



# UTE COUNTRY NEWS

FREE

Putting the "unity" back in community™

May 2024

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

Vol. 16, No. 5

## Welcome to Ute Country



And Spring arose  
on the garden fair,  
Like the Spirit of Love  
felt everywhere;  
And each flower and herb  
on Earth's dark breast  
rose from the dreams  
of its wintry rest.

— Percy Bysshe Shelley

### PEEK INSIDE...



page 3

A Summer of Donkeys!



page 10

"Women of the Colorado Mines"



page 21

New State Wildlife Area



...where rustic charm meets modern comfort

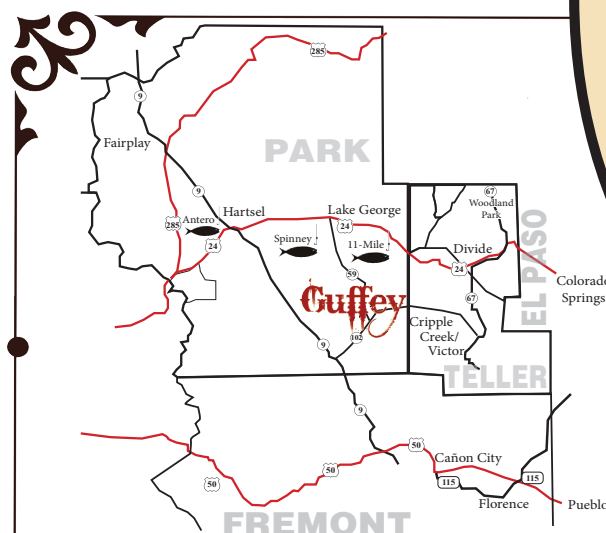
**OPEN Fridays & Saturdays 4:00-10:00**  
**Live Music Saturday Nights @ 6:00**  
 Visit our website for more information

[wildspiritmountainlodge.com](http://wildspiritmountainlodge.com)



**PRIVATE EVENTS & LODGING**  
**Weddings & More...**  
**Comfortable Guest Rooms**  
**Including Breakfast**

1245 Canon Street, Guffey, Colorado  
 719-357-5452 [f wildspiritcolorado](https://www.facebook.com/wildspiritcolorado)



**ANNUAL Guffey Mountain CAR SHOW**

**SATURDAY, June 15, 2024**  
 10.00AM - 3.00PM

**PRIZES**

5 CLASSES WILL BE JUDGED & PEOPLE'S CHOICE AWARD PLUS 2024 WINNING VEHICLE WILL BE FEATURED ON THE 2025 T-SHIRT \$20 ENTRY FEE INCLUDES T-SHIRT & GIVEAWAYS

Event Features—Classic cars, hot rods, rat rods, vintage trucks and more Live Music throughout the day, food, drinks & small-town hospitality.

For more info & registration, Call 719-357-5452 or SCAN...

• Breakfast • Pastries • Breads • Pizza • Sandwiches • Cookies • Dinners

# The Bakery

336 Main Street, Guffey, CO  
 719-838-4575  
[dana@theguffeybakery.com](mailto:dana@theguffeybakery.com) • [www.theguffeybakery.com](http://www.theguffeybakery.com)

**MOTHER'S DAY BRUNCH**  
**SUNDAY, MAY 12 • 10AM - 2PM**  
**SPECIAL GIFT FOR EVERY MOTHER!**

**MEMORIAL WEEKEND SPECIAL MAY 25TH**  
 alcohol sales to benefit Gather 'n Grow  
 Music by Super Chuck  
 starting at noon til 4 pm

Winter Hours: Sunday, Monday, Thursday,  
 Friday 8 - 3 Saturday 8 - 7



*Mama Dana's* Featuring classic Italian cuisine  
 Italian Bistro Saturdays 3-7pm  
 Reservations recommended!

**COCKTAILS**  
**BEER**  
**WINE**  
**PIZZA**  
**BURGERS**

- MAY BANDS**
- Sat 4th **Crawfish Boil**
  - Sun 5th **Cinco de Mayo**
  - Sat 11th **Sandy Wells**
  - Sun 12th **James Speiser**  
Mother's Day
  - Fri 17th **John Spengler**
  - Sat 18th **Patchwork Jack**
  - Sat 25th **Greg Brazill**
  - Sun 26th **James Speiser**
  - Mon 27th **Memorial Day**

**COLORADO MOUNTAIN DISTILLERS**

*Libations @ Elevation*

**LIVE Music**  
**5pm Every Saturday**  
**Most Fridays**  
**Opening the Deck in May!**

**ColoMtnDist**  
**Call for takeout**  
**(719)839-1613**

611 Canon St  
 Guffey, CO  
 Closed Mon  
 Tue/Sat 12-8pm  
 Sun 9am-5pm (Brkfst)



**On Deck**

Our front cover photo is of one of our flower pots from back in 2022. Spring has sprung in the Rockies! We expect the 3-4 feet of snow we had last month will give ample moisture to the roots of the wildflowers soon to be peaking out of the soil. The quote fits nicely as we are all awakening from our wintry rest.

We have lots of articles celebrating spring in our May issue. "Be a Good Neighbor to Colorado Wildlife — Don't Feed Them!" is a must read to remind us that even though we feel like we want to feed the ones we love, just like Mom and Grandma said, it doesn't apply to wildlife and can hurt them in so many ways. "A Summer of Donkey Fun" tells our readers that the Two Mile High Club is releasing donkeys this month and you are likely to see them on the streets of Cripple Creek. "CPW's Take a Friend Fishing" offers opportunities to win fun prizes as you wet a line, as my brother Bobby would say. *Pharmgirl* inspires us with "Lemonade Stand" a humorous take on a warm weather favorite activity. Museums are opening and celebrating. There are also two articles on mitigating your property to protect against fire. We trust you will enjoy all.

We love to print pics of your favorite indoor or outdoor critters! Submit by email to [utecountrynewspaper@gmail.com](mailto: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. We start at 20% commission! Give us a call 719-686-7587, email [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or stop in Shipping Plus to learn more!

Thank you, — Kathy & Jeff Hansen

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

**Publishers:**  
 High Pine Design  
 Jeff & Kathy Hansen  
 POB 753, Divide, CO 80814  
 719-686-7587  
[www.utecountrynews.com](http://www.utecountrynews.com)  
[Utecountrynewspaper@gmail.com](mailto:Utecountrynewspaper@gmail.com)

**Sales/Account Reps:**  
 Feel free to call 719-686-7587 so we can find the sales representative in your area to best serve your needs.  
 Flip Boettcher 719-429-3361

**Writers:**  
 Karen Anderson, Chuck Atkinson, Peggy Badgett, Tracie Bennitt, Flip Boettcher, Coalition for the Upper South Platte, Lori Martin, Barbara Pickholz-Weiner, Mary Shell

**Contributors:**  
 Sherri Albertson, Ark Valley Humane Society, Jana Bartlet, Josh Cowden, Travis Duncan, Jeanne Gripp, Jim Herlihy, Amber King, Joey Livingston, Anna Miller, Jacie Neher, Bridgette O'Rourke, John Rakowski, Michelle Rozell, Sgt. Patrick Rice, SVL Animal Welfare Society, TCRAS, Annie Valades

**Critter Corner:**  
 Submit photos to: [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or PO Box 753, Divide, CO 80814

**Publishers Emeritis:** Carmon & Beverly Stiles

**Cover Photo:** Jeff Hansen

Advertisements in this publication do NOT necessarily reflect the views, opinions or affiliations of the publishers. The Ute Country News is not responsible for the content of articles or advertising in this issue. Limit one copy per reader, please share with others. Back issues available at [www.utecountrynews.com](http://www.utecountrynews.com). ©Copyright 2024 Ute Country News, all rights reserved. Material may not be reproduced without written permission from the publishers. Please address any comments to the publishers at [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or POB 753 Divide CO 80814.

First Class subscriptions are available for \$40 for 13 issues, or 6 issues for \$20.



## A Summer of Donkey Fun begins in Cripple Creek

by Annie Valades

The Two Mile High Club (TMHC), caretakers of the Cripple Creek Donkeys, welcomes you to the official Donkey Release on Memorial Day, May 27th, when the donkeys leave their winter pasture behind for the "greener pastures" of city lawns and gardens in Cripple Creek. Most residents welcome these lovable city mascots back to their free-roaming ways until they return to winter pasture in October. The release begins at 11 a.m. at C Street and Thurlow.

"President Teddy Roosevelt" will mark the occasion with a bully welcome to the donkeys and officially kick off summer in the Gold Camp. Everyone is encouraged to pack a lunch and enjoy a town picnic at the City Park, 128 East Bennett Avenue, immediately after the release. This old-fashioned picnic will feature Barbershop Harmony with the "Alitones" quartet. Members of the Woodland Park Wind Symphony Mountain Brass Band will also perform. Cripple Creek Mayor Annie Durham will fill the air with old-timey tunes on the keyboard. A limited number of premade old-fashioned box lunches will also be available for donation.

"The Release begins an exciting summer of Donkey-related activities in Cripple Creek," said Brandon Westhoff, TMHC President. "As a nonprofit all-volunteer organization, we rely on these celebratory fundraisers, grants, donations, and sponsorships to provide year-round care for these donkeys... and have done so since 1931. But, it's more than raising funds; it's about giving back to the community that supports us and the donkeys year-round."

The next Donkey event is the granddaddy of them all, the 93rd Annual Donkey Derby Days, on June 28, 29, and 30. "We're excited to showcase "Wild Blue Country" from the United States Air Force as the headline band on Friday and Saturday nights, and the live concert schedule is packed with other tremendous musicians the entire weekend!" Annie Valades, Donkey Derby Day chair, shared. "This year, Donkey Races will happen on Saturday and Sunday and run up Bennett Avenue, as they did 90-plus years ago! We have a tremendous Saturday morning parade planned, along with vendors, beer gardens, food trucks, and an expanded Kids Zone. Festivities begin on Friday night, June 28th."

Finally, "Fall Fest" on October 5-6 rounds out a fantastic summer of Two Mile High Club celebrations in Cripple Creek. Attendees will enjoy live music, delicious food and beverages, chainsaw carving, pie baking contests, pumpkin carving, the "Fall Photo Booth," and shopping at a variety of vendors all in the glory of the beautiful changing leaves.

None of this happens without donations, sponsors, and volunteers. To learn more about the Cripple Creek Donkeys, please visit our website <https://www.cripplecreekdonkeys.com> and on Facebook @CCDonkeys and on Instagram: @ccdonkeysofficial and on TikTok: @ccdonkeysofficial

**A bit of history**

In the early 1900s, the original herd of working donkeys, released from their deplorable work underground in the mines, was set free to roam in the city. Local legend ties President Teddy Roosevelt to that release, believing that he was the reason the miners set the donkeys free from their burdensome work, where they often didn't see the light of day. How they came to roam free in the city is up for debate, but what is known is that a group of caring and responsible local businessmen came together to propose a solution to provide the care needed by these beasts of burden.

They established the Two Mile High Club to give that needed care as the donkeys made their home in Cripple Creek. In the ensuing years, other donkeys adopted by the TMHC made up the herd, which numbers 15 donkeys today.

TMHC operates on 100% donations from Colorado businesses, club memberships, individual and family sponsorships, and grants. Donkey Derby Days is its largest fundraiser of the year and helps to provide money for vet care, food, and shelter at approximately \$2,000 per donkey annually. Club volunteers work tirelessly to care for this herd of donkeys 365 days a year, rain or shine, sleet or snow.

The next goal of the Club is to build a new barn for the herd. The current barn shows its age and needs replacing and upgrading. The new barn will feature a storage room for merchandise, stalls for individual donkey care, a large pen inside the barn for the whole herd to get out of the elements, an office to keep all health records, a clean/vet room to perform necessary care the donkeys need onsite and a lean-to off the new barn for a new group feeding area. The Club cares for several senior donkeys that require more care and attention, and a new barn is just what they need. For us to provide the care they need, please consider partnering with us to build a new barn to give these precious "BEASTS of burden" the life they deserve.

**UTE COUNTRY NEWS**  
 Putting the "unity" back in community™

Live in Ute Country part time but want the mountain living all the time?

**Take us with you!**

\$40 for 1 year (13 issues!) first-class subscription.

\$20 for 6-months (6 issues!) first-class subscription.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Mail to: Ute Country News, PO Box 753 • Divide, CO 80814**

**IMAGINE THE AMOUNT OF GOOD WE CAN DO TOGETHER!**

Not all families have positive support systems or the necessary tools for positive parenting.

Your support helps families learn to cook healthy meals, sponsors a GED scholarship, puts warm food on a family's table, covers the cost of dinner and childcare during parenting classes, and more!

*"I will take the knowledge learned with me everywhere and continue to grow! This program has dramatically changed my life for the better. Thank you for the kindhearted individual that helped me grow."*



**2024 CO Tax Credits Available!**



701 Gold Hill Place, WP  
www.cpteller.org

**WANT TO BE A BETTER VERSION OF YOURSELF?**

Discover Your Own Path, so You can Feel More Comfortable, Confident & Peaceful. You will learn valuable tools & how to use them to Make a Difference in Your Life. Get New Perspective Quickly.

- RN • Psychotherapist • Brain Injury Specialist
- PLT (Past Life Regression Therapy) • Healing from Trauma
- Quit Smoking Hypnosis (and other habits)
- EMDR (Eye Movement Desensitization Reprocessing) • Hypnosis

**Find Hope, Freedom & Peace.**

Cell: 719-510-1268  
Web: [journeycounselingcenter.com](http://journeycounselingcenter.com)



Barbara Pickholz-Weiner



Larry Nelson in front of the old antique truck at 132 East Main St.

**Antique Bazaar**

by Flip Boettcher  
photo by Flip Boettcher

Larry Nelson has been in the antique business for 40 years, in Florence over 10 of those years and has had quite a few shops there. Nelson's latest endeavor is Antique Bazaar, located at 108-110 East Main Street in Florence.

Nelson inner connected the two stores creating an antique mall with seven new vendors, he said. Tiffany Vig takes care of things at the Antique Bazaar, which is open daily from 10-4 p.m.

Nelson also has the two shops at 132 East Main Street called Florence Antiques and Antiques and Arts of Asia. Between both locations Nelson said he has about 50 different vendors.

Nelson said he was the first one to introduce small, glass cases for different vendors and the old antique truck outside the shop at 132, has become a legal sign for the city of Florence.

Nelson grew up in Hong Kong and Taiwan and specializes in oriental art. Nelson does appraisals, antique sales, estate sales, is a silversmith and teaches classes in antiques and collectibles.

When visiting Florence, plan on a stop at the new Antique Bazaar at 108-110 East Main Street and Florence Antiques at 132 East Main Street.

FMI call Nelson at 719-338-1628 or find him on Facebook.

**Ute Pass Social Club**

by Sherri Albertson



The ladies of the Ute Pass Social Club show off their spring bonnets at their April luncheon. FMI email [utepasssocial@gmail.com](mailto:utepasssocial@gmail.com)

**Adopt Me** by TCRAS

**Scout**

Scout is an 8-year-old neutered male Blue Heeler who is so sweet when he knows he's in a safe place. He will need an extra-kind heart to help him transition into a new home. He's been learning about trust and that pets are really the best thing here at TCRAS! Scout loves going for walks and having fun time in the yard. He loves gentle chin scratches and with some coaxing, might ask for some belly rubs! Scout is slow to trust but will build trust with the kind-hearted person willing to understand we will build trust over time. Call 719-686-7707 to set up a time to come meet me!

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



**The Globe**

by Flip Boettcher  
photo courtesy of Paul Kaufer



Paul Kaufer on the left and Krista Abate on the right in front of the new artwork on the front window of The Globe.

The Globe, located at 109 West Main Street in Florence, CO, has come full circle with the purchase in 2023 by Paul Kaufer and Krista Abate, who are returning the name of the store to The Globe, its original name.

The Globe is still an antique mall and will be celebrating its Grand Opening May 11 from 10-5 p.m.

Samuel Amter, a Russian immigrant, opened The Globe on October 27, 1898, selling shoes, cloths and dry goods. The store started in a different, temporary location while the brick building at 109 West Main Street was being built and was completed in 1900. Amter's store was on the first floor and upstairs was a dance hall.

Amter sold the store in 1908, and it was various types of stores operated by different owners until 1945. In 1945 the Senatore family purchased it and opened Senatore's Department Store, which was a popular place to get clothes and shoes for decades until Gene Senatore retired in 1982.

In 2001, Martha Conley bought the building and the Iron Gate Antique Mall opened at that location and then it became the Loralie Antique Mall and when Kaufer and Abate bought the store in 2023, they renamed it The Globe.

Kaufer and Abate have both lived in Colorado for 20 plus years, said Kaufer, and met two years ago. They were mar-

ried on October 27, 2023, coincidentally October 27 was the day The Globe first opened in 1898, that was not planned, added Kaufer.

Kaufer has been teaching math in various states and schools for 35 years. Abate has been a psychotherapist for the past 10 years. The couple live in Colorado Springs and plan on eventually retiring and moving to Florence.

Kaufer started selling books on Amazon and eBay 15 years ago, but switched to selling vintage items in 2021, which is more fun he said. In the middle of last year, the couple considered buying an antique store as a business and a source of income after retiring. They started looking at the businesses for sale on Main Street in Florence.

The couple is very excited about The Globe and "look forward to the future it (and Florence) holds," said Kaufer. The couple have put together a plaque for the front window of the store with the interesting history of The Globe.

The Globe is open daily from 10-5 p.m. and their phone number is 719-784-3797.

Florence is known as the Antique Capital of Colorado and is full of old, restored buildings and unique shops. It is a fun, interesting small town to visit.

Plan on attending The Globe's Grand Opening May 11 from 10-5 p.m.

**Honor Guard Ceremonies on Memorial Day**

Veterans of Foreign Wars (VFW) Post #11411 of Florissant and Lake George will conduct its Honor Guard Ceremony in memory of veterans that are buried in local cemeteries on Memorial Day, Monday, May 27, 2024 at the following times and locations:

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

The public is invited to attend these ceremonies to honor our deceased veterans.

To learn more about membership in the Florissant-Lake George VFW Post #1141 or its Auxiliary, contact Post Commander Randy Ford 719-510-9392 or Auxiliary President JaNiece Tyler 719-748-1335.



**Woodland Park Wind Symphony SPRING CONCERT**

Craig Harms - Conductor • Ray Cramer - Guest Conductor • Mark Linn - Guest Conductor

- HOLST - First Suite in Eb
- GRAINGER - Mock Morris
- COPLAND - Hoe Down
- TICHELLI - Shenandoah
- VAUGHN WILLIAMS - English Folk Song Suite
- DELLE CESE - Little English Girl Symphonic March
- CLARKE - Cousins

**Sunday, May 19 7:00 PM**

**Church of the Nazarene Woodland Park, Colorado Hwy 67 & County Road**

Free Admission Donations are Welcome  
For Live Concert Stream & Information go to: [www.woodlandparkwindsymphony.com](http://www.woodlandparkwindsymphony.com)



**WERTGEN & COMPANY**

CERTIFIED PUBLIC ACCOUNTANTS, P.C.



**FULL SERVICE TAX, PAYROLL AND ACCOUNTING SERVICES**

VICTORIA WERTGEN CAPACI, CPA  
EMAIL: [vaw@wco.bz](mailto:vaw@wco.bz)

JOHN CAPACI, MT, CPA  
EMAIL: [JOHN@WCO.BZ](mailto:JOHN@WCO.BZ)

2925 SLATER CREEK RD., FLORISSANT, COLORADO 80816  
PH 719.689.3047 • FX 719.213.2235 • [WWW.WCO.BZ](http://WWW.WCO.BZ)

Where you're always treated like a neighbor and a friend!



**Dan Sullivan**  
Broker/Owner

Specializing in Rural Mountain Properties



**Saddle Up Realty, LLC**  
PO Box 7 Guffey, CO 80820  
**(719) 689.5501 office**  
**(719) 648-2230 Cell**



[www.saddleuprealtyco.com](http://www.saddleuprealtyco.com)

Your #1 Vaping Source in Teller County

**MOUNTAIN VAPOR LOUNGE**  
Premium Vape Products

We are not just a vape shop - We care about vape AND wellness  
We opened our shop to HELP our community, NOT HARM

Don't forget Mother's Day! Gift Certificates are available for pampering you or your loved one!

**UPCOMING EVENTS & SPECIALS**  
PAMPERING SPA • MAY 4TH NOON & 2PM • PLEASE RSVP & COME IN FOR MOTHER'S DAY GIFT IDEAS

719-888-9523  
109 W. Midland Ave. Woodland Park

SUPPORT LOCAL SHOP LOCAL

@MountainVaporLounge

**Grannys' High Altitude Super Hemp**  
 The Purple Building in Lake George  
 We offer unique, whole plant, full-spectrum CBD medicinal's made from our plants grown and processed organically on site



**CBD Whole Plant Extract  
 CBD Pain and Skin Salves  
 Hemp Tea**



Since 2015, our quality and efficacy has been trusted by locals and others all across the country. Stop by and see the difference for yourself!  
 Open Tues - Sat 9am - 5pm  
 719-748-4736 grannyshemp.com

**Advertise in the paper that's for the whole family...**

- Interesting & informative articles
- NO RANTING!
- Average 95% pick-up rate!
- 11,000 papers printed each month
- Over 100 distribution points in over 4 counties



Your advertising dollar goes further in the paper that gets read "cover-to-cover!" - most commonly heard feedback from our readers.

Call or Email for more information on how to get your word out!  
 719-686-7587 • utecountrynewspaper@gmail.com

*Looking for a new Job?*

**VISIT OUR ANNUAL  
 TELLER COUNTY  
 JOB Fair**

Ages 16+

**Tuesday, May 14, 2024**



1 - 4 PM  
 Open to General Public  
 12:30 PM - Early Access  
 for Active Duty, Guard, Reserve, Veterans & their Spouses

Veterans are entitled to priority of service.

Meet & chat with hiring employers in Teller County

Before attending this event, create your free account in [ConnectingColorado.com](https://ConnectingColorado.com)

Paid from U.S. Department of Labor funds

Ute Pass Cultural Center  
 210 E. Midland Ave.  
 Woodland Park, CO 80863

PIKES PEAK WORKFORCE CENTER  
 A proud partner of the AmericanJobCenter network

**Trooper Tips**  
 Keeping Your Eyes on the Road  
 by Trooper Sergeant Patrick Rice

As our beautiful state emerges from winter and makes the 30-minute transition into spring, there's a few important things to remember that Coloradoans sometimes forget from year to year. Here is your happy reminder.

We tend to hunker down in the winters and get excited for the warm weather and opportunities to move back outside. The roads are clear, and because we have been so focused on safe winter driving, we sometimes forget to maintain our focus as the trees bloom and the birds begin to chirp. While it may be true that the hazardous conditions have melted from the asphalt, our attention to the road remains paramount and we need to remember that many vanishing hazards have been replaced with new ones.

Snow and ice have turned into runoff and runoff creates visibility issues by splashing our windshields and creating glare off the road's surface. Ensuring you have sunglasses and a full reservoir of windshield wiper fluid is highly advised. For those teen drivers who have a little less on the job experience, be intentional about when you squirt that windshield. Pay attention to the curves and clean that windshield before you are head-on with the sun or wait that extra couple seconds to be in the shade before going for the clean windshield.

Sliding cars perpendicular on the roadway in blizzard like conditions have been replaced with Bambis and Thumpers and all their little forest friends. Be on the lookout for our furry neighbors, but should you have an unfortunate encounter, hold your lane. If you can safely maneuver to the next lane and you are certain of your surroundings, then save a deer's life and make that move, but resist the temptation to jerk the wheel. Whether your motivation is saving your vehicle or saving the animal, the result of an unplanned and violent adjustment in direction can be far more devastating than striking the animal and calling your friendly state trooper to clean up the mess. We prefer seeing you safe with some vehicle damage to seeing you upside down in the median to avoid a deer.

While both of these new spring hazards are certainly dangerous, what makes them even more dangerous is the complimenting factor of hazard number three. Let's face it, we love the spring time and it's easy to daydream and get carried away admiring the beauty Colorado brings this time of year. In the foothills, our eyes are searching for those pretty patches of snow hiding under the blooming flowers and trees. In the mountains we're investigating the hillsides for waterfalls rushing with what used to be snow. Eagles are soaring above, bicyclists and joggers are on the paths, and sports teams are taking to the fields. There is a lot to see. Don't let it all distract you from the most important things to see right now, which are those opportunities to clean that windshield, those furry friends trying to cross the road and other motorists who didn't read this article and heed its advice.

**Seeking Public input**  
 by Josh Cowden

The South Park and Pikes Peak Ranger Districts of the Pike-San Isabel National Forests & Cimarron and Comanche National Grasslands are seeking public input on the proposed East Park North Divide Fuels Reduction project. The East Park North Divide Fuels Reduction project area consists of approximately 18,640 acres and is located along the U.S. Highway 24 corridor in eastern Park and central Teller counties. In this project, the United States Department of Agriculture, Forest Service proposes to use vegetation treatments such as tree thinning, prescribed fire, and other fuel reduction methods to reduce the intensity of fires and create healthier and more fire resilient forest conditions across the project area.

The East Park North Divide Fuels Reduction project has been approved as an authorized emergency action under Section 40807 of the 2022 Infrastructure Investment and Jobs Act, also known as the Bipartisan Infrastructure Law. Based on the risks outlined in the Forest Service's January 2022 Wildfire Crisis Strategy, Secretary Thomas J. Vilsack determined that an emergency exists on 250 high-risk fire sheds in the western United States. The East Park North Divide Fuels Reduction project lies within Divide and Colorado Springs, two of the 250 high risk fire sheds identified.

Projects authorized under this emergency authority adhere to specific requirements and follow several processes as compared to non-emergency Forest Service projects. Specifically, projects authorized under this emergency authority are not subject to the pre-decisional objection process under part 218 of title 36, Code of Federal Regulations. This opportunity to comment will be the only time public input is collected. It is critical that you provide feedback on this proposal during this comment period, through May 17, 2024. For this opportunity to comment, the Forest Service will only accept timely submissions.

To provide electronic comments and learn more about the project's location, purpose and proposed actions, please visit the project website at: <https://www.fs.usda.gov/project/psic/?project=65314>

The "Get Connected" menu on the right side of the page provides an option to comment as well as an option to subscribe to email updates. Comments should include your name, address, telephone number and (if applicable) the name of the organization you represent.

For information specific to the project, please contact Pike-San Isabel National Forests & Cimarron and Comanche National Grasslands NEPA Planner, Amber Wyndham at [amber.wyndham@usda.gov](mailto:amber.wyndham@usda.gov).

**Cripple Creek Briefs**  
 by Tracie Bennitt

The City of Cripple Creek is pleased to announce the addition of two new employees to the Cripple Creek team. New employees on the board at the City of Cripple Creek this month are Monet Edwards, Finance Director and Camile Krochta, Assistant Planning and Community Development Director.

Board Members needed for the new Gold Camp Housing Partners. At the direction of the City of Cripple Creek City Council, this board is being formed to address attainable housing solutions in the Cripple Creek area. Applications for board positions are now being accepted from interested residents and/or employees in the area. Please email or call to request an application for New Housing Nonprofit housing@cripple-creekco.us or 719-689-3461.

Current positions available are updated and posted at [www.cityofcripplecreek.com](http://www.cityofcripplecreek.com) under current job openings.

**60<sup>th</sup> Anniversary for Florence Pioneer Museum and Research Center**  
 by Flip Boettcher

This year the Florence Pioneer Museum and Research Center, located at 100 East Front Street in Florence, CO is celebrating its 60th anniversary with an "All Day at the Museum" party from noon-8 p.m. on July 20th. There will be lots of food, refreshments and a birthday cake, according to Gayle MacKinnon, museum board president.

In 1963, the museum's parent organization, the Pioneer Day Association, started looking for a location for a museum and a museum committee was formed.

In the spring of 1964, the vacant, as is building called the Braden-Griffith Block, became available for purchase. Through a \$15 donation by 100 people the building was purchased. Later those 100 people were honored as the "100 for \$15 Club."

With more donations and volunteers the B-G block was turned into a local history museum which was only open May-September. It was staffed by volunteers and run by the Florence Pioneer Museum board of directors. The museum is still run and staffed by volunteers.

The B-G block was built in 1894 by Phillip Griffith using local yellow sandstone and has three levels. The first occupant was Braden's Pleasure Palace featuring "Libations, Games of Chance, and Rooms to rent upstairs by the day/weekly" as per the remnants of a sign over the doorway.

At various times, the building housed a plumbing shop, restaurant, feed store, auto supply, St. Benedict's Catholic Church and the Eagles Aerie #169, who vacated the building three years before the museum bought the building.

In 2015, wanting to become a year round educational, cultural and recreational venue that showcased the history of eastern Fremont County and Wetmore, through lots of fundraising and mini-grants, \$155,725 was raised.

With the monies, the museum added HVAC units, insulation, storm windows, fixed leaky roofs, updated the electric and doing general cosmetics inside and out to be open year round, said MacKinnon. The museum also purchased the old 1904 Arrow Tire Company building next door, the connecting building at 104 East Front Street. The museum opened year round in the fall of 2017.

Last May, 2023, the museum display signage became multi-lingual and they purchased the two vacant lots directly behind the museum on East Railroad Street, which will become an outdoor exhibit.

The outdoor exhibit will feature oil equipment from the historic Florence Oil Field and some relics which have been donated from their coal industry. The new exhibit will be called Black Gold/Diamonds — Florence Tea.

At this time, the museum is pursuing two grant opportunities, one for the complete rehabilitation of the 1894 B-G block and the Black Gold/Diamonds — Florence Tea exhibit. After the building rehabilitation project is done, the building will look like it did in 1894.

A \$5 fee is collected at the door for visitors and, of course, donations are always accepted. The entry fee helps the museum meet their necessary daily expenses.

Come out July 20 from noon-8 p.m. and help the Pioneer Museum and Research



The front of the pioneer museum — the Braden-Griffith Block Building.



Marty Lamm, secretary of the museum board of directors on the left and Gayle MacKinnon, board president on the right in front of the museum founders' display. The two are volunteers and also docents, curators and jack of all trades at the museum.

**ALL ABOARD!**

Take an exciting journey into yesteryear on a 15 ton iron horse locomotive. It's a spectacular trip of scenic views and rich history!

The train departs approximately every hour from the 1894 Midland Terminal Depot and gift shop located at the head of Bennett Avenue.

Make your plans now for a train ride into the magnificent vistas of Cripple Creek, Colorado.

**\$200 OFF**  
 Ticket Price Per Person

Regular prices are \$19.00 for adults,  
 \$17.00 for Seniors and  
 \$14.00 for children ages 3-12.  
 Limit 4 per coupon, no cash value.

**COUPON**

Cripple Creek & Victor  
 Narrow Gauge Railroad

520 East Carr Street,  
 Cripple Creek, Colorado 80813  
[cripplecreekrailroad.com](http://cripplecreekrailroad.com)

Call for more info: 719-689-2640

## Looking for a quiet mountain getaway?

44 Crocus Circle, Florissant • 3 Bedrooms, 2 Baths, 2.12 Acres



Enjoy your own mountain getaway with 2 Fireplaces, Upper and Lower Decks, a Huge Master Retreat, and Tons of Storage Space.

Now offered at \$625,000

**PIKES PEAK PROPERTIES** **RE/MAX ADVANTAGE**  
 Call Kristin Dionne 719-640-3525 • www.PikesPeakProperties.com

**Woodland Park Farmers Market**  
 Teller County Farmers Market Association  
 Celebrating 34 Years  
 Voted 2023 Non-Profit of Year!

Fridays: June 7th - September 27th • 8am-1pm  
 Holiday Market November 23rd.  
 Memorial Park and Henrietta Avenue

**We Welcome SNAP Benefits**

719-400-9986  
 info@wpfarmersmarket.com  
 WPFarmersmarket.com

Farm-Fresh Vegetables, Meats, and Eggs, Fresh-Cut Flowers, Fruit from the Western Slope, High-Altitude Nursery Plants, Mushrooms and Microgreens, Cheeses, Salsas, Jams, Vinegar Shrubs, Pickled Vegetables, Pastas, Freshly-Baked Breads and Pastries, Food Trucks, Coffees and Specialty Drinks, Lemonade, Popcorn, Artisan Crafters, Weekly Live Music, Educational Demonstrations and much more! Something new every week!

## Kids Club Account

Hey parents! Zippy the Sea Turtle would like to start your kids on a fun savings journey with a Kids Club account at Pikes Peak Credit Union.

- ✓ Free gift during account opening
- ✓ Birthday card and \$5 gift deposit each year
- ✓ Open a Kids Club account with as little as \$5
- ✓ For a limited time - we'll pay the \$5 opening deposit!\*



Your kids will love making deposits, interacting with our friendly staff and watching their savings grow!

**Pikes Peak Credit Union**  
 720 W. Midland Ave - Woodland Park  
 (719) 473-5962  
 pikespeakcu.com

\*Offer is for a limited time only. Account qualifications apply. The child must be 15 years old or younger and accompanied by a parent, legal guardian or grandparent during the account opening process. The child must be listed as the primary member (the parent, legal guardian or grandparent will be a joint owner) and have a valid Social Security number. Only one Kids Club account per eligible child. All members ages 0-15 are automatically enrolled in the Kids Club. Federally insured by NCUA.



## Growing Ideas

Writing hiatus  
 by Karen Anderson "The Plant Lady"

"Gratitude is the best therapy."  
 — bumper sticker

Warm May greetings to my fellow and lady gardeners. Welcome to our 2024 growing season. I hope your gardening spirit has awakened and you are geared up to work with the sacred land. Personally, I am very much looking forward to the new spring growth slowly, but surely emerging after a long winter's sleep.

I wanted to let our readers know that although it has been a privilege and a pleasure to have been a monthly contributor to this very special publication for many years, it is time for me to step back from writing this column on a consistent basis. Please be assured the I AM NOT RETIRING from doing what I love to do in the plant world. I remain dedicated to the community by offering over 45 years of high altitude and organic growing experience through landscape consultations and providing top quality native Aspen and Evergreen trees as well as shrubs and hardy perennial plantings. I'm not going anywhere, just taking a break from writing. Gardening is my passion and my calling and I will keep on doing so as long as I possibly can. You can always contact me at 719-748-3521 or Email at plantlady-speaks@gmail.com for guidance and more information.

At this time, I would like to leave you with a recap of my top 10 quick gardening tips.

1. Please practice ORGANIC gardening methods.
2. Water deeply, madly and passionately.

3. Always mulch, mulch, mulch...always!
4. Keep adding organic matter to the soil.
5. Be aware that the average last frost date in the high country is around June 15th, so plan accordingly.
6. Support your local growers.
7. Wear sunscreen, sun hats and sunglasses when outdoors and stay hydrated.
8. Share your gardening experiences with others.
9. Take time to 'smell the roses and listen to the sweet songs of the birds.
10. Call me if you need help!

I would like to remind you that my organic and Non-GMO tomato, pepper and herb starter plants will be available in mid-May at the Outpost Feed Store in Florissant, Mountain Naturals in Woodland Park, Shipping Plus in Divide or you may contact me for special orders. Happy house plants, my Heritage Seed Collection, Blessing Beads and other goodies are always on display for purchase at Shipping Plus and Nature Mama's in Divide, as well as at the previously mentioned locations.

It has been an honor to have had the opportunity to share my high altitude gardening experience and the truth as I know it with you. I appreciate your attention to the articles I have written over the years. I may be able to pop in once in a while to keep the energy flowing. So, please take good care of our Mother Earth and yourselves as you journey on with your gardening endeavors and let's stay in touch with each other. Peace, love and as always, happy gardening.

## Lineworker Appreciation Day at the Capitol

by Amber King

April 17, 2024, Colorado electric utilities celebrated Colorado Lineworker Appreciation Day at the Capitol. The Colorado General Assembly recognized lineworkers from multiple Colorado electric utilities on the House floor from Representative Eliza Hamrick and Representative Matt Soper. The Colorado Senate also recognized the state's lineworkers by a joint letter from Senator Chris Hansen and Senator Cleave Simpson.

- Represented electric utilities included:**
- CORE Electric Cooperative
  - Mountain View Electric Association
  - Poudre Valley Electric Association
  - United Power
  - Colorado Springs Utilities

• Black Hills Energy

"Colorado lineworkers are the backbone of the power grid. Not only do they keep the lights on and respond to outages around the clock, but they also play a key role in keeping our members and communities safe through grid resiliency, wildfire risk mitigation, and more," said CORE Electric Cooperative Interim CEO Pam Feuerstein.

Colorado Lineworker Appreciation Day serves as an annual tribute to the invaluable service of our state's electrical lineworkers. These professionals are core to our power infrastructure and ensure that electricity flows seamlessly to our homes, schools, hospitals and businesses.

**Spread the Word**  
 Pet Food Distributions for March 2024  
**Monday May 13**  
**Monday May 27**  
**2 - 5 p.m.**  
 at the Little Chapel of the Hills, Divide, CO.  
 Help us keep pets at home with their families!  
 www.PetFoodPantryTC.com

**The Pet Food Pantry Volunteers & our Mascots, Baylee & Daisy, want to "Thank You" for your past support and your future contributions.**  
 We continue to need your donations.

## PPHS Museum in Florissant Opens for 2024

by John Rakowski

The Pikes Peak Historical Society Museum is run by the non-profit Pikes Peak Historical Society in order to encourage the preservation of the history of Florissant and the western slope of Pikes Peak, and to educate the public regarding this historical legacy. This includes Native Peoples, later settlers and natural history.

As an important part of this history and education the Lake George Gem & Mineral Club has assisted in the assembly and maintenance of a collection of representative gem, mineral, rock and fossil specimens from the area. The collection includes one of the largest, if not the largest smoky quartz crystals found in the US.

### This area has a long history of the mining of gem and decorative minerals in addition to the metal mining at Cripple Creek.

This area has a long history of the mining of gem and decorative minerals in addition to the metal mining at Cripple Creek. Shiny black smoky quartz crystals associated with bright blue-green amazonite crystals form this area are displayed in museums throughout the world. The Florissant Fossil Beds National Monument located two miles south of the museum is home to many of the world's finest known insect fossils from an ancient volcanic ash-filled lakebed.

The PPHS museum is located 1/10 mile south of US 24 on Teller 1 in Florissant, about 45 minutes west of Colorado Springs. Admission is free and the museum is open Saturdays and Sundays noon-4 p.m. as of April 28. Open Friday-Sunday beginning Memorial Day weekend. Call 719-748-8259 for confirmation of hours or visit the PPHS website: www.pikespeakmuseum.org.



John Rakowski with 439 pound, 4-foot tall smoky quartz crystal at PPHS Museum.

**FILL UP SPECIAL VOLUME DISCOUNTS**  
**Global Propane**  
**\$1.999**  
**Gallon**  
 500 GALLONS PLUS  
 \*Price subject to change  
**(303) 660-9290**  
 Family Owned Business

**Tumbling Trout Fly Shop**

FLY FISHING STARTER KIT	VALUE
ROD/REEL/CASE KIT	\$240
FULLY LOADED LANYARD	\$100
FLY BOX WITH FLIES	\$60
NET	\$50
MICHELE'S BOOK	\$30
2 HOUR LESSON	\$200
<b>VALUE</b>	<b>\$680</b>
<b>FATHER'S DAY SPECIAL</b>	<b>\$500</b>

*The Short Drive That Goes A Long Way!*  
**Colorado's best kept secret!**

find it in **FLORENCE**  
 "the antique capitol of Colorado"

**2ND SATURDAY SALES!**  
**ANTIQUES**  
**FOOD**  
**WINE**  
**BEER**  
**LODGING**  
**GALLERIES**  
**MUSEUM**  
**HISTORIC**  
**THEATER**  
**BAKERY**  
**SILVERSMITH**

**FLORENCE FLY FISHING**  
 (719) 415-7266  
 (719) 569-1046  
 FULL SUPPLY OF FLY FISHING  
 FLY TYING MATERIALS  
 GREAT PRICES!  
 FLORENCEFLYFISHING@GMAIL.COM  
 132 E. MAIN ST • FLORENCE, CO  
 LOCATED INSIDE FLORENCE ANTIQUES

**ANTIQUE WAREHOUSE**  
 Virginia Lindley  
**Vintage & Artful Lighting**  
**Western Accoutrements**  
 124 E. Main St. • Florence, CO  
 719.372.1016 • mvh876@gmail.com  
 Text: 719-621-3301  
 Open Monday - Sunday 10-5

**The Globe**  
 Open 10-5 Every Day  
 10,000 Sq. Ft.  
 Over 30 Vendors  
 109 W. Main St.  
 Florence, CO

**Worldwide Treasures, LLC**  
 202 W. Main St.  
 Florence, CO 81226  
**719-784-7434**  
 Harriet Graham Kim Thompson  
 Scott Thompson

**BARN & BARREL**  
 farm fresh to barrel aged  
 Antiques, Art, Salvage & Wine  
 105 West Main Street  
 Florence, CO 81226  
 719-784-1172  
 facebook.com/barnandbarrelflorenceco

**Blue Spruce Gallery Art & Antiques**  
 "The Best of Both Worlds"  
**Fine Art, Crafts, and Select Antiques in a Victorian Setting**  
 205 W. Main, Florence, CO 81226  
 719-784-1339 bluespruceart.com

**Red Rosebud**  
 A Relaxing Victorian Style Stay with Some Modern Magic Dusting  
 Come Make Memories with Us!  
**A PERFECT "STAYCATION" PLACE TO MAXIMIZE YOUR RELAXATION!**  
 720-588-6549 Office @ RedRosebudBnB.com  
 RedRosebudBnB.com  
 1505 W 3rd Street • Florence, CO 81226

**Kopper Kettle RESTAURANT**  
 115 E. MAIN STREET  
 FLORENCE, COLORADO 81226  
 OPEN 7 DAYS A WEEK  
 7 A.M. - 2 P.M.  
 (719) 784-7664  
 KOPPERKETTLECO@GMAIL.COM

# History Talk by Linda Wommack "Women of the Colorado Mines"

by Michelle Rozell

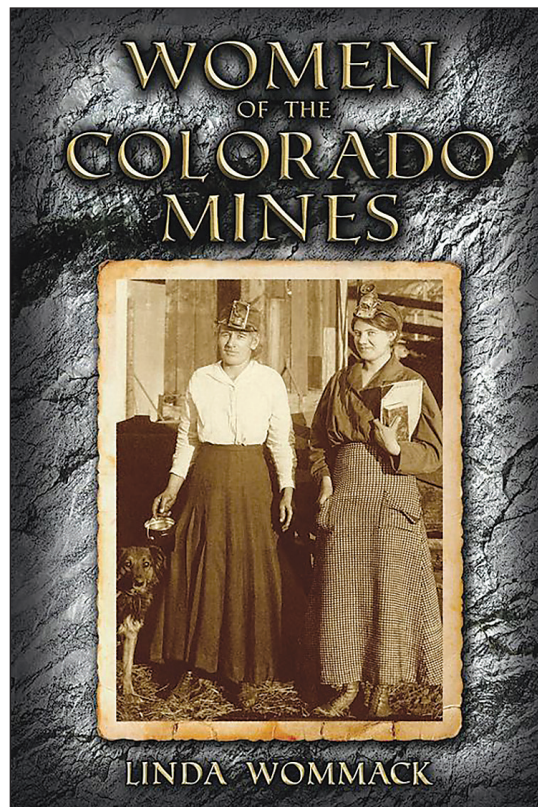
The Cripple Creek Heritage Center proudly presents a history talk by Linda Wommack. She is a seven-time award winning author and has been inducted into the Colorado Authors Hall of Fame.

Linda's newest books include "Women of the Colorado Mines" which includes an entire chapter on Cripple Creek. The other book is titled "Warrior Woman" which is the story of Mo-chi, who survived the massacre at Sand Creek and went on to avenge her people by becoming the first female warrior of the Southern Cheyenne.

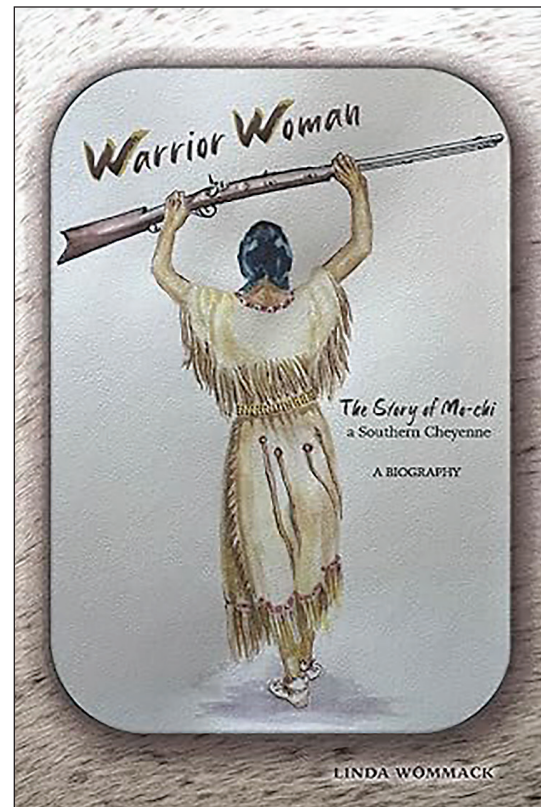
Linda is well respected historian, and we are so fortunate to have her return to connect with her roots right here in Cripple Creek. If her name sounds familiar, she is in fact related to Robert Wommack, the discoverer of the World's Greatest Gold Camp!

Linda will be introducing both of her new books with an approximately hour-long presentation, followed by a question-and-answer session, along with book sales and signing of these two books as well as, other books on Cripple Creek history.

Join us on May 18th, 11 a.m. at the Cripple Creek Heritage Center located at 9283 S. Highway 67. The presentation is FREE and all ages are welcome. We will be serving light refreshments. No reservations are necessary. FMI, call 719-689-3315. We are proud to keep our history alive!



Women of the Colorado Mines by Linda Wommack. Warrior Woman: The Story of Ma-Chi a Southern Cheyenne

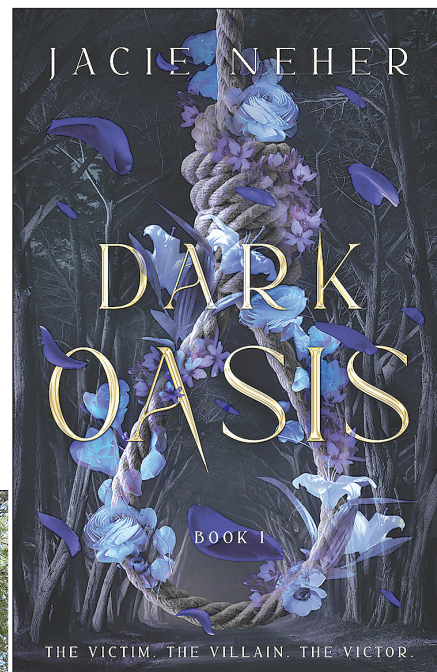


# Local Author Shares How Dark Oasis came to be

by Jacie Neher

I'm Jacie Neher and I was born and raised in the beautiful mountains of Colorado. I started writing at the young age of 10 thanks to an assignment my mom gave me in school (I was homeschooled) and haven't been able to stay away from stories since then. I am now 21 and a published author, all thanks to my mom.

When I was nearing the end of high school, I started working on a project that was unlike any I had written before. I wanted to convey a world full of characters that battled the same emotional turmoil I have experienced. I wanted to create a story people could turn to when they felt scared and alone. I wanted to



Jacie Neher (left) and her book cover (above).



the twins who haunt the forest. Clair faces depression, anxiety, grief, and thoughts of ending his own life as the trees darken and change around him. But he is not the first of the twins' victims, and if he doesn't do something to stop this deadly cycle, he will not be their last. Clair must find the strength within himself or lose everyone he cares about to the darkness.

give hope. With that, the world of *Dark Oasis* was born.

*Dark Oasis* tells the story of a young man named Clair Mathieu who has lived his entire life isolated in an endless forest, where there are eyes amongst the trees and voices in the wind. Deep in the woods, Clair can feel the graveyard come to life. The dead are restless, especially

This is not your average ghost story. *Dark Oasis* can be found on Amazon.com and at the Barnes and Noble online store. It can also be found at the local bookstore Books Above the Clouds in Woodland Park, CO.

For more updates on future books and bonus content you can follow me on Instagram @jacieneher.



# Junktique - Car Show

by Flip Boettcher

If you are looking for a great weekend getaway, especially if you are interested in antiques or are a car buff, then Florence is the place to go.

Friday May 17, 9-5 p.m. and Saturday May 18, 9-3 p.m., Florence will be having Junktique, Colorado's premier outdoor antique and flea market. Downtown Main Street is closed off and vendors line the street offering items for treasure hunters, vintage and antique lovers alike. All the unique stores are open as well. By the way, Florence is known as the Antique Capital of Colorado. If you are interested in being a vendor at Junktique, you can register at Florence Chamber of Commerce (<https://florencechamber.com/>) under the Events tab at the top.

Then on Sunday May 19 from 9-3 p.m., Florence will be having its 22nd Annual Merchants Car Show. The car show started in 2002 with 11 cars and today there are over 400 cars and has become one of Southern Colorado's favorite car, truck and hot rod shows.

Once again Main Street will be closed off for the car show. There will be live music from 10-2 p.m. provided by Tommy

and the Cruisers Band. All the shops, art galleries and antique stores will be open, as well as the restaurants, cafes and bars.

Both events are free to the public, but there is a \$40 registration fee for vehicles that want to participate in the car show. The registration fee can be paid online, in person or mailed in.

Pre-registration is preferred on the website: [www.florencecoloradocarshow.com](http://www.florencecoloradocarshow.com); in person at Trending on Main at 111 West Main Street; or by mail to PO Box 511, Florence, CO 81226.

If you pre-register, you can pick up your packet the morning of the event in front of The Globe at 109 West Main Street.

According to Sue Tierney, Florence Merchants Association president and owner of Trending on Main, there will be "awesome door prizes at 10 a.m., noon and 2 p.m. in addition to a 50/50 drawing this year!"

FMI you can call Tierney at 630-292-2472.

Plan on a fun weekend full of lots of things to do in the charming small town of Florence.

# Adopt Me by SLV Animal Welfare Society

## Anna

Cuddly Anna would love your home and a chow mix. Anna, her sister and her brother were abandoned in the snow in a small southern Colorado town. Anna will be spayed, microchipped and have 3 sets of puppy shots, Bordetella, rabies. Visit us at PetSmart 7680 N. Academy every Saturday or call us at 719-587-9663 (woof).

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



THE CITY OF CRIPPLE CREEK BUTTE THEATER PRESENTS:

FRIENDS OF THE BUTTE THEATER CRIPPLE CREEK, COLORADO

A FRIENDS OF THE BUTTE PRODUCTION

CRIPPLE CREEK'S GOT TALENT

CASH PRIZES FOR THE TOP 3 ACTS!

YOUR TIME TO SHINE!

Friends of the Butte Theater

AUDITIONS WEDNESDAY MAY 8TH 6:00PM-9:00PM @ THE BUTTE THEATER

PERFORMANCE FRIDAY MAY 10TH 7:00PM

TICKETS \$15.00 ONE NIGHT ONLY!

SCRIPTLESS IN SEATTLE

NO SCRIPT? NO PROBLEM.

THE COMPLETELY-IMPROVISED COMEDY SENSATION COMES TO CRIPPLE CREEK!

THE BUTTE THEATER

May 24-25th, - 7:00PM

We give thanks to:

friendsofthebutte.org

139 East Bennett Avenue, Cripple Creek, CO.

Tickets available at: (719) 689-6402

For more information scan QR Code to the right

CREATIONS BY VERASTING

CRIPPLE CREEK COLORADO

Newmont CRIPPLE CREEK & VICTOR

**MARY SHELL ART.com**



**PAINT PARTIES EVERY SUNDAY**  
 1424 Elm Ave. Canon City  
 719-371-5405  
 creatingfromthesoul@yahoo.com

**The Ultimate Wood Heat.**



**\$2000 tax credit**

**CLASSIC EDGE**  
 TITANIUM HDX  
 Outdoor Wood Furnace

- **More Comfort** - Thermostatically controlled wood heat.
- **Peace of Mind** - Keep the fire outside and eliminate the dangers associated with indoor wood heating.
- **Save Money** - Wood is a renewable, inexpensive and often free energy source.

RMOF / 217-871-3460  
 rockymountainoutdoorfurnacesllc.com  
**CentralBoiler.com**

**CRITTER CORNER**



Gypsy exploring her snowy backyard after our recent big storm. - Kat Herrera, Fairplay, CO



Jake waiting for Christmas 2023 - Peggy Harris, Guffey, 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](mailto:utecountrynewspaper@gmail.com). Be sure to include the critter's name as well as your name.

# Millie and her Dragon Emerald and the Giant's Castle

by Gilrund the Historian

Millie and Emerald, the dragon, had been together for over 14 years now and had been on several adventures together. Emerald always had sharp and shining talons, clean polished scales and polished fangs. Keeping them that way was part of Millie's job as his caretaker.

It had been that way since Emerald had saved Millie from some robbers as she was taking some medicine home to her father. Millie had bonded with Emerald and now had the dragon's lifetime for her own. She showed little or no signs of aging now that she was 30 human years old.

She loved her job and her dragon. Emerald took very good care of Millie, and she took good care of Emerald.

Every three months they checked in with her parents and Emerald provided them with any wealth that they might need. It was a good arrangement for everyone.

Emerald had been out getting his dinner one night, but he came back to the cave that he and Millie lived in a bit late.

"Did you have trouble finding something to eat?" Millie asked as the dragon walked into the cave that was deep in the mountains of the Kingdom of Zorr.

Emerald just smiled and showed a bone stuck between two of his side teeth. Millie rushed to his side and shoved up with her hand on the bone and it popped out as Emerald gave a quiet sigh.

"Thank you," the dragon said, "I couldn't seem to get it out with my claw. I'm glad that I have you here. You're a great help to me."

"Yes, yes. But why were you late getting home?" asked Millie.

"Oh, yes, well, I was having some trouble finding something to eat and had to fly out farther than usual. Guess what I found?"

Millie gave the dragon a look that said, "How should I know?"

He went on, "It was getting dark, and I had to fly a bit closer to the ground. Dragon vision wouldn't have done me much good in that kind of light. Anyway, I almost flew into the side of an old stone castle.

I pulled up quickly and flew over the top and looked down into the courtyard. There was a carriage in it, it had been very elegant, but it was very old and was not connected to any horses. As I flew around looking at the castle, I could see that it had been abandoned long ago. I thought that if it was abandoned with that carriage in it, what else might the humans have left behind?"

"It sounds like it's time for a treasure hunt to me," said Millie.

"Yes!" grinned the dragon, "When should we go?"

Millie put her hand to her head as though she were thinking and said, "Tomorrow would do, I think. We have nothing planned that I know of."

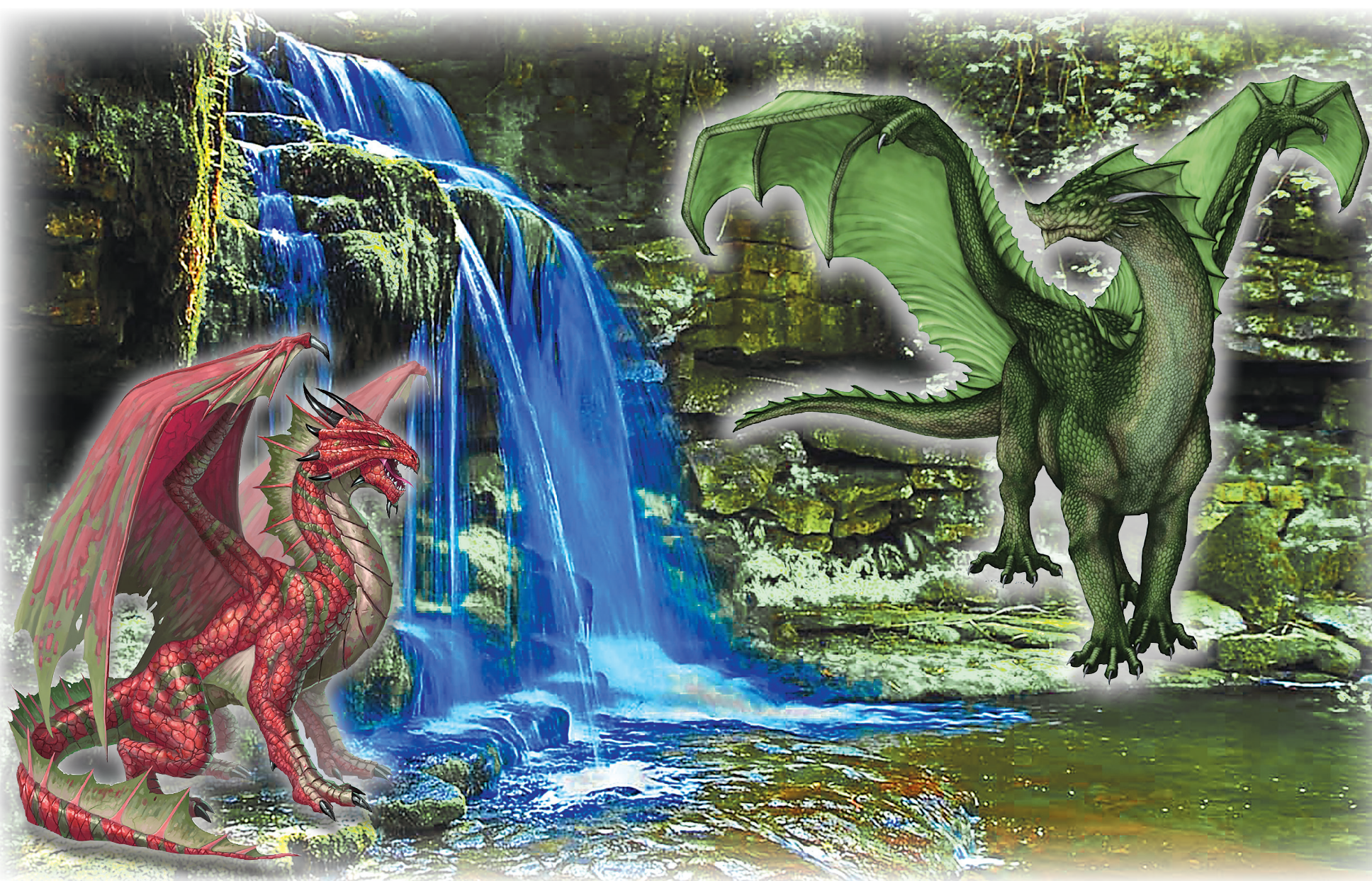
Emerald laughed and said, "Yes, tomorrow will do just fine."

The rest of the evening was spent getting ready for the new treasure hunt in the old castle.

Morning came and the Millie and Emerald were in the air as the sun rose up in the east. The flight wasn't very long as they were soon landing in the open courtyard of the large old castle.

Millie looked carefully at the old carriage and found that it was an elegant one, but very big and old. On the two doors there was painted the Coat of Arms of the owner.

"Emerald, look at this. Whoever left the carriage must have had a lot of money. It probably belonged to the people that lived here. I think that they may have been



royalty. This is good, we may find a lot of treasure inside." Said Millie.

Emerald was excited now, as dragons get when they are about to get more treasure.

"Let's go inside and see," he said as he started for a door that was big enough for him to fit through.

The door was partly open, so the dragon was able to walk right through and into the hallway inside. Everything seemed to have been built to a larger scale than most castles, for Emerald was able to go wherever he wanted.

The hallway led to another large room that looked like a king's courtroom. There was even a throne at one end of it. The roof was very high above them. It was made of glass and the sun shined through to light up the room.

The walls were covered in tapestries that were old and faded. They showed pictures of people walking through forests and others showed more people having a very fancy dinner. Others were of babies playing with beautiful young women and gentle dogs.

There were wonderfully crafted wooden chairs and tables in the large room that had been made for very large people to sit in. Millie had to stand on her tiptoes to even look onto the top of the tables. She felt like a little girl in an adult's room.

"Emerald, this must be the castle of giants," she said as she walked around, "I didn't know that Zorr had any giants. But then this was a long time ago."

Emerald was looking closely at the throne. It was covered with precious stones of all kinds and the coat of arms was displayed on the top of the back. It was made of gold and silver and gems of all kinds. He tried to sit on the throne, but

it just wasn't made for dragons.

"There must be a treasure room somewhere in this place, Millie," answered the dragon, "These humans must have been very rich. I would think."

Millie and Emerald found another door behind the throne that was covered by a tapestry of the Coat of Arms that was on the carriage in the courtyard. It followed a hallway that led to a stairway going down into darkness. On the wall, at the start of the stairs, was a torch which the dragon lit with his dragon breath. Then down the stairs they went.

The stairs seemed to go down forever to Millie and the darkness didn't seem to give way to the torch that she carried.

"I must use the Dragon Sight, Emerald," she said, "The torch doesn't give much light."

"I too, must use it," replied the dragon, "There is something strange about the atmosphere down here."

They reached the bottom of the stairs. Then followed a long hallway that had many doors on the sides until they came to an end. There they found another large iron door that was locked.

Millie tried the latch, but it wouldn't open the door. Emerald tried with his strong claw. Still the door wouldn't open. The wall the door was in was of stone and the frame was of iron. It must have been the treasury.

"What shall we do?" asked Millie, "Perhaps we should look into some of the other rooms we have passed first. It will give us time to think of a way to open the iron door."

Emerald agreed and they turned back to the first door and opened it.

It was a small room filled with brooms and mops, buckets and shovels. Things to clean a

castle with and they were all very large.

The next room they opened was also a small room that held all manner of kitchen supplies. Pots and pans, knives and spoons. Bowls and plates, platters of all sizes.

The next room was opened to show guard uniforms, spears and swords and daggers that would have been carried by the castle guards.

All the other doors in the hallway were made of wood and were easy to open.

They walked back to the iron door and Emerald told Millie to stand aside as he ran into the iron door with his shoulder.

The whole hallway shook while rocks and dirt fell from the walls and ceiling to the stone floor. The iron door stayed closed.

"I have only one more choice, Millie," said the dragon, "I must use the rock melting flame and you will have to leave the hallway. It will be much too hot for you to stay here. Wait upstairs for it to cool and I will call and tell you what I have found."

Millie didn't like having to leave, but she quickly walked back down the hall and up the stairs to the door and waited.

Emerald looked at the door latch carefully and saw that it alone was what held the door locked. He stood back a few feet and then took a deep breath. Then he focused a narrow stream of blue-white flame directly at the latch on the iron door.

The latch quickly turned red then white as it melted and ran down the surface of the door. The bolt inside the door did the same, except that it melted into the hallway iron door and the door opened just a little as Emerald stopped the melting flame.

It was hot in the hallway and Emerald waited for a few minutes before calling to Millie to come to him.

Millie stood back from the stairway as the heat flowed up the stairs then on down

the long hallway at the top. Slowly and carefully, she started down the stairway. The air was cooling quickly as she came to the bottom of the stairs and into the hallway.

She looked down the hallway but couldn't see Emerald. He wasn't standing at the door waiting for her as she expected. "Emerald!" she called with no response.

Millie started running down the hallway to the open iron door. She ran inside into a very large, stone-walled room with many torches on the walls that were all lit and burning brightly.

The room was obviously the treasury, for it was filled with huge piles of large gold and silver coins and a green dancing dragon.

Emerald was the happiest dragon in the world. He was dancing among the coins as he tossed them here and there. He then would dive into a pile of coins and then burst out on the top and the coins would fly in all directions as he climbed out onto the top of the pile only to laugh and dive into another large pile.

Millie had never seen her dragon so happy as he turned and jumped into pile after pile of the shining coins.

"Look at me, Millie, look at me!" he said when he had stopped for a moment and saw his caretaker, watching him dance in the coins, "See how I shine? These wonderful coins polish my scales as you never could. This is the most wonderful treasure that I could have ever found. Millie, it will fill my whole cave!"

With that, Emerald jumped into another pile of gold coins and disappeared into them for a moment. Silver coins flew all around as his head appeared suddenly at the top of different pile of silver coins. He had gone through the gold pile until he came to the silver one and then came out of the top laughing.

Millie watched in amazement as her dragon seemed to go crazy playing in the coins.

Emerald suddenly stopped and looked at Millie as he came out of the top of another silver pile of coins.

"You must think that I have lost my mind," he said softly as he looked around at the treasure in the room, "I haven't gone crazy my precious Millie. I just hope you will understand that this is the dream of a dragon. I have never heard of any other dragon ever finding a treasure like this."

He walked out of the pile of coins toward Millie and said, "You won't have to polish any of me ever again with a treasure like this."

Millie didn't know what to think or say, but her heart was suddenly heavy.

She looked at Emerald her dragon with tears in her eyes and cried out, "Then you will not need me anymore?"

Emerald knew what she was thinking, and he knew what he must do as he walked up to Millie and said, "Mount me. I shall show you how much I need you."

Millie climbed on his back and Emerald hurried down the hallway, up the stairs and quickly out of the castle. Then they were into the air and Emerald flew faster than he had ever flown with Millie on his back.

He flew in a direction that they had not flown before. The flight took only an hour and Millie cried the whole time, for she thought that her dragon was going to dispose of her in some way.

Soon Emerald landed at the edge of a forest through which flowed a wide stream. The stream came from a waterfall that fell only 10 feet at the edge of a cliff on the side of a large hill.

Millie saw that there was a small opening behind the falls and that the whole scene was beautiful in the light of the midday sun.

"Come with me," said Emerald as she dismounted.

The dragon started walking toward the falls as he talked to her and told her of the magic of the Rainbow Falls.

"This is called Rainbow Falls. They are magical. They can give you anything that you want, but only once. I believe I know what you want more than anything in the whole world, and you can have it. But you must walk through the falls to get it."

Millie looked up at Emerald as he talked and then ran into the falls and stood in them for a few moments, before she walked out the other side as a beautiful red female dragon.

She turned and walked past the falls toward Emerald who stood smiling at her.

"I am called Ruby, and I am to be your mate for all our dragon life," she called out to him.

"I accept you, Ruby, as my mate for all of our dragon life," replied Emerald.

The two dragons flew into the air and danced the dragon mating dance, before flying back to the giant's castle where Emerald taught Ruby much more of the dragon magic.

Later it was decided that they would move from Emerald's cave in the mountains to the giant's castle. It took them many weeks to move all their treasure to the castle. But there was plenty of room there and plenty of time.

To be continued...

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

**Yes Dear Florals**

**Flowers for Mom**  
 The Nicest Gift of All

Centerpieces \* Plants  
 Corsages \* Fresh-cut Flowers

180 North Highway 67, Suite G  
 Woodland Park, CO 80863  
**719-374-6370**  
[www.YesDearFlorals.com](http://www.YesDearFlorals.com)

**We're on the web!**

- Current Issue
- Old Issues
- Where to find us
- Employment Opportunities



[www.utecountrynews.com](http://www.utecountrynews.com)



**Adults in Teller County 60+**

- Do you need:
- General information on senior resources
  - Rides to medical appointments, grocery shopping or other needs
  - Grab bars installed
  - Help with housekeeping
  - Nutrition/food assistance
  - Help with being a caregiver for a loved one
  - Help with your heating costs
  - Social activities and trips

To see if you qualify, please call 719-687-3330, ext. 2

- TSC Transit provides transportation to those age 18 or over
- Low income and disabled no cost
  - Minimal cost for general public
  - Medicaid NEMT available

**Call 719-687-0256**  
 to schedule a ride

P.O. Box 845 • 11115 W US Hwy 24, Divide, CO 80814-0845  
[www.tellerseniorcoalition.org](http://www.tellerseniorcoalition.org)

**COME DO TIME WITH US!**  
Explore the history of Colorado Prisons.  
See the stories behind the walls!

Reg. Admission:  
Adults: \$12 Children: \$10

**MUSEUM of COLORADO PRISONS** OPEN Daily - 10 - 6  
201 N. 1st St. Canon City, CO  
719-269-3015  
prisonmuseum.org

**CELEBRATING OUR 32ND YEAR!**

**Mountain Naturals**  
COMMUNITY MARKET

Organic Foods | Local Produce | Gluten-Free | Grass-Fed Beef | Pet Food

**719-687-9851**  
790 Red Feather Lane • Woodland Park  
Hours: Mon-Fri 10am-6pm • Sat & Sun 10am-5pm  
**PLEASE SUPPORT ALL THINGS LOCAL**

*Get Out and Play More.*

**CRIPPLE CREEK**  
COLORADO

VisitCrippleCreek.com

Join us for the Donkey Release and Picnic • May 27 at 11 a.m.

## Are Memory Issues a Concern? 6 questions for your doctor

by Jim Herlihy

If you or a loved one have concerns about memory loss or other unexplained changes in behavior, getting an expert opinion from your family doctor is an important first step in understanding how to proceed.

Medicare offers a free annual wellness visit for those 65 and older where patients can request a brain health assessment. But if you don't see your family physician frequently, he or she may not know you well enough to determine if you are experiencing cognitive changes.



To help, the Alzheimer's Association has developed a list of six questions that individuals or family members can ask the doctor to help ensure that the visit is productive and patients get proper direction.

1. Do I (or the patient) have any medical conditions that could increase my risk for developing Alzheimer's disease or another form of dementia?
2. Am I taking any medications that could be causing memory or cognitive-related symptoms?
3. What tests could you perform that might rule out Alzheimer's or dementia as a diagnosis?
4. Are you aware of my family history — particularly among immediate family (grandparents, parents or siblings) related to Alzheimer's or dementia?
5. Should I be concerned about ... (ex-

plain any changes in memory, focus, thinking or mood)?

6. Can you provide a referral to a geriatrician or neurologist?

"This is a good starting point for having a productive conversation with your family doctor," said Jim Herlihy, spokesperson for the Alzheimer's Association of Colorado. "I would suggest bringing these questions in writing along with any other specific concerns or examples you may have. There can be a number of reasons behind memory loss and personality change, so it's important to get guidance from your doctor as early as possible."

For individuals who have immediate questions, the Alzheimer's Association has a free, 24/7 Helpline staffed by trained professionals who can provide guidance and support: 800-272-3900. Information is also available on the Association's website: [www.alz.org](http://www.alz.org). A free online webinar explaining the 10 Warning Signs of Alzheimer's is available <https://training.alz.org/products/4062/10-warning-signs-of-alzheimers>

## Adopt Me

by Ark Valley Humane Society

### Bear

Bear is a one-year-old male Rotweiler mix. He is just one big puppy! Bear is working on his impulse control and basic obedience. He's made big strides here at the shelter and would love a family that can continue to help him with this training. Bear is one big goofball! He will jump on the couch and roll on his back for belly rubs. He also LOVES to play fetch in the yard. Bear loves other dogs — he has a rougher play style and would do best with another playful pup. Because of Bear's big energy we think he'd do better without cats or kids in the home. We know you'll fall in love with this goofy and handsome dog the moment you meet him! Stop by the shelter or give us a call to learn more 719-395-2737.

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



**Stevens Carpet Plus**  
Your Local Source For All Your Flooring Needs

"We truly appreciate all of our men & women in uniform. To our military and all first responders — THANK YOU For ALL That You Do For Our Community."  
— Justin & Barbara Stevens

**IN APPRECIATION WE OFFER A 10% DISCOUNT ON ANY PURCHASE FOR ACTIVE DUTY AND RETIRED MILITARY AND FIRST RESPONDERS**

**CALL FOR YOUR FREE ESTIMATE 719-822-6822**  
Showroom Hours: M,T,W,F 10-5, Thurs 12-5, Sat. by appointment  
Showroom located at 115 W Midland Ave, Woodland Park, CO

**ON VACATION THURSDAY, MAY 9TH THROUGH SUNDAY, MAY 19TH. REOPEN REGULAR HOURS ON MONDAY, MAY 20TH.**

## Pharmgirl The Lemonade Stand

by Peggy Badgett

There were not many money-making opportunities for young children in the country. Especially on a farm in the middle of nowhere. Our egg business had not expanded into the multi-million-dollar franchise Alex, Amie and Hannah envisioned, and selling our extra garden tomatoes at the local farmer's market barely netted enough to purchase a week's supply of fruit snacks. Occasionally I offered odd jobs for a small amount of money, like digging up weeds or cleaning out the horse shed, but rarely had takers. So, when the kids asked permission to set up a lemonade stand one summer afternoon, I whole-heartedly approved.

After making sure they had a clean pitcher and utensils, I wandered out to the front porch. It would be too painful to witness what was going to happen to my just-mopped kitchen floor. Cocooned in our hammock, I leafed through the tractor manual again. Somewhere in those pages lay an explanation for the horrible grinding noise that ancient machine was making; I was spending more hours re-threading belts than mowing uneven swaths of grass. The screen door banged open and shut repeatedly as Alex dragged an old card table and folding chairs outside. Hannah and Amie carried construction paper and markers outside and spread them on the faded plywood porch floor to make signs for their stand.

I noticed that Alex had placed the table a mere six inches from the road's edge road. I walked out and moved it to a spot six feet back as he rolled his eyes. The teenage years were approaching much too quickly. I helped the girls carry supplies to the table, then returned to my manual. Hannah taped one of their signs

to the table while Amie plucked my pink plastic flamingos from their nesting spots in a dailily flower bed, taped a sign to each, and positioned them strategically in the ditches. Beach towels, a boom box, snacks, and Feather the hen were paraded out to the stand. Alex brought some jars of salsa outside to sell at five dollars a jar, but only offered to pay me fifty cents for my labor. I told him to return them to the basement shelves.

Anticipation filled the air as my children awaited their first customer. Hannah sat on one of the towels with the chicken. Alex and Amie took turns playing songs on the boom box. They arranged and rearranged cups, egg cartons, and pitchers. Then a plume of dust appeared over the hill. I was extremely grateful that the truck belonged to our neighbor. He stopped and waved to me as he approached their stand.

Amie poured him a glass of lemonade, Hannah took his money, and Alex displayed a carton of eggs. Our neighbor chatted with them for a few minutes, bought a second cup of lemonade, and then drove home with a dozen eggs as well. Amie jingled the coins in their coffee can. Their first sale had been a good one. Thirty minutes later, another neighbor stopped for eggs. Then no one. The long stretch of quiet was broken by the screech of a red-tailed hawk hunting over the fields. A sudden breeze tossed cups from their table. Amie laughed as she chased them around. Hannah caught Pearl after Feather escaped and sprinted around the house with Rusty the rooster hot on her heels. Back in the hammock, I closed my eyes for 10 precious minutes.

Chocolate chip cookies were a perfect



An empty porch swing is ready and waiting for occupants.

reward for my entrepreneurs. After pulling the first batch from the oven, I dodged our four drooling dogs who did their best to trip me up, and carried a full plate outside. Interest in the project waned after they devoured the cookies. Alex wandered to a nearby white pine and immersed himself in a book. Hannah caught Rusty and painted his talons red. Amie read a magazine in a camp chair. I chugged around the yard on the John Deere.

Suddenly the wind shifted. Dark thunderheads billowed across the southern sky. I quickly parked the mower in our machine shed and helped the kids haul everything back into the house. The storm marched toward us. After I settled every-

one on the porch swing with popcorn and juice boxes, Alex counted out the money from their sales. The lemonade stand had netted exactly six dollars. They argued over who should receive the money. It had been my son's idea, but Amie and Hannah had done all the mixing and signage. I laughed and told them their sales didn't even cover the cost of raw materials. Lightning streaked across the sky and thunder rumbled through the thick air. We huddled closer together. I grew tired of their squabbling and made an executive decision to divide the money evenly between them. They learned a lesson in economics. I gained one of my favorite country memories.

**Shop and Dine on Historic Front Street in Fairplay**

**Snitching Lady Distillery**  
HAPPY HOUR  
\$1 OFF DRAMS & COCKTAILS  
MONDAY - THURSDAY | 4-6PM

Tasting Room Hours  
Monday - Thursday | 1PM-8PM  
Friday & Saturday | 1PM-9PM  
Sunday | Noon-5PM

[www.snitchingladydistillery.net](http://www.snitchingladydistillery.net)

**Hand Hotel**  
EST. 1932

531 Front Street, Fairplay, CO 80440  
(719) 836-8595  
[www.HandHotel.com](http://www.HandHotel.com)

**PLATTE RIVER SALOON**

517 FRONT STREET • FAIRPLAY, CO  
**719-838-3461**  
HOURS: OPEN DAILY 11AM - CLOSE

**Millonzi's**  
At 501 Front Street

Your Friendly Neighborhood Italian Restaurant

[www.Millonzis.com](http://www.Millonzis.com)  
501 Front Street - Fairplay, CO - 719-836-9501

**Coyote Creek Studio Arts**

419 Front Street, Fairplay  
[www.coyotecreekarts.com](http://www.coyotecreekarts.com)  
coyotecreekarts@gmail.com  
719-836-2040

Voted the Best Art Gallery in South Park!

**Mountain Sun Arts**  
Scalloped Artistry & Local Artist Gallery

435 Front Street, Fairplay, CO 80440

Brian Trahan  
719-238-8481  
[mountainsunarts@gmail.com](mailto:mountainsunarts@gmail.com)

**REAL SOUTH PARK COLLECTION**

LOCATED AT SOUTH PARK POTTERY  
417 FRONT ST  
FAIRPLAY, CO 80440  
719-836-2698

**Silver Scoop Creamery**  
An Old-Fashioned Soda Fountain

The Treats Are Sweet At 10,000 Feet

719-836-3403  
456 Front Street - Fairplay, CO

**PARK BAR**  
great food cold beer

511 Front St  
Fairplay, Colorado  
719 836-3404

Take Out Menu • 11am-9pm

**LOST ANTLER TRADING POST**

Hides & Hats

South Park's One Stop Shopping

415 Front St, Fairplay, CO • [lostantler@msn.com](mailto:lostantler@msn.com)

**Beads Rocks Jewelry Knives South Park Antiques & Much More!**

**SOUTH PARK POTTERY**  
417 Front St | 719.836.2698

**Come Celebrate Fairplay's Wonderful Spring Season**





## Life-Enhancing Journeys Great Expectation? - Part I

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

Have you ever come across the saying, "Expectations are premeditated resentments?" This insightful slogan, believed to have originated in 12-step programs, shines a light on the nature of what expectations are. An expectation is a strong belief that something will (or will not) happen or be true. They are created from imaginary rules you have for yourself, or how you would like people to behave, and/or how you want the world to be.

Acknowledging two fundamental truths about human nature can help you better understand this concept. First, mere expectation does not guarantee attainment. Second, people often tie their hopes for happiness to the fulfillment of their expectations. The issue arises when you hold onto these hopes without accurate or sufficient evidence or taking the necessary steps to make them happen.

Expectations help you interpret the world around you and then you look for ways to confirm your hopes, also known as "confirmation bias." You want your experiences to align with your beliefs about what is to come. Understanding this concept is important because it can help guide your expectations appropriately, leading to a more connected and enhanced life.

Everyone has expectations both for themselves and for other people. You may expect yourself to be confident and level-headed. You may expect others to be trustworthy and responsible. You have expectations about organizations and institutions, such as the places where you work or shop. You expect your employers to treat you fairly and businesses to deliver the items you purchased. You may even have expectations about potential experiences, such as if the sky is clear, you expect that it will not rain soon. Your brain is hard-wired to have expectations because they help you predict a possible future so that you can take effective action to keep yourself safe when necessary. Yet, the attachment to those expectations, especially the ones that you are unaware of, can be the source of some of your discomfort. By becoming cognizant of these expectations, you can start to free yourself from anxiety and live a more fulfilling life.

### What are expectations?

- Anticipating a certain outcome.
- Holding an idea in your mind of how things will play out.
- Having a notion of what you want or need from a situation.

Realistic expectations for yourself, other people, and your external world are powerful tools for personal growth and self-improvement. These expectations can serve a positive purpose, helping you understand and form unspoken social contracts that assist you in bonding through similar values, beliefs, and morals. The expectations you have for yourself can inspire and motivate you to accomplish your goals and aspirations, paving the way for a better version of yourself. By managing your expectations, you can harness this power and steer your life in the direction you desire.

You might be unaware of some of the expectations on which you build your life. You can have high expectations of yourself, low expectations of others, or the reverse. For instance, you can expect that when you send a text to a friend, they will text you back quickly, or you beg off attending a party you believe will be uncomfortable for you. These are the kinds of expectations over which we can exert conscious control, empowering us to shape our experiences and interactions.

Expectations are based on what you hope will happen, however, reality is the actual outcome. When expectations are

unmet, the discrepancy between expectations and reality can spark resentment, anger, and unhappiness.

Everyone struggles, at times, to live up to the expectations of others and even to live up to their own expectations. It begins from the time we are born. You cannot survive without a caretaker, so when your parents establish rules for how you should behave, you comply. When you go to school, you have goals to live up to that are based on educational and behavioral standards, meaning that you can only advance to the next grade when you meet those targets. When you get a job, your employer expects you to perform certain tasks and to behave appropriately. Over time, you learn to develop your own expectations of how you and others should act. You apply these expectations to your relationships with your partners, you impose them on your children and friends, and the cycle continues.

Expectations are fundamentally reasonable because we all have them; they are a natural part of life. Realistic expectations are based on experience, logic, and truth. Be aware, though, if you are placing too much importance on the expectations of others and are depending upon their approval. You can also lose your self-trust somewhere between how you want others to see you and who you really are when no one is watching.

Expectations are mostly unavoidable, yet attaching yourself to them can negatively affect you in many ways. It can inhibit your ability to make good decisions. Allowing the voices of others to drown out what you want for yourself can undermine your ability to make choices that work for you, which can lead to distrusting yourself and lessening your overall well-being.

### Since expectations are created from thoughts in your mind, they are often based on stories you are telling yourself, which, at times, may be unreliable.

Psychologist Lara Honos-Webb, Ph.D., acknowledged that living a life driven by a need for approval can lead to inner conflict and, ultimately, depression. "The more conflicted you feel, the more afraid you become of expressing your real self... As a result, you may drive your feelings deeper underground."

Understand that this is not about eliminating other people's expectations nor is it refusing to ask for anything from anyone; it is about being realistic. For example, telling a friend about a difficult situation and expecting to hear some words of empathy is reasonable.

Since expectations are created from thoughts in your mind, they are often based on stories you are telling yourself, which, at times, may be unreliable. It is impossible to please everyone, so you will likely face continual disappointment if you try to live up to unreasonable expectations of yourself or of others.

*"I do my thing and you do your thing. I am not in this world to live up to your expectations. And you are not in this world to live up to mine. You are you, and I am I. And if by chance we find each other, it's beautiful."*

*If not, it can't be helped."*

— Fritz Perls,  
Gestalt Therapy Verbatim, 1969.

When you attempt to control the external (things outside of you, such as the environment and other people), you lose control over the internal (yourself). When you are attached to your expectations, there seems to be a need to control others more intensely. This then feeds the frustration and anger you will feel when those expectations are unmet.

When you expect people to always take care of you, to do what you ask of them, and to respond to your efforts with gratitude, you will continually be disappointed. Here is a list of other common unrealistic expectations:

- Everyone must like me.
- I must avoid negative thoughts, painful feelings, or unpleasant experiences.
- I always need to know what is going to happen.
- I cannot make mistakes; I have to do things perfectly.
- My sacrifice and self-denial will pay off.

Do you recognize yourself in any of these? Almost everyone holds at least one of these expectations, and any of them can be a trigger for frustration, anger, and resentment towards others as well as yourself.

### Living by others' expectations can be harmful

Other people's expectations can create conflict in your life, making it difficult to gauge what is reasonable for you to expect. Even with the best of intentions, someone else's expectation will be based on their experiences, opinions, struggles, disappointments, and moral values. Some people might become so fixated on their expectations that they are unable to see the reality of a situation. This can prevent them from taking action that would be in their best interest. More often than not, expectations directed to you from others may reflect what they want and feel deep inside themselves. They may project their failures onto you if they are disappointed. When this happens, remind yourself that their expectations are about them, not you.

### Letting go of others' expectations

Being pressured by others' expectations can adversely affect your emotional/mental well-being. Learning to be realistic about expectations takes time and effort, but it is worth the effort. The following tips may help:

- Put the expectations in perspective. Remember that someone else's expectation of you is their responsibility, not yours. Understanding this point can eliminate your anger and resentment toward their disappointment of you not meeting those expectations.
- Check your own expectations of others. When you find yourself hoping someone may give you what you want or you are judging the behaviors of others, allow yourself to examine your own motives without criticism. Learning why and what to do about these formed expectations can be helpful in moving forward.
- Listen and have a conversation with your inner voice. Take some time to explore what you want (writing down your thoughts can be helpful.) Ask yourself what you want, desire or hope for yourself.
- You can certainly benefit from the input of others; however, beware not to silence your inner voice when doing so; discernment is one of your superpow-

ers. Your life belongs to you, and you alone. You are the one who is in the best position to know what is most helpful. Never let the expectations of others get in the way of being true to yourself.

- Begin by clearly stating what you want. Be assertive rather than aggressive or defensive while adjusting to the habit of expressing your opinions, wants and needs. What you desire is valid, so do your best never to apologize for it.
- A useful tip to minimize disappointment from your expectations of others is accepting that, even though what you hope for may be reasonable, it may be different for them. Communication is the key.

Writing about this topic caused a long-lost memory of mine to surface.

My younger sister was born in June when I was nearly five years old. Evidently, my mother, feeling overwhelmed, decided the best choice was to send my older sister and me to day camp. I was miserable and all I wanted was to be safe at home. My sister was seven years old, so they separated us and put her in an older group. I was terrified and needed my sister to hold and comfort me. All I could do was sob sorrowfully, non-stop, until they allowed me to join my sister's group. I had anticipated that my sister would see how upset I was and throw her arms around me to calm my anxiety and console me. After all, we were experiencing the same situation; our mother sent us away because there was a new baby. Although I expected my sister to comfort me, she just stood there, rigid as a flagpole doing and saying nothing. She was unable to help me in any way I had hoped: to hold, reassure, acknowledge, or calm my fears. Without consciously realizing it, I became resentful and enraged with her from that moment on because she could not meet my needs. Even though we were just young kids, I took her lack of support personally, feeling rejected and betrayed by my cold and compassionless sister, which is the story I told myself for years. My expectations of how she should have behaved created so many negative feelings I had towards her. Consequently, she and I have had a difficult relationship most of our lives. My anger has finally dissipated (recently) after I realized that my bitterness towards her was due to my unmet needs that she was incapable of meeting as a young girl. In other words, I was responsible for stirring up my own resentment and rage. My expectations were unrealistic based on what I thought my sister should have provided, which I now know she was incapable of. Here it is, many decades later, and I am surprised, yet relieved, to recognize and admit my part in our heartbreaking relationship.

### How long have you been painting?

*I've been painting since early in life on and off. I moved on to polymer clay for a while, taught online classes, and had my polymer work published in several books and magazines. Now I'm focusing on oil and acrylic painting.*

### What's your favorite medium?

*At the moment, oil paint is my favorite medium.*

### Who inspires you to create?

*Several artists' work inspires me:*

## 5th Annual Armed Forces Art Exhibit and Sale

by Flip Boettcher  
photo by Flip Boettcher

May is armed forces month! What a better time to have the 5th Annual Armed Forces Art Exhibit and Sale, according to event organizer Virginia Lindley, owner/operator of the Antique Warehouse located at 124 East Main Street in Florence, CO.

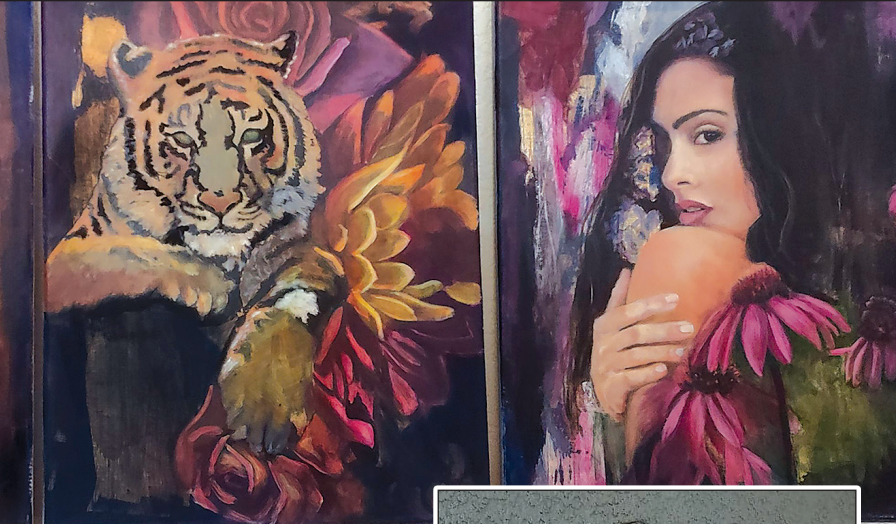
The armed forces art show is open to all active duty military, veterans, retired military, spouses and their children.

The armed forces art show will run from May 11-Memorial Day (May 27) in downtown Florence with art displayed in the windows of about 14 participating businesses on Main Street.

On May 11 from 2-4 p.m., one can meet the artists in the shops where their artwork is displayed. Right now, Lindley has 26 artists, with the oldest veteran having served in the Korean War, Richard Keibler, who will be at the Antique Warehouse. Keibler makes beautiful inlaid wooden pieces and on the bottom of his works he puts the number of pieces in his creation.

There will be four artists displaying at the Pioneer Museum at 100 East Front Street. One of those artists will be displaying the car he restored as part of his recovery therapy after serving in the Vietnam War.

Charles Jameson, who was in last year's show exhibiting at Trending on Main, is bringing six other photographers from the Denver area with him. Six of those artists will be displaying their works at the Rialto



### A Look Inside the Artist Tejae Floyd, painter

by Mary Shell

I am often aware of how small this world is becoming. Our featured artist, Tejae Floyd, found me on Facebook. She messaged me that she was looking to get involved with other artists in the area. I invited her to sit in on one of my painting parties. She stayed through the whole class, chatting with the other women and having a great time. How wonderful, I thought, to follow through on the things the soul needs. She is open, honest, and creative; qualities that will result in great art. I look forward to seeing her new creations.

*Bouguereau, Daniel Merriam, Eric Robitaille*

### What other mediums have you worked in?

*I created my studio murals with pastels, but I also paint in acrylics. I sculpt in polymer clay, and monster clay. In the past, I've had my small sculptures cast in silver, brass and bronze for skull themed biker bells and jewelry.*

### What size are you comfortable with working in?

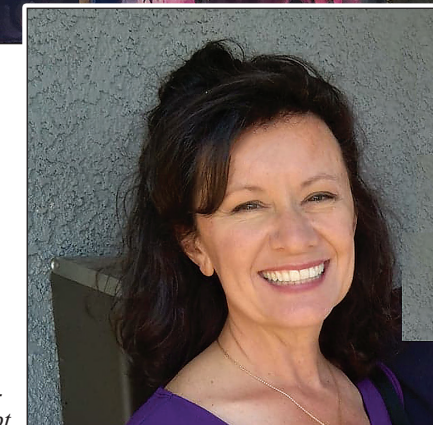
*I've sculpted hearts that are 2.5" x 2.5" that fit in the palm of your hand and painted my studio murals which are 5' x 7'. I'm comfortable working on large paintings and small sculptures.*

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

*I'm in the process of creating a body of artwork with themes around spirits of nature, animals and reflective women engaging with nature. It's due to be released in April.*

### Do you get fearful when creating?

*Absolutely not. I don't view art as*



*something so precious in the moment that I'm creating it. Art is meant to be experimental and explorative. I intentionally and purposely push myself to take risks in art making.*

### What is your biggest desire to create?

*My greatest aspiration is to forge a life rich in creativity that not only utilizes my artistic talents but also resonates with and elevates those who experience it, making a meaningful impact on their lives.*

### Is there something you would like to say to the readers?

*If you're interested in seeing more of my artwork, I encourage you to visit [www.tejaeart.com](http://www.tejaeart.com).*

If you are an artist and would like to be featured, please contact Mary Shell at [www.maryshellart.com](http://www.maryshellart.com)



*Art work by Richard Keibler, a veteran from the Korean War who makes inlaid wooden creations, on the bottom of each he says how many pieces there are.*

### Theater.

Another returning artist from last year will be author/painter K.L. Emanuelson, who wrote a great book set in the American west of the 1800s called *The Woman Who Rode Destiny*.

The Rialto Theater will be offering free admission to the artists to their concert the night of May 11th and the community will

have a free luncheon for the artists and their families that day too.

Come on out on May 11 to meet the artists and view their works, or come visit sometime before Memorial Day, and support our military personnel.

FMI contact Lindley at 719-621-3301 or [mvh876@gmail.com](mailto:mvh876@gmail.com).

**Divide COLLISION CENTER**  
Quality Work Since 1974!  
Auto Body and Paint Repair • Insurance Claim Estimates  
**WE DO IT ALL!**  
Hundreds of Satisfied Customers  
Boat Repairing & Refinishing  
Plastic & Fiberglass Repair  
RV Body & Frame Repair  
All Insurance Companies  
All Types of Painting  
Hail Damage Repair  
Auto Glass Service

**FREE Estimates!**

**178 Weaverville Rd., Divide  
(719) 687-7683**

**FILL UP SPECIAL  
VOLUME DISCOUNTS**

**Global Propane**

**\$1,999  
Gallon**  
500 GALLONS PLUS

\*Price subject to change  
**(303) 660-9290**  
Family Owned Business

**peggy badgett**  
pharmgirl studios  
artist/writer/adventurer

[pharmgirl.org](http://pharmgirl.org) • 815-275-4695

**Colorado BURIAL PRESERVE & Cremation Garden**

Colorado's first ecological cemetery for natural burial and cremation

Emily B. Miller  
Managing Partner  
719-280-2614

[www.ColoradoBurialPreserve.com](http://www.ColoradoBurialPreserve.com)

Find us on Facebook Instagram



# Fitness ON the Mountain

## Poor feet, poor posture, poor movement and poor you

by Lori Martin

Like most of my articles, this month's topic is inspired by my observations in society and my own personal experiences. The following is a real event that I experienced which, contributed to another "Ah-Ha!" moment for me, recently. I enjoy telling my stories as I experienced them.

Part of my life journey has me figuring out living independently, as a 65-year-old and soon to be, single woman. The expenses in California where my 92-year-old mom lives are three times those in Colorado. The awareness of the need to supplement my little social security check has led me to building a business and seeking employment.

I was excited when I finally, received a text asking me to come in for an interview at a popular local business. Part of the hiring process involved working a 9-hour training/interview shift for a position they called support staff.

The support staff position requires one to be available to each of the other departments as needs arise, the ability to lift heavy things, move quickly, and observe the customers' needs, among other things.

### Scene 1:

Around midday, I began to notice that I really enjoyed the staff, the atmosphere and the customers. This job was really a good fit for me. At one point, a slip of paper blew off the counter and landed underneath. The young woman, who was to become my supervisor, went to get a broom to retrieve the paper. I squatted down to find that it was within reach so I grabbed it and stood up.

When the supervisor turned around with broom in hand, she saw I had already retrieved the paper. She commented, in pleasant surprise, "Wow, you made that look so easy!" or something to that effect. I replied, "My career in fitness has kept me pretty agile and fit!" or something like that.

She said, "Really, I am a personal trainer, also!" She admitted that she has been certified for a long time but had never picked up any clients. I offered her encouragement and it turns out she had heard about me and my new fitness business in town. I love making connections.

She definitely looked the part of personal trainer. I assumed that she hadn't pursued training as even a side gig because she worked fulltime at her job with 9-hour shifts, 5 days a week while raising and supporting kids.

Upon reflecting on the incident, I had to ask myself... why would someone (a trainer) 30+ my junior not be able to squat down and pick up that paper herself? She didn't appear to have any movement limitations but, many trainers and athletes are really good at hiding their pain. I always say,

"We are all athletes in our own bodies!"

Surely, this young person would not train her clients to work through pain or ignore signs that a client might be struggling with a squat or push-up. If my assumption is correct, why would she not correct her own movement-related problem?

My pondering led me down a rabbit hole of questions. The following is a brief summary of thoughts I had regarding the situation.

### Rabbit Hole:

- I was being interviewed for a job outside my expertise and had to prove myself worthy of the position.
- Hiring a trainer can be very expensive.
- Why aren't we interviewing potential Fitness Professionals instead of basing our decisions on whether or not they appear to be in great shape or based on what we have "heard" about how good they are?
- I am Thyroid Cancer Survivor.
- Wouldn't I want to hire someone who understands Thyroid Cancer or at least, has some knowledge of the importance of the thyroid and what it means to no longer have a thyroid?

This is the reason I am grateful to have this column to share my expertise on fitness, wellness and particularly, how it all relates to all of us. Little did I realize that my 20+ years stint in the fitness industry would guide me to become the Fitness, Wellness and Movement expert I am today.

I've learned so much as a group fitness instructor, a personal trainer and as a gym manager and I enjoy sharing the things I've learned along the way with you here. Most of what I learned was positive but there were things I observed and learned, which helped me to decide what type of fitness professional I was going to be and, not going to be.

### Scene 2:

My body had its own response to my interview/working shift. I had injured my hand over a month prior and it was 95% healed. The repetitive motions and heavy lifting had re-injured it.

### Rabbit Hole:

- The last thing I wanted was to have to tell my soon-to-be-new employer that I needed to push back my start date or be transferred to a less physically demanding position.
- With no insurance and little money to pay for it I headed to the ER.
- An X-ray showed no structural damage, most likely nerve damage.
- The doctor wrote me a note to take to my employer.
- I was not about to submit it at this point.
- Ah Ha... my soon to be supervisor may

be in the same position.  
- Luckily, my scheduled start date was a few days off which gave me time to reduce the inflammation.

### Scene 3:

The flooring, which was very cool, old concrete for the most part, had my feet on fire towards the end of the shift. I knew I wouldn't be able to afford new shoes right away and again, didn't want to complain.

### Rabbit Hole:

- I was able to negotiate shorter shifts.
- Very structured Red Light Therapy Sessions.
- Problem diverted!

### Scene 4:

Filling the beverage case required repeated squatting to move an overabundance of various types of sodas and beers on lower shelves and to retrieve the refill beverages, as well. After an hour, I'm going to estimate I did approximately 50-60 squats. I was pleasantly sore from the task.

### Rabbit Hole:

- How might a not-so-fit-movement-oriented person have withstood this task?
- Most likely someone without proper training would experience knee, hip and back pain.

### In summary, my single 9-hour shift, involved busting my behind:

- Walking at brisk speeds
- Carrying awkward and heavy items
- Excessive squatting
- Following any other orders asked of me.

### Most impressive to my employer:

- Awareness of my surroundings (A product of my gym manager days).
- Skill in observing customers in need of assistance on the diner floor (Same as above).
- Ability to reach higher levels than most (No shoulder or neck injuries inhibiting my range of motion).

This business has some very dedicated employees that love their jobs and are paid well. I had toyed with the concept of finding a way to work my first real shift while not compromising my inflamed hand and without letting the employer

know what I was experiencing.

My financial situation is pretty dire at the moment but I could never allow my disdain for pain and potential injury to be second to earning income. The pay-off is just NOT worth it for this movement expert that has visions of being fit and agile way into her *Marginal Decade*, which I perceive may be into my 90s.

What happened here is that I got a taste of what all those other people out there are facing. People that need to support their kids and don't have a choice. It occurs to me that all my touting *listen to your bodies* may very well be falling on deaf ears. Honestly, I am not sure how to handle that. Something has to give. Not to mention these employees most likely don't have access to funds to hire a trainer that specializes in the effects of poor movement patterns.

In no way am I trying to bad mouth this employer. She is the real deal. She runs a very efficient business and offers above average pay plus an amazing compensation plan. She is very selective about who she hires and cares myself just entering the job market. I was ecstatic to work for this company.

My biggest health, wellness and fitness asset is my DNA Vibe with its' red light, Infrared Magnetic Pulse and micro-vibration. In my opinion, every household should have at least one.

The last few years have taught me a valuable lesson of being proactive with my healthcare and not relying solely on doctors regulated by health insurance.

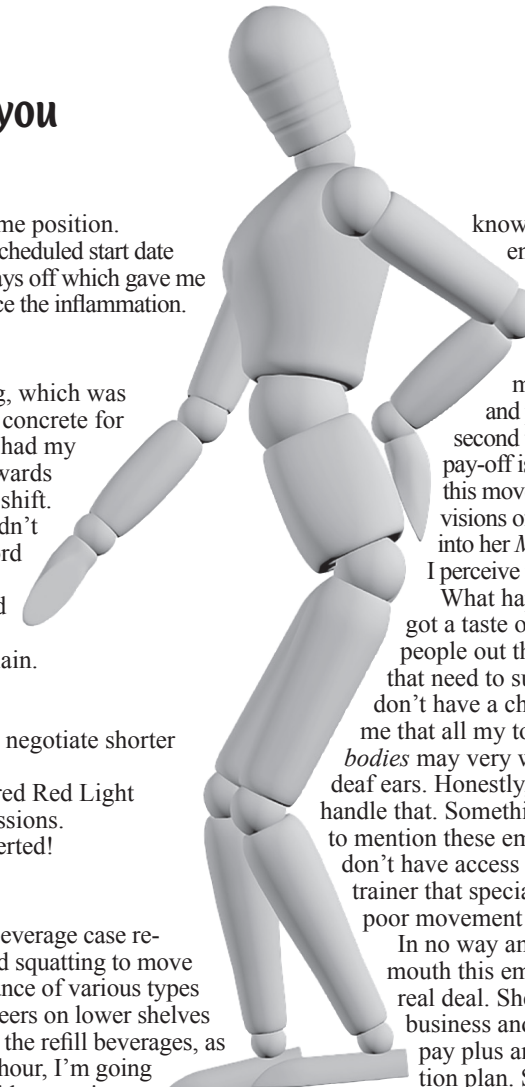
### Rabbit Hole:

- Maybe my services as a health, wellness, fitness and movement specialist would be of value to such an employer!

Taking my Social Security early was not a great decision but for a few years it was that money that helped me be my own best advocate on my health decisions. I was able to afford better supplements, skin care, cleaning products, fitness equipment, healthier footwear and a lot of education.

I am grateful for my workplace experience and all the rabbit holes but, mostly, I have a better understanding of why people tend to put their jobs before their wellness. If you have a work related movement issue, I'd love to help:

lorimartinfitness@icloud.com  
www.lorimartinfitness.com



# CPW and Governor Polis announce \$1 million in grants

by Joey Livingston  
photo courtesy of CPW

On April 10, 2024, Governor Jared Polis, Department of Natural Resources Director Dan Gibbs, and Colorado Parks and Wildlife (CPW) announced a new round of grants to provide local Colorado communities with help to reduce human-bear conflicts through the *Human-Bear Conflict Reduction Community Grant Program*. The application deadline is May 24, 2024.

"Colorado is known for our incredible wild spaces and the animals that call our state home. These grants will help support more bear-proof homes and neighborhoods to ensure that people and animals can live together and avoid conflict that impacts humans and animals," said Governor Polis.

CPW is offering \$1 million of grant funding for projects that reduce conflicts with bears in local communities. This grant program strives to foster innovative solutions to human-bear conflict that can be replicated in other parts of the state and bolster those efforts in all communities in Colorado. The funding will be distributed through a competitive grant process this spring.

Funding for the program was first made available through House Bill 21-1326, which passed the General Assembly and was signed by Governor Polis in 2021. This program was so popular and successful that, in partnership with Governor Polis, CPW decided to continue and fund it in collaboration with the U.S. Fish and Wildlife Service.

Local governments, NGOs, HOAs, community groups, businesses, tribes, universities and individuals are all eligible to receive funding. Applicants can apply for grants between \$50,000 and \$500,000.

"Human-bear conflict measures cannot be successful without collaboration between local communities, wildlife managers and individuals," said CPW Grant Manager Travis Long. "We are excited about this program because interest from the public is high, with many communities taking advantage of the opportunities this funding provides and implementing projects to help reduce conflicts with bears."

This grant provides funding to communities that want to reduce conflicts with bears but lack the needed resources. The program also helps to spark the conversation around conflict reduction and brings stakeholders together to come up with solutions.

"Human-bear conflicts are ongoing issues in Colorado, resulting in property damage and increased demands on time and effort for Colorado Parks and

Wildlife and local government personnel and unfortunately sometimes the take of bears," said Dan Gibbs, Executive Director, Colorado Department of Natural Resources, "I applaud CPW for continuing this grant program, and for all their hard work in the stewardship of Colorado's wildlife. But it is also our responsibility as community members to do as much as we can to reduce impacts with bears to ensure they continue to thrive for generations to come."

### Eligible Projects

The Human-Bear Conflict Reduction Community Grant Program aims to reduce conflicts between local communities and black bears. Characteristics of projects that help meet this goal include:

- Reducing the availability of attractants to black bears in communities experiencing human-bear conflict or disincentivizing black bears from entering areas of high conflict (i.e. hazing).
- Have local community support or detailed plans to build local support.
- Are cost-effective investments that have the potential to last beyond the funding time frame (such as bear proof trash cans).
- Utilize proven techniques for preventing conflict or explore an innovation with a promise to prevent conflict.

### How to Apply

Applications are available on CPW's website (<https://cpw.state.co.us/learn/pages/LivingwithWildlifeWildBears.aspx>) and are due by May 24, 2024, at 5 p.m. For questions or application assistance, please contact CPW Grant Manager Travis Long at [travis.long@state.co.us](mailto:travis.long@state.co.us). Successful grant recipients will be announced in July 2024.

Look here (<https://cpw.state.co.us/aboutus/Pages/News-Release-Details.aspx?NewsID=3923>) to view the 2023 grant recipients and see what projects were selected during the competitive grant process.

### Bears activity in Colorado

Wildlife managers estimate that Colorado has between 17,000 - 20,000 bears, and the population is stable and growing.

From 2019-23, CPW received over 21,310 reported sightings and conflicts with bears. Nearly one-third of those reports involved trash cans and dumpsters as an attractant, which will be a target area CPW looks to address when awarding grants.



Bears getting into trash is the number one source of human-bear conflicts in Colorado. CPW's human-bear conflict reduction grants empower local communities to take action and prevent conflicts.

"We have seen real results in reducing conflict in southwest Colorado communities because of resources this grant has provided in the last two years," said CPW Area Wildlife Manager Adrian Archuleta of Durango. "Just this week, more bear-resistant trash containers purchased through grant funding went to a community in need north of Durango. Now in its third year, we hope to see more applicants so we can continue to expand the ability of community partners to help address conflicts at neighborhoods and campgrounds that need more assistance."

Other constant sources of conflict include birdfeeders, livestock, bears accessing open garages and other human-originated items that are left unsecured.

Increasing human-bear conflicts can lead to property damage and increased demands on CPW and local government personnel's time and effort to respond to them. Expanding existing conflict reduction efforts or developing new approaches will help reduce impacts on bear populations and community resources and improve public safety.

Bears with access to trash and garbage that contains food can become conditioned to consuming that food, meaning they could return and enter homes, garages or vehicles to find more. This can lead to property damage, and even bears becoming aggressive, but themselves and humans in danger. Consuming garbage can also negatively impact a bear's health.

## Be a good neighbor to Colorado's Wildlife

# Don't Feed Them!

by Bridget O'Rourke

Although offering food to others is usually considered admirable, feeding wildlife is more harmful than helpful because human food is not always healthy for wild animals.

Colorado Parks and Wildlife (CPW) reminds and urges the public to refrain from feeding wildlife.

Under Colorado law, feeding big game animals is illegal because it risks wildlife health and safety. Many cities have also implemented additional feeding restrictions for squirrels and rabbits. Those in violation are subject to fines,

and even worse, they could cause the animal to become sick and die.

### How can humans help wildlife?

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

## People See, People Do

### You can Kindle Kindness, too!

by Readers of Ute Country News

Sometimes the political news gets to be too much to bear. It can be an act of kindness to discuss concerns with others because it can help to know there are kindred spirits, which alleviates some of the stress, which then makes it easier to get on with the day. Being willing to listen to someone vent is an act of kindness that helps that person as well as every person they will be in contact with the rest of the day. Keep in mind that it wouldn't have to be about politics — the kindness is in giving the person a chance to vent.

• An unexpected gift of glycerin soap brightened our day! This gift is an act of kindness for the recipients as well as the planet!

• I listened to someone who was distressed about something neither of us could directly impact. However, I had a lead to an organization that could help and passed it on. That created an opportunity to make an impact and completely

turned the energy around! Sharing helpful information is an act of kindness.

• Sharing gifts from the garden is an act of kindness that helps the recipient as equally as it does the plant in the garden. Plants want to know they are appreciated, too! This gift was met with a reciprocated gift of an exercise band. Sharing is an act of kindness that creates connection, validation and a sense of belonging.

• A friend shared a magazine of interest with me. This is an act of kindness to me and the planet as the information is useful so will more likely end up in a 3-ring binder than the landfill!

• Sharing tips on how to prevent getting ripped off is an act of kindness for which I am grateful. Keep it up!

• I noticed that EVERY TIME there was

an opportunity for someone to hold the door for another customer, that opportunity was taken with a smile and returned with gratitude. We live in a kind community and that helps me feel like I belong and am safe.

• I casually asked my artist friend if she knew anything about bead spinners.

Much to my surprise, she came back the same day with a brand new, never used bead spinner, a loom and a 5-piece bead caddy! When I offered to pay, she said the empty space on the shelf was payment enough. Gifting something you no longer want or need to someone who does is an act of kindness that offers free space to the giver, special gift to receiver, kindness to the earth because it doesn't go in the landfill and best of all, the gift ignites a creative spark strong enough to withstand the major disappointment of the insurance company refusing my claim!

**ARE YOU AND YOUR VEHICLE READY FOR SPRING TRAVEL SEASON?**

**SCHUMACHER'S**  
Alignment & Tire Center

Over 35 Years in Teller County! Teller County's Oldest Family Owned & Operated Alignment & Tire Center!

Most Major Tire Brands Now Available

- Mufflers & Custom Exhaust
- Wheel Balancing
- Brake Service
- Oil Changes
- General Automotive Repair
- Cars ~ Trucks ~ 4x4's

WITH COUPON

220 S. Burdette, Woodland Park, CO

**719-687-2446**

10% OFF LABOR ON ANY SERVICE OVER \$100

Mon-Fri 8:00-5:00

Jamie Schumacher

**PROPANE**

Residential and Commercial Propane Delivery....

No additional fees.

**Glaser**

ENERGY GROUP, INC

Divide 650 County Road 5

**(719) 687-1180**

**Keep Your Butts In Your Car!**

Save our forests and homes!

# CPW's "Take a Friend Fishing" Contest

by Joey Livingston

For the sixth consecutive year, Colorado Parks and Wildlife and our partner Colorado fishing companies are encouraging anglers to take part in our *Take a Friend Fishing* Contest. Experienced anglers that introduce a novice to the sport can be eligible for some high value prizes. Both mentors and mentees are eligible to win.

Congratulations to our 2023 winners; Inna Mitchell and Christina Cordova (Commerce City), Paul Gaeke and Phil Jolas (Denver), and Debi Asselta and Paul Morland (Colorado Springs).

"Fishing is something a person can enjoy their entire life. When you teach someone how to fish, you can literally change their life forever," said CPW Angler Outreach Coordinator Andre Egli. "We've received some truly inspiring stories about fishing in Colorado over the past few years. Co-workers who became great friends, family members who reconnected, veterans who bonded over shared experiences, amazing moments that were made possible by Colorado's bountiful fishing opportunities. I'm excited to see what kind of photos and stories our anglers will send in this year."

Mentors, take a beginner angler out, or

mentees encourage an experienced angler to teach you how to fish and enter to win some great prizes by submitting a photograph and brief story of your time on the water. Submissions will be judged by their ability to inspire.

Winners will be selected at three different times throughout the year (July, October and February). Both the mentor, as well as the mentee will receive a prize. All prizes retail between \$300 - \$900!

### Prizes include:

- Cooler package: Soft sided YETI cooler and 60-quart polar cap cooler from Bass Pro Shops & Cabela's - \$600
- Full beginner fly fishing set up (rod/reel combo, tippet, leaders, tools, and fly box with 60 files) from Ascent Fly Fishing - \$400
- Full beginner spin-casting set up (rod/reel combo, net, and tackle box with over \$300 worth of gear and lures) - \$400
- Full ice fishing setups including: sled, auger, rods/reels, and pop up shelter - \$600
- Premium fly fishing set up: Orvis rods with Ross Reels - \$900
- Tenkara rods from Zen Tenkara - \$300
- Belly boat with accessories (fins & pump) - \$300

- Each winner will also receive a year subscription to *Colorado Outdoors Magazine*.

### How to qualify:

- Mentor and mentee must be at least 21 years of age.
- Mentees must meet one of these criteria:
  - Never had a fishing license until 2024
  - Only had a fishing license in 2023 (e.g., a second-year angler)
  - Not had a fishing license in the past five consecutive years (i.e., since 2019)
- Contest participants must follow all applicable Colorado fishing regulations.



2023 Take a Friend Fishing Contest winners Debi and Paul show off their catch.

- Mentor must have had a Colorado fishing license before the start of the contest.

To learn more, see the official rules (<https://woobox.com/ko7do5/rules>) and find out more about how to Take a Friend Fishing in 2024 (<https://cpw.state.co.us/thingstodo/Pages/Take-a-Friend-Fishing.aspx>).

# Wildland Fire Mitigation

by Flip Boettcher

You just received a CODE RED alert from Park County to evacuate immediately because of a wildfire threat coming your way. Wait, have you done any pre-planning: do you have a to-go bag packed and ready at the door with a few essentials, important documents, medications and any other things you might want to save? Have you planned for your pets, large and small and any livestock? Most importantly, have you done any fire mitigation around your property to help minimize any damage from the fire? Well, now it is too late. Remember you may only have minutes to evacuate.

The biggest major threat in our area is not a terrorist attack or flooding, (although the creeks may flash flood), but a raging, fast moving wildland fire. Wildfires can ruin homes and cause injuries or death to people and animals. "A wildfire is an unplanned fire that burns in a natural area such as a forest, grassland or prairie," according to the department of homeland security. We are in what is called the WUI, or the Wildland Urban Interface and fire mitigation is essential here.

Chief Aric Stahly of the Southern Park County Fire Protection District (SPCFPD) gave a great wildland fire mitigation basics class on April 13 at the Guffey fire station. The sad thing was there were only 11 homeowners present; the room should have been packed. Unless a property owner is willing to do fire mitigation around their house, they cannot expect the fire depart-

ment to save it in case of a wildland fire. Remember there is no fire season anymore. Fire season lasts all year long.

To have a fire, the basic fire triangle consists of heat, oxygen and fuel. The only component of this that one has any control of in the face of a wildfire is to reduce or eliminate the fuels it needs to burn beforehand.

Wildland fires are affected by fuels, wind, humidity and topography. Fires burning with the wind can quickly burn uphill. There are fast burning 1-hour fuels which include grasses; there are 10-hour fuels about one inch in diameter, which include shrubs and scrub oak that burn hot and fast; and there are 100-hour fuels which include trees of 1-5 inches in diameter. There are also ladder fuels and like the name suggests, they allow the fire to start low in small undergrowth, climb up the trees and possibly your house.

Fires go from grass to shrubs to ladder fuels to torching trees and to a crown fire, which involves just the tops of trees. So the idea is to take away the fuel around your house by removing the shrubs and keeping the grass short. You don't do this just once but keep at it.

You should trim trees up 6-8 feet and remove some of the duff underneath them, although grass is more dangerous than duff in fires.

Mitigate around your property and encourage your neighbors to do the same. You may not prevent a fire from spreading but mitiga-

tion may just save your home and slow down the fire spread. Mitigation works both ways — it protects your house from a wildfire and it also protects the forest from housefires.

Keeping structures on your property 20-30 feet apart helps keep the fire from spreading through radiant heat, as does construction materials. With enough heat though, anything will burn.

Typically, log homes resist burning, but attics are very vulnerable. Concrete and aluminum siding are better than wood siding. Cedar shake roofs are bad. Fire rated shingles and metal roofs are better. Embers can land on a metal roof can slide down the roof and ignite materials in rain gutters and land on decks; keep rain gutters cleaned out.

You want to make sure the fire department can locate you in case of an emergency. One needs a visible, reflective address sign which can be seen coming from any direction. Contact the fire department if you need a sign.

If you have a gate, you need to give the code to the fire department, they will not give it out and will only use it in an emergency, said Stahly. But be assured, with or without the code, the fire department can get through just about any gate in an emergency.

Also, your driveway and access road must be wide enough and not too steep for fire vehicles to access your house. It is also good to have some sort of turnaround or loop, if possible. It is also better to have two ways in-and-out of your property rather than just one.

Water availability is important too; a pond or cistern would be nice. The SPCFPD has a working fire hydrant at the Guffey station as well as a 30,000 gallon cistern behind the station and a rugged little 1850 gallon water tender to ferry water around. The next closest fire hydrant is in Cripple Creek, said Stahly.

The department offers residents a free wildland fire risk assessment where they evaluate your property for wildfire risk. Call the department to set one up: 719-689-9479 Monday-Sunday 9-3 p.m.

One of the main things is to catch a wildfire early; be vigilant. If you see what appears to be a smoke plume, call 911 immediately; better to be safe than sorry. Sign up for the Park County CODE RED alert for notifications of emergencies in your area.

The SPCFPD is 242 square miles and has 19 subdivisions with mostly larger properties. In the summer there are about 2,500 people and in the winter 700-900 people. On average, about 10 volunteers respond to emergency calls, said Stahly. The department is always looking for volunteers. There are lots of volunteer tasks to do for many different ages, not just fire-fighting or medical response.

If you have some time, consider volunteering at the fire department. If not you, who; if not now, when?

For more information call the department at 719-689-9479 or contact Chief Stahly at: [chief@guffeyfire.net](mailto:chief@guffeyfire.net).

- Clean gutters and sweep leaves and pine needles away from any structures
- Cut trees and limbs that might block your exit
- Work with your neighborhood to plan together!

### 8 - 10 Hours

- Concentrate on removing flammable vegetation and materials within 10 feet of your house including firewood
- Replace screen on attic and other outside vents with 1/8" non-combustible mesh.
- Help your neighbors needing assistance

With just a few hours every week-end, your property mitigation will move

quickly and you can contact local community service agencies for places to donate firewood for those in need.

You can check with your county for slash disposal options. CUSP operates Slash Drop-off Sites in Divide, Fairplay, and Bailey (links to all slash site details at <https://baileyslashed.com/>.)

You and your neighbors can also request chipping services. Check with your local fire department to see if they offer this service or CUSP has a Neighborhood Fuels Reduction program, operating from May-October, where you can schedule chipping services. Go to <https://cusp.ws/forest-issues-2/chipper/> for scheduling and fees.

# New State Wildlife Area at Collard Ranch

by Travis Duncan

On March 15, 2024, Governor Polis and Colorado Parks and Wildlife (CPW), in partnership with Western Rivers Conservancy and Great Outdoors Colorado (GOCO), announced a new State Wildlife Area at Collard Ranch. This 1,860-acre state wildlife area (SWA) in Park County preserves an important elk migration corridor and five miles of excellent fishing habitat along Tarryall Creek, increasing hunting and fishing opportunities for Coloradans. Since Governor Polis took office in January 2019, CPW has acquired for both Parks and Wildlife purposes more than 558,000 acres of public access, in the form of fee title, public access easements and public access leases.

"The Colorado way of life is deeply rooted in protecting and enjoying the great outdoors. By purchasing and protecting this land we are expanding fishing and hunting opportunities for all Coloradans, safeguarding and enhancing the Colorado we love. I look forward to enjoying all the Collard Ranch State Wildlife Area will have to offer once it opens to the public," said Governor Polis.

"Colorado Parks and Wildlife's acquisition of the Collard Ranch property marks a significant conservation success for our state," said CPW Director Jeff Davis. "The purchase underscores CPW's mission to preserve land for outdoor enthusiasts. With the support of partners like Western Rivers Conservancy and Great Outdoors Colorado, we are proud to take this crucial step in preserving Colorado's natural heritage for generations to come."

The Parks and Wildlife Commission approved the purchase of the property in November 2023 using GOCO and capital development funding. The final fee title purchase was signed on Friday, March 8, with Western Rivers Conservancy officially transferring the ownership to CPW.

CPW purchased this new SWA with \$2 million in revenue generated through the sale of the \$12.15 Habitat Stamp, which Colorado hunters and anglers purchase with a hunting or fishing license. Since the stamp requirement was put into place in 2006, the program has helped to secure public access for hunt-



ing and fishing to 146,300 acres of land and conserve more than 316,000 acres of fish and wildlife habitat in the state.

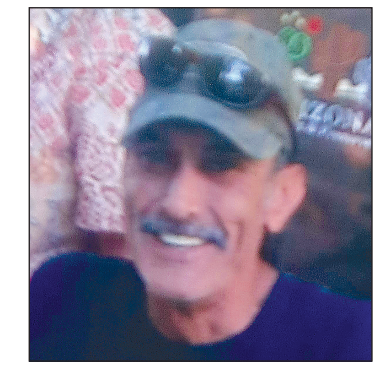
While the property will not open as Collard Ranch State Wildlife Area until infrastructure needs and accessibility enhancements are completed, hunters and anglers will eventually be able to access the SWA with a hunting or fishing license or the purchase of a State Wildlife Area pass.

"Tarryall Creek is a special area to so many people in Colorado, with easy access for Park County residents and folks living on the Front Range," said Allen Law, WRC's Interior West Project Manager. "We are proud to partner with CPW to forever protect this stretch of the creek, especially given its importance to a critical wildlife corridor and its iconic views of Kenosha Pass."

"We developed our Centennial Program to invest in once-in-a-generation opportunities that protect some of our most valuable places and create meaningful access to the great outdoors for Coloradans," said GOCO Executive Director Jackie Miller. "Western Rivers Conservancy and Colorado Parks and Wildlife have given us exactly that kind of opportunity with the Collard Ranch project, and we are proud to help make it a reality for Colorado with our \$6.25 million investment."

# Obituary

Dennis R. Wadkins



In loving memory of Dennis R. Wadkins who went to sleep on Easter Sunday 31 March 2024. He passed away at his home in Woodland Park, CO, after a long and painful illness.

Dennis was born in Phoenix, AZ to Kenneth O. Wadkins and Geraldine N. Wadkins, nee Smith, on 5 October 1947. The eldest of 11 children, he is survived by three sisters and two brothers: Marian Pratt of AZ, Pamela Green of MO, Valerie Hassard of CO, Billy Price of AZ, and Richard Price of NV. He is also survived by his loving daughter, Gerry Crowley and grandson Josh Wadkins, both of AZ.

Dennis wore many hats throughout his life. The ones he was most proud of were that of being an avid reader, a self-taught and accomplished musician, and a believer in God. He never stopped learning. He was a kind man and generous with his time as well as his knowledge and would give anyone a hand up. He loved to teach and had the patience to be a great one. He loved his family and friends. He loved Colorado. He lived his life to the fullest. He did it his way!

Dennis will be placed at the Pikes Peak National Cemetery in Colorado Springs, CO to honor his service to his country and his fellow Americans.

**UTE COUNTRY NEWS** FREE  
Putting the "unity" back in community™  
April 2024 P.O. Box 753, Divide, CO 80814 • 719-686-7587 • utecountrynews.com Vol. 16, No. 4

Welcome to Ute Country

"An election is coming. Universal peace is declared and the foxes have a sincere interest in prolonging the lives of the poultry."  
— T. S. Elliot

PEEK INSIDE...  
Visits With History Civil War Medicine  
Panning for Good: Exploring snow  
Susan Marion's Watercolors

# Advertise in the local paper that actually gets read...

- 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!"  
- most commonly heard feedback from our readers.

Call or Email for more information on how to get your word out!  
719-686-7587  
[utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com)



## ~OUT AND ABOUT~

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

### AVAILABLE VIRTUALLY

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

### ALZHEIMER VIRTUAL WEBINARS

- 9 Understanding & Responding to Dementia Related Behaviors 12-1:30 p.m. 800-272-3900.
- 29 Navigating Care Options 12-1:30 p.m. 800-272-3900.

### CAÑON CITY

- 1 Free Legal Clinic 2-5 p.m. Call 719-269-9020 to schedule.
- 1st Friday Lego Club 3 p.m.
- 2nd Friday Breakout Box 3 p.m.
- 3rd Friday Creative Crafting 3 p.m.
- B.O.O.K. (Babies on our knees) story time Mondays 10:30
- Chess Club Wednesdays 2 p.m.
- Cribbage Club Fridays 10-noon.
- 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 3rd Tuesdays 3 p.m.
- Story time and craft Tuesday and Thursdays 10:30 a.m. All at 516 Macon Ave unless otherwise specified. FMI 719-269-9020 [www.ccpplib.co.us](http://www.ccpplib.co.us)

### COLORADO SPRINGS

- 4 Comedian Nate Bargatz' Be Funny Tour at Broadwater World Arena.
- 4 Please join Pikes Peak Hospice & Palliative Care and Voices of Grief Support & Education Center as we create cards and stone to bring hope and encouragement to our community 9-noon. Stay as long as you like. FMI [kathy.sparmins@voicesofgriefcenter.org](mailto:kathy.sparmins@voicesofgriefcenter.org)

### CRIPPLE CREEK

- 2 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m. This meeting is our post elections, news and upcoming events.
- 6 USAF Academy Band will present a FREE concert at Pikes Peak Center. Doors open at 6 p.m., show begins at 7 p.m.
- 8 Auditions for Cripple Creek's Got Talent through Friends of the Butte 6-9 p.m.
- 10 Cripple Creek's Got Talent 7 p.m. Tickets available [butte theater.com](http://butte theater.com) or 719-689-6402.
- 16 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 East Bennett Ave.
- 18 TCRAS Vaccine Clinic 10-2 p.m. at Fire Department. Reserve your spot at [www.tcrascaloradolorado.org](http://www.tcrascaloradolorado.org) Suggested donation \$20-microchip, rabies vaccine \$10. Distemper also available.
- 18 History Talk by Linda Womack, "Women of Colorado Mines" 11 a.m. at Heritage Center see page 10.
- 18 Victorian Society Tea 11:30-1:30 p.m. at the Aspen Mine Center, sponsored by the Gold Camp Victorian Society. \$25 pp. RSVP 310-

## Season Extending Techniques and Greenhouses

by Jana Bartlet

The CSU Extension Teller County Master Gardeners will be holding their annual gardening classes at the Woodland Park Library lower-level the 3rd Saturday of the month through May from 10:30-12:30 p.m. The last class will be on Saturday, May 18 and will discuss Season Extending Techniques and Greenhouses. The class will be presented by Teller County Master Gardeners Jana Bartlett and Barry Jensen. Do you want to start gardening earlier and extend the season later? This class covers ways to accomplish this. The benefits and challenges of greenhouse gardening will also be discussed. Class size is limited to 40 on a first-come, first-served basis. Walk-ins are welcome on the day of class if/until the class is full. The cost is \$7. Please contact Marie Bartol at 719-687-1290 with questions or for more information or to register.



- 926-8457.
- 24-27 Memorial Day Weekend Art Show at Heritage Center.
- 25-Aug 31 Gold Camp Victorian Society Historical Tours.
- 27 Memorial Day is the release of the donkeys from C Street and Thurlow Avenue to room the city for the summer. FMI see page 3.
- Save the Date June 1 History Talk "Natives Today — Who We Are in Our Own Words" at Heritage Center.
- GED Classes Mondays & Wednesdays 1-3 p.m. New students (minimum age 16) may join GED classes after completing orientation and \$40 registration fee. FMI [Katy@cpteller.org](mailto:Katy@cpteller.org)

- ASPEN MINE CENTER
- 31 Commodities distribution 9-1 p.m.
- Mondays AA meeting 3-4 p.m. 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 Bennett Ave. FMI 719-689-3584 x124.

### DIVIDE

- 4 Paradox Makers Market 11-5 p.m. Join us on the first Saturday of the month from May through October! Makers Markets are held at Paradox Beer Company displaying various products from local artists and merchants. Enjoy the outdoors with beer, spirits and a full food menu! Vendor opportunities! Contact us. Hosted by Among the Aspens Collective. [amongtheaspenscollective@gmail.com](mailto:amongtheaspenscollective@gmail.com).
- 10, 24 Teller Senior Coalition BINGO! 10-11:30 a.m. at Little Chapel Church 69 CR 5. RSVP 719-687-3330 ext. 6. Call to set up a ride 719-687-0256.
- 12 Mother's Day with the Wolves 9-11 a.m. Wolf tour, a flower for Moms and snacks. \$40 for adults, \$20 for kids 6-11. Advance reservations required 719-687-9742.
- 13, 27 Little Chapel Park Nantury Distribution 2-5 p.m.

### FAIRPLAY

- 8 Free Legal Clinic at the library 2-5 p.m. Call 719-836-4297 to schedule.

### FLORENCE

- 11 Holistic Arts Fair 10-5 p.m. at Pathfinder Park.
- 11 The 5th Annual Armed Forces Art Exhibit and Sale see page 17.
- 11 The Globe's Grand Opening 10-5 p.m. see page 5.
- 11 Book signing by Barbara Jameson, owner of Lark Landing B&B 2 p.m. Bar-

- bara brings her famous B&B recipes and funny life stories along with a fresh pineapple upside down cake.
- 17-18-19 Junktique — Car Show see page 10.
- JOHN C FREMONT LIBRARY
- 6 Friends of the Library Mother's Day Auction ends at noon.
- 21 Tatiana Gerena, a representative from the CU Cancer Center will be giving information on sun safety 2 p.m.
- 28 Registration for the 2024 Summer Reading Program begins for all ages. The theme this year is "Adventure begins at your library."
- Fridays Story Time reading 10:30 a.m.
- Artist of the month is Dorothy Awo. FMI 719-784-4649.

### FLORISSANT

- Save the date! Indian Creek Property Owners Association (ICPOA) 2nd Annual Community Wide Yard Sale Day and Dumpster Days. If you live in Indian Creek and would like to participate in the community-wide yard sale day, reach out to [ICPOAAssociation@gmail.com](mailto:ICPOAAssociation@gmail.com) to get the map for June 1, 2024. Clean up and clean out, then after the sale you can continue your clean up by taking advantage of the neighborhood Dumpster Days on June 8 and 9, noon-7 p.m. at 1045 Pathfinder Rd.

### GRANGE

- 11 Pine Needle Basket Class 9-12 p.m.
- 11 Needle Felting Class 10-12 p.m.
- 11 Fabric Landscaping Class 11-12 p.m.
- 11 Paint with Me 12:30-1:30 p.m. Classes by reservation only call 719-510-2325 to RSVP.
- 25 Purple Heart Community Sign Dedication 11 a.m. All Veterans, Purple Heart Veterans and the public are invited to join the Florissant Grange as we proclaim Florissant as a Purple Heart Community. The Proclamation will be read by the Master of the Grange, Alan Caldwell and following food will be provided in the main building by the Florissant Grange Quilters who will also hold a fundraising event for the Quilt of Valor quilts that are presented to Veterans in our community.
- Tuesdays Quilters meet to make Quilts of Valor 9-noon.
- Thursdays Potluck and Music 6-8 p.m. Dancing encouraged! At the Grange.

### LIBRARY

- 3 Family Movie Day at 11 a.m. Come watch Wish!
- 4 Homesteading Series at 10 a.m. Join us for two back to back sessions about home-

stead and rural living!

- 8 Florissant Bookworms Book Club 10:30-12 p.m.
- 10 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. May's theme is Joy.

Science Bites at 11 a.m. Join us for bite sized science experiments! Geared for young kids up to age 12. May is themed "Bear Safety!"

- 11 Homesteading Series at 10 a.m. Join us for two back to back sessions about homesteading and rural living!
- 14 AARP Smart Drivers Course at 1 p.m. Please call 719-748-3939 to register!
- 17 Family Craft Day at 11 a.m.
- 17 Friends at the Table Cookbook Club, theme is "Brunch" Bring a dish to share! 11:30-1 p.m.

Homesteading Series at 10 a.m. Join us for two back to back sessions about homesteading and rural living!

- 21 Read Amok Book Club themed "Travel" Bring up to 5 books within the theme to share! 11-12:30 p.m.
- 21 Free Legal Clinic 2-5 p.m. Call 719-748-3939 to schedule.
- 24 Family Food Crafts at 11 a.m. Come make fun monkey sandwiches!

Homesteading Series at 10 a.m. Join us for two back to back sessions about homesteading and rural living!

- 31 Princess Storytime at 10 a.m. Come sing songs and read stories with Princess Belle.

Tuesdays Tai Chi 10-11 a.m. Come relax with us!

- Thursdays Yarnia! 10-12 p.m. Craft and share your knitting and crocheting love with others!

The second and fourth Tuesday of each month join us for Hooks and Needles, an additional club for crafting! 10-12 p.m.

- The third Wednesday of each month join us for Crafting Together, a club where we finish our abandoned art projects. 10-11:30 a.m.
- Strength and Grace Workout for Women every Thursday at 11 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 Uninterrupted 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 at 10 a.m. FMI 719-748-3939

### GUFFEY

- May 8 Coffee and Doughnuts with the Fire Department. Note: typically classes start at 9:30 a.m., however the time will be determined as each class approaches. Anyone who would like to join their email list for announcements, news and community education can email [office@guffeyfire.net](mailto: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/service-page/sunday-community-yoga-livestream>.

### MANITOU SPRINGS

Save the Date! June 1 Annual Manitou Springs Colorado Wine Festival located at Memorial Park. For tickets and info <https://manitousprings.org/manitou-springs-colorado-wine-festival/> or call 719-685-5089.

### SALIDA

- 1 Maryanne Rozzi Celtic Harpist will be performing background music for the Salida Council of Arts May Mixer and featured at the Paquette Gallery in the Steam Plant 5-6:30 p.m.

Maryanne Rozzi, Celtic Harpist will be performing for a Mother's Day High Tea 11-1 p.m. This event is presented by "A Day to Remember Events" at the Scout Hut in Salida, located in Riverside Park 210 East Sacket Ave. Cuisine by Kalamata Pit. Best in Show Hat contest and much more. \$40/person. If you would like to book Maryanne for your next special event, contact her at 719-838-0279 or email [solarozzi@yahoo.com](mailto:solarozzi@yahoo.com).

### VICTOR

- 24-26 City-Wide Garage Sale.
- Victor Lowell Thomas Museum is open weekends in May and daily from May 25 through Sept 30.

### WOODLAND PARK

- 4 Pampering Spa @ Mountain Vapor Lounge. See page 4
- 5 High Altitude, Flute Ensemble 3 p.m. at Mountain View United Methodist Church 1101 Rampart Range Road. Free — donations welcome.
- 14 Teller County Job Fair See page 6.
- 19 Woodland Park Wind Symphony Spring Concert 7 p.m. at Church of the Nazarene Hwy 67 N & County Road. Free — donations welcome. This is a NEW and LARGER facility! The Church of the Nazarene has graciously made their church available. Due to the larger performing size, reservations are not needed. The Church will provide refreshments at 6:15 p.m. in their lobby entrance. Enjoy the concert at 7 p.m. FMI [www.woodlandpark-windsymphony.com](http://www.woodlandpark-windsymphony.com)

### THE BAKERY

- 12 Mother's Day Brunch 10 a.m.-2 p.m.
- 25 Memorial Day Special featuring music by Super Chuck @noon.

### COLORADO MOUNTAIN DISTILLERS

- 4 Crawfish Boil
- 5 Cinco de Mayo
- 11 Sandy Wells
- 12 James Speiser
- 17 John Spengler
- 18 Patchwork Jack
- 25 Greg Brazill
- 26 James Speiser
- 27 Memorial Day

### LIBRARY

- 6 Bee Keepers 10 a.m. They meet every first Monday of the month and discuss everything bee keeping. Come and join the group.
- 7 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 crochet, knit and talk away.
- 8 Free Legal Clinic 2-5 p.m. Call 719-689-9280 to schedule.
- 20 Guffey Literary Society 1-3 p.m. Book choice for May discussion is "The Library of Lost and Found" by Phaedra Patrick. The Guffey Literary Society is a wonderfully dynamic and diverse group.

continued on next page

continued from page 22

entry to door prizes and 1 free drink ticket. Pre-Order tickets at [utepassymphonyguild.ticketprice.com/casino-night-above-the-clouds-or 501-270-9239](http://utepassymphonyguild.ticketprice.com/casino-night-above-the-clouds-or 501-270-9239).

- Save the date June 2 Peak Homeassemble 2 p.m. at Mountain View United Methodist Church 1101 Rampart Range Road. Free — donations welcome.

### COMMUNITY PARTNERSHIP

- 7 Crossroads Co-Parenting Seminar 4:30-8:30 p.m. Teller County court approved parenting and divorce class seminar. \$35 fee. Pre-registration required. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).
- 25 Community Garden Orientation 11-1 p.m. Learn how to garden at high altitude, grow fresh produce, and connect with other local gardeners. Interested in being a gardener, volunteering, or adopting a demonstration bed? Orientation required to participate in the Community Gardens. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org)

Yoga with Leah Mondays No Yoga May 27 10-11 a.m. First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI [Michelle@epteller.org](mailto:Michelle@epteller.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@epteller.org](mailto:Michelle@epteller.org)

All programs at Community Partnership 701 Gold Hill Place unless otherwise noted. FMI 719-686-0705.

Evening Adult Fiction Book Club 5 p.m.

Teen Craft Day 3:45-5:30 p.m. Let's make paper book butterflies!

Q is For Questioning workshop at 6 p.m. for parents, guardians, social workers, and other professionals. Just one trusted adult can save the life of an LGBT teen. Register online.

Reader's Circle Book Club 10:30 a.m. in the Large Meeting Room.

"Plant Protection: Hail, sun, wind and critters" 1 p.m. presented by Chris Fahler of WP Harvest Center. Lower level of library.

Fiber Arts Club 1 p.m. Come make and share your fiber art! Knitting, crocheting, weaving, bracelet making, whatever you like!

Teen Craft Day 3:45-5:30 p.m. in the Teen Room. Let's make paper book butterflies!

Celebrating Diversity at 3:45 p.m. A social group for LGBTQIA teens and allies. Crafts and snacks provided!

**Compassion ANIMAL HOSPITAL**  
GREGORY S. COOPER, D.V.M.  
6719 687-6000  
312 W. Hwy. 24 • Box 5999 Woodland Park, CO 80866  
[gcompassionanimalhospital@gmail.com](mailto:gcompassionanimalhospital@gmail.com)  
[mycompassionanimalhospital.com](http://mycompassionanimalhospital.com)

**ROCKY MOUNTAIN CIGAR COMPANY**  
CIGAR AND SIPPING LOUNGE  
INDOOR GOLF SIMULATOR  
GUIDED FLY FISHING  
ESPRESSO BAR  
640 Route 285 unit C • Fairplay  
at the Sinclair Station  
**218-556-3809**  
Hours: Mon.-Sun. 9am - 7pm  
[www.rockymtncigarco.com](http://www.rockymtncigarco.com)

**Barbara Pickholz-Weiner**  
RN, BSN, MAC, EMDRI  
Journeys Counseling Center  
(719) 510-1268  
321 W Henrietta Ave • Ste AA Woodland Park, CO  
80863 [www.journeyscounselingcenter.com](http://www.journeyscounselingcenter.com)  
[journescounselingctr@gmail.com](mailto:journescounselingctr@gmail.com)

**MUSIC LESSONS**  
Violin, Beginning Guitar and Mandolin  
**FLIP: (719) 429-3361**  
[flip@ghvalley.net](mailto:flip@ghvalley.net)

## ~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.

community to connect.

- GED Classes Mondays & Thursdays 5-7 p.m. New students (min. age 16) may join GED classes after completing orientation and \$40 registration fee. FMI [Katy@cpteller.org](mailto:Katy@cpteller.org).

Pearson VUE Testing Center Mondays 9:30-5 p.m. Closed May 27. Schedule your certification or licensure exam at [www.pearsonvue.com](http://www.pearsonvue.com). Fees vary. FMI [Katy@cpteller.org](mailto: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@cpteller.org](mailto:Aimee@cpteller.org)

Yoga with Leah Mondays No Yoga May 27 10-11 a.m. First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI [Michelle@epteller.org](mailto:Michelle@epteller.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@epteller.org](mailto:Michelle@epteller.org)

All programs at Community Partnership 701 Gold Hill Place unless otherwise noted. FMI 719-686-0705.

Evening Adult Fiction Book Club 5 p.m.

Teen Craft Day 3:45-5:30 p.m. Let's make paper book butterflies!

Q is For Questioning workshop at 6 p.m. for parents, guardians, social workers, and other professionals. Just one trusted adult can save the life of an LGBT teen. Register online.

Reader's Circle Book Club 10:30 a.m. in the Large Meeting Room.

"Plant Protection: Hail, sun, wind and critters" 1 p.m. presented by Chris Fahler of WP Harvest Center. Lower level of library.

Fiber Arts Club 1 p.m. Come make and share your fiber art! Knitting, crocheting, weaving, bracelet making, whatever you like!

Teen Craft Day 3:45-5:30 p.m. in the Teen Room. Let's make paper book butterflies!

Celebrating Diversity at 3:45 p.m. A social group for LGBTQIA teens and allies. Crafts and snacks provided!

shop at 6 p.m. for parents, guardians, social workers, and other professionals. Just one trusted adult can save the life of an LGBT teen. Register online.

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

Basic Plumbing at 1 p.m. Learn the basics of PEX-A pipes for plumbing use in your home.

Woodland Park Book Club 10:30 a.m. Check our book club's page to see what we're reading next!

Q is For Questioning workshop at 6 p.m. for parents, guardians, social workers, and other professionals. Just one trusted adult can save the life of an LGBT teen. Register online.

Reader's Circle Book Club 10:30 a.m. in the Large Meeting Room.

"Plant Protection: Hail, sun, wind and critters" 1 p.m. presented by Chris Fahler of WP Harvest Center. Lower level of library.

Fiber Arts Club 1 p.m. Come make and share your fiber art! Knitting, crocheting, weaving, bracelet making, whatever you like!

Teen Craft Day 3:45-5:30 p.m. in the Teen Room. Let's make paper book butterflies!

Celebrating Diversity at 3:45 p.m. A social group for LGBTQIA teens and allies. Crafts and snacks provided!

Season Extenders and Greenhouses 10:30-12:30 p.m.

Back on the Shelf Banned Book Club at 4 p.m. Check our website for what we're reading in May!

Free Legal Clinic 2-5 p.m. Call 719-748-3939 to schedule.

Memory Cafe at 1 p.m. Have a loved one experiencing memory loss or brain change? Join this group of caregivers and loved ones for an afternoon of activities, music, refreshments, friends and community support.

Season Extenders and Greenhouses 10:30-12:30 p.m.

Back on the Shelf Banned Book Club at 4 p.m. Check our website for what we're reading in May!

Free Legal Clinic 2-5 p.m. Call 719-748-3939 to schedule.

Memory Cafe at 1 p.m. Have a loved one experiencing memory loss or brain change? Join this group of caregivers and loved ones for an afternoon of activities, music, refreshments, friends and community support.

Basic Plumbing at 1 p.m. Learn the basics of PEX-A pipes for plumbing use in your home.

Woodland Park Book Club 10:30 a.m. Check our book club's page to see what we're reading next!

Q is For Questioning workshop at 6 p.m. for parents, guardians, social workers, and other professionals. Just one trusted adult can save the life of an LGBT teen. Register online.

Reader's Circle Book Club 10:30 a.m. in the Large Meeting Room.

"Plant Protection: Hail, sun, wind and critters" 1 p.m. presented by Chris Fahler of WP Harvest Center. Lower level of library.

Fiber Arts Club 1 p.m. Come make and share your fiber art! Knitting, crocheting, weaving, bracelet making, whatever you like!

Teen Craft Day 3:45-5:30 p.m. in the Teen Room. Let's make paper book butterflies!

Celebrating Diversity at 3:45 p.m. A social group for LGBTQIA teens and allies. Crafts and snacks provided!

Season Extenders and Greenhouses 10:30-12:30 p.m.

Back on the Shelf Banned Book Club at 4 p.m. Check our website for what we're reading in May!

Free Legal Clinic 2-5 p.m. Call 719-748-3939 to schedule.

Memory Cafe at 1 p.m. Have a loved one experiencing memory loss or brain change? Join this group of caregivers and loved ones for an afternoon of activities, music, refreshments, friends and community support.

Basic Plumbing at 1 p.m. Learn the basics of PEX-A pipes for plumbing use in your home.

Woodland Park Book Club 10:30 a.m. Check our book club's page to see what we're reading next!

Q is For Questioning workshop at 6 p.m. for

**Shipping Plus will be closing at 4:30 on Thursday, May 9th, and reopen again on Tuesday, May 14th. Sorry for the inconvenience!**

# Shipping Plus

*Your Full Service Shipping & Business Center*

**52 County Road 5 - Divide**  
(Behind Divide Market, Next to Russ' Place)

**719-686-7587 • Open M-F 9-5:30**

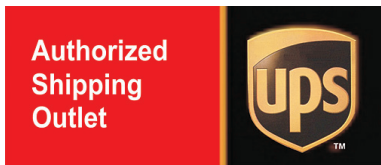
**ShippingPlusCO@gmail.com • www.shippingplusco.net**

## *For All Your Shipping Needs...*

### Shipping Services Pick-Up Times



**1:00 p.m.**



**4:00 p.m.**



**4:30 p.m.**

### Shipping Supplies

*Boxes • Bubble Wrap*

*Peanuts • Packing Tape*

*Packaging & Wrapping*

*Services Available*

***Home Office Supplies***

## *For All Your Printing & Copy Services...*

*Tri-fold Brochures & Flyers*

*Spiral-Bound Booklets & Calendars*

*POA & HOA Newsletters (with/without mailing)*

*Restaurant Menus - both disposable AND wipeable*

**• Scan to Email • Fax • Copies**

**Printing • Design • Business Cards • Brochures • Flyers**

**Keys • Laminating • Notary • Greeting Cards**

**Gift Wrap • Pottery by Diane Foster**

**The Plant Lady Seeds and Blessing Beads**