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May 2022

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Vol. 14, No. 5

Welcome to Ute Country

"The earth is gentle. And the earth allows the flowers to bloom. We need to be gentle. And the flowers will bloom in our life."

— Avijeet Das

PEEK INSIDE...



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Moose Freeman, tree sculptor



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Exploring Gold Hill Theatres



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Transforming trailers and tiny houses



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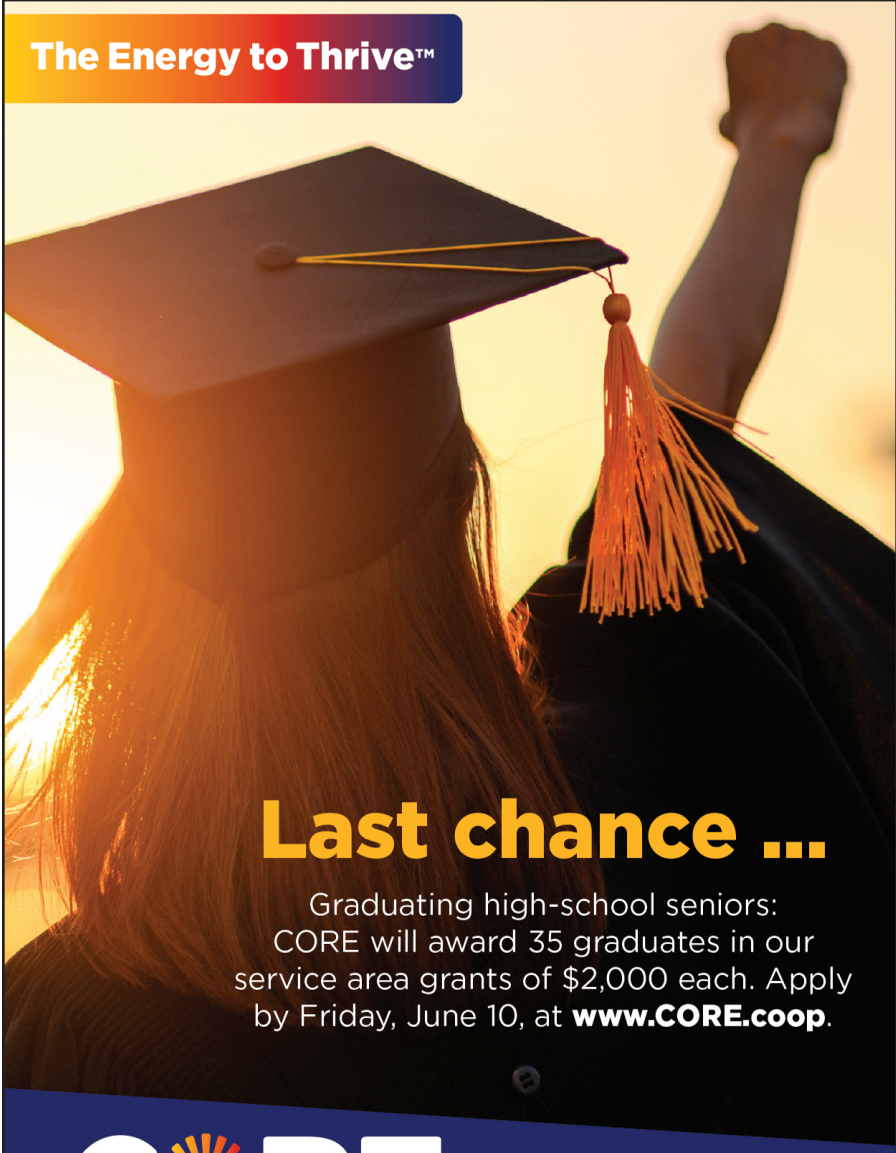


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On Deck




Look at those beautiful flowers on the front cover! Jeff took this photo in July of 2013, right on our deck. We felt this photo was perfect for our May issue as most everyone is happy to see flowers in May. Those of us who have lived in the mountains for a while know we dare not put flowers out unless we're prepared to pull them inside at a moment's notice, as snow is likely in May. It is the time of year we are ready for warmer weather, yet gentle Mother Earth knows most flowers need just a little more time before they're strong enough to sprout up. Imagine how life might be different if we were able to incorporate some of that gentleness into our lives; might the flowers of our lives bloom? Perhaps it is time for people to behave more gently.

Think of how far we have come! *A Photo at the Museum* is a poignant reminder of how physically challenging life was when the miners first found gold in Cripple Creek. This *Current Creek Characters* installment gives a closer look at how strenuous life was around the turn of the century. *Life Enhancing Journeys* explores "Self-compassion and appreciating yourself." *Growing Ideas* reinforces how connected we are to the Earth in "Trees are the lungs of the Earth" and tells us how to gently transplant and nurture trees at various stages of their lives. *Wildfire Preparedness* teaches what we can do on our properties to protect our homes from wildfire. *The Thymekeeper* gives tips on "Must haves for rapid response" to first-aid emergencies. We learn the importance of owning our talents as we see how two people's talents dovetail toward a synergistic pairing in *Moon River Construction*.

Do you have a favorite photo you like to share of your pet, be it indoors or outdoors? Critter Corner is the perfect place to share! Email your photos to utecountrynewspaper@gmail.com, bring them into Shipping Plus M-F 9-5:30 p.m. or snail mail them to POB 753 Divide, CO 80814.

Thank you,
—Kathy & Jeff Hansen



The Thymekeeper

The must haves for rapid response

by Mari Marques-Worden

Often times when asked what my favorite herb is, I am met with surprised looks when I answer dandelion. Although it is one of my top favorites, it isn't one I would turn to in the case of an emergency. Although some herbs take time to show results, there are certainly herbs specific for emergency situations and I'll cover some of those here starting with *Echinacea angustifolia*.

I've often prided myself on never having hurt anyone with herbs until one fateful evening my husband woke me in the middle of the night with the words, "you need to wake up right now," with emphasis I might add.

One look told me he was in a dire situation and needed help asap. His body looked as if it had been overcome by hives and both emergency exits were on full blast. His body was urgently attempting to rid itself of a toxin that he'd ingested. Unable to think clearly was yet another issue for him. He was sure he was dying. I leaped into action and ran for the *echinacea angustifolia* tincture as I had used it in the past for anaphylactic events and severe allergic reactions.

Echinacea angustifolia

I began to put dropperful after dropperful in his mouth at a rate of approximately every 20 seconds. Within approximately 5-10 minutes, I could see his skin was settling down, his eyes told me he was coming back at which point he informed me that his mother was "deathly allergic to mums." So extremely allergic she couldn't even stand to be in the same room with them.


Earlier that evening I decided it was a good idea to include the edible Japanese chrysanthemum called *Shungiku* in our salad and this is what induced a near disaster. It isn't unusual for me to include flowers in a meal as I find them tasty, nutritious and mood elevating among other benefits. This was a serious lesson in one size does not fit all. I could hardly believe I nearly killed the man with a mere flower but it's true. He later confessed that the flower was the worst, most repulsive tasting thing he ever put in his mouth. (If something tastes like the worst thing you've ever tasted, I would say spit it out!) Perhaps a clue? I personally did not experience the same foul taste with no extreme reaction. To this day he holds the sole position of the only person I have ever hurt using plants. At least they haven't lived to tell about it.

All kidding aside, yarrow is another must have and lucky for us it grows just about everywhere.

Yarrow

Every year we venture up to treeline for specific herbs that grow at higher elevations. One year, just five minutes into the harvest, my husband stepped into a hole and reached out to steady himself on a downed tree. Unfortunately, there was a broken piece of a branch sticking out and punctured the heel of his hand pretty significantly. The palm of his hand immediately filled with dark red blood and yet again, he afforded me the opportunity to demonstrate how quickly an herb can make a difference.

I found just enough yarrow growing by the side of the trail to pack the wound and stop the bleeding within seconds. In addition to stopping the dripping blood, yarrow has strong antiseptic and wound healing properties which is welcome in the case of most open wounds especially when you're miles from the nearest clinic or first aid kit. Yarrow has been used in the battle fields of old and is known as soldiers' woundwort for its historical use



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during war time.

Tip: The leaves and flowers can be dried and ground into powder for use as a styptic when the plant isn't in bloom.

Cayenne pepper

Another herb noted for staunching bleeding is cayenne pepper. Yes, it does sting a bit upon application but will stop bleeding. A little common sense is in order with this one, if you have a sudden nose bleed, you certainly aren't going to put cayenne pepper up your nose or in the case of a gaping large wound, I do not recommend using it. I have successfully used crushed yarrow flowers in both instances and been pleased with the result.

Cayenne pepper does have its place in the first aid kit beyond stopping bleeding. It is a powerful stimulant and blood mover and can help prevent a heart attack at the onset of symptoms. Stir a teaspoon of cayenne pepper powder into water and have the person drink it if they are conscious, then call the ambulance. If the person is unconscious, rub a small amount on the inside of the mouth and under the tongue. By no means am I suggesting this as the sole solution in this case but it can help in an emergency until further help can be found.

Plantain

Another herb that isn't necessarily considered a must have but handy to have in the case that an instance arises such as insect sting is plantain. Plantain is useful to relieve pain as well as drawing the toxin to the surface. Easy to use, I simply pick the leaf and chew it up until it's juicy and apply it to the wound. In the case of a bee sting, you will want to make sure to remove the stinger before applying a remedy.

Plantain, also known as white man's footprint* grows best in compacted soil and is typically found where it is needed most in my experience. One need not look far after encountering poison ivy or stinging nettle on the hiking trail, plantain is usually growing within reach and can provide soothing cooling relief in an instant.

*The reference white man's footprint comes from the Native Americans who noticed wherever the settlers' wagons rolled, the plantain was soon to follow.

Tip: One of the most effective drawing agents is a root vegetable that most people have readily available in their kitchen, the potato. A slice of potato applied to the affected area works wonders for coaxing out a splinter, infection, or the toxin from a stinging insect.

Garlic

An important kitchen herb to have on hand is garlic. Garlic is a potent anti-

Yarrow is another must have and lucky for us it grows just about everywhere.

crobal with over 120 chemical constituents making it ideal for treating ear infection and is an easy and effective remedy. Ear infections are no joke, they can be extremely painful and something that should be attended to as soon as possible to avoid further damage. They also have a tendency to flare up at the most inconvenient times whether it be the middle of the night or during a blinding snowstorm.

Garlic oil takes merely two ingredients and approximately 10 minutes of your time to concoct. In a small saucepan over low heat, warm 2-3 tablespoons of extra virgin olive oil. Add one large finely minced or crushed garlic clove. Your goal is not to sauté or cook the garlic, so keep the heat low. Once it becomes fragrant, this is all that is necessary for garlic to release its germ fighting compounds.

Remove from the heat and strain thoroughly through a cloth lined strainer. Extremely important: You do not want any pieces of garlic to enter the ear and any pieces of garlic left in could potentially cause the mixture to mold.

Let cool to a tolerable temperature and store in a glass bottle. A dark colored glass bottle with a dropper is ideal for this remedy.

Apply a couple of drops of the oil into the ear and place a cotton ball at the entrance.

continued on page 4



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The Thymekeeper

The must haves for rapid response

continued from page 3

trance of the ear. Another option is to apply the oil to the cotton ball itself and squeeze it into the ear. Applying a warm damp washcloth over the ear for approximately 20 minutes will help enhance the healing process as the warmth will help expand the blood vessels and draw white blood cells to the infected area to boost healing.

I recommend storing the mixture in a cool dry area and warming it as needed by placing the bottle under your arm or between your legs until it reaches body temperature.

Peppermint

Peppermint essential oil is yet another handy remedy and traveling companion of mine. I keep a bottle in my vehicle and backpack for tension or sinus headache. One drop rubbed onto the temples and the base of the neck will bring relief almost instantly. This is great for headaches induced by squinting in the wind. Take care not to get it in your eyes. One drop in the palm of your hands and cupped over the nose and mouth will relieve stuffy nose and open the respiratory tract.

I don't recommend taking essential oils internally but will put one drop on the roof of my mouth for sinus congestion. The energy of peppermint takes it up into the sinus area and provides welcome relief. Peppermint's cooling properties will help to cool down hot inflamed areas of the body. A few drops of the essential oil can be added to water in a spray bottle and applied to sunburned skin or overworked areas of the body that may be sore and overheated like shoulders, knuckles, back or knees. The decongestant properties of peppermint help to move the inflammation from the area in addition to cooling it down.

Myths

There are many misconceptions regarding herbs and their use. Hopefully, I've quelled a couple of them here.

• **Myth #1-Herbs aren't covered by my insurance and therefore cannot be afforded.** They shouldn't cost a fortune. Sure, there are a couple that are expensive whether it be due to their endangered status or because harvesting and processing for some are tedious to say the least. For the most part, they are inexpensive especially if you can find them in your kitchen or outside in your backyard, your garden or growing wild.

• **Myth #2-Using herbs is a complicated process.** In most cases this is not true. A little common sense helps if we can break out of the mantra, there is a pill for every ill. You can apply a simple treatment topically to a wound and save yourself a lot of money and doctor visits further proving the cost savings from using herbs.

• **Myth #3-Herbal treatments take a long time to produce outcomes.** Although it may take time in some cases of chronic illness, consider most chronic ailments didn't happen overnight and therefore may take time and patience to resolve. Lifestyle choices also factor in.

There are many instances where I've successfully used herbs in emergency situations like tooth ache or sprained ankle to name two. It doesn't take an herbalist; in most cases anyone can use the remedies listed in this article and achieve the same results.

If an herbal remedy can provide instant relief or results within 24 hours without leaving home, I consider that a win and serious bang for your buck! I think most people would agree.

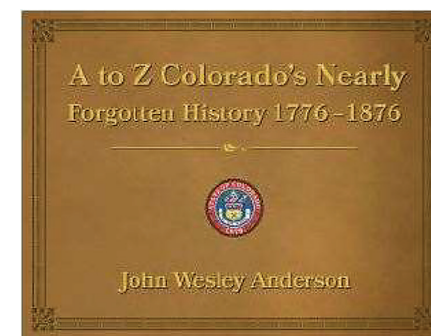
Mari Marques Worden is a State Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari@mugsyspad@aol.com or 719-439-7303. Mari is available for private consultation.

Visits with History

Colorado's history didn't begin in 1876 when it was admitted to the Union. It began long before that. People and events helped shape this diverse state which we call home. There are many tales to be told of the 100 years before statehood. Tales of people, places and events that are in danger of being forgotten.

John Anderson, a Colorado Springs resident, is a published author who has written a book so that some of these tales will be remembered. After retiring from a 30-year law enforcement career, John Anderson traveled the world. But he remains most interested by the rich history found in the American Southwest.

The Cripple Creek District Museum invites you to learn more about Colorado's Forgotten History on Sunday, May 15, 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 by the Cripple Creek District Museum and the City of Cripple Creek. Reservations are recommended. Refreshments will be served. FMI or reservation, please call 719-689-9540.

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Adoption Application: <https://www.ark-valley.org/adoption-matchmaker-application/>
 This space donated by the Ute Country News to promote shelter animal adoption.



A Look Inside the Artist Moose Freeman, tree sculptor

by Mary Shell

There are only a few people who can climb up on a dead tree, chip away at it and turn it into a beautiful piece of art. I've been following Moose Freeman's career as a sculptor for years now and amazed at how much he has refined his work. I've seen chain saw carved bears all over town but none of the work is as fine as Moose's. I've done some large murals on tall buildings in Los Angeles in my day and working on scaffolding somewhat diminishes your ability to create. I can't imagine hanging off a dead tree in the air and using a heavy chain saw to chip away at it while maintain the image of what you're creating clearly in your head. He has mastered his trade and his work can be seen throughout Fremont County. He gives life and purpose to something that would otherwise become firewood.

How long have you been sculpting?

I have been chainsaw carving for eight years now and went fulltime with it two years ago. But learned to whittle and carve fruit from my grandfather at about 6-7 years old.

Do you only sculpt trees?

I do all forms of art just saw the need for a carver in my community that offered a different way of doing things.

What's your favorite subject?

I really enjoy carving birds and I love doing the human form.

Michelangelo said the marble told him what to sculpt, do you feel the same with your trees?

Yes, certain trees have knots bulges and twists that lend themselves to certain subject matter.

What is your favorite medium?

Honestly, I don't have a favorite medium. I used to get in trouble in school for making sculptures from paperclips and other office supplies and those were the most enjoyable. I feel like art is an expression and needs to be released in many forms.



What was the hardest sculpture you made?

I am currently working on a life-size moose out of six pieces of black walnut and would have to say it's the hardest thing I've ever done.

Do you feel the same passion doing custom work as you do free style?

I collaborate with my clients, so I feel like I always do my thing.

Where did you learn to sculpt?

My grandfather taught me to whittle. A family friend and locally know artist Sheldon Roberts taught me chainsaw carving and metal sculpting.

Who inspired you?

I'd have to say the tradition and history of wood carving is what inspired me most.

You can see more of Moose's work on Facebook/Moose Freeman. You can learn more about Mary Shell at www.maryshellart.com

Photo Contest!

Gold Belt Tour Scenic Byway is hosting a photo contest, "Treasures of the Gold Belt." The contest is open to all visitors and residents who want to participate. All photos need to be taken along the byway route or its connecting communities. Photos can be submitted through August 31st, so do not forget to capture the sights during your spring and summer trips along the Gold Belt Byway.

Photographers are encouraged to submit photos that will highlight one of the Byway's sustainability goals: Cultural Heritage, Conservation, Recreation and Beautification. Participants are eligible to enter three different photos. Please visit www.goldbeltbyway.com/articles/2022-photo-contest/ for more information, rules, and registration form.

We have partnered with several awesome folks who have helped make this contest a reality by donating some impressive prizes. DARE Print & Sign Co. is donating canvas prints of each winning entry

that will be displayed around various Gold Belt Byway sights and attractions before becoming property of the winner.

The Grand Prize winner will win a trip for two along the Gold Belt Byway, which will include one or two nights stay, meals, a raft trip down the Arkansas River, admissions to attractions plus some gas money. More details about prize package on the website. Second prize (category) winners will receive some food certificates, gas money and other surprises. You will not be disappointed in the fun.

Thank you to the wonderful folks who donated for the prizes, Echo Canyon Rafting, Royal Gorge Bridge and Park, Gold Camp Café, Bean Peddler, Florissant Fossil Quarry, Cripple Creek District Museum, City on the Hill, Old Homestead House Museum, Lowell Thomas Museum and You Scream Ice Cream Emporium. Also, a big shout out to Sagent Web Design for getting everything up and running on the website.

CRIPPLE CREEK CARE CENTER

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Love of the Colorado mountains does not fade with age!

It is with a very heavy heart that I announce on behalf of the Board of Directors and administration of Cripple Creek Care Center that after 47 years of serving the people of Teller County and Colorado, we will be closing the facility effective June 15, 2022. Our primary purpose has always been to provide the best possible care and services to our seniors. Over the past 2 years we have through retirements, moves, etc. Lost many staff members, we have been unable to replace them and we will not jeopardize the care that we provide to our current residents.

Our staff will continue to provide the greatest of CARE through the transition as we find new homes for our beloved residents.

The staff that remain at Cripple Creek Care Center are the true UNSUNG HEROS of the past two years and I am FOREVER grateful for all they have done for our residents. To the community of Cripple Creek, THANK YOU FOR ALL YOUR EFFORTS TO HELP US over the past months, we appreciate all you have done! As the Administrator and a nurse at the facility, I want to personally THANK EACH BOARD MEMBER, your emotional support to me personally has never gone unnoticed. GOD BLESS our staff, community and board members!

Sincerely
 Lawrence Cowan, Administrator
 Cripple Creek Care Center



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Musings Along the Way

P.A.I.N. - Pay Attention Inside Now

by Catherine Rodgers

Few of us like to talk about the pain and wretchedness that we go through periodically. It's "negative" and "complaining" which we have been taught to censor in our quest to appear "perfect." But in her book *Comfortable with Uncertainty*, Pema Chödrön writes "Pain is not a punishment, pleasure is not a reward." Dealing with several months of pain in my hands and shoulders is teaching me to hold life differently. I wonder how I can embrace this experience and find the love and joy within it.

Years ago, I took to heart Dr. Enrico Rocco's definition of perfection in Matthew 5:48. He explained the Bible verse "Be ye perfect, therefore, as your heavenly father is perfect" to mean "Be ye all inclusive." To me being all inclusive means to take everything in as gifts and aspects of God. Another Gypsy Scholar blogger, H. Jeffrey Hodges, delves deeper into the Greek version, which is teleioi, which can be translated as either "complete" or "perfect." He further adds, "A possible word in Hebrew would be shalom, which can mean 'completeness, soundness, welfare, peace.'" Shalom can also mean health, which returns me to contemplating the relationship of peace and wellness. When I walk the path of peace within, I experience well-being in all my affairs. But am I doing enough?!

I cry "MERCY!" daily. Show me what I need to learn! To forgive! To understand! To release! Show me my JOY! Show me because I refuse to accept this pain as an enduring state of being and to just "get used to it." That very resistance may be part of the reason this condition has persisted. Emotional energy is stored in our body matrix. It behooves us to explore what we might be rejecting or suppressing. As creative beings, we have the power to transmute such conditions into freedom and bliss, but seemingly only after we have learned their spiritual value.

"This, too, is good; this, too, is God; this, too, is for me; and I demand to see the blessing in it for me."

— Emma Curtis Hopkins.

For instance, I was coddling my shoulder, speaking kind words to the wounded rotary cuff. Suddenly I recalled the retort of a rifle against my flesh when I was a Junior Marksman at summer camp. I was a VERY good shot, even with severe myopia. In college I took riflery as a physical education requirement and pierced the center of the bullseye regularly. Then the Marine sergeant posted a silhouette target. I was sighting down the scope at the brain, the heart, the flesh of another human being. I walked up to him, turned my gun in and said, "I took this class to kill people like you who are killing people in Southeast Asia for opium or world dominance or whatever. I just

discovered that I could never do that." Later I took a class with the same man on the Art of War about strategy. The final exam was playing these board games with a bunch of nerdy guys. I stole the dice. They could not play and I would not negotiate. Period.

No. Nay. Never.

No nay never no more, and I'll play the wild rover no more. I am a Tiger warrior born, identify as the Queen of Swords, and my sword arm hangs limp weary from battle. It is really past time to beat swords into plowshares. I commit to shift the ground of being and to find another way. Just stop to breathe a minute and think about how many people you know who have been traumatized by fighting wars, and fighting at home. So many of my friends have been legal assassins; too many have been raped. How many lifetimes might I have been that sniper? That rapist?

We are outraged by aggression but how many of us still struggle with the daily microaggressions of defending our positions or criticizing everything? While I won't let anyone label my pain "arthritis," there is a correlation between such pain and internalized criticism and feeling unloved. I have made a commitment to healing all of this, through all beings, through all times and dimensions. (Atlas shrugs her shoulders, and lets God take the load.) Taking another deeper breath, I go within. I know that I am love. I now choose to love and approve of myself. I see others with love. I pray this be so.

"You may ask me for anything in my name and I will do it."

— John 14:14

One of the hardest things has been asking for help. I feel a deep-seated unworthiness about taking up space, let alone showing any chinks in the armor. I had to call my neighbor to come over at 9 p.m. to open water bottles for me. I had to ask for a ride; several. When my trigger finger refused to bend, I had to ask the carpenter to pour water into the teapot, then to pour me tea. Helplessness does not become me. I remembered my mother's hands and how she loved to do the dishes, although I would be critical that they weren't clean enough. I know now how soothing the hot water feels. I remembered my neighbor who has no hands or feet due to "medical mistakes." Be grateful. Ask. M'aidez! May Day! Forced to do things slowly and carefully, I turn this into further practice of mindfulness.

I must have been a real pain to my

parents and teachers because I believed things literally and wholeheartedly — Thou shalt not kill being high on my list. At age 11 I passed out pamphlets from the Christopher Society encouraging everyone to light the fire of Christ in our hearts and radiate love. It seemed a simple solution at the time. But Jesus allegedly died for our missing the mark (sin is an archery term) and the violence of his murder often overshadows his triumph over death. But, hey, whatever it takes to save the world, okay? I believe that each of us can transcend death: not exactly a piece of cake or a walk in the park, but doable. I believe that Jesus cured lepers and the blind, raised Lazarus from the dead, drove out demons, and said, "Greater things than this shall ye do." Right. I'm on it. So what will it take for me to move through this temporary condition of pain? After all the doctors, physical therapy, MRIs, drugs, pain creams, massages, acupuncture, and hot baths, the last resort is to turn within.

When I am Paying Attention Inside Now, I realize that I am more than the pain that I am feeling. Pema Chödrön quips, "You are the sky. Everything else — it's just the weather." Within is a vastness that knows itself as love. I remind myself to return to center, to embrace, to expand, and to breathe. This too shall pass. I accept whatever it is that I am choosing to learn this way. I bless it, and I am asking it to leave now. I surrender to a power for good greater than my ego. Pain, like everything else, is an opportunity to look for the good and praise it.

There is no "right way." Just feel your feelings and bless it all. I found this thought to be really useful:

"You lack peace of mind because you're running after an idea of total peace of mind. That's backwards. Be attentive to your mind in each moment, no matter how unpeaceful it might seem to be. Great peace of mind is realized only in the practice within this unpeaceful mind. When dissatisfaction is finally accepted as dissatisfaction, peace of mind reigns."

— Kodo Sawaki Roshi

Fully accepting these gifts from God, I rest in equanimity. Thank you for your prayers.



Florence

One weekend, three events

by Flip Boettcher

If you are looking for a fun-filled weekend, try historic Florence May 13, 14 and 15. Starting Friday, May 13, the ever-popular Junktique antique show and flea market will offer shopping from 8-8 p.m. Junktique, which used to be in the fall, has moved to the spring. Three blocks of Main Street are closed for the event.

Saturday, May 14, offers more Junktique shopping from 8-5 p.m. The Florence Brewing Company will be celebrat-

ing its 6th anniversary party 11-7 p.m. with live music all day. The Sons of Italy will hopefully be hosting a Wine and Whiskey tasting booth as well.

Sunday, May 15, features the 20th Annual Merchants Car Show 9-3 p.m., with around 300 vehicles parked along Main Street.

Come to Florence all three days, or pick just one or two, you are bound to have a good time.

A photo at the Museum

by Steven Wade Veatch



I see you in the fading photo looking back at me.

Evidence that shows you lived.

I wonder who you were, touching the world,

learning in a one-room school, following

a deer trail, and then working in a gold mine.

Nothing else mattered. Just years passing by.

You stepped into an unknowable darkness,

then you were gone, and your possessions disappeared—

one

by

one.

As your world collides with mine,

I ask:

What will I leave behind?

A yearbook, a photograph album, postcards, letters.

Will they go to a museum?

Or a dumpster?

Will they fill a cigar box?

I am lucky, I filled

someone's heart.

Editor's note: Steven Veatch wrote this poem based on several years of working in the historic photo archives at the Cripple Creek District Museum.

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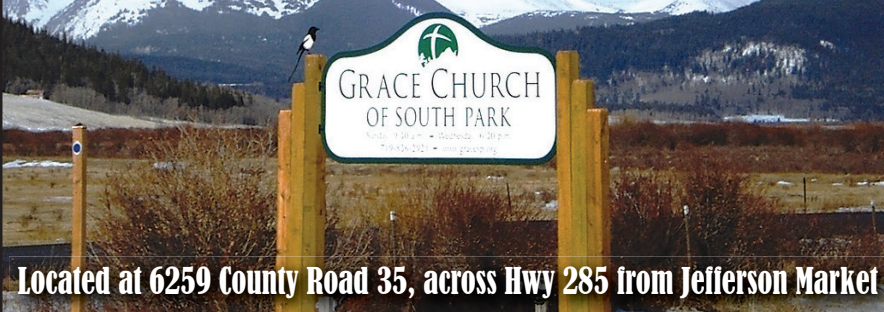
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Wildfire Preparedness

by Coalition for the Upper South Platte

We have endured a long winter filled with just too many wildfires damaging homes and properties throughout the state. Fire professionals continue to remind us that wildfire season is now wildfire year, and we cannot rely on winter snow nor summer rain to change that. Spring is here, and it is time to get out and start on wildfire preparedness. Even small actions can have a big impact on wildfire outcomes.

Take 10 Minutes

- Check your homeowner's/renter's insurance.
- Drive your evacuation routes, be sure to have a couple of alternatives.
- Contact your neighbors, know who might need help in case of emergency.
- Put up a reflective address number sign.
- Sign up for local emergency alerts. Ask your police, fire, sheriff's department what system they use for alerts.

1 - 2 Hours

- Ask your local fire department, State Forest Service, or other agency (such as CUSP) to assist you with a property assessment.
- Back up important documents and photos to the cloud.
- Create and practice your family emergency plan. Where will you meet? How will you get in touch with each other in case of an evacuation?
- Pack your "go bag" with all necessities for 3-5 days away from home.

3 - 4 Hours

- Pick up the downed tree limbs and dead vegetation within 5 feet of your house.
- Clean your gutters and sweep leaves and pine needles away from the house.
- Cut trees and limbs that might block your exit.
- Gather your neighborhood to work together!

8 - 10 Hours

- Concentrate on removing flammable vegetation and materials within 5 feet of your house. This includes the firewood pile.
- Replace screen on attic and other outside vents with 1/8" non-combustible mesh.
- Help your neighbors with their property clean-up.

Once the work begins, it progresses quickly with just a few hours every weekend. As your property mitigation continues, you can contact local community service agencies for places to donate firewood for those in need.

Slash can be hauled to slash disposal sites. CUSP operates sites in Divide, Fairplay, and Bailey (links to all slash site details at www.baileyslashsite.com). Arkansas River Watershed Collaborative also holds slash disposal events throughout the summer (details at <https://www.arkcollaborative.org/slash-collection.html>).

Your neighborhood can also request a mobile chipper to chip slash material on location. Check with your local fire department to see if they offer this service. CUSP also has a chipper that you can schedule for your neighborhood (check <https://cusp.ws/forest-issues-2/chipper/> for scheduling and fees).

Editor's note: Please be AWARE of anything that could potentially spark a flame as we are in our wildfire season. After you walk your property looking at potential flammable material on the ground, take a second walk looking at your power lines. Are your power lines loosely swaying in the wind or tight? Loose lines need to be tightened — call your electric company if you see loose lines. They would rather tighten your line than go out of business due to causing a wildfire!

What is a Kirkin' o' the Tartan?

by St. David of the Hills Episcopal Church

It is an American Scottish practice that began during WWII by Rev. Dr. Peter Marshall to raise funds for Britain's war relief. He coined the term Kirkin' o' the Tartans in one of his sermons and the tradition began.

Our service will include an opening procession with a piper, choral group, clergy and parishioners either dressed in Celtic attire or carrying a tartan swatch. There will be a table in the front to receive tartan items that represent families, military service, vocation or geographic locality. Tartans are now available that represent a variety of affiliations. Everyone is invited to bring a tartan item (blanket, scarf, shawl, swatch, etc.) to place on the table before the service for the blessing. Be ready in the reception area before 9 a.m. on June 5, 2022. The piper will end the service with *Amazing Grace*.

St. David of the Hill Episcopal Church is located at 36 Edlowe Road in Woodland Park. FMI stdavidofthehills.org or stdavidhills@gmail.com or 719-687-9195.

Adopt Me Major

by SLV Animal Welfare Society

Major is a King Shepherd. He is sweet as can be, obedient, takes to training easily, and loves everyone! Major is 15 months old, 80 pounds and growing. He is neutered, chipped and current on all vaccines. Major is happy to meet other dogs. Meet Major on May 7 from 10-3:30 p.m. at Petco on 5020 N. Nevada Ave in Colorado Springs and the other Saturdays we're at PetSmart on 7680 N. Academy from 10-3:30 p.m.

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



Panning for Good Exploring Gold Hill Theatres

by Dr. Bec

Picture a small-town theatre full of nostalgia where the smell of popcorn fills the air and people enjoy a comfortable, yet exciting escape as they are transported to a welcoming and relaxing blast from the past. This is a place where kids ride their bikes to take in a matinee, the theatres are small and customers are greeted and treated like family. This environment is the opposite of the current movie industry's typical venue — huge, flashy and streamlined, designed to get as many people in and out as fast as possible. This theatre projects (yes, that's a pun) a sense of stability and family fun for long-time residents and visitors hungry for a wholesome, home-town, hopeful feeling. Surprisingly, there is a place like this that still exists, it's the Gold Hill Theatres in Woodland Park, Colorado!

To summarize the words of Robert Morgan, the general manager, *People don't want superficial, they want to be taken back to simpler times and not overwhelmed when they come to the movies and that's what we want to provide. Growing up in the small town of Burleson, Texas, the movie theatre was a childhood escape for me and I want the people who visit here to experience that as well. I would like the theatre to be a blast from the past with maybe a little Planet Hollywood here and there. We are committed to providing:*

1. Affordable tickets
2. Nostalgia — a place where it is easy to connect with and remember simpler times
3. Support to the Woodland Park Community

Interesting facts:

- Gold Hill Theatres is privately owned, not part of a corporate chain and the word, "theatres" is plural only because there are four theatres on site.
- You can come to the theatre and just buy popcorn and/or snacks, then head home to watch your own movie. Enjoy that buttery bucket of popcorn while crashing in your jammies.
- During the roughest times of the pandemic, Gold Hill Theatres and a theatre in Cañon City were two of only a few theatres in Colorado able to operate because of their orange level status. People came from all over the state to Woodland Park to be able to enjoy a movie night out.

Community connections

- * Free Movie Wednesdays 10 a.m. weekly, starting June 1st
- * Classic Movie Tuesdays (previously Senior Tuesdays) at 10 a.m. weekly, starting June 7th. The cost is \$7 with

a small popcorn and drink included.

- * Kids birthday parties—parents can go or stay, snacks are provided, the movie can be chosen by the family, no clean-up!
- * Gaming and DVD events/parties where people can have their games or DVDs projected on the big screen
- * Local film showings, corporate and organizational training, religious documentaries, family reunions, anniversaries, special birthdays, etc.
- * Your ideas: Gold Hill Theatres wants to hear your ideas for using their movie theatre venue and work with you to create a one-of-a-kind event. Call 719-687-3555 to speak with Robert.

Robert shared that COVID was kind of a reset for the theater and they have added new snacks along with keeping up with updates in digital technology. Listed below are some of the new menu items. (The pretzel with cinnamon sugar and frosting was great!)

New menu items:

- Popcorn Buckets (now in buckets)
- Hot Dogs
- Pretzel with 2 choices of toppings—salted with cheese or cinnamon sugar with cinnamon roll frosting
- Sugar Free candy options
- New Keurig cups including tea options
- Slurpees in the works, hopefully soon!

On a personal note, my family and I have enjoyed watching movies at the Gold Hill Theatres for many years. It has always felt safe, cozy, rustic and comfortable. We have been pleasantly surprised that this small theatre has been able to get new releases and typically has a good selection of family films. The atmosphere there fills me with a bit of happy homesickness for times gone by when computers and cell phones weren't even in the picture and a good movie was what constituted a fun (and reasonably priced) night out. Here in Woodland Park, we can still experience that nurturing nostalgia, and the price, \$8 for a Matinee and \$10 for an evening show is comparatively quite good! Be sure to ask about senior and student discounts. Note: tickets CAN be purchased via their website, however, there is a \$1 surcharge and no discounts



Gold Hill Concessions and Robert Morgan

for seniors or students when purchased on the web.

Contact Information:

Address: 615 W. Midland Avenue
 Woodland Park, CO 80863
 Phone: 719-687-3555
 Facebook: Gold Hill Theatres
 Website: <http://www.goldhilltheatres.com>

Jokes

<https://www.squiglyplayhouse.com/JokesAndRiddles/MovieJokes.php> | <https://worstjokesever.com/movie>

Q: What do you say to Simba when he's moving too slow?

A: Mufasa

Q: Why did the Star Wars movies come out in the sequence 4, 5, 6, 1, 2, 3?

A: Because in charge of sequence, Yoda was.

Quote

"We live in a box of space and time. Movies are windows in its walls. They allow us to enter other minds, not simply in the sense of identifying with the characters, although that is an important part of it, but by seeing the world as another person sees it."

— Roger Ebert

Challenge

Have you ever been so inspired by a character in a movie that you wanted to incorporate some of their characteristics and experiences into your life? Maybe the Indiana Jones movies sparked an interest in learning about archeology, or Gandhi led to a desire to become clear about values, or who hasn't wanted to get in great shape and run to the top of those courthouse stairs with our hands in the air just like Rocky? The challenge this month is to intentionally pick a movie that can help you find motivation to do something new or personally improve in some way. I like this slideshow of movie ideas: <https://www.refinery29.com/en-gb/2017/01/137037/best-inspirational-movies>

Rebecca Frazier, PhD is an author and educational consultant. Her years as a classroom teacher, instructional coach, district leader of coaching programs and principal have helped her understand the power of acknowledging and internalizing what is positive. She believes when we notice and then expand on what is good, the flow of positive energy fuels our capacity to innovatively address difficult challenges. More information can be found in her book, *The Joy of Coaching: Characteristics of Effective Instructional Coaches*, published by Corwin Press. Rebecca can be contacted through her website at coachhappy.com.

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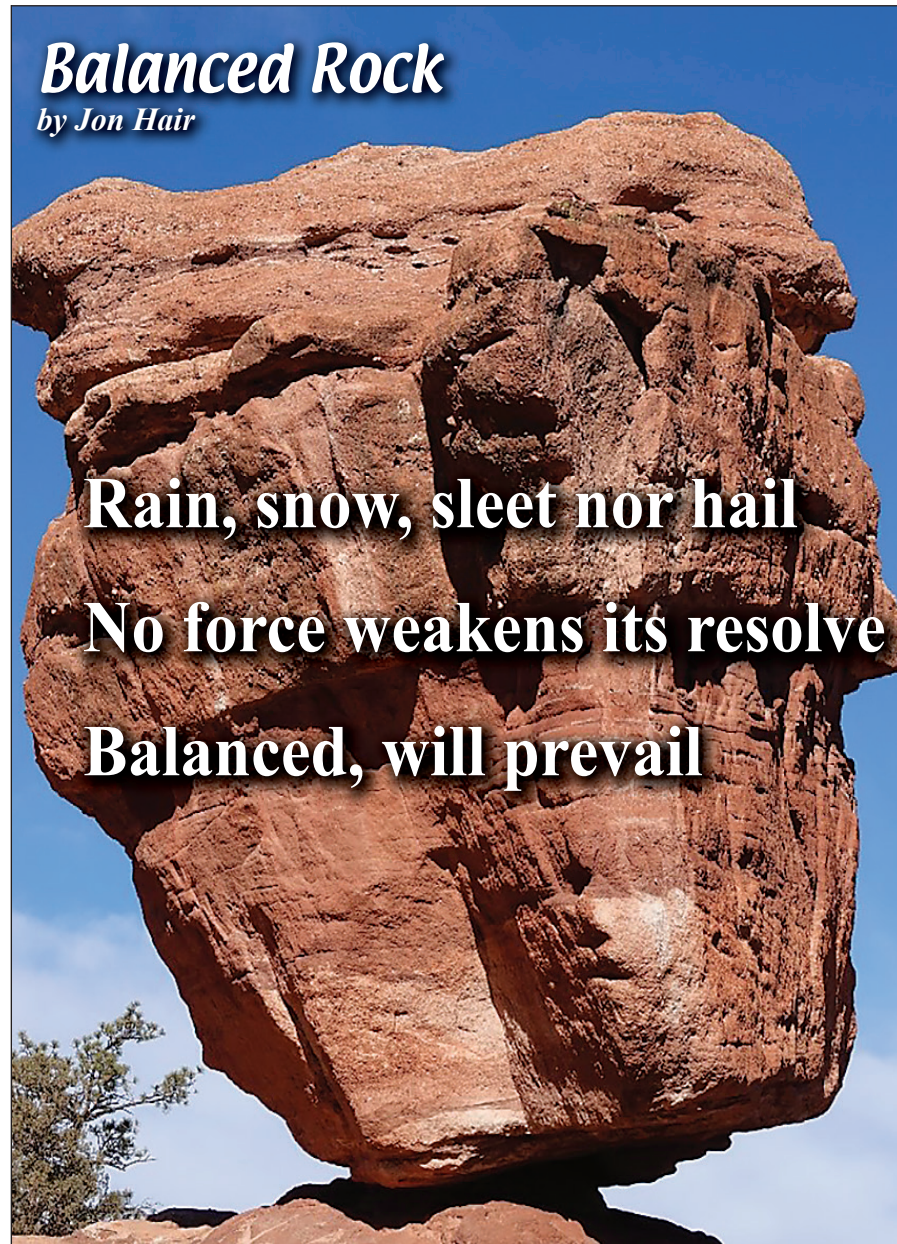
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Balanced Rock in Garden of the Gods, Colorado Springs. photo by S.W. Veatch.



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Currant Creek Characters – part XVII

The Dells - second generation

by Flip Boettcher
photo by Flip Boettcher

With the death of their parents, BR Dell in 1914 and Mary in 1915, three of their children, May, Alf and Calhoun, stayed in the Guffey area, but not at the homestead ranch, which was sold in 1909. Lena married George Green of the 4-Mile Creek area and presumably moved over there. Bertha moved to Pueblo.

May married Bill Hammond, Annie Bender's brother, and stayed in the area. Bill was a rancher and had several butcher shops in the area. Bill was also a square dance caller at all the dances in the area. May, as you recall, was a teacher at the Guffey School.

Local merchant Gus Cohen presided over the wedding ceremony of Alf, 28, and Miss Lillian Pearl Douglas, 16, in Guffey on February 2, 1902. Lillian was born in Kansas in 1886. They both died in 1964 in Cripple Creek, but Alf is buried in the Fairplay cemetery.

The couple had six children: Louise (Hyde), 1902-1980; Charles "Charlie" Alfred, 1904-1983; Buford Gerald, 1907-1978; Elizabeth "Betty" (Stansky), 1909-1979; Thelma (Yoder), 1913-unknown; and Lorraine, 1916-2002.

According to Pat Ownbey, Buford's step-daughter and a 70+ year resident of Guffey, Louise lived across and just down from the post office and married a Mr. Hyde. Charlie lived in Guffey his whole life as did Buford. Betty married a Mr. Stansky and lived in Cañon City. Thelma married a Mr. Yoder and moved to West Yellowstone, but returned to Cañon City. Lorraine was raised on the Remington place west of Guffey near the Betty mine, then married Mr. Sipes and moved to Arkansas.

Calhoun married Sarah Merle Keller (1888-1979) in 1908 and they had seven children: Theodore Gerald, Jr., 1910-1992; Elton L., born October 29, 1911, Cripple Creek, died March 2, 1924, Cañon City; Floyd Delbert, 1913-1988; Florence C., 1918-unknown, maybe died early; Dorothy M., born 1921; Glen "Red" W., 1922-2001; and Lena M., born 1928.

In 1910, Calhoun is living with his in-laws in Fremont County with his wife and baby Theodore. By 1920 the family is living in Guffey. Cale is 44, a farmer, wife Merle is 31, Theodore is 9, Elton is 8, Dilbert is 6 and Florence is 1 ½.

In 1922 Calhoun proofed up a 481.56-acre stock raising homestead west of Guffey in what would become part of the Pike Trails subdivision. By 1930, the family is in Cañon City. Calhoun, 53, is a farmer and runs a sawmill. By 1940 Cal is 65, living on an old age pension at 1112 River Street. Cal attained only a 4th grade education. He is living with wife Sarah M., 51; son Floyd D., 26; daughter Dorothy M., 19; son Glen W "Red", 17; and daughter Lena M., 12.

Calhoun died in Cañon in 1950. Sarah



Alfred's house at the corner of Canon Street and 8th Street in Guffey. The section on the left is the original section. The part on the right was added several years ago.

Merle died in 1979 and the two share a headstone in the Lakeside cemetery.

Alfred remained in Guffey until he died at 93 years old in 1964. He lived on the corner of Canon Street and Eighth Street. Alf played the five-string banjo and was a rancher and miner. In 1910 Alf and his family were living in Cripple Creek, but by about 1916 or so, the family was living on the Remington ranch west of Guffey. Lorraine was raised on the Remington place, according to Ownbey. The 1920 census has the family living in Guffey. Alf is 47, head of the household and a laborer and stock farmer. Pearl is 34. Charles 15, Buford 12 and Thelma 7 are listed as students. Lorraine is 4.

The November 4, 1920, *Cañon City Daily Record* ran an article that Mary and Ruth Rowe, daughters of Frank Rowe, hosted a Halloween party. The evening was spent playing Halloween games, fortune telling and music. Attending the party were Marion and Margaret Witherpoon, Elizabeth and Thelma Dell, Helen Rowe, Phoebe Cohen, Howard Newberry, Edward Douglas, Henry, David and Felix Cohen, Ted and Robert Rowe, Sam and Mrs. Rowe and Buford Dell.

In 1930, Alf, 58, Charles, 25 and Buford, 22 are living together in Guffey. By 1940 Alf, 68 is listed as a rancher and head of the household living in Guffey. He states he is a widow, but Pearl did not die until 1964 in Cripple Creek.

In 1935 Buford and Charlie are in Cripple Creek, according to Ownbey. In the mid-1930s, the Dells located a copper mine southwest of Guffey off Park County Road 88. In 1936, Charlie started a 640-acre stock raising homestead patent, which included the Betty mine and a homestead house, which became known as the Remington place, according to Ownbey.

In 1940 Charlie is listed as a rancher, 35, head of household and living next door to his father Alf. More likely, Charlie

was living at the Remington place or the Goerner place, both out on 31-Mile Creek, stated Ownbey. Buford was also living in Guffey in 1940. Buford and Alf were working the Betty mine.

In 1941 Charlie proofed up his 640-acre stock raising homestead west of Guffey. The land patent says "coal and other minerals reserved to the U.S." According to Ownbey, if one stakes a mining claim and renews the assessment every year, one acquires the mineral rights.

The Remington place was located on 31-Mile Creek and the Betty mine was about a mile around the corner from there. Alf would walk from there into Guffey to get the mail, about five miles one way, said Ownbey, and she sometimes rode her horse along with him, and he could out walk the horse, she said. Even in his 90s Alf still took long walks on nice days.

After Alf and Buford located the Betty mine, they hand dug a 500-600-foot shaft down to the copper lode using a horse and winch. Buford put up all the wooden cribbing in the mine, according to Ownbey. Alf, Buford, Charlie and Lorraine lived at the Remington place.

Buford sold the property to the Remington's, and Buck Hayes owns it now. It has probably been at least 50 years since anyone has been in the mine, Ownbey said.

In the 1950s, the small cabin that is now next to Alf's house in Guffey was moved from Balfour and was named six-shooter Annie's house because Annie used a six-shooter to shoot out a hole in the roof for the stovepipe. Ownbey and many locals helped move the cabin. Charlie moved in.

Ownbey moved to Guffey in 1945 to live with her 20-year-old step sister and brother-in-law. In 1951, her mother Verna May Chinn moved to Guffey and lived in a trailer back behind the post office. Later in 1951, Verna May met and married Buford Dell and they moved into 110 Main Street in Guffey.

The building at 110 Main Street was



Alfred Dell - courtesy ancestry.com

built in the 1930s by Opal and Ruth Pearson from wood milled in their sawmill which was located behind the house, according to Ownbey. The Pearson's sold 110 Main Street to Buford in the 1940s and in 1958 Pat married Frank Ownbey and they bought 110 Main Street from Buford. Electricity did not come to Guffey until the mid-late 1950s, said Ownbey. Frank and Pat added the quartz chimney. The quartz came from the Betty mine. Pat worked in the Betty mine, she said.

Buford and Vera moved into the Airstream trailer next door to 110 where they both died.

In a 1961 interview in the *Star Journal* and *Chieftain Newspaper*, Alf Dell, fondly called "Uncle Alf," the 90-year-old Guffey pioneer remembers Guffey when it was booming with 500 residents. There was a two-block long business section with log buildings and frame fronts. There were several stores and amusement places, boarding houses and homes, all log construction. The Guffey mail came three times per week from Howbert. Only a little gold was ever found in Freshwater gulch.

Ever since the store and service station burned down several years before, Uncle Alf said that there were no occupied buildings in the former business section and not much evidence of the activity of 60 years before.


Uncle Alf lived with few modern conveniences but enjoyed playing his five-string banjo and listening to the radio. His two prized possessions were an old-style rocking chair and a loud striking clock which he said had been in the family more than 100 years. Most likely the clock was from his mother and father's marriage in 1861.

Alf remembers hunting deer and bear when the region was wild and mostly uninhabited. Alf also was a prospector, miner and a rancher. Alf died in Cripple Creek in 1964 and is buried in the Fair-play cemetery.

To be continued...the 3rd generation

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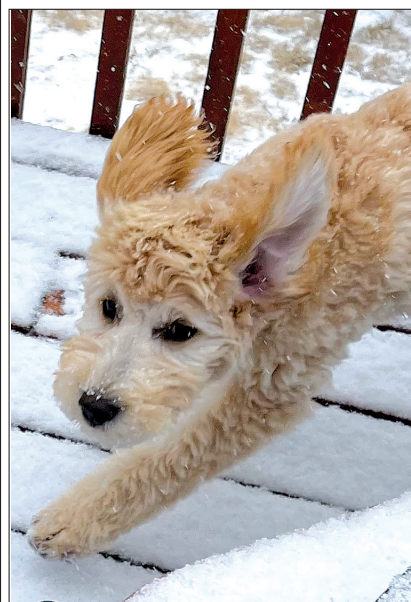
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Cat Masterson in the orchids - Kathy Hansen, Divide, CO

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 your name.

SPRING HAS SPRUNG

It was a warm and sunny day as Bunbun the cottontail rabbit scrambled out of his hole at the edge of the pine forest and started looking for breakfast. It had been a long, cold winter and there wasn't a whole lot to eat. However, the first thing he saw was that most of the snow was melted away and the meadow was starting to turn green.

"At last!" cried out Bunbun, "I can stop eating the bark and twigs of the trees. Grass is much more tasty. I can hardly wait until the flowers come up, yummy."

As the little rabbit started to hop toward the meadow, he heard a chattering high in one of the tall pine trees of the forest. He stopped and looked back toward the forest and up into the trees. There toward the top of an old pine tree was Sidney the squirrel, and he was running back and forth on the small limb he was on calling down to Bunbun.

"Hey, Bunbun, wait for me!" yelled Sidney the squirrel.

The rabbit waved back to his friend and sat down in the cold grass to wait.

Sidney ran to the trunk of the old pine tree and then on down to the meadow where Bunbun waited and then ran around his friend a few times before stopping and gently punching Bunbun in the nose as he said, "Hi!"

Bunbun smiled and the two friends continued toward the meadow looking for things to eat. Bunbun started feasting on the grasses while Sidney scurried around looking for any seeds or nuts that may have been among the grasses.

The morning grew warmer as the sun rose higher in the cloudless sky and the snow melted quickly. Bunbun and Sidney continued to look for things to eat. They had to be watchful, for the larger animals were also hungry and looking for smaller animals to eat. Bunbun suddenly stopped eating and looked up and over the grass as Sidney stopped to watch him.

"It's a wolf," whispered Bunbun as he froze in place as did his friend.

The two friends stood without moving as the wolf wandered away looking for food. As soon as the wolf had turned his back to them and moved off a short distance, the two friends turned and ran as fast as they could back to the pine forest.

Bunbun ran down his rabbit hole as Sidney quickly climbed back up his pine tree and then stood quietly on a small branch toward the top and looked toward the meadow as the wolf walked away around the small partly frozen pond away from the pine forest.

They both waited for about half an hour before they came back together at the edge of the forest and Bunbun told his friend about something that he had heard from another rabbit.

It was about a place called "Afarm" and it was not that far away.

"We could go there and find all kinds of food," said Sidney as he listened to what the rabbit told him about the farm.

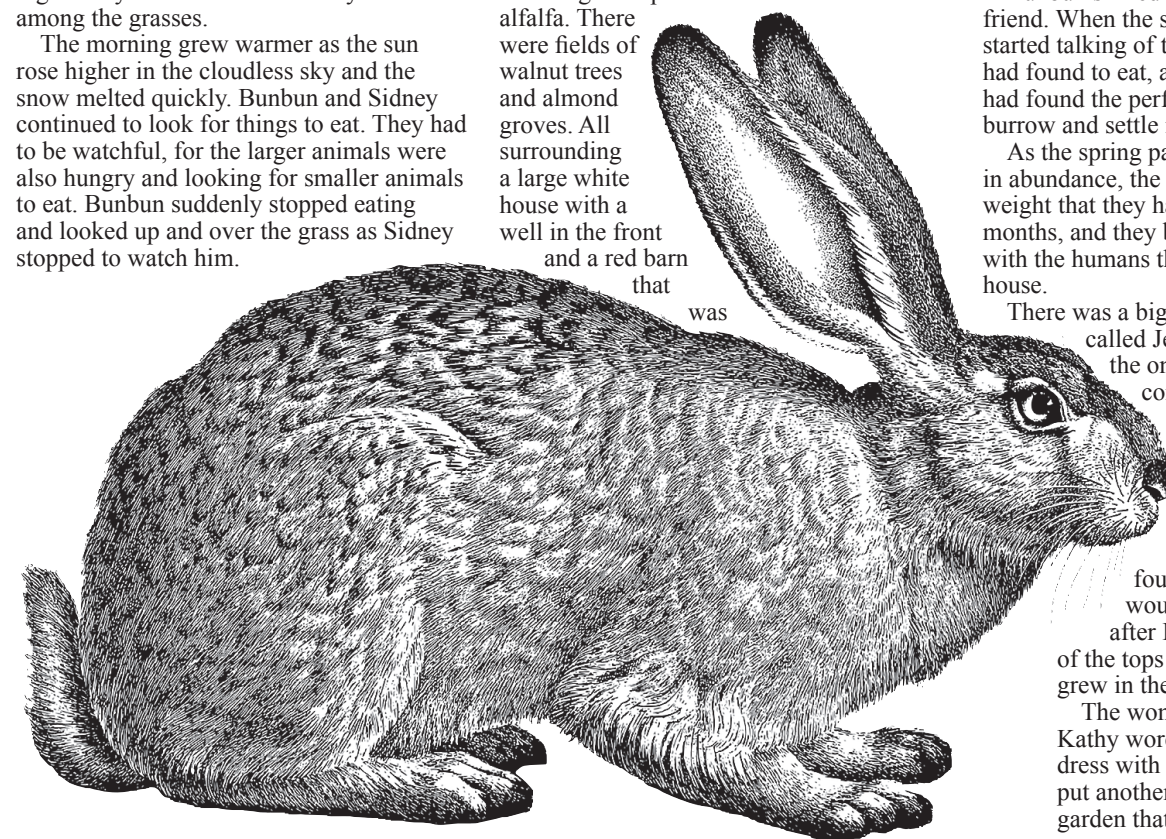
"Shall we go and see for ourselves?" asked Bunbun.

"Let's go," grinned the squirrel.

The two friends started off across the meadow and on toward a far range of hills where Bunbun had been told was the Afarm.

It took a whole day of traveling, but the next morning found them looking down at a big field of corn sprouts and another field of green sprouts of alfalfa. There were fields of walnut trees and almond groves. All surrounding a large white house with a well in the front and a red barn that was

was



bigger than anything they had ever seen before. There was a pasture that had cattle in it that were wandering and eating the green sprouts.

It took only a short time for the two friends to run down the grassy hillside and into the forest of nut trees. Sidney was thrilled with what he had found. There were nuts everywhere and he spent time filling his cheeks with them and then running to a place to hide them, only to find more of the nuts in the hiding place.

Sidney knew that he was not alone in this new place. There were other squirrels here too.

Bunbun was running toward the big farmhouse as he could smell delicious vegetables in a fenced yard near the house. He stopped and looked at the fence and knew that it would not keep him away from the wonderful foods that waited for him inside that fence.

But there were other grasses that were growing all around the farmhouse. Bunbun walked slowly around the farmhouse sampling the grasses and other things that grew there.

Later that afternoon the two friends met again in the forest of nut trees and talked about what they had found. "I'm never leaving here," exclaimed Sidney, "There is so much good food and there are beautiful females here that seem to like me. I have already picked a tree to make my home. All I need now are the things to make my nest."

Bunbun smiled as he listened to his friend. When the squirrel stopped, the rabbit started talking of the many things that he had found to eat, and he told of how he too had found the perfect place to dig his rabbit burrow and settle in.

As the spring passed and the crops grew in abundance, the two friends put on the weight that they had lost in the winter months, and they became more familiar with the humans that lived in the farmhouse.

There was a big male human that was called Jeff and he seemed to be the one that took care of the crops that grew quickly in the warm sun and moist ground. He wore faded blue overalls and big leather boots and a straw hat.

Bunbun and Sidney found that the humans wouldn't hurt them. Even after Bunbun had eaten some of the tops off of the vegetables that grew in the fenced garden.

The woman who was called Kathy wore a rose-colored flowered dress with a long apron. She just put another tighter fence around her garden that Bunbun couldn't get

by Gilrond the Historian

past. However, Sidney did cause some trouble when Kathy had put out her mop to dry on the railing of the place called the porch.

Sidney was in the process of building his nest in his tree and saw the long strings that made up the mop and knew that they would line his nest perfectly. Sure, they were wet, but they would dry quickly as they sat in the nest. So, Sidney climbed up on the railing and chewed off several of the long strings and ran off with them to put in his nest.

Back he came several times to chew off more of the strings when he was seen by Kathy, and she came out of the farmhouse and told him to stop. She waved her big hands at him, and he ran down the railing and stuffed his little claws with grass then came back up onto the porch railing. He looked at Kathy and stuffed the grass into his mouth, left, right, left right, trying to show the human woman that he needed the strings for his nest.

Kathy knew what he was doing and as she wiggled her fingers in front of her mouth, she told him to leave her mop alone.

Sidney ran down off the porch and took his grass and the strings he had chewed off to his tree and put it all in his nest and then ran back to the farmhouse.

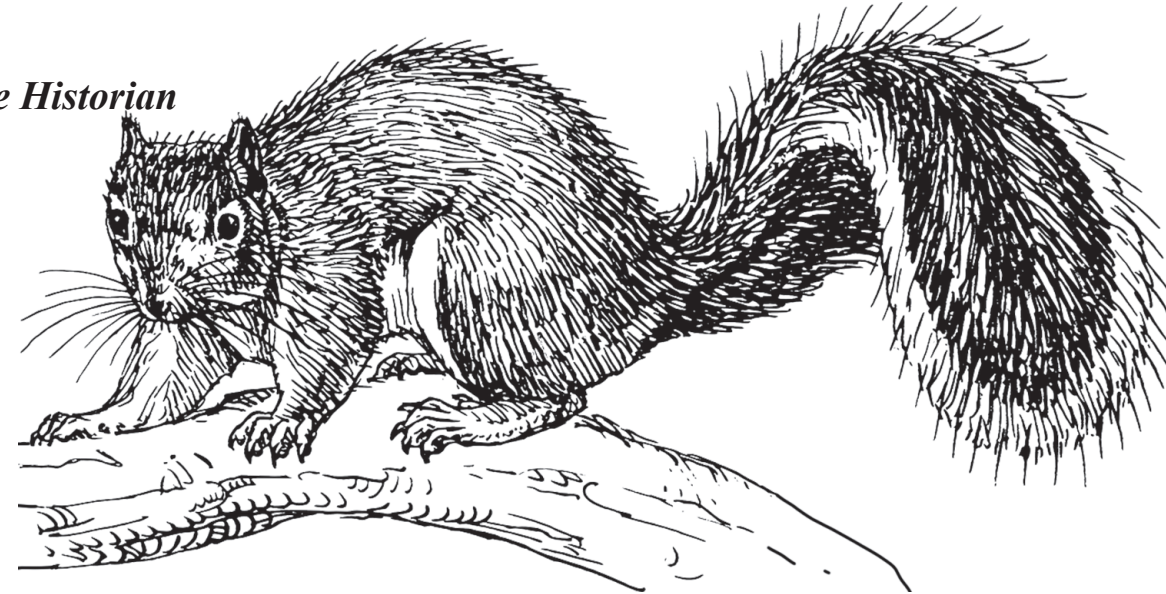
Kathy had gone back inside when the squirrel returned to the mop that still hung on the porch railing. He had chewed off three strings when Kathy looked out of a window and saw what the squirrel was doing. Out of the door Kathy rushed and shook her finger at the squirrel as she told him not to chew the strings off her mop.

Sidney rushed back down the porch railings and, again, stuffed his claws with the green grass the was abundant around the farmhouse, then he ran back up onto the railings to show the human woman that he needed the long strings to help build his nest. "She must be a slow learner," thought the squirrel, "How many times do I have to show her that I need those long strings for my nest?"

Again, Sidney stuffed his mouth with the grass, left right, left right, and looked at Kathy, hoping that she would understand. But all she did was wiggle her fingers in front of her mouth at him again and take the string mop off the railing and inside the farmhouse.

Kathy looked out of the door and as she shook her finger at the squirrel again, she said to him,

"Grassface, leave my mop alone!"



That was how the squirrel got his name. Bunbun was down in the grass watching the whole thing and watched as Grassface, once again ran back to his nest and dropped the grass into it and returned once more with his claws filled with more grass.

"I've got to get this human woman to understand that I need the long strings for my nest," he told Bunbun when he stopped in front of the rabbit.

Bunbun looked up at Kathy as she stood on the porch watching the two friends and he started to laugh as he said, "She is not going to let you have the long strings anymore, Grassface."

The squirrel didn't want to hear that, and he didn't like being called Grassface. He punched Bunbun in the nose real hard and made the rabbits' eyes tear up.

Bunbun was about to turn and kick Grassface with his powerful hind legs when they heard Kathy start to laugh. She had seen the squirrel punch the rabbit in the nose and it made her laugh as she walked back into her house.

Grassface looked at Bunbun and they both started to laugh as only a squirrel and a rabbit can laugh. Sidney was called Grassface from then on by everyone that he met, whether it was another squirrel or rabbit.

Even Sandy, the female that Grassface met a few weeks later, only knew him as Grassface. Even after she found out how he got his name, she called him Grassface.

It was later in the summer when Bunbun and Grassface were in the big red barn exploring when farmer Jeff, the big male human came in the barn where some of the cows were standing eating hay.

Jeff had brought a wooden bucket with him, and he sat down on a small wooden stool and started milking one of the cows. Bunbun and Grassface watched and were fascinated by what the human was doing. As they crept closer, Jeff saw them watching him and smiled. When the two got close enough, Jeff squirted Bunbun in the face with the milk from the cows' udder. Grassface laughed and laughed as Bunbun tried to drink and lick the milk off his face.

Have you ever heard a squirrel laugh? It's

a very funny sound.

Farmer Jeff knew what the squirrel was doing, and he sprayed Grassface with the milk too. Bunbun laughed and laughed as he rolled onto his back and watched Grassface try to spit out the milk that sprayed into his mouth and all over his face.

Farmer Jeff was laughing too as he watched the two animals struggle with the milky mess in their faces. It was the last time that the two friends ever watched Farmer Jeff milk the cows.

One day the two friends went into the pig pen that was on the far side of the farmhouse. They were watched by the pigs as they carefully walked around the messy floor of the pen. Suddenly all the pigs ran toward them as they snorted at the two friends.

Grassface and Bunbun ran as fast as they could to get out of the pen. But as they ran, they fell into the muddy, smelly mess that was on the ground and just got out of the pen when the pigs were about to catch them. "You really stink, Bunbun," said Grassface as they ran away from the pen and the noisy pigs.

"So do you," replied Bunbun, "I'm going to take a bath."

Grassface ran to a nearby tree and rubbed his fur against the bark over and over, but his mate Sandy still wouldn't come near him because he stunk so much.

Bunbun had run right into the pond that was near the farmhouse and washed himself for a long time. He watched as Grassface hurried to the pond and jumped in to wash off the smelly mud from the pig pen.

The two friends laughed as they washed and washed, then went to a big rock to lay in the sun and dry off.

They had many more adventures as they lived near the farm for the rest of their long happy lives.

~ THE END ~

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

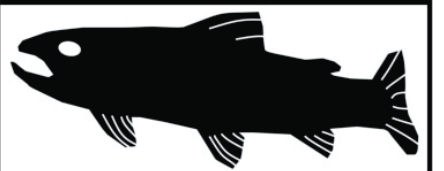
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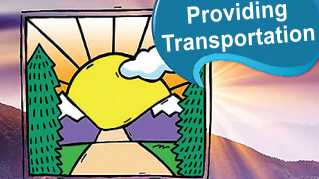
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Moon River Construction Transforming trailers and tiny houses

by Kathy Hansen
photos by Jeff Hansen

Did you ever meet a person who was truly fascinating and also meet their equally interesting and talented spouse? We did! It is our honor and privilege to introduce to you Angie and Ron Marcotte. The word synergy came to mind. Defined by Wikipedia as follows *Synergy is an interaction or cooperation giving rise to a whole that is greater than the simple sum of its parts. The term synergy comes from the Attic Greek word συνεργία (synergia) from synergos, συνεργός, meaning “working together.”*

Meet Angie

Angie is a storyteller at heart and what makes her storytelling special is that she uses art, often three-dimensional art to tell the story. While she does enjoy poetry and writing, the creative process of her art is truly amazing!

Angie earned her BSFA in Arizona, along with a teaching degree so she could teach art. She has taught mostly high school students; some in Arizona, some in Pueblo, Colorado and some at the Cripple Creek Park ‘N Rec Center of Colorado. Angie’s vast imagination and courageous display of her art before her students becomes kindling to their own creative process and expression. It seems everything is fair game. Angie possesses a genius imagination; there are no restrictions for style, color or form, there are no limitations. Angie has a way of empowering her students to develop their creativity and gives them the freedom to let their creative spirits soar!

Angie loves to paint, draw and transform. These are all aspects of the design process that she loves because she is a storyteller at heart! Her favorite aspect of the creative process is to hear her client’s stories and embellish upon their theme. She welcomes the challenge of making an object her client is fond of fit into the design of the theme, based on their story. Angie enjoys spending time camping, where she is prone to painting another section of their camper.

Meet Ron

Ron has been in construction for the past 35 years and is the owner of Moon River Construction. He has honed his building skills to the point where you can see the wheels turning as he rubs his hand over a surface or looks out the back window deciding the best location to build Angie’s studio.

Moon River Construction of Colorado has recently built several tiny homes in Leadville, each with a different theme (fun house, vintage/modern, cowboy/rustic, nature themes to name a few). He also remodeled their home in Victor, remodeled a home in Lake George and is currently finishing a stick-built home in Cripple Creek. Ron enjoys spending time camping, pref-

erably near a lake where he can go fishing.

Two heads are better than one

Angie and Ron met about seven years ago. It seems the chemistry began immediately; Angie’s creativity and design skills seem to dovetail with Ron’s building skills. Soon the synergy of their joint creative energies began to brew.

Angie’s mom is a Green Bay Packer fan, so she had the idea of painting her 1973 camper green and gold. The camper needed to be updated and upgraded. This pair was perfect for the task. Ron began with the structural aspect, building a bed in the camper, then replacing all electronics, propane, added a generator and battery for lights. Angie painted the cabinet doors in various themes and added all kinds of interesting items to look at.

The fun aspect of their personalities comes through with the small figure known as Little Ron. They cocreated a little space for Little Ron in the back of the camper by the bed. Little Ron has a chair and a bed in his area. When they go on a road trip or camping, Little Ron is placed before



Top: Angie traded a painted chair she had done for the skeleton chair pictured above. **Middle:** Ron and Angie Marcotte in front of Camp Plan B. **Right:** Belly the dog watches over Camp Plan B.

erty, considering the existing deer trails so as not to interfere with their travel pat-

terns, and also to give Angie inspiration as she might see the deer passing by her window.

Touring the Victor house, aka Moon River House, is nothing short of an inspiring experience. We see their appreciation for nature by their taxidermy mounts; an owl, fox and racoon, all were road-kill. He even has the documentation that it is legal for him to have that the owl, as the signor testified it was indeed roadkill. A stained-glass window found on the property fills the gap in a bedroom door perfectly. An antique spotlight is placed on a corner table and lit in the living room. Their sense of humor was revealed as they told us there were two ladies who stopped by Moon River House shortly after they bought it, confessing they had removed the two best-looking spotlights before the Marcottes moved in. We were surprised the ladies would have such a cavalier attitude toward their confessed theft! This easy-going couple can appreciate others’ work as well.

Angie showed us the skeleton chair that she gained after trading the artist for one of her painted chairs. She appreciated the small storage area built into the arms of the chair, a rather unique feature! They have a thermos collection and first-aid kit collection very neatly mounted on the wall in the laundry area.

We were really impressed with the changes they made to Moon River House. While we had not been inside before their synergy occurred, we could truly appreciate all they had done to this house. Ron saw the half-circle archway opening to what was the den at one time and created a door to transform the den into a bedroom. We could appreciate how the kitchen remodel incorporated a naturally cooler area, perfect for a pantry! The wall they

enjoyed hearing their story, incorporating special pieces the owners had in hand, along with another of her favorite tasks, finding pieces that accentuate the theme.

Currently, Angie and Ron are storing the unique items they’ve found along the way in the shed on their property in Victor. Things are well organized and the small items in bins. Ron is considering the best location to build a studio on their prop-



Ron’s mounts were all roadkill he found and had preserved.

Their goals are simple. For Ron it is to go to bed with a smile and wake up with a smile. For Angie, it is free-reign in designing and/or the challenge of incorporating a unique piece to the design. The couple has mentioned a goal of retirement, then an exciting project comes up, hence Camp Plan B.

If you believe you have a unique project that could use an experienced builder and untethered imagination, you can give Moon River Construction a call, but you might want to have that intriguing story down pat to draw them in. Ron can be reached at 970-316-1898 and Angie at 719-400-5214.



Growing Ideas Trees are the lungs of the Earth

by Karen Anderson “The Plant Lady”

“Plant a tree and add a new friend in your life.”

— unknown

May greetings to friends and gardeners of our mountain communities. This month I want to share with our readers what I know to be true about the importance of trees for our very existence and how we can help to preserve the health of our precious Mother Earth by planting and nurturing them.

We humans breathe in and breathe out. Trees do the same...they breathe in and they breathe out. Without getting too scientific or technical with an explanation of Mother Nature’s process, basically, we breathe in oxygen and exhale carbon dioxide. Trees breathe in that carbon dioxide and use the energy from the sunshine (among other things) to release oxygen back into the atmosphere. What a beautiful symbiotic relationship and as inhabitants of this planet, we would not have oxygen without trees and plants. An interesting commentary by Roger Leaky shares his thoughts on how trees can also be considered the skin, the kidneys, the intestines and the very heart of the Earth. If this very intriguing topic piques your interest and you wish to further educate yourself on the scientific evidence, Google: “Trees are the lungs of the earth” for more information.

Another reason for writing about “The Standing Ones*” this month is that May and early June are ideal times in our Rocky Mountain region to plant and transplant them. I ran across this quote during my studies and found it to be so very inspiring and true, “The best time to plant a tree is twenty years ago. The second-best time is NOW.” So, I am going to encourage you to plant some trees this month. The Earth is usually still moist from our spring snows and intermittent rains which lends to favorable conditions for planting. Hopefully, the high winds have subsided for the most part and the pleasant warming phase promising summertime brings the beginning of new growth and hope to our gardening season, as well as to the human spirit.

There are a few options to choose from when you consider incorporating new trees into your landscape. First and foremost, you will want to make sure that they are native to your area. I have been working intensely with locally and legally harvested aspens, spruces, firs and bristlecones for over 35 years and will be offering a limited supply for purchase during the months of May and June. These trees will be 4’-6’ in height, bushy and balled with burlap. I have discovered from experience that these smaller sizes have better chances for establishment and survival rather than going big in the home garden.

I think of them as growing teenagers because they have a tendency to sprout up and develop quickly.

If you would like to know more about the availability of these special trees, other quality native shrubs and power perennials, please inquire soon for prime selection. May is the best time for these hardy and foundational plantings in our region, however you may plant later in the season if you choose high altitude and healthy stock.

Please be aware that many of the potted trees that are for sale at the big box stores are more than likely imported from tree farms at lower elevations and may have a hard time making it in our high-altitude. I would also like to mention that there are some folks who are ‘run throughs’ with trucks full of aspens and other trees for sale that may be dug illegally without permits or respect for the Earth, and perhaps never to be seen again. If you have problems, they may not be there to help you. Discernment is your best bet in that type of situation.

You may also be interested in ordering native saplings from the Forest Service. If this is one of your choices, then I have some important suggestions to consider. Because these saplings are baby trees, they will need to be pampered with an abundance of tender loving care. They will normally come to you either bare root or barely rooted, so I would recommend that you plant them individually into right sized pots and nurture them in a nursery type environment for at least several months. With this practice, the infant trees will have the opportunity to establish a more substantial root system, so when you do transplant them out into the ‘wild, wild west’ their chances of surviving will be ten-fold. Also, it would be extremely wise to cage the little ones to protect from hungry critters and to make sure they get plenty of water, a few doses of root stimulator and as I always advise...MULCH... and pray!

As to the transplanting of aspens in particular, you Never Ever want to try to dig them after they are leafed out. There is a very small window of opportunity in the early springtime to attempt this process and have any chance of success, and that timetable is after the earth thaws and before the greenery begins to bud out. It is a bit of tricky business if you are not familiar with the vital steps needed for favorable outcomes. You may transplant evergreen trees up until approximately mid-June, before spruces start to bud out or pines begin ‘candle’ or you can purchase professionally dug trees for saving



time and energy.

One of my mottos in the world of trees is plant it forward. There is a quote that really catches my attention, “Blessed are those who plant trees under whose shade they do not expect to sit.” That may very well be true for some of us in the sunset of our years, but we can certainly do our part and plant some trees for future generations.

I would like to share one last thought before giving you the scoop on how I can help you with your gardening and landscaping endeavors this season. As many of you already know, I am an avid tree hugger and am willing to do whatever is within my power to save the trees and be their protector. But I have also come to terms with and understand the importance of mitigation for fire safety and the health of the forests as well as our personal sacred spaces. Before you make your final decisions on which trees need to be eliminated, please take into consideration that aspens are water based, unlike most evergreens which produce terpenes, waxes and other flammable oils, especially if they are dry and unhealthy. If your aspens are healthy, they just might serve as somewhat of a fire break.

If you are ready for greenhouse gardening, I am offering organic, non-gmo tomato and basil starter plants which are available at The Outpost in Florissant, Shipping Plus in Divide and at Mountain Naturals in Woodland Park. My Heritage Seed Collection of primarily high altitude Power Perennials are also on display at all three locations. You may also contact me at 719-748-3521 or email plantlady-speaks@gmail.com for more information on trees, native shrubs, perennial plants or expert guidance with a personal home consultation. I am here to help. Looking forward to talking with and/or meeting with you to share my experience, strength and hope on my favorite and most passionate topic... gardening.

Please remember to honor all the Moms out there on Mother’s Day, Sunday, May 8 with loving kindness, recognition and gratitude. Wishing you all peace and well-being.

*Cherokee ancestors referred to trees as *The Standing Ones*.

Cave of the Winds

by Josh Hair



Ancient cave of winds

Howling through winding tunnels

Where Indians lay

Josh is in 7th grade. Postcard is from the S.W. Veatch postcard collection.

Rainbow Falls

by Ben Elick



Unchanged over time

Worshiped by all natives

Hurt by graffiti



Grandson Malachi created the Smitten House at only age 7.

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Life-Enhancing Journeys Self-compassion – appreciating yourself

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

The other day, while enjoying lunch with a friend, she asked my opinion about what I thought was the most effective way to master one's own life. My response was a decisive "self-compassion." It may sound surprising, that loving oneself is the best method to create an exceptional life, yet too few people practice self-kindness. May's article explores what self-compassion is and how to become more proficient at integrating it into your life.

To have a greater chance of survival as a species, our brain evolved around nurturing, generosity, cooperation, and caring. Being compassionate is hard-wired into our nervous system as well as part of who we are so why are so many of us are unkind to ourselves?

The way you answer the following questions is essential for understanding where you are on the self-compassion continuum:

- Do you know what it means to love yourself unconditionally?
- Do you know how to accept and embrace yourself fully?
- Do you spend time comparing yourself?
- Are you experiencing difficulties believing you are worthwhile?

Did you know that the word compassion literally means to "suffer with?" The full definition is "A deep awareness of the suffering of another accompanied by the wish to relieve it." (Merriam-Webster)

It is truly uplifting when you can help a person in need. Positive feelings such as joy and contentment are produced when you assist a person who is in distress. Having compassion for others also means that you offer understanding and kindness when they make a mistake. Rather than condemning them, you realize that suffering, missteps, failure, and imperfection is part of the shared human experience.

Behaving the same way towards yourself when you are having a tough time is essential. Instead of ignoring your pain or staying calm to hide your feelings, allow yourself to pause, then tell yourself "This is really difficult right now...how can I comfort and help myself in this moment?" Are you noticing how affirming that feels?

Instead of judging, comparing and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with your flaws or limitations. We all have strengths as well as weaknesses and we were never intended to be perfect. Having compassion for yourself means that you honor and accept your humanness. The very definition of being "human" means that one is mortal, vulnerable and imperfect. Life most certainly will challenge you creating frustrations, encountering grief, grappling with mistakes, dealing with deficiencies, and experiencing doubts. This describes the human condition — something that we all go through, not just "me" alone. When you accept this reality instead of pushing against it, it will be easier to feel compassion for yourself as well as for other fellow humans.

Think of positive self-talk as the structure you build on top of the foundation for healthy self-worth and self-care. Remember that it takes time to establish new self-talk habits so practice these changes repeatedly. You are worth it.

It is difficult to ignore the constant bombardment of messages that make us believe "I am not good enough" or "I'm unlovable." We hear these judgments from our parents, friends, bosses, and media advertisements. In fact, we have been hearing these comments for our entire lives. Ever since we were children, we have been hearing messages that we need to be perfect, get top grades, have lots of money and high status to be deemed worthy of love and respect. We have heard these labels describe us for much of our lives so it is logical that we would feel inadequate while facing

difficulties. If you wish to finally change these patterns, a great place to start is to be skeptical of those negative assumptions you continue to generate about yourself.

Now for an emphatic word of warning. Beware of your ego becoming too inflated. It is important to recognize that, in pursuit of a healthy self-image, it is necessary to avoid going down the road to narcissism. If you need to feel superior to, or compete with others to rate yourself as worthy, you have lost your way and are becoming egocentric or self-centered. Being self-appreciative is different from being self-centered so never confuse loving yourself with loving your ego.

"He is a self-made man and worships his creator."

— John Bright

Listen to your self-talk

It is likely that you have been subconsciously uttering more negative than positive phrases quietly inside yourself. Studies have confirmed that we trigger 300-400 personal assessments each day with most of them echoing disapproval and fear. If your self-talk is unkind and causes you to undermine your self-worth and confidence, there are adjustments that you can integrate into your life now to reinforce emotional well-being.

Success will be easier if you turn off, or tell off, the negative voice inside your head. Do you constantly judge yourself for being "wrong," "imperfect" or "not good enough?" Do you also apply labels such as "I'm a failure...a loser...a freak...stupid?"

It is difficult to experience any sense of joy when you are convincing yourself that you are of no value and are inadequate. It is impossible to execute a plan to evolve into the best version of yourself, to live your best life possible, if at your core, you believe you are undeserving and worthless. Negative beliefs will always sabotage your efforts. Every time you catch yourself judging yourself about an unwanted trait, notice the distress self-judgment causes then offer yourself compassion.

"Whether you think you can or think you can't, either way you are right."

— Henry Ford

When I recall experiencing a deep depression many years ago, I knew I needed professional help (even though I was a therapist). I found an excellent psychotherapist who helped me recognize how poorly I had been treating myself. Self-compassion was a foreign concept of which I had zero knowledge. "You stupid (bleep) idiot...what did you do that for..." was my internal catchphrase when I made a mistake. With my therapist's guidance, I learned what seemed to be a whole new language with which to respectfully talk to myself. Now when I slip-up, which I still do, instead of beating myself up (quietly inside my own head as I used to), I give myself a compliment merely for recognizing it, "Good for you, Barbara, for noticing" or "Good catch" or "Way to go, girlfriend." This tool brings awareness to an often-unconscious thought and without consciousness, it is impossible to change anything. Utilizing the skill significantly changed my life — the depression lifted as I became more accepting of myself. I reframed my inner dialogue to be more encouraging and supportive after I realized that, if I really wanted to motivate myself, love is far more powerful than self-loathing.

"Of all the judgments we pass in life, none is more important than the judgment we pass on ourselves."

— Nathaniel Branden

Practicing healthy self-talk is the most effective way to begin the process of appreciating yourself.

Rephrase offensive words you may say to yourself into comments that are kinder and more supportive.

It is important to match your words with actions. Tell yourself that you are worth putting the effort in then follow it up with behavior that is consistent with your viewpoint.

"Love of one's neighbor is not possible without love of oneself."

— Hermann Hesse

At times it is possible to feel overwhelmed by difficult emotions. When this happens the most self-compassionate response may be to pause temporarily. Start by focusing on the breath, notice the sensation of the soles of your feet on the ground, give yourself a cup of tea, soothe yourself with water by bathing or showering, engage with your pet(s). By doing so, we reinforce the habit of self-compassion by giving ourselves what we need in the moment.

Here are some concepts to remember which can assist with self-acceptance:

- Self-compassion is an inside job — only you can do it for yourself. After you fill yourself up you can better connect with others on a deeper level because you need nothing from them except their friendship.
- Check in with yourself and give yourself permission to be where you are.
- Self-appreciation is about turning the kindness you give to others inwards.
- Avoid comparing yourself to others. There is no competition. Feeling good about yourself comes from inside you.
- Other people's drama is not about you so take nothing personally.
- Self-appreciation is a better choice rather than seeking approval or looking to others to determine if you are good enough.
- Love and accept yourself. Every part of you comes from all you have experienced so appreciate the journey on which you have been.
- Have confidence that you have done your best regardless of other's reactions.
- Every trait can be both a strength or a weakness under different circumstances. Be grateful for what you have been given.
- Value who you are or who you want to be and let that guide you.
- Remember that you are encouraging yourself to live a healthier and happier life because you care about yourself.
- Self-care is the act of recharging your system. Each of us knows intuitively what we need so pay attention to the signals your body and inner mind gives you.

"My wish for you is that you continue...to be who and how you are, to astonish a mean world with your acts of kindness..."

— Maya Angelou

Learning how to love yourself unconditionally is important for living a quality life. Self-appreciation is all about being kind to yourself. You will discover that you have value and are lovable when you look inside regardless of what you may have heard growing up. All answers to having a more successful life comes from within.

"Self-love, self-respect, self-worth: There's a reason they all start with self. You can't find them in anyone else."

— Rob Liano

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

Lost Antler Trading Post

by Flip Boettcher
photo by Flip Boettcher



Julia Demaree in her shop the Lost Antler Trading Post.

One of the newer shops on Fairplay's historic Front Street is the Lost Antler Trading Post at 415 Front Street.

Evoking images of trading posts of yore, the Lost Antler stocks hides and furs; bags made by a veterinarian who uses all wild animals; and a few bags made of buffalo, mountain lion and bear.

Owner/operator Julia Demaree also takes custom orders for leather moccasins, felted shoes and hats, she said. The Trading Post also sells South Park cartoon items, handmade bath soaps, balm and candles. Julie is always looking for unique items for the trading post. Any artist wanting to show Julia their wares, contact her at lostantler@msn.com.

Julia and her husband John moved to Colorado from Kentucky with three Rottweilers, two cats, four beehives with bees, three kids and a tractor. "We looked a little like the Beverly Hillbillies on the move," Julia said.

The family settled into a farm with some acreage near Bailey. On the first day there, she found an antler shed and brought it in the house. The next morning, she saw one of the dogs with an antler and assuming it was the one she had found she wondered how the dog got it outside.

Where is Katee this month?

Katee wants to thank everyone who continues to support the Pet Food Pantry with donations so that her canine and feline friends can stay at home with their families. She knows that they will continue to comfort their owners during this difficult time.

You can drop off donations at TCRAS, Blue's Natural Pet Market, or the UPS Store located in the Safeway Shopping Center. You can also donate online www.PetFoodPantryTC.com. She appreciates your support.

Katee will be at the Little Chapel Distributions on May 9 and 23 from 3:30-5 p.m. Stop by, and she will give you a wet sloppy kiss!



**Memorial Day
Remember & Honor**
Pet Food Pantry Volunteers
PetFoodPantryTC.com

**Woodland Park
Spring Farmers Market 2022**
Teller County Farmers Market Association



Woodland Park Farmers' Market

Spring Farmers' Market
May 14, 2022
9am - 1pm

Seasonal vegetables, cheese, eggs, meat; bread, pies & pastries; jams, honey, salsa and pickles; candy, crafts, flowers, and special interest. Live Music
Sun, Rain, Hail or Snow!
Ute Pass Cultural Center
210 E. Midland Avenue
Woodland Park, CO 80863
2022 Summer Market dates:
June 3 - September 30

wpfarmersmarket.com
info@WPFarmersMarket.com



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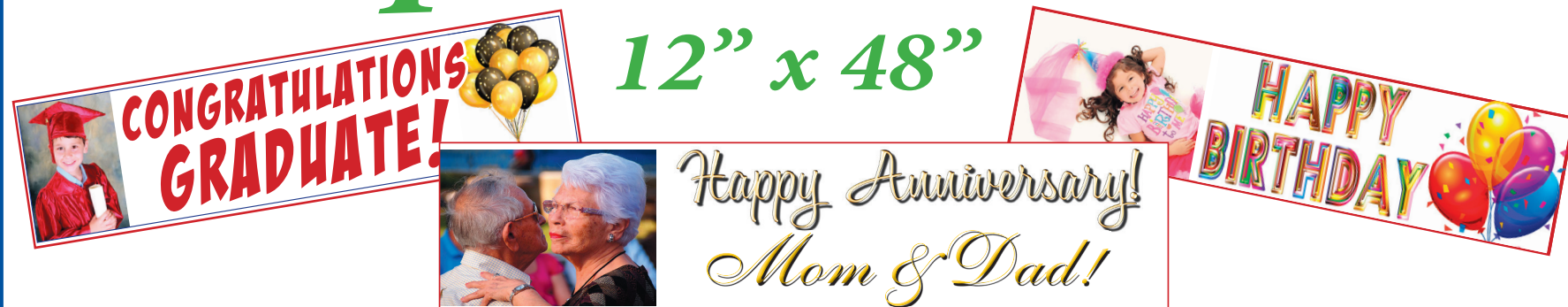
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Memorial Day Ceremonies



Veterans of Foreign Wars (VFW) Post #11411 of Florissant and Lake George will conduct its Honor Guard Ceremony in memory of veterans that are buried in local cemeteries on Memorial Day, Monday, May 30, 2022, at the following times and locations:

10 a.m. 4-Mile Cemetery
11 a.m. Florissant Cemetery
12 noon Lake George Cemetery

The public is invited to attend these ceremonies to honor our deceased veterans. To learn more about membership in the Florissant-Lake George VFW Post #22522 or its Auxiliary, contact Post Commander Randy Ford at 719-510-9392 or Auxiliary President Janiece Tyler at 719-748-1335.

The Granite Attraction Eric Swab to present Stories of the Pikes Peak Highway and Summit

by Marianne Magon

Eric Swab, noted historian from Colorado Springs, will be telling stories from his latest book, *The Granite Attraction — Stories of the Pikes Peak Highway and Summit* at 2 p.m. Sunday, May 15 as presented by Pikes Peak Historical Society at Lake George Charter School.

People of European descent began to venture on the highway to the summit in 1888 and America's Mountain became an attraction for visitors. Through the years it has been the source of tall tales, stories of hardship, and of failure. Swab did his research and the book shares what he found in exploring the history of this famed mountain. It concludes with the new railway system and visitor's center, which opened the summer of 2021. After his presentation Swab will be heading to the Pikes Peak Museum on Teller 1 in Florissant to answer questions and conduct a book signing. Copies of Swab's book will be available for sale in the museum gift shop.

In 2003, Swab retired and began hiking, mostly on Pikes Peak. During his hikes, he would find evidence of human activity, which prompted him to do research on the area and its early inhabitants. One of his first projects was the Fremont Foundation Experimental Station. Swab has also worked with the forest service and researched Skelton Mountain Ranch near



Eric Swab noted historian will present the history of Pikes Peak from 1888 when people of European descent began to travel to the summit to the completion of the new visitor center and railway system.

Woodland Park.

The Pikes Peak Historical Society invites you to learn more about the history of Pikes Peak at the PPHS monthly Chautauqua on Sunday, May 15 at 2 p.m. at the Lake George Charter School. The Lake George Charter School is located at 38874 US Hwy 24 in Lake George. This program is presented as a public service of the Pikes Peak Historical Society. Admission is free and no reservation is required. FMI 719-748-8259 or 719-748-3861.

Spring is here and it's a great time to put your house to work for you with a **Home Equity Line of Credit!**

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~OUT AND ABOUT~

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

AVAILABLE VIRTUALLY

12 We are hosting another Virtual Parent Night Session 7-8 p.m. This session will focus on: Tools to Stay Steady - Crabby moments are always a challenge, but some "crabby" is a whole new kind of challenge! Learn the tools to manage big feelings and to stay steady enough so that you can help steady others. Please know this is a relaxed, kid-friendly, open-forum training. Please register no later than 5/10/22 by using this link: <https://forms.gle/K9Q-PAXZm1Jc4HBz7>. Feel free to invite and share this link with anyone you think may be interested in joining us. Feel free to contact me with any questions: Kristen Valett: kvalett@ceccc.org.

- Crossroads of Parenting & Divorce. Teller County court approved co-parenting class. Registration fee required. FMI 719-686-0705 or Michelle@cpteller.org.
- NAMI Colorado: <http://www.namicolorado.org/>
- Suicide prevention: <https://suicidepreventionlifeline.org/> or 1-800-273-8255

BUENA VISTA

7 UAS Club Central Colorado 9-10:30 a.m. at Central Colorado Regional Airport. FMI 719-581-2010 or ccuasclub@gmail.com. Meets every first Saturday.

20 BV HOPE meeting 1:30 p.m. via Zoom. Join Zoom Meeting. FMI: BVHope.org

- Comanche Drive-In is open Fridays, Saturdays & Sundays until Memorial weekend when we go Friday-Tuesdays. Showtime dusk. FMI 719-395-2766 or comanchedriverin.com.
- The Chaffee Shuttle is now of-

fering a Mon-Wed-Fri shuttle to Salida. \$5 recommended cost. FMI 719-530-8980.

CAÑON CITY

LIBRARY

4 FREE Legal clinic 2-5 p.m. Call 719-269-9020 for appointment.

6 Agricultural Heritage in Macon Plaza 4:30-7:30 p.m. Lots of fun, free activities. Celebrating Cañon City's 150 Anniversary.

21 Tracy Beach book talk *Night of 1,000 Heroes* 2 p.m. The book is about the flood in Pueblo in the early 1920s.

27 Fran Miller is teaching a water color painting class 10:30 a.m.

- B.O.O.K. Babies on our Knees Monday 10:30 a.m.
- Break out box 2nd Friday each month 3-4 p.m.
- Chess Club Wednesday 2 p.m.
- Cribbage Club Fridays 10 a.m. All ages welcome!
- Filler Friday (different activity each month) 3rd Friday each month 3-4 p.m.
- Fremont Brain Injury Support 1st Tuesday 12:30 p.m.
- Lego Club 1st Friday each month 3-4 p.m.
- Metaphysical Group 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.
- Virtual story time Wednesday 10:30 a.m. All at 516 Macon Ave. FMI 719-269-9020.

COLORADO SPRINGS

28 Sound Advice plays at Teritory Days 1:30-3 p.m. at Bancroft Stage. FMI www.soundadvicecocks.net.

CRIPPLE CREEK

5 American Legion Post 171 meets 6 p.m. at 400 Carr St. Food and refreshments at 5 p.m.

15 Two-Mile-High Club will turn out the donkeys from their winter quarters so they may range free at 11 a.m. President Teddy Roosevelt (aka Steve Smith) will speak and to facilitate their release as he did in 1901. Volunteers will be there to escort the donkeys into town. Join us starting from the winter enclosure at 600 Teller County Hwy 89. Be sure to meet our newest rescues Calypso and Salsa!

15 Visits with History 2 p.m. at Heritage Center. FMI see page 4.

26 CCV High School Graduation at 3 p.m. After the ceremony we will have our annual graduation parade through Cripple Creek and Victor. Students may then return to the school where they can get their photographs taken in their caps and gowns.

- GED Classes Mondays and Wednesdays 1-3 p.m. FMI 719-686-0705 or Michelle@cpteller.org.

ASPEN MINE CENTER

27 Commodities distribution (drive up basis) 9-2 p.m.

- Tuesdays BINGO 10:30 a.m. for seniors.
- Tuesdays board games 1 p.m. for seniors.
- Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed, FREE!
- Thursdays Mexican Train 10:30 a.m. FMI 719-689-3584 x124.

DIVIDE

9, 23 Little Chapel Food Pantry Distribution 3:30-6:30 p.m. For more info 719-322-7610 or email littlechapelfoodpantry@outlook.com

- FREE Yoga with Leah

Mondays 10-11 a.m. at Pikes Peak Community Club. All levels welcome. FMI Michelle@cpteller.org or 719-686-0705.

FAIRPLAY

15 South Park City opens for the season through Oct 15.

FLORENCE

9 Deadline - Call for Entries by Blue Spruce Gallery. Theme: Vintage Vehicles. All artists are encouraged to enter. Show opens May 11, reception on May 13. Cash prizes and ribbons. Entry forms available at Blue Spruce Gallery 205 West Main St. or www.bluespruceart.com or 719-784-1339.

13-15 Junktique Antique Show and flea market. Florence Brewing Company's celebrating its 6th anniversary and the 20th Annual Merchants Car Show. See page 7.

21 Chili and Beer Fest fundraiser for the Florence Pioneer Museum and Research Center. Home-made chili in a home-made bowl from P&G Pottery. \$10 a bowl and YOU keep the bowl. Beer sold at the Florence Brewery. Chili sales begin at 11 a.m. Proceeds go to the renovation of the Lamm O'Mac Research Library. FMI www.florencepioneermuseum.org.

JOHN C. FREMONT LIBRARY

4 Mother's Day Silent Auction runs through noon.

31 Summer Reading Program begins.

- Artists of the month: Bree Lopez and Dorothy Awo.
- We distribute COVID 19 masks and rapid tests. The library is located at 130 Church Ave. FMI 719-784-4649.

FLORISSANT

GRANGE

7 Craft Show and Flea Market 9-3 p.m. Join us for shopping treasures and lunch. We are still taking reservations for vendors/crafters. Spots are \$15 when reserved, \$20 day of event.

14 Monthly Pine Needle Basket Class 9-12 p.m. Come learn this fun Native American art (fire mitigation art). Cost is donation to Grange.

10, 24 Quilt of Valor Guild meets 9 a.m. All levels welcome!

17 Needle Felting Class. Join us and learn to make a woodland creature out of wool using the art of needle felting. Cost is donation to Grange. FMI or to reserve space 719-510-2325.

LIBRARY

• Every Monday Tai Chi 10-11 a.m.

• Every Friday Storytime for Preschoolers 10 a.m.

5 Keep Calm and Color On: Adult Coloring Club 10:30-11:30 a.m.

6 Family Fun Friday-Movie *Birds Like Us* and popcorn 2-4 p.m.

9 Read Amok Book Club 12 p.m. This month's theme: Magazines and Catalogs

12 Yarnia! Knitting and Crocheting Club 10-11 a.m.

12 Free Legal Clinic call 719-748-3939 for appointment.

13 Family Fun Friday-Spring Bingo 2-4 p.m.

18 Florissant Bookworms 10:30-12:00 p.m.

20 Family Fun Friday-Pine Cone Bird Feeders 2-4 p.m.

20 Friends at the Table Cookbook Club 11:30-1 p.m. This Month's Theme: Mexican Food, bring a recipe and food to share.

25 Craft and Create Adult Program 1-3 p.m.

27 Family Fun Friday-Open Gym 2-4 p.m. FMI 719-748-3939

GUFFEY

3 Walking, Talking Threads 12:30-3 p.m. Take a brisk walk and meet back at the library to



WOODLAND PARK

12 Ticket order form available (www.utepasshistoricalsociety.org) for the Marigreen Pines Tour, (July 16 & 17). Complete form and mail with your check and SASE. We send instructions and tickets. Volunteer to be a docent call Pat 315-778-5078. To volunteer at Ute Pass Elementary call Judy at 719-331-4454. The Ute Pass Historical Society is located at 231 E Henrietta Ave.

crochet, knit and talk away.

23 Guffey Literary Society 1 p.m. Book choice for May discussion is Whistling Past the Graveyard by Susan Crandall. All are welcome.

25 Rocky Mountain Rural Health Outreach 11-2 p.m. RMRH representatives will be offering free health screenings, sound financial medical advice, free clothing and more. FMI 719-689-9280 or Guffeylib@parkco.us.

HARTSEL

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

LAKE GEORGE

15 Eric Swab presents Stories of the Pikes Peak Highway and Summit.

MANITOU SPRINGS

14 Silent Disco 4-10 p.m. Soda Springs Park 35 Park Ave. 3 DJs provide music through headphones, giant disco ball and laser lights! Food trucks, beverages, vendors, games, mechanical bull etc.

- **SAVE the DATE!** June 4 Colorado Wine Fest 4-10 p.m. Memorial Park.

SALIDA

16 Haven for Hope will be featured at Moonlight Pizza for Moonlight Mondays when 10% of proceeds are donated to Haven for Hope! FMI <https://www.moonlightpizza.biz/moonlight-mondays>.

VICTOR

7, 8, 14, 15, 21, 22, Victor Lowell Thomas Museum open 10-5 p.m. As of May 28, open daily 9:30-5:30 p.m.

8 Mother's Day Fashion Show and Brunch at Side Door Restaurant. Fashion show starts at 1 p.m., brunch follows at 2 p.m. Reservations for brunch 719-434-0898 or 719-458-2035 by May 4.

28 Guided tours of Cripple Creek & Victor Mining District. Meet at Victor Lowell Thomas Museum 3rd & Victor Ave. Tickets \$15 FMI 719-689-5509 or tours@victoriumuseum.com.

28 Gold panning 10-4 p.m. at Victor Lowell Thomas Museum. Tickets \$10. FMI 719-689-5509 or tours@victoriumuseum.com.

WESTCREEK

30 Mountain Communities Volunteer Fire Department (MCVFD) Pancake Breakfast on Memorial Day 7:30-11:30 a.m., door prizes; meet & Greet with MCVFD members and Smokey Bear, and a tour of trucks. Find us at 15000 Westcreek Drive (exit Hwy 67 at Abbey Ave

— mile 91 — then turn left onto Westcreek Dr, corner of Westcreek Dr & Stump Road) FMI 303-647-2361. Donations appreciated!

WOODLAND PARK

14 Farmer's Market 9-1 p.m. Ute Pass Cultural Center. FMI www.wpfarmersmarket.com. **Save the Date:** Summer Market opens June 31

21 Braver Angels Intro Meeting 10:30-11:20 a.m. at the library, downstairs. The primary mission is to introduce Teller County to Braver Angels: a support for Depolarization and civil discourse through participation in free workshops, townhalls, current event discussions, and shared conversations. Together, we develop skills to engage in one-on-one conversations or public policy discussions about issues that are important to us, our community and our country. Our secondary mission is to develop a balanced Braver Angels Alliance that works together to solve real problems. In Alliance meetings, "Braver Angels" who have completed a workshop or other event, come together to see what common ground can be found in tackling local issues. We leverage the civil discourse skills we've learned to solve problems together. There are no dues or fees, just a grassroots, voluntary, local group with a shared vision. It is our hope that there are citizens in Teller County who are eager and willing to act on the reality that there is more civility and commonality among us than division. If you are interested in helping for a Braver Angels Alliance in our community or interested in meeting people who believe we can treat each other with respect and even find common ground, please join us for a short introductory meeting. FMI www.braverangels.org or holly.sample1@gmail.com.

22 Ute Pass Chamber Players: We Are Back! Concert #2 at 3 p.m. High View Baptist Church and we're still playing with passion! Please see our ad on this page.

26 WP Senior Center will treat any Veteran to a free lunch 11:45-12:15 p.m. Please call 719-687-3877 no later than May 25 to reserve your lunch. Plan to come for BINGO at 10:30 a.m. and stay for lunch!

- **SAVE the DATE!** June 4 WP Senior Center Rummage Sale 9-1 p.m.

COMMUNITY PARTNERSHIP

2, 9, 16, 23 Active Parenting Now 5-7 p.m. at Mountain View United Methodist Church. Bring back the JOY of parenting your 5-12-year-old and leave a positive, lasting impact on their childhood years. Meal and childcare

continued on next page

provided. FMI 719-686-0705 or Michelle@cpteller.org.

3, 10, 17, 24, 31 Cooking Matters for Families 5-7 p.m. at Mountain View United Methodist Church. Children ages 6-12 and their parents learn about healthy eating as a family and the importance of working together to plan and prepare healthy meals on a budget. Hands on workshop. Take home groceries to practice the recipes. Meal and childcare provided. FMI 719-686-0705 or Michelle@cpteller.org.

- Circle of Parents Kinship Connection. Date & location TBD. A support group for family members raising grandchildren or kin. FMI 719-686-0705 or Michelle@cpteller.org.
- GED Classes Mondays and Wednesdays 5-7 p.m. FMI 719-686-0705 or Michelle@cpteller.org.
- Playgroup Mondays and Wednesdays 9:30-11 a.m. at The Resource Exchange

15 Homestead Series — In the Weeds: Healthy Landscapes

are Native Landscapes 1-3 p.m. at Community Partnership. Harvest Center monthly educational high-altitude gardening series. FMI 719-686-0705 or Jamie@cpteller.org.

- Circle of Parents Kinship Connection. Date & location TBD. A support group for family members raising grandchildren or kin. FMI 719-686-0705 or Michelle@cpteller.org.
- GED Classes Mondays and Wednesdays 5-7 p.m. FMI 719-686-0705 or Michelle@cpteller.org.
- Playgroup Mondays and Wednesdays 9:30-11 a.m. at The Resource Exchange

509 Scott Ave, Suite 203B. Parent or caregiver with children ages 5 & under. Older siblings welcome. FMI 719-686-0705 or Jackie@cpteller.org.

LIBRARY

- Tuesdays Books and Babies Story Time for children two and under 10 a.m.
- Tuesdays ELS: Conversational English 12:30 p.m. in the Colorado Room
- Thursdays StoryTime for Preschoolers 10 a.m.
- Thursdays Tai Chi 5-6 p.m.
- Fridays Tai Chi 10-11 a.m.
- 3 WP Book Club 10:30 a.m.

4 Not So Young Adult Book Club 11 a.m. in the Teen Room (for adults who like to read young adult fiction) 11-12 p.m.

4, 18 Kids Craft Day 11-5 p.m. in the Children's Activity Room All materials are provided. Bring your kids and make a fun craft project.

4, 18 Teen Craft Club 3:45-5:30 p.m. Join the Youth Services Team for our monthly craft! Registration in advance is appreciated - call 719-687-9281 x151

11, 25 Teen Anime Club 3:45-5:30 p.m. in the Young Adult Room

12 Senior Circle Book Club

10:30 a.m.

12 Free Legal Clinic. Please call 719-748-3939 for an appointment. Space is limited.

14 Family Movie Day *Dog* Rated PG-13. Bring snacks or a lunch and join us in for a fun movie. We will provide lemonade. Join us at 12 p.m.

28 Family Craft Day 11-2:30 p.m. in the children's activity room. Ocean theme. All ages and art abilities welcome! FMI 719-687-9281

RESERVE OUR GALLERY

10 Nonprofit Cooperative Meeting 9-10:15 a.m. Training, a door prize drawing and dis-

cussions about collaborative opportunities. FMI or text to RSVP 719-233-9902. Meet in person and via zoom.

29 Art Walk 11-1:30 p.m. Celebrate the holiday weekend with a walk about town to see artists set up in businesses. A guided tour starts at Reserve Our Gallery with refreshments and vendors. FMI 719-401-2301 or reserveourgallery@gmail.com.

- Art classes continue through May. FMI 719-401-2301.

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