine love for yaks and cattle including the Angus, Saler and Hereford breeds found on the ranch. Jessy graduated from Texas A&M University in Animal Science and Agricultural Business. She is passionate about fixing a common disconnect most people tolerate, which is not knowing where their food comes from. She wants to eliminate that lack of transparency that leaves most of us in the dark about what we are really eating.

Jessy shared that a package of ground beef can actually come from as many as 30 different cows. I tried not to vomit. Jessy is incredibly knowledgeable about the health benefits of yaks and cattle fed with high altitude grass. For instance, did you know the white fat you see on meat is typically from grain-fed animals, but yellow fat is from grass-fed animals? It's the beta-carotene in the grass that changes the color of the fat. Other fascinating information she and her dad Bob shared included:

- Yaks eat 1/3 as much as cattle.
- Yaks are bred for high altitudes (above 5 or 6 thousand feet). Their lungs and other organs are significantly bigger than cows resulting in more oxygen in their blood so more nutrients can get to the meat.
- · Yak meat is low in cholesterol, saturated fat and calories.
- Yak meat is high in protein, zinc, niacin and B-vitamins. It also has very high amounts of omega-3s, mono-

- unsaturated fats and linolenic acid which lowers LDL cholesterol levels and improves insulin sensitivity.
- · Yaks live for 20-25 years; cattle typically live for 10-15 years.
- Brown meat in a grocery store does not usually mean it is rotten, it means it is oxidized, but is still ok.
- Yaks eat weeds they like Arizona Fescue Grass. Cattle want to eat the fresh green stuff, they are pickier, but by having the yak, the fields get cleaned up and better grass grows.

#### Humane practices matter

The Burtons are dedicated to making sure their animals are treated well while they are in their care. Along with the highaltitude grass and relative freedom the cattle and yaks have on the expansive ranch, the daily operations of the ranch include a focus on humane practices. Dr. Temple Grandin, currently a professor at Colorado State University, is a scientist and animal behaviorist who has used her experiences with autism to design new, more humane ways to handle livestock. The Burtons use her curved pen design which provides



Jessica Burton and Pumpkin

cattle with space to be together similar to their normal herding patterns while slowly being moved into areas for medical treatment or to be transported. When the animals experience less stress in their lives, both animal and employee safety and satisfaction along with meat quality are positively impacted.

#### Recent ranch history and information

The Double Eagle Ranch belongs to the

Curved pens designed for humane handling of cattle for meat), I felt like I was killing my

typically one calf per year, there are also a few bulls. Currently, there are 48 yaks, with the yak moms calving once every two years. The yak herd is growing due to natural growth and high demand for yak meat. If you've ever wondered why animals seem to be missing from the ranch at times during the summer, they may have been moved to graze at another ranch the Bertel family owns in Park County. Pastures are rotated and rested which allows time for the grass to grow and be cared for. Beef and yak are not harvested on the ranch. The Burtons use Crippen's Processing in Lake George and Westcliffe Meats in Westcliffe

Bertel Family and its guest houses and

facilities are managed by PB&J Cattle

tel family owns half the cattle herd and

the Burtons the other half. The yaks be-

the spring and fall cattle herds (named

for when they have calves — hopefully

long to the Burtons. There are three herds,

within a 3-week period of time) consisting

of about 100 cows with each cow having

(Phyllis, Bob, & Jessica Burton). The Ber-

Frozen beef and yak are available for purchase at the ranch. The ground meat is from one single animal, it is not co-mingled and it is a ranch grind which includes the primal cuts of meat. They also have great barbecue sauce and shirts. An online store is coming soon, but for now, check out their website at pbjcattle.com for more information or call Jessy at 719-661-3234.

#### I ate yak

I don't eat wild game. Seriously, ever since seeing a dead deer lying with its tongue out bleeding all over our back porch when I was four, I have avoided it. Then, when my Dad wanted me to just try to eat our pet rabbit Fluffy (I don't know what its name really was, we had about 30 of them being raised in our backyard



Jessica and dad, Bob Burton with their Yak

friend and, honestly, I kind of felt like that before taking a bite of the yak I had probably seen on my way to work every day for years. But I am a typical human, an omnivore, and I have to admit that not knowing where my meat actually came from has made a difficult reality easier to deal with. Unfortunately, animals die so I can eat, rethinking... but am I going to quit eating meat? Maybe I should, but no. In my mind I am processing, "Yak is healthier than the meat I've been eating, I know the ranch is a safe place to get meat I'm going to do it." So, I took a risk and tried it. I was pleasantly surprised. I think I expected it to taste exotic, but it tasted like hamburger, maybe a little sweeter, savory, not gamey...good, just as Jessy had described it. In that moment, I remembered the rugged majesty I witnessed when I was with the yak herd and felt connected and grateful one of them had contributed to my survival.

At the end of my visit, as the sun began to set, showcasing picturesque, red-roofed white buildings and bluesnowcapped mountain peaks, I asked Jessy if it was difficult to send the yaks and cattle to processing plants. She said, "I sometimes get teary, especially with the moms I've known and worked with for years, but my dad told me that when l stop getting sad at the death of an animal whether it's by a predator, weather, for meat, or some other reason, then it's time to stop doing this work. It helps me to know that I have worked to give them the best possible life."

(from jokesus.com): Q: What do you call a yak that is full of

**A:** An egomani-yak!

**Q:** How did the yak almost die? A: Cardi-yak-arrest.

"We've got to give those animals a decent life and we've got to give them a painless death. We owe the animal respect.' — Temple Grandin

If you are up for it, pick a type of food you like and see if you can find out where it comes from. Awareness is enlightening!

Rebecca Frazier, PhD is an author and educational consultant. Her years as a classroom teacher, instructional coach, leader of coaching programs and principal helped her understand the need to provide positive support to educators and to encourage people in general. She believes noticing and focusing on what is positive creates the energy and hope critical to innovatively solving challenging problems. She can be found on twitter @coach\_happy, or contacted through her website at coachhappy.com

#### ~OUT AND ABOUT~

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

#### **AVAILABLE** VIRTUALLY

1 Crossroads of Parenting & Divorce 4:30-8:30 p.m. via zoom. Teller County Court approved co-parenting class. Registration fee required. FMI Michelle@cpteller.org or 719-686-0705.

3 Circle of Parents 5-6 p.m. via zoom. Are you raising your grandchildren or kin? Do you feel like you are raising them alone? A place where you can find and share support. FMI Michelle@cpteller.org or 719-686-0705

3 Park County Democrats Virtual Caucus 7 p.m. Join us to participate in democracy and meet your like-minded neighbors. To participate go to ParkDems.org and click "register here." FMI chair@ parkdems.org

March 3-April 21 NAMI Chaffee County offers a FRE 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@namichaffee.org or 970-823-4751 or https://us02web.zoom. us/meeting/register/tZM-

kdeCprDgsHNaRnJO7G-8tzgqqZuVMOOn8L. 10 Conscious Discipline Parent Night Class 7-8 p.m. FREE! This session's focus: Set Your Family Mission on Upgrade! What are the values you want your children to imbed in their own lives? How are they represented in everyday moments? Learn to set limits respectfully and build a mission statement worthy of your children's future. We realize it can be a difficult time to commit to, but please know this is a relaxed, kid-friendly open-forum training. It's not unusual for attendees to have babies in their laps, toddlers putting their favorite toys in front of the camera, or teachers preparing their rooms for the next day! Some find it easier to attend knowing they can still go about their nightly routines. Please register at your earliest convenience no later than March 8 using link https://forms.gle/ me1WhArn3xu7NSrj6. FMI

 NAMI Colorado: http://www. namicolorado.org/ Suicide prevention: https:// suicidepreventionlifeline.org/ or 1-800-273-8255

kvalett@ccecc.org.

**BUENA VISTA** 

9-10:30 a.m. at Central Colo rado Regional Airport. FMI: 719-581-2010 or ccuasclub@ gmail.com. Meets every first Saturday, usually at Central Colorado Regional Airport. **19** BV HOPE meeting 3 p.m.

at 4 p.m. at Steeple Events Center 701 Macon Ave. Free to the public; a donation envelope available in the program and donation oppor tunities on the website www. roaylgorgephilharmonic. com. All proceeds benefit the Mount Moriah Masonic Lodge Scholarship fund. Featuring San Francisco's cello soloist Mathew Linaman. the orchestra will be playing works of Mozart, Hayden, Beethoven and Sousa. Each of these composers were members of the Masonic Lodges in Europe and the United States. Conductor Gerald Willis has enlisted the talents of professional musicians from the Pikes Peak Musician's Union, the Pueblo Symphony and the Colorado Springs Philharmonic. The professional musicians will e performing this free even with a partial grant from the Music Performance Trust Fund in New York.

#### LIBRARY

celebrate Dr. Seuss' Birthday

• B.O.O.K. Babies on our

**Cribbage Club** Fridays 10

a.m. All ages welcome! · Filler Friday (different activ ity each month) 3rd Friday each month 3-4

 Fremont Brain Injury Support 1st Tuesday 12:30 p.m. • Lego Club 1st Friday each

• Metaphysical Group 2nd and 4th Saturday 10:30 a.m.

 New Neighbors Genealogy 1st Friday 1 p.m. • Story Swap Book Club 1st and 3rd Tuesday 3-4 p.m.

 Story time and craft Tuesday and Thursday 10:30 a.m. United Health Care 2nd and 4th Thursday 9:30 a.m

 Virtual story time Wednesday 10:30 a.m. All at 516 Macon Ave. FMI 719-269-9020.

#### **COLORADO SPRINGS**

WORLD ARENA

11 Harlem Globetrotters – Spread GameTour 7 p.m. 24 Disney on Ice — Into the Magic 7 p.m.

25 Disney on Ice — Into the

FMI BVHOPE.org.

#### **CAÑON CITY**

26 Music by the Masters scholarship benefit concert by the Royal Gorge Philharmonic

2 Read Across America to

2 FREE Legal Clinic 2-5 p.m. call 719-269-9020 for ap-

Knees Monday 10:30 a.m Break out box 2nd Friday

each month 3-4 p.m. • Chess Club Wednesday 2

Center see page 8. GED Classes 1-3 p.m. Mon-days and Wednesdays. FMI Michelle@cpteller.org or 719-686-0705

ASPEN MINE CENTER 25 Commodities distribution

(drive up basis) 9-2 p.m.

#### DIVIDE

• FREE Yoga with Leah 10-11 a.m. Mondays at Pikes Peak Community Center. Limited class size - first come, first served — doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org or 719-686-0705.

LITTLE CHAPEL DISTRIBUTION

14, 28 This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are:

## **FLORISSANT**

Night Sky Program at Florissant Fossil Beds 7-9 p.m. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above in search of planets, galaxies, nebula and more. Meet on the front patio of the visitor center. The only fee is the \$10 per adult (15 and younger are free) which is valid for 7 days. FMI 719-748-3253 or nps.gov/flfo.

Magic 11 a.m., 3 p.m., 7 p.m. 27 Disney on Ice — Into the Magic 11 a.m., 3 p.m.

PIKES PEAK CENTER 22 The British Invasion

23 Blippi the Musical 25 The Russian Ballet Theatre is pleased to present a breathtaking new production of Pyotr Ilvich Tchaikovsky's Swan Lake at the Pikes Peak Center for the Performing

#### **CRIPPLE CREEK**

**3** American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m.
5 Pearl's Follies at Victor Elks

Lodge. 13 Visits with History 2 p.m. at Cripple Creek Heritage

Tuesdays BINGO 10:30 a.m. Tuesdays board games 1 p.m.Wednesdays Luncheon 11:30-1 p.m. upstairs dining room,

every Wed, FREE!
• Thursdays Mexican Train FMI 719-689-3584 x124.

FOOD PANTRY FOOD

Last name beginning with: A-H 3:30-4:30 p.m. 5:30-6:30 p.m.

#### **FLORENCE** JOHN C FREMONT

LIBRARY 2 Party Bags available for pick up in honor of Dr. Seuss

14-18 Pinch of Proof green books, a table full of green books for St. Patrick's Day. We are a distribution center for 5 surgical grade masks, 2 KN95 masks, and Covid

FMI 719-784-4649.

#### **FLORISSANT**

10 Free Legal Clinic 2-5 p.m. at Florissant Library. Call 719-748-3939 to sign-up.

8 Pine Needle Basket Class 9-noon. All levels welcome. We will work on what we have already started or learn a new stick or start a new project a tiny basket with a andle. Donations accepted.

8, 22 Quilt of Valor Group meets 9-12 p.m. to work on quilts for our local vets. If you are a quilter or wish to learn, join us. You will learn each step in the quilt making as we make some beautiful quilts for our vets. Donations

accepted. • Thursdays Community Potluck and Music 6-8 p.m. Join us for great food and fun. Dancing encouraged, everyone welcome!

#### FMI on Grange events 719-510-

**GUFFEY** LIBRARY 1 Walking, Talking Threads 12:30-3 p.m. Take a nice brisk walk around Guffey Town and meet back at the library to crotchet, knit, and

28 Guffey Literary Society 1-3 p.m. The Guffey Literary Society is a wonderfully dynamic and diverse group

st-patricks-day-parade.html or email Mickie Richardson at mountaineire@yahoo.com 19 Woodland Park Senior Center 10th Annual Chili Cook-off 11-1 p.m. Chili cooks can register to submit their best chili by dropping by the Senior Center any week day before 1 p.m. All are welcome to join. Come early — we have room 30 Rocky Mountain Rural Health Outreach 11-2 p.m for only 12 entries. Registration is \$20. Cash prizes (\$30, Weather permitting, RMRH \$20, \$10) for the top three representatives will be offerchili recipes! Tasting is open ing free health screenings, to everyone, \$5 for all the

then finishes along Baldwin

All area groups, organiza-

tions, clubs and businesses

are invited to have a float

classic car, walking or riding

group participation. The Pub

Food Crawl also begins after

the parade. Crawl cards are

\$5 and they are filled with

eateries. We are still accept

deals are good starting the

discounts from favorite area

ing vendors. The Crawl Card

12th at 1 p.m. through March 17. Cards can be purchased

ahead of time starting March

5 and are available at Rhap-

sody and McGinty's Card

will be for sale before and

after the parade. FMI https://

chili and cornbread you can

eat plus a voting ballot. This

is a WP Senior Center fund-

raiser — bring your family and friends!

20 Seed Starting with John

Schwabe 1-3 p.m. at Com-

munity Partnership Family

Resource Center, Harvest

high-altitude gardening

series. Free for Harvest

Center's monthly educational

Center members, \$5 for non-

members. FMI https://wphar

vestcenter.org tellerparkcd@gmail.com or 719-472-3671.

Through April 11 Active Par-

enting of Teens 5-7 p.m. at

odist 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

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days and Wednesdays, FMI

Michelle@cpteller.org or

Playgroup Mondays and Wednesdays 9:30-11 a.m. at

The Resource Exchange 509

Scott Ave., Suite 203B. Par-

ages 5 and under. Older sib-

cpteller.org or 79-686-0705.

and Gift Shop is located at 231 E. Henrietta Ave., next

10-noon, Wed., Thurs., and

Friday. The Gift Shop has the

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to the library. Hours are

· Ute Pass Historical Society

ent or caregiver with children

lings welcome. FMI Jackie@

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#### **HARTSEL**

· Country Church of Hartsel meets at the Hartsel Com munity Center 80 Valley View Drive 10 a.m. Sunday Everyone is welcome! FMI call Jimmy Anderson 719-358-1100.

#### LAKE GEORGE

12 Things Left Behind: An intimate time with Spencer and Julie Penrose 10 a.m. at Lake George Charter School see page 5.

#### **MANITOU SPRINGS**

10 Wine Walk in downtown Manitou Springs 5-9 p.m FMI https://manitoumad com/shop/experiences/ events/wine-walk-2022/

#### SALIDA

9 Free Legal Clinic 2-5 p.m. a Salida Library. Call 719-539-4826 to sign-up.

#### **VICTOR** · Victor Lowell Thomas

Museum is open Saturdays

#### WOODLAND **PARK**

10 Free Legal Clinic 2-5 p.m. at Woodland Park Library. Call 719-748-3939 to sign-up. 12 The 3rd Annual (minus 2 covid years) Woodland Park Saint Patrick's Day Parade and Pub/Food Crawl at noon. The parade starts at Memorial Park, goes in front of the Ute Pass Cultural Center.

20 Hike: Ski or Snowshoe meet 11 a.m.

**26 Splish Splash!** Family Forest Bath! 1-3 p.m. meet at Visitor Center 26 Hug-a-Tree 2 p.m. meet at Visitor

Center

or \$80-annual pass is required to enter the park. FMI 719-687-2366.

\*Indicates to meet at the trailhead (TH)

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#### Winter fun is on the schedule for March at Mueller State Park! Guided hikes in ommended. You can check for conditions at www.cpw.state.co/us/placestogo/parks/ going and when you will be back! Have

Mueller State Park

the snowy landscape are great for relaxing and enjoying the peacefulness of the forest. On your own, hike, snowshoe, ski or sledding are all great activities at Mueller! Guided hikes scheduled for March

range from 2-4 miles and from moderate to more challenging in duration. Hikers should check snow conditions before venturing out to determine if snowshoes or spikes are necessary. Trail conditions in winter can range from dry to 2 feet of snow, to snow packed and icy! Snowshoes or microspikes and poles are usually rec-

at www.cpw.state.co/us/placestogo/parks/ Mueller or call 719-687-2366. Take care with extra precautions when playing outside in winter. Here's a few

safety tips for enjoying winter activities. Dress in layers so you don't overheat when active and then bundle up when resting. Bring water and snacks: we spend a lot of water and energy hiking through snow or climbing the sledding hills! Always carry a trail map; the trails are less obvious with a blanket of snow. Check conditions ahead of time. Warm days and freezing nights can create some icy

going and when you will be back! Have fun safely! 4 Hike: Elk Meadow\* to Murphy's Cut

> meet 8 a.m. **5 Hike:** Preacher's Hollow\* meet 11 a.m. **5 Nature Crafts** meet 2 p.m. Visitor Center

11 Hike: Cahill Cabin and Cahill Pond meet 8 a.m. Black Bear TH 12 Hike: Black Bear\* Loop meet 11 a.m.

**18 Hike:** Outlook Ridge\* Trail meet 8

19 Hike: Elk Meadow\* meet 9 a.m.

Black Bear TH 25 Hike: Cahill Cabin and Cahill Pond meet 8 a.m. Black Bear TH

Mueller events are free! A \$9-daily pass

of the same name.

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