









eff took this photograph of a grey fox about **J** 10 years ago in the month of April. We can tell it is a grey fox because the tip of the tail is black. Red, black and silver foxes have a white tip on their tails. This guy visited our back yard after a hefty spring snow. He brought his own lunch. He laid his rabbit down, looked all around him, then began pouncing face-first into the snow, like a playful pup. When he came up for air, the snow highlighted his beautiful black face! He surely had as much fun as we did watching him diving into the snow, legs up in the air. We watched for 20 minutes, after which he picked up his prey and trotted off to devour it. What a great experience, to watch this display of nature unfold!

Our April issue is full of opportunities! Home owners who may need a little financial help to make that much-needed repair might be interested in "Attention Homeowners." Youth seeking a role model will want to read about Easton Wasilewki earning his Eagle Scout badge. Panning for Good explores snow this month and can provide a list of meaningful words for snow. *Pharmgirl* shares the adventure of getting "A Motorhome for Mom. Life Enhancing Journeys offers an article to help you "Appreciate yourself." Given we just might get more snow in April, you may want to read "How to survive the next snowstorm." We also have a reader willing to share the foiled attempt to steal her money in "It's a Scam!" That is just a glimpse of all the good reads we offer this month — enjoy!

Keep those photos of your critters coming! Submit by email to utecountrynewspaper@ gmail.com, drop in to scan the photo at Shipping Plus or snail mail them to us at POB 753 Divide, CO 80814.

If you have people skills and are seeking a part-time sales position, consider selling ads for our Ute Country News. Give us a call 719-686-7587, email utecountrynewspaper@gmail. com or stop in Shipping Plus to learn more!

— 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

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

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# A Look Inside the Artist Jasman Sparks, illustrator

In my quest to continue seeking out the hidden and little-known creatives in our community, I am once again amazed when I find a diamond in the rough. In this issue you will understand a little more what it takes to be an artist...tenacity,

courage, hope and believing. The extent of our imagination is limited only by what we can envisage, and vision is everything to an artist...to be able to create things and situations that never existed before. Artists are storytellers, no matter what medium they use.

I believe Jasman will become an awesome storyteller through her art. I'm going to keep an eye on this young upcoming artist and see where she goes.

How long have you been creating art? I've loved to draw since I was little, but I started getting serious about my art when I was a teenager. I had the opportunity to take a Drawing 101 course at my hometown's university when I was 13 or 14, and it really ignited something in me. I haven't stopped since!

#### What style did you start with and how does it compare to your style now?

I originally began by emulating animated cartoon and comic book art styles. I began drawing characters from the shows I liked, and my personal style developed in that direction until I was an adult. I do still take a lot of inspiration in my current style from that time in my life, but I've tried to work more traditional techniques into the way I create now.

### What do you like about that style?

The beautiful thing about animated shows is their ability to make emotional characters out of almost anything. Through the art of exaggeration, animators make us feel for what they give life to, from teacups to talking animals to princes and princesses that feel a little too real to be imagined. Like them, I hope I can give my artwork and my characters that magic.

#### What is your favorite medium?

I'm in love with gouache paint these days. I'm still learning how best to use it, but it's such a forgiving and vibrant medium, and I feel like it's friendly for all skill levels.

#### Just starting off in the art world, what do you think would be the hardest problems to conquer?

For me, the hardest thing about my artistic career is having to be brave enough to put myself out there. Art is so personal, and a constant learning process; I have to remind myself that a piece doesn't have to be perfect to be seen.

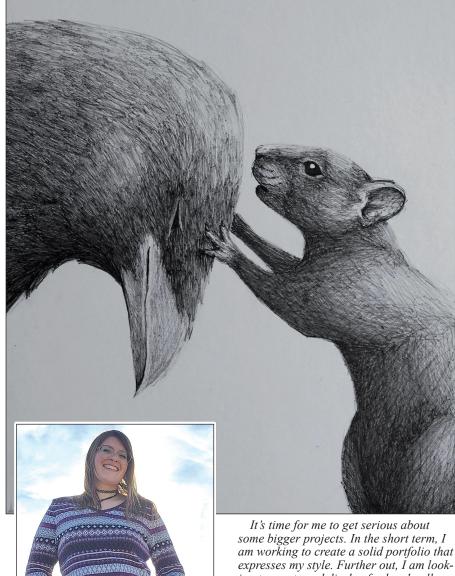
# Where do you see yourself in five

It sounds cheesy, but hopefully I'm surrounded by art over the next five years. Art I have made, art I have collected, art in galleries and in public. Art made by the community around me. I am just now breaking in to the art world, and I'm looking for my people. In five years, I hope I can be embedded in these communities

#### Who inspires you to create?

I've been lucky enough to see some real masterpieces in my life, and even though that list includes works from the likes of Picasso and Van Gogh, what sticks with me the most is work from the people I've shared studios and classrooms with. To watch new artists fall in love with what they do and go on to create pieces that take my breath away is an experience that keeps me creating, too.

What was the hardest project you



I found early on that I am not well suited to the 3-D arts. I've only ever sculpted because of school, and I did several clay projects for class that fought me the whole wav. I'm still not brave enough to get anywhere near a pottery wheel!

# What medium would you like to try

It's not a medium, per se, but I want to try my hand at painting expressively with a palette knife. I love the texture you can create with a good glob of oil paint, and I've so far missed out on applying the technique myself.

What's in the future for you?

ing to create and display for local galleries. The big dream is to someday illustrate children's books or fantasy novels.

## What else would you like to say about yourself that the readers would like to

If there's anything I can leave you with, it's this: encourage the artists in your life. The young ones, the old ones, the artists just getting started and the artists who have been creating for years all need your love and support to flourish. If you are an artist, remember that what you put out in the world is special and can never be replaced.

You can reach Jasman by emailing

You can also visit Jasman at the upcoming Holistic Arts Fair in Florence, ĈO. on

Reach Mary Shell at www.MaryShellArt.com



# COME DO TIME WITH US! Explore the history of Colorado Prisons. See the stories behind the walls! Reg. Admission: Adults: \$12 Children: \$10 **OPEN Daily - 10 - 6 PRISONS**



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ARE YOU AND YOUR VEHICLE READY FOR SPRING TRAVEL SEASON?

# **Visits With History** Civil War Medicine



The presenters in their authentic garments.

Great strides were made in medicine during the 1861-1865 period. While they knew nothing of what caused most diseases, medical personnel did their best in fighting off infection and healing shattered lives. You will leave having a better idea what happened to soldiers once they were brought in from fighting for their respective countries, the tools that were used, and the care they received both in a field hospital and at one of the larger hospitals away from the battlefields. The presentation will last about 45 minutes, and there will be time (both during and afterwards) for questions. This presentation is open to all ages (kids like the "gory" stuff.) We hope to see you there.

On April 14th, Don and Paula Creamer will speak about Civil War Medicine. Both Don and Paula are members of Crip-

ple Creek's Gold Camp Victorian Society. Additionally, they are very active in American Civil War reenacting, portraying Union or Confederate as needed. While Don is not a real Surgeon, he does play one on the battlefield and is a member of the Society of Civil War Surgeons Paula is a retired Registered Nurse, and that has more than prepared her for her role as a Civil War nurse.

The Cripple Creek District Museum invites you to learn more about Civil War Medicine on Sunday, April 14, 2024, at 1 p.m. The talk will be held at the Golden Nugget Hotel, 119 N Fifth St, Cripple Creek. This program is presented as a public service of the Cripple Creek District Museum in partnership with the City of Cripple Creek. FMI please call

Adopt Me by Ark Valley Humane Society

# Jasper

Jasper is a handsome and loving 8-year-old male Alaskan husky mix. He has been spending time in a wonderful temporary foster home. They have nothing but great things to report about Jasper! Jasper loves to "s with them and has been getting along well with the other two big dogs in the home. He also lived with other dogs in his previous home and did great. Jasper can be avoidant around new people and is looking for a home with no kids or cats. Once you gain his trust, you'll get to see his goofy and loving side! We know whoever adopts Jasper will have endless days of love and goofy stories to tell. If you'd like to meet him, please give us a call 719-395-2737.

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



# PPHS announces April Chautaugua

photo by Sherry Skye Stuart

Pikes Peak Historical Society is thrilled to announce their April Chautauqua featuring Award-winning Colorado author, Sherry Skye Stuart who will be speaking on her newest book-in-progress, "Forgotten Female Felons." This Chautauqua will be April 21 at 2 p.m. at Lake George Charter School.

"Forgotten Female Felons" is a book of short fiction stories about the early women incarcerated in the Territorial, then Colorado State Prison, from 1872 to the early 1900s. The bones of the stories are based on facts, then woven with elements of history, culture, and human nature, specifically female.



Local author Sherry Skye Stuart to present "Forgotten Female Felons.

"This is a unique book about an overlooked piece of the American west. These women's stories are just as valid, real, and interesting as the explorers and soldiers, outlaws, and cowboys," said Stuart.

"All of us have thoughts and acts we keep secret, and the female felons are no different. How many of them played over and over in their minds the choices they had made, wishing for a second chance? These women are part of the tapestry of life that we all are part of the darker



# Cripple Creek Briefs

by Tracie Bennitt

The City of Cripple Creek is pleased to announce the addition of five new employees to the Cripple Creek team.

New officers joining the Cripple Creek Police Department are Scott Robben and Eric Broman. Kirk Pennock has joined the crew at public works as a heavy equipment operator and was kept really busy this last week. Walt Clary has taken over as Custodial Manager, overseeing the crews that keep the public buildings clean and maintained. Tracie Bennitt is the new Marketing and Events Director. She will be coordinating and overseeing activities in Cripple Creek and representing Cripple Creek at statewide meetings and events.

Current positions available are apdated and posted at www.cityofcripplecreek.com under Human Resources current job openings.

rougher side that we learn from vicariously," she added.

"I have hope that each female felon left prison determined to put her prison experience behind her and welcomed home by her family and friends. I also believe that by explaining the social and cultural context of the times in which these women lived, that the reader will have a better understanding of their experiences. I hope I have managed, in some small way, to restore the dignity and worth of these women." she said

Stuart has lived in the Rocky Mountains for over 50 years. Over 40 of those years were spent in Fremont County Colorado raising nine children and being active in the community. She is an author, writer,

artist, and yoga teacher and has authored four books on Local History: The Early History of Penrose Colorado, The Forgotten Cemeteries of Beaver Creek, Pioneer Women of Beaver Creek, and San Juan Bautista Cemetery.

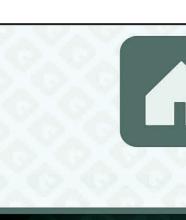
She was the 3rd Place winner in the 2023 Women Writing the West LAURA Short Fiction Contest, for her story "Mayfield," one of the female felons in her upcoming book.

Stuart has been a middle school librarian, curator of the Penrose History Exhibit. substitute teacher, and museum curator. She served on the Fremont County Heritage Board and the Florence Pioneer Museum Board. She is currently a member of the Fremont County Historical Society

and the Florence Historical Preservation Committee and she writes a local history column for The Florence Reporter.

Stuart holds two associate degrees from Pueblo Community College, Fremont Campus, in Library Science and Fine Arts (History) and is a Registered Yoga Teacher with Yoga Alliance and a Certified YIN yoga teacher.

Stuart will present the women of "Forgotten Female Felons" at 2 p.m. Sunday, April 21 at Lake George Charter School, 38874 US Hwy 24, Lake George, CO. The Chautauqua's are presented to the public free of charge as a public service of the Pikes Peak Historical Society. No reservation is required. FMI: call 719-748-8259 or 719-748-3861.



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# Need help heating your home this winter? ¿Necesita ayuda con la calefacción de su casa este invierno?

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ACEPTANDO SOLICITUDES 1 NOVIEMBRE - 30 ABRIL

LEAP, Colorado's Low-income Energy Assistance Program, helps eligible Coloradans with winter home heating costs.

LEAP, El Programa de Asistencia para Energia para Hogares de Bajos Ingresos de Colorado, ayuda a los residentes elegibles de Colorado pagar una parte de sus gastos de calefacción de invierno.

# 1-866-HEAT HELP

(1-866-432-8435)

www.colorado.gov/cdhs/leap

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

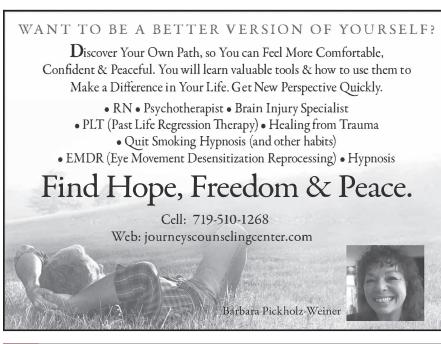


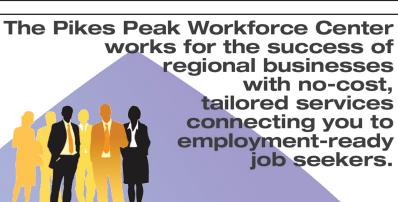
After you qualify for LEAP you can also get help with your water bill











Resources available to you include:

- Recruit & Select
- Hiring Events
- Job Fairs
- Analytical Research
- On-the-Job Training
- Transitions & Layoffs
- Pre-Employment Assessment





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# Victor Main Street is Accredited!

Victor Main Street has been designated as an Accredited Main Street America<sup>TM</sup> program for meeting rigorous performance standards. Each year, Main Street America and its partners announce the list of Accredited programs to recognize their exceptional commitment to preservation-based economic development and community revitalization through the Main Street Approach<sup>TM</sup>.

"We are very proud to acknowledge this year's 862 Accredited Main Street America programs, and their steadfast dedication to nurture economically and culturally vibrant downtown districts," said Hannah White, Interim President and CEO of Main Street America. "The increase in the size and impact of our network speaks volumes to the power of the Main Street movement to respond to the needs of local communities and drive innovative solutions.

In 2022, Main Street America programs generated \$6.2 billion in local reinvestment, helped open 7,657 net new businesses, facilitated the creation of 29,174 net new jobs, catalyzed the rehabilitation

of 10,688 historic buildings, and leveraged 1,528,535 volunteer hours. On average, for every dollar that a Main Street program spent to support their operations, it generated \$24.07 of new investment back into their downtown communities.

Collectively, 2 million people live or work within the boundaries of designated Main Street America districts. An estimated workforce of 1.1 million people contribute their skills and expertise to advancing the missions of these historic downtowns and commercial corridors.

Victor Main Street's performance is annually evaluated by Colorado Main Street, which works in partnership with Main Street America to identify the local programs that meet rigorous national performance standards. To quality for Accreditation status, communities must meet a set of rigorous standards that include commitments to building grassroots revitalization programs, fostering strong public-private partnerships, nurturing economic opportunity for small businesses and entrepreneurs, and actively preserving historic places, spaces, and cultural assets.

# Call for Entries: "Photo Show" at Blue Spruce

The Blue Spruce Gallery is hosting our 23rd Annual photography show during Apil, sponsored by Barbara Smith. This show accepts black and white, color, digital and altered photographs and is always a well-attended show. Deadline for work to be at the gallery is April 9, 2024. Entry fee is \$25 and entries are limited to three per artist. The show will open April 10, with a

public reception on Second Saturday. April 13 from 4-6 p.m. Cash prizes will be awarded, as well as ribbons in several categories.

Entry forms can be picked up at the Blue Spruce Gallery 205 West Main Street in Florence or downloaded from our website at www.bluespruceart.com. FMI

# **Blessing Bags**

by Angela Thelin photos by Angela Thelin

Abig THANK YOU to our community for donations and to those individuals who recently helped put together Blessing Bags at Mountain View United Methodists Church in Woodland Park.

Church members and ladies from the Ute Pass Social Club put together more than 200 bags (with goodies like personal



Ladies assembling Blessing Bags



Contents of a Blessing Bag

hygiene items and small snacks) to donate to the Aspen Mine Center in Cripple Creek and the Springs Rescue Mission serving the Pikes Peak Region.

Miscellaneous items like hats, gloves, t-shirts, socks, underwear, coffee, tea.. and dog food were also donated! Both organizations were so thankful to receive them.

# by TCRAS

# **Tyson**

Hello, my name is Tyson. I was found outside and brought into the shelter. I'm about 5 years old. I really enjoy my personal space and prefer to be the only cat in the home that allows me to adventure outside. I like to spend time around people, but I need a home that does not want me to be snuggled all the time. I am an independent boy who wants a family. If you are interested in coming to the

shelter, please call TCRAS at 719-686-7707 and they will let me know when you are stopping

by. I look forward to meeting you!

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

# Junior Achievement Be a game changer

Too many young people leave school without critical life skills in financial literacy, work and career readiness and entrepreneurship. Junior Achievement (JA) is working on leveling the playing field, but we can't do it alone.

Classroom volunteers are needed throughout the months of April and May for Gateway, Columbine and Summit Elementary schools, as well as Merit Academy and Lake George Charter School. JA offers school-based programs, led by community volunteers with specialized curriculum that is FREE for all students. Lessons correspond with Colorado edu-

cational standards and activities enable students to develop skills to experience the realities and opportunities of work and entrepreneurship.

For over 10 years, JA of Teller county has made a difference in the lives of our students supported by our community, providing both financial resources and volunteers. Local business people and service club members, plus retired teachers, parents and neighbors are all involved!

YOU can inspire local students and build a brighter future for Teller County's vouth. FMI contact Sherri 719-650-4089 or sherri.albertson@ja.org.



Here are 5th graders from Columbine Elementary participating in JA in a Day

# It's a scam!

by Annie Valades

Tdon't want to see any of my friends and Lacquaintances be taken on something that just about happened to me just now:

I got a call from a man stating he was from Black Hills Energy. It came up on my phone as legitimate, and the phone number matched their customer service number.

He said my account was past due, and I knew it wasn't, and he asked how I paid. I told him through my bank account but gave him no numbers. He wanted a confirmation number, and I said there was none, but it showed the date and amount paid. He then said, "We sent you a letter that we are using a different accounting service, and you needed to go into the nearest location to switch over payments to that new system," and because I didn't. my payments had been frozen in the old system. So, my electricity was due to be



worth of payments, and then Black Hills Energy would send me a check to reimburse me for those three months.

I pulled up my account online, and it showed a zero balance. I told him so. I said I would call the company directly to check the number on my phone and verify that he was From Customer Service (and it came across as "Black Hills Energy" with the customer service number) and proceeded to give me his "badge

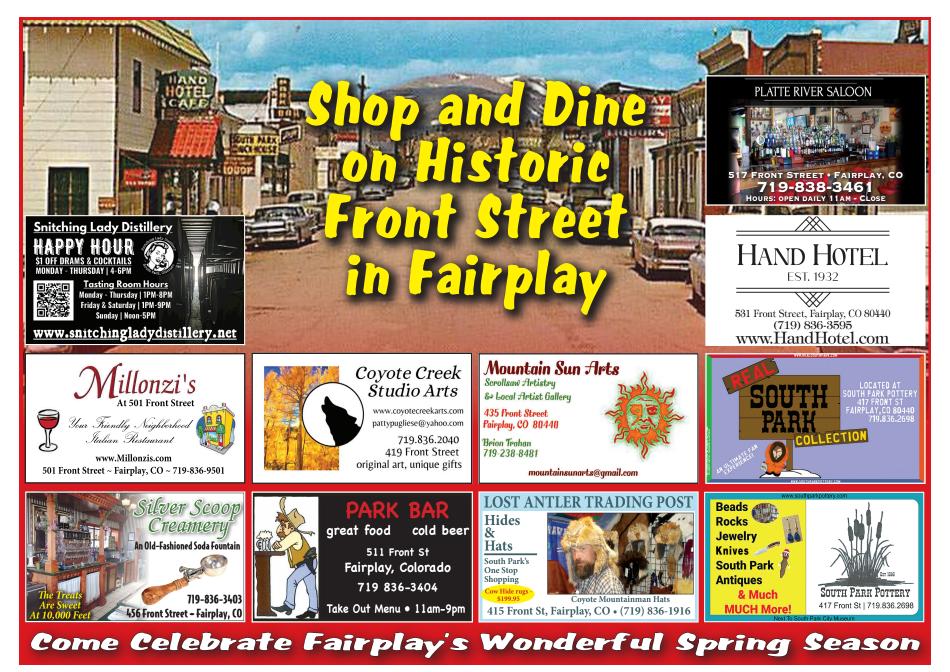
He said he could take care of it for me. I refused and called the customer service number, and they confirmed that I had a zero balance and that our electricity service was in no danger of being disconnected.

The other thing that raised flags was his

accent, which sounded African. I don't mean to be prejudiced, but it harkened to stories of scams on news programs in the past. He was so convincing and with the name "Black Hills Energy" coming up on the phone and it appearing to come from the customer service department, I can see where people will fall for this immediately. I didn't want it to happen to any of you or yours.

Please share this with family and friends who may have Black Hills Energy

Editor's note: Thank you, Annie for sharing your story! It is interesting how the scammer could find a way for "Black Hills Energy" to appear on your caller ID with their customer service phone number. Readers, please be aware this technology exists. Whenever there are red flags, please hang up and call the company directly using the number you see on the last bill you paid.



# New Alzheimer's Association report

The Alzheimer's Association 2024 ▲ Alzheimer's Disease Facts and Figures report reveals that both dementia caregivers and health care workers report difficulties in navigating dementia care within the U.S. health care system. The report provides an in-depth look at the latest national and state-level statistics on Alzheimer's disease prevalence, mortality, caregiving, dementia care workforce and

The new report estimates that 90,800 Coloradans are among 6.9 million people ages 65 and older in the U.S. living with Alzheimer's dementia. Approximately another 200,000 people across the country under the age of 65 are living with younger-onset Alzheimer's.

This year the cost of caring for people living with Alzheimer's and other dementias in the U.S. is projected to reach \$360 billion — a \$15 billion increase from a year ago. This does not include unpaid care provided by family caregivers and friends. Last year in Colorado, 177,000 dementia family caregivers provided 307 million hours of unpaid care valued at more than \$7.2 billion.

## The impact of caregiving on family caregivers

Colorado caregivers and those across the country face significant emotional, physical and health-related challenges as result of caregiving. According to the 2024 Facts and Figures:

- Dementia caregivers report higher rates of chronic conditions, including stroke, heart disease, diabetes, and cancer compared to caregivers of people without dementia or non-caregivers. In Colorado, 58% of caregivers disclosed at least one chronic condition
- The prevalence of depression is higher among dementia caregivers when compared to caregivers for other conditions. In Colorado, nearly 37% of caregivers reported depression.
- 74% of dementia caregivers state they are "somewhat concerned" to "very concerned" about maintaining their own health since becoming a caregiver. In Colorado, more than 15% cite frequent poor physical health.
- Across the country, 59% of dementia caregivers described high to very high

emotional stress due to caregiving and 38% report high to very high physical stress.

"The 2024 Facts and Figures report sheds light on the continued pressures and challenges facing many Colorado families as a result of Alzheimer's and other dementias," said Jim Herlihy, spokesperson for the Alzheimer's Association of Colorado. "As the number of individuals living with Alzheimer's continues to grow, ensuring patients, their caregivers and families have a clear understanding of how to navigate dementia care resources is critical to improving health

#### Special report on dementia care navigation

An accompanying special report, Mapping a Better Future for Dementia Care Navigation, provides a comprehensive look into dementia care navigation by surveying dementia caregivers and health care workers on their experiences, challenges, awareness and perceptions of care navigation in dementia care. Dementia care navigation provides clinical and nonclinical support to people living with dementia and their caregivers to overcome barriers that compromise care and health outcomes.

- In 2023, 11.5 million family members and other caregivers of people living with Alzheimers or other dementias across the U.S. provided an estimated 18.4 billion hours of unpaid help. On average, this represents nearly 31 hours of care per caregiver per week or 1,612 hours per caregiver per year.
- A majority of caregivers (70%) report that coordination of care is stressful. - More than half of the caregivers surveyed (53%) said that navigating health

## care was difficult

- 2 in 3 caregivers (66%) also have difficulty finding resources and support for their needs.
- The top five stressors for caregivers are: - Cost (reported by 42% of caregivers) - Coordinating with multiple doctors
- Securing appointments (35%)Getting help taking a break (35%)
- Finding appropriate doctors (32%) • Care navigation facilitates medical and social support to alleviate patient and caregiver stress. Despite coordinating care and scheduling being top stressors for caregivers, only half of the caregivers surveyed (51%) have ever talked with a health care professional about challenges finding their way through the health care system or asked for help
- with dementia care. • The vast majority of dementia caregivers (97%) say that they would find navigation services helpful. Services cited most often as helpful by caregivers include:
- A 24/7 helpline (36%)
- Help with coordinating care and com-

# munication between different specialists

- Getting help in understanding their care recipient's condition (34%)

One significant finding of the survey was that 60% of health care workers surveyed believe that the U.S. health care system is not effectively helping patients and their families navigate dementia care.

Nearly half (46%) say that their organizations do not have a clearly defined process for care coordination and clinical pathways for patients with mild cognitive impairment (MCI), Alzheimer's disease or other dementia.

"The big takeaway from this year's special report is that dementia caregivers want and need help navigating the complex health care system and accessing community-based services," said Herlihy.

"Given the added complexities of dementia care, we hope our report will encourage health systems and practices to think more intentionally about the challenges facing dementia caregivers and formalize dementia care navigation programs to help them.

# People See, People Do You can Kindle Kindness, too!

by Readers of Ute Country News

- A pharmacist is about to have her baby. A retired pharmacist agrees to fill in while she is on maternity leave. Filling in for someone who is bringing a new life to the planet is an act of kindness for the pharmacy, the Mom and especially to the new baby!
- Busy day at the post office! Two people headed for the door. The first to arrive holds it open for the next person, who held it for the third person. How fun to see people holding doors for each other.
- Taking time to call a business to tell them what's working is an act of kindness for which I thank you!
- A customer shares a gift of home-made smoked summer sausage. The BEST summer sausage we ever had! Thank you for the delicious act of kindness!
- We tend to have about one meal more than either of us can eat including leftovers. How grateful we are to find a friend happy to accept an extra meal. This alleviates any guilt that arises from throwing away food, so eliminating guilt is an act of kindness. Feeding people is an act of kindness. Less waste for the planet is an act of kindness for our Earth Mother.
- A big snow storm is predicted. We are

- grateful for the drivers willing to keep us posted as to whether they are being sent out in the storm or not because our safety is important, too. Keeping people posted is an act of kindness.
- There are three widows who live on my road. I go through with my plow, one at a time and make sure they can get out. They're not able to do it themselves. Plowing snow is an act of kindness.
- A woman 76 years old can finally get out after the big snow storm. She does not have a garage. When I saw her trying to push the 18 inches of melting snow off the top of her vehicle, I went out to help her. I was so happy when suddenly another snow brush appeared from the other side! I said, "Hey! I have a helper, thank you!" The reply was, "Just neighbors helping neighbors." We thanked each other and I received the warmest hug from our 76 year-old
- customer. Assuring the snow is off the roof of your car is a safety factor because if all that snow comes down while you're at a stoplight, the wipers may not be able to tolerate the weight. Also, that snow could go backward and land on the car behind. We ALL agreed

- removing the snow from the roof of the vehicle is an act of kindness for ALL!
- · A customer brings in a package of beef jerky to thank us for being here. We couldn't do it without you! The jerky was not necessary yet greatly appreciated. We appreciate the act of kindness of sharing their expertise as a thank you.
- A friend brings a blooming tulip to say Happy Easter! Fresh, growing flowers brighten the day, which is an act of kindness!
- The call began, "I could have emailed this to you, but I wanted to hear your voice." I was flattered and captivated about what would come next. This felt very complimentary and brightened my day because I felt special. What a meaningful act of kindness!
- Giving a gift of home-made cookies is a kindness we are grateful for, especially those peanut butter cookies that are the BEST we've ever had!
- Last summer I learned of 2 ladies who truly enjoy the beauty of blue flax. This year when I started my seeds, I made sure to start some blue flax for each. One admires how each day, a new flower bud will open, which reminds me of how unique each of us are in God's eyes. The

- other's eyes opened wide when I presented the blue flax to her as it seemed rather unexpected; I was glad it was a surprise. They can both admire one of their favorite flowers in their own yards. Appreciating nature's beauty is an act of kindness we give to ourselves, Mother Nature and each other.
- Snowstorm kindness at the local animal shelter: A staff member shoveled at 10 p.m. and again at midnight before pulling spare dog beds to make one for herself; she could not leave knowing others may not be able to get there to feed and care for the animals. She started shoveling again at 5 a.m. An associate returning from travel, stopped at the grocery store and brought food for staff at the animal shelter before getting home herself, potentially putting herself in peril. The report said it was enough food to last a week! As roads became passable, a 10-year-old volunteer and her father came to shovel a drift 7 feet high so that the outdoor dog runs and kennels could be accessed. We have acts of kindness for animals, staff. associates and volunteers! What a wellconnected and caring village we live in!

# Fitness ON the Mountain A few words on discipline

Ireally had to think hard how discipline fits in my own life and it occurred to me that maybe I'm not the only one. Some of the definitions I found seemed obvious:

- Controlled behavior
- To train oneself to do something
- "It takes discipline"

My reflexive vision of the word discipline led me down the path of raising my kids. We may have witnessed an unruly child thinking, "That child needs some discipline." We've all experienced the unrelenting annoyance of an undisciplined child. Maybe it was on your last flight or at dinner a few nights ago. Maybe it was your own child acting out.

Discipline is undoubtedly a quality most parents desire to achieve with regards to our kids:

- Protects from danger/s
- Teaches right from wrong
- Teaches self-control
- Develops a sense of responsibility
- Instills values

How about us adults with our habits? We all have them

Like most kids, I was raised by parents who were very much believers of discipline. I came home from school every day, changed out of my school clothes, was allowed free time, expected to do chores and get my homework done each night. We took turns helping with preparing dinner and cleaning up after dinner.

How is it then that I lack "SELF" discipline in so many areas of my life? Especially, my teenager self. I should have welcomed self-discipline over having discipline imposed on me by my parents.

It wasn't self-discipline that I was looking for when I joined my first gym or decided not to eat processed foods. I did those things because they made me feel better. As an adult, I can say my biggest disciplinary struggles are my worst habits: Starbucks, Facebook and wine.

## As an adult, I can say my biggest disciplinary struggles are my worst habits: Starbucks, Facebook and wine.

For many, the struggle to remain disciplined with exercise routines is not an easy task. My history in fitness and exercise has gifted me with a strong desire to remain fit and active in my older years. Staying fit did not require discipline.

Today, I interview my very dear friend Laurie Woolery who I think is going to open my eyes on the fact that I can be doing better. Laurie is my age and is rocking it in life, family, career, in faith and on the gym floor. Perhaps there is a common

Can you tell I kind of admire her? I am excited to pick her brain but, I think we're in for a surprise

Laurie and I have known each other since (1995 ish). We met at the Powerhouse Gym I managed at the time, in Lancaster, CA. She appeared one day to sample our group exercise classes. Her stamina and energy made it easy to see she was much more than just a participant in our classes. I was so grateful she chose to join our Powerhouse Gym family/staff without too much convincing.

I chose Laurie to interview because when I think about the word discipline she comes to my mind. Her Instagram posts are both humble and awe-inspiring. Here

is some of Laurie's story.

#### Tell us a little bit about your history of fitness?

"I had not been very athletic prior to taking Jazzercise classes in 1981; soon after I became certified and started teaching classes. I continued to teach fitness classes (step and muscle conditioning) until I retired in 2020. I continue to workout regularly at a local gym with weightlifting and walk regularly.

#### Let's jump forward to the present. Tell us about your last workout?

"I typically lift weights Monday-Friday; the program design changes each month and is full body, two 18-minute blocks of four movements, the goal is to complete 3-4 rounds of each block. Each day of the week has a specific workout and by the end of the month, I should be using increased weight, increased repetition count or time under pressure (slow tempo) to accomplish progressive overload.

For regular readers of this column, you might recognize a hint of my earlier articles where I discuss preparing our bodies for our Marginal Decade (the last decade of our lives). Dr. Peter Attia recommends many of these exercises as standards or markers for optimizing our individual Marginal Decade in our best physical and cognitive condition.

#### Laurie, what would you say are the top three things that have driven you to be this awesome 60-something Grandma? "Haha! 65 this past October!"

- 1. I want to be strong, fit and healthy enough to keep up with my grandkids (I'm going skiing with my oldest grandchild this weekend!).
- 2. I make my nutrition, movement and hydration a priority each day.
- 3. Trying to work out as hard as I can while avoiding injuries. (Trying to improve my sleep...big goal is 8hrs/ night...not quite there yet.)

#### You've certainly raised my bar. What advice do you have for people like me that feel like they are behind and afraid it may be too late?

"It's never too late to start improving fitness! Identify doable and specific goals (i.e. mobility, strength, flexibility, fat loss, muscle growth) and then pursue them with regularity, moderation to prevent injury, and perseverance."

#### I have a feeling that your faith, time you spend in prayer and reading the Bible might be a huge part of your success in life. Can you give us some examples of scripture on the topic of self-discipline that may have influenced this deep sense of discipline in your life and your workouts?

"Hmmm, interesting question! I haven't considered this before. So, after looking into it I found a few:

Proverbs 1:2-3 ...for attaining wisdom and discipline; for understanding words of insight; for acquiring a disciplined and prudent life, doing what is right and just

Proverbs 23:23 Buy the truth and do not sell it; get wisdom, discipline and understanding.

Hearing Laurie's take on discipline and fitness I can clearly see that somewhere I've veered off the path that was introduced to me as a child. Here might have

- been some key points in my case. 1. Exercise is good for me
- **2.** Exercise is fun
- **3.** Exercise feels good
- **4.** Exercise does not require discipline

With fitness/exercise being such a huge part of my life, I didn't need self-discipline to achieve higher levels of fitness. As a result, I lost touch with the importance of self-discipline in other areas of my life. Now I have to work extra hard to get it back in those areas of life that I know are lacking it.

Perhaps you have meandered away from self-discipline, as well. If so, let me introduce to you to another friend. Debi Blackwell is another person in my life that I highly admire for many reasons but particularly because she has an interesting fitness goal that she has conquered more than once

Debi has been featured in earlier articles. As a refresher, here is the condensed version.

Each January, Debi chooses a location to travel to virtually by way of her stationary bike. Her S.M.A.R.T. goal (Specific, Measurable, Attainable, Realistic and Timely) this year is more than just saying "Get more exercise."

Debi cycles 11 miles a day, 5 days a week, 212.5 miles per month and 2,550 miles for 2024.

Much of her success comes from being very proactive with her goal: Charting her progress weekly and

- journaling about her progress noting "anything I need to do next month to enhance my progress toward my goal.'
- Having an accountability partner is - Coupling the goal with something enjoy-
- "Something as simple as writing ourselves a note in a journal or treating ourselves to a small gift can boost us on
- Debi is a master of breaking her goal into attainable steps
- Debi "honors" her fitness goals first thing in the morning.

Like most of us, Debi keeps a full schedule. It's easy to choose commitments to others over commitments to ourselves. Debi schedules other tasks and commitments after she has completed her days

I am excited to embark on living a more disciplined life. I hope this article has inspired you, as well. If so, send me an email and share how you were inspired to make some positive changes to your own

As psychologist Daniel Goldstein says, . self-discipline is like a muscle. The more you exercise it the stronger it gets.'

My website is still evolving to accommodate changes in my life but, you can read more about me at: www.lorimartinfitness.com or E-Mail: lorimartinfitness@







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BEST

# Colorado has a new political party!

by Lindsay Breyer, Teller County Community Organizer

On January 25, 2024, the Secretary of State's office announced that the Colorado Forward Party is now recognized as a minor pollical party in Colorado. Our petition to become a minor party was signed by over 15,000 Colorado voters who recognize the need for better choices in our elections and who share our values:

- Character and integrity are more important than adhering to a party ideology or
- Collaboration and compromise are needed if we are to solve the problems facing our communities.
- · Elected officials must remain accountable to their constituents, including those who did not vote for them, rather than special interests and vocal extremists.
- Our leaders must approach everyone with grace and tolerance. We encourage all citizens to exercise their freedom in a manner that is respectful of others especially when we disagree.
- Facts matter! Lies and conspiracy theories should have no place in our political system
- The Forward Party expects candidates and elected officials to honor, respect and abide by the rule of law, and the precepts of the U.S. Constitution.
- Electoral reforms such as ranked choice voting, nonpartisan primaries, and

independent redistricting commissions are needed to provide voters a greater say in who appears on their ballots, and more choices on those ballots.

We look forward to engaging with citizens across Colorado as we endeavor to facilitate change for the better. Please visit our website to learn more about the Colorado Forward Party, https://www. coloradoforwardparty.com/. Information regarding our local activities can be found on our Facebook page, Forward Party of Teller County

The Colorado Forward Party will be holding its first Nominating Assembling on April 6 at 3 p.m. This will be a virtual (on-line) event. While we are still in the vetting process, we anticipate offering candidates for two US Congressional seats, one State House seat, one State Senate seat, and one County Commissioner seat. All are welcome to attend the assembly but only Forward Party Members will be allowed to vote. Becoming a member is free but there are some registration requirements. Details are available at https://www.coloradoforwardpartv.com/ candidate nominations assembly

When you RSVP for the event, you will receive a link to the event and additional

# **Attention Homeowners**

The Upper Arkansas Area Council of Government's "Home Repair Loan Program" 1 offers low-interest loans to qualified homeowners. The loans help homeowners address health and safety issues and make needed repairs. We can help with leaking roofs, crumbling foundations or problems with heating, plumbing, or electrical systems and handicapped accessibility. Homeowners must own and occupy their home and meet income guidelines to qualify. FMI contact Shawn 719-275-4191.

UAACG's "Home Repair Loan Program" can help make your home more energy efficient and save you money. Homeowners who qualify for the program can get a lowinterest loan to help improve the energy efficiency of their home, lower heating bills and save hundreds of dollars a year. Let us help make your house feel like a home again. We provide assistance with the bidding process and project oversight, as well as handle the paperwork for you. FMI 719-275-4191.

# Sand Gulch campground reopens

by Levi Spellman

The Royal Gorge Field Office reopened its Sand Gulch campground on March 1, 2024, following a project to expand site availability and improve the quality of the visitor experience.

The Shelf Road rock climbing area, of which the Sand Gulch campground is a part, has seen visitation increase by approximately 50% since reporting began in 2000.

"The Shelf Road area provides outstanding recreation experiences," said Kalem Lenard, Royal Gorge Field Office assistant field manager. "We're excited to be able to accommodate the growth and interest in this area while protecting resources and caring for the area."

The recent expansion doubled the number of available sites, added new picnic tables and fire rings, quadrupled on-site parking, and installed four new vault toilets. The Bank campground, also at the Shelf Road rock climbing area, had a similar renovation in 2019. Between the two campgrounds the BLM has invested more than \$1 million.

"When we charge a fee, the revenue generated stays within the management area where it was collected," said Keith Berger, Royal Gorge Field Office manager. "This project is an excellent example of what can be done with increased resources.'

Reservations for the Sand Gulch campground can be made on recreation.gov.

# by SLV Animal Welfare Society Adopt Me Hocky Puck

I don't have to walk too far, who would enjoy your fenced in yard, cuddle with you on the couch and alert you if someone is at your door? Then Hockey Puck is the dog for you! Born without hip sockets but plays all day sliding his metal dish around on his 10 x 10 cement pad. He can walk for about 30 minutes. Perhaps when he gets older he might need Cosequin. He's 3 ½ years old, weighs 55 pounds, is neutered, current on all vaccines and microchipped. We've had

him for 2 years. You can call 719-587-9663 (woof) or each Saturday at 7680 N. Academy PetSmart.

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

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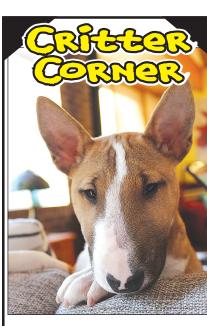
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Bugsy - Tracy Walker, Woodland Park, CO

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

vour name

# Millie and her Dragon Millie and the Pirates

pillie and Emerald were resting in the dragon's cave when the dragon mentioned that he thought he had a good reason to go looking for more treasure.

"I was following a pirate ship yesterday and they landed on a small island in the Western Sea." Emerald went on after a short pause, "I watched from up in the clouds and saw them hide three large chests in a cave on the side of a small mountain that made up most of the island. Then they stayed the night and left the next morning. Would you like to come with me when I go back? I intend to take as much of the treasure hidden in that cave as I can. You will be able to see how I actually gather my hoard. There might be something there that you would like to have for yourself."

Millie was quiet for a moment and then responded with a smile, "Yes, Emerald I would love to go with you as you gather your treasure. Perhaps, I could be of some small help to you.'

Emerald smiled a dragon smile and said, "You have always been helpful to me, my precious Millie. We shall go in the morning. It is only a few hours flight to the island. Then we shall gather what we can and come home. It may take a few days to take all that I want. But we shall see when we get there, won't we?"

"It may take longer," replied Millie, "I have heard that pirates gather a good deal of loot over time. Perhaps these pirates have been stealing for a long time. Maybe we can fill the whole cave. Wouldn't that be grand? You could make your golden bed much larger and deeper."

"That would take a great deal of golden coins, my Millie," replied the dragon, "But it would be more comfortable for me."

The two went on talking about what they would do with the treasure for several hours until it was time for Emerald to go hunting for his meal. Millie started to clean and polish more of the treasure already in the dragon's cave. It was her duty being the caretaker of a dragon.

The next morning found Millie on Emerald's back as they flew toward the Western Sea and the pirate's treasure island.

It was near the noon hour when they first saw the island and Emerald started down to land in front of the cave.

Millie climbed down from his back and found a torch that had been left by the pirates. Emerald lit the torch with his dragon breath. They started into the cave that was large enough for a dragon to

It was only a few dozen yards, and they reached the treasure that was stored in a large cavern inside the island's small

"The pirates must have been working

for a long time, Emerald," said Millie as she gazed around at the treasure that filled the cavern, "Where do we start?"

Emerald was looking too. He was very pleased with what they had found. His dragon mind was figuring out what to take first and how long it would take to get it all to his cave in the mountains of Zorr.

Millie was walking around holding up the torch so that she could see more of the treasure. She ran her hands through the coins and jewels that were in the trunks and chests that she had opened.

Emerald had walked up to two of the trunks and carried them to the entrance of

"We will take these first and then come back for more later," said the dragon.

Millie watched as the dragon picked up two of the large trunks in his front claws then looked at Millie and said, "Take what you can hold and mount me, then we will go home.'

Millie picked up a small chest that was filled mostly with jewels and a few coins, then climbed on the dragon's back. They rose quickly into the air as Emerald flapped his large wings, then started for home.

Two hours later they landed at their cave in the mountains of Zorr and the dragon took the two trunks into the cave to place them with the other treasure. Millie placed her chest of jewels next to the

Emerald smiled at her as she turned to look at him and said, "My Millie, what you chose is yours. You don't have to place it with what I collect."

Millie grinned and said, "Thank You, Emerald. I can start my own hoard."

Millie picked up the chest and took it to the room in the cave where the dragon had placed a large soft bed for her. There was also a full-length mirror and a chest of drawers along with a nightstand next to the bed.

There were long candles on the nightstand and the chest of drawers. Millie had put a small rug next to her bed along with a box of more candles. It was quite dark in her room when the sun went down. The small hole in the ceiling of her room provided the only light when the sun was up.

The next four days were spent flying back and forth to the pirate's cave collecting treasure for Emerald's hoard.

On the fifth day Emerald gathered all that was left of the treasure and didn't have the strength to carry Millie too.

"Will you wait for me here, my Millie?" he said as he picked up the last of the treasure, "I will return in four hours

Millie looked at Emerald with a question on her pretty face as she asked, "Could you leave a little of the treasure here so that I

could ride home with you? We could return in the morning for what's left."

The dragon thought about it for a moment, but his dragon greed was too much for him as he answered, "It's only for a few hours, Millie. You can place the little that is left in the sacks that we have brought. That will take up most of the time. I'll be back before you know it."

Millie wasn't happy with his answer, but waved goodbye as the dragon took to the air. Millie did keep busy as she put the

remaining gold and silver coins into

the bags. She also put in the few remaining bits of jewelry in bags, then sat down with a coconut to eat

Emerald's return. Millie was at the opening of the cave when she saw a ship come around the side of the island. The ship had a Jolly Roger flag flying from the top of the

center mast.

as she waited for

"It's the pirates!" she cried. "What shall I do?"

Millie ran back into the cave and grabbed the coconut. Then she ran back out of the cave and up the side of the small mountain. then into the forest that grew on the top. She looked around for a good place to hide

as she ran toward the other side of the

She stood hidden in the dark forest and watched as the pirates loaded the treasure that they had gotten in the last week into jolly boats and started for the island.

She could hear the captain calling for the men to row hard as they came to the

She watched as they carried the trunks and bags of treasure up the mountainside to the cave. Then their shouts of anger when they saw that some of their hidden treasure was gone.

The pirates ran all around at the entrance of the cave looking for anything that might tell them who had stolen their treasure. It was then that one of the pirates saw several impressions in the dirt at the front of the cave that told them that a dragon had found their treasure. Also, there was a human that had been in the cave

The pirates came out of the cave and started searching the mountainside for whomever the human might be.

Millie turned and ran as fast as she could across the top of the mountain through the forest, looking for a place that she could hide until Emerald came back. As she started down the other side of

the mountain, she remembered anoth-

er thing that Emerald had taught "Well, well, my pretty. What have you her about her bonding with the done with our treasure?" he said with an evil look on his face. "We see that there dragon. She had the Dragon Mind Speech. She could call has been a dragon here and I think that it the dragon wherever he has stolen the treasure. I suppose that you might be with her mind. will be his next meal when he comes back

Millie stopped behind

with her mind and he

answered her right

away. Millie told him

what had happened

and that she was

very frightened.

her?

her mind.

Millie stayed on the

hidden in the forest and

waited for her dragon.

other side of the mountain,

the forest looking for Millie.

It was quiet for a short time, but then

she could hear the pirates calling to each

other as they continued their search. The

They had found Millie's footprints and

could tell by their small size that they be-

pirates' voices came closer and closer.

What if the pirates

caught her! What

would they do to

have to come

back and save

me," She said in

"I'm coming, Mil-

ie. I'm coming!" the

Tre-

"Emerald, you

a large clump of trees

and called Emerald

Millie answered, "Yes, I think that it will eat me when it comes back. Will you not protect me, sir?" The pirate captain laughed as did his crew.

for the little that is left. Isn't that so?"

down to the lower edge of the forest. One

of them suddenly jumped out from behind

a tree and grabbed her as he shouted out to

the others that he had her. Soon, she was

facing the captain of the pirates, and he

was not a very happy man.

"Oh, yes." He continued, "We'll protect you from the dragon, but you are finely dressed, so, I think that we could get a large ransom for your return to your family. Is that not so? Take her back to the ship and lock her on the hold until we can get back to port. Then we will see how much she is worth to her family."

The pirates pulled Millie along as they walked around the island shore while they returned to their ship.

Just as they were about to put Millie into the jolly boat, the sky erupted with a loud dragon roar and Emerald the angry dragon flew down toward them.

The pirates jumped into the jolly boats without Millie as they started rowing as fast as they could toward their ship. Millie had fallen down onto the sandy

beach and watched as the pirates tried to escape from Emerald's wrath. There was no escape.

Soon the jolly boats were filled with dragon flame as the pirates jumped into the sea water trying to escape the dragon flame and swim to their ship. Most of them made it, but the captain's boat was burned as he shouted at his crew to row

Emerald landed on the beach next to Millie and stood looking at the pirate ship as it pulled the anchor and sailed away.

Millie hugged Emerald's leg as she watched the pirate ship sail away.

Millie quietly moved further down the "Thank you for coming back to help me," she said," You didn't have time side of the mountain while staying in the to get home. What did you do with the forest, trying not to leave any footprints. The pirates were moving quietly too. That's how they caught Millie as she came

Emerald looked down at Millie and smiled as he replied, "There are things far more important than treasure, my Millie. You are far more valuable to me than a bit of gold and silver."

Millie hugged the dragon's leg even harder as Emerald continued, "I hid the treasure in a cave on the shore of the kingdom of Zorr. We can get it later."

Millie stood back from the dragon and looked at him very hard with her hands on her hips, "So, you saved the treasure first and then came to save me?"

Emerald looked as embarrassed as a dragon could as he nodded his head, "Yes."

"I thought that you loved me. I thought that I was important to you," growled Millie as she glared at the dragon, "but you had to save your treasure before you could save me!"

Emerald looked at Millie with a shy smile on his face and answered, "I am a dragon, Millie. I do what dragons do. I did save you from the pirates, didn't I?"

"Yes, you did, and it's a good thing that you did." Millie went on, "Who would shine that treasure that you so carefully hid in the cave if you hadn't? Who would clean and sharpen your claws and clean your fangs? Who would polish your scales if I were gone?"

Millie stopped for a moment as she wrapped her arms around one of the dragon's front legs, then with tears running down her face she softly said, "Who would love you as much as I do?"

Emerald was quiet for a moment as his great head came down and gently pressed Millie against his leg. Then he said, "It won't happen again, I promise, Millie, I promise. Dragons never break a promise.'

Millie climbed on Emerald's back, and they flew home and rested for a few days before they flew back to the shore of the kingdom of Zorr to gather up the treasure that the dragon had hidden in the cave.

It was several months before Emerald flew back to the island to see if the pirates had brought any more loot to hide in the mountain cave. Emerald took what was left of the pirate loot and left the cave empty.

The pirates hadn't come back. They had learned that you don't fool around with a dragon's lady.

To be continued...

Chuck Atkinson of Como, CO enjoys pleased to have him contribute to the only fiction in our Ute Country







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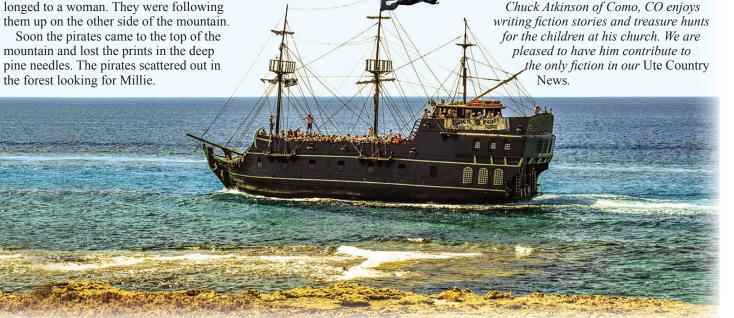
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# Life-Enhancing Journeys Appreciating yourself

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

Tt feels so good when others express ■ their appreciation for you, yet it can feel even better when you send appreciation to yourself. Instead of waiting for others to notice you, self-appreciation is about turning those good feelings inward.

What happens to you when your kindness or efforts are not appreciated? Does it mean that you are worthless? Instead of seeking approval from others, self-appreciation is a worthwhile choice because you are the one who controls it.

Appreciating yourself can indeed be difficult because many of us were taught to focus on our shortcomings rather than our strengths. Cultivating self-compassion and treating yourself with kindness will improve mental, physical, and emotional health by focusing on the positive instead of the negative. The concept of "self-appreciation" enables you to view yourself and the world more optimistically because it liberates you from constant self-doubt, self-hatred, and/or self-imposed limitations. Self-appreciation is seeing yourself as you are, without the judgments and criticisms you may have developed from others' opinions of you (i.e., parents, siblings, friends, etc.).

Many have let others determine whether they are good enough. This often starts during childhood if the people raising you are critical and tell you that you are worthless. Especially as young children, you have little choice but to let other people determine your worth and happiness. If your caretaker has their own shortcomings, this will hinder their ability to cherish you. (See August 2019 article in UCN "Am I Good Enough?")

Appreciating yourself may seem selfish or egotistical, however, it is very different. People driven by their ego will judge others as beautiful or ugly, right or wrong, better or worse, etc., but self-appreciation is about connecting within rather than judging or comparing yourself with others.

Some may think, "If I brag about my abilities...my successes...my achievements, I will seem conceited...praise should only come from someone else.' This is absolutely untrue. Self-appreciation is about acknowledging your true self based on your core values.

Practicing self-appreciation may seem simple, but it is not easy. I still struggle with it at times, yet I continue to make progress. When others appreciate me, I want it to feel like a bonus to what I am already giving myself.

To enhance self-appreciation, here are approaches to consider:

Make a conscious decision:

Self-appreciation is a concept that you decide to commit to and then practice. Be cautious of only looking to others for approval because it most likely will leave you feeling hollow. Buying a fancy car, designer clothes, or other material possessions to feel good about yourself for a short time but is not meant to bring you lasting joy. Never wait until you achieve something great before you appreciate yourself. Do it now. It is unnecessary to achieve anything spectacular in order to appreciate yourself.

I saw a photo of a Mother's Day cake. On the cake was written, "To the greatest mother who ever lived in the history of the world." Below the photo was a caption: "My mother ordered her own cake this year." This is clear evidence of self-appreciation.

#### • Be Authentic:

"Be first at being you, not second at being someone else.

— Dr. John Demartini

Never try to be anybody other than yourself. The ability to live your authentic life starts with knowing yourself and what is really important to you. Identify your values and beliefs, then act in alignment with them. This connection will provide a strong foundation for living a meaningful life.

Trust your instincts about the choices you make, such as the people with whom you befriend, your life purpose and your career path, for example. Believe in your ability to know what is best for you.

"Always be yourself. When you follow others instead of your own path, you limit your unique potential... pursuing what truly inspires you.

— David van Ginhoven, Columnist

Challenge negative beliefs: Your subconscious mind often undermines your self-esteem by focusing on failures and flaws. It takes effort and time to reframe your mind, starting by recognizing the wounding words you may have heard growing up and/or the ones that you have told yourself. Examine the evidence supporting these negative beliefs and reject anything that seems inaccurate. By releasing past wounds, you create space for a more empowered and accurate perspective of yourself. Letting go of your internal negative thoughts and acknowledging that you deserve appreciation are keys to recognizing how extraordinary you are.

A wise 93-year-old man once expressed, "Each of us, no matter how seemingly worthless, has genius within us."

 Respond to mistakes and setbacks with compassion:

Avoid berating yourself for making a mistake. You are a human being and you can learn from your mistakes. For example, feeling like a loser after you messed up does not mean you are a failure. It simply means that you now know what did not work and can learn from your experience and try a different approach.

Setbacks do not brand us forever.

It is worth remembering this.

Most of us have an internal voice that can sometimes judge and demean us. By questioning those negative thoughts, you can challenge the inner critic and teach it a new, compassionate narrative.

When my inner critic pops up, instead of ruminating, focusing on what-ifs, or self-doubt, I ask myself, "Whose voice is in my head...What is its purpose for criticizing me now?" I will then hear the voice in front of me, perhaps give it a name, and then challenge it by asking, "Hey, what evidence do you have that I am stupid or a failure...? I find that when I move past my thoughts, I am able to realize that the situation is not as bad as I heard it in my thoughts and I acknowledge my ability to get through the tough times. This usually puts an end to the ridicule and the inner critic quiets down. Practicing this has greatly changed how I now face my struggles.

#### • Let go of perfectionism:

Do you agonize over doing each task perfectly, or procrastinate and give up before you try because you feel you are unable to succeed? No one is perfect, and it is important never to let the pursuit of perfection override self-appreciation. Perfectionism is an impossible standard that wears down your self-image and interferes with your ability to function. Focusing on what you lack rather than what you already are will lead to frustration and low self-esteem. Believing that you are never good enough will hinder your ability to understand and appreciate yourself. Rather than blaming yourself for making mistakes or forgetting to do something, self-appreciation is about expressing gratitude for what you have been able to do. Embracing a positive attitude and valuing who you are is essential to self-appreciation. Stop getting caught up in the ideas of who you are supposed to be because this will make you deny the amazing person you are.

Consider including phrases such as these to counteract perfectionism:

"Strive for excellence and accept that you've done the best that you can.'

"It is unreasonable to expect perfection. Nothing is perfect, and I am okay with

## • Avoid comparing yourself to others:

Instead of comparing yourself to others, focus on living within your own core values. This practice fosters self-awareness, reduces judgment, and can help you perform at the peak of your abilities.

Comparison is a trap that people can fall into. You will always find others who are superior or lesser than you. When you brain becomes activated, so your perceptions will likely be distorted. Live within your own values and avoid comparisons.

### • Learn to prioritize personal needs:

Take care of yourself first to maintain a high level of functioning. This enables you to give to yourself as well as to others if you so choose. Prioritizing your own well-being and refusing to participate in activities that violate your values is a form of self-care. Overcommitting yourself and/or seeking to please others can cause distressing emotions such as anger and

resentment. A reliable way to avoid this is to respect your boundaries and learn to say no when necessary (which is saying "yes" to yourself.).

Here are some ways to make saying no

Pause by using "Let me think about it." or "I will get back to you."

Set clear boundaries without apologizing or making excuses: "I am unavailable to work on weekends" or "I am unable to take calls during the workday."

#### • Use kind words:

It is difficult to see your value when your mind is clouded with negative thoughts. Notice when you are speaking unkindly to yourself. After detecting negativity, do what you can to detach yourself from it. Remind yourself that you are not your thoughts, and your thoughts are not facts or the truth.

Expressing appreciation can be as simple as speaking kind words to yourself. Think about the language you would use for someone you respect, and then use words similar to those when talking to vourself. Avoid words that create judgment, criticism or drama.

Stop beating yourself up. Feeling like a failure does not make you a failure. When you make a mistake or forget to do something, instead of scolding yourself, how about appreciating all the times when you did remember to do the things you planned? Humans tend to focus on their mistakes and forget all the times when their efforts have turned out well. Acknowledge your abilities and successes. People are more likely to appreciate someone who can appreciate themselves.

#### Accept who you are at this moment:

Self-appreciation may seem synonymous with self-esteem or confidence, however, it is quite different. Self-esteem is more about how you view your best self. On the other hand, self-appreciation is finding value in yourself even when you are at a low point.

Self-appreciation is about supporting who you are at the present time. Regardless of how far you are from your goals or how worthless other people may think you are, self-appreciation allows you to accept who you are at this moment without judgment and with compassion. Although you may lack confidence right now, it has nothing to do with your value; it only means that you are human with the ability to learn and grow.

#### Some final thoughts:

Self-appreciation can change your life by transforming negative ideas into positive and nurturing self-beliefs. Focusing compassion and gratitude inward helps build self-worth; you then have more to

Following these approaches can cultivate a deeper sense of self-appreciation. Changes in habits are made through repetition, so keep practicing. Treat yourself like you are worth it and you will train your brain to believe you deserve respect just like every other wonderful human, flaws and all.

me to create the best internal supporter who is always by my side — Me.

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.

# Three noteworthy women of Colorado

Abrief story of three very different, note-worthy Colorado women, Silver Heels, Anna Blythe Speas and Marie Guiraud.

#### Silver Heels

As legend has it, one of the dance hall girls at the Buckskin Joe mining camp was named Silver Heels. Although accounts vary and some place her in Fairplay, Alma or Leadville, most agree she danced at Buckskin Joe. Silver Heels arrived at Buckskin in 1861 on the stagecoach, veiled and wearing slippers with silver heels. She walked into Billy Buck's Saloon and immediately got a job when she removed her veil revealing the most beautiful face ever seen in the camp and had a cabin across the creek from town. Her fame and popularity as a dancer became unmatched.

Who she was no one knows, but one story claimed she was Girda Bechtel from Moravia, who was hired by a widow to come west to Denver from Pennsylvania to help with her children. In Denver, her desire for a stage career prompted her to leave the widow, take dancing and singing lessons then eventually she ended up in Buckskin Joe.

Unfortunately, two Mexicans driving sheep through the area brought a smallpox epidemic to the town. As more and more miners caught the disease, Silver Heels cared for and tended to them all until she finally caught the disease. When the epidemic passed, the miners, wanting to show their gratifude to Silver Heels, collected money for her. When they arrived at her cabin, they found her gone and no one knew what had become

One story said that her beautiful face had become so disfigured with the smallpox that she left so no one could see her, but there were stories of a veiled figure thought to be Silver Heels visiting a grave in the cemetery.

The miners still wanted to pay tribute to the dance hall girl, and a nearby solitary peak was named Silverheels in her honor.

# Anna Blythe

Anna Blythe was known as the belle of Boulder and was sought after by all the young men. Anna met Sam Speas in 1884; he was one of the railroaders who lived at Anna's mother's boarding house. Sam and Anna were married in 1886.

in 1887, Sam was promoted to engineer with the Denver, South Park and Pacific Railroad and transferred to Como where the couple moved and bought a house.

Sam's job kept him away from home a lot leaving Anna alone to tend to the chores. Anna did not fit into life in Como. She was younger than the other railroad men's wives and too old for the high school girls. Anna didn't have children or a job to make acquaintances, so she probably became lonely and depressed.

During the seven years Anna lived in Como she had three children who all died at birth or shortly thereafter. Without Sam, her anchor, their losses were more heartbreaking and probably depressed her even more.

After the loss of her children Anna began drinking heavily and fell in with others who shared the same pastime. One of those was Levi Streeter who had a shoe making and repair shop in his home. Another was Lillian Kennedy Robinson.

On the evening of Friday, April 6, 1894, Como Marshall Adolph E. Cook went to Streeter's home around midnight to investigate a loud party. It is not exactly sure how many were at the party, but Anna and Lillian were there and the events were hazy.

When Cook knocked on the door, Anna and Lillian broke a window and went out the back, cutting themselves on the glass in the process. According to Streeter a man knocked on his door and ordered him to put up his hands. Streeter thought he was being robbed, and when he opened the door, he started firing his gun and then took the handle of his revolver and cracked Cook's skull, killing him instantly. Authorities tracked a blood trail to Anna's house and all three were arrested. The trial was set for May.

an accident, the couple went to Denver for a fresh start, but were soon back on the home-

stead. They then moved to Fairplay for a short trial, even hiring her lawyer. Both women were found not guilty. Streeter was contime, but soon returned to the homestead. Adolph expanded the homestead to 640 victed of murder in the first degree and

sentenced to hang; his sentence was later

changed to life imprisonment, hard labor.

trial she left Como never to return. Sam

divorced her and eventually re-married

her mother's in Boulder, then moved to

Denver and continued to drink heavily.

She moved in with a black man named

Andrew Lyles and his friend John Motley.

Lyles mistreated Anna and often beat

her. Anna's mother begged her to return to

Then one night, after neighbors said

they heard a beating going on all night,

Anna died the next morning. Lyles and

Motley were arrested for the murder but

autopsy report said Anna died of internal

abscess, pneumonia and alcoholism — not

were cleared of the charges when the

Speas ended July 6, 1898 (she was 28

grave in the Denver Fairmount Cemetery.

Marie Chabreat married Louis Adolph

Guiraud (pronounced Garo) in France in

1848 and their first of 10 children, Louis,

was born there in 1850. The couple soon

Orleans and shortly thereafter moved to

Around 1859 the couple moved to Leaven-

worth, Kansas where a daughter was born.

County in 1862 and Adolph homesteaded

cornerstone of the Guiraud Ranch, located

they planted wheat, oats, rye, potatoes and

When their 10-year-old son Henry died in

The Guiraud family arrived in Park

the 160 acres that would become the

between Hartsel and Fairplay. At first,

vegetables on 40-45 acres.

emigrated to the US, arriving in New

Cincinnati where two sons were born.

Boulder but Anna refused.

specifically the beating.

Marie Chabreat

and had three children. Anna went to

Anna was never the same, and after the

acres and included raising cattle. Six more children were born in Colorado between 1865 and 1873 with two of the six dying

Adolph died in October 1875 at the young age of 53, leaving Marie a widow at age 45 to take care of their homestead the best she could, raising the seven surviving children.

Marie increased the ranch from 640 acres in 1875, to over 5,000 acres in 1909. becoming one of the most prosperous ranchers in Park County when she died. Marie's beef cattle sold for the same price as her neighbor Sam Hartsel, another successful Park County rancher (the town of Hartsel is named after him). Marie also sold horses.

In 1879, when Marie found that the Denver, South Park and Pacific Railroad tracks would be laid near the ranch, she platted a town and depot across the Middle Fork of the South Platte River from the ranch, calling it Garo.

The short, tragic, sad life of Anna Blythe Marie also owned one of the firstrecorded water rights in the county, dating years old) and she is buried in an unmarked

Sadly, Marie buried another son who was struck by lightning in 1888 and a daughter after an illness of several years in 1908.

When her house burned down in 1906, Marie immediately had a 10-room, onestory house built.

Marie Guiraud died June 5, 1909 at the age of 79. The ranch was valued at \$200,000 (\$5,100,000 in 2013 dollars). There was a rumor circulated after her death that another \$80,000 in gold was reportedly found in the basement of her home, stored with the canned goods. Whether true or not, it was not mentioned as part of her estate, but would have been worth \$6 million in 2013 dollars.

Guiraud's estate was said to be "very nearly as great, if not the equal, of the largest estates ever built up in Park County," in her obituary published in the June 11, 1909 *Flume*. Marie had owned the ranch for 34 years. She did quite well.

# Fire-resistant Landscaping

by Coalition for the Upper South Platte

As a homeowner in Colorado, you have heard the warnings to create a defensible space around your home. We've all seen the illustrations with little to no vegetation within 20, 40, or 50 feet of the house. Recommendations vary and most of them are not visually appealing.

However, it is possible to have a pleasing landscape surrounding your home that is also fire resistant. The Colorado State University Extension has practical advice. beginning with a comprehensive list of Firewise Plant Materials. Information on groundcover and flowers, shrubs, and trees includes native species water needs, sun/ shade preference, mature height, and suitable elevations — search CSU Extension, Firewise Plant Materials — 6.305 (https:// extension.colostate.edu/topic-areas/naturalresources/firewise-plant-materials-6-305/) Also check CSU Extension Fire-Resistant Landscaping 6.303 (https://extension. colostate.edu/topic-areas/natural-resources/ fire-resistant-landscaping-6-303/) for details on how a fire-resistant landscar looks.

#### Things to consider:

- Plants near the home should be lowgrowing and spaced further from each other. Think small clusters or islands.
- Inside the first 3 to 5 feet from the structure, consider decorative rock, gravel, or stepping stones to create a non-flammable perimeter.
- Mulch will help conserve soil moisture and discourage weed growth. Mulch can be organic or non-organic, such as pea gravel or compost. Don't use pine

bark or pine needles that will rapidly carry fire.

- Incorporate a diversity of plant species, both visually pleasing and to discourage pests and diseases from attacking your entire landscape.
- In drought watering restrictions, prioritize plants to be watered and saved. Provide available supplemental water to the plants nearest the home.

**Grass:** We all love a little patch of grass, don't we? Maintenance is the key with grass. Keep grass near structures, firewood, propane tanks, and trees mowed low. Away from structures, try to keep the grass to no more than 8 inches tall. Brown and dry grass will quickly carry fire.

Consider replacing grass or breaking up grass areas with ground cover plants, particularly in spaces that are difficult to mow or hot, dry exposures. The ideal ground cover will spread, creating a mat of plants and roots that reduces erosion and discourages weeds.

**Wildflowers:** The natural appearance of a wildflower bed can help with the manicured look of fire-resistant landscaping. But keep in mind that a wildflower planting area must be regularly weeded and maintained to remove the dry plant material after dormancy.

**Shrubs:** Carefully consider the types of shrubs and where they will be planted. The traditional juniper bush next to the house can be a torch waiting to happen plant low-growing, non-resinous varieties

REMOVE DEAD TREES, BRUSH & PLANTS RAKE UP PINE NEEDLES, PINE CONES & LEAVES ZONE 1: 30 TO 50 FT. AROUND HOUSE MOVE WOOD PILES 50 TO 100 FT. Away from Your House ZONE 2: 50 TO 100 FT.

DEFENSIBLE SPACE CAN HELP SAVE YOUR HOUSE

**CREATE DEFENSIBLE SPACE** 

WITH FIRE MITIGATION TECHNIQUES

away from structures and trees.

**Trees:** The best trees to plant are usually the species already growing near the site. If your site has enough moisture, deciduous trees such as aspens and narrow-leaf cottonwoods are resistant to fire. Again, maintenance is critical, rake leaves and debris at the end of the summer season.

resistant landscaping isn't a one and done action. A lack of care can compromise even a model defensible space. Keep the weeds out, keep the dead plant material raked up, and be sure to trim the trees to keep them healthy and a valuable part of your landscape.

When in doubt, check with your local Colorado State University Extension. These amazing people have the information that you need to protect your home.

As with any home maintenance, fire-



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# **Pharmgirl** A Motorhome for Mom

It started out as a normal day. For 10 ♣hours, I checked prescriptions, gave flu shots, and answered the constantly jangling telephone in a small-town pharmacy, reheated my lunch five times and closed the gate 20 minutes after closing. Exhaustedly, I walked to my car and drove home. After parking in the driveway, I took a deep breath of the crisp fall air, threw my stuff on the kitchen table, grabbed a rake, and herded brittle maple leaves into a big pile. Then I jumped in it a few times. I laughed and buried myself under the gold and crimson, thinking the neighbors were probably wondering what the crazy lady was up to this time. I didn't care.

When my stomach began grumbling about its lack of dinner, I retreated inside to cook a microwave meal and resume my search for a camping van on the internet. I was getting tired of sleeping in my cramped SUV on adventures and needed something roomier when I traveled to visit my kids who were now spread from Alaska to Colorado to North Ĉarolina. Most of the candidates were either too old or too expensive. Then a message popped up on my computer: Just listed. It was a charming little coach reminiscent of the ones my father had driven on family vacations. I summed up the courage to call the owner. He said tonight was my only chance to see it; multiple buyers were lining up. So, at seven in the evening, I headed north with a thermos of lukewarm coffee, a stale donut, and a bag of Mrs. Mikes potato chips.

After several hours of dodging traffic on the interstate, I took the exit he had recommended. My headlights became the only ones on desolate county blacktops. I

mered just beyond a low metal bridge. Scents of rich pine and loamy forest tickled my nose through the open window. punched the radio search button, hoping to find a station not playing depressing country ballads. Suddenly, hazel eyes glowed in the ditch. Instinctively, my foot switched from the accelerator to the brake and my hands cranked the steering wheel. Thankfully the buck made a life-saving decision for both of us and stood motionless as I veered past. My heart pumping wildly, I slowed my speed and started creeping past mailboxes. The number I was looking for finally appeared. I turned onto the lane that led to an enormous pole shed bathed in blue halogen light.

This adventure had potential to go very wrong. I was alone on a cold October night in a rural Wisconsin area I'd never ventured into before.

This adventure had potential to go very wrong. I was alone on a cold October night in a rural Wisconsin area I'd never ventured into before. No one knew of my mission, and it was too late to call anyone. The crime shows I'd been watching made my imagination run wild. What if the sellers were serial killers, luring unsuspecting women in with false advertisements



A customized "Stella" the camper painted by Peggy makes it to Colorado!

doubted there was a huge demand for gals my age. Would my quest become front page news after the grisly discovery of my dead body floating on a lake shore or buried in a shallow grave? Were my guardian angels tired of protecting me from decades of questionable decisions, and ready to let this be my last?

Butterflies danced in my stomach as I pulled up to the shed. I took a deep breath and sat in my car for a moment. Then a couple smiled and waved as they approached my car. They weren't carrying shotguns or tire irons but they had something even better in their arsenal. When I got out of my car, a huge fluffy dog lunged at me. He enthusiastically sniffed my crotch, put his gigantic paws on my shoulders, and tried to smother me with kisses. The wife dragged him away

being ravaged.

It might have been the full moon or the cool laid-back vibe of the vehicle which had an exterior just begging to be decorated. Maybe it was the test drive that had me reminiscing about family trips in an old rattling Winnebago. Whatever the reason, I handed them cash and said I'd return in a few days to pick it up. That little motor home belonged with me. On the long drive home, I eagerly plotted future adventures as I hummed an old Eagles song, "Take it Easy."

Peggy Badgett is an artist and writer. Her website is pharmgirl.org; she can be reached at coloradopharmgirl@gmail. com. Her book, "The Rooster in the Drive Through: Tales of Life in The Rural Midwest" and her stenciled cards are available for sale at Shipping Plus in Divide.

# **Advertise in the** local paper that Welcome to Ute Country actually gets "If you love someone then tell them right away; because after missing the train read... there is no use of yelling that you had a ticket" ■ 11,000 papers printed each month ■ Average 95% pick-up rate Over 100 distribution points in over 4 counties Your advertising dollar goes further in the paper that gets read "cover-to-cover". **Call or Email for** more information on how to get your word out! Putting the "unity" 719-686-7587 utecountrynewspaper@gmail.com

# Easton Wasilewski earns Eagle Scout Award by Dennis McIntyre

Easton Jace Wasilewski, age 16 of Woodland Park, has earned the Eagle Scout Award, the highest advancement rank within the Boy Scouts of America.

Wasilewski was recognized at Eagle Scout Court of Honor ceremonies on March 10 at 2 p.m. at the Ute Pass Cultural Center.

A member of Troop 230, Wasilewski is one of approximately four percent of all Boy Scouts who attain the Eagle rank.

Each candidate must earn 21 merit badges and successfully complete a significant service project benefiting his community, faith organization or school demonstrating leadership to earn his Eagle. Wasilewski chose to build a Gaga Ball pit for the playground at the Woodland Park Middle School as his service project.

Easton has served as Senior Patrol Leader for Troop 230, was recently inducted to the Order of the Arrow (Scouting's honor society) and is a staff member for the National Youth Leadership

Training program. Wasilewski joins other outstanding American citizens who have become Eagle Scouts, among them former president Gerald R. Ford, Jr., astronaut Neil A. Armstrong, cinematographer Steven Spielberg and the former Secretary of Defense Robert Gates.

Wasilewski is a sophomore at Woodland Park High School where he is a member of the varsity men's wrestling team and is active in the Woodland Park Sports Medicine Club.

#### **About the Boy Scouts of America**

The Boy Scouts of America is one of the nation's largest and most prominent valuesbased youth development organizations.

For over a century, the BSA has helped build the future leaders of this country by combining educational activities and lifelong value with fun. The BSA provides a program for young people that builds character, trains them in the responsibilities of participating citizenship and



Easton Wasilewski accepting his Eagle Scout award from Troup 230 by Scout Master Jessica Godsoe

develops personal fitness.

Pathway to the Rockies Area Council The Pathway to the Rockies Council of the Boy Scouts of America provides Scouting for nearly the whole of Southern Colorado.

The Pathway to the Rockies Council has more than 200 units scattered across its region including family Cub Scout packs, Scouts BSA troops from boys and girls, co-ed Venturing crews, and careeroriented Exploring posts.

# **Bullard Custom Tile & Flooring**

# Manitou Springs Wine Walk Returns!

**J**oin us on April 4, 5-9 p.m. as Mona's Wine Cellar, Swirl Wine Bar and Manitou Winery offer three 2-4 oz pours and light bites for paid attendees to enjoy.

Engage with passionate wine makers and skilled sommeliers, tasting carefully curated small pours from a diverse range of local and international vineyards, thoughtfully complemented by delectable light bites. All three venues are within 10 minute walking distance of each other.

"Our Wine Walk promises an experience where attendees can engage directly with local wine makers and sommeliers,' says Jenna Gallas, event coordinator at Visit Manitou Springs. "This event showcases the essence of fine wine culture, offering an authentic and enriching journey through downtown Manitou Springs.'

For the price of \$55 per person or \$100 for two, attendees will receive:

Park County Senior Coalition

- Three 2-4 oz pours at each location
- Varieties of regional and international

The Park County Senior Coalition (PCSC) has been serving Park County

profit in 1984. The PCSC's mission is "to

help seniors maintain the highest quality

as they wish and are able" — there is no

Federal, state and foundation grants,

as well as private donations support the

PCSC programs, all of which are based on

PCSC serves all of Park County includ-

Over 25% of Park County residents are

60 years and older. To be eligible for the

coalition programs and services, one has

to be 60 years and over and a Park County

resident; there is no cost for these services

PCSC services include: Chore program

and programs, but donations are accepted.

— assistance with seasonal chores like snow removal, chimney sweeping, mov-

ing firewood and similar tasks; Trans-

portation — mileage reimbursement for

medical and grocery trips taken; Home-

clients in paying for house work, cleaning,

laundry and cooking; Case Management

maker program — vouchers to assist

ing Alma, Bailey, Como, Fairplay, Grant,

Guffey, Hartsel, Jefferson, Lake George,

Shawnee, Tarryall, all unincorporated

areas and even some Pine Junction and

of life by remaining in their homes as long

seniors since 1977 and became a non-

by Flip Boettcher

place like home.

funding availability.

Florissant addresses.

- Pours expertly paired with light bites. • Insightful sommelier
- guidance on each wine
- Parking for this event: Free parking available after 6 p.m. in nonresidential zones.
- Arriving between 5-5:30 p.m.? Enter your license plate number and select 30 minutes of free parking at the kiosk
- Free parking in non-residential zones with ADA parking tags or plates.

FMI and to purchase tickets, visit manitousprings.org/wine-walk-

and Referrals — to provide care plans

and connect clients with programs to help

and find out about programs and resources

them safely age in place; Reassurance —

regular check-in calls from a volunteer

Program — this provides a free monthly

first Wednesday of the month delivery to

Como, Jefferson, Shawnee, Bailey, Crow

Hill, third Wednesday of the month deliv-

ery to Hartsel, Guffey and Lake George,

ery to Fairplay and Alma.

Medicare 101 and more.

utilize these programs.

seniors served.

and fourth Wednesday of the month deliv-

The PCSC also puts on several special events throughout the year. Recent events

include Fraud Protection, Chair Yoga,

Monthly Senior Brunch, Stroke and CPR,

The coalition publishes a bi-monthly

has to become a member of the PCSC to

donate money (\$25 per month provides

six meals). One can volunteer their time

provide homemaking needs, call a senior

and more. Join the PCSC board or a com-

mittee. Commit to an annual donation to

help expand their programs and number of

to deliver food, provide transportation,

to check-in, help with the social events

Things one can do to help the PCSC is

newsletter to connect with clients. One

shelf-stable food box or frozen meals;

that are available; Rural Area Meal



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For more information, to volunteer,

become a member or make a donation contact the PCSC at 719-836-4295,

scofpc@parkco.us, www.parkcoseniors.





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# **Panning for Good Exploring snow**

What an incredible time to finalize an article on snow! On March 14th-15th, in Divide, we experienced extreme amounts of snow, about four feet of it, with more on the way. Snow often envelopes our mountain world, but is there more to it than meets the eye? The limited extent of my snow knowledge includes infrequently checking a weather app, making ongoing guesstimates of probable snow-shoveling back pain levels, fuzzy recollections of past science classes and being fascinated by the fact that Inuit people have an expansive snow vocabulary.

The British Rail leadership during the winter of 1990-1991 were pretty clueless about snow as well when they were caught unprepared for a non-typical dry, powdery snow. The snow caused circuits to short out and jammed air vents and doors on the trains which caused delays up to 8 hours. This annoyed people being transported and resulted in the saying, "wrong type of snow" which became a national catch phrase for a lame excuse. If you're like me and don't want to get caught with your snow pants down here in snow country, let's investigate how snow is created and what factors cause it to fall and pack in different ways.

The miracle that is snow begins in the clouds when a water vapor droplet connects with a particle (sand, volcanic ash, sea salt) at the right temperature (typically around -4 to -14 degrees Fahrenheit — the Dendritic Growth Zone), and instantly freezes beginning the creation of a snowflake. Individual snowflakes always have six sides or points because when water (H2O) freezes, the hydrogen bonds in the molecule form a hexagonal shape. Sometimes, snowflakes can merge together making it is difficult to see six sides and can look more like "dendritic

Thirty-nine different kinds of solid precipitation and 35 different snow crystal shapes have been identified and can be found in this informative graphic by Andy Brunning here: https://www. smithsonianmag.com/smart-news/ snowflakes-all-fall-one-35-differentshapes-180953760/.

Once snowflakes make it to the ground, changes in the snow continue to take place due to variations in air temperature, wind speed, humidity, sun angle, human interactions and other happenings within the natural world. Meteorologists, skiers and snowboarders have fitting and sometimes funny names for different types of

snow and snowpack. Some of these are listed in the table — see sidebar.

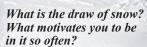
After enjoying a quick dip into the ice bath of descriptive snow words, I decided to check in with and learn more from a talented, snow-loving family. Rob Vladimiroff began skiing at age 14 and has used his exceptional skills to help others ever since. Ski patroller of the year in Alaska and the youngest member of the rescue team at the World Extreme Ski Championships in 1991, Rob currently volunteers with the Teller County Search and Rescue Team. His wife Shauna Smith is both a skier and snowboarder. She and her five siblings were tutored by their dad, an avid skier. Shauna has been a ski instructor in Breckenridge for the past 10 years. She previously worked as an Adaptive Ski Instructor in Sun Valley, Idaho helping individuals with intellectual disabilities such as autism and Downs Syndrome learn to ski. She has also worked with The Special Olympics and Wounded Warriors.

What makes Rob, Shauna and their daughter Claire willing to experience plunging temperatures, sore muscles and bruises, howling wind and semi-frozen



Seriously... Mom! Where do I go potty? Chip, March 14th, 2024

extremities? Here are their thoughts:



**Rob:** "I loved skiing from the first day out and like to have a sport for every season. When you dress right and have the right equipment, the cold is not a problem. I also love everything steep. I hike up to Snow White and the 7 Dwarves area at Breckenridge because it's the steepest place and ski down it. Powder and Steeps!"

Shauna: "Winter can be a challenging time of year, skiing in the snow is something physical, exhilarating. It's a spiritual feeling, a sensation of flying and the challenge of doing something you don't normally do. It's also great Claire Vladimiroff appreciating a beautiful, snowy day. to be outside with family Photo by Shauna Smith and friends, it's a positive,



The meeting of Ice (the cat's name) and snow (notice the paw swipes). Cover: Divide snowfall and Dr. Bec on March 15th, 2024-about four feet fell in 36 hours. Freshies!

types of snow.

social experience!"

Claire: "I learn new stuff and I like to go really fast. You don't know what time it is, what day, month or year, you just... ZOOM!"

What are your most and least favorite types of snow and why?

Rob: Cold Smoke or Snorkel Powder when the powder is so deep and light that as you ski it flies into the air like an exploded pillow over and behind you and you can hardly breathe.

Shauna: "When I had 4 feet of fresh powder (Freshies) at Snowbird it was like surfing in butter, there's nothing like snowboarding on fresh powder. Corn snow is also amazing in the spring, it's slower, but you have more control, can wear less clothing and then there's the blue sky and warm air. I also like Corduroy, that first run of the day on freshly groomed snow with the rhythmic clicking of the skis or snowboard when you go as fast as you can over the

**Rob:** With Breakable Crust, you may ski 5-10 turns and stay on top of the crust, and then, your skis can break through the crust and dive under which is very dangerous and can lead to awkward falls and knee injuries. Similarly. Shauna doesn't like Dust on Crust because, "It's difficult to turn when you hit the bottom of the crust.

Exhilarating and dangerous, snow runs the gamut. Immersing myself in snow details has been captivating, I hope you feel the same!

**Q:** Why is Frosty never late? A: Because time waits for snowman

**O:** What did one snowflake say to another?

#### Ouotes:

"For snowflakes to be identical, they would have to be born of the same particles, formed at the same altitude, pass through air of identical temperature and humidity, and bump the same number of crystals on the float to the ground.

- Jerry Dennis



if you can discover and identify different

Rebecca Frazier, PhD is an author and educational consultant. Her years as a classroom teacher, instructional believes noticing and focusing on what is positive creates the energy and hope

coach, leader of coaching programs and principal helped her understand the need to provide positive support to educators and to encourage people in general. She critical to innovatively solving challenging problems. She can be found on twitter @coach\_happy or contacted through her website at coachhappy.com.]



Shauna Smith, Rob Vladimiroff and daughter Claire enjoying family time thanks to snow. Photo provided by Shauna Smith

#### THE PARTY OF THE P Wait... Snow isn't Just One Thing? https://localfreshies.com/chionophiles-types-of-snow-for-skiing-snowboarding/ All mountain ranges can experience any type of snow, but some snow is typical in certain regions as noted. Snowpack Name and Notes • Low moisture content, shallow depth, low quantity **Continental Snowpack** Typically found along the eastern front of the Rocky Mountains • Watch out for rocks, tree branches, obstacles just beneath the surface • Easy to ski through Maritime Snowpack • High moisture content, deep, high quantities Typically found on the west coast near the Pacific Ocean • Can feel like surfing on a mountain Less obstacles lurking Difficult to climb out of • Medium moisture, not very dry or extremely wet, drier than on coast Intermountain Snowpack · High quantity, not usually as high as Maritime • Enough volume to where you float above the surface, but dry enough to ski through easily · Hard to predict where Intermountain Snowpack will be, it is subject to elevation and micro-climates Freshies (Powder) Pristine, fresh snowfall Powdery and perfect. The joy of going where no one has gone before! • Uneven and bumpy Chunder or Chowder What's left on the day of a storm after earlier skiers have enjoyed the fresh powder • Typically found in snow with higher moisture content Packed Powder Snow packed down by skiing or grooming • This term can be over-used and not descriptive enough to effectively describe conditions • When the snowpack is of the Continental type, packed powder is soft and carveable When the snowpack is of the Maritime type, skiing conditions are highly variable, could be hard or soft • Snow that has been groomed in a corduroy pattern with ridges at Corduroy regular intervals going down the mountain Softer snow can be found after morning grooming Powder gets "cooked" into a soupy mess Transitional... or "Crud" Sticky and heavy Happens after the sun has been out for a while • Wait to ski until "Corn" forms Corn • Little globules of snow that look like frozen corn kernels Typically happens in the spring when there are multiple warm days in a row with clear, freezing conditions at night **Hard Pack** Old, firm snow Easy to slide if technique is off A few more snow nicknames from: https://www.thoughtco.com/types-of-snow-3010035 Bulletproof • White, but densely packed, hard to carve into Snorkel Powder | • Powder is so light, fine and deep you could choke on it Chokeable Cauliflower Snow found near the base of the snow gun, lumpy and ungroomed • The airy trail of powder that follows skiers in fresh powder Cold Smoke · Clear ice, the ground is visible underneath it Colorado Super Heavy, wet snow about two days after a spring storm **Breakable Crust** • Top is frozen solid but underneath there is soft powder **Dust on Crust** • A light covering of loose snow on top of the snow that has a hard, icy layer Poo Ice | Smud | Snirt • Packed, dirty snow | Brown or muddy snow | Snow covered in dirt Salt on Formica Looks and feels like loose white salt granules sliding on

top of a hard surface

caused by red-green algae

Watermelon

A reddish/pink snow that smells like watermelon,

Bulletproof snow at top of mountain with few tracks visible, then turns are more visibl

further down the mountain in the softer, more powdery snow. Photo and skiing by Rol



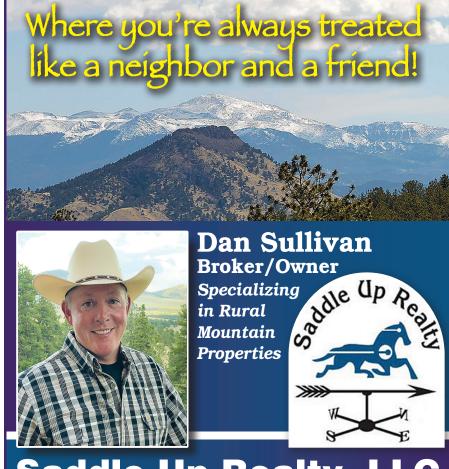


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#### April 2024 - UTE COUNTRY NEWS - Page 21

# How to survive the next snowstorm

We had a significant snowstorm March 14-16, 2024, here in Colorado. Folks who have lived up here since the early 1980s said it was the biggest that they've ever seen. We've been here 23 years and can remember getting 5 feet of snow in 2 days, but that was in May when the Earth is warm, the days are longer and Mother Earth sucks that moisture up as if she were slurping through a straw. However, this storm came before Vernal Equinox, so more darkness than daylight. My, what a difference that sunshine makes!

Did you know that two people died during this storm? One was a heart attack while shoveling snow and one was from a pulmonary embolism that burst due to the strain of shoveling snow. We heard there were two that survived heart attacks exacerbated by shoveling.

This hits home for me. My brother, Bob-

by died in November 2014 from a heart attack after shoveling snow. I thought about that many times during the three days of shoveling. My husband, Jeff, thought about it, too. This became one of our primary motivators to take care of ourselves via proper hydration and frequent breaks.

Let's take a closer look at what you can do to survive the next storm.

#### Plan ahead:

#### **■** Groceries

When we get a few days warning that the snow is coming, please get enough groceries to last 5 days or more (we know one family that was unable to leave their home for 8 days).

#### ■ Water

Be sure to include water because if electricity goes out like it did in Cripple Creek, Victor and Cañon City for 30 hours (per one report) your pump may not function. Have enough water on hand for drinking (think coffee, tea), hygiene, cleaning dishes and flushing the toilet.

Be sure that you have enough food for

#### ■ Medications

Do you or your pets have enough medicine to last 5-7 days?

#### ■ Wood box or generator

Be sure to fill the wood box if you have a wood stove or fill up on pellets for a pellet stove. If your electricity goes out this may be how you stay warm. If your stove has a flat top, you can use it to cook. If you have a generator, do you have it fueled up,

stabilizer for the fuel or have it connected?

by Josh Cowden

PUBLIC INFORMATION

The South Park Ranger District on the

■ Pike-San Isabel National Forests &

Cimarron and Comanche National Grass-

States Department of Agriculture. Forest

lands will implement the Cougar Divide Fu-

els Reduction Project in support of the United

Service 10-year Wildfire Crisis Strategy. The

specific area of this project is approximately

230 acres of National Forest lands along For-

est Road 223 west of County Road 77, about

County, Colorado. The project is expected to

The primary goal of the project is to

reduce the intensity of fire behavior and

increase the likelihood of successful fire

adjacent to private lands and along poten-

tial control lines. Another important goal

is increasing the resistance to epidemic

levels of mountain pine beetle and other

suppression during critical conditions

seven miles north of Lake George in Park

last approximately two months

#### Before shoveling

- Avoid eating a large meal, drinking alcohol or smoking immediately before or after shoveling because blood is diverted away from your heart from these activities, and can cause extra stress on your cardiovascular system.
- Warm up! March in place or walk briskly for 5 minutes before you begin shoveling. Warming those muscles beforehand is essential.
- Dress in layers. When you feel yourself sweating, it may be time for a break or to remove a layer. Avoid getting too sweaty, especially in the cold. A hat will prevent heat loss from your head. A face mask may help to warm the air you

#### While shoveling

- Hydration. Hold off on the caffeine until after you are done shoveling because caffeine causes a short, but dramatic increase in blood pressure, even if you do not have high blood pressure. This is a great time to hit the water bottle, both before and after shoveling.
- Because you are using mostly your upper meaning oxygenated blood is NOT getworking at a slow steady pace as op-
- Be mindful of your breathing. We tend to hold our breath while shoveling. Be sure to inhale full breaths and release
- To avoid back injury, tighten the abdominal core and lift with your legs and arms.
- Pushing or sweeping snow is easier on the heart, although when you wake up to 3 feet of snow, that is not possible. When you cannot avoid lifting snow, be careful to load your shovel with a manageable weight that does not cause strain.
- · Take frequent breaks. Let's face it; getting 3-4 feet of snow was enough to disable half the Teller County Fleet of snow removal vehicles. Do you think you are stronger than a fleet vehicle? Testing that question could be deadly Like Cora Tomsky said, "I'd rather have an alive, wimpy husband than a dead, macho one." We placed chairs inside the garage next to our water bot-

gradually and pace yourself."

- are taking into your lungs.

- body, blood can easily pool in your legs, ting to your heart. Walking can improve blood flow and lower blood pressure, but it does increase your heart rate. Consider posed to going as fast as you can.
- completely.
- Cover your mouth to avoid breathing in cold air because cold air constricts blood vessels.
- tles, making the breaks rather inviting.
- Crank the tunes! Physical labor is always more enjoyable with a favorite

## Know when to seek help

- If you notice ANY of these symptoms do not wait! Call 911:
- · Chest discomfort, tightness or pressure Chest pain that radiates to your back, shoulders, jaw, neck or arms
- Shortness of breath
- Dizziness, lightheadedness
- Nasea
- Significant sweating

Shoveling snow is very demanding on your body and causes your heart rate and blood pressure to increase. Dr. Barry Franklin is director of preventative cardiology and cardiac rehabilitation at Beaumont Health, Royal Oak, Michigan. He said, "... the strain of heavy snow shoveling may be as or even more demanding on the heart than taking a treadmill test, according to research we have conducted." He continued, "If you have known or suspected heart disease or risk factors for heart disease, get someone else to do your snow removal for you! If you must shovel the snow, start

# Cougar Divide Fuels Reduction Project Susan Marion's Watercolors on exhibit to support Garden of

pests. All thinning will be mechanized.

Many of these areas will be prescribed

loading and reduce fire intensity.

within our communities.

sible during actual operations.

burned in the future to reduce surface fuel

"This work will aid in reducing the in-

tensity of fires and create healthier forest

conditions across an important area of the

district," said South Park District Ranger

Josh Voorhis. "Mechanical thinning sus-

tains healthy forest ecosystems while also

protecting the lives and properties located

planned for chipping and removal. Small

areas of National Forest will not be acces-

For additional questions, please contact

the South Park Ranger District at 719-836-

2031. Follow us on Facebook and X #LK-

GeoMitigation for the latest information.

Currently, all material including slash is

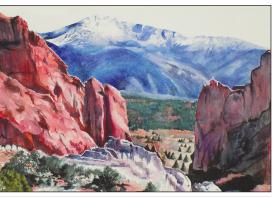
# the Gods

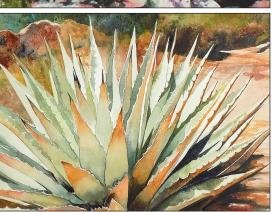
Clorissant's award-winning  $\Gamma$  artist, Susan Marion will display her watercolor paintings in a one-person exhibit April 1-30 at Garden of the Gods Visitor & Nature Center, which is open 9-5 p.m. daily. Located in the Red Rocks Room gallery, the exhibit will feature 28 original paintings of various sizes and prices. Sue's range of subjects will showcase the exhibit's theme "Life in the Garden" including landscapes, flowers, wildlife and birds found at Garden of the Gods. This exhibit will also display paintings of Native American dancers at powwows hosted by the Rock Ledge Ranch Historic Site, adjacent to Garden of the Gods. Susan is donating 30% of each sale to Garden of the Gods Foundation, which supports the preservation and maintenance of the park. FMI Sue at bobapac@ aol.com with questions.

Sue Marion, a Florissant resident for 13 years, is a lifelong artist who has been exhibiting and selling watercolor paintings for the past 25 years. She is a longtime member of the Mountain Artists, and an awardwinning member of Pikes Peak Watercolor Society and Colorado Watercolor Society. Sue also exhibits in shows at the Manitou Arts Center, Florence Arts Council, Fremont Center for the Arts and in juried national exhibitions



Garden of the Gods and Pikes Peak Yucca (bottom) Three rams (cover)









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4:00 p.m.



4:30 p.m.

# ~OUT AND ABOUT~

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

### **AVAILABLE** VIRTUALLY

12 Colorado Springs Health Foundation Learning Session 2023 Colorado Health Access Survey (CHAS) Results 9-10:30 a.m. presented by Colorado Health Institute The team will share the 2023 CHAS survey results The survey of nearly 10,000 Colorado households reveals the current state of and trends in health access and related social stressors. The CHAS reports data on insurance coverage, healthcare affordability, mental health, housing stability, food security and many other indicators Please submit accommoda tion request via info@cshf net or 719-985-8989 by Friday, April 5.

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

#### ALZHEIMER WEBINARS

 April 3 The Other Dementias 12-1:30 p.m. 800-272-3900 April 27 Brain Health: Dementia Warning Signs & Cognitive Assessments 12-1:30 p.m. 800-272-3900.

# **CANON CITY**

3 FREE Legal Clinic 2-5 p.m. Call 719-269-9020 to

- 5 Open Mic Night 5-7 p.m • 1st Friday Lego Club 3 p.m. • 2nd Friday Breakout Box 3 p.m. 3rd Friday Creative Crafting
- B.O.O.K. (Babies on our knees) story time Mondays 10:30 Chess Club Wednesdays 2 p.m. Cribbage Club Fridays 10-
- Dulcimer Club for kids 2nd and 4th Wednesday 3:30-
- 4:30 p.m. • Mahjong Club Tuesdays 1-4
- p.m.
   Metaphysical Group Saturdays 10:30 a.m. Natural Grocers health-based
- training 2nd Wednesday 11 a.m. • Rummikub Club meets 3rd Monday of each month 1 p.m
- Sewing with Lisa on Tuesdays 10:30-12 for all ages. Story Swap Book Chat 1st and
- Story time and craft Tuesday and Thursdays 10:30 a.m. All at 516 Macon Ave unless otherwise specified. FMI 719-269-9020 www.ccpl. lib.co.us

3rd Tuesdays 3 p.m.

## **COLORADO SPRINGS**

1-30 Florissant's award-winning artist Susan Marion will show her watercolor paintings in a one-person exhibit throughout April at Garden of the Gods Visitor & Nature Center 9-5 p.m. See page 21.

#### THE INDEPENDENCE CENTER

25 Gaming Day in The IC's Computer Lab 12-4 p.m. FMI or RSVP to 719-471 8181 ext.122 or pspotts@

the-ic.org.
• Financial Skills for people with disabilities. Learn how to manage your finances, create budgets and use your money wisely. This 4-week course offers these 4 topics: Budgeting, Money Manage ment, Smart Shopping, and Using Bank Services. FMI 719-471-8181 ext.168 or emorales@the-ic.org.

 Art Expressions for people with disabilities. Learn to express vourself and advocate through art. In this fun class. we use watercolors, oil pastels, and tempera paints. No art experience is necessary and all materials provided. This 4-week course offers these 4 topics: Finding your Creativity, Communicating through Art, Expressing your

# Birding 101 - Jays to Swallows

pend the morning with Wildlife Biologist Joe LaFleur for another edition park entrance; \$10 per vehicle.

at Ute Pass Historical Society 231 E. Henrietta Ave, across from the library. Learn to identify common local birds by sight and sound. This session covers birds like Jays, Chickadees, Larks, Pipits and Swallows. FMI 719-686-7512 or joe@ betterbirdwatching.com.



Feeling through Art, and

Healthy Living Skills for people with disabilities.

Advocacy through Art. FMI 719-471-8181 ext.168 or

Learn skills for healthy liv

ing in relationships, exercise and other life skill situations.

This 4-week course offers

these 4 topics: Healthy Relationships, Basic Exercise

Importance of Sleep, and

719-471-8181 ext.168 or

emorales@the-ic.org.

Self-Advocacy Skills for

people with disabilities.

Learn the skills and basic

knowledge to advocate for

yourself. This 4-week course

Advocacy Important, How to Advocate, Types of Advo-

cacy and Advocacy Practice

FMI 719-471-8181 ext.168

or emorales@the-ic.org.

The Independence Center

is located at 729 S Tejon St Bowe Rom 104. FMI 719-

**CRIPPLE CREEK** 

meets the first Thursday of

& Paula Creamer 1 p.m.

at Golden Nugget Hotel

See page 4.

presented by Cripple Creek District Museum. FREE ad-

mission, FMI 719-689-9540

18 Third Thursday of the month

is the Two Mile High Club monthly meeting 5:30 p.m. in

the lower level of the Double

Eagle casino complex 442

Wednesdays 1-3 p.m. New

students (min. age 16) may

join GED classes after com

pleting orientation and \$40

registration fee. FMI Katy@

East Bennett Ave.

cpteller.org.

GED Classes Mondays &

4 American Legion Post 17

ffers these 4 topics: Why is

nunication Skills. FMI

Voilet-green Swallow

DIVIDE

8, 22 Little Chapel Food Pantry Distribution 2-5 p.m. For more info 719-322-7610 or email littlechapelfoodpany@outlook.com

12. 26 Teller Senior Coalition BINGO! 10-11:30 a.m. at Little Chapel Church 69 CR 5. RSVP 719-687-3330 ext. Call to set up a ride 79-687-0256

20 Comedy Above the Clouds at Russ Place 8 p.m. f/ and John Brown. Call for

every month at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m. 14 Visits with History: Civil War Medicine featuring Don

page 6. **27** It's Chili & Beer Time at the and Research Center 100 out. For \$10 you can get at the Florence Brewery

#### ASPEN MINE CENTER **26** Commodities distribution

upstairs conference room. Tuesdays BINGO 10:30 a.m. for seniors.

Wednesdays Luncheon 11:30

1 p.m. upstairs dining room, every Wed, FREE! Mexican Train on Thursday 10:30a.m. All programs at 166 E Ben-FMI 719-689-3584 x124.

**CRYSTOLA** 15 Girls Night Out at Crystola 8 p.m. Tickets: https://www.eventbrite. com/e/800098424927

of Birding 101 — Jays to Swallows 9-10 a.m. at Manitou Lake Bird Walk. Meet at Then, from 11-noon, a FREE program



Stellar's Jay

4, 18 Meet a Wolf Day at Colorado Wolf & Wildlife Center 2-3:30 p.m. Meet and greet with a resident wolf and includes the educational tou with our signature wolf howl at the end. The cost is \$40 for adults, \$20 for kids 6-11 Advanced reservations are required 719-687-9742.

Gretchen Hess, Tracy Kellet,

## **FAIRPLAY**

**10** Free Legal Clinic 2-5 p.m. Call 719-836-4297 to

# **FLORENCE**

9 Deadline to enter Blue Spruce Gallery Photo Show see

Florence Pioneer Museum E. Front St. Starting at 11 a.m. — until the chili runs a hand-made pottery bowl made by P&G Pottery filled with home-made chili, and keep the bowl. For \$15 you get the hand-made pottery bowl, keep the bowl but allyou-can-eat chili throughout the day. Beer sold separately across the street. All monies received from chili go to the FPM for continued remodel of the upper floor for a research center at the museun Come and join the fun and

#### pioneermuseum.org. JOHN C FREMONT LIBRARY

2 Medicare program 10 a.m hosted by Tracy Giadone from Hometown Medicare

see you there! www.florence-

8 Solar Eclipse watch party in the parking lot 12-1 p.m. We will provide water but if anvone would like to sit, they will need to bring their own chairs. We will also be giving out free solar eclipse glasses while supplies last.

22 Start of the Friends of the Library Mother's Day Auction, runs until May 6 at noon. Wednesdays Wool Gatherers 10-12 p.m.

• Fridays Story Time reading

finish our abandoned art projects. 10-11:30 a.m. Natural Healthy Community Bonding from 3:30-5 p.m. every Wednesday. From the book Mentally Clean and Intuitively Sober by MaKaWa. In this

workshop you will learn intuitive confidence and accuracy. Camellia's Children's Dance Jam- Empowering Uninter rupted innocents from 10-12 p.m. every Wednesday. Children will engage in music, dance, as well as creative play that will enhance their motor skills and expand their imagination. Using elements of dance, we focus on fun and fitness to world music Designed for children 2-12. Storytime every Friday 10 a.m.

The third Wednesday of each

month join us for Crafting Together, a club where we

#### **GUFFEY**

FMI 719-748-3939

munity Education Class: Wildfire Mitigation for Prop erty Owners at SPCFPD to confirm time email office@ guffeyfire.net Sunday Morning Community

Yoga 9-10:30 a.m. Join us in person at Guffey Community Charter School or from the comfort of your home via the livestream on Zoom. Sundays through May 12.

This donation-based offering is a gentle and mindful approach to yoga that helps you build a body/mind connection through slow, soothing movements. Release muscle tension, build functional strength and improve flexibility. This offering is perfect for chronic pain or stress and helps improve posture and movement patterns for better everyday comfort. It is suitable for people of all fitness levels and abilities. Bring your mat, blanket, blocks, strap and or any other props that would create more comfort. Not sure what you need? Reach out any

time. Register online to receive zoom link: https://www. reneerudolph.com/servicepage/sunday-community-yoga-LIBRARY

# meet your neighbors. Bring a dish and a small donation. FMI 719-510-2325.

10:30 a.m. (not on April 26)

**FLORISSANT** 

FMI 719-784-4649.

Thunderbird 7 p.m.

20 & 21 Annual Spring Craft Show 9-3 p.m. Saturday,

12-3 p.m. Sunday. We have

and vendors text 719-510-

shopping for grat local art and hand-made items.

Ouilters meet to make Quilts

of Valor 9-12 p.m. All quilt-

Stop in and see what we are

ers are welcome to join us.

Every Thursday is Community

Potluck and music 6-8 p.m.

5 Family Movie Day 11 a.m.

Club 10:30-12 p.m.

12 Tarot Club 3 p.m. Teens

this group and learn all

12 Science Bites 11 a.m. Join

Come watch *The Lion King*!

10 Florissant Bookworms Book

and up are welcome to join

things tarot. April's theme is

us for bite sized science ex-

kids up to age 12. April is

13 Guided Painting for Begin-

ners at 10 a.m. Paint busy

little bees with us! Call to

themed "Famous Person"

theme to share! 11-12:30 p.m. 16 Free Legal Clinic 2-5 p.m. Call 719-748-3939 to

19 Family Craft Day 11 a.m.

19 Friends at the Table Cook-

**20** Pearl Harbor and Doolittle

23 Friends of the Florissant

our local library!

Come relax with us!

Raids History Presentation

Library Meeting at 1:30 p.m.

Get involved in supporting

Come make fun earth themed

26 Family Food Crafts 11 a.m.

• Tuesdavs Tai Chi 10-11 a.m.

8 Thursdays Yarnia! 10-12 p.m.

and crocheting love with

. The second and fourth Tues-

10-12 p.m.

day of each month join us

for Hooks and Needles, an

additional club for crafting!

Craft and share your knitting

book Club, theme is "Tea

Party" Bring a dish to share!

Bring up to 5 books within the

reserve a spot.

chedule.

16 Read Amok Book Club

themed "Earth Day Science!"

periments! Geared for young

Join us for good food and great

music. Come early so you can

· Every Tuesday Florissant

a few tables open for crafters

2325 to reserve a spot. Come

GRANGE

all about.

LIBRARY

Creativity.

1 Bee Keepers 10 a.m. They meet every first Monday of the month and discuss everything bee keeping. Come and join the group

2 Walking, Talking Threads 12:30-3 p.m. Meets every first Tuesday of the month Take a nice brisk walk around Guffey Town and meet back at the library to crotchet, knit and talk away. 10 Free Legal Clinic 2-5 p.m. Call 719-689-9280.

24 Rocky Mountain Rural Health Outreach 11-2 p.m Weather permitting, RMRH representatives will be offer ing free health screenings, sound financial medical

much more. 29 Guffey Literary Society 1-3 p.m. Book choice for April discussion is The Beekeene *of Alenno* by Christy Lefteri The Guffey Literary Society is a wonderfully dynamic and diverse group. All are FMI 719-689-9280 or Guffeylib@parkco.us.

advice, free clothing and

## **HARTSEL**

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

# **LAKE GEORGE**

**10** Free Legal Clinic 2-5 p.m. Call 719-748-3812. 20 Every 3rd Saturday — Men's Breakfast and Bible Study 8 a.m. at Woodland Bible Chapel 39601 W US Hwy 24 Lake George. Current study is Biblical Manhood Free. RSVP/Questions to

John 720-299-3360 or www woodlandbiblechapel.com. 21 "Forgotten Female Felons" presentation by local author Sherry Skye Stuart 2 p.m. at Lake George Charter School sponsored by Pikes Peak Historical Society see page 5.

#### **MANITOU SPRINGS**

4 Wine Walk 5-9 p.m. Meet wine makers and sommeliers indulge in 9 pours paired with lite bites and rediscover the joy of wine in the heart of Manitou Springs! See page 17.

## SALIDA

· Save the date May 2, Mary anne Rozzi Celtic Harpist will be performing back-ground music for the Salida Council of Arts May Mixer and featured at the Paquette Gallery in the Steam Plant

## **VICTOR**

 The Victor Lowell Thomas Museum will be open Saturdays 10-5 p.m.

#### WOODLAND **PARK**

9-May 28 Voices of Grief support and education offering Understanding your Grie an 8-week workshop 6-8 p.m. Fee \$80. FMI Sarah 719-505-2257 or Kathy 719-659-0447 or email info@

voicesofgriefcenter.org. **16** Free Legal Clinic 2-5 p.m. Call 719-748-3939 to

20 Golden Bridge Network is hosting a Senior Expo at the Woodland Park Commu nity Church 9-1 p.m. RSVP Woodland Park Senior Center 719-687-3877, Lunch will be provided.

25-27 Munchkin Market is a semi-annual fundraiser for the Ute Pass Mothers of Preschoolers at Woodland Park Community Church 800 Valley View Drive. FREE admission. You will find everything your kiddos need from clothes to books to bikes and toys for all ages! Thousands of clothing item are offered, but we have so much more. We also have a wide assortment of furniture seasonal gear, décor and games. Some of the items for sale include: children's clothing, maternity clothes children's equipment, toys, homeschooling materials children's accessories, décor.

and outdoor play equipment 25 Thursday 3-7 p.m 26 Friday noon-7 p.m. 27 Saturday 9-1 p.m. (Half-price Day, all items 50% off!) Please bring bags, baskets or any large tote to carry your items. We accept cash, checks or credit cards. When purchasing large items, receive a claim ticket and put items in the "hold" area for items to be

COMMUNITY PARTNERSHIP 5 Wear Blue Day You can show support for promoting positive childhood experiences and preventing adversity by wearing blue on April 5th to kick off Child Abuse Prevention Month with momentum, www copinwheelsforprevention.org FMI Jamie@cpteller.org

placed while you're shopping.

5 The Link Between Human & Animals 4:30-6 p.m. Did you know there is a critical link between animal abuse and child abuse? TCRAS and Community Partnership Family Resource Center invite you to learn more from our keynote speaker Philip Tedeschi, Author, Clinical Professor & Director Emeritus of the Institute for Human-Animal Connection at the University of Denver's Graduate School of Social

continued on next page

# ~OUT AND ABOUT~

#### continued from page 22

Work. Light refreshments and child care provided. RSVPs appreciated but not required. Walk-ins welcome. https://forms.gle/ tswiX5HqLp7Hh7NL8 FMI mie@cpteller.org.

13 Teller County Summer Fest 11-1 p.m. Games, giveaways, and activities for all ages! Explore the Discovery Zone summer activities, and local resources, meet Mr. Puggles a miniature horse, and don't miss the NE Teller County Fire Protection District fire engine! Bring non-perishable food donations for the first responders annual food drive. FMI Jamie@cpteller.org.
• Career Center 12-4 p.m. Tues-

days & Thursdays. Closed April 2. Pikes Peak Workforce Center helps with job searching, resume assistance and unemployment applications. Walk-ins welcome. FMI Erin@cpteller.org.

• Family Café 9 a.m.-12 p.m. Monday through Thursday Enjoy coffee, Free Wi-Fi, Kid's Corner, and a space for parents and caregivers in our unity to connect. GED Classes Mondays &

Thursdays 5-7 p.m. New students (min. age 16) may join GED classes after com pleting orientation and \$40 registration fee. FMI Katy@

 Pearson VUE Testing Center Mondays 9:30-5 p.m. Closed April 1. Schedule your certification or licensure exam at www.pearsonvue. com. Fees vary. FMI Katy@ cpteller.org • Playgroup 9:30-11 a.m.

Tuesdays, Wednesdays & Fridays. Walk-ins welcome Parents and caregivers with children ages 5 & under. Older siblings are welcome. FMI Aimee@cnteller.org • Yoga with Leah Mondays 10-11 a.m. First come, first served, no late entry. Bring

your own mat and props. All levels welcome. FMI Michelle@cpteller.org. Yoga with Leah Wednesdays 5-6 p.m. First come, first

served, no late entry. Bring

your own mat and props All levels welcome. FMI Michelle@cpteller.org. All programs at Comn Partnership 701 Gold Hill Place unless otherwise noted FMI 719-686-0705.

#### LIBRARY 2 Woodland Park Book Club 10:30 a.m. Check our book club's page to see what we're

reading next! 3 Kids Craft Club. Drop in between 3 and 5 p.m. for a guided craft! Geared towards ages 5-10. Younger kids will need guardian assistance. Guardians must be present within the library for the duration of the craft **3** Teen Craft Day 3:45-5:30

p.m. Let's make paper water lily lights! 3 Evening Adult Fiction Book

Club 5 p.m. 5 Coffee Chats 10 a.m. Join us for coffee and conversation Meet new friends in Woodland Park!

6 Making Great Soils for an Abundant Harvest and Tips for growing your best Tomatoes and other Warm Season Veggies at Altitude see page 23.

16 Vitalant Blood Drive from

12-4:45 p.m.

17 Celebrating Diversity at 3:45 p.m. A social group for LGBTQIA teens and allies. Crafts and snacks provided! 17 Fiber Arts Club 1 p.m. Come make and share your fiber art! Knitting crocheting weaving, bracelet making,

whatever you like! 17 Teen Craft Day 3:45-5:30 p.m. in the Teen Room. Let's make water lily lights! 18 Reader's Circle Book Club

10:30 a.m. in the Large Meeting Room. 19 Decluttering and Organizing for a Simpler and Happier life at 1 p.m. Learn how to stay organized to save space

and money! 20 Fire Ignition Zones, Forest Insects and Diseases sponsored by CSU Extension Teller County Master Garden ers 10:30-12:30 p.m. and presented by Colorado State

to protect your property from wildfire, as well as insects and diseases currently in the area, and how to control them Class size is limited to 40 on a first-come, first-served basis Walk-ins are welcome until the class is full. Cost is \$7 per class. FMI Marie 719-687

1290 or to register. 23 Back on the Shelf Banned Book Club at 4 p.m. In April we're reading and discussing To Kill a Mockingbird by Harper Lee

23 Community Discussions at 5 p.m. Let's get together as a community to discuss common debated topics in a respectful, moderated environment. In April we're talking about the Constitution. 24 Memory Café 1 p.m. in the

large meeting room. A welcome place for adults with Alzheimer's disease, other forms of dementia or other brain disorders along with their care partner. Creative Arts Care provider Amanda will guide this experience of connection and expression. Meets the fourth Wednesda

of each month. 25 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. April's theme is

creativity 27 Science Saturday at 11 a.m. Come do mini experiment and explore the world of science! Geared towards families with young kids April's theme is Space!

30 AARP Smart Drivers Course. Call to reserve a spot. \$20 for AARP members and \$25 for non-members. • Line Dancing Above the

Clouds at 6:30 p.m. every

Monday and Thursday. Pokemon Trading Card Game Club every Thursday at 5 p.m. Trainers of all ability levels are welcome!

• Tuesday Books and Babies 10 a.m. a special Storytime for babies and toddlers. Tuesdays is Magic the Gather ing from 4-6 p.m.

· Thursdays Preschool Storytime 10 a.m.
• Thursdays Tai Chi at 5 p.m.

ASE:

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Foreign

4 - Wheel

Trucks

**Jeeps** 

# Making **Great Soils**

arry Stebbins, "The Garden Father" presents "Making Great Soils for an Abundant Harvest and Tip and Secrets for Growing your Best Tomatoes and other Warm Season Veggies at Altitude" on April 6 at Woodland Park Library 1-3 p.m. This is a free event for 2024 Harvest Center members. Nonmembers \$10. Become a 2024 member for \$20 per household at the door.

Larry Stebbins is a botanist, author, radio host and educator. Over the past 10 years he has taught organic gardening to over 9,000 gardeners. He founded Pikes Peak Urban Garden and under his guidance over 12 new community gardens have been built.



Larry Stebbins has a lot of gardening experience and know-how to share!

# Mueller State Park

The winter storm in March brought L even more snow to the park, not surprisingly! April tends to have warmer night temperatures, which can lead to snow melt and muddy trails. At the same time, more snow is also possible. Continue to come prepared for all weather and trail conditions.

A volunteer appreciation event to celebrate our 116 dedicated volunteers is scheduled to coincide with National Volunteer Week April 22-29. Park guests are encouraged to join the celebration by stopping at the Visitor Center any day that week to write a note of thanks on a banner honoring our volunteers' passion and dedication.

Youth between the ages of 13-17 are welcome to come to the park to learn about current volunteer roles, participate in citizen science by hiking to our bluebird boxes and collecting data and chat about what kind of future volunteer opportunities would excite them. Teens must register in advance by contacting program

Town Garage

coordinator, Anna Miller 719-687-2366

**6** Tree ID on Wapiti\* meet 12:45-1:45 6 Hug-A-Tree meet at Visitor Center 2-3

14 Nature Journaling for Adults meet at Visitor Center 1-2:30 p.m.

20 Nature Crafts meet at Visitor Center 2-3 p.m.

**22-**29 National Volunteer Week 23 Nature Journaling for Adults meet at Visitor Center 1-2:30 p.m.

27 Next Generation of Volunteers meet at Visitor Center 12-3 p.m. 27 Forest Bathing Walk meet at Visitor

Center 1-4 p.m. \*Indicates to meet at the Trailhead (TH)

of the same name.

Mueller events are free for any guest with a Colorado State Parks Pass. A day pass for \$10 is available at the Visitor Center. FMI 719-687-2366.

# ~ UTE COUNTRY BUSINESS ~



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# We cordially invite you to our upcoming events!

Red

Rosebud

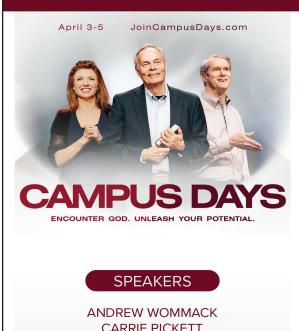
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ine Art, Crafts, and



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SILVERSMITH

CARRIE PICKETT DANIEL BENNETT **GREG MOHR BARRY BENNETT** LAWSON PERDUE **RICK MCFARLAND** 

Visit awmi.net/events to learn more and to register.







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