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May 2023

P.O. Box 753, Divide, CO 80814 • 719-686-7587 • utecountrynews.com

Vol. 15, No. 5

Welcome to Ute Country

"Life is like the river,
sometimes it sweeps
you gently along and
sometimes the rapids
come out of nowhere."

— Emma Smith

PEEK INSIDE...



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Maudie's Incredible Emporium

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On Deck

Our cover photo was taken by Jeff in May of 2014. Our late spring snows gift us with much needed water and the gentle sound of snow melting. We felt the quote by Emma Smith was appropriate for just about any month, yet May wins out as it transitions us into tourist season, typically a busier time for most of us. We hope our readers experience more of the gentle waves that move us along as opposed to the rapids that come out of nowhere.

Our May pages are sure to please as we have a variety of topics. *A Look Inside the Artist* introduces us to a therapist who uses art to gently move the client along. In *Growing Ideas* Karen Anderson shares the story of "The Three Sister" with a marvelous moral that we can all incorporate. "Jason's Peak Ascent" is an altruistic effort to help single moms in the 719 area code. *Life Enhancing Journeys* gives us helpful techniques that help us change the way we talk to ourselves so that we can feel differently. "Maudie's Incredible Emporium" tells you about an interesting store in Cripple Creek, sure to have something for anyone browsing. *The Thymekeeper* for the first time recommends a supplement over herbs in "Managing with Magnesium."

If you are seeking a side gig, consider Ute Country News as we are seeking advertising sales staff. If you are interested in earning a generous commission, please stop in Shipping Plus in Divide M-F 9-5:30 p.m., call us 719-686-7587 or email your intent and resume to utecountrynewspaper@gmail.com.

We are happy to print pics of your indoor/outdoor pets in Critter Corner; all you need to do is email pics of your indoor or outdoor pets to utecountrynewspaper@gmail.com or snail mail them to POB 753 Divide, CO 80814 or drop them off at Shipping Plus in Divide M-F 9-5:30 p.m.

Thank you,
— Kathy & Jeff Hansen

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

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The Thymekeeper Managing with magnesium

by Mari Marques-Worden

Are you someone who finds it hard to get to sleep at night and stay that way? One of the most frequent complaints I hear as an herbalist is the inability to get a good night's sleep. Although this problem is multi-factorial, there may be a simple solution that can help with this and many other common ailments that herbs may not be the answer for. Hear me out.

Magnesium is often referred to as *the relaxation mineral*. If your magnesium levels are low, you may have trouble relaxing. It is estimated that 7 of 10 adults are deficient in magnesium and most people don't even know it. There are no specific syndromes associated with it. You cannot determine deficiency through lab tests as only 1% of it is found in the blood, the other 99% is in the bones and muscles making it hard for doctors to determine your levels. <https://naomiw.com/pages/magnesium>.

There are several reasons for deficiency which we'll get into but first, let's look at how crucial magnesium is to nearly every aspect of your well-being. Every cell in your body not only contains it but needs it. It plays a huge role in maintaining the following:

- a healthy cardiovascular system
- normal blood pressure and calcium levels
- strong bones
- optimal brain function
- the ability to focus and stay calm under stress

People low in magnesium may struggle with painful menstrual cycles, muscle cramping as well as fatigue or low energy, frequent headaches or migraines, heart arrhythmia, high blood pressure and irritability.

Although this list is broad, it is not all inclusive as magnesium is responsible for many other bodily functions. Without magnesium, your cells can't make energy, your nerves and muscles (including your heart) won't work properly, and your blood vessels and arteries will harden over time.

Some contributing factors that lead to deficiency are poor digestion, stress and some pharmaceutical medications. Certain populations may be at a greater risk including older adults, people with type 2 diabetes, and those with digestive disorders or alcohol dependence.

Although there are plenty of plants that contain magnesium, leafy greens topping the list, you would have to consume larger than normal amounts of herbs to bring magnesium levels up to an adequate level. Our food is not what it used to be, making it hard to get enough through diet alone so it's safe to assume most of us could benefit from supplementation.

Most adults need 320-420 mg of magnesium per day, but we are all individuals and amounts may vary for everyone. Magnesium supplements are generally considered safe for most people. When you have reached adequate levels, your body will excrete any excess via your urine. A



Dry roasted almonds have 80 mg of magnesium per 1 oz serving.

clear sign that you've overdone it would be loose stools, diarrhea or upset stomach.

- Although rare, toxicity can occur. Those with kidney disease may be at greater risk. It's always a good idea to consult with your healthcare provider before adding dietary supplements to your daily routine, especially if you take other medications.
- Magnesium is intimately related to the regulation of calcium. When mag is low, blood becomes saturated with calcium which often deposits in the muscles or kidneys and can lead to kidney stones.

There are many types of magnesium to choose from. I will provide a brief list and benefits of each but would encourage everyone to do a little research before choosing which is best for you.

- Magnesium citrate is bound with citric acid and is one of the most easily absorbed by the body. This is the most popular form used to raise magnesium levels, as a calming agent. It's also used to treat constipation.

- Magnesium chloride is easily absorbed when consumed orally. It is used to treat heartburn, constipation, and low magnesium levels. Applying it topically can help relieve muscle soreness but will not boost your magnesium levels.

- Magnesium lactate is suggested to help relieve stress and anxiety. It is gentler on the digestive system, therefore may be a better choice for those who don't tolerate other forms or need to take especially large doses.

- Magnesium malate includes malic acid, which occurs naturally in foods like fruit and wine. This acid has a sour taste and is often used as a food additive to enhance flavor. Research suggests that magnesium malate is well absorbed in your digestive tract, making it a great

option for replenishing your magnesium levels. Some report that it's gentler and can have less of a laxative effect than other types. Although there is no strong scientific evidence, it is occasionally recommended as a treatment for symptoms associated with fibromyalgia and chronic fatigue syndrome.

- Magnesium taurate contains the amino acid taurine. Studies suggest that adequate intakes of taurine and magnesium play a role in regulating blood sugar. Magnesium and taurine also support healthy blood pressure. A recent animal study showed that magnesium taurate significantly reduced blood pressure in rats.

- Magnesium L-threonate is the salt formed from mixing magnesium and threonic acid, a water-soluble substance derived from the metabolic breakdown of vitamin C. This form is easily absorbed and may help manage certain brain disorders such as depression and age-related memory loss.

- Magnesium sulfate is formed by combining magnesium, sulfur, and oxygen. It's commonly referred to as Epsom salt. Although it can be consumed as a treatment for constipation, its unpleasant taste leads people elsewhere for solutions to this issue. It is frequently used in bathwater to soothe sore muscles and relieve stress. There is very little evidence to suggest that it is well absorbed through the skin.

- Magnesium glycinate is formed from elemental magnesium and the amino acid glycine. You use this amino acid in protein construction. It is often used as a dietary supplement to improve sleep and treat inflammatory conditions including heart disease and diabetes. Easily absorbed, it can contribute to anxiety relief, stress and insomnia.

continued on page 4

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JASON'S PEAK ASCENT

Jason Kekich will be running to the top of Pikes Peak on May 14th, Mother's Day, to raise \$10,000 for single mothers of Teller County.

He was inspired by his own mother, a teacher at WPSD, who independently raised 5 children and their beloved pets.

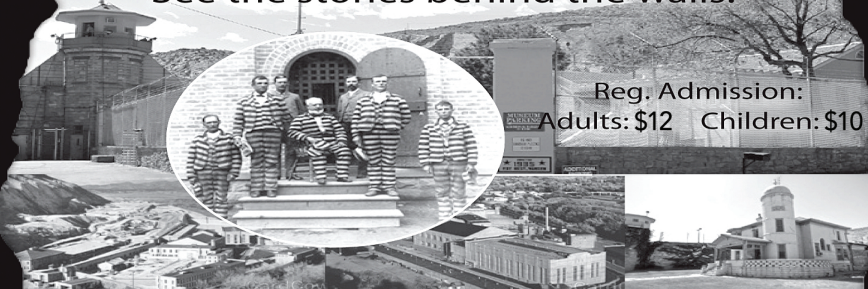
CP is honored to partner with Jason to ensure that all funds raised will support single mothers in Teller County.

Scan QR code to learn more and help Jason reach his goal.

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BEST OF TELLER 2021

The Thymekeeper

Managing with magnesium

continued from page 3

*Glycine also occurs in many protein-rich foods, such as fish, meat, dairy, and legumes.

■ Magnesium orotate includes orotic acid, a natural substance involved in your body's construction of genetic material like DNA. It's easily absorbed and doesn't have the strong laxative effects characteristic of other forms. Research suggests that it may promote heart health due to orotic acid's role in the energy production pathways in your heart and blood vessel tissue. Popular among athletes and fitness enthusiasts, it may also aid people with heart disease. One study found in 79 people with severe congestive heart failure that magnesium orotate supplementation was significantly more effective for symptom management than a placebo. This form is more expensive than other magnesium supplements and its benefits may not justify its cost for some people.

■ Magnesium oxide is not as easily absorbed and therefore not typically used for magnesium deficiency. It is more frequently used for relief of digestive symptoms such as heartburn, indigestion, and constipation. It may also be used to treat and assist in prevent migraine prevention.

As stated above, it may be hard to reach optimum levels of magnesium through food sources, I always encourage people to incorporate healthy foods into their diet. Below is a list of magnesium rich foods that may help in this venture.

- Pumpkin seed - kernels: Serving Size 1 oz, 168 mg
- Almonds, dry roasted: Serving Size 1 oz, 80 mg
- Spinach, boiled: Serving Size ½ cup, 78 mg
- Cashews, dry roasted: Serving Size 1 oz, 74 mg
- Pumpkin seeds in shell: Serving Size 1 oz, 74 mg
- Peanuts, oil roasted: Serving Size ¼ cup, 63 mg
- Soy milk, plain or vanilla: Serving Size 1 cup, 61 mg
- Black beans, cooked: Serving Size ½ cup, 60 mg
- Dark chocolate 60-69% cacao: Serving Size 1 oz, 50 mg
- Peanut butter, smooth: Serving Size 2 tablespoons, 49 mg
- Avocado, Serving Size 1 cup, 44 mg
- Potato, baked with skin: Serving Size 3.5 oz, 43 mg
- Rice, brown, cooked: Serving Size ½ cup, 42 mg
- Yogurt, plain, low fat: Serving Size 8 oz, 42 mg
- Kidney beans, canned: Serving Size ½ cup, 35 mg
- Banana: Serving Size 1 medium, 32 mg
- Cocoa powder- unsweetened: Serving

- Size 1 tablespoon, 27 mg
- Salmon, Atlantic, farmed: Serving Size 3 oz, 26 mg
- Halibut, cooked: Serving Size 3 oz, 24 mg
- Raisins: Serving Size ½ cup, 23 mg
- Chicken breast, roasted: Serving Size 3 oz, 22 mg
- Beef, ground, 90% lean: Serving Size 3 oz, 20 mg
- Broccoli, chopped & cooked: Serving Size ½ cup, 12 mg
- Rice, white, cooked: Serving Size ½ cup, 10 mg
- Apple: Serving Size 1 medium, 9 mg
- Carrot, raw: Serving Size 1 medium, 7 mg

In summary, rich sources of magnesium are leafy greens, nuts, seeds, beans, whole grains, wheat germ, wheat and oat bran.

<https://my.clevelandclinic.org/health/articles/15650-magnesium-rich-food>

My personal preference when leafy greens are not abundant in my garden is a liquid magnesium product called Mega Mag. I like the convenience of simply adding it to my water and feel it may be better absorbed via liquid over pill form. I can attest since starting this product I sleep well and my night time leg cramps are nearly non-existent.

Herbs are wonderful for prevention, maintenance and as remedies but adequate levels of vitamins and minerals are essential for maintaining good health. You may be surprised by the numerous symptoms that plague many people that may be lessened or eliminated through supplementation.

Mari Marques is a state certified herbalist and owner of The Thymekeeper. Contact information: 719-439-7303 or mugsyspad@aol.com

Herb and Weed Class

What's growing in your yard and how can you use it for food and medicine? Provided you don't spray your weeds, most of us have a treasure trove of goodness growing right out in our yards or close by. Let's talk about how you can use those plants to your benefit, from the tips of the trees to the roots of the weeds, there is medicine and nourishment above us and below us. Let's use it! We'll make a multi-vitamin in addition to a simple wellness tonic to help you gain and maintain you and your family's health. Learn how to incorporate the goodness from the plants into your daily routine or as remedies when needed.

• Sunday, May 21, 1:30-3:30 p.m.
1870 CR 31 Florissant

PRE-REGISTRATION IS REQUIRED

Space is limited.
Contact Mari mugsyspad@aol.com or 719-439-7303.

Adopt Me

by AARF

George

George is a 3-year-old, neutered, fully vetted chow/mix who came to AARF as a stray from New Mexico. He loves people, is a big fan of kids and is the sweetest boy. George just wants to be with his very own family where he can follow his people around and get belly rubs. He is eager to please, easy to train, and treats are his motivator. George needs to be the only dog as he does not get along with other dogs or cats. If you are interested in this incredible guy, email us at aarfcolorado@gmail.com. This space donated by the Ute Country News to promote shelter animal adoption.



Currant Creek Characters - part XXVI

Peter Alstrum, the trial

by Flip Boettcher

photo from Cañon City Territorial Prison

The murder trial of the People vs. Peter Alstrum lasted about a week. It took the first two days for the jury selection before the arguments were heard. John T. Voss was one of the prosecutors.

Mrs. Christine Alstrum, who was pregnant at the time, attended the trial, but she stayed in Fairplay. At one point in the trial, Christine became so distraught she had to be led out of the courtroom.

After one night's deliberation, the jury returned with a verdict of involuntary manslaughter with a recommendation of mercy to Judge William Harrison. Alstrum's sentence was two years hard labor, after a motion for a new trial was denied. Sheriff Burns immediately escorted Alstrum to the state penitentiary in Cañon City.

Although Alstrum was well-known in the area, he was not well liked and proved to be "tricky," according to local residents. The Currant Creek folks thought he got a light sentence. Everyone on the creek thought the verdict should have been voluntary manslaughter rather than involuntary manslaughter.

Alstrum seemed to do well in prison according to a friend who visited him. In a December 3, 1885 *Flume* there was this note: "Hark! From the tombs! Enclosed find one dollar. Please send me the Flume to Cañon City care of Warden Cameron. Pete Alstrum."

With the killing of Horace Voss, the Kester post office moved back up Currant Creek to Littletons. Mrs. Christine Alstrum continued taking care of the homestead and farm. In August, 1885, she gave birth to twins, increasing the family to nine children.

Although the family was poor, things

were going along fairly well until February, 1886, when the house and all the outbuildings burned down, leaving the family destitute. A short week later, Christine was thrown from a wagon and broke her arm; and two day after that, one of the team of work horses died.

With all these misfortunes, many of Christine's friends petitioned Colorado Governor Benjamin Eaton, asking for clemency; saying we have known Alstrum for 10 to 16 years and he was only protecting his wife and himself from harm. There is a strong doubt about his guilt.

This coupled with the family's recent misfortunes, Governor Eaton gave Peter Alstrum a full and unconditional pardon on February 27, 1886, according to *The Daily News: Denver*. The petition was signed by numerous citizens of Park County, the county officers, the trial judge, local justices and seven of the jurymen.

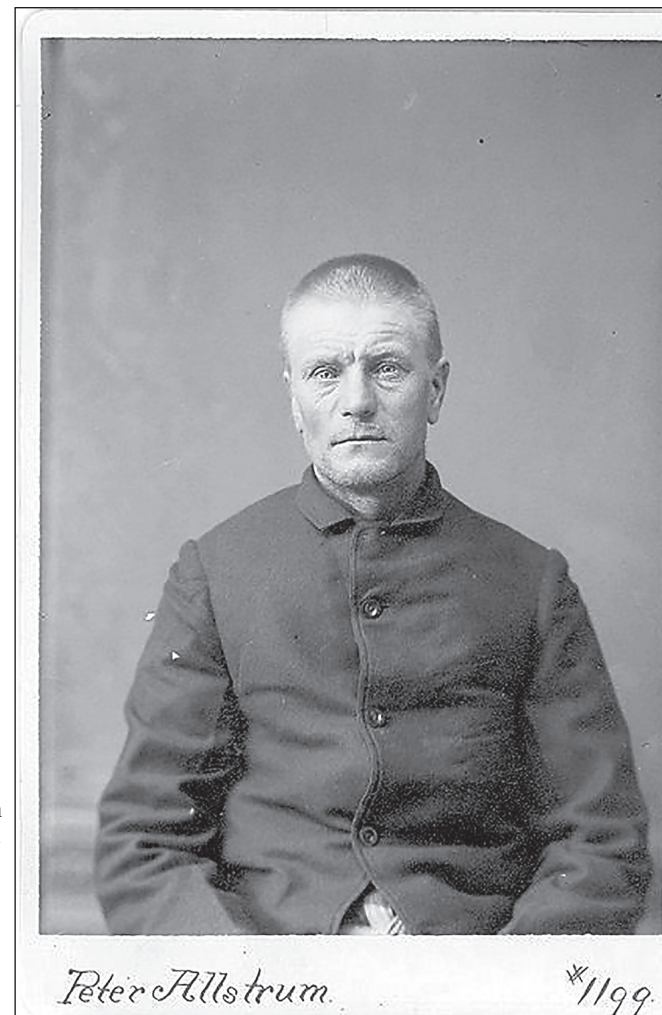
Alstrum returned to south Park County, and on December 25, 1886, Alstrum's daughter Jennie married their friend and neighbor Andrew Johnson in Cañon City.

An April 1888 *Flume* reported that Pete Alstrum came up to Fairplay from Currant Creek last Monday, bringing word that William H. Beery, who had the home-

stead/ranch at the head of Currant Creek, is recovering from his late injury and will soon be all right again.

A May 1888 *Flume* reported that Alstrum's daughter Augusta was the plaintiff against William Hartsel for the sum of \$3,500 plus court costs; Alstrum also sold his lands in trust to Thomas H. Robbins and paid the note off in 1891.

when the "machine in which she was riding swerved from the road and turned over three times down the embankment." She died at the Sisters' Hospital in Cripple Creek on Friday. Christine is buried next to her husband Peter in the Mt. Pisgah Cemetery, thus ending the Alstrum's on Currant Creek.



Peter Alstrum

#1199

Allstrum's mug shot. He was prisoner #1199.

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Ute Pass Social Club

by Sherri Albertson



Some members of the local Ute Pass Social Club celebrated Spring by wearing bonnets to their April luncheon. FMI UtePassSocial@gmail.com.

Victor Lowell Thomas Museum is Open!

by Z Studios

Starting Saturday, May 27, the Victor Lowell Thomas Museum will open for the summer season. Hours of operation will be 9:30 a.m. to 5:30 p.m.

The summer opening means the gold panning trough will be up and staff will be providing lessons for all ages. You can pan for real gold and gems. The gift shop also offers basic panning gear for sale. Panning is included in the \$10 admission fee for the museum so you can tour and pan for one fee.

The museum houses two floors of exhibits that highlight the gold rush history of Victor and the area. Be sure to check out the historic mining exhibits and old-time doctor's office. This summer you can watch a video on the modern mining operations of Newmont CC&V and be sure to take in a video of Lowell Thomas, who grew up in Victor and went on to become

a famous radio and television broadcaster.

The museum in partnership with Cripple Creek Parks and Recreation, will again this year offer guided bus tours of the mining district. The tours begin at the museum and include district history as well as information on modern and historic mining. Tours start May 27 and will be held on Wednesdays at 10 a.m. and Saturdays at 1 p.m. during the summer months. All information and online reservations can be made at VictorMuseum.com.

Also, on May 27 the museum will host a free bird walk with Teller County birder Joe LaFleur. LaFleur will host the walk and sign copies of his new book *Mountain Birds of Teller County*. This event is free, although space is limited and you are encouraged to sign up ahead of time to be sure your space is secured. More info at VictorMuseum.com.

Fire bans

by Kathy Hansen

Please be aware that if you are reading our Ute Country News it is quite possible you are in Colorado. We encourage you to be aware of fire bans as they are in effect for the majority of the state. Do NOT flick your cigarette butts out the car window as they are likely to ignite a fire.

Please check the website for the county you are in before lighting a charcoal grill/camp fire, using chain saws without spark protection, welding, shooting using exploding targets, tracer ammunition and incendiary devices, or smoking outdoors. These safety tips not only help prevent a fire, but also prevent you from having to pay fines or endure criminal charges if you start one!

Adopt Me Bolton

by SLV Animal Welfare Society

This is Bolton. He is 3 years old, about 60 pounds, microchipped and current on all vaccines. Bolton is lively, intelligent and an American Bulldog mix pup. He is good with other dogs unless they show aggression. He was found as a stray. Who would want to abandon this awesome dog or not look for him if lost? He has been on our Petfinder for several months. He is available every Saturday in Colorado Springs to meet with you. We hold adoption fairs 11-3:30 p.m. First Saturday of each month at 5020 N. Nevada Petco; all other Saturdays 7680 N. Academy PetSmart. Except on May 6, we will be at Harley Davidson 5867 North Nevada Ave in Colorado Springs.

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



Hoary Cress and Myrtle Spurge

by Coalition for the Upper South Platte

May flowers are beginning to pop up! Following a generally arid spring in Colorado, late-season moisture has helped us green up. We won't experience a "super bloom" like California but can enjoy spring after the cold winter.

The Colorado Department of Agriculture advises that the spring green-up includes noxious weeds. Two of the earliest weeds to appear are Hoary Cress and Myrtle Spurge. As with all weeds, the most effective management is to maintain a healthy ground cover of native species and to prevent seed dispersal of weeds.

Hoary Cress (*Lepidium draba*) is a List B species in the Colorado Noxious Weed Act, meaning that it must be eradicated, contained, or suppressed depending on the local infestation. Commonly known as white top due to the white flowers, the stems may grow up to 2 inches in height and produce lance-shaped grayish-green leaves. The leaves are alternate and ¾ to 4 inches long. The plant has numerous small, white flowers with four petals on stalks radiating from a stem. One plant can produce 1,200 to 4,800 seeds. Control of Hoary Cress requires integrated pest management, combining mowing and herbicides.

Myrtle Spurge (*Euphorbia myrsinites*) is a low-growing perennial with trailing fleshy stems. The leaves are fleshy, blue-green, and alternate. Myrtle Spurge is a List A species in the Colorado Noxious Weed Act, designated for statewide eradication. It is often used in xeriscape or rock gardens but rapidly escapes gardens and invades sensitive ecosystems. Plants are capable of projecting seeds up to 15 feet. The key to eradicating Myrtle Spurge is to remove plants before seed set and monitor the site for at least nine years for additional treatments and plant removal. Myrtle Spurge contains toxic milky sap that can cause severe skin irritation; all plant parts are considered poisonous. Sturdy gloves, long sleeves, and long pants are necessary when in contact with the plant, using caution to avoid cross-

contamination from clothing.

As always, the best source of information is the Colorado Department of Agriculture. <https://ag.colorado.gov/conservation/noxious-weeds>

In 2023 CUSP celebrates our 25th year!

Ten years ago the 2013 CUSP Annual Report highlights the Wildfire Risk Reduction Grant.

CUSP was awarded \$1 million through the state's Wildfire Risk Reduction Grant Program in 2013. The grant program was established to fund projects that reduce the risk of damage to property, infrastructure, and water supplies, with a focus on the wildland-urban interface. CUSP will use the funds to build upon previous wildfire risk reduction work. One focus is continuing to implement Community Wildfire Protection Plans — community-wide plans that bring together diverse stakeholders to prioritize risk reduction projects and work together on local challenges. Another focus is on implementing mitigation projects that account for conditions across the landscape, prioritizing areas most in need of work to emulate a natural, healthy forest composition. Through these two main areas of focus, grant funds will contribute to hazardous fuels reduction; creation of fuel-free buffer zones; increased forest resiliency; community empowerment to lead efforts to improve preparedness and safety; and increased capacity for local biomass utilization. <https://cusp.ws/reports/>

Editor's note: If your subdivision has not yet done so, please consider creating a Fire Wise Community — CUSP can help! If you do not live in a subdivision, consider contacting CUSP or the forest service or a local arborist for assistance. For anyone living in Colorado — be sure to mitigate your property as best as possible. Once you have mitigated the dangers that come from the ground, look up! Check your electrical wires to assure they are taught instead of swaying as a loose or swaying electrical wire is a hazard. Please contact your electric company to tighten the loose or swaying wires!



Hoary Cress (above)
Commonly known as white top due to the white flowers.



Myrtle Spurge (left)
The leaves are fleshy, blue-green, and alternate.

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The Florissant Fossil Beds, Colorado: A place of change

by Steven Wade Veatch

In 1965 — when I was a boy — I picked up a chunk of petrified wood (about 34 million years old, or Late Eocene age) at the Florissant fossil beds and wondered how it was formed. This simple act changed my life: it started me on my life-long hobby of collecting rocks, minerals, and fossils, and later influenced my decision to study science at college. Both were big and long-lasting changes in my life.

Years later, I experienced another transforming moment — meeting legendary scientist Estella Leopold at the fossil beds. On that special day, Estella and I ambled along the trail to the petrified stumps, deep in our thoughts. We plunked down on a park bench and chatted the afternoon away while sharing the excitement of Ice Age pollen discovered in a Pleistocene rock layer at the fossil beds. We shared a singular purpose then — to reveal a part of the Ice Age here at the fossil beds. Because the record of Ice Age pollen in the Rocky Mountains was limited, our work on Florissant's Ice Age pollen was important.

The Florissant Fossil Beds is also a place of change. Its landscape is a mosaic of montane forests and rich meadows enfolded in ever-shifting patterns of light, sound, and fragrance. It is a gateway to nature, to the past, and to the present. It is a tale of imagination, of scientific exploration, and of the Ute people. Whenever I visit, I find myself sinking mindlessly into its petrified past while I ponder its present.

The natural beauty at the fossil beds is also an invitation to explore its possibilities, to plunge into the forest and consider the flight of pollen grains, borne on a morning breeze, or to follow a moss spore's journey. Water moves slowly through Grape Creek. Moss-covered boulders slow the creek, making small pools. Gnats flutter above the creek, and green grasses, dotted with wild iris and other wildflowers, line its banks. Springs, coming from deep inside the ground, help feed the watercourse. I can feel this stream and its sounds deep within my soul. It is sublime.

My wife and I walk the forest trails often, and the landscape feels alive. Beard lichen's wiry hair drops from forked branches. Chickadees and woodpeckers live with owls, deer, and black bears. There is a forest symphony of sounds composed of hums, trills, chatters, and peeps. Frogs call their mates. Wind stirs through the trees, rustles branches, and knocks down yellow mists of ponderosa pollen.

Black Abert's squirrels leave a litter of chewed cones and tiny twigs, stripped of their bark, on the ground. In the winter, these cones, seeds, and twigs lie on the snow, showing that these squirrels do not hibernate. In the spring, pasque flowers poke up through the fallen pine needles and bloom in a soft lavender.

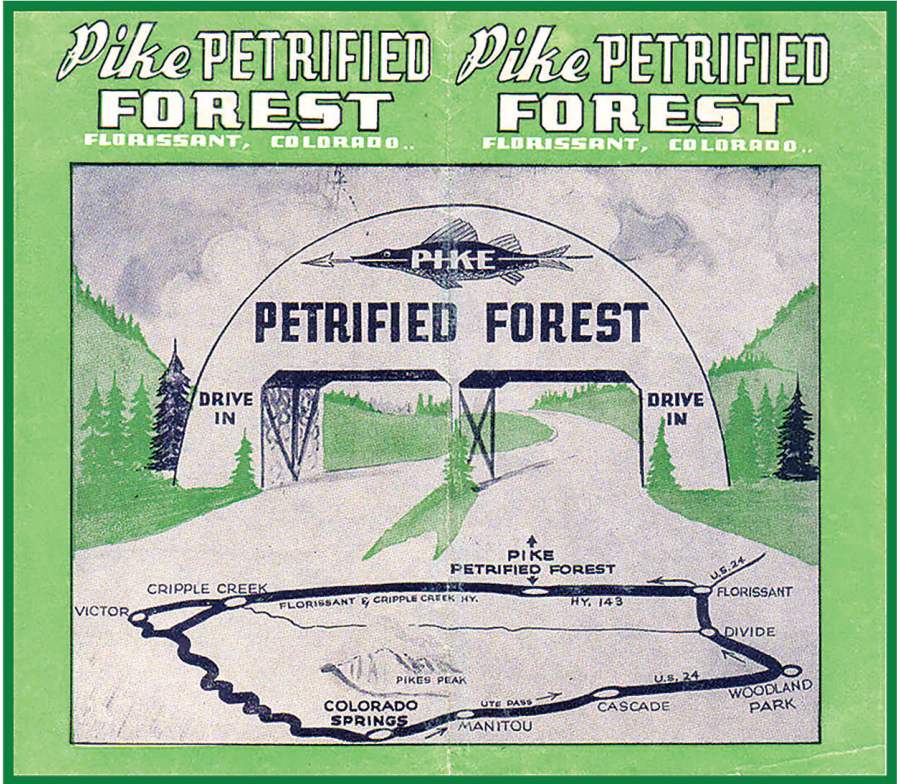
I notice the slow changes to a rotting log on the fossil bed's forest floor. The log

shows the passage of time on a different scale: the time it takes for a big, downed tree to be transformed back into soil — two centuries, or about seven human generations.

Brimming with life, the log — now crumbled bits and pieces of wood covered with leaf litter — is a habitat for many species. Beetles chew the wood, forming serpentine galleries beneath the bark. Colonies of ants live in the cavities, forage for food, and remain subordinate to the mother queen. A mouse lives beneath the log's rotting roots; fungal strands penetrate the decaying wood. Patches of lichen and moss grow green on its surface. Spiders spin webs on spindly branches.

The log is now a spongy, mossy mound that once was a living tree. In this thriving microcosm of decay-dwelling species, there is a quiet yet energetic chemical factory recycling nutrients and organic matter. Altogether, this log, and others like it, nurture the forest by adding nutrients that sustain its health. So it is that this landscape "nurses" my spirit.

There are other beneficial changes at the fossil beds. A combination of lightning strikes, a dry forest, and dry winds can cause a wildfire, which spreads across the landscape, bringing sudden change. Ponderosa pines are resistant to fire due



Advertisement for one of two tourist establishments at the fossil beds circa 1965. From the S. W. Veatch collection.



Steven Veatch (11 years old) and his brother Greg Veatch (4 years old) sitting at the Big Stump at the fossil beds in 1965. This was when the park was a private tourist enterprise.

shafts of afternoon sunlight reach the forest floor. After sundown, the twilight spreads like ether, and the mountains cool like stone while the valley fills with a flood of moonlight. The stars become pinpricks that sizzle in the night sky.

The circling seasons of the sun, snow, and rain bring change on a longer scale. Summer sunlight falls from unbelievably blue skies. There is music in the rain as it slaps aspen leaves, bounces, and splats on the ground before it disappears into the soil. In the fall, the air is crisp, and the aspen leaves are a brush stroke of radiant gold and orange. In the winter, elk weave tracks across snowy slopes. Coyotes send their penetrating calls bouncing across the white

meadows when the frosty night comes on.

Physical processes, such as the imperceptible progress of drifting continents, erosion, soil formation, or freeze-thaw cycles, bring change. There are more rapid agents of disturbance — such as nearby volcanic eruptions that occurred 34 million years ago. These cataclysms sent flows of mud coursing down the river valley, forming a dam and lake that transformed organisms into fossils. The mud also surrounded the bases of trees, and, over time, petrified them.

Today, petrified stumps stand like sentinels in the forest. Lichens cling to petrified wood like starfish on rocks. Kingdoms of moss stake their claims on fossil tree stumps. Whenever I hold a Florissant fossil or look at a stone stump, I experience the physical vastness of time and space.

Cultural change is a part of the fabric of this land of petrified forests and fossils. This was first the home of the Ute people, where their elders said you could learn a lot from listening to the land. The land was taken from the Utes, and these people were sent to less desirable places to



A National Park Service archaeologist points out a peeled or culturally modified tree at the monument. The Utes used the bark for cradle boards and scraped the cambium layer for food and medicine. Photo date 2004 by S. W. Veatch.



Grape Creek in the fall. Photo date 2018 by S. W. Veatch.



Pharmgirl Not afraid to be myself

by Peggy Badgett

I admired the sunrise over a misty Mississippi valley as I sipped a steaming cup of coffee. Blue jays called to each other, a yellow finch chirped from a coneflower towering a foot over the rest, and the elusive pileated woodpecker jackhammered on a dead tree deep in the woods. I still had yet to spot it with my binoculars; she was a cagy thing and taunted me all day long. Dratted bird. I patted the soft fur of my canine charge as she sat beside me. I loved these opportunities to house sit for friends.

Another big decision loomed. My recent trip to visit old Colorado friends and neighbors had netted a mountain home actually within my finances. It was brand new and situated about an hour west of Guffey, between Buena Vista and Fairplay. Instead of driving an hour to go hiking or mountain biking, I'd be within thirty minutes of endless trail possibilities. The tiny home was situated in a rural community on dusty dirt roads. Wonderful vistas surrounded it. Was I truly ready to relinquish living in the Midwest?

Quality time with my father, old neighbors, and brothers over the last two years had remedied the occasional homesickness I had felt while living in Colorado. Birding with my youngest had the best part of returning to the land of grassy oak-filled pastures and rich grain fields; we alternated paddle boarding on beautiful lakes with hiking wildlife paths searching for new species. I've learned so much from her; especially the sage advice about keeping my mouth shut when looking up. It had felt right to wear my pharmacist hat covering for vacations and medical leaves in small town pharmacies again. I'd forgotten how good it felt encouraging patients to

see a doctor when necessary and helping them find over the counter remedies when their situation wasn't dire. Although I still wasn't a fan of wrangling with insurance and counting by fives but those just went with the territory. Northwest Illinois still had the same charm, friendly people, and dear family. It hadn't changed. I had.

Neither of the Illinois homes I'd purchased felt like home, even though I enjoyed gardening and landscaping in the rich black soil. Yes, the area was where I'd grown up, I had lots of old friends, and the roads were as familiar as the back of my hand. But all my friends were busy with grandchildren, and walking solo through neighborhoods wasn't nearly as enjoyable as quiet mountain trails. I missed seeing the horizon from my windows. Even on a recent ski trip to Oregon, I broke away from the Midwest group, rented a car and hiked gorgeous Smith Rock State Park and Lava Butte by myself. After a wonderful day, I realized the west is where I belong. Thankfully I'm getting really good at moving, especially after three times within 18 months. Packing, unpacking, selling and buying different houses has given me plenty of opportunities to wean through all the things weighing me down.

There is no doubt I have gypsy blood in my veins. I'm just not meant to live inside four walls or follow the herd. I need room to stretch my legs and challenge my senses. The magical peaks of the Rockies are calling me back. So here we go again; packing bins and ruthlessly parting with items that cease to hold meaning for me. Settling into a new place. Making new friends. Just like that coneflower in the beautiful gardens of



Gold finch on coneflower overlooking the Mississippi River.

my friends, I cannot be afraid to be myself and stand apart from the crowd.

Peggy Badgett is a writer and artist who moved back to the mountains this

year. She enjoys hiking, biking, snowboarding and paddle boarding adventures. She has a website, pharmgirl.org, and can be reached at coloradopharmgirl@gmail.com.



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Pikes Peak Paranormal

by Jeanne Gripp

Hosts, aliens and bigfoot! Oh my! These and many otherworldly beings will be the topic of an upcoming paranormal conference in Cripple Creek. The Pikes Peak Paranormal Conference will be held May 19-21, 2023 at the Cripple Creek — Victor School facility in Cripple Creek.

The conference will have a variety of world class speakers, hands-on classes, and evening outings for attendees to experience. It all begins with a FrightDay Film Fest on Friday as well as a Speaker Meet-n-Greet dinner. Saturday is filled with speakers and classes during the day and three types of outings for participants to explore: Paranormal Investigation, Bigfoot Hunt or a UFO Skywatch. Sunday will conclude the conference with a town hall meeting and more speakers.

Area 51 Marketplace will feature ven-

dors offering a variety of goods as well as a place to meet the speakers. While tickets are required for the outings, films and to hear the speakers, the Area 51 marketplace is free to enter and shop! The marketplace is located in the cafeteria of the high school.

A variety of topics will be covered by a wide range of speakers. Bigfoot — R. Scott Nelson, Jim Myers, David Eller, Jason Frank, Ron Meyer, Alan Megargle. UFOs — Katie Paige (Colorado State MUFON Director), Mindy Tautfest (Oklahoma State MUFON Director), Tamara Stier. Ghosts — Erin Taylor, The Undertaker. Paranormal — Chuck Zukowski, Brenda Harris, Brandon Maughon. Tickets can be purchased both at the door on the day of the event or on the website. www.pikespeakparanormal.com.

Recycle or pick up FREE paint at PaintCare event!

PaintCare makes it easy and convenient for households and businesses throughout Colorado to recycle unused, unwanted paint. Through this one-day event, PaintCare and the City of Cripple Creek are providing the community with another convenient way to recycle paint.

A free and convenient one-day paint drop-off event May 16, 2023, from 2-6 p.m. Households and businesses can safely and easily drop off unused paint for recycling. Households may bring any amount of paint, stain, and/or varnish. Limits may apply to businesses. The event will be held at 207 County Road 89 in Cripple Creek, across the street from Cripple Creek Public Works building. Open to all Colorado households and businesses.

PaintCare WILL accept unwanted household paint and primers (latex or oil-based); stains; deck and concrete sealers; and clear finishes (varnish and shellac). Paint must be in sealed, original containers with the original manufacturer's label.

PaintCare CANNOT accept leaking, unlabeled, or empty containers; aerosol spray paints; drums or containers larger than five gallons; hazardous waste or other chemicals, such as paint thinner, solvents, motor oil, spackle, glue, adhesive, roofing

tar, pesticides or cleaning chemicals.

Paint in good condition will be made available to the public for free at this event.

To register your household visit <https://paint-cripple-creek.eventbrite.com>

To see if your business qualifies visit www.paintcare.org/VSQG

Cripple Creek households can also take advantage of free paint recycling year-round at the permanent PaintCare drop-off location in Woodland Park. Find the most convenient site for you at <https://www.paintcare.org/drop-off-sites/>

PaintCare is committed to making it easy and convenient for households, businesses, and institutions to recycle postconsumer (leftover) paint in states with paint stewardship laws. A nonprofit organization created by paint manufacturers, PaintCare sets up drop-off locations for leftover paint, arranges for recycling and proper disposal, and conducts public education. More than 5 million gallons of paint, stain, and varnish have been managed by PaintCare in Colorado since its launch in 2015. For additional information, visit www.paintcare.org, like us on Facebook, and follow us on Instagram and Twitter @WeRecyclePaint.

Seniors and students reading together

by Kathy Hansen

What a fantastic idea: about 10 seniors from Teller Senior Coalition came to Summit Elementary School and read to students on March 24, 2023, creating a mutually beneficial experience.

Principal Katie Rexford said, "I cannot thank you both enough for today! What a magical experience for our children, our school and our community! I am so excited about our partnership and building future opportunities to work together... I am looking forward to our next event



together!"

We look forward to sharing photos from future events. Until then, keep on reading!

Adopt Me by TCRAS

Heidi

Meowdy! My name is Heidi. I'm a sweet girl who LOVES to talk! I get a little shy in new places but once I warm up, I want to be by your side ALL the time, just don't pick me up. I would prefer a home without another feline friend so I feel the most comfortable. If you think I'm the gal for you, please call my personal staff at TCRAS 719-686-7707 to set up an appointment to meet me.

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



Growing Ideas

The Three Sisters Garden - squash, beans and corn

by Karen Anderson "The Plant Lady"

"It is a wise person who remembers the story of the Three Sisters and the bounty of the Earth Mother they represent."

— Dancing with the Wheel —
The Medicine Wheel Workbook

Greetings gardeners and friends of our community. Welcome to the merry month of May and I can feel the energy of your stirring gardening spirits all across our mountain regions. We are yearning for the warming of the Earth and itching to get our hands in the soil once again. But please take caution and be patient about the timing of planting your gardens.

This month, I share an inspiring and educational story that is close to my heart and may be of interest to you as Earth Keepers. This is the story of The Three Sisters. There are many versions of this Native American legendary tale depending on different tribal beliefs, but the moral of the story and the gardening methods are always the same. This is one of my favorite renderings.

Long ago, there were three sisters who lived in a field with their parents. There was always much work to do in order to grow the food crops which would sustain the family for the winter months. Although the three sisters loved each other, they were not at all alike in dress, stature or thought and they were always quarrelling, criticizing and blaming one another for anything and everything. This situation was indeed detrimental to the vital work that needed to be accomplished in the garden, as well as making life difficult for everybody.

The Sisters had few friends, but they did have relatives in a nearby village and decided to take the morning walk to visit them. It was a beautiful day, but before long, the girls started finding fault with each other and as they approached the village, the sisters were so loud and so angry, the people of this quiet and peaceful place were dismayed by this disturbance and moaned, "Oh no, it's those three girls. Why do they have to come here?"

Well, thank goodness for an old and wise Grandmother, for as the sisters approached her lodge, she gave them a very stern look and it startled them. She took the girls into her lodge and directed them to the window which gave them a clear view of the old woman's garden and asked them to tell her what they observed.

The eldest of the siblings was tall and slender with long, silky, shiny hair and noticed right away the corn stalks which looked a lot like herself. The middle sister, who was average in height and appearance, and deep down was a nurturing soul, first observed the bean vines that were wrapped around the corn stalks. The youngest of the three girls who was small, but muscular and very attractive was drawn to the squash plants which were growing close to the ground with very big and fuzzy leaves.

When the Grandmother pushed them to express what they had learned from this experience, each one had something to share in the conversation. I wish to quote here directly from the Sun Bear Book, *Dancing with the Wheel — The Medicine Wheel Workbook* by Sun Bear, Wabun Wind and Crystals Mulligan, because I couldn't possibly say it any better.

"Tell me what you see in the garden. Tell me how it is out there," urged the old woman.

"There is tall corn, Grandmother," said one of the girls. "Its roots are in the earth, but its tassels reach high toward the sun and wind, and it is growing good food for the people."

"And there are beans," said the second girl. "They are growing with the corn, and their vines wind around the tall corn stalks. I can-

not tell which plant is holding the other up, but the beans are also growing good food for the people."

"And the squashes are growing there too," said the third girl. "Their beautiful big leaves shade the moist earth to keep the water in and it helps the corn and beans to grow. And these vines are also growing good food for the people."

"You are right," the old Grandmother said. "All three of you have told part of the truth, and only when each of you had spoken was the whole story told. Like the three sisters growing in the garden, the corn, the beans and the squash, each of you has a gift for the people. Your gifts will not ripen to their fullness though, unless you do as these plants do, and help each other, and grow together."

The Sisters understood this and returned home to work with each other productively and in harmony.

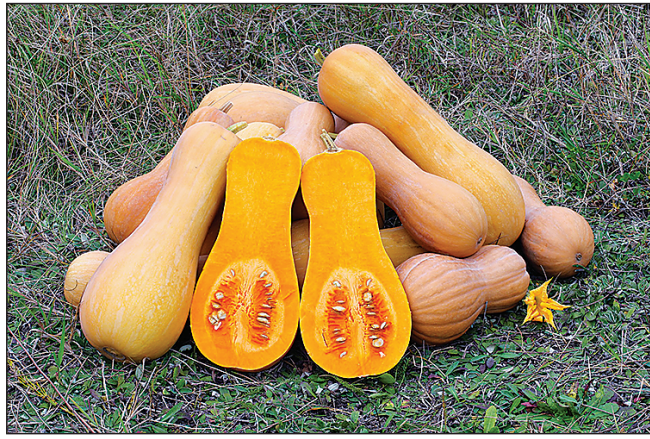
So, you see my friends, that no matter how different we are, we can live and work harmoniously with each other. The Three Sisters in the plant world are ideal companions and provide mutual and beneficial cooperation with each other. Corn is the oldest sister who gives support, the middle sister is the nurturer and the little sister is the protector. We humans, who are all connected as brothers and sisters, could certainly learn a valuable lesson from the story of this sacred trio of vegetable plants. We are stronger together than apart.

We may be challenged at our higher altitudes with growing corn, but there are some hybrid seeds out there that are more acclimated to mountain growing. I believe that where there's a will, there's a way!

Simply put, the corn is planted first as a foundation and provides a pole for the gentle vines of the beans to wrap themselves around to stabilize the corn in the wind. The beans deliver nitrogen to fertilize the soil. The large leaves of the squash act as a living mulch to retain moisture and prevent weed growth. Each of these plants also attract beneficial insects as well. Planting instructions will vary depending on altitude, garden space, seed selection and soil conditions.

I have read that it is important to plant the corn first and allow it to grow a bit before planting the beans and then plant seeds or plug in healthy starts of the squash after the risk of frost is over. I think it's worth a try and would suggest some further research on Google for more guidance.

When eaten together, corn beans and



Squash...



beans...



and corn, are the "Three Sisters".

squash are a complete and balanced meal. They have been dietary staples of many cultures around the world.

Lastly, I would like to remind you that you can review any past articles from the *Ute Country News* by column by visiting www.utecountrynews.com/archives/

Once you are there, you may find Growing Ideas columns regarding May gardening tasks in the years: 2016, 2017, 2018, 2019, 2021 and 2022 (for trees).

I encourage you to plant more trees this season as trees are the lungs of the earth. If you are interested in native aspens or spruce, potentilla and other native shrubs, or a vast variety of hardy power perennials, you may reach me at 719-748-3521 or email plantladyspeaks@gmail.com for more information. For you early birds and greenhouse gardeners, organic tomato, pepper and basil starters will be available throughout the month of May or as long as supplies last at the Outpost in Florissant, Shipping Plus in Divide and at Mountain Naturals in Woodland Park. My Heritage Seed Collection and Blessing Beads are also for sale at all those locations as well as at Nature Mamas' located above Shipping Plus. If you need help with your gardening endeavors, you may wish to schedule a personal landscape consultation with me by appointment. Hoping to meet new folks and connect with old friends this season. Happy gardening!



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Rev. Vaughan McTernan will preside over our prayer service with a guest speaker who will explain the significance of tartans in history. No need to bring a tartan, we will have plenty on display, but if you have a kilt, sash or even a tartan bookmark bring it to the service.

Tea and coffee will be served after the service along with some Celtic camaraderie and delicious Scottish shortbread.

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Merrill getting warm -
Jeff Hansen, Florissant, CO



Turner - Brandon Edwards,
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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.

Sandy uses the Travel Diamond

by Gilrund the Historian

Ted found himself back in his mom’s house with the book in his hand and the Travel Diamond next to the bowl of chips. He shook his head as he wondered if what he had just experienced was real. Then he reached into his pocket and took out the gold coin. “It was real!” he said out loud as he jumped to his feet, “I’ve got to tell Sandy.”

He was about to go out the front door when Sandy walked in. “How do you like my new hairdo?” she asked.

Ted replied, “It looks great, but that diamond is real, it actually works, Sandy.”

“You didn’t even look at my hair.” She replied, “What do you mean the diamond is real? What diamond?”

Ted took her hand and led Sandy into the living room and pointed to the box with the Travel Diamond in it. “That diamond, the one you found yesterday in the closet.”

Sandy looked at Ted like he was crazy and walked over to the table and looked more closely at the diamond.

“So, what are you saying?” she asked as she looked back at her husband, “It doesn’t look any different than it did yesterday.”

Ted walked over to the table picked up the Dragon Rider book he had been reading and showed it to her as he explained, “I was reading this book of mom’s yesterday as I took a break, and I accidentally touched the diamond. Suddenly, I was in the book, I was a dragon rider. I had a dragon and everything. I had a huge treasure, and I could fight with a sword. I rode the dragon like I had done it forever. Sandy, I was actually there. Look what I brought back in my pocket.”

Ted took out the gold coin and gave it to Sandy. She took the coin and looked at it and knew that it was real. She said, “Where did you get this? I mean really.”

“I just told you, Sandy,” returned Ted, “It was part of my treasure, honestly it was.”

Ted knew it was going to be hard to convince his wife that he was telling the truth as he went on, “I followed the rules that were in the story in the paper. Remember them? Only one can touch the diamond and only once a day. Well, I did that and what I just told you happened to me.”

Sandy looked at Ted and knew that he was serious, but still found it hard to believe what he was saying actually happened.

Sandy queried, “So, you actually went some place when you touched the diamond, were gone a full day and came back by touching the diamond again?”

“That’s right. Listen, and I’ll tell you the whole thing.”

Ted and Sandy sat down at the table and Ted told Sandy everything that happened to him after he touched the diamond. He finished by telling her that he brought back the coin so that he would know that he had actually done everything he had told her about. He said, “Well, do you believe me now?”

Sandy looked at Ted and said, “But it’s all so weird. How could such a thing actually happen? I thought it was just a story.” Then Sandy looked at Ted, grinned and said, “I want to try it too.”

“Are you sure, Sandy?” replied Ted, “I mean, this is for real. Remember, you go to the place that is in your mind at the time. So, if you are serious, remember that.”

Sandy was lost in thought for a few mo-

ments, then smiled as she reached out and touched the Travel Diamond.

She suddenly found herself standing in a dressing room of a country mansion looking in the full-length mirror that stood against the wall. The sun shone through the large west facing window and Sandy found that she was now dressed in a beautiful gown that was a pale blue with sparkling white trim. It was an off the shoulder gown that was just coming into fashion and only the most fashionable ladies had them.

Just then, there was a soft knock at the door and a maid entered and asked, “Miss Sandra, would you like me to style your hair for you now?”

“Oh, yes, Megan, thank you,” was Sandy’s reply as she turned to see the maid coming into the room.

Sandy sat down in front of the dresser mirror and Megan began styling her long blonde hair.

It took a while to get it finished, but soon Sandy was in a carriage and four horses rolling down the street toward the King’s palace for the King’s Anniversary Ball.

Her rich Uncle Roger sat across from her as did his wife of 30 years, Martha. Martha smiled as she said, “You look very beautiful tonight, Sandra, and all of the most important young men will be at the ball. Perhaps one of them will suit you.”

“Martha,” interjected Uncle Roger, “Our niece is going to the ball to have a fine evening, not to find a husband.”

“But there is the chance of her meeting a gentleman that will suit her. She is of the marrying age, you know,” retorted Martha.

“Yes, I know, my dear, but she must make the choice and we should not push her,” replied Uncle Roger.

Sandy just listened and smiled as they traveled along toward the palace.

Soon the carriage stopped, and the door

was opened by one of the King’s servants and he helped the two women out and another escorted them up the stairs and into the most beautiful building Sandy had ever seen.

There were wonderfully dressed people all over the ballroom and the King and Queen could be seen at the other end talking to several richly dressed men and women who must have been part of the Royal Family.

Aunt Martha was right, for there were handsome young men scattered all through the crowd.

As they stood at the entrance of the ballroom one of them saw Sandy and approached her and bowed as he kissed her hand. “Miss Sandra, I do hope that you remember me, Ted Langdon, from the party at the Anderson’s two weeks ago. I think that we had a wonderful time dancing and talking together that evening. I was hoping that you would be here this evening. I would like to continue the conversation and the dancing, if you would.”

Sandy smiled at the handsome young man and remembered that he was from a very wealthy family and would make a good choice for a husband.

Aunt Martha nudged her from behind as Sandy smiled and said, “I think we will have a good time tonight, Ted, for I am very eager to dance.”

“Excellent,” replied Ted as he extended his arm and Sandy took it as they walked to the dance floor and the orchestra started to play the first waltz.

Aunt Martha smiled as she watched the young couple dance around the ballroom along with many other couples, young and old.

The dance ended and as Ted was walking her back to her uncle and aunt, another young man stopped them and asked if she would dance with him. How could she refuse?

Sandy took the other young man’s arm, and they walked back out onto the dance floor as the orchestra started another number as Ted stood and watched.

One after another, the handsome young men asked and danced with Sandy until the music stopped for an intermission and for the people to have a chance to eat and drink of the great variety of food and drink that was spread on the many tables that lined east wall of the ballroom.

Aunt Martha was quickly at her side as she selected a bit of food for her plate and some fine wine to drink with it. They walked to a table to sit and eat, and Aunt Martha wanted to talk.

“Well, well, my dear,” Aunt Martha started as she bit into a slice of bread and ham with a little clam sauce, “It would appear that you are the ‘Belle of the Ball’. I don’t think that you have sat down for over 45 minutes. How happy the young men seem that you have come to the ball tonight.”

Sandy smiled and replied, “I believe that you may be right my dear Aunt. I am feeling it. I must rest for a few minutes, or I shall not be able to walk at all tomorrow, let alone dance.” The two women laughed a bit as they continued to eat.

Uncle Roger came over and sat with them as he ate some of the rich food. “Well, you seem to be very popular this evening, Sandra,” he continued, “I have to admit that there are quite a few young men here tonight that would make a good match for you. Have you one that interests you?”

“My dear Uncle, Please!” Responded Sandy as she quickly looked away as she took a drink of her wine. “Well, since you ask. Ted Langdon is a wonderful fellow and I feel that he could make a very fine husband.”

“Yes!” exclaimed Aunt Martha, “And a good dancer too.” They all laughed and finished the rest of their food and wine. As the music started again, Ted Langdon was at the table. He asked again for Sandra

to dance with him and she accepted.

The rest of Sandy’s evening was spent dancing and talking to Ted, for there was no one else with whom she would dance.

When the Ball was over, the carriage ride home was filled with talk of the potential of marriage to Ted Langdon and how well-off Sandra would be living in the fine manor house that Ted owned and the amount of wealth he had.

Sandy’s room was very welcoming, for she danced most of the night. It was nearly two in the morning, and she was tired.

As she sat down in front of her mirrored dressing table to relax a bit, she looked into the mirror and saw someone that wasn’t her.

It was an older woman that looked like she might become Sandy in 40 years, but with fear in her eyes and sorrow on her face. The image spoke to her in a voice that shook with tears and hesitation.

“You must not stay here. Please, do not stay here. You will regret it for the rest of your life, as I have. If you will listen to me, you must take the secret door in the back of the clothes closet. Follow the hallway to the last door on the left. Your way of escape will be in that room. Please, please do as I say!”

Sandy sat there shocked as the image faded and her own reflection replaced it.

She shook her head and thought, “Have I had too much wine tonight? Did I really see and hear what just happened? Should I do as she said? Everything seems so right for me.”

“Don’t be stupid, Sandy,” she thought as she stared at her image in the mirror, “You’ve been warned, do what she said.”

She got up and went to the clothes closet and opened the door and pushed aside the clothes that were hanging there. There really was a secret door at the back.

Sandy quickly turned and grabbed the small oil lamp that burned on the night-stand. She returned to the closet and opened the secret door.

She saw darkness and a stairway that

led down into more darkness. She took the first step down and then continued on down the stairs, until she reached the bottom, about 20 steps down. It was then that she heard voices up in her room calling for her. It was her aunt and uncle.

They called down to her, “Sandra, please come back! Don’t follow the hallway. We’ll give you anything. Please come back!”

Sandy stopped for a moment and then continued on into the darkness. She heard steps behind her on the stairs as her Uncle called out to her, “Wait for me, Sandra, wait for me.”

Sandy walked faster down the dark hall, for she seemed to know that something wasn’t right, and she had to get away.

The hallway started to fill with a mist that rose from the floor and made it difficult to see. But the hallway was straight, and she hurried on. “How long can this hallway be?” she thought as she quickly walked on in the rising mist.

She was looking to the left for the doorway that she was to enter, when she felt a hand grab her shoulder. It was her uncle trying to stop her. “Sandra!” he said, “You must come back with me. You have no business down here.”

Sandy turned quickly and pushed the man away, then ran down the hallway to get away.

“Sandra, come back!” she heard as she ran deeper into the mist.

Suddenly, she hit the end of the hallway and nearly fell to the floor. As she looked around, she saw the door. It was a thick oak door with an iron latch which she quickly pushed down as she heard her uncle’s footsteps coming closer.

She entered the room and closed the door. With her back against the door, she looked around and saw a small room with stone walls in the light of her oil lamp. There toward the back of the room was a small wooden table. On the table was the wood box that contained the Travel Diamond.

Sandy quickly walked toward the table, just as Uncle Roger entered the room and grabbed her, pulling her away from the table.

Sandy jerked away from him and rushed for the table as Roger tried to grab her again. Once more, she pushed him away and this time she jumped toward the table and quickly opened the wood box. Just as Roger yelled at her to stop, she touched the diamond and was gone.

Sandy found herself back in the living room of mom’s old house and sitting in the chair across the table from her husband Ted.

Ted saw the fear on her face as she sat there gasping for air. “Sandy, what happened to you?” he asked as he left his chair to come over to her.


Sandy wrapped her arms around her husband and cried as she said, “Never again, Ted. Never again.”


Later she told Ted all that happened to her and begged him to get rid of the diamond. He promised that he would.

The estate sale was held the next day and the Travel Diamond was on one of the tables with the story from the newspaper folded into the wooden box.

To be continued...

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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New Gold Camp Adventure Tours

by Z Studios

Tours of the Cripple Creek & Victor Mining District will be offered again this summer from the Victor Lowell Thomas Museum. The tours will highlight Gold Rush History as well as modern and historic gold mining.

The guided tours will provide the chance to learn about the district's unique Gold Rush History — including gold mining old and new, pioneers, and ghost towns. Tours can be packaged with a walking tour of the Sunnyside Cemetery near Victor and downtown walking tours on select Saturdays this summer, as well as with museum admission and gold panning.

The tours will be conducted using transportation and drivers from Cripple Creek Parks & Recreation and tour guides from the Victor Lowell Thomas Museum. All of the tour proceeds from the new tours will benefit Parks & Recreation and the Victor Lowell Thomas Museum, furthering the missions of both community-minded organizations as a win-win fundraising option for both.

Check VictorMuseum.com for tour times and dates. The cost is \$15 per person plus a small online booking fee — an affordable way to get a guided tour of the history that made the Gold Camp famous. Only children 5 years of age and older are allowed on the tours for safety reasons. Be sure to reserve your preferred tour dates soon as some dates sell out quickly. Please arrive at least 15 minutes prior to tour times.

Reservations may be made online at VictorMuseum.com or calling the museum on weekends through May 21 or 7 days a week starting May 27 at 719-689-5509. Larger groups may be accommodated by special request.

Memorial Day Honor Guard Ceremonies

by VFW Post #11411

Veteran 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 29, 2023 at the following times and locations:

- 10 a.m. 4-Mile Cemetery
- 11 a.m. Florissant Cemetery
- 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#11411 or its Auxiliary, contact Post Commander Randy Ford 719-510-9392 or Auxiliary President JaNiece Tyler 719-748-1335.

Jason's Peak Ascent 4 Independent Mothers of 719

Jason Kekich will be running to the top of Pikes Peak on May 14, Mother's Day, to raise \$10,000 for single mothers of Teller County. He was inspired by his own mother, a teacher at Gateway Park School District who raised five children and all of their beloved pets independently. Jason shared, "I am beyond grateful. Her strength, courage, and relentlessness has always fascinated me. That being said, the least I can do is run up America's Mountain to raise money and awareness for those who commit to her level of dedication."

We are honored that Jason reached out to Community Partnership to partner with him to ensure that all funds raised will support single mothers in Teller County. To learn more and help Jason reach his goal visit www.coloradogives.org/story/Bteymf

Volunteer with JA before summer!

by Sherri Albertson

Junior Achievement of Southern Colorado — Teller County will host JA-in-a-Day events at Gateway Elementary on Friday, May 12 and at Summit Elementary on Wednesday, May 17.

Community volunteers utilize Junior Achievement lessons to bring a unique classroom approach to teaching children about work readiness, entrepreneurship and financial literacy skills.

JA's specially-developed curriculum corresponds with the Colorado educational standards and provides activities that enable students to develop the skills they need to experience the realities and opportunities of work and entrepreneurship.

Getting involved is easy and JA provides all the necessary volunteer training and curriculum materials. Interested in learning more? Contact Sherri L. Albertson at 719-650-4089 or via email to sherri.albertson@ja.org.

Adopt Me Midland

by Ark Valley Humane Society

Midland is a lovable Boxer/Mastiff mix. This 4-year-old gentle giant is eagerly awaiting the opportunity to meet his new family and shower them with love and affection. When Midland first arrived at the shelter, he was very shy and shut down; he would walk around with his head low and quickly hurry into a room or kennel. Now that he's been with us for some time, he has 100% warmed up to all staff and is a happy and wiggly dog! He enjoys jumping over our agility equipment in the big yard, getting ice cream treats on warm days, and hanging out in the doggie sandbox. Midland lets us dress him up in whatever outfit we think would be cute, and happily goes on walks with volunteers. It's been wonderful to see this dog blossom into a confident pup. We know he will make a great addition to any dog-loving home! If you'd like to meet Midland, please give us a call at 719-395-2737.

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

A Look Inside the Artist Jennifer Vanhove, Art-Through-Therapy

by Mary Shell

Being an artist all my life I have found creating art to be one of the strongest and fastest ways to connect with your inner self. I met Jennifer at one of my painting parties. I quickly recognized she was fully enjoying the creative process. Fearless and eager, she completed her painting without any judgements of the final image. She was more interested in what she was doing rather than how it looked. We spent time talking about the healing qualities of creating art. She soon realized she was adding art to her therapy sessions.

It's wonderful to find someone who embraces creating art for what it does to the human psyche and forfeit the judgments and outcome of what is created. I feel I have found a kindred soul that understands the whole purpose of art, creating it, admiring it, and seeing it as a healing force.

When did you discover the healing qualities of creating art?

I have always participated in crafts or other creative projects in my life, including home updates, wreath making, garden decor, etc. Creating through painting is very new to me, however, it very quickly became evident that there are healing qualities in participation in painting. I am a huge proponent of self-care or self-resilience, and creating can be a big part of this.

Do you use creating art to achieve mental health?

Yes! I have a small therapy practice and have started to use creative projects with clients to assist in healing. In my own life, I feel in flow when I am creating.

How do you choose what your patients paint or create?

I spend a lot of time with clients identifying their needs and values in their lives in order to help them live authentically aligned. Needs are the things we must have in our lives to feel fulfilled. Values are the things important to us. If we are not living within our needs and values, we tend to struggle with depression and anxiety. I have found that folks with a history of trauma often aren't aware of how important living in this alignment is. This seems to be due to the fight or flight component in the sympathetic nervous system. When there is a history of trauma, our brain thinks survive...not thrive.

In order to have a visual representation of authentic alignment and opening those creative pathways in the brain, we create the "Tree of Me." The roots represent our needs and values. The roots of a tree are what anchors the tree into the ground. The trunk of the tree holds the tree up. This is represented by the self-care activities that we do and the things in life we are grateful for. This also nourishes the roots and the leaves. The leaves/blooms are the beauty we live in when we are authentically aligned.

Another creative outlet I always suggest is journaling. Writing things out can be incredibly therapeutic for clients. It allows a different perspective on the things going on in their lives.

As a therapist how do you find creating art helps your patients?

Adding creative activities to therapy promotes relaxation and teaches new avenues for self-care or self-resilience.

Now that you are adding art to your therapy, do you see an improvement in your patients?

I think adding the "Tree of Me" activity has allowed clients to not only see a visual representation of their needs, values, self-care, gratitude and authentic

An example of the Tree of Me exercise to help clients discover their authentic self (above).

station in the office for people to use during talk therapy sessions.

Will you continue to include art projects in your therapy?
Yes, adding creative projects to therapy seems to have positive benefits for clients.

How does creating art make YOU feel?
When I create art, I feel in flow. Flow is that state where you lose track of time. It is relaxing and allows me to spend time relaxing. The outcome doesn't have to be perfect, as long as it opens those creative pathways in my brain.

You can reach Jenifer at: Jennifer Vanhove LCSW/LAC, 831 Royal Gorge Blvd, Ste 226, Cañon City, CO 81212. Phone: 719-431-9050 Fax: 720-707-0430Co

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The Dungeon's 14th Anniversary

by Flip Boettcher

Most businesses don't make it to their first anniversary, let alone their second, but this year marks the Dungeon's 14th anniversary. The Dungeon Body Art Studio is located at 503 Main Street in Cañon City, in the historic Frank L. Smith building and features multiple award-winning tattoo artist and studio co-owner Richie Streate, known worldwide.

Richie has been tattooing for 21 years in California and Colorado, and has been published in Ripley's Believe It Or Not for his work with ultraviolet tattoo ink. In 2010 at the Seattle tattoo convention, the Dungeon Studio was awarded Best Tattoo Studio, according to co-owner Darci Wige. Richie now has two tattoo apprentices, Jonnalea and Shane.

The studio also does body piercings and features a full line of piercing jewelry and accessories, as well as clothing items.

This year the Dungeon will be celebrating Friday, October 13th with special tattooing and piercings; most of the proceeds will be going to the Orchard of Hope.

The Orchard of Hope is a local, Cañon City non-profit dedicated to helping cancer survivors, so monies donated to the Orchard pretty much stay in Cañon City.

Whether you are interested in tattoos

and body piercings, or not, check out Richie's tattoo artwork, jewelry accessories and clothing at the Dungeon Body Art Studio at 503 Main Street the next time you are in Cañon City.

You can visit their website at TheDungeonInc.com or contact them at thedungeoninc@msn.com or richietats@msn.com or 719-275-5050.

Cripple Creek Donkeys released May 15 at noon!

by Brandon Westhoff

The Two Mile High Club, caretakers of the Cripple Creek Donkeys, announce the annual "turning out" of the donkeys from their winter quarters. They will range free in the City of Cripple Creek throughout the remainder of spring, the entire summer, and early fall. This year is special because President Teddy Roosevelt will be on hand to speak and to facilitate their release as he did in 1901. At that time, donkeys were the beasts of burden in deep underground gold mines where they lived, worked, and died under inhumane conditions.

Volunteers will be on hand at the intersection of C Street and Thurlow Avenue where the release will take place. As the days grow warmer, the donkeys know that it is time to leave their winter barn and

pasture so that they can roam freely to the delight of residents and visitors alike. They love to eat apples and carrots and the special treats that are available at local businesses.

Come join us for this festive occasion along C Street, on Cripple Creek's southwest corner, and meet the donkeys, including our two newest ones, Calypso and Salsa, mother and daughter, who will roam with the herd for the first time. They will all be waiting for you, too, at the 92nd Annual Donkey Derby Days on August 11, 12, and 13, Cripple Creek's biggest festival of the year!

Remember our motto...Cripple Creek, where the asses run wild and the donkeys are well cared for. Hope to see you in Cripple Creek on May 15th! Hee-Haw!

Desert Rose

by Paisley Hedin

The colors fade from bottom to top, though it is a beautiful crystal. It has spikes that stick out like petals. They are found in groups, not alone. They are found in the Sahara Desert, as well as Algeria and Ghadames. Yes, the Desert Rose are beautiful rocks, and I love them.

South Park Pottery and Backroom Beads: A family, a business, and a television show

by Dan Pocius

Pat Pocius may not be a Colorado native, but she has earned the title of local to South Park and Fairplay Colorado. Saturday May 13 will be the celebration of the legacy Pat started in Fairplay with South Park Pottery's 37th Anniversary Celebration.

Pat moved to Colorado to escape the dreaded weather of Iowa, too hot in the summer and too cold in the winter. Before leaving Iowa, Pat pursued a bachelor's degree from Iowa State University in Commercial Art. Pat's Colorado journey began in Grant working on a dude ranch. She then moved to Fairplay with her new family and son Daniel. During the early 80s, Pat kept her love of art going through pottery that she made in her home and took to shows and bazaars all across Colorado.

In the spring of 1986, Pat opened the door to South Park Pottery, purchasing the historic late 1800s property at the top of Front Street in Fairplay next to South Park City Museum. She embarked on the entrepreneurial journey making the great leap of faith and investing in herself and the community of Fairplay. South Park Pottery started out small with the focus on Pat's handmade stoneware mixed with some herbs and spices, a small bead selection and some handmade jewelry. The pottery style expanded into new techniques over the years with additions like Native American stone smoothed and fire finished, Japanese Raku, and Obvara.

In the mid-90s her love of beading and making jewelry grew along with the store space as a new addition was added on the back of the store. The new expansion paved the way for the creation of the addition of Back Room Beads, offering one of the largest selections of bead strands, loose beads, and material in the Rocky Mountain area. The artistry Pat possessed continued to grow as she moved into lamp working, creating her own unique soft glass beads and pendants along with more jewelry creations.

While the business grew, Pat shared the business life with her son bringing him along to shows, being in the shop after school and on the weekends. The experience and lessons learned were taught day in and day out which culminated in Dan's first job at the age of 11 working in the shop on the weekends and over the summer. Dan started his first business venture, under the tutelage of his mom, in South Park Pottery selling the second coming of the Pogs craze. Pat stayed very active in the South Park Chamber of Commerce and the Front Street Business Association where Dan also frequented events and meetings, further growing his business background and understanding. The lessons he learned from Pat include: work hard regardless of what you are doing,

have unwavering perseverance, be adaptable to any situation you are presented with, and customer service is extremely important.

On Wednesday 10 p.m. on Aug 13, 1997, a new animated show aired on the cable network Comedy Central sharing the name with the South Park area. The creators, Trey Parker and Matt Stone, are both Colorado natives coming from the Conifer/Morrison area and Littleton having met in college at CU Boulder film school. Interviews with the creators said the inspiration to use the name South Park came from all the weird stories of UFOs and abduction happening in the area. The show continues to air today with new episodes available still on Comedy Central, HBO Max streaming platform, and southparkstudios.com (for free).

Dan received a t-shirt with the four characters in front of the bus stop for his 15th birthday in Feb of 1998, which sparked the idea to sell South Park show merchandise in the shop. With his mom's approval, and support to use one display section in the front room, Dan set off on his second business experience that would turn out to be life changing. From the summer of 1998 through 1999, Dan had distribution accounts established with over 35 different vendors, and was actively selling over 200 different items. Vendors would stop producing items and new vendors would replace them until everything started to slow down in 2002.

Around the same time, the South Park business was transitioned to South Park Pottery when Dan went off to college in Colorado Springs to study Computer Information Systems that would lead to a career with the United States Space Force, leading a team of 30+ members providing cybersecurity to one of our nation's most important weapon systems defending against nuclear missile attacks. Dan married his amazing wife Amy in 2011 and Pat became a grandma in 2014 to a little boy named Roland.

Life was simple and progressed like normal — until it didn't. Pat started fighting an early onset of Parkinson's-like symptoms around Roland's birth, but continued to maintain normal routines until spring of 2022 when she moved down to Colorado Springs to get more help dealing with a newer diagnosis of Lewy Body Dementia and to be closer to Dan, Amy, and Roland.

Dan and family officially took over South Park Pottery in the summer of 2022, wanting to keep it going and to continue being one of the mainstays of the community. A new incredible staff was found to keep the store open day to day, while Dan and Amy worked on all the things that needed to be managed from the

Springs.

In August, at Red Rocks Amphitheater, Trey Parker and Matt Stone held a 25th South Park Anniversary Concert, bringing an epic experience for the fans. At the tailgate party hosted before the concert, was a South Park Experience exhibit that contained merchandise throughout the 25 years of the show in a 40-foot shipping container. This experience traveled around the world and had fans lined up consistently to get the chance to take the tour.

The concert and the experience sparked a new transformation in South Park Pottery not seen since the expansion and creation of Back Room Beads. As Dan sold all the different South Park items with his business, he thought that someday the items would be collectable and saved one of each thing. He was correct, and there is an avid base of fans collecting today. His collection is likely in the top two to five of the world, and with a lot of work in transforming a space within South Park Pottery, the REAL South Park Collection will be a permanent fan experience in the store for all the fans wanting to see the REAL South Park Colorado. The goal is to try and show how far the influence the South Park show has stretched over the years, while giving a chance to see rare items, play the video games, play the pinball machine, and get your picture taken with the boys. There will be new collectable items available including cards, vintage merchandise, and a new penny press machine. There is also a coordinated effort with the collection to help generate donations to some of the great organizations in the South Park area; South Park Food Bank, South Park Boys and Girls Club, South Park Senior Center, and area churches.

The REAL South Park Collection will have its grand opening Saturday, May 20, 2023, aligning with the first weekend South Park City Museum will open for the 2023 season. South Park Pottery will be hosting a 37th Anniversary Celebration Saturday, May 13, along with a sneak peak at the REAL South Park Collection. There will be "Punch and Pie," treats and drinks, and Pat will be in attendance.

From the whole Pocius family and South Park Pottery team; we want to give a big THANK YOU to everyone who has supported South Park Pottery over the years and has been there for Pat and family. We hope to see everyone out so we can say thank you in person and give hugs. More info about the 37th Anniversary Celebration and the REAL South Park Collection grand opening can be found on our website www.southparkpottery.com, on our social media accounts, or any specific questions are welcomed to our email pocius@southparkpottery.com.

Obituary Kay Ann Burger

Kay Ann Burger (Biagioli) was born on January 1st, 1973 and at age 50 in Florissant, CO died on March 31st, 2023. She passed away peacefully in her sleep.

She was born in Crystal City, MO to Glenda Jones and John Biagioli and had two younger sisters, Macella and Asalee.

She married Ralph McEnnerney in 1992 and they had a son and daughter: Donovan F. McEnnerney and Samantha K. Yong (Sammie). She became a single mother in 2002.

She is survived by her father, John, two sisters, Macella and Asalee. She is also survived by her kids, Donovan, Samantha and Joshua and her four granddaughters, Jayden, Isabella, Aurora and Scarlett, and 4 nieces and nephews and lots of aunts, uncles and cousins.

Kay never had a consistent job but got to have lots of new experiences. She moved around and got to see many of the states in her time. She loved meeting new people and seeing new places.

Kay was a beautiful daughter, mother and grandmother that always did her best. Kay always brought a smile to anyone in the room. She could talk your ear off if you let her but she never met a stranger. Kay had many friends throughout her 50 years of life and could tell you all kinds of stories. She always made you feel welcome and loved. She wore her heart on her sleeve. Kay had plans to move closer to her daughter and granddaughters just a few months before she passed away. She will be dearly missed by everyone.

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WOOD

Maudie’s Incredible Emporium

by Kathy Hansen
photos by Jeff Hansen

When you are seeking antiques, hand-made items, unique or unusual gifts in Cripple Creek, Colorado, make your first stop Maudie’s Incredible Emporium located at 363 East Bennett Ave. There is a little something for everyone at Maudie’s and you will likely find the perfect item!

The antiques are primarily from Lois and Maurice Woods, the owners of the building. They have been storing antiques in this building since the 1990s, when it was an antique store. The building was idle for a number of decades, until Lois and Sue Stinton got together and decided to re-open with a new collaborative concept, adding hand-made items from at least 40 local artisans.

Sue happened to know Mark Gregory, who had been her regular server when he was still working at the Red Rooster within the Imperial Hotel. Sue and Mark had gotten to be good friends. Sue knew that Mark was a wood turning artist who crafts beautifully hand-made tools and objects. Mark was well connected within the artist community of Cripple Creek/Victor. They were excited about the concept of collaborating with various artists, who could provide artwork to sell on consignment and take turns tending the store.

The friends helping friends concept seemed to grow and now Maudie’s features art from about 40 different artists! Together they have created an opportunity to display



Mark Gregory with his display of woodworking art.

and sell their work as they engage in mutually supportive fellowship through their cooperative atmosphere. Mark is responsible for the gallery portion of Maudie’s and Ellen Moore handles the antiques.

Maudie’s even has a display that also serves as a fundraiser for the 2-Mile-High Club, the local non-profit that cares for the donkeys that roam Cripple Creek. These donkeys are descendants of the miners’ donkeys back when Cripple Creek was known for mining. You may be noticing there is a theme here of helping each other out!

We truly enjoyed browsing our way through Maudie’s. Mark informed us that the “blankets” that were hanging from the second story railing are actually antique carriage blankets made to help keep the passengers’ legs warm during cold weather periods. Jeff and I chuckled as we fondly recalled the ragtop Jeep we had and how I used a blanket to keep my legs warm!

Jeff has a keen eye for interesting items and noticed the W.C. Fields battery testers from 1974. No one could miss the tiger ride; the kind that used to be outside most every grocery store so the children could put a coin in, jump aboard for a rocking good time. This is the ONLY item not for sale in the store, but it surely makes an excellent conversation piece!

It was just behind the tiger ride that we found a buffet of antique photographs and frames. We understand it was the creative styling of Ellen Moore who decided placing cat and dog faces over the human faces could be fun. Well, how can you possibly look at those and not laugh? She did a great job! You will have to see them for yourself.

There is a plethora of artist’s creations available. There is an entire section of fabric art and quilt work and a wide variety of paintings, drawings, framed art and matted prints. Glass art of several genres, including etched glass and glass that is lit up are sprinkled about. There is a wide selection of various types of jewelry, earrings and necklaces. You will find wooden memory games, puzzles and Mark’s turned wood tools. Greeting cards and horseshoe art are found throughout. There are hand-made soaps, sprays and lotions.

Catherine Evans was working on her display of “Whatnots” that includes scented products. The spray titled “Clear That Sh*t Out!” caught my eye. It contains palo santo, sage, cypress and lemon,



The first floor has plenty of artwork from local artists (above) while the second floor has lots of antiques for you to purchase (below).



all known to cleanse and even to clear negative energy. Catherine shared that she and her husband had a martial arts studio. Sometimes there would be a student who came in with vast levels of energy overflowing. Catherine found it helpful to spray this after they left to help clear out the negative energy and “...bring the peace and harmony back!” The spray was among her other products of lip balms, essential oils and scented items. She creates her own recipes and makes it all by hand herself. We thank Catherine for gifting us the Clear That Sh*t Out spray as we’ve used it at Shipping Plus when it was time to release negativity and bring back a positive vibe, good stuff!

We asked Catherine what she likes most about Maudie’s. She appreciates how everyone makes their own stuff and the creative input really gives the store a family flavor. There is something for everyone. Then she repeated a theme that was building throughout the day; there are good vibes from everyone cooperating to make Maudie’s run smoothly! No need to take our word for it. Next time you’re seeking a unique, hand-crafted gift for someone special head to Maudie’s Incredible Emporium in Cripple Creek and check out their wares as you absorb the cooperative vibe! They intend to be open 7 days per week in May from 11-4 p.m. or call to verify hours 719-425-6132.

Addicted Beauty Apothecary

by Flip Boettcher
photo courtesy of Natosha Haskell

Addicted Beauty Apothecary is located at 119 ½ West Main Street in Florence. Owner/operator Natosha Haskell is very excited to bring Halotherapy, dry salt therapy, to Florence, she said.

Addicted Beauty has two salt therapy booths, one is just for dry salt therapy and will accommodate two adults; the other is an Americans with Disabilities Act compliant infrared sauna combined with dry salt therapy and will accommodate two wheelchairs or four adults.

What makes Halotherapy different than just sitting in a room with Himalayan salt decor, which is great for relaxing and meditation, is the halogenerator, said Haskell. The halogenerator grinds dry, pure grade sodium chloride (salt) into micro-particles, which are dispersed into the salt booth. As one relaxes, the particles are inhaled and land on the skin providing respiratory and skin benefits.

Haskell started her Halotherapy in February of this year when she moved into her new space, she said, and is a proud member of the World Halotherapy Association and the Salt Therapy Association.

It has been a long road for Haskell, who wanted to be a cosmetologist since she was 15. She was enrolled in cosmetology

school right after leaving high school in Kansas in 2003, but dropped out, moved to Colorado when she was 18, married, had kids, and got divorced in 2011.

Haskell decided that if she was going to be a single mom, she should do something she was passionate about and started cosmetology school in Pueblo at Intelitec in November 2014 and graduated in late February 2016. She passed her board certifications two weeks later and started her career in March, renting a space at Split Endz in Cañon. Her business name then was Addicted Beauty, because she truly feels everyone should be addicted to their own beauty and to self-care, but too often self-care is the first thing to be neglected in the day-to-day routines and stress.

Haskell also has extra certifications in microdermabrasion, dermaplaning, chemical peels, sugaring (a more natural way to wax/remove hair) and eyelash extensions.

In May 2022 she moved her business to 110 East Main Street in Florence, renting a small room in a real estate office, but this February, she moved to her current location, which would accommodate the Halotherapy salt booths, and changed her name to Addicted Beauty Apothecary and is growing her business into a beauty apothecary.

Haskell’s passion is “offering services that promote wellness, detoxing and enhancing natural beauty in organic and natural ways,” she said. Haskell specializes in a variety of facials including microdermabrasion and dermaplaning, body treatments with time in the sauna salt booth and ionic foot detox soaks. “Detoxing our body is an important part of self-care physically, emotionally, mentally and can have a very positive impact on our skin as well.” The appearance of our skin is an important aspect of how others view us and has an emotional impact on how we feel about ourselves; if we feel like we look good, we will feel good. That’s why Haskell does what she does, she said.

The first of January 2022, Haskell signed a contract with Eminence Organic Skin Care, which is a corrective, organic skin care line that is customized and good for every skin condition: clear skin for acne prone skin, firm skin, bright skin for pigmentation, calm skin for sensitive skin and age prevention and age corrective treatments, all organically grown in Hungary. Even though there is soy in some of the products, Haskell said, you don’t have to be cautious using it with people who have or have had cancer because it is not made



Natosha in front of Addicted Beauty Apothecary in Florence.

with all the preservatives and cancer causing ingredients.

One of Haskell’s goals this year is to be able to afford to take a skin care oncology certification class to be able to perform facial services and give skin care advice to those who have had or currently have cancer.

So, stop in at the Addicted Beauty Apothecary at 119 ½ West Main Street in Florence or contact Natosha at: 719-372-1735, calls only; 719-250-9893, calls or text; addictedbeauty.natoshahaskell@gmail.com; or website, www.addicted-beauty.skincaretherapy.net.

You can also visit the World Halotherapy Association website, www.worldhalotherapy.com for more information about Halotherapy.



Life-Enhancing Journeys

Think differently, feel differently - resetting your internal dialog

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

Do you talk to yourself, quietly inside your head or even out loud? In most circumstances, self-talk is internal, private speech. I sure have many conversations with myself. I notice I do this more frequently when I am upset or make a mistake or when debating a decision. According to one study, 96% of adults admit to having ongoing, internal dialogues regularly.

Talking to yourself can help you understand the world around you. However, the human mind tends to mistake its opinions for facts. Our thoughts are created from perceptions, beliefs and past experiences. This means that self-talk, our inner voice, has enormous power over us. Some researchers estimate that the average person has about 50,000 thoughts per day, which translates to about 50 thoughts per minute, according to the Laboratory of Neuro Imaging at the University of Southern California. It is interesting that 80% of our thoughts tend to be negative instead of calming, supportive or kind. Our survival brain is a reason this is so.

The brain believes it is trying to be helpful by warning about potential dangers to prevent you from getting hurt. It is only concerned with your safety and survival, not your happiness. Your brain is programmed to look for what could go wrong; we have a tendency toward a negativity bias. That strategy worked well when we were living in primitive times and had to constantly be on the lookout for danger.

Your brain wants to remind you of your past mistakes in an attempt to prevent you from repeating them. However, it usually remembers the slip-up in a distorted way. Your memory of the event is a result of how you felt about the experience, rather than from the reality of the situation. When you want to try something new, it may warn you that you are too sensitive to try out for a part in a play, for example, because you will likely be rejected. It may dredge up memories of past failures that will cause you to avoid taking risks now. Your brain may fill your head with negative self-talk which can undermine your confidence. Are these types of beliefs hindering you from having an inner dialogue that can be supportive and uplifting?

The brain is an interpreter and can fool you into thinking that you are a failure, worthless or unlovable, whether it is true or not. Your mind can trick you into believing it can predict the future by telling you something terrible will happen. What we believe to be true can shape our behavior, which at times can become a self-fulfilling prophecy.

According to neuroscientist Patrick Cavanagh, at Dartmouth College, “It’s really important to understand we’re not seeing reality...we’re seeing a story that’s being created...” Although you tell yourself that your thoughts are the truth, thoughts are just thoughts. Thoughts are not facts. Your viewpoint or the story you tell yourself about the experience, then becomes your reality.

Someone who has developed a belief that they are inherently flawed may be more likely to have thoughts about not fitting in or being rejected. Even if there is no proof that others are critically evaluating them, any evidence that goes against those beliefs will likely be discarded. For instance, when accomplishing something, you can convince yourself that you just got lucky or you were able to fool people into thinking you were competent as the reason for your success.

One’s life experiences also affect automatic thoughts and most of these beliefs developed during childhood, influenced by what others have told you about yourself, especially significant figures such as parents, relatives, friends, and teachers. When thinking about yourself, other people, and the world, you will look for

evidence that reinforces those views. It is human nature to discard any possibilities that do not fit or match your beliefs.

“Our acceptance of the belief system provides such comfort and security; we immediately dismiss any challenges...to what we accept as true because it will likely bring discomfort and pain. It’s much easier to deny the possibility.”

— Shelly Lieber

Many of the thoughts that run through our heads are unreliable and misleading. Viewing the world through this tainted filter, which developed from your perceptions of the situation at the time of the incident, caused you to interpret events in a negative or unfavorable way. It is not based on reality but on your perception of what happened.

About 30 years ago, I was a contract therapist at an inpatient facility. The administrator stopped me in the hallway and told me to come to her office before I left for the day. I predicted all these catastrophic reasons she wanted to meet with me, “...What did I do wrong...? I’m going to get fired...” My thoughts kept spinning out all day. When I finally stepped into her office, she handed me a \$100 bill, thanked me for a job well done and wished me a Merry Christmas. I wasted so much time and energy and created such an anxiety-filled day for myself, however, it was a lesson well learned. Now when someone asks to see me in their office, I tell myself that there is a possibility I will be receiving a \$100 bill!

Actually, distorted thinking, whether overly negative or overly positive, is unhelpful. Sometimes people mistakenly assume that positive thinking is always a good thing, which is also untrue. People who were overly optimistic tended to put less time and effort into whatever they were working on. Clearly, excessive positive thinking can be just as detrimental as excessive negative thinking.

Our beliefs affect the filter through which we view the world and they can be a driving force behind those automatic thoughts. However, other conditions can also influence those unconsciously triggered thoughts. Individuals who experience depression are more likely to have thoughts that can spark feelings of hopelessness, helplessness, and worthlessness. It can be beneficial to step back and recognize that many of the thoughts you have are untrue or imagined. Allow yourself to consider what filters might be affecting your thoughts. You may have limited control over your outlook. However, you do have the ability to choose how you respond. Ask yourself “What beliefs am I aware of that cause me to perceive the world this way...?” Ultimately, you determine how to respond to troublesome thoughts.

“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

— Viktor E. Frankl

Essentially, it is about noticing the disapproving thoughts that have crept into your mind. This will enable you to challenge them because, until you are aware, there will be nothing you can do about it. The suggestions and techniques described here are opportunities to challenge and correct distorted ways of thinking and self-defeating beliefs that often lead to negative emotions.

• Recognize that all emotions are felt as body sensations first so when you notice those inner feelings, this will clue you in that something just got triggered



Talking to yourself can help you understand the world around you.

unconsciously (emotions are triggered in 1/10 of a second whereas thoughts are slower and activated in 6/10 of a second). When internally scanning your body, be aware of the messages your body is giving you, such as tight muscles, a racing heart, butterflies in your belly, or a lump in your throat, to name a few. It is unnecessary to know why it is happening, simply observe it. After you have become aware of the physical sensations, just give yourself a compliment for noticing, using phrases such as, “Good for you for noticing...Good catch...Way to go...Got it...” or any other that might appeal to you. Remember, this skill is about developing an awareness of your thoughts rather than changing them at this point. Keep track of how often you detect messages from your body to see how this awareness changes the way you feel.

It is important to recognize when a baseless, judgmental thought occurs (you will feel it in your body) then tell yourself, “This thought is irrational...”. Also, avoid pushing the thoughts out of your mind, arguing with the belief, or judging yourself simply for having them. Notice the thought and merely acknowledge that it is present because denying the thought can give it more power. Have you noticed that when you tell yourself to not think of something, that likely will be all you can think about?

• Once you have recognized sabotaging thoughts, such as, “I shouldn’t even try...I’ll embarrass myself...I’m worthless...,” reframe or change the way you have expressed the criticism with more empowering thoughts like, “I am doing my best...” Or “I can learn from trying something new...”

• Avoid “I should.” This can trigger guilt and send you down a frustrating path of spiraling negative thoughts. “Should” statements can contribute to anxious thought patterns because what they demand of you may be impossible to achieve.

• Another strategy for dealing with objectionable thoughts involves talking to yourself as if you are talking to a friend. Would I say those hurtful things to my friend? It involves just asking yourself that question and then offering yourself those same kind words. Speaking with self-compassion is beneficial for helping you build your own support and strength.

• When you have repetitive thoughts or you find yourself stuck in a disapproving pattern of thinking, it likely means that you are focused on something fearful from the past or anxiety about the future. A way to switch the channel in your brain is to bring yourself back to the present. One approach is to notice a minimum of three different objects in your surrounding area. Look at each item then close your eyes and picture it while breathing deeply, then open your eyes again. This tool helps to reset your brain by orienting you into the present moment which can free you from thinking about troubling thoughts.

• Avoid mind reading. Instead of trying to guess what the person is saying, ask for an explanation if you are unsure. Start by pausing and giving yourself a breath then ask calmly “What do you mean...?” or “Help me to understand what you are saying...”. (Whether these phrases are perceived as the start of an argument or simply an inquiry depends upon the tone of voice). It may have nothing to do with you. I have mistakenly taken a comment personally when it was not about me.

Remember, your mind will continue to have automatic thoughts and it is difficult to control the thoughts that pop into your head. The important thing is not what thoughts you have, it is what you do with those thoughts. Question your assumptions, beliefs, and judgments then sort out the distorted or irrational thoughts from the reasonable and rational ones.

Talking to yourself kindly can have a great impact on your overall well-being. It takes time and practice to reset your “default mode” so be patient with yourself. As our future is always uncertain, the best we can do is take care of and have compassion for ourselves as well as for others.

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.



Fitness ON the Mountain

Optimizing movement with Teller County's own Chris Gonzales

by Lori Martin

If you have been following Fitness On the Mountain recently, you may have noticed a common theme in my messages. Wellness is the big message, fitness is my specialty, and movement is my passion. The concepts of wellness, fitness and movement individually, represent a portion of the considerations for the quality of life we live. Independently, we need optimal movement to achieve optimal fitness and optimal fitness to achieve optimal wellness.

This month's article is based on an interview with Chris Gonzales, owner of Movement Training Company, in Woodland Park.

As you can tell by the name of his business Chris and I have much in common, specifically, our passion for movement and helping people move more efficiently. His official titles are: Human Movement Consultant, Licensed Massage Therapist, and Personal Trainer

He also, holds the titles of:

Advisory Board Member for the Woodland Park Parks & Recreation Department, Non-Profit Organizer of Teller Trail Team, Snowboarder, Rock Climber, Trail Runner, Slackliner, Hiker, Skateboarder, Trainer of Olympic Runners, and outdoor enthusiasts of all types.

As we dig in with this interview, we discover how alike we are despite 30 years difference in age.

As a future client I'd like to know more about your practice. I've come up with a few questions to help me and our readers better understand what Movement Training Company is about. Who is your typical client?

My typical client, 9 times out of 10, has pain that is keeping them from achieving their goals. They can be an Olympic athlete, a hiker or a Grandma who wants to be able to get down on the floor with the Grandkids and get back up without creaking or moaning.

...Or 64 year old ladies who envision living their marginal decade in optimal condition. What is your goal for your clients?

My goal for my clients is to help them achieve their goals. Whether they are climbing 14-ers, rock climbing or just wanting to walk their dog, I want to help people take charge of their lives by making informed decisions. I want to empower people to take better care of themselves. I want my clients to understand where they are and help them get to where they want to be.

As your potential future client, what will a typical session with you look like?

It's my job to look at not just the area of pain but the surrounding area, as well. What is the underlying cause of your pain or, in your case, restriction? Where are you coming up short?

What are you capable of? What do you need to do as a baseline human? Because we all have baseline needs to move. What do you need for your sport or life specific activity?

Over the course of 3 sessions I use what I call a Functional MAP (Movement Assessment Plan) which is basically, a "Physical Physical." We go to doctors for a physical to check our blood labs, our heart, lungs, etc. This Functional MAP is a head to toe musculoskeletal panel for every joint including the joints of the toes. It is completed over 3 separate sessions.

Session one, will allow me to learn about your goals, assess your entire lower body and determine what we will do to meet your needs.

You will receive homework that typically takes only 15 minutes each day and also, maintenance strategies that are designed to help fill in the gaps related to the problem. Maintenance strategies include strengthening exercises, as well as stretches.

Similarly, Session 2 assesses the upper body. Homework and maintenance strategies are assigned for the lower body, as well.

By Session 3, we have a complete Functional MAP in place. We've determined your priorities as per your goal/s and have designed a plan that will guide you as you move forward toward those goals and adventures.

...And ultimately, to living a more fulfilled life. I am one of those people who doesn't suffer a lot of pain but, I do want to avoid pain in my future and I see my future self as active and independent in my later years. Can someone like myself benefit from your Functional MAP?

Absolutely!

I've worked with many clients without pain but desire enhanced movement. The athletes who are really in-tune to their bodies are often surprised when their assessment reveals some limitations. After designing their individual strategies, they experience great improvements as athletes. For someone like yourself, the Functional Map will help us find any adaptations that can eventually lead to your having pain in the future.

How do you handle clients who come to you loaded with information they found on the internet?

I find Google to be a double-edged sword. Often times, the person is correct. They do have a tight hamstring causing their low back pain. My job is to find out why the hamstring is tight. This is not a medical diagnosis.

Two people can present with the same exact symptoms (tight hamstring) but, for one the pain is coming from the knee and for the other it may be a result of the brain not allowing the muscle to lengthen or it could be the result of structural issues or actual damage.

One of the favorite parts of my work is that I am not limited to how much time I can spend with my clients. I have the ability to treat them as individuals. People really want to feel seen and heard. Sometimes validating their opinions and/ or offering another perspective is key to moving forward and getting them the help they need.

How did you become so passionate about helping people?

As the youngest of 3 very active brothers, my sport of choice was soccer. I was in head deep by high school with 2 leagues and 3 practices per day. In my college years I gave up soccer and switched gears to skateboarding and eventually, Parkour. Parkour is an extreme athletic form of training the body to get from Point A to Point B in the fastest and most efficient way possible.

It was my Parkour training that led me to begin studying kinesiology, Olympic weight training and traditional martial arts.

It was after spending hours sitting in classes in college that one day, I experienced unbearable pain in my back. The pain had me unable to do anything but lay in my bed. The specialists weren't able to help me and one even suggesting that the pain was basically, age related.

At age 21?

Yes! This was an awakening moment for me. I wasn't going to live the rest of my life in that much pain so, I started on my own journey to heal myself. This is when I learned about Foundation Training and I went to California to learn how to move better.

This is another area of commonality for us. Through foundationtraining.org I found you right here in Woodland Park

listed as a Certified Foundation Trainer. Foundation Training changed your life?

It did. After 2 weeks I was completely pain free. Everything improved, movement, balance and overall athleticism.

It was inevitable that I became a certified Foundation Training Instructor and have been able to help a lot of people through my experience.

Tell me about Slacklining?

A Slackline is a length of webbing connected to trees, etc. It requires good balance and control to walk a Slackline. Prior to my injury and finding Foundation Training I could successfully achieve 1 out of 10 tries to cross a 50' Slackline. After Foundation Training I was able to cross 9 out of 10 times successfully.

What was your biggest take away besides the obvious of being pain free after all your specialists had basically, given up on you?

My biggest take-away is that we were not meant to live confined to four walls. We were meant to be out in nature, moving and living life. Zoo animals can live in zoos but, they are not as well off as they would be in the wild. We adapt to those walls but we don't progress.

Movement wasn't your original career choice, though.

Before my experience with debilitating pain my career was in finance. I went from the world of finance to a world of fulfillment. I went from pain to purpose.

In your practice what is the most typical complaints?

The most typical problems are with the lower back, the neck and the shoulders. Neck and shoulders are very related. When our shoulders are weak our neck tends to take over. I often ask my clients how many times per day do they reach their arms over their head.

Sitting in a chair is outsourcing our support to a chair. People that sit too much experience low back pain, poor posture and weak posterior chain (glutes). They compensate and they adapt. But, again, adaptation does not mean progress.

What type of stretches do you prescribe for your clients?

I utilize both a passive and active stretch depending on what is causing the muscle to tighten. A passive stretch held for 2 minutes or longer can convince the brain to communicate to the muscle to relax. In addition, holding those long stretches also, helps create more needed collagen in the effected muscle and the fascia responds better, as well.

During active stretch we are working/ stretching through a joint's entire Range of Motion. We track progress with measurements.

Your clients are receiving an amazing education on how their body works. When you send them home with "homework" you first have to educate them on how to do those exercises and stretches effectively. What are some common misconceptions people have about stretching in particular.

Using a standing quadriceps stretch as



Chris Gonzales, owner of Movement Training Company, in Woodland Park.

an example. Often times, clients tend to compensate for lack of mobility in their pelvis by tilting the pelvis forward which lifts the rib cage out of alignment creating an arched back. Maintaining proper neutral alignment during stretches might seem to reduce the range of motion for that muscle but, is actually more productive. In the case of the quadriceps my clients receive corrections for the proper form and exercises to release the pelvis to enable better range of motion.

Likewise, clients often compensate during an overhead tricep stretch by jutting their head forward and/or arching their backs. I'm assuming these are the same clients that come to you for neck and shoulder pain. What does this client's homework look like?

This client's homework could be something as simple as moving their coffee cup to a higher shelf. If they want coffee in the morning, they have to get in the habit of reaching their arms over their head. The end result is increased mobility. The client becomes stronger, more flexible and has gained more control. Together with increased balance they are on the road to achieving their movement and adventure goals.

Tell us about the Non-Profit you started.

It is called Teller Trail Team and you can check out the website at www.teller-trailteam.org The intent of this project is to connect smaller trails throughout Teller County to create a better trail experience. The website has a link to sign up as a volunteer and/or receive information on new developments as they arise. It is in its 'beginning stages so you don't need to sharpen your shovels just yet but, we are always in search of able bodied, like-minded individuals and the support of the community.

Your "why" must be pretty special because your schedule sounds full already. Tell us what inspired you to start Teller Trail Team.

"A society grows great when old men plant trees in whose shade they know they shall never sit."

— Anonymous Greek Proverb

My children, grandchildren and all our families are my inspiration for this project. I want my children to have the opportunity to enjoy the outdoors.

Isn't that a lovely way to end my interview with Chris Gonzales. For more information on Chris and Movement Training go to: www.movementtraining.co and www.utepasswellnessproviders.com

For your Personal Training, Wellness & Light Therapy questions: Contact: lorimartinfitness@icloud.com www.dnavige.com/lorimartinfitness pws.shaklee.com/lmfitness

Move Heal Live...Local

Respect Nature

Leave young wildlife in the wild

by Bridget O'Rourke

As trees and flowers begin to bloom, Colorado's wildlife is experiencing new life and growth as well. Bears are coming out of their winter dens to find food, and the next generation of young wildlife is being born.

Through the end of June, wildlife will become more visible in backyards, open spaces and on trails. Some young wildlife you may see include deer, elk, pronghorn, moose, rabbits, foxes, skunks, raccoons, bats and birds. Colorado Parks and Wildlife (CPW) reminds the public to respect wildlife and their space, especially this time of the year.

Every spring, CPW and local parks receive an increase in office visits and calls from people that report they "rescued" young wildlife. Many people wrongly believe they are "helping" young animals by picking them up, bringing them to a CPW office or even taking them home to feed them. People routinely orphan young wildlife by essentially kidnapping them from their natural environment.

The best practice is to leave young wildlife untouched in their natural habitat so they can grow and thrive in the wild.

How can humans help young wildlife?

- Do not approach, touch or feed wild animals.
- Enjoy wildlife from a safe distance.
- Keep your dog on a leash on trails.
- If you find a wild animal that appears sick or injured, leave it alone. Call your local Colorado Parks and Wildlife office and consult a trained wildlife officer for guidance.

"If you see a newborn fawn without its mother nearby, that is normal," said CPW Area Wildlife Manager Jason Duetsch. "Deer, elk and pronghorn mothers hide their young for long periods of time while



Call for Artists

Armed forces art exhibit and sale

This is an exhibit and sale to showcase the artistic talents of active duty, Veterans, retired military personnel and spouses in Colorado. This event is hosted by the Florence, Colorado Downtown Merchants Association. The art will be displayed in the storefronts of participating businesses on Main Street. The performing arts will be held in the Bell Tower Art Center one block off Main Street.

We invite you to submit 2-D or 3-D works in any media as well as performing arts, reading or music. Multiple works may be submitted. There is no size limit, the subject matter is open. The show is not juried, but the subject matter must be appropriate for general public viewing. Artwork can be for sale. Intake of artwork will be anytime up to noon on May 13 at Antique Warehouse 124 East Main Street, Florence, CO. The committee requests that interested artists please call 719-621-3301 or email Virginia.mvh876@gmail.com by May 10 to register for the show or for more information.

The show will open May 13. Artists' reception will be 3-6 p.m. in the participating shops on Main Street. The exhibit and sale will run through Memorial Day, May 29. Performances will be on the evening of May 13 at the Bell Tower 7 p.m.

The Florence Merchants would like to thank and honor military personnel during May in observance of Armed Forces Day and Memorial Day.

foraging. Young that have been removed cannot be successfully returned to the wild, as the mother will not continue searching for a missing baby or reject it because it was handled by humans and may no longer smell like her fawn. We have a human responsibility to keep wild animals wild and leave young wildlife alone to support their natural growth in the wilderness."

CPW also urges the public to refrain from feeding wildlife on trails, in backyards or on decks. Under Colorado law, feeding wildlife is illegal because it puts wildlife's health and safety at risk. Those in violation are subject to fines, and even worse, can cause the animal to become sick and die.

In addition to humans causing harm to wildlife, wildlife can also pose physical danger to humans. Wildlife is just that, wild, and can act in unpredictable ways. Animals such as elk, moose and deer with newborn calves and fawns can become aggressive to defend their young.

"Wildlife will be exhibiting normal protec-

tive behavior of their young," said Duetsch. "Give wildlife extra space this time of year. Be sure to keep dogs on leashes. Dogs can trigger aggressive behavior and both moose and elk will chase a dog right back to their owner, presenting a dangerous situation."

Other dangers of approaching and feeding young wildlife include exposure to rabies, Salmonella, fleas, ticks and other parasites, bacteria or viruses that may be present in or on the animal. Likewise, humans can also inadvertently expose diseases carried by people to baby wildlife.

What should you do if you see a baby bird out of a nest?

Every year, baby birds are picked up by people, but the animal's best chance of survival is to be raised by its parents. Highly pathogenic avian influenza (HPAI) is a major concern for wild birds, especially waterfowl and scavenging birds, and also carries a possible risk to human health. Although rare, some strains of

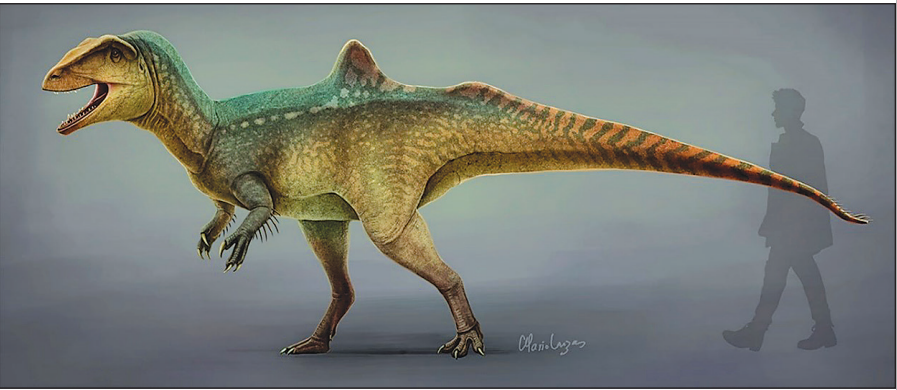
HPAI can infect people.

- If a nestling baby bird (eyes closed and featherless) has fallen from a nest that you can easily see and safely reach, it is ok to put that bird back into the nest but wear gloves and a mask to prevent transmission of diseases between you and the bird.
- If you find a fledgling bird (eyes open, feathered, can hop around but cannot fly) on the ground, do not pick up that bird. The parents will continue to care for it on the ground and it will soon be able to fly. Keep cats inside to prevent them from killing birds.
- If you find a sick or dead bird, do not touch the bird. Please contact CPW to report the sick or dead bird.

Colorado has a robust wildlife ecosystem; a valuable reminder that we are just a part of the animal world around us. If you see unsafe human behavior such as feeding or harassing wildlife, report it to your local CPW wildlife office.

Concavenator and the Las Hoyas Lagerstätte

by Sawyer Blizzard



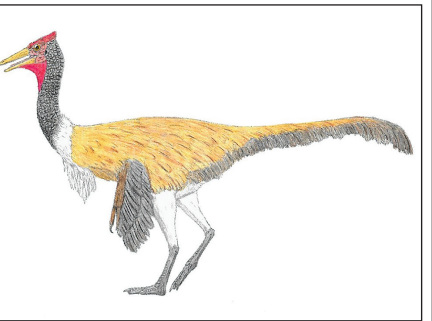
Artist's rendering of Concavenator with quill-like protofeathers on the forearm and the iconic "hump" on its back. By Mario Lanzas, Creative Commons license BY-SA 4.0 <https://creativecommons.org/licenses/by-sa/4.0/>.

nimimus' skull show it had a flap of skin beneath its lower jaw. It is thought that this flap of skin was a throat pouch, much like the throat pouches of modern-day pelicans. It is thought that it would have used this pouch in the same way pelicans do — using it to hold the fish it caught. It would have caught the fish in the same way a modern-day crane or stork would, wading through the water and waiting for the right opportunity to strike.

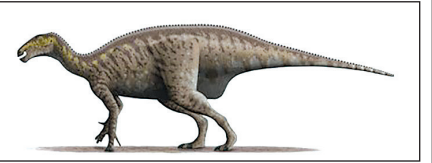
Pelecanimimus also had more teeth than any other theropod, giving it the scientific name, *polyodon*, meaning "many tooth." All of these teeth may have helped in its piscivorous lifestyle, using them to keep a good grip onto the slippery fish it caught in its mouth. This dinosaur would most likely be a main food source for *Concavenator*, due to it being small and relatively defenseless if caught.

Pelecanimimus was not the only prey for *Concavenator*, another dinosaur named *Mantellisaurus atherfieldensis* would have fallen prey to *Concavenator* as well. *Mantellisaurus* an iguanodontian that lived throughout Europe during the Early Cretaceous around the same time as *Concavenator*. A fully articulated *Mantellisaurus* hindlimb, discovered in the Las Hoyas fossil site, suggests its presence in the wetland, eating the lush and abundant foliage found there (Serrano, et. al., 2013). This being the only species of herbivorous dinosaur discovered in the Las Hoyas fossil site, it can be assumed that they played a key role in keeping foliage in check and preventing overgrowth.

As of now, only three dinosaurs have been found in the Las Hoyas fossil site, all of which I have described in this paper, but most of the biodiversity made up of various amphibians, reptiles, mammals, invertebrates, and even early birds. But we may not have known any of this, if it were not for the microbial mats



Artist's rendition of Pelecanimimus. The throat pouch is evident. By El fosilmaniaco, Creative Commons license BY-SA 4.0 <https://creativecommons.org/licenses/by-sa/4.0/deed.en>



Artist's rendition of Mantellisaurus. By Steveoc 86, Creative Commons license BY-SA 3.0 <https://creativecommons.org/licenses/by-sa/3.0/deed.en>

that sometimes grew across the wetland. When these large mats of various types of bacteria and microbes grow over the carcass of a dinosaur, animal, or plant, the microbial mat protects it from erosion and scavenging. At the same time, it delays the processes of decomposition, thanks to the chemicals it produces, allowing the time needed for sediments to cover the body and begin the processes of fossilization. Because of these ancient microbial mats that floated in wetland pools, we are able to study an ecosystem rich in biodiversity preserved in the Las Hoyas Lagerstätte.

~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

- **NAMI** Colorado: <http://www.namicolorado.org/>
- Suicide prevention: <https://suicidepreventionlifeline.org/> or dial 988

CAÑON CITY

- LIBRARY**
- 3 **FREE Legal Clinic** 2-5 p.m. call 719-269-9020 for ap-
pointment.
 - Adult literacy program. We
have tutors available to help
for FREE!
 - **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.
 - Creative Crafting (different
craft each month) 3rd Friday
each month 3-4 p.m.
 - Cribbage Club Fridays 10 a.m.
All ages welcome!
 - Fremont Brain Injury Support
1st Tuesday 12:30 p.m.
 - Lego Club 1st Friday each
month 3-4 p.m.
 - Metaphysical Group every
Saturday 10:30 a.m.
 - New Neighbors Genealogy 1st
Friday 1 p.m.
 - Story Swap Book Club 1st and
3rd Tuesday 3-4 p.m.
 - Story time and craft Tuesday
and Thursday 10:30 a.m.
All at 516 Macon Ave. FMI
719-269-9020.

COLORADO SPRINGS

- 27 Sound Advice performs at
Territory Days 11:30-1 p.m.
at the Main Stage.
- 27-29 Territory Days in Old
Colorado City free admis-
sion.

CRIPPLE CREEK

- 4 American Legion Post 171
meets the first Thursday of
every month at 6 p.m. at 400
Carr St. Food and refresh-
ments at 5 p.m.
- 16 Recycle or pick up FREE
paint 2-6 p.m. 207 County
Road 89, across the street
from Cripple Creek Public
Works building. See page 10.
- 19-21 Pikes Peak Paranormal at
Cripple Creek Victor School.
See page 10.
- GED Classes Mondays &
Wednesdays 1-3 p.m. New
students (min. age 16) may
join GED classes after com-
pleting orientation and \$40
registration fee. FMI Katy@
cpteller.org or 719-686-0705.

ASPEN MINE CENTER

- 29 Commodities distribution
9-1 p.m.
- Tuesdays BINGO 10:30 a.m.
for seniors.
- Wednesdays Luncheon 11:30-
1 p.m. upstairs dining room,
every Wed, FREE!
- Thursdays Mexican Train
10:30 a.m. for seniors.
FMI 719-689-3584 x124.

CRYSTOLA

- 5, 23 Sunburn in the Shade 7-10
p.m.

DIVIDE

- 8, 22 Little Chapel Food Pantry
Food Distribution and Pet
Food Pantry Distribution

- 2-5 p.m.
- 12, 26 BINGO sponsored by
Teller Senior Coalition at
Pikes Peak Community Club
10 a.m., coffee and donuts
for seniors.
- 18 Luncheon for Teller County
Seniors (over 60) at Little
Chapel of the Hills 69 CR 5
at 11:30 a.m. Co-hosted by
Little Chapel of the Hills and
Teller Senior Coalition. This
is a FREE event to honor our
much loved and respected
seniors for “Older Americans
Month” celebrated in May.
Please RSVP by May 15 to
office@littlechapelofthehills.
com or 719-686-1234 (leave
a message if no answer). The
Teller Senior Coalition is
providing FREE transpor-
tation to anyone who needs it
so if this is you, call them at
719-687-3330, giving them as
much notice as possible.
We will have some light
entertainment and yummy
food, so please join us!

OLLA TERVE HEALING ARTS STUDIO

- Yoga with Aromatherapy and
Sound Bath
- Tuesdays, 5:45-6:45 a.m. and
10-11 a.m.
- Thursdays, 5:45-6:45 a.m. and
10-11 a.m.
- Saturdays 10-11 a.m.
Located at 52 CR 5, Suite
#202. FMI 719-323-5957

FAIRPLAY

- 13 Grand opening for the REAL
South Park Collection and the
37th Anniversary Cel-
ebration of South Park Pot-
tery and Beads. FMI www.southparkpottery.com.
- 15 South Park City opens for
the season. FMI 719-836-
2387.

FLORENCE

- 19, 20 Florence Junktique
21 Florence Car Show

FLORENCE PIONEER MUSEUM

- 5 Cinco de Mayo 1-7 p.m. to
honor our Hispanic heritage
with our new bi-lingual texts
for our displays. Sangria and
light refreshment will be
served.
- 13 Memorial Day we are one of
the venues for the 4th Annual
Veterans’ Art Show. We will
have art done by our local
Florence Veterans: photogra-
phy, wood carvings, paintings
and drawings. See page 12
FMI: www.florencepioneer-museum.org.

FLORISSANT

- 21 Herb and Weed Class at
Thymekeeper see page 3.
- 27 JustUs plays rock & country
at the Thunderbird Inn, 4pm.
FMI 940-704-0141.
- 29 Honor Guard Ceremony 10
a.m. 4-Mile Cemetery by
VFW Post#11411.
- 29 Honor Guard Ceremony 11
a.m. Florissant Cemetery by
VFW Post#11411.

GRANGE

- 13 Craft Classes: 9-12 p.m.
Pine Needle Baskets; Needle
Felting 10-12 p.m.; Gourd Art
11-1 p.m.; Paint with me 1-3
p.m. Sign up for the class you
would like to take by calling
or texting the number below.
- 20 Learn to Sew Class 1-3 p.m.

- A new project will begin so
new students can sign up. We
will be making bowl cozies.
- Thursdays 6-8 p.m. Potluck
and music. All are welcome!
Eat at 6 p.m. and music
starts at 6:30 p.m. Dancing
encouraged!
- Second and Fourth Tuesday
is Quilt of Valor Guild 9-12
p.m.
FMI or to register: 719-510-
2325.

LIBRARY

- 6 Better Bird Identification 11
a.m. Learn about local birds
and how to identify our
raptors. Join us before the
presentation for a bird walk
through the park next door!
- 9, 23 Homeschool Book Club
11 a.m. Any age is welcome!
This month we are reading
719-687-3330, giving them as
much notice as possible.
We will have some light
entertainment and yummy
food, so please join us!

LIBRARY

- 11 Free Legal Clinic 2-5 p.m. at
Florissant Library. Call 719-
748-3939 to sign-up.
- 12 Tarot Club 3 p.m. Teens and
up are welcome to join this
group and learn all things
tarot.
- 16 Read Amok Book Club
themed “Westerns” 11-12:30
p.m.
- 18 Speech Bubble Book Club
1 p.m. Read and share in the
love of comic books, graphic
novels and manga!
- 19 Friends at the Table
Cookbook Club, theme is
“Mexican” 11:30-1 p.m.
- 27 TCRAS Adoption Event 10
a.m. Come adopt an animal
friend into your family!
- Tuesdays Tai Chi 10-11 a.m.
Come relax with us!
- Thursdays Yarnia! 10-12 p.m.
- The second Wednesday of
each month is Thumbs-Up
Movie Club. Be a critic with
us from 1-2:30 p.m.
- The second and fourth Tues-
day of each month join us
for Hooks and Needles, an
additional club for crafting!
10-12 p.m.
- The third Wednesday of each
month join us for Crafting
Together, a club where we
finish our abandoned art
projects. 10-11:30 a.m.
- The fourth Saturday of each
month, join us from 10-11:30
a.m. for our Adult Social Cir-
cle! Meet and make friends
with ease.
- Fridays Storytime with Ms.
Beth at 10 a.m. followed by
Reading with Charlie the
dog!
- Friday Family Fun Fridays 2-4
p.m., with the second and
third Friday’s each month
from 10-5 p.m.
FMI 719-748-3939

GUFFEY

- 16 Guffey Blood Drive 10-2
p.m. Guffey Community
Charter School 1459 Main
St. Please register to reserve
your spot <https://rb.gy/xdve4>.
Safe a life. Donate blood!
Question or FMI contact
Renee yoga@reneerudolph.
com.

LIBRARY

- 2 Walking, Talking Threads
12:30-3 p.m. Meets every
Tues. Take a nice brisk walk
around Guffey Town and

- meet back at the library to
crochet, knit and talk away.
- 22 Guffey Literary Society 1-3
p.m. Book choice for may is
The Nature Fix by Florence
Williams. The Guffey Liter-
ary Society is a wonderfully
dynamic and diverse group.
All are welcome to join.
- 24 Rocky Mountain Rural
Health Outreach 11-2 p.m.
Weather permitting, RMRH
representatives will be offer-
ing free health screenings,
sound financial medical
advice, free clothing and
much more.
FMI 719-689-9280 or
Guffeylib@parkco.us.

HARTSEL

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

LAKE GEORGE

- 29 Honor Guard Ceremony
noon at Lake George Cem-
etery by VFW Post#11411.

MANITOU SPRINGS

- 13 Manipalooza and Silent
Disco in Soda Springs Park
starting at noon - food trucks,
vendors, games, face paint-
ing, a dunk tank, live music,
and more leading into Silent
Disco from 7p.m. to 10 p.m.
FMI and to purchase your
Silent Disco tickets, go to
<https://manitousprings.org/manipalooza/>

OLD COLORADO CITY

- 27 Sound Advice 11:30-1 p.m.
at Territory Days, Bankcroft
Park Stage

VICTOR

- 27 Bird Walk visit VictorMu-
seum.com.
- New Gold Camp Adventure
Tours see page 14.

WESTCREEK

- 29 Mountain Communities
Volunteer Fire Department
is cooking your favorite
Pancake Breakfast on Mem-
orial Day for plenty of food
and fun 7:30-11:30 a.m. this
year’s event features best
breakfast in town; items from
local vendors and artisans;
meet & greet with MCVFD
members and Smokey Bear;
and tours of the trucks.
Mark your calendars, bring
your family and friends
and stop by to see us! Your
tax-deductible donations
are gladly accepted and
appreciated. MCVFD 15000
Westcreek Drive, Woodland
Park, CO 80863 (exit Hwy
67 at Abbey Ave, mile 91,
then turn left onto Westcreek
Drive and Stump Road. We
are approximately 15 miles
north of Woodland Park. FMI
303-647-2361.

WOODLAND PARK

- 6 TCRAS Adoption Fair 10-1

- p.m. at Woodland Hardware
Store.

COMMUNITY PARTNERSHIP

- 2 Crossroads Co-Parenting
Seminar 4:30-8:30 p.m.
Teller County court-approved
parenting & divorce class.
\$35 pre-registration fee
required. FMI Michelle@
cpteller.org.
- 5 Fiesta Friday Celebration,
Cinco de Mayo 5:30-8 p.m.
at Community Partnership.
Mexican salsas cooking
class with Cocina Corazon,
margaritas, sangria and
Corazon Tequila Tasting,
Taco Bar, Paletas, and music!
\$125 per person. Make 6
different types of salsa with
leftovers to take home. Bring
cash for our liquor and wine
pull fundraiser. Limited
tickets, purchase now. www.coloradogives.org/story/FiestaFriday. \$75 of our ticket
price is tax deductible. FMI
Jamie@cpteller.org.
- 7 & 27 Holistic Open House
Events at Mountain Vapor
Lounge. See page 4.
- Through June 8 Grief Support
and Education Group, Thurs-
days 6-8 p.m. Understanding
Your Grief. This support and
education group offers com-
passionate, companioning
support as we work through
the book by Dr. Alan Wolfelt.
Registration fee \$80. RSVP
before April 14 sarah.lee@voicesofgriefcenter.org or
719-505-2257.
- 9 Circle of Parents Kinship
Connection 5:30-7:30 p.m. A
place for those raising their
grandchildren or kin, to share,
laugh, joke and find out how
other caregivers are navigat-
ing this new world. Meal and
childcare provided. Second
Tuesday of each month. FMI
Michelle@cpteller.org.
- 9 Circle of Fathers 5:30-7:30
p.m. Dads are often left out
of the conversation. Join a
father-led group where your
opinions, ideas, and point
of view are heard. Meal and
childcare provided. Second
Tuesday of each month. FMI
Steve@cpteller.org.
- 14 Jason’s Peak Ascent 4 Inde-
pendent Mothers of 719. See
page 14.
- Mondays through May 22
Nurturing Families 5:15-7:45
p.m. Mondays. Gain support
for every step of your child’s
physical, emotional, and
cognitive development. The
family workshop is a nurtur-
ing and active approach to
parenting in a supportive
peer environment. Meal and
childcare provided. FMI
Michelle@cpteller.org.
- Career Center 12-4 p.m.
Tuesdays & Thursdays.
Pikes Peak Workforce Center
can help with job search-
ing, resume assistance and
unemployment applications.
Walk-ins welcome. FMI
Erin@cpteller.org.
- Family Café 9 a.m.-12 p.m.
Mon through Fri. (closed
May 29) Enjoy coffee, Free
Wifi, a Kid’s Corner and
a space to congregate free
of charge for parents and
caregivers in our community
to connect.
- FREE Yoga with Leah
Mondays 10-11 a.m. (no
yoga May 29) First come,
first served, doors lock at 10

- a.m. Bring your own mat and
props. All levels welcome.
FMI Michelle@cpteller.org.
- FREE Yoga with Lean
Wednesdays 5-6 p.m. (no
yoga May 17) First come,
first served, doors lock at 5
p.m. Bring your own mat and
props. All levels welcome.
FMI Michelle@cpteller.org.
- 8 GED Class 5-7 p.m. Mondays
and Wednesdays. New
students (minimum age 16)
may join GED classes after
completing orientation and
\$40 registration fee. FMI
Katy@cpteller.org.
- Pearson VUE Testing Center
Mondays 10-7 p.m. Schedule
your certification or licensure
exam at www.pearsonvue.com. Fees vary. FMI Katy@
cpteller.org.
- Playgroup 9:30-11 a.m. Tues-
days, Wednesdays & Fridays.
Parents and caregivers with
children ages 5 & under.
Older siblings are welcome.
FMI Jackie@cpteller.org.
All programs at Community
Partnership 701 Gold Hill
Place unless otherwise noted.
FMI 719-686-0705.

LIBRARY

- 2 Woodland Park Book Club
10:30 a.m.
- 3 Teen Craft Day 3:45-5:30
p.m.
- 3 Family Art Day 11-5 p.m.
in the Children’s Activity
Room.
- 3 Evening Adult Fiction Book
Club 5 p.m.
- 4 Trailblazers meeting 5 p.m.
Meet up and schedule hikes
with local hikers of all skill
levels.
- 5 Coffee Chats 10 a.m. Join us
for coffee and conversation.
Meet new friends in Wood-
land Park.
- 6 Film Club 1 p.m. Come watch
and discuss 3 *Women* with us!
- 11 Reader’s Circle Book Club
10:30 a.m. in the Large
Meeting Room.
- 11 Free Legal Clinic 2-5 p.m. at
Florissant Library. Call 719-
748-3939 to sign-up.
- 17 SHIP Elder Fraud/Abuse
awareness and prevention
10 a.m.
- 17 Fiber Arts Club 1 p.m. Come
make and share your fiber
art! Knitting, crocheting,
weaving, bracelet making,
whatever you like!
- 17 Family Art Day 11-5 p.m. in
the Children’s Activity Room
- 17 Teen Craft Day 3:45-5:30
p.m. in the Teen Room.
- 20 Open Book Club 10-11:30
a.m. in the Large Meeting
Room, for ages 12-112.
- 24 Fall Prevention with UC
Health 11:30 a.m.
- 25 Tarot Club 3 p.m. Teens and
up are welcome to join this
group and learn all things
tarot.
- Tuesday Books and Babies 10
a.m. a special storytime for
babies and toddlers
- Thursdays Preschool Story-
time 10 a.m.
- Thursdays Tai Chi at 5 p.m.
- Fridays Tai Chi at 10 a.m.
- Tuesdays is Magic the Gather-
ing from 4-6 p.m.
FMI 719-687-9281.

Mueller State Park

Spring is finally here with birds returning and flowers blooming! It’s a great time to get out into nature and enjoy all the new sights and sounds of spring. Come to Mueller State Park for a guided hike or program to learn more about the natural world in a wonderful time of year.

The campground will be fully open on May 13 and we’ll kick off some of our summer activities. Evening amphitheater programs will begin Memorial weekend. Star parties with the Colorado Springs Astronomical Society will happen every month starting on May 20. Fly fishing classes will begin on May 20 and 27.

- 7 Hike: Elk Meadow* 9 a.m.
- 11 Hike: School Pond* 9 a.m.
- 11 Bird Walk 8:30 a.m. meet at Elk Meadow TH
- 13 Forest Bathing & Ephemeral Art for Mother Earth 1-4 p.m. meet at Outlook Ridge TH
- 18 Hike: Outlook Ridge Sketch Hike 8:30-11 a.m. meet at Outlook Ridge TH
- 19 Hike: School Pond* 9 a.m.
- 19 Nature Crafts 2 p.m. meet at Camper Services
- 20 Geer Pond Hike 9 a.m. meet at Lost Pond TH
- 20 Fly Fishing 10 a.m. meet at Dragonfly Pond
- 20 Hike: Wapiti* Nature Trail Hike 3 p.m.
- 20 Star Party! 8:30-10:30 p.m. at the Visitor Center

- 25 Hike: Wapiti* Nature Trail 9 a.m.
- 26 Knots and Lashing 2 p.m. Camper Services
- 26 Amphitheater: Paramount Cata-moun-
ts 7 p.m.
- 27 Bird Walk 8:30 a.m. meet at Elk Meadow TH
- 27 Fly Fishing 10 a.m. meet at Dragonfly Pond
- 27 Hike: School Pond* 2 p.m.
- 27 Amphitheater: Prehistoric History of the Pikes Peak Region 7:30 p.m.
- 28 Hike: Rock Pond* 9 a.m.
- 28 Hike: Cahill Loop 2 p.m. meet at Grouse Mountain TH
- 28 Amphitheater: Be Bear Aware! 7 p.m.

Mueller events are free. However, a \$10-daily pass, Keep Colorado Wild pass or \$80-annual vehicle pass are required to enter the park. FMI 719-687-2366.

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

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Tuesday, May 2, 2023



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Woodland Park, CO 80863

1 PM - Active Duty, Guard Reserve, Veterans & their Spouses
1:30 - 4:30 PM
Open to General Public

Meet & chat with hiring employers in Teller County

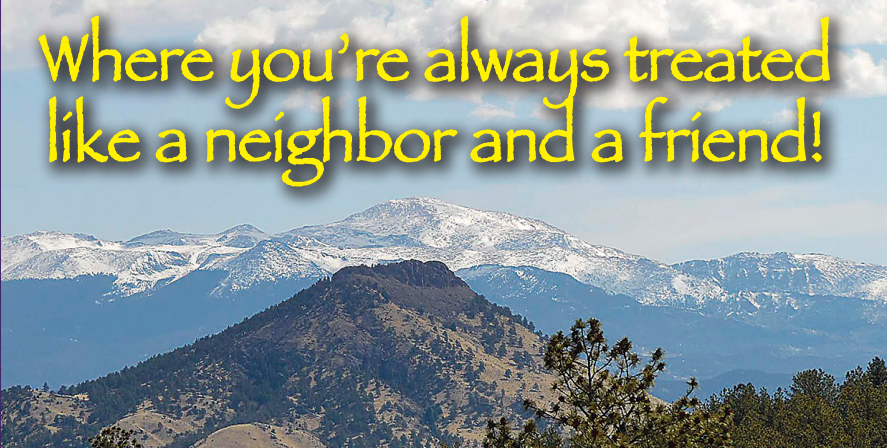
ppwfc.org/job-fairs

★ Veterans are entitled to priority of service. ★


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