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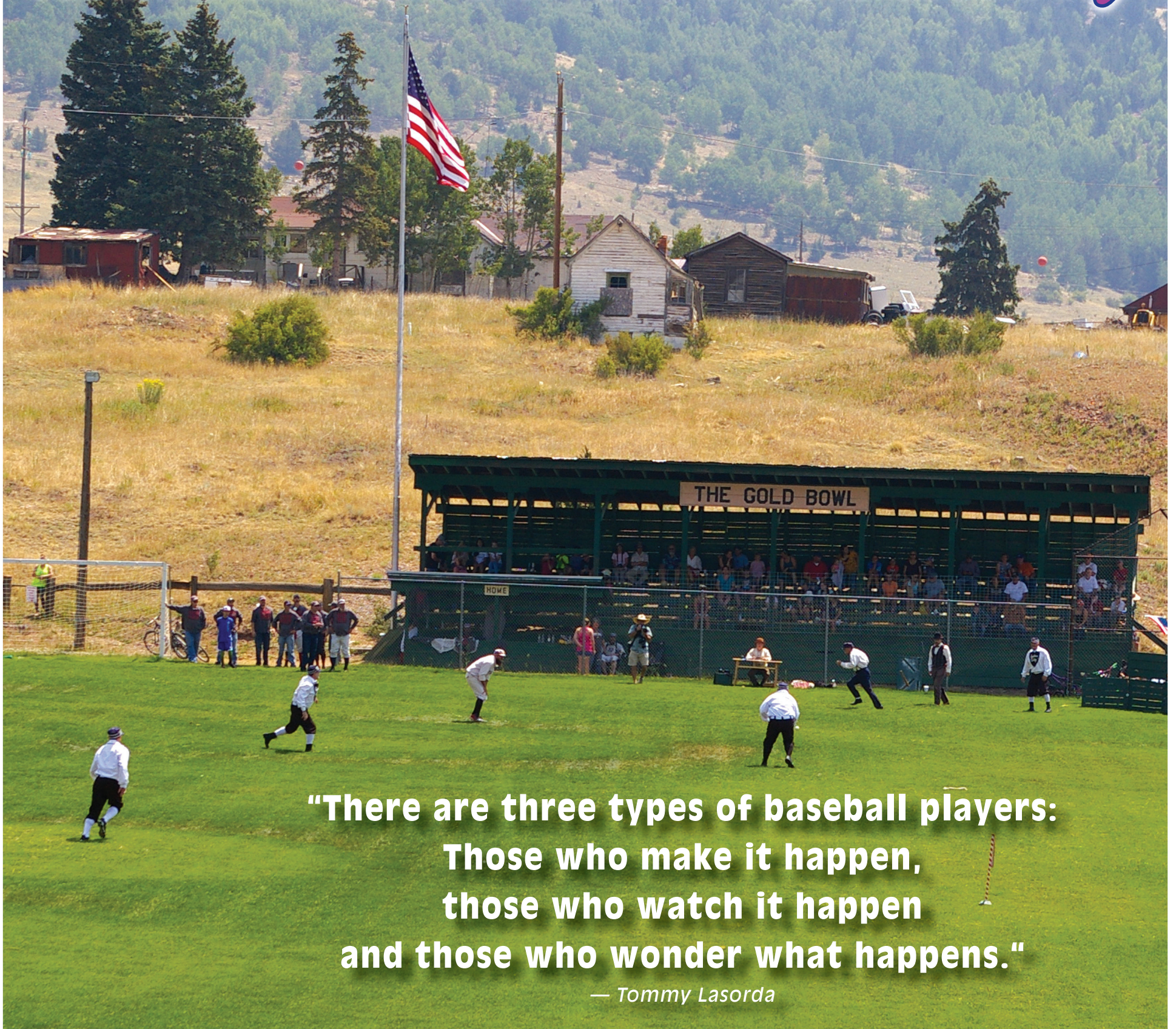
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April 2019

P.O. Box 753, Divide, CO 80814 • 719-686-7393 • utecountrynews.com

Vol. 11, No. 4

## Welcome to Ute Country



**"There are three types of baseball players:  
Those who make it happen,  
those who watch it happen  
and those who wonder what happens."**

— Tommy Lasorda

### PEEK INSIDE...



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Bald Eagle in a tight spot



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STEAM and Tech for All



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Celebrate! East Main St, Florence, CO



# Easter Brunch

## Sunday, April 21

### 10 a.m. - 2 p.m.



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Students in grades 1 through 5 are invited to enter IREA's electric safety poster contest. Winning posters from each grade will earn \$100 for the artist and be used to promote National Safety Month in June.

visit [www.IREACoop](http://www.IREACoop) for full details and an official entry form.

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John



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## On Deck



April is such a transitional month in the mountains, you just never know what kind of weather we'll actually get, however, most everyone is hoping for the warmer side of spring. Baseball season is one of the hallmarks of spring, so we felt this photo taken of a Vintage Baseball Tournament game in Victor, CO would be the perfect cover for April.

We also found the quote to be amusing and worth sharing as it applies to other aspects of life, as well some of the articles in this April issue. Those readers who are making things happen will enjoy the return of *Growing Ideas*, as Karen Anderson bellows the creative spirit in theme gardening ideas. Those who read *Heaven and Earth* may be inspired to watch the process unfold as it happens while working with a pendulum. Anyone who has ever dealt with a narcissist will enjoy how *Life Enhancing Journeys* breaks down the process to show us what happens.

We are running low on Critter Corner pics. As our days get longer and you've got more energy, please grab your phone or camera and capture that critter, then send it to us at [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or snail mail POB 753 Divide, CO 80814.

The response from our readers has been so great that we had to increase our circulation to 17,000 in March, and 18,000 copies in April! Thanks!

The deadline for our May issue is April 22. Last, but not least, we said our fond farewells to Publisher Emeritus, Carmon Stiles a few weeks ago (see obituary on page 9). Carmon and Beverly will remain publishers emeritus as long as we own the paper; gone but not forgotten!

Thank you,  
— Kathy & Jeff Hansen

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

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

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First Class subscriptions are available for \$36 for 13 issues, or 6 issues for \$18.



## The Thymekeeper

### The Miracle Tree: *Moringa oleifera*

by Mari Marques-Worden  
photos by Mari Marques-Worden

As an herbalist, all plants are special in my eyes but occasionally I come across a plant that truly inspires me and gives me hope in a time when hope can seem harder to find. The moringa tree AKA tree of life is truly miraculous in that a person could live by simply consuming that one single plant. Although I wouldn't recommend eating one food as a habit, it could keep you alive in the unlikely event that you couldn't get to any other food which speaks to its incredible nutrient content. It is the most nutrient dense plant and has more protein than any plant discovered to date. Moringa is truly a super food and medicine.

The typical American eats "food like products" which do not serve as anything more than to fill our stomachs and contribute to chronic disease. Our agricultural practices further deplete our soil of nutrients so even if you think you're eating healthy, our vegetables are far less nutritious than they were even 50 years ago. I would go as far as to say 99% of people are deficient in vitamins and minerals due to the way our food is grown and our sad American diet.

### Moringa's vitamins and minerals

When we lack minerals we lack vitamins, as minerals are a catalyst for the absorption of vitamins. Supplementing with one vitamin or mineral can be pointless as they need a certain balance in order to work. Nature provides that balance and is far wiser than humans in that aspect. If you are going to use supplements, I recommend letting Nature work her magic.

Moringa is abundant in vitamins and minerals. A nutritional powerhouse, it has more calcium than milk, more iron than spinach and more potassium than bananas just to name a few. It has been scientifically proven that one serving of moringa contains more than 90 different vitamins, minerals and nutrients. No supplement on the market today can come remotely close to that.

Vitamins found in moringa are A, B1, B2, B3, B5, B6, E, C, K and Folic acid.

Its mineral wealth includes calcium, potassium, iron, magnesium, phosphorus and zinc.

### Amino acids

There are 8 amino acids essential to human life and there are very few vegetables that can lay claim to containing all 8. Moringa has them all. These amino acids form the basics of building proteins. Moringa also contains 10 non-essential amino acids and is a complete protein. Moringa has more protein by weight than meat, dairy, eggs or soy.

For the complete list of the amino acids see more here: <http://www.ilovemoringa.com/>

Moringa is beneficial to all systems of the body and is known to treat over 300 diseases. Too many to list in this article but some of the more common conditions it addresses are as follows:

- Depression and anxiety
- Inflammation
- Rheumatism, arthritis and joint pain.
- Digestive disorders including ulcers
- Protects against cancer
- Nervous system disorders including epilepsy and headache
- Enhances energy and alertness and increases metabolism
- Resolves vitamin/mineral deficiency
- Overall reproductive health
- Lowers high blood pressure and cholesterol
- Lowers blood sugar levels
- Improves eye sight
- Beneficial to skin, hair and nails and resolves skin disorders
- Contributes to bone health
- Potent anti-microbial
- Anti-aging

Moringa does what it says it does in short order. Most people see positive results within the first two weeks of consumption. (*Moringa of the Tree of Life* by-Muhammad Umar)

### Eating moringa

Plant based foods have phytonutrients that contribute to overall good health. As a food, moringa leaves can be eaten as a salad green, sautéed like spinach or dried and made into tea. I personally would sit under the tree and eat them fresh keeping the enzymes intact. They are delicious as well as nutritious. You can also add them to rice or casserole dishes for an interesting flavor twist. Whichever method you choose to consume the leaves, it's good to know the fresher the better, as heat destroys some of the goodness of the plant.

It is recommended to cook the flowers and buds. The young seed pods can be eaten like green beans. The seeds themselves can be de-hulled and eaten like nuts. An amazing side effect of eating the fresh seeds is everything you eat afterward will taste sweet which could lessen sugar cravings. Eating 2-3 seeds per day will give an energy boost that you can literally notice and trust me, there is no shortage of seeds from one single moringa tree. You could share and energize your entire neighborhood! The mature seeds can be fried or roasted, and it's reported they taste like popcorn.

It's not recommended to eat the root or root bark of the tree as it contains a toxic substance called moringinine. I wouldn't want to kill the tree by taking the root or take a chance of poisoning myself. The leaves and seeds are easy



to harvest. Entire branches can be snapped off because they will re-grow and supply you with a never-ending bounty of food and medicine. Strip off the leaves and the remaining wood can be reduced in a wood chipper and added to the garden as mulch.

Most people prefer to buy processed moringa powder or capsules. As with all herbal supplements, do your research before buying. Contact the company to ensure the moringa was processed using low heat. Don't be afraid to ask for a sample before buying. The color of the product should be bright green in color and not tan or brown.

A credible source for high quality moringa supplements can be found here: <https://www.elgeenatural.com/>

### Growing moringa


This highly valued tree is native to India but grows in tropical and sub-tropical areas all around the world. It is a deciduous, fast growing tree that is drought resistant and could be used to obliterate world hunger and malnutrition, in my humble opinion. Unfortunately for us at higher altitudes, if the roots freeze, the tree will die. They don't like the cold and will drop their leaves if exposed to it. For those fortunate enough to have a greenhouse and wish to try their hand at growing moringa, starts will be available in May from The Thymekeeper. If space is an issue, the trees can be dwarfed and grown in pots. For more on how to dwarf a tree see: <http://www.moringamatters.com/how-to-grow-a-dwarf-moringa-tree.html>

For information on growing and harvesting moringa see more here: <https://www.youtube.com/watch?v=mqLjXtr9Wye0>

Mari Marques-Worden is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari at [mugsyspad@aol.com](mailto:mugsyspad@aol.com) or 719-439-7303 or 719-748-3388. Mari is available for private consultation.

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## One Nation Walking Together Colonization: Different countries, different stories, similar situations

by Kelli Herr

After graduating college, I purchased a one-way ticket to India. I wanted to take some time to travel and experience new cultures before diving into the workforce. India was hands down the most colorful, crowded, and diverse country I have ever visited. I realized that those who call New York *The City That Never Sleeps* likely haven't visited Mumbai. I learned that monkeys really do steal bananas, cows truly do roam the streets, and the food can indeed be extremely spicy. Some of the presumptions I held about the country were reinforced by my experience. However, many stereotypes were challenged.



Unlike other places I have travelled, many of the people I befriended during my time in India were born and raised there. Prior to visiting, I anticipated that most of the places I would stay would be a bit touristy and primarily full of European and American travelers. I was pleasantly surprised to meet so many young Indian travelers in hostels exploring all the beauty and diversity their country has to offer.

Getting to know local Indian people was a lot easier than I had expected. I did not realize that so many people were fluent in multiple languages. Many of the people I met spoke English, Hindi, and their mother tongue — at least. Without language as a barrier, I was able to connect with people and foster genuine relationships. In turn, this made my time in India rich, fulfilling, and educational.

Being able to travel to a new country and learn about their culture without having to learn another language is a luxury — a luxury grounded in colonization. From the beginning of the 17th century until 1947, India was under British rule. During this time, the Brits built railway systems to connect ports and increase trade routes. Additionally, they opened many English-speaking schools in the pursuit of civilizing and Christianizing the people of India. Like North America, British rule and colonization drastically changed the lives of original inhabitants of the land. But unlike North America, colonization did not reach the point of genocide. Modern Indian culture is strong, their languages are vibrant, and their independence has led to a growing economy. Whether or not colonization was good or bad for India in the long run is a controversial topic, but one that is two-sided.

Prior to traveling to India, I spent a lot of time in Native American communities. The stories Native people shared about colonization and its ongoing effects were heart-wrenching and painful. They shared stories of their ancestors being pushed off of their

land and forced to walk thousands of miles to unfamiliar terrain. With heavy hearts, they spoke of their many relatives who didn't survive these brutal treks. They discussed how they were stolen from their homes as children and taken to Christian boarding schools against their will and the will of their families. With tears in their eyes, they talked about how these boarding schools and other policies slowly killed their language, culture, and identity. They told of missing and murdered indigenous women, drug abuse, domestic violence and lack of jobs. They shared many stories, but not a single one alluded to a "bright side" of colonization.

Therefore, my perception of colonization was extremely negative and I predicted that most Indian people would carry the same distaste for colonization as Native Americans do. I was shocked when I heard the young Indian individuals who I befriended speak of the positive impacts colonization has had on their country. One of my best friends and travel partners, Trisha Parekh, who was born and raised in India shared the following:

*British Colonization was both good and bad for India. The British brought in a lot of innovations like the Railways. In return, they mined metal, harvested superior quality cotton and spices, and exported it to England. For this, they used Indian labor. These laborers weren't paid very well and moreover, they missed being free. However, in this process, Indian laborers learned some skills which they otherwise wouldn't have. As years passed, India missed their freedom more and more until the point that they revolted and drove the British away. All in all, the British took away a lot of India's precious resources including gems and gold. In return, they gave India a Western perspective on science and technology, managed to teach the English language to a large chunk of the population (which to date has helped India in being globally noticed and heard), and gave us the great Indian Railways which has one of the best connectivity to the remote parts of the country for both freight and passenger commute. I don't know how India would have turned out without British colonization, but I think that the way it all took place worked out quite well for my country.*

Please note that Trisha's opinion is her own. It cannot and should not represent all of India. With that being said, she is not the only person who holds this view. Many others I met during my trip told me similar stories.

When considering the similarities and difference between colonial effects on India and Native American sovereign nations, another interesting dynamic to consider is its implications on modern day wealth gaps and

poverty. In many Native American tribes, wealth disparities were a foreign concept prior to colonization. Many tribes lived communally off of the land. Food, water, and shelter was shared and people generally only took what they needed. Contrary to western society, tribal leaders were often the "poorest" people in their communities. Chiefs went without to make sure their people were taken care of. For example, while at a feast, the chief ate last to ensure that all of his or her people had enough food before taking a bite. Hierarchy, poverty, and scarcity were concepts introduced by settlers. Colonization and a capitalistic economy were catalysts for the impoverished conditions many Native American reservations experience today.

The hierarchical nature of the Indian caste system existed long before British influence. People's position in society was determined by the caste they were born into. No societal mobility existed within this life. Grounded in the Hindu religion, one could move into a higher caste only by living a good life and earning enough karma to be reincarnated into a higher caste. While the British were ruling in India, they used this pre-existing caste system to their advantage. By exacerbating the system, they were able to gain trust within higher castes and exploit lower castes. As oppression grew and the Indian independence movement gained momentum, so did outlawing the caste system. Though the caste system was officially abolished in 1950, the hierarchy of social status prevails. Saying the caste system in India no longer exists is like saying racism in the United States doesn't exist.

Similarly, colonization still exists. Though it looks different now, the colonial mindset is ingrained into our society, institutions, and our minds. It allows extreme inequalities and perpetual poverty. It allows people to starve while 40% of food in the United States goes uneaten.

While I cannot confidently suggest an organization in India to get involved with, the organization I currently work for, One Nation Walking Together, seeks to alleviate some of the pain caused by oppression and colonization in Native American communities. ONWT delivers up to \$2 million of life necessities to 12 reservations throughout 8 western states. We are currently in the middle of our annual food drive and would love your help! Our goal is to raise 10,000 pounds of non-perishable foods which will be distributed to indigenous communities. We will be collecting foods and funds until April 30.

Food and/or monetary contributions may be dropped off or sent to our facility at 3150 N. Nevada Ave. Colorado Springs, 80907. We extend our heartfelt gratitude for both your support and assistance. With your help we can make a difference! For more information call 719-329-0251 or email office@onenationwt.org ONWT is a 501 (c) 3 charitable nonprofit.



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## Financial Focus Try to avoid "Titanic" investment mistakes

It's been 107 years this month since the tragedy of the Titanic. Of course, this disaster has fascinated the world ever since, leading to books, movies, musicals and, ultimately, a successful search for the big ship's remains. On the positive side, commercial shipping lines learned a great deal from the Titanic, resulting in safer travel across the oceans. As an investor, you, too, may be able to draw some important lessons from what happened on that cold April night more than a century ago.

So, to avoid some "Titanic" investment mistakes, consider the following:

■ **Create a financial strategy with a solid foundation.**  
Although considered a technological marvel, the Titanic had some real structural, foundational flaws — such as compartments that weren't fully watertight. To withstand the inevitable rough seas ahead, your investment strategy needs a strong foundation, based on your needs, goals, family situation, risk tolerance and time horizon.

■ **Be receptive to advice.**  
The Titanic's crew had received plenty of Marconi wireless warnings from other ships about ice in the area. Yet they did not take precautions, such as slowing down. When you invest, you can benefit from advice from a financial professional — someone who can caution you when you're making dangerous moves, such as pursuing inappropriate investments, which could ultimately damage your prospects for success.

■ **Be prepared for anything.**  
The Titanic had far fewer lifeboats than it needed, resulting in a tragic loss of life that could have been prevented. As an investor, you need to be prepared for events that could jeopardize your financial well-being, and that of your family. So, at a minimum, you need to maintain adequate life and


disability insurance. It's also a good idea to build an emergency fund containing six to 12 months' worth of living expenses, with the money kept in a liquid, low-risk account

■ **Don't overreact to perceived threats.**  
When the iceberg loomed directly ahead, the Titanic's crew frantically tried to steer clear of it. While this move was understandable, it inadvertently hastened the ship's demise, because it exposed a more vulnerable part of the hull to the huge ice mass. When you invest, you might also be tempted to overreact when facing perceived dangers — for example, if the financial markets plunge, you might think about selling your stocks. This is often a bad idea, especially if you're taking a big loss on your sales. If your investments are still fundamentally solid, you might well be better off by staying patient and waiting for the markets to recover.

■ **Give yourself time to reach your goals.**  
Edward J. Smith, the Titanic's captain, apparently wanted to break speed records on the Atlantic crossing — and this desire may have contributed to his somewhat reckless passage through fields of ice. As an investor, you could also run into problems if you rush toward a goal. To illustrate: If you wanted to retire at 65 with a certain amount of money, but you didn't start saving and investing until you reached 55, you'd likely have to put a lot more away each year, and possibly invest a lot more aggressively, than if you had started investing when you were 30.


Put to work some of the Titanic's lessons — they might help you improve your chances of smooth sailing toward all your important financial goals.

*This article was written by Edward Jones for use by Lee F. Taylor AAMS, your local Edward Jones Financial Advisors.*



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## Tourist And Locals Can Breathe Again

*Thanks to Mark and Nancy, Owners of  
Whole In The Wall Herb Shoppe.*

I went to the store to pick up the amazing Aquagen liquid oxygen supplement-Says Marti. This took away all my high altitude symptoms the first day using the product. While I was there I received a free sample of the Gold Mini Tabs. (Whole Food MultiVitamin).

This helped me with energy and mental focus.

I also had sinus issues which I found out that Mark makes an Up Your Nose Sinus Spray. I sprayed two shots in each nostril and it took only 1 hour for my sinuses to open and they have not felt that good in years.

I drive out three times per year from Arizona to take classes at the college and in the past always suffered with low energy headaches and multiple sinus problems. I now look forward to coming to Colorado no matter what the season, knowing I can depend on these wonderful products.



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## Art Scene Rose Johnson, wood burning artist

by Mary Shell

What makes an artist choose a certain medium? There are oils, acrylics, clay, watercolor, pastels, mixed medium and more. I often think woodburning is an unusual medium to choose to work in. I don’t see too much woodburning at shows or in art galleries. It seems like a difficult medium to work with, as well as time consuming. It reminds me of scrimshaw; tiny etched lines creating images. I have never tried woodburning; too time consuming for this ADD-ADHD person. I asked Rose how long it takes her to complete a piece and she responded with a shrug, “I never think of how long it takes me.”

I have spent time with Rose Johnson observing her create beautiful images of animals and people using a thin pen-like strip of hot metal. It takes some time for the images to appear in true form. As an artist using paint brushes, Rose has several size tips that she uses to create different effects. There isn’t much room for error. Once you burn a line it’s there forever like a scar. I predict most artists shy away from woodburning because of the difficulty and chance of making the wrong mark. Rose has little, if any, concern with making errors. She never thinks of that when creating her art. Like a sculptor she used pressure to achieve deep bold lines and barely touches the wood to create delicate whispers like the fuzzy part at the end of a feather, or endless blades of grass.

What I love about observing Rose work is the smell. I love the smell of burning wood, like a warm fire keeping a cabin warm and I’m sure the comforting smell puts her in the mood. I often light candles while creating to enhance my creative process, Rose uses the



scent of burning wood to carry her away for hours. Little by little, you can see the images pop from the grain in the wood. She chooses the wood by the color and contour of the grain. I would image it’s the same as a sculptor choosing a piece of marble to carve. She runs her hands over each piece before she begins as if reading the surface.

Nothing is sacred to her. She will wood-burn wooden plates, planters, mirror frames and even coat hangers, as long as it’s made of wood.

Rose’s favorite subjects are animals, any kind of animal, from dogs to horses, monkeys to fish. Her reason: they make her feel good. Sounds simple and right on for a reason for an artist to create.

Rose has been woodburning since 1991 working for a sign company. She still works on signs every now and then, but her favorite subjects are animals.

Rose is the manager of REM Fine Art Gallery at 710 Main St. Cañon City, Colorado and you can see many of her creations there. She also takes special orders and pet portraits. You can reach Rose directly at 719-247-0165.

## The Little Chapel Food Pantry says Save the Date!

Monday June 3rd the Little Chapel Food Pantry will be hosting a golf tournament fundraiser to assist the food insecure in Teller County. There will also be a silent auction that will feature handcrafted items from local artists and crafters, plus gift certificates from local businesses! Sponsorships of holes and teams are still available.

Dixon Golf, a preeminent organizer of golf tournaments, will be assisting in hosting the event. There will be prizes for longest drive, straightest drive, closest to the pin, hole in one, winning team and more. Lunch, golf carts and 18 fun-packed holes of golf are included in your registration. No experience required!

To register contact Joe Baumgardner, Tournament Coordinator at joebaumco@gmail.com or 405-488-5954

## A Cripple Creek Rock Collection The foundation of fortunes

Join Steven Veatch for a discussion of Cripple Creek history, the contributions of the Penrose brothers, and a look at the most important rock collection in Colorado. This Chautauqua will start with the early days of Cripple Creek when it was a brawling mining camp. The discussion will include the work of two U.S.G.S. geologists who conducted the first geological investigations in the district. These two scientists created a collection of representative rocks that played a key role in the early scientific work in the gold camp and directly contributed to the fortunes of Cripple Creek mine owners and to the success of the “World’s Greatest Gold Camp.”

Steven Wade Veatch, a geoscientist, was born in Denver, and grew up in the Pikes Peak region. He has an MS in Earth science from Emporia State University. Veatch is known for his articles, books, and presentations on local history. He has contributed chapters to 3 books: *Field Trips in the Southern Rocky Mountains, USA*, *Field Guide 5; The Paleontology of the Upper Eocene*

*Florissant Formation, Colorado*; and *The World’s Greatest Gold Camp: An Introduction to the History of the Cripple Creek & Victor Mining District*. His family came to Cripple Creek in the 1890s from England and worked in the district’s mines for over 30 years. The other side of the family established a ranch in the wilderness near Boulder in 1865. They later moved to the Caribou mining camp where Steven’s great-grandfather attended Caribou’s first school session in 1872.

The Pikes Peak Historical Society invites you to learn more about the history of Cripple Creek and its geology at the PPHS monthly Chautauqua on Sunday, April 14th at 2 p.m. at the Lake George Charter School. The Lake George Charter School is located only 4 minutes from Florissant, on the south side of Highway 24 just 2/10 mile west of the Ferrell Propane lot. This program is presented as a public service of the Pikes Peak Historical Society. Admission is free and refreshments are served. No reservation is required. FMI 719-748-3861 or 719-748-8259.

## Obituary

### Carmon Stiles



Carmon Stiles passed away on February 23, 2019 in Woodland Park, Colorado at the age of 93. Carmon is survived by his wife, Beverly Stiles, and daughters Susan Stiles and Nancy Stiles Bergvall. He and Beverly resided in their retirement home, “Peace on Earth” on the west side of Pikes Peak in Divide, Colorado.

Living a diversified life as a farm boy in Maypearl, Texas, to an international career specialist, he could speak easily on the topics of picking cotton and global trade. He was a graduate of Midlothian High School and Texas Wesleyan College. His TWC years were briefly interrupted during World War II when he served as 1st Lt. in the U.S. Air Force.

Early in his professional career, Carmon worked as a salesman for Southwestern Petroleum Company in Fort Worth, Texas working his way up to the office of Vice President. He retired at the end of his second career in Dallas as Regional Managing Director of the United States Department of Commerce.

While working in Dallas, he also became Regional Director of the International Trade Administration and spent years promoting exports from the United States.

Carmon was a proud graduate of the National War College, class of 1975, where he was selected to represent a small portion of the civilian student body in learning national security strategies. He also spent a short time in the National Security Administration working in the White House.

Having met his wife, Beverly later in life, they lost no time in forming a partnership, working together as founders of the International Visitors Council of Teller and Park Counties, and co-publishers of the *Ute Country News*. He founded the Office of International Affairs in the Mayor’s Office of Colorado Springs and became the President of the World Affairs Council.

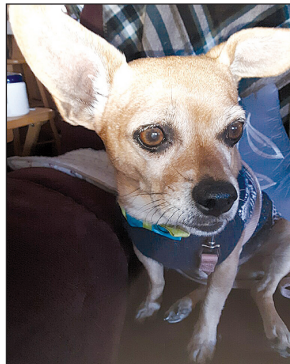
Carmon is preceded in death by his parents, Cloyd and Ubah Stiles of Midlothian, Texas. He is survived by wife Beverly, daughters Susan Stiles, Nancy Stiles Bergvall (Craig), grandchildren Emily Anderson (Scott), Brandon Bergvall (Lauren), Katie Bergvall, Travis Parks, five great-grandchildren, brothers B.J. Stiles (Steve), David Stiles (Lynn), Jim Stiles and many stepchildren, nieces, nephews, and cousins.

## Adopt Me by AARF

### Gizmo

Gizmo is a loving 8-year-old Chihuahua boy. He loves laps, snuggling under the covers and being held. He is great with cats and dogs and really would do well in a family that would include him in their day-to-day activities. You can meet Gizmo by calling Dottie 719-748-9091 to schedule a visit.

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



## Cold weather concerns for Fido

by Janet Bennett

In some places of the country, winter may be on its way out. However, in Colorado we could have another couple months of winter weather. Here are some winter health hazards to look out for when it comes to your pets.

### Below freezing temps

If the temperature drops below 20 degrees, all dogs are susceptible to hypothermia and frostbite. Small dogs, older dogs, puppies and dogs with thin coats can all experience issues starting at 32 degrees. If your dog is shivering or showing signs of being too cold, bring them inside immediately. Never leave your dog outside alone in cold temperatures.

### Frostbite

Frostbite can occur when your dog is outside for an extended period of time in freezing temperatures. In dogs, frostbite is most commonly seen on the paws, ears and tail. Some signs of frostbite include pain, skin discoloration and swelling. If you suspect frostbite, wrap your dog in warm (not hot) blankets and get him to the

vet immediately. Do not massage the area.

### Hypothermia

Hypothermia occurs when a dog’s body temperature drops too low. Signs to look for include shivering, weakness, unresponsiveness and slow, shallow breathing. If you suspect hypothermia, slowly wrap your dog in a warm (not hot) blanket and rush to the vet.

### Frozen bodies of water

Never let your dog run or play on frozen ponds, lakes or rivers. You don’t know if the ice will support his weight. Keep dogs on a leash in areas with frozen water. If your dog does fall through the ice, DO NOT go after him. Call 911 immediately as they are trained to do such rescues.

### Ice melt toxicity

Chemicals used to melt snow and ice on walkways can be dangerous if your pet ingests them or sometimes even walks on them. Always look for an ice melt that is pet friendly.

If your dog does ingest an unsafe ice melt product, signs to look for are vomiting, diarrhea, weakness, confusion, staggering or seizures. On the skin, ice melt can burn, cause irritation and cracking. To protect your pet, use booties for walks and wash your dog’s paws after walks. Don’t let your dog eat snow or lick ice or slush.

### Antifreeze

Just a few licks of antifreeze can be fatal to a dog. Some signs of poisoning include “drunken” behavior, vomiting, diarrhea, weakness, seizures or fainting. If you use antifreeze around your home, make sure your dog cannot get to it.

*This article is brought to you by Victory Service Dogs, a 501(c)3 non-profit organization whose mission is to help veterans and first responders live their life to the fullest with independence, purpose and dignity with the help of a loving service companion. For more information, please visit our website at www.victorysd.org.*

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# A father's letter to his son in prison

by David Martinek

We are always parents. Once our children grow up and begin their adult lives, our roles may change, but our parenting never ends. We love them and are proud of their families, their accomplishments, their successes and careers, and (when the time comes) our grandkids. We suffer through their failures and bad decisions and offer them strength and advice. Should they ever get into real trouble — financial, sickness, emotional trauma or (as in this case) criminal behavior — that's when our love for them is needed most.

I recently came across a letter from a father writing to his son in prison. The names are changed, but the love of one man for his wayward son is unforgettablely revealed. With his permission, I hope his words are some comfort to others who may be fathers or mothers of troubled children.

Dear Conrad,

*I have taken some time to think about how to respond to your situation. There are some things I want to tell you, son – about our egos, about parental love and our notions of forgiveness. Just my opinions, really.*

*Wouldn't it be a grand world if we could all live in it the way a child does, knowing what we know as adults – just being honest and direct, without pretension – before the world teaches us to hate, lie and keep secrets? But, that's not the way things are, are they?*

*Once we begin to associate with others, we begin to want to appear and act in a way that makes them like or love us. Everyone wants to have friends, get along and be happy. Especially in our teenage years, it becomes very important to be with the in-crowd, or behave in a manner that makes others like us, or at least tolerate having us around. We begin to see ourselves differently than how we truly are or feel. As we get older, we add layers and layers of ego around us and hide things deep down within us that we don't want others to know. As adults (Freud says), we are often three people in one – the person we really are, the person we think we are, and the person other people see.*

*When elements of all three persons coincide, we make friends, find lovers and mates, and have a life. What we don't realize sometimes is just how transparent we are, and how well others can see through our ego (those layers we build up around ourselves) into the real person underneath. It happens more often than we think, but we keep fooling ourselves that we are hiding behind our armor. Some things we do hide; most things we do not.*

*Then something happens in our lives that strips away all the layers and leaves us bare and exposed with only our real selves showing; that can be a traumatic and devastating experience. You're going through that now, and I went through it when your mother and I got divorced.*

*It was my fault, plain and simple. I could certainly rationalize and say that it was because she was bi-polar (the modern word for manic-depressive), or because we seemed to have a love-hate relationship (I didn't know from one day to the next which wife I would be coming home to), because we couldn't make ends meet financially, or because I wasn't getting the emotional attention I needed. Where there's an emotional void, people tend to try to fill it, psychiatrists say. I couldn't get over the fact that I hurt her and my children, and that still haunts me. I was depressed in 1989, while we were going through the divorce and afterward.*

*But there were rays of hope here and there. For one, my kids didn't abandon me altogether, although you were both angry with me and felt abandoned by me, I'm sure. Friends still supported me, and one by one they expressed in their own way that I wasn't the miscreant I felt I was, at least not the biggest one they knew.*

*As you have found out, when all that you thought you were is ripped away, the only thing you have left is you. The point of all this is just to tell you that I understand a little of the hell you are going through, and there's probably more to come. But there's life after; Conrad; plenty of time to put on new armor.*

*I guess we never stop being parents. I thought early on how great it would be when my children grew up, found mates and made lives and families of their own. I could relax then and enjoy my later years. Well, it doesn't work that way. You're always a parent; the context just changes. What adult children don't realize, though, is that despite all the issues that arise with their parents during their growing years and after they are adults, children can never love their parents back as much as their parents loved them. They can never make the kind of sacrifices for their parents that their parents made for them in order to get them to adulthood. That's just not the way life is and besides, that's not their role anyway.*

*It is the role of a child, once they are grown and start a family, to transfer the love they received from their parents to their own children. So, you and your children are the beneficiaries of all the parental love that has been passed down from generations of men in our family; grandfathers to fathers to sons it's a linear thing, if bumpy at times. Have you shamed our family name (you asked)? No, but you have tarnished it a bit. The shame would be if you failed to pass on the parental love of our ancestors down to your sons.*

*You never met my Dad's father, the only grandfather I ever knew, Grandpa Joe. He was pretty much a self-made, self-educated man, very proud, and with a large ego. He had lots of secrets, at least from me, maybe not so much from Dad. Anyway, I remember coming home from the university when I was 19 to see my grandfather who was sick in the hospital. He raised up and said, "Is that you, Howie?" I answered "yes," and then he told me that he prayed for me every day, and he would continue to do so when he got to heaven. Now I'm sure he didn't get down on his knees and say the rosary (he was an unrepentant Catholic), he just kept me in his thoughts all the time, because he loved me. When he died a few years later, after you were born, I never forgot his promise. When things got rough in later life, I always counted on my Grandpa Joe to be in my corner pulling for me, just like he said he would.*

*That is my promise to you, Conrad. I love you and pray for you every day, and I will even after I have passed on to whatever is next.*

*What of forgiveness? That can be a hard pill to swallow. Anger, sadness, the need for revenge, often all get in the way. Oh, it's easy to forgive the ones we love, or our family and friends, for their minor slips in behavior; or moments of poor judgement or stupidity. But what about those we don't know, or who hurt us? How do we forgive them? How do we forgive ourselves?*

*How hard is it to forgive our own children, when the circumstances are serious – as serious as yours?*

*My theory on forgiveness is not so much a treatise about God's love for man, as taught in the Bible, which you know, I'm sure, but it is based on that. It's called "unconditional love." It means, from God's perspective, that whatever happens to us in our lives, whatever mistakes we make, whatever bad things we do or thoughts we think, God loves us anyway. He hates those things in us, but he loves US! There is absolutely nothing we can do to deserve or earn that love; He just loves us through his grace.*

*I am in no way comparing myself to God. I'm about as different a man from God, as God is from man, and most unworthy to boot. But the truth is, Conrad, that I love you regardless of how you behave or think, how good or bad your acts may be or have been, or even if you disowned me. Besides being born, there isn't anything you could have done, do or be, to earn my love. Therefore, there's nothing you can do to lose it.*

*As a result, I am compelled by my love for you as your father, and the love of generations of family men, fathers and grandfathers, coming down to you through me, to tell you that I will and have forgiven you everything. You were and are forgiven even before you did anything to warrant forgiveness.*

*Which brings me to you. You wrote that you were having a hard time forgiving yourself. Well, that's not your responsibility. Don't beat yourself up needlessly. There are plenty of people around who will look at your situation from the surface only, and who are more than willing to bolster their own egos by denigrating you, now and certainly going forward. You don't have to help them.*

*Your responsibility is to assess the mistakes you make and implement changes in your life to avoid those mistakes in the future. That may involve a whole different philosophy and certainly an altering of your behavior. It may involve letting go of deep-seated prejudices and attitudes. Contrary to Shakespeare, revenge is not a dish worth eating hot or cold. The soul-searching you've been doing is healthy. Revealing the things from your pasts that you've held secret all your life frees you. It's normal to feel remorse, anger at yourself, all kinds of emotions. Some things you can change in time. Other factors are not in your control. You'll have to endure those, but you'll get through them. Put time on your side. I will help you.*

*In the end, after you've served your sentence, there is more life to live. So, embrace the people who are standing by you; appreciate those who love you and are trying to help, and ignore or distance yourself from the ones who are not.*

*These are just thoughts of an old man who happens to be your father: I love you more than life itself, and I hope to God that covers a whole lot of things.*

Your Dad



## Growing Ideas Theme gardens

by Karen Anderson "The Plant Lady"

April greetings friends. It's good to be back with our readers this month as we approach and prepare for the 2019 mountain gardening season. Our gardening spirits begin to stir up visions of working with the Earth Mother again, of colorful flowers and the culinary delights of fresh, home grown, just picked organic foods.

Although spring has officially sprung with the equinox on March 20th, I will always remind you to practice patience when it comes to outdoor gardening. Your hardy and established perennial beds will be awakening and poking their little heads up to seek the light and warmth of the season and do not mind a snow storm or a good ol' fashion late-spring frost or two. But please do not get too excited about going 'gung-ho' on starting major outdoor planting projects too early as appropriate timing is super important at our altitude.

While we are waiting for fair weather gardening, I would like to scatter a few ideas out there for you to consider. I'm talking about exploring some thoughts about theme gardening.

There are a variety of themes you can choose from. You can create a paradise of pleasure.

Gardening is an art form culminated by our love and desire to bring forth beauty, peace, enjoyment, an inviting environment for beneficial wildlife and the production of food. It may be an arduous and humbling experience as Mother Nature rules, but for me, has always been a passion and a great source of happiness and is well worth the effort it takes to successfully grow at this altitude. Using knowledge, fruitful methods, ideology and conscious choices, we can create that paradise of pleasure. So, here's some examples of Theme Gardens to think about.

I feel that we growers can always relate to usual vegetable plots with some herbs and flowers planted throughout the garden and that may be the focus of your gardening goals. If so, you may want to learn more about raised beds, the square foot method to save space and incorporating season extenders like cold frames. Have some fun by creating some home-made scarecrows to take up residence with the job of deterring some unwanted visitors; all good! The world of gardening can offer up so many more possibilities.

Thinking in terms of theme gardening, you may envision a quaint and cozy cottage garden, complete with white picket fences and old-fashioned favorites like hollyhocks, delphiniums and the ambrosial fragrance of sweet peas. Plant some quick growing and shade loving salad greens, a few radishes, an ever-hardy patch of rhubarb and enjoy!

What about a Moon Garden? Your theme would include all white flowers, like snow in summer, white lilies, daisies and actual moon flowers which are annuals. Maybe incorporate white quartz rock for bed borders and other white accents of your choice. The light of the moon, especially a full one, will illuminate this garden in the evening

hours and bring a whole new element to your landscape for a different effect.

Perhaps a Zen type garden is more your thing. A simplistic design with an easy flow. A sacred space for meditation and reflection. A comfortable bench, the gentle trickle of a water feature; surrounding yourself by the elements of pure nature may be just the ticket for you.

Memorial gardens can honor our lost loved ones and beloved pets with beauty and remembrance of their blessings in our lives. A Colorado native spruce tree is one of my favorites to plant in this type of garden, because they are native and have one of the best chances of survival. Your plan could include a few colorful perennial flowers planted within a border around the tree, with a dedication plaque in loving memory and respect. I find a considerable amount of comfort when I visit and tend to my Mom's Memorial Tree. All of my doggies have their own little beds too.

Faerie gardens are a lot of fun and provide the innocent delight of a child's world. My good friend Julie Snyder and her young granddaughter Harlowe have created together one of the cutest and magical little gardens I've ever seen. They started their faerie garden around a very cool and wise old tree with lots of branches and roots to play with. Hobbit holes, miniature arrangements of furniture, tiny and fanciful trinkets, whirligigs, decorative little creatures and of course, the Faeries themselves have a very fine home indeed!

Native and wildflower gardens are very popular choices for many gardeners in our arid and challenging mountain climate. Low maintenance and drought resistant plants are the enticements here, although some water is still a requirement for even the hardiest of xeriscapes. Blooming ground covers, succulents and cactus are good basic plantings with high altitude wildflowers mixed in.

Shade gardens are pleasant and cooling during the heat of the day. Trees are needed to create the shade if you don't have any to start with. Columbinas, bleeding hearts, sweet Williams and Asiatic lilies are excellent candidates for shady areas. These comforting gardening zones are perfect for developing bird sanctuaries as well.

Then there are always the sunshine gardens where all varieties of poppies pop and the vibrant colors of wheels of fire (blanket flowers) bloom continuously to brighten up our summer days.

Butterfly and hummingbird gardens can be organically developed by planting a variety of power perennials such as Indian paint brush, red Asiatic lilies, lilacs, phlox sprinkled with a few annuals will satisfy their pallets and naturally nourish their required

**"The idea of the Garden as Paradise is always there, ready to be summoned by that part of our nature that seems to love it."**

— Barbara Damrosch

and desired needs.

More themes could include special ceremonial spaces, labyrinths, medicine wheels, a personal secret garden, community gardens, an enclosed courtyard or a kitty corner where the catnip

and cat grasses will keep them happy and playful.

Think about integrating sundials, comfy chairs, water features, interesting old stumps, big boulders, decorative fencing, tipi shaped trellises, wheelbarrow planters, wind chimes... anything that inspires you.

Get creative! Use your imagination by dreaming of what is really important in your life.

What tickles your fancy? What is 'your cup of tea'? What makes your heart sing? What would suit your lifestyle in the area of gardening? How much time are you willing to spend in an enjoyable way for tending the canvas of a landscape? Gardens do not always need to be gigantic or overwhelming projects. Remember that gardens are works of art, love and yes, some dedication, but if you have the gardening spirit within you, always worth your efforts.

Here's an activity for you to consider while we are patiently waiting for warmer weather. I've always had fun creating *vision boards* to bring all my thoughts and ideas together in many areas of my life. Peruse through some gardening magazines or other publications that you have around the house and tear out the pictures of what inspires you and paste them on a poster board of any size you wish. You may find a clearer visual of what you really want in your mountain garden for this season and years to come.

Here at Paradise Gardens, many of these theme gardens have been established over the years. You may want to choose just one theme or a blend of several. If I can help guide you along the way, I am available for personal landscape consultations at your home to collaborate on some ideas with you. Colorado aspen, spruce and other native trees will be available for planting in early May along with organic, non-gmo and heirloom tomato, pepper and herb starts for greenhouse gardeners. For additional information feel free to contact me at 719-748-3521 or e-mail me at plantladydispeaks@gmail.com. Happy houseplants are always up for adoption at Mountain Naturals in Woodland Park and at The Outpost Feed Store in Florissant or you may call me for any special requests or orders.

As responsible Earth keepers, let's strive together in partnership with each other as a community and in harmony with the Earth Mother for health and happiness for all beings. Life is a garden; just dig it! Wishing you peace, beauty and happy gardening!

## Obituary

**Sandra Lee Sumner**  
Feb. 20, 1941 - March 11, 2019



Sandra Lee Sumner, 78, from Florissant, CO, found her final resting place Monday, March 11th after suffering complications from a seizure March 2nd. Alongside her was her beloved daughter Laura Chamberlin from Grass Valley, California. Sandra Lee, known as Sandi, was born February 20th, 1941 at Alameda County Hospital across the bay from San Francisco in the city of Alameda. She was an adoptee at 3-months old and was raised by Mrs. Irene Jones of Pleasanton, CA and Ted Jones of Livermore, CA.

High spirited Sandi graduated from Livermore High School in 1959 and proceeded to attend San Jose State University. Sandi and Henry Cuenca married in 1963 with the joy of bringing three children into the world, Nathan, Laura and Alan. A mother of three, Sandi radiated endless amounts of joy, humor and unconditional love to all who knew her. Wherever Sandi landed she always committed herself to community, entrepreneurship and an endless life of radiance. In 1994 she moved to Alaska, the final frontier, where she met her husband Jim Sumner of Lake George, Colorado. In 2006, Sandi and Jim moved to his home town, Lake George, CO. It was in Alaska where Sandi refound her love of flying, thus inspiring her to write her first of several books, *Women Pilots of Alaska*. Without hesitation, she then published *Alaska Women's Journey*, a collection of women's experiences climbing North America's tallest mountain, Denali. Both publications prepared her for her greatest accomplishment, *Double-Sided Love-Adoption and Reunion*. Lastly and most recently published is her final piece titled *Colorado Animals and Their Favorite Vet*, a first hand experience of Woodland Park's favorite veterinarian Dr. David Volk. Sandi's love and generosity of writing inspired her to teach others locally about the thrills of writing and publishing.

Sandi is survived by her husband Jim Sumner, his children Kevin Sumner, Levi Sumner, Shelley Millette and Krista Sutherland. Her own children, Nathan Cuenca, Laura Chamberlin, Alan Cuenca and grandchildren Olivia and Layne Chamberlin. Sandi's life long quest to find her biological mother, Juanita Shuffler, came too late but was able to reunite with her biological family. The Shuffler family now mostly reside in San Diego, CA.

A celebration of life was held at The Grange in Florissant, Colorado Sunday March 31st, and was hosted by Jim Sumner. Another celebration will be held in Anchorage, Alaska in addition to an online celebration hosted by Laura, Nathan and Alan, info to follow.

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This was taken on 3/13/19 at the end of the big snow storm - Larry Cleary, Florissant, CO

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

# The Silver Phoenix

Ash sat on the couch, scrolling through a news site on her phone. The more she scrolled, the darker and more disturbing the stories became. It was exhausting. For every 10 sad news stories, there was only one happy one. She was only 30-years-old, but it felt like she'd been alive for over a century. It took a serious amount of energy for her to put down her phone, to look away from the carnage of the world. She wished she could move to another universe or dimension.

Her eyes shut but the images of starving children, war-torn countries, sexual assault, murder, disease, drug trafficking, sex trafficking, etc. still played across her mind like a real-life horror movie. The list was endless. It was hard for her not to feel helpless and hopeless. There were so many problems to fix, but where to start? Each problem was as insidious as the last.

The phone buzzed with an alarm to remind her to bring a pasta dish into work. It took her a moment to collect herself enough to shut off the alarm. Being a human is tiring and overwhelming, she thought to herself as she got up from the couch.

As she walked through the hall to the kitchen, she passed by a mirror her mother had given her. When she did, she caught a strange shimmering out of the corner of her eye. It made her pause, back up, and study the mirror. It was circular with a white frame and silver specks, imitating stars. However, nothing seemed unusual about it now. Ash frowned and continued into the kitchen, grabbing the pasta and leaving for work.

It was just like any other day at the office. But before leaving for the night, she went to use the restroom. When she went to wash her hands afterwards, there was a strange shimmer in the mirror directly in front of her.

"What?" she said aloud without meaning to. She quickly looked around to see if anyone else was in there and had heard her. She was alone. The harsh fluorescent lights buzzed above her head and highlighted her face in an unflattering way. But she ignored her reflection to study the mirror. As she approached, nothing stood out to her. Right as her waist pressed into the sink in front of the mirror, out of nowhere came the sound of a bird hitting a window, and the image of a squawking silver bird flashed in the mirror.

Ash jumped back, startled. Her heart was in her throat while her mind raced. It'd been a long day at work. Had she hallucinated the bird crashing into the mirror on the other side? She shook her head, quickly washed her hands, and hurried out of there.

The next day, she stayed off her phone to avoid all the tragic global news. All the strangeness of the previous day had her wondering if her brain was turning to mush from constantly reading depressing articles. Oddly enough, however, as she went about her day, no mirrors shimmered or showed images of birds flying into glass.

Ash spent the evening relaxing on the couch,

watching mindless TV that had nothing to do with current events. Her eyes soon grew heavy and she yawned multiple times throughout a two-minute commercial break. It was time for bed. Keeping her eyes open was a real struggle.

She stepped inside her closet, pausing when a rippling shimmer swept from the top corner of her full-length mirror down to the opposite bottom corner.

"What the hell . . .?" she muttered, taking a step closer.

A shrill, almost sing-song squawk burst forth from the mirror, the glass now rippling violently.

Ash felt compelled to reach out and touch the ripples. Her fingertips touched the glass, but she only felt a smooth surface. The shrill call came again, making the ripples come fast and angry. Then without warning, Ash's hand slipped beyond the surface of the mirror and she tumbled into a greenish-black abyss. It happened so fast she had no time to scream, only gasp.

She didn't remember the fall or the landing. Upon opening her eyes, she first thought she was still in her closet. However, once she sat up and looked around, it was very obvious she wasn't even in her house anymore.

Beneath her were varying shades of red pavers. In front of her was a clock fountain with unicorn statues rearing in the center of it. All around her were buildings of all shapes, sizes, and architectural styles.

"I must have hit my head really, really hard. Or whatever was in that sauce at lunch has made me incredibly ill," she said to herself, getting to her feet.

In the distance she thought she could hear a familiar shrill, sing-song call, but it was extremely faint. Her gut told her to follow it, that it was imperative that she did.

The streets were clean and clear of trash and unnecessary clutter and debris. Outside of every building hung a large, solid-colored flag. The colors were so vibrant and fresh, they were almost reflective. Any person that Ash passed gave her the warmest of smiles and some sort of greeting. That was a nice change of pace considering everyone kept to themselves where she was from. Periodically she would hear the faint shrill call, reminding her to stay on track. But she couldn't stop her mind from pondering the meaning of every flag's color.

Back when she'd been a college student, she'd taken a class on Taoism, a Chinese religious philosophy advocating people not interfere with the course of natural events and that they should lead a simple honest life. Ash recalled that in Taoism, colors are extremely significant. The image of the silver bird came to the forefront of her thoughts. In Taoism, the color silver signifies trustworthiness, among other things. Whereas, blue represents immor-

tal-ity, yellow means freedom from worldly cares, and both play a role in burial practices. Ash had to know what seeing the bird meant. She quickened her pace and finally could tell that she was getting closer to the periodic calls.

The call led her down an alleyway that was lined on both sides with large pots of flowering plants. Their aroma was overpowering, and she felt as if her whole body were tingling. She paused at each plant, stroking its leaves and whispering kind words to it. At the end of the alleyway, she stopped and stared straight ahead for an unknown amount of time. It was hard to shake off the trance she'd been put in. She didn't feel dizzy or like she was having an out-of-body experience. In fact, she didn't really feel anything other than a strange weightlessness.

Her eyes slowly slid closed, and the shrill call came again, but this time it was the most melodic sound she'd ever heard. It was beyond angelic, whatever that was. It grew louder and louder until it sounded like it was right in front of her. Ash opened her eyes to find the biggest bird she'd ever seen hovering a couple feet away. But it was not just any bird, it was a silver phoenix. Ash's jaw went slack as she stared at it. Still in a trance state, her arm slowly raised and her hand stretched out toward the animal, wanting nothing more than to touch it. The phoenix's mouth opened and out flowed a heavenly song. Her fingers were just about to graze the tip of its beak when it lifted its head

to look up at the cloud-less sky. Ash followed its gaze, unsure of what she was supposed to be looking at. As she was about to look back at the phoenix, powerful talons dug into her shoulders and arms, lifting her up and away. A loud scream left her lungs as the buildings rushed by her and the ground was left behind.

All she could do was look up at the phoenix who was carrying her. Unfortunately, looking up was the wrong thing to do when it came to her motion sickness. Her brain felt like it was swirling around in her skull like a fish being flushed down the toilet. She had to shut her eyes tightly to keep from being sick. Her feet finally connected with the ground again.

The talons released her and she wobbled forward, eyes still closed. She took a chance and cracked them open, but she immediately had to stumble off and puke in a bush. When her body had nothing left to give, she was able to take in her surroundings. She was standing at the edge of a well-kempt lawn. In the center was another fountain, this time with rearing gryphons in the center of it. It didn't have a clock on it, but it did have a crystal prism suspended above the gryphons. Ash turned to her left to see a quaint Japanese temple nestled at the edge of a forest. The phoenix was perched on the porch's railing. It watched her and her soul felt a tug toward it. Her feet carried her over to the temple and up the steps. The giant double doors in front of her were mirrors. They were so clear it was like she was actually facing the scenery behind her.

She glanced at the phoenix, who let out a warbling coo, and the doors opened with a soft click. Inside the interior was that of a cathedral, which caught Ash completely off guard. In her teens she'd had an obsession with churches and cathedrals because they tended to be mind-blowing creations. Seville Cathedral in Spain is the largest gothic church in the world, third largest church overall, coming in at 124,000 square feet. The ceiling itself is 138 feet high. It took over a century to complete from 1401 to 1506.

Ash stepped inside the temple, admiring how its design closely resembled that of Seville Cathedral. The silence that surrounded her was unlike anything she'd ever felt. She wasn't a religious person, but she could certainly appreciate how people might feel as if they were in the presence of God inside a church. She walked to the center and looked up at a compass etched into the stone ceiling. On either side were the mandala sun and moon. In the center of the compass was the half-sun, half-moon mandala symbol. Ash suddenly felt wetness on her cheeks, and she thought something had dripped on her face. But it was actually from her tears. She suddenly realized the overwhelming sense of inner peace she felt. All her negative thoughts about the world and its problems were gone. Her mind was open and felt as if someone had finally let warm sun in.

She turned around when she heard quiet footsteps behind her. The phoenix was walking toward her, its legs as long as an ostrich's. "Thank you for bringing me here," she said, keeping her voice at a low, respectful volume.

The phoenix dipped its head toward her. "You needed saving," it commented.

Ash chuckled and sniffled, wiping her eyes as she looked up at the compass again. "That's true. More than you know."

"Your soul called out to me for help."

"I've been in desperate need of help for a long time." She lowered her eyes to the bird. "What is this place?"

"A retreat for the tired souls."

"Is it a religious place?"

"No," the phoenix replied, walking by her. "It's your place. You are the creator here."

"I am?" She was dumbfounded. "Are you my creation?"

The phoenix looked at her and nodded. "Your mind is capable of so many things, as long as you don't limit its power and trust yourself."

"Why is it so hard to find that power?" she asked.

The phoenix took a moment to look around them. "It's hard to say. Everyone has their own mental barriers to overcome. Or it could be that you've been taught to stop believing in what you're truly able to do."

Ash nodded in complete understanding. "Later, I've felt so blocked and paralyzed by

by Danielle Dellinger

the world I'm in. So if I created this place, is that my way of self-preservation?"

"It must be," the phoenix replied, looking up at the high ceilings. "Believe in your power."

"My power, huh?" she muttered, turning in a slow circle to take everything in.

"Yes," the phoenix answered.

"But why did I create you, then?" She met the phoenix's gaze, thinking a moment. "Are you a reflection of me?"

"Two halves make a whole. It would seem I'm your other half. Some argue one half is good while the other is evil."

"I don't think either of us is evil, though," she said, frowning with concentration. "You seem to be my lighter side. I think you're here to remind me that there is still happiness in the world, even with the mountain of problems."

She stopped turning and faced the bird. The weightless sensation was returning and it made her feel euphoric. Her body tingled and she looked down at herself to find that this time she was in fact levitating. She exclaimed giddily, looking to the phoenix who was also hovering a few feet off the ground. Together, they both rose up toward the compass on the ceiling. Without meaning to, her body began to turn in a slow circle as she ascended.

"Put out your hand," said the phoenix. She stretched out her hand and pressed the palm into the center of the compass. The sound of roaring wind filled her ears.

"You're never alone!" called the phoenix over the noise.

Large chunks of the cathedral began to fall away, crashing onto the marble floor beneath them.

"What's happening?" she yelled.

"It's time for you to return!" The phoenix seemed to smirk at her just before disappearing in a puff of ash and smoke.

"Don't leave me! Come back!"

A melodic, heavenly song rose above the rushing wind, but the longer it went on the more it changed back into the shrill, sing-song squawk she'd heard at the very beginning.

Finally, she burst out of the temple as it crumbled in on itself in a pile of dust. However, she continued ascending into the clouds. As she came out of the clouds and her still outstretched hand connected with the sky, there was the sound of shattering glass.

When she came to, pieces of glass were scattered everywhere. Her full-length mirror looked like it had been punched in the center. She struggled to her feet and stared at the wrecked mirror. There was a sense of loss in the pit of her stomach. She draped a yellow scarf over the top part of the mirror and wrapped a blue scarf around the lower half of it. Ash felt at peace, and a moment later she left the room, never to return.

~ The End ~

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Jim Robinson removing snow with his Skid Steer

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## Heaven and Earth Radiesthesia's tool

by Olga Daich

Intuition, psychic abilities, channeling, are words that have a different meaning to me since I've learned about Quantum Physics principles. A few years ago, those words were associated with a nickname, *weird*.

For those of us who have experienced these so called "phenomena," the validation of them through science has brought a smile to our faces. I always start a Reiki session with a short explanation of what to expect, or not, from it. As I explain in my workshops, the information downloaded during a Reiki session is coming from the Field or Matrix which connects each of us.

At the beginning of my journey as a Reiki practitioner, I didn't have any idea where the voices were coming from. Those voices that whispered information from the client laying on the treatment bed, sometimes telling me where to move my hands, sometimes delivering a message from a relative who passed away, sometimes in the way of a vision from a client's past life or a past event.

Now, I know where all the information is coming from, which gives me the tools to understand with my brain what my heart already knew. Usually the information is related to the root cause of the actual struggle of my client (mental, emotional, physical or spiritual). The only chance that we may heal any and all four of these levels is through the acknowledgement of its root cause. I have worked 30 years in the medical field and by experience I can tell a good doctor is the one who tries to find the root or cause of your physical illness, not the one who prescribes you with a bunch of pills to mask the symptoms.

During a Reiki session I use my hands to feel the energy flows around the patient's body (hands-off). I can tell when I am working with an electric or electromagnetic field through the feeling in my hands and arms. When I need a specific answer or to measure the amount of energy, I use my crystal pendulum as a radiesthesia's tool.

I will describe an example of channeling information through the use of a pendulum. People sometimes ask me if I can find out the name of their guardian angel or spiritual guides, so they would know who to ask for help or prayer when they are in need. Personally, I always felt I should pray directly to God or the Divine Energy. One day after my meditation, I was thinking about that and thought "I should ask for the name of my guardian angel or spiritual guide." So, I did. Using the pendulum and the letters of the alphabet, a name came that didn't make any sense to me: V-I-S M-I-L-L-A. I thought it was a mistake, maybe I shouldn't be asking that question. I decided to forget about that but wrote down the name in a notebook I would start using as a daily journal (which until then I never did).

A year or so after that, I was watching a video about spiritual guides from different religions. In this video-documentary the journalist interviewed them and asked a spiritual question. It was the turn of a Sufi spiritual teacher. The Journalist asked him, "Who do you call or invoke when you pray?" The answer of this man was "we pray to BISMILLA." The Journalist asked him

what is Bismilla? His answer was, "Bismilla means the name of God."

After hearing that name, I got the impression that I heard it before, but I didn't remember where or when. It took a few days of thinking about that to remember that I wrote that name in my notebook almost a year ago. I went to look for my book and there it was: VISMILLA. The spelling is different, but I am completely sure that the name I got when I asked for my spiritual teacher was the same as this Sufi spiritual teacher was giving to the journalist. I was pleased to see my question was indeed answered and that the answer agreed with what I knew in my heart. I am thankful for my spiritual guides and angels, but my prayers go always to God or the Divine Energy.

I am in the learning process and sometimes learning can hurt you in different ways, even in your pocketbook! I will explain this with another story.

My husband and I bought land in Colorado. We wanted to find a place to drill a water well. We were thinking about hiring a Water Witcher. My husband asked me to try myself but I told him that I never did that before. However, I decided to give it a try. I looked for information on the internet. My husband made a couple of witching tools for me. I thought it may work since this technique works with the water's electromagnetic fields and I had some experience with EM fields. I found a place where the sticks were pointing out the presence of water. I went back many times and each time the reading was the same. I also used my pendulum to ask if we will find water on that spot and the answer was "yes." I told my husband "I've never done this before, we may want to hire somebody," but he trusted me and told me we would try at the spot I had indicated.

I decided to go further and ask how deep we will have to go to find water. I got a 7 for an answer and I assumed it was 70 feet. I asked again and again, same answer, 7. The guys came and started drilling the hole. We found water at 700 feet! I missed a zero that costs us a lot of money. But my husband told me, "you found us water in a place where it's very difficult to find. We could have an empty 700-foot-deep hole sitting in our land."

My mistake was to assume it was 70 feet. I know how to ask for bigger numbers, but I didn't think about that. I guess I was very optimistic. I learned my lesson; be careful when you channel information and keep your subjective mind out of the way or you could get the answer that you wanted, but not what is real.

Keeping my thoughts away when I ask questions using radiesthesia tools is a very important step in order to get the most accurate answer. The same applies during a meditation, keep your thoughts away; for they are a wall between you and the Field or Matrix.

For more information about Reiki sessions, Reiki training, Heaven and Earth Workshops, please contact me by email: [olgacely@hotmail.com](mailto:olgacely@hotmail.com) (subject: Reiki). Namaste

## Adopt Me by TCRAS

### Rosie

Hello there, I'm a sweet ol' girl named Rosie looking for a new place to call my home. I have grown up with my friend Muffin so it would be really nice if we could go to a home together. I'm pretty laid back and very affectionate. I like to quietly sit in the window and watch everything that is happening outside. I also have very soft fur and beautiful green eyes. Would you please take me home? You can visit me at TCRAS, 308 Weaverville Road in Divide or learn more about me by calling 719-686-7707.

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



## STEAM and Tech for All Two great Park County library programs

by Flip Boettcher

photos by Flip Boettcher

One day, yet to be announced, in the week of April 15, 12 lucky Park County students will get to talk via the ham radio to the astronauts orbiting overhead in the International Space Station, according to Dan Kern, Park County Radio Club president and Park County Emergency Services coordinator.

Kern; Mark Francis, Guffey representative for Park County Amateur Radio Emergency Services; Laurita Summerton, Park County assistant emergency coordinator; and Pat Shepard, licensed ham radio operator and Park County head librarian were at the Guffey Community Charter School for the library's STEAM program February 25. STEAM is the library's monthly program to interest and engage kids in science, engineering, art and mathematics. The last several sessions have been on learning about ham radio operation in preparation for talking to the astronauts in April.

This contact with the astronauts is made possible by ARISS, Amateur Radio on the International Space Station. ARISS is an international organization that supports testing and installation of amateur stations aboard the ISS.

**The ISS orbits the globe in one and a half hours traveling from north to south at 17,500 mph. The students will have a 10-minute window to talk to the astronauts and ask 12 questions.**

Astronauts also have the equipment available to make ham radio contact with ham radio amateurs around the world on a one-to-one basis. Licensed ham radio operators, including students who have access to amateur radio stations can make contact with astronauts. They only need to learn and practice some basic amateur radio contact techniques and follow the published orbital schedule.

An ARISS contact is a voice-only communication between the ISS crew and communities. ARISS contacts allow education audiences to learn first-hand from astronauts what it is like to live and work in space. All information on how to submit a proposal for a contact, visit the website: [www.ariss.org](http://www.ariss.org). Kern started the process for a contact two years ago, he said, and any community

or amateur radio club can apply. Park County was chosen as one of seven this year.

During the STEAM ham radio programs, students have learned radio science and technology, including the International Phonetic Alphabet (Alpha, Bravo...); studied all about the ionosphere; learned theory and kinds of antennas; and practiced their "radio voice," talking loudly and clearly, with confidence and no hesitation.

The ISS orbits the globe in one and a half hours traveling from north to south at 17,500 mph. The students will have a 10-minute window to talk to the astronauts and ask 12 questions.

In 10 minutes, the ISS will travel 1,750 miles. With the antenna and radio station at Fairplay, the students will be able to pick up the ISS signal from 875 miles north to 875 miles south of Fairplay. The students' homework assignment was to find where 875 miles south and north of Fairplay were, said Kern.

The STEAM students were all asked to submit a question to NASA that they would like to ask the astronaut, as well as artwork for a t-shirt. About 100 questions were submitted; Guffey submitted the most, of course, said Shepard. NASA has to approve all questions and will pick 24 that get to be asked of the astronauts.

Shepard had a mock-up of the t-shirt design, which will feature almost all of the artwork submitted by the students, picked and arranged by four artists. Any student-submitted artwork not on the t-shirt will be on the brochure, Shepard added.

At this STEAM session, the school students were divided up into three mixed-age groups. Francis' group practiced their "radio voice," by reading or asking a question. They also reviewed the phonetic alphabet by spelling their name.

Summerton reviewed the phonetic alphabet by having the students spell their name and fill in the alphabet word in the blank after the letter on the chalkboard. Summerton also reviewed the "radio voice."

The astronauts do have pets on the ISS she said; they have fruit flies and worms. Also, they have a tree and some quail eggs. Summerton was not sure exactly what these items were for, and everyone wondered how



Park County head librarian Pat Shepard on the left and Mark Francis, Guffey representative for Park County Amateur Radio Emergency Services, on right at the first session of the library's STEAM program at the Guffey Community Charter School February 25.

On the cover: Some of the Guffey School students who received computers through the library from Denver's Tech for All program.

they got them up to the ISS with the tremendous G forces upon liftoff from the earth.

Kern reviewed the ionosphere and the phonetic alphabet. He also said that there would be one more STEAM session before talking to the astronauts.

After the STEAM program, Shepard distributed the desktop and Chrome Book laptop computers, which the Park County libraries had acquired through Denver's Tech for All for the students to use at home for their homework, at no charge to them. The only requirement is that Tech for All meet the recipient.

The computers were for any student in the county who wanted/needed one, but not everyone needed one, said Shepard. There were 22 computers given out, according to School Principal Martine Walker.

Tech for All gives away used, reconditioned equipment. These computers are designed to be homework computers with students being the main recipients. All the Chrome Books were actually re-conditioned from the Littleton public schools, said Shepard.

The students are the owners of the computers and each computer has been rigorously tested. In case of a problem though, Tech for All will repair them if needed.

The computers are Internet ready and come with quite a few software applications, "to provide the maximum value as a tool of learning," per Tech for All instruction hand out sheet. This is a great chance and gives "individuals in the community the means to become skilled and competent in computer use," instruction sheet.

Computers are mandatory in any school nowadays and are becoming almost mandatory for students to complete their homework at home on.

FMI contact: [www.denverttechforall.org](http://www.denverttechforall.org).

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(Please note: no childcare is available during the event.)

## Heart of the Rockies Regional Medical Center news

### HRRMC recognized as Top 100 Critical Access Hospital

Heart of the Rockies Regional Medical Center was named one of the Top 100 Critical Access Hospitals in the United States in 2019 by The National Rural Health Association's Rural Health Policy Institute and The Chartis Center for Rural Health.

HRRMC scored in the top 100 of Critical Access Hospitals on iVantage Health Analytics' Hospital Strength INDEX®. The INDEX is the industry's most comprehensive rating of rural hospital performance in the United States. It provides the basis for many of rural healthcare's most prominent awards, advocacy efforts and legislative initiatives.

“We are pleased as one of only two hospitals in Colorado to be recognized as a Top 100 Critical Access Hospital in the United States,” said hospital CEO Bob Morasko.

The hospitals named to the Top 100 list are top performers in managing risk, achieving higher quality, securing better outcomes, increasing patient satisfaction and operating at a lower cost than their peers.

### HRRMC earns five-star rating on Hospital Compare

Heart of the Rockies Regional Medical Center was recently awarded a five-star rating for its inpatient care on Hospital Compare, a website administered by the Centers for Medicare & Medicaid Services (CMS). The overall hospital rating ranges from one to five stars, with five stars the top ranking.

HRRMC is one of only six hospitals in Colorado recognized with a five-star rating. Nationwide, only 293 hospitals achieved this distinction. Hospital Compare publishes information about the quality of care at over 4,000 Medicare-certified hospitals.

First available in 2005, Hospital Compare was created through the efforts of CMS in collaboration with organizations representing consumers, hospitals, doctors, employers, accrediting organizations and other federal agencies.

To explore the survey information for HRRMC on Hospital Compare, go to [www.medicare.gov/hospitalcompare](http://www.medicare.gov/hospitalcompare).

### New orthopedic surgeon

Steven Jones, D.O., has joined the medical staff at HRRMC as a part-time orthopedic surgeon. Dr. Jones will provide general orthopedic services at the HRRMC Medical Clinics on Hwy. 50 in Salida as well as perform joint replacement surgeries at the hospital. During the weekends, he will provide orthopedic call coverage.

“We are thrilled to welcome Dr. Jones to our staff and look forward to him working collaboratively with Drs. Hunter and Jonassen to further our mission of offering high quality orthopedics and other medical services locally so community members do not have to unnecessarily travel out of the area,” said HRRMC Vice President of Business Development Peter Edis.

Dr. Jones earned his degree in osteopathic medicine from Oklahoma State University College of Osteopathic Medicine in Tulsa.

He completed a residency in orthopedic surgery at Oklahoma State University Center for Health Sciences in Tulsa, and a fellowship in adult reconstruction (joint replacement) at the University of Arkansas for Medical Sciences, Little Rock.

Dr. Jones is board certified in orthopedic surgery by the American Osteopathic Board of Orthopedic Surgery. FMI 719-530-2000.

### Dr. William G. Mehos scholarship

HRRMC Foundation is accepting applications for its 2019 Dr. William G. Mehos scholarship for \$1,250 for graduating high school seniors who reside in the hospital district. Applicants must be:

- A senior attending a high school in Buena Vista, Cotopaxi or Salida.
  - A resident of the Salida Hospital District.
- The boundary for Cotopaxi applicants is

the Salida side of Kerr Gulch Road.

- Attending college starting fall 2019 with a major/degree in the health-care field.

### Applications must include the following:

1. A completed application form
2. One-page narrative outlining why the applicant desires to receive the scholarship award
3. Narratives should be single-spaced, with at least 1-inch margins and 12-point font
4. An outline of all extracurricular activities
5. Two letters of recommendation from adults who are not related to the applicant
6. Copy of high school transcript
7. ACT or SAT scores

Application packets may be retrieved in the schools' counseling offices or by calling 719-530-2218. Applications need to be mailed and postmarked by April 8. Applications postmarked after this date will not be accepted. For questions about the application process, contact Kimla Robinson at [kimla\\_robinson@hrrmc.net](mailto:kimla_robinson@hrrmc.net) or 719-530-2218.



### Susie Hines

Salidan Susie Hines recently donated 180 ounces of her breast milk to the Mothers' Milk Bank Donation and Outreach Center at Heart of the Rockies Regional Medical Center. Hines said, “When you have a baby, you become part of a community of moms, and you help each other out. I've been given clothes, support, comfort and advice. What I'm able to give is milk.” Mothers' Milk Bank is a nonprofit that collects, processes, tests and provides donor breast milk to babies across the U.S. For more information about Mothers' Milk Bank, call 719-530-2277.

### Sleep Education class April 16

HRRMC is offering a class on obstructive sleep apnea on Tuesday, April 16, from 9-10 a.m. The class will be held in the hospital's second-floor conference rooms, 1000 Rush Dr., Salida.

This class is free and open to anyone interested. If your provider has ordered a sleep study or suspects you may have sleep apnea, it is recommended that you attend this class.

Refreshments and a light breakfast will be provided. For more information, contact TC Rodak at 719-530-2280.

### HRRMC now has direct access cardiovascular screening

HRRMC now offers direct access cardiovascular screening (DACS) at the hospital. Patients may order up to six screenings that measure heart and circulatory health at discounted prices without a physician's referral.

“DACS is a great way to be proactive with your cardiovascular health. It creates a baseline that allows you to track changes over time with follow-up screenings, just like measuring blood pressure or cholesterol trends,” said Jon Fritz, Wellness U program manager.

All DACS screenings are conducted at the hospital, 1000 Rush Dr., Salida. Appointments are required and must be scheduled at least two weeks in advance of the screening.

To schedule an appointment for a DACS coronary calcium CT scan, call 719-530-2202. For more information or to schedule an appointment for the other screenings or the full panel, call 719-530-2057.

## Time to celebrate! East Main Street, Florence

by Flip Boettcher

photos by Flip Boettcher

Spring is in the air and excitement is running high in the 100 block of East Main Street in Florence. Four new businesses have moved in and a longtime business is moving seven doors up the street. With all the new owners and new ideas, enthusiasm is running rampant along the block. In fact, the businesses are so excited, they are throwing a huge block party April 12, 13 and 14 to celebrate, and everyone is invited to share in the fun.

New, on the corner at 100 East Main, in the long-vacant space, is Selah Mountain Thrift Store. SMTS, a 501(c)(3) non-profit, was started to help fund the programs at the Selah Mountain Ranch, located outside of Florence on 75 acres.

Dale and Kimberly Nuss, a therapeutic foster family, bought and started the ranch seven months ago after seeing a need for at-risk foster children and youths in the Department of Human Services. Dale, who spent 25 years with the El Paso County Sheriff's Department, found that a startling 70-80% of inmates in Colorado correctional facilities had been in the DHS foster care program at one time.

The couples' goal is to “give all at-risk children and youth a place for restoration and healing,” according to a ranch brochure. SMR is for all Fremont County youth 3-16 years of age and their families.

Eventually, SMR hopes to offer a 24/7-therapy team, equine therapy, trauma therapies, art programs, summer day camps, life skills, suicide prevention and more.

The SMR and SMTS rely totally on tax-deductible donations, and will accept just about everything, said Dale. The thrift store sells gently used items. The store not only helps fund the ranch programs, but the Florence community and surrounding area; local foster children and their families, as well as foster children elsewhere in Colorado.

The couple have fostered over 20 children and adopted five, said Dale. Currently there are three foster children at the ranch.

Winter hours at SMTS are Tuesday-Saturday 10-5 p.m., 719-784-7225, [www.selahmountainranch.org](http://www.selahmountainranch.org). Their grand opening was March 25.

In about the middle of the block, at 120, is the new Hang Out. Owned and operated by John and Emily Arnold, The Hang Out



The front of Twin Creek Trading Company, which moved from Florissant to 128 E. Main in Florence.

opened last December, and offers a comfortable atmosphere for fantasy card and board game players to relax and enjoy their games. It is also a space for reading today's style of comic books, which are more of a graphic novel than they used to be. The shop also carries drones and remote-control cars, vehicles and planes.

It's a safer, more comfortable place for kids to hang out rather than at park benches, on the corner and the like, said Emily. It is for everyone; their clientele includes kids of all ages, she stressed. A person even gets to assemble and paint their own game pieces in War Hammer, one of the board games.

The couple plans on building an indoor racetrack for the RC vehicles and plan on having races on Saturdays, said John. Fridays at 7 p.m. features standard tournament magic; Saturdays is the booster draft with packs of cards at 6 p.m.; Sundays feature role-playing in games like Dungeons and Dragons. The store is open Tuesday-Thursday 10-9 p.m.; Friday and Saturday 10-10 p.m.; and Sunday 10-9 p.m., closed Monday; 719-744-8833; soon to be a website, John is working on that.



At the register in the Selah Mountain Thrift Store with Janna Hagen, co-owner of Owl Apothecary on Front Street, and her friend Ruby, Dale, Samantha and Jack Nuss left to right.

Almost up at the next corner at 128, is the new Twin Creek Trading Company, relocated from Florissant. Owned by Mark Webb, who plans on being open for the block party, Twin Creek features home décor items including an old wood cook stove, upright woodstove and a regal mountain lion looking out at the passersby; its eyes seem to follow you as you walk by. Contact number is 719-641-6404.

The last new business, so far, to open its doors in the 100 block of E. Main is The Crafted Plate at 115, on the north side of the street. Owned by Jay Benoit and his partner Jodi Johring, the restaurant just opened February 7, 2019 and serves breakfast and lunch. They feature BBQ and Mexican cuisine with gluten-free, vegetarian, and vegan items. The couple brings a total of 36 ½ years of restaurant/catering experience to the business; 10 ½ for Jay and 26 years for Jodi.

The couple started catering in the Florence area six years ago, operated a food



Emily and John Arnold at their new store The Hang Out.

On the cover: Behind the counter at The Crafted Plate are, left to right, Joe Tarricone, Susan (Mom) Bruening, Shane Bruening, Erin Aris, Jodi Johring and Jay Benoit.

truck the past two summers, and now have a restaurant. They also offer catering and can accommodate up to 5,000 people, said Jodi; they have catered a lot of Department of Corrections functions.

The couple wants to use local sources when possible and apple wood smoke all their meats with wood from Colon Orchards in Cañon City. They would like to use micro-herbs and greens in their meals with live, organic, locally grown produce. All their food is prepared fresh and from scratch, said Jay.

The Crafted Plate is open Wednesday-Monday 7-2 p.m., closed Tuesday; 719-784-7259.

The Antique Warehouse, Vintage Lighting and Western Accoutrements, operated by Virginia Lindley-Brunn and Michael Brunn, has been at its present location, 110, for 10 years, but is moving up the street to 124 E. Main. That is next door to last year's new business, Rustique Treasurers, Unique Treasurers Repurposed by artisan/owner Kathryn Duncan at 122. There is an inner connecting door between the two businesses. At one time, 122 E. Main was a meat market owned by Florence founding father James McCandless.

The Antique Warehouse features vintage clothing, Western accessories, and vintage/historic lighting of all kinds. Store hours are Tuesday-Saturday 10-5 p.m., Sunday 12-5 p.m., closed Monday.

Other businesses along the south side of E. Main include 3 Sisters Restaurant, Oak Creek Bar & Grill, and Antiques & Collectibles on the corner at 132, owned by Larry Nelson, but Nelson is thinking of moving to West Main!!!

Also new at 119 W. Main is Strait Cuts, owner Kevin Strait, who is affiliated with Phil's Barber Shop at 508 Main Street in Cañon City.

Come and experience Florence and see all the new businesses and changes along East and West Main Street.

Don't forget the block party April 12, 13, and 14.

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## Life-Enhancing Journeys Is this self-love or am I a narcissist?

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

Self-Love... Depending upon your perspective, can either seem like bliss or, conversely, that you're an egotistical, selfish human being. The reality is that creating a secure balance is what we are striving for. This month's article will define what is, or is not, a healthy and stable appreciation of yourself.

Do you truly like who you are? If you were to be totally honest, would you say that you really and wholeheartedly admire most aspects of yourself? One clue to a truthful response is to ask yourself, "Do I repeatedly try out enhancements to my appearance, my personality, and/or my abilities?" "When I scrutinize myself, do I notice my attractiveness or do I only see my flaws?" Are there aspects of your appearance you wish you could change or do you accept them as a unique part of you? How about with your personality? Do you accept who you are or do you wish to be different than your authentic self? Do you hear an inner voice harassing you with insulting messages such as "you're so boring...that's why no one wants to be around you" or "why are you so fidgety? Just stop it!" Have you gotten to the point where you see yourself not as who you genuinely are, but only as you wish you could be? If you found yourself answering "yes" to any of the above questions, that is the opposite of self-love. When you criticize yourself, especially for things that you are unable to change, you will only make yourself feel worse. In addition, thinking negatively about oneself damages all relationships. We tend to require from others what we are unwilling to give ourselves. When we are not providing our own basic human needs, we may become angry with our friends or our partner for letting us down or for not satisfying our needs.

Based on my years of experience helping people recognize and value who they are, learning to love and appreciate oneself helps create a healthier and more powerful life. Giving yourself a type of self-love, which offers personal encouragement, compassion and kindness is a great foundation for becoming comfortable in your own skin as well as creating positive connections with others.

A main source for positive self-esteem is an ability to accept yourself as you are, not as you "should" or "could" be. Too often I hear people talk about themselves from the perspective, "...if only I could change X my life would be so much better." When you accept yourself, there's less chance to focus on your failings and more opportunity to see yourself in a realistic light. Even though you may recognize your shortcomings, you're less likely to view them as fatal defects. Realistically, there does come a time when it's useful to modify some qualities that can benefit from an adjustment. The value of recognizing faults can enable you to evolve into the better version of yourself. When you're able to acknowledge and accept some personal limitations, there is a sense of peacefulness that oftentimes accompanies it.

The idea of self-acceptance contributes to a more positive view of life providing us with

peace of mind, greater self-understanding, and the ability to connect with others. Carl Rogers, in the 1950s and 60s, came up with the concept of "unconditional positive regard" and its importance in developing who we become as adults. According to Rogers, when parents place "conditions of worth" on their young children, this can cause their kids to grow up to be self-doubters and faultfinders. If you believed that your parents would only love you when you performed up to their standards (which usually was more about their own insecurities than about who you were), you likely developed an inner voice which was critical. The disapproving voice would likely compare how you are to how you "should" be. As an adult, this pattern tends to be maintained unless there is an intentional decision to conduct yourself differently.

When I reflect back on my own childhood, this pattern was regrettably evident. I remember how important it was (especially to my mother) that my sisters and I looked and acted in a way which reinforced what a capable parent she was. I grew up with the belief that it was better to look good than to feel good. Because I have been rather curvaceous most of my life, I considered myself to be a flawed person because my body type was different than how my parents hoped I would look. It took me a long time, with a determined effort, to appreciate and accept myself for who I am.

Throughout the years I've been in practice, there are people who think that self-love has a downside. They may fear being called show-off or egotist or even believe they will never need others when they are so self-assured. They confuse self-care with selfishness. This is when I explain that self-love/care is about nourishing their personhood, which is necessary not selfish. Treating yourself poorly oftentimes leads to manipulating others to give oneself what is needed (because you're incapable or unwilling to provide this to yourself.) That is selfish! My goal is to help them recognize that self-love is more about worthiness, compassion and esteem, rather than selfishness. A self-loving, kind and accepting person has a greater chance of enjoying a more confident, happy, and fulfilled life.

What is the difference between loving oneself and exhibiting narcissistic tendencies? These personality traits have very little in common. Although the word *Narcissism* means self-love, this personality type is the opposite of a truly self-loving person in all ways. Narcissists are selfish people who promote their own welfare and can be indifferent or even hostile toward others.

The narcissist's so-called self-love tends to be superficial and manipulative, which enables them to maintain a (false) sense of superiority. Although narcissists project an image of self-confidence as well as self-absorption, these traits surround a very weak and vulnerable inner sense of self. This is what is commonly known as the "mask" of narcissism. The strong and resilient façade

disguises the vulnerable and insecure true self that seeks to be approved and admired.

A narcissist shows affection, kindness and consideration primarily as a way to receive admiration (narcissistic supply) from others. While this may be true, it's nearly impossible to recognize it upon first impression. Narcissists tend to be perceived as attractive, intelligent, friendly, charming and fascinating; attributes which most of us find quite alluring. The narcissist rates him or herself highly and will keep others around to support this favorable viewpoint. Because narcissists are unable to function without reinforcement from others, they make sure they project these admirable qualities to the people they consider most valuable to them.

**Narcissists care about themselves. They routinely try to maintain their advantage over others. They lack empathy and rarely accept personal responsibility for anything.**

As more time is spent with the narcissist, you may detect that their seeming self-love seems fake, a sham. You may also notice that they can act egotistical and self-absorbed, with an inability for self-reflection. They avoid feedback or criticism from others because internally, they really are hypersensitive, insecure and defensive about any potential disapproval. When there is an attempt to confront a narcissist about something that displeases you, they often turn it around and attack you personally. Their way of behaving serves to hide their insecurities.

Here is one example of what I have heard repeatedly when working with couples where one partner exhibits narcissist tendencies; (the complaining partner) "I enjoy your company so much and I'd like to spend more time with you...you're frequently with your friends and I feel unimportant..." (Narcissistic partner) "Oh. So you think I'm ignoring YOU?!?! Ha!! You're the one snubbing me...you're always at work or out with your friends...I'm the one who is left out, not you." If you protest, there is a high likelihood that you will experience even more wrath from the narcissist. Following the narcissist's rebuke back at you, there may then be an internal dialog questioning yourself, "Am I crazy or making this up...?" After a while, interacting with a narcissist feels draining, as if you've been sucked dry (because of their endless need for external admiration).

People tend to find themselves drawn to the narcissists' charm as they flaunt these

positive qualities. But beware! Narcissists have a public and a private face. They will confidently display positive characteristics in public and profess praiseworthy virtues. However, in private, narcissists will display their true character. It's impossible for them to keep the positive impression going without their narcissistic supply recharging them continuously. Narcissists need to maintain a position of power and control over others which ensures they get what they need; a sense of superiority and self-importance. The narcissist's charm turns into vanity and grandiosity, manipulation and exploitation of others.

Do narcissists care about others? Not really. Narcissists care about themselves. They routinely try to maintain their advantage over others. They lack empathy and rarely accept personal responsibility for anything. Narcissists are often very judgmental. They criticize and belittle others while they praise and call positive attention to themselves. Narcissists often seek sexualized attention from others and may initiate brief hookups or affairs even if they are in a committed partnership or are married.

Are narcissists happy? No, they are not, yet they generally have no awareness as to what is causing their misery. They seem happy when they are being well-regarded and when their needs are being fulfilled. When narcissists sense (narcissists are very intuitive people) that they are out of control and are missing the admiration of others, they will feel deflated and insecure. There then is a (unconscious) panic which will activate their survival system which mandates they restore their power position quickly. When narcissists feel they are not being given their due, they may become more manipulative and aggressive. Narcissists will often seek out new acquaintances or partners to obtain the never-ending admiration they crave.

This article has explored the differences between self-love and narcissism. Healthy self-love is an internal process which is available whenever it's needed. This enables a person to love, connect, empathize, accept, value, respect and appreciate themselves and others. The narcissist is unable to utilize these approaches because they are essentially devoid of the necessary internal resources. Their sense of fulfillment is dependent upon others ability and willingness to provide them with the external supply they are craving. Which one are you?

"To know thyself is the beginning of wisdom." — Socrates

Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII is the program director of Journeys Counseling Center, Inc. At Journeys we teach you tools, skills and help you discover resources to live the most effective life possible. We guide, support and coach you along the path you desire, to become the best version of yourself. To contact Barbara, call 719-687-6927 (office) or 719-510-1268 (cell).



There is an elephant in my kitchen. It isn't one of the fabled pink ones that terrorize folks who drink too much whiskey. It is not a cute stuffed blue one cuddled on my bed. No, this elephant is the thing nobody talks about, except in whispers. "She's the girl that bought THAT house," during conversations with knowing nods. My cabin has a history.

Purchasing a mountain get-away from afar was a challenge. After long 12-hour pharmacy shifts, I'd peruse real estate possibilities in a blue computer haze 'til the wee hours of morning. Frequent Colorado expeditions began with high hopes, only to be dashed to smithereens by dismal showings. A lot of literary license was taken in home descriptions. Pictures never revealed leaking ceiling pipes or frayed electrical wires. Solid foundations weren't guaranteed either. One candidate's main support beam swung freely when I bumped against it, which explained the rippling floor. Living "off-the-grid" options were more affordable, but electricity and indoor plumbing are dear friends of mine. After 20 years of patching farm buildings with duct tape and chicken wire, I wanted to spend my time playing in the wilderness instead of fixing things or cleaning a path to the outhouse.

Just when I was ready to wave the white flag and surrender my dream, an oasis materialized. It was a cozy log home with knotty pine interiors and wonderful mountain views from the front porch. I pounced at ownership, and celebrated when my offer was accepted. I didn't know my adorable cabin had been the scene of a tragedy when I signed the papers. Would I have walked away if disclosure had happened? Probably not. After all, the cabin did not pull the trigger. Neighbors informed me of its tragic history after I sold my farm, quit my career, and

moved in with two dogs and two chickens.

Maybe I am a magnet for this kind of thing. My beloved Illinois farmhouse had been a scene of an unsolved double murder almost a century before we moved our family into its horsehair-insulated walls. I poooh-pooohed my children's claims that they heard strange noises in the attic for years until our local veterinarian told us the story. Thankfully our ghosts were friendly.

Death is an uncomfortable subject in our culture, even though taking a final breath is truly the only thing we have to do after birth. For lucky ones, the transition happens quietly during sleep. But for the vast majority, death doesn't arrive peacefully. Sometimes it is a violent, unforeseen end. For some, it is a chosen path. When a person makes the decision to hasten death for reasons of depression, disease, or the ravages of chemotherapy, we have to remember one thing: It is impossible to know what it is like to walk in another's shoes.

Many people have confided how they wish they could have known my cabin's former occupant better; spent more time chatting, visited and waved more, taken gifts of food. For me, the history inside these walls reminds me to spend quality time with people I care about, smile at strangers, and be open to new friendships. In this technology-driven era, when we are bombarded by information on how wonderful everyone's lives are, isolation is rampant. Sometimes just a mere "hello" brightens a day immeasurably. It is not possessions in our lives that matter. People do.

Peggy Badgett is a recent transplant to Guffey Colorado. She is a pharmacist, writer, artist and avid adventurer. Her website is coloradopharmgirl.com, email is coloradopharmgirl@gmail.com.

## Save the date for SATURN

SATURN (Substance Abuse Threatening Underage Residents Now) will be hosting our Annual Cops vs. Kids Dodgeball event on Thursday, May 2 from 4:20-6:20 p.m. in the Cripple Creek-Victor Jr/Sr High School gymnasium.

This event has grown to be one of the most popular events of the year for our 6th-12th grade students, and it has proven to be a great relationship-building experience between our local law enforcement and students. This year, we will also be inviting all dispatchers, CCFD, the Teller County Sheriff's Office, Victor Fire and Four Mile Fire to participate.

## Matt's Kindness Ripples On Making the world better, one kindness at a time

Nominate someone who inspires you for the Matt Kurtz Kindness Award. Help us honor people who make kindness a way of life.

It's time we recognize people for the good they do through their every day small acts of kindness. People who show up and do whatever needs to be done. They give generously of themselves with no expectation of reward or recognition. They do small good deeds — and sometimes huge good deeds — just because they can.

For these awesome people, kindness is a way of life. They make our world a better place. They are unsung heroes and Matt's Kindness Ripples On believes they are the people we should be admiring or emulating. So, we are looking for candidates for the Matt Kurtz Kindness Award. The winner will receive a certificate and a \$250 check in acknowledgment of their outstanding kindness and compassion.

We need your help to find these people. We need you to nominate someone who inspires you with their kindness — nominate them so

we can all appreciate and be inspired by them.

You can nominate someone by filing out the form at Matt's Kindness Ripples On. Nominations must be received by April 15, 2019 and the award will be announced May 1, 2019. (mattskindnessrippleson.com/get-involved/nominate-someone)

This award is in honor of Matt Kurtz of Boulder, Colorado, (1985-2017), a young man whose personal philosophy was to live an honorable, compassionate and non-judgmental life. To give for the sake of giving, to expect nothing in return, to be aware of the world around him and to step in to help others without being asked whenever he saw the need. Matt believed in the ripple effect of a simple act of kindness — like a pebble dropped in water, it goes on and on. You can find out more about how Matt lived his life, examples of his many acts of kindness, big and small, and why this award was created at Matt's Kindness Ripples On. (www.mattskindnessrippleson.com).

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### CRIPPLE CREEK JOB FAIR (Ages 16+)

Thursday, May 2, 2019  
Aspen Mine Center, 166 E. Bennett Ave., 80813  
11:30 am ★ Open to Veterans & eligible Spouses  
11:30 am to 3 pm ★ Open to General Public

★ Veterans are entitled to priority of service. ★

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RSVP: Call (719) 686-0705 or email Cory@cpteller.org by April 6th

WHEN:  
Saturday, April 13, 2019  
10am-12:30pm

WHERE:  
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Brunch and Childcare provided

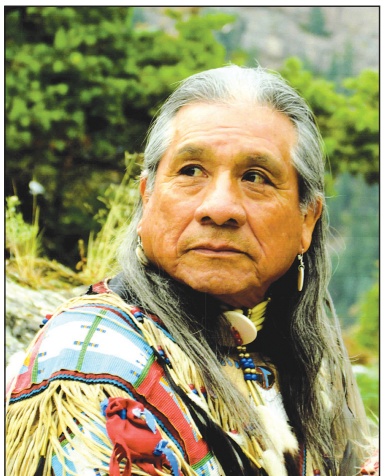
Youth Sessions available

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**Buena Vista****Uncompahgre Utes: Then and Now**

Roland McCook, Uncompahgre Ute tribal historian, will present the Collegiate Peaks Forum Series Lecture, "Uncompahgre Utes: Then and Now," at 7 p.m. on Thursday, April 25, at the Buena Vista Community Center. The lecture is free to the public and refreshments will be served. The Buena Vista Community Center is located at 715 E. Main Street, Buena Vista, CO 81211.



Roland McCook is a member and former chair of the Uncompahgre Band of the Northern Ute Tribe of the Uintah and Ouray Reservation and a descendant of the historical Ute leaders Chief Ouray and his wife, Chipeta. One of 15 children born to Ute parents, McCook was raised in Ute traditional ways in Desolation Canyon, part of the Uintah and Ouray Indian Reservation on the Green River in eastern Utah. As a child, McCook was taken from his home to the Whiterocks Boarding School where he "resisted systematic attempts to snuff Ute culture out of his being." In 1961, McCook's father, a believer in education, sent his son to the University of California at Berkeley. McCook recalls, "A reservation boy in Berkeley! Wow! I got educated about that lifestyle but did not adopt it." McCook's subsequent career with the Bureau of Land Management included acting as a go-between when BLM land encroached on Indian land. He also worked to restore oil and shale reserves to the Uintah and Ouray Indian Reservation.

McCook has been designated an official historian by his tribe and will discuss the history of the Utes in Colorado. He is current chair of Native American Cultural Programs (NACP) in Montrose, Colorado, and is on the Smithsonian Institution's Native American Repatriation Review Committee, responsible for returning Indian artifacts and human remains to the native peoples of the Americas. His work for the Smithsonian included restoring a lock of hair and leggings belonging to Chief Sitting Bull to the Dakota Sioux in South Dakota. He is a gifted powwow dancer and has been a consultant for local powwows.

FMI [www.collegiatepeaksforum.org](http://www.collegiatepeaksforum.org).

**Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7393 or email us at [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com).**

**CAÑON CITY**

5, 12, 19, 26 NAMI Connection Support Groups for those living with a mental health condition meets every Friday at 1 p.m., Community Education Room of St. Thomas More Hospital 1338 Play Ave. These meetings are free and confidential. No reservations required. FMI 719-315-4975 or go to [www.namisontheeastco.org](http://www.namisontheeastco.org)

**LIBRARY** 516 Macon Ave.  
3 Free Legal Clinic for parties who have no attorney 2-5 p.m. Please schedule 719-269-9020.  
5 Open Mic event 6-7 p.m. All ages welcome to share a poem, rap or story.  
13 Tracy Beach will share her new book *Frozen to the Cabin Floor* the story of Baby Doe Tabor 2p.m.  
16 Parkview Mobile nurses will present a lunch and learn *Moove over Milk* at noon. Bring a sack lunch and enjoy the program.  
29 We have David Skipper performing as Walt Disney at the Presbyterian Church, 701 Macon Ave 6:30 p.m.

**CASCADE**

12 Medicare 101 presented by PPACG 11 a.m. — 1 p.m. at Ute Pass Library, 8010 Severy Rd. Free.

**COLORADO SPRINGS**

8 Pikes Peak Poinge of Westerners presents *Florissant Fossil Beds is Much more Than Just Fossils* by Lloyd Lacy 6 p.m. at CS Masonic Center, 1150 Panorama Dr. \$17 per person. FMI 719-685-1960.

**PIKES PEAK CENTER**

6 COS Philharmonic — Life is Beautiful! at 7:30 p.m.  
7 COS Philharmonic — Life is Beautiful! at 2:30 p.m.  
9 Rain — A Tribute to the Beatles 7:30 p.m.  
12 COS Philharmonic — Audience Mixtape: Rhapsody in Blue at 7:30 p.m.  
13 COS Philharmonic — Audience Mixtape: Rhapsody in Blue at 7:30 p.m.  
28 The Taste of Pikes Peak noon-3:30 p.m.  
PPACG 14 S. Chestnut St.  
2 Understanding Your Social Security Benefits 5:30-7:30 p.m.  
15 Medicare 101 9-11 a.m. Registration required 719-471-2096.

**~OUT AND ABOUT~****EVERGREEN**

4 Free Legal Clinic for parties who have no attorney 3:30-5 p.m. at Evergreen Library 5000 CR 73. Please register 303-235-5275.

**FLORENCE**

12, 13, 14 Block party 100 block of East Main Street see page 17.  
13 Opening reception for Coleen Bobinac at Blue Spruce Gallery 5-7 p.m. Light refreshments will be served. Located at 205 W. Main St. Coleen Bobinac show runs through May 7. FMI 719-784-1339 or [www.bluespruceart.com](http://www.bluespruceart.com).  
• Florence Pioneer Museum and Research Center is having an Historical Easter "Egg" Hunt during the whole month of April. Come in, give a donation and have a bit of fun searching for "eggs" in the museum with special clues. The museum is located at 100 Front St. FMI [www.florencepioneercentermuseum.org](http://www.florencepioneercentermuseum.org).  
• Crystola Roadhouse 20918 E Hwy 24 — free line dance lessons with Shell 6:30 p.m. Beginners on up. Every Thursday.  
• Cripple Creek Masonic Lodge meets first Friday every month 5:30 p.m. at 75 Buffalo Ct in Divide. FMI 719-687-1457.  
• Community Partnership 3 GED Registration 10-11:30 p.m. Lunch served, childcare available upon request. \$40 fee (scholarships available). FMI 719-686-0705 or [Katy@cpteller.org](mailto:Katy@cpteller.org).  
• Career Workshops 3-4:30 p.m. This series of workshops will help prepare you to obtain your desired job! A new subject will be discussed each month. Free to anyone 17 and older. Childcare provided if requested in advance. FMI Kathy@cpteller.org 719-686-0705.  
• GED classes Mon & Wed -3 p.m.  
• Tutoring every Tues 12-2 p.m. Open session.  
• Little Chapel Food Pantry 8, 22 Food distribution 3:30-6:30 p.m. This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times per last name beginning with:  
A-I 3:30-4:30  
J-Q 4:30-5:30  
R-Z 5:30-6:30  
FMI 719-322-7610.  
Save the date: June 3 the Little Chapel Food Pantry will be hosting a golf tournament fundraiser. FMI 719-322-7610. See page 8.

**WORLD ARENA**

13 Gabriel Iglesias — Beyond the Fluffy World Tour 8 p.m.

**CRIPPLE CREEK**

• GED classes at Franklin Ferguson Memorial Library Mon & Wed 8-11 a.m.  
Save the date: May 2 SATURN: see page 19.

**ASPEN MINE CENTER**

2, 16 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.  
3, 10, 17, 24 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.

4, 11, 18, 25 Cocaine Anonymous group every Thurs 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.  
9 Veteran Service Meeting 9-11 a.m.  
9 All Vets, All Wars. Group participation 10-11:30 a.m.  
10 Colorado Legal Services 1:30-3 p.m. The Colorado Legal Services is a non-profit organization that assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.

18 OIB Group. This is a support group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room on the 2nd floor. FMI, Kathleen at 719-471-8181 X103.  
18 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.  
26 Teller County Emergency Food Distribution Program (Commodities) will be held the last Friday of the month 9-2 p.m. Please

**CRYSTOLA**

• Crystola Roadhouse 20918 E Hwy 24 — free line dance lessons with Shell 6:30 p.m. Beginners on up. Every Thursday.

**DIVIDE**

• Cripple Creek Masonic Lodge meets first Friday every month 5:30 p.m. at 75 Buffalo Ct in Divide. FMI 719-687-1457.

**COMMUNITY PARTNERSHIP**

3 GED Registration 10-11:30 p.m. Lunch served, childcare available upon request. \$40 fee (scholarships available). FMI 719-686-0705 or [Katy@cpteller.org](mailto:Katy@cpteller.org).

• Career Workshops 3-4:30 p.m. This series of workshops will help prepare you to obtain your desired job! A new subject will be discussed each month. Free to anyone 17 and older. Childcare provided if requested in advance. FMI Kathy@cpteller.org 719-686-0705.  
• GED classes Mon & Wed -3 p.m.  
• Tutoring every Tues 12-2 p.m. Open session.

**LITTLE CHAPEL FOOD PANTRY**

8, 22 Food distribution 3:30-6:30 p.m. This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times per last name beginning with:  
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J-Q 4:30-5:30  
R-Z 5:30-6:30  
FMI 719-322-7610.  
Save the date: June 3 the Little Chapel Food Pantry will be hosting a golf tournament fundraiser. FMI 719-322-7610. See page 8.

*continued on page 22*

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Mueller State Park

Spring has sprung at Mueller State Park! Lots of guided hikes are on the calendar for April. As the days get longer and the buds start bursting open, you can join a hike to watch for other signs of spring! The first spring migrant birds have already arrived. Mountain Bluebirds and American Robins have been seen in the park making their way north.

A Volunteer Orientation will be held on April 27th. Volunteers are a valuable part of the park's activities and services. Mueller enthusiasts are welcome to come learn about the volunteer opportunities at the park.

April's weather can be very mixed-up in the mountains! Be prepared for sunshine or snow! Visitors are encouraged to check snow conditions first on our website cpw.state.co.us or call the Visitor Center 719-687-2366 before arriving.

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~OUT AND ABOUT~

- continued from page 20*
- donate patriotic fabric.
- 20 Pine needle basket class 9-12 p.m. We will be working on our baskets and a few new stitches. Beginners are welcome. All supplies will be available.
- 28 Gardening Group is forming 2-4 p.m. All gardeners are welcome to join the discussions. FMI 719-748-5004.
- LIBRARY**
- 11 Free Legal Clinic for parties who have no attorney 3-4 p.m. Please pre-register 719-748-3939.
- Lego Club Fridays 12-4:30 p.m.
- Storytime Fridays 10:10-45 p.m.
- Adults**
- 8 Let's Read Amok! April theme: mysteries
- 17 Bookworms 10:30-12 p.m. April: *Neither Wolf Nor Dog: On forgotten roads with an Indian Elder* by Kent Nerburn.
- 18 Yarnia! 10-12 p.m.
- 24 Craft and Create 1-2:30 p.m. Ice candles. Register by April 15 719-748-3939.
- Tai Chi Mondays 10 a.m.
- Letters Home: A History of War Through Letters. This exhibit tells the story of wartime through personal letters, documents, journals, photos, and memorabilia from the Mexican American War through Desert Storm. Available through May.
- THUNDERBIRD INN**
- 7 Enjoy live bluegrass music with Serene Green.
- 27 Live music by Jeremy Vasquez and the Survivors.
- GUFFEY**
- BAKERY AT STRICTLY GUFFEY**
- Yoga every Friday morning from 8:30-9:30 a.m. with Kristie.
- Talking Threads the 3rd Thursday from 10-12 noon.
- Drum Circle the 3rd Thursday night from 6-8pm.
- HARTSEL**
- 20 The Community Center will be hosting their Easter Egg hunt, rain or shine, wind or snow, indoors if necessary 10 a.m.. There will be the traditional reading of Peter Cottontail, indoor games and light refreshments. FMI hartselcommunitycenter@gmail.com or call 719-838-1653.
- LAKE GEORGE**
- 14 A Cripple Creek Rock Collection – see page 8.
- MANITOU SPRINGS**
- 6 5Health Fair at the Community Congregational Church, 103 Pawnee Ave 7-noon. Sponsored by KOAA. Multiple screenings available. FMI [www.9HealthFair.org](http://www.9HealthFair.org) or 1-800-332-3078.
- PALMER LAKE**
- 18 The Palmer Lake Historical Society will present Katherine Scott Sturdevant telling the story of Emma F. Langdon, "Hidden Here of the Printing Press," during the 1904 miners' strike in Victor, Colorado. Held in the Palmer Lake Town Hall, 27 Valley Crescent. Doors open 6:30 p.m., program begins at 7 p.m. Light refreshments. FMI [www.palmerdividehistory.org](http://www.palmerdividehistory.org).
- SALIDA**
- 4 Chaffee County The Emergency Food Assistance Program & Commodity Supplemental Food Program distributions on the 1st
- Thursday of each month at Salida Community Center, 305 F Street, from 9:30 a.m. until 2 p.m. Call Elaine Alleman for more information 719-539-3351.
- 10 Free Legal Clinic for parties who have no attorney 2-5 p.m. at Salida Regional Library 405E St. Please schedule 719-539-4826.
- 11 Creative Mixer 5:30 p.m. in Paquette Gallery in lobby of SteamPlant. Meet artists, network and get fresh ideas.
- HIRMC – for programs see page 16.
- NAMI Connections for people dealing with mental illness meets the 3rd Tues 5:30-7 p.m. at Salida United Methodist Church 228 E 4th St. FMI 970-823-4751.
- NAMI's Family to Family for those who have a family member dealing with a mental illness meets 5:30-7 p.m. the 3rd Tues at Salida United Methodist Church 228 E 4th St. FMI 970-823-4751.
- VICTOR**
- 3 The Victor Lowell Thomas Museum invites you to an open house 4-6 p.m. celebrating building renovations with a 5 p.m. presentation, reception and free admission to the museum.
- 5, 12, 19, 26 Celebrate Recovery at the Victor Community Center every Fri 6:15 p.m. FMI 719-243-4970.
- WESTCLIFFE**
- 10 Free Legal Clinic for parties who have no attorney at West Custer County Library 209 Main St. Please schedule 719-783-9138.
- 23 Food Safety Training for Colorado Cottage Food producers 2-5 p.m. at the Wet Mountain Valley Saddle Club 90 CR 241. This class will give you the most up to date information. Learn which foods are now permissible under the Cottage Foods Act, product labeling and production requirements, and the all-important food safety for the home business. After taking and passing a short quiz, participants receive a Certificate of Completion, good for three years. Pre-registration is required 719-783-2514 or email Christy.Fitzpatrick@colostate.edu. If accommodations for disability or language are needed please notify us 719-539-6447 at least five business days prior to the event. Cost \$25.
- WOODLAND PARK**
- 4 Job Fair Readiness Workshop 12-1 p.m. at Teller county Department of Human Services Workforce Development, 800 Research Dr., #224. FMI 719-686-0705.
- 5-May 27 Plant Sale at Mountain Naturals 12-5 p.m. sponsored by the Harvest Center. Young starts available including herbs, veggies and ornaments.
- 12 Job Fair at Ute Pass Cultural Center 1 p.m. for veterans, 1:30-4 p.m. general public.
- 13 "Grand" Parenting see page 18.
- 25-27 Woodland Park High School presents Mama Mia! at Dickson Auditorium 7 p.m. See page 4.
- 25-27 Munchkin Market semi-annual children's consignment sale. Shop Thurs 5-8 p.m., Fri 12-8 p.m. and Sat 9-2:30 p.m. (everything half off). FMI 719-422-6804 or [munchkinmarket@gmail.com](mailto:munchkinmarket@gmail.com).
- 27 Kidsfest 20th Annual Hands-On Children's Festival 9-12 p.m. at Ute Pass Cultural Center. FMI [www.tre.org](http://www.tre.org).
- GED classes Tues & Thurs 5-8 p.m. WP High School.
- NAMI Connections for people dealing with mental illness 1st and 3rd Mon 6:30-8 p.m. at Mountain View Methodist Church 1101 Rampart Range Road FMI 719-687-3868.
- Save the date:** May 3 Karate Plus
- 25th Anniversary Celebration 7 p.m. Ute Pass Cultural Center.
- Save the date:** May 4 Woodland Park Wind Symphony Spring Concert 6-7 p.m.
- DINOSAUR RESOURCE CENTER**
- 2 Bobsled Racing 11-2 p.m.
- 27 Nature's Educators 11-3 p.m. FMI: [www.rmdrc.com](http://www.rmdrc.com) or 719-686-1820.
- LIBRARY**
- 2, 19 Peeps-A-Palooza. Enter the Peeps-A-Palooza contest. Entries accepted until closing on April 18. Judging takes place April 19 at 3:30 p.m. Winner receives a \$25 gift card.
- 5 The 2nd Annual Kitten Party 3:30-4:30 p.m. TCRAAS will be here with both kittens and cats for adoption! All cat lovers welcome.
- 10 Open Mic Night 5:30-6:30 p.m. Perform your clean slam poetry, song, comedy routine or play a musical instrument. Sign up in the Teen Room or email [LeslieJ@rampartlibrarydistrict.org](mailto:LeslieJ@rampartlibrarydistrict.org).
- 11 Free Legal Clinic for parties who have no attorney 3-4 p.m. Please pre-register 719-687-9281 ext. 103.
- 13 Political will for a vibrant world. Join the Citizens Climate Lobby at 11 a.m. and help save the planet! FMI [pijotsticker@gmail.com](mailto:pijotsticker@gmail.com)
- 13 Theodore Roosevelt: After the presidency, a time for adventure 1909-1917 at 2 p.m.
- 18 UCHHealth Pikes Peak Regional Hospital is hosting a FREE Community Health and Wellness luncheon 11:30-1 p.m. with our new Ear, Nose and Throat specialty care clinic physician, Dr. Kimberly Atiyeh. To register, contact Deborah Idleman at [deborah.idleman@uchealth.org](mailto:deborah.idleman@uchealth.org) or call 719-686-5828.
- 23, 25 and May 1 Teller County Listens (TCL) On a monthly basis, the Teller County Assessor, Colt Simmons, breaks bread with Teller County folks to listen to county issues and concerns. For April and May 2019, the TCL program will focus on the upcoming Teller County Property Reevaluation Programs as prescribed by Colorado Statue. Interested citizens can attend our TCL Meetings at the Woodland Park Library's Large Meeting Room on Tuesday April 23, 11:30 a.m. - 1:30 p.m., Thursday April 25th, 11:30 - 1:30 p.m., and Wednesday May 1st, 5 - 7 p.m. FMI 719-689-2941 (assessor) or 719-687-9281 (library).
- Tai Chi Thurs 5:30 p.m.
- Tai Chi for Arthritis Fri 10 a.m.
- Tai Chi Sun Style 11 a.m.
- Children**
- Books and Babies Storytime Tues 10-10:20 a.m.
- Lego Club Fri all day
- Silly Saturdays 10-10:30 a.m. ages 0-5
- Storytime Wed & Thurs 10:05-10:45 a.m. ages 3 and up.
- Teens**
- 4 Teen Advisory Board 3:45-5 p.m.
- 10 Anime Club 3:30-5 p.m.
- 11 Mixed Media Art Club 3:30-4:30 p.m.
- Adults**
- 9 Stitchers Above the Clouds 1-3 p.m. Colorado Room.
- Fridays 2 Legit to Knit 12-2:30 p.m. Enjoy the company of stitchers.
- Book Clubs**
- 2 WP Library Book Club 10:30-12 p.m. April: *Three Junes* by Julia Glass
- 3 Not So Young Adult Book Club 11 a.m. April: *March* by John Lewis, Andrew Aydin, Nate Powell.
- 11 Senior Circle Book Club 10:30 a.m. April: *Unsheltered* by Barbara Kingsolver

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



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