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Vol. 13, No. 4

## Welcome to Ute Country



**Expect to have hope rekindled.  
The dry seasons in life do not last.  
The spring rains will come again.**

— Sarah Ban Breathnach

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Springtime in Mueller State Park



# Electrical safety poster contest

**IREA wants young artists to help us promote electrical safety.**

Students in grades 1 through 5 are invited to submit hand-drawn artwork with a tip, slogan or message about electrical safety.

Winning posters from each grade will earn \$100 for the artist and be used as part of National Safety Month in June.

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## On Deck

*April Showers bring May flowers* is the saying that probably came from a flatlander as up in the mountains of Colorado it is our spring season that brings most of our snow. Lucky for us, especially after equinox, our sun melts most the next day or so. Jeff took this photo right outside the door of Shipping Plus in Divide, last year. The rainbow is the symbol of hope, a double rainbow is twice the hope! We felt the quote was as fitting to the photo as it is to the times we live in, reminding us change is constant and we need to hold onto hope and believe there are better times to come!

Change also brings things full circle. We take this opportunity to welcome back Jessica (Kerr) Stevens, with her new column *Beasts of the Peaks*. We appreciate Jessica's appreciation for nature and how we can live mindfully and respectful of our Earth Mother and ALL Her inhabitants. Barbara follows through with her article in *Life Enhancing Journeys* on self-forgiveness to help us with the skills necessary to forgive and let go of the emotions that could physically harm us, so we can become the kind of person we wish to be. Catherine has her creative way of reminding us in *Musings Along the Way* to "Mind the Gap"! Gilrond the Historian takes us on a fictitious "April Fools" journey. These are just a few of the hopeful article we bring you for April. Open the pages to find more!

Would you like your pet featured in our Critter Corner? If you submit it, we're likely to print it. Email ([utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com)) them or snail mail them to POB 753 Divide, CO 80814 or drop them off at Shipping Plus in Divide M-F 9-5:30 p.m.

Thank you,  
— Kathy & Jeff Hansen

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

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## The Thymekeeper I can meet you where you are

by Mari Marques-Worden

I come from a family of smokers. Both grandfathers and both of my parents were heavy smokers. Associating the smell with people I loved, being a Leo who loves fire and smoke, it stands to reason I was susceptible and fell right into the trap of nicotine addiction.

I'm old enough to remember when doctors preferred Camels, the non-filtered kind of cigarette that lured my mother and contributed to her COPD. My father preferred filtered but turned to chewing tobacco to quit. He believed this is what caused him to contract cancer on his tongue that subsequently led to a brain tumor and his demise.

Cigarettes were so common when I was young, my fifth-grade teacher Mr. Kent was never without his pack of Kents in his shirt pocket close to his heart. Nearly everyone around me that I looked up to smoked so what could be the harm? We kids had candy cigarettes as a primer!

I have surpassed the age of my father at his death, I'm quickly coming up on the age that my mother died and I'm a three-time quitter for the win. How did I do it and why does it matter now more than ever?

Every year respiratory illness comes in the form of cold and flu. A lot of people die, in fact here is a direct quote from one of my teachers from 2008's swine flu experience: "People die from influenza, garden variety, a lot — 40,000 people a year in the U.S. 200-300 a DAY during flu season."

Although one must always consider co-factors, such as heart disease, diabetes, cancer and environmental toxins, how many of these factors are aided and abetted by cigarettes? Most cigarettes are laden with chemicals and inhalation is a quick delivery system for good or bad to enter the system.

### Bad Juju

There are lots of bad ingredients that mingle with the tobacco in your cigarettes. I'll just start with one toxin produced from smoking, carbon monoxide. Per the website [verywellmind.com](http://verywellmind.com): "When carbon monoxide enters the lungs through breathing, it binds with hemoglobin in red blood cells to make carboxyhemoglobin (COHb), which is then transported into the bloodstream. Once this happens, oxygen cannot bind with receptors on the same cell. Carbon monoxide is much faster at binding with hemoglobin than oxygen (about 200 times faster). So when CO is present in the lungs, it wins the spot on the red blood cells. This process diminishes the oxygen-carrying capacity in the bloodstream. Carbon monoxide is quick to connect with red blood cells but is slow to exit the body, taking as much as a day to be exhaled through the lungs."

This is called hypoxia and it is my understanding that one of the worst outcomes from contracting covid 19 is exactly that; the inability for blood cells to deliver oxygen to the vital organs has shown to cause cell death. This is probably why doctors described patients as presenting with symptoms of altitude sickness. Think about what is being trapped in a mask if you slip one up over your face after smoking.

Walking away from nicotine was one of the hardest things I ever had to step up to. To be honest, I had to approach the whole thing as if dealing with a spoiled child because of course, I wanted what I wanted when I wanted it. But it was really the nicotine and the habit that was steering the ship. A total attitude adjustment was what I needed. I had to ask myself, when was the last time anyone or anything had control over me?

It takes courage and a strong will to face our oppressors, especially when we perceive

them as bigger and stronger than we are. One must be willing and ready and if that sounds like you, allow me to share my experience on how I won the battle and succeeded in quitting.

First of all, I knew I would have to address my love for smoke and fire, so I developed an herbal smoke blend. As mentioned, inhalation is a quick delivery system and although I am putting healthy herbs in my blend, smoke in the lungs is not a good idea. This is, however, a means to an end that could potentially save your life.

### Expectorants and expenses

This blend is specifically designed to facilitate the process of breaking free of cigarettes on all levels. The herbs I chose are far less expensive than today's tobacco prices, in fact one can be found in the wild. I say set your sights on a reward for the end of this challenge, you'll be better equipped to afford it.

Mullein and coltsfoot, two of the main ingredients in the blend are lung healing and have expectorant properties to help move junk out of the lungs. Mullein is especially useful for wheezy asthmatic coughing and sudden abrupt hard coughing that makes your chest hurt afterward. (For more on mullein see: "The Gifts of the Great Mullein" UCN July 2014)

Anise seed is another expectorant and it gives nice flavor to the blend. Lobelia has a chemical constituent called lobeline that is related to nicotine so it binds to the greedy little receptors and calms them down. It also has an overall calming effect. Licorice root is an adaptogen and helps people adapt to change. Spearmint is added for its calming properties as well as flavor, this can be substituted with peppermint for menthol smokers.

I ask people not to pre-roll in order to break the quick fix habit. This blend can also be smoked in a pipe. You still have your smoke, you still have your hand to mouth action and you can ease yourself into it, or out of it, whichever way you see it, by adding a little bit of tobacco, each time reducing the amount until there is no need to add it.

**Professional tip:** It looks like a joint but don't smoke it like one or it or it will hack you out.

Eventually, you will feel the need to smoke lift like a fog and smoking becomes a choice. You will smell better in both the way you present yourself and the fact that your sense of smell and taste will improve. The benefits of quitting smoking begin almost immediately after your last cigarette. According to medical-



Remember when it was so "Kool" to smoke that cigarettes were endorsed by celebrities?

newstoday.com, "In as little as 20 minutes after the last cigarette is smoked, the heart rate drops and returns to normal. Blood pressure begins to drop, and circulation may start to improve." For a great article and more benefits of quitting see: <https://www.medicalnewstoday.com/articles/317956#fast-facts>

When I started my journey toward quitting, I did chew a small corner of nicotine gum as I was dealing with tourists on a daily basis at the time. That didn't last long because although it took the edge off, my gag reflex said no. I found chewing a piece of osha root or whole licorice root not only made my breath smell good and keep my mouth occupied, both boost the immune, have respiratory benefits and anti-microbial action. I imagine a day when people trade the mask for an anti-microbial herb to guard the gate!

**Caution:** Licorice root is not recommended for people susceptible to or who have high blood pressure.

We know more now than when I was a child and can make healthier choices for ourselves. Overall, I would say quitting cigarettes has been one of the biggest hurdles I ever had to overcome. I'm choosing other hurdles these days. I can now climb mountains like a boss in my senior years and that is more my style!

Mari's Firefly Smoke Blend can be purchased at Shipping Plus in Divide and coming soon to Mountain Naturals Community Market in Woodland Park. All the herbs listed in this article can be found at The Thymekeeper in Florissant.

Mari Marques Worden is a State 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. Mari is available for private consultation.



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## New BFX Rescue truck for CCFD

The Cripple Creek Fire Department (CCFD) recently accepted shipment of a light rescue truck built by BFX Fire Apparatus in Weatherford, TX. The purchase of the rescue vehicle was made possible through a donation from Newmont CC&V Mine for \$25,000 and a grant from the Colorado Department of Local Affairs for \$75,000. The total cost for the vehicle was \$171,451. This vehicle will replace the current 1998 Ford light rescue truck.

The vehicle body was built with fiber composite technology and includes LED scene lighting. The lighting features include an 80,000-lumen light tower with 7.5 feet of lift. The vehicle will carry extrication tools and vehicle stabilization struts

and air bags for auto accidents. Equipment for high and low angle rescue operations are also included in the vehicle. There will be medical equipment for responding to both trauma and medical EMS calls. Additional equipment includes hazmat monitoring and response equipment.

Interim Fire Chief, Ryan Lohmeier has already put the vehicle into service. Lohmeier said, "Cripple Creek Fire Department is very appreciative for all involved with the help purchasing the new rescue truck. It replaces our old rescue truck, which was quickly becoming unreliable. The truck has already been put to good use and will better serve the citizens and businesses of Cripple Creek and the surrounding area."

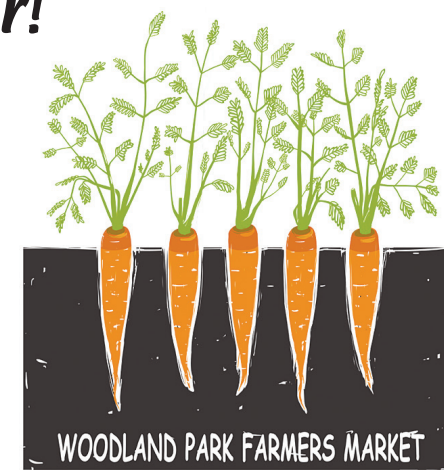
## Meet TCFM's new Market Manager!

by TCFMA Board of Directors

The Teller County Farmer's Market Association (TCFMA) has a new Market Manager, as its 30-year veteran, Judy Crummett has retired.

TCFMA recently completed an intensive search and interview process. We thought the community might be interested in the fact that we had about 18 excellent applicants from throughout Teller County and down the Pass. We interviewed a number of them, half a dozen of them twice before choosing three finalists as the probable best fit for the market at this stage of its existence. All three were excellent. We wished we had more positions to fill! We are also please to report that several of the candidates have expressed an interest in becoming market volunteers this year!

So, thank you, community! You presented us with an embarrassment of riches



in candidates for our Market Manager! We hope you will be able to meet a number of the applicants at the market this summer (June 4 - Sept 24). Certainly, we look forward to introducing you to our new manager, Lara Maas.

See you all soon in Memorial Park!

## Free NAMI courses!

NAMI (National Alliance on Mental Illness) Chaffee County will be offering a free, virtual Family-to-Family course on Thursday evenings April 8 through May 27, 6-8:30 p.m. via Zoom. This eight-week course is designed to increase understanding and advocacy skills while helping participants maintain their own wellbeing. Participants learn about problem solving and communication strategies, treatment and recovery, and about illnesses such as anxiety, depressive disorders, schizophrenia, bipolar disorder and other mental health conditions. NAMI Family-to-Family is an evidence-based program.

This program is intended for family, friends and significant others who have loved ones living with a mental health condition or are taught by trained peer

facilitators who have personal experience with mental health conditions in their families.

To register or get more information about other NAMI programs and support groups, please contact NAMI Chaffee County at info@namichaffee.org, 970-823-4751 or visit namichaffee.org.

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Chaffee County is an affiliate of NAMI Colorado. NAMI Chaffee County volunteers work to raise awareness and provide essential education, advocacy and support group programs for people in our community living with a mental health condition and their loved ones.

## GOCO awards grant to CUSP

by Coalition for the Upper South Platte

The GOCO board awarded a \$136,168 grant to the Coalition for the Upper South Platte (CUSP) to address a backlog of stewardship projects and support property owners with forest health across Jefferson, Park, and Teller Counties. CUSP will deploy a field crew this coming summer to complete this needed work and support the overall sustainability of the watershed.

This grant is part of GOCO's Resilient Communities program, which helps grantee partners advance outdoor recreation, stewardship, and land protection work. Funded projects respond to one-time, immediate needs or opportunities that have emerged in direct response to the COVID-19 pandemic all within the context of GOCO's five program values: resource conservation, outdoor stewardship, community vitality, equitable access, and youth connections to the outdoors.

CUSP was formed in 1988 to preserve and enhance the health of the Upper South Platte Watershed. The coalition helps facilitate boots-on-the-ground work to complete meaningful projects that benefit both the environment and the greater community. In 2020 recreation areas along the Upper South Platte saw an influx of visitors, while simultaneously, stay-at-home orders limited the availability of summer work crews.

This funding will support stewardship projects at Buffalo Creek, Mueller State Park, and Eleven Mile State Park. Buffalo Creek is a popular area for dispersed camping, and the crew will install fire rings and conduct general maintenance needed after last summer's increase in campers. At Mueller State Park, the crew will clear slash from previous fire fuels work to mitigate future risk in light of 2020's record fire season. Finally, at Eleven Mile State Park, the crew will construct an elevated, 700-foot trail over the park's wetlands, providing better access to backcountry camping.

operation, and wildland firefighting and gain valuable educational experience. CUSP hopes to hire crew members that have been adversely affected by the pandemic and provide an opportunity for gainful employment during a time of record job loss.

"This project is truly a win-win for public and private land needing work, while providing skills and training for the increasingly necessary 'green collar' workforce," said John Geerdes, executive director of CUSP.

To date, GOCO has invested more than \$10.8 million in projects in Teller County and conserved more than 4,400 acres of land there. GOCO funding has supported Mountain View Adventure Park, Mueller State Park, the conservation of Markus Ranch, and Gateway Elementary playground, among other projects.

Great Outdoors Colorado (GOCO) invests a portion of Colorado Lottery proceeds to help preserve and enhance the state's parks, trails, wildlife, rivers, and open spaces. GOCO's independent board awards competitive grants to local governments and land trusts and makes investments through Colorado Parks and Wildlife. Created when voters approved a constitutional amendment in 1992, GOCO has since funded more than 5,300 projects in all 64 counties of Colorado without any tax dollar support. Visit GOCO.org for more information.

Members of the field crew will build transferable skills in wilderness safety training, chainsaw

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To support forest health on private lands, CUSP will also offer wood chipping services to high fire risk neighborhoods. The coalition will also support individual homeowners by conducting home ignition zone inspections and educate landowners about forest health and fire mitigation.

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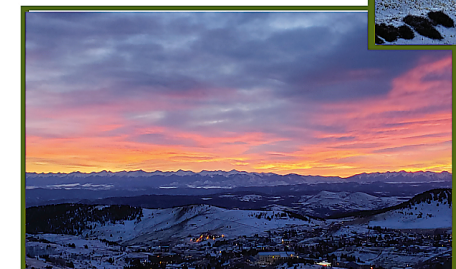
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# Life-Enhancing Journeys

## Forgive yourself: Find freedom from the past

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

“True justice is paying only once for each mistake.”  
— Anonymous

The above statement implies that we would be wise to resist revisiting our past mistakes and instead use the experience to learn valuable lessons and avoid future blunders. Are you aware that we are hard-wired to continually remind ourselves of things we did wrong? As the cliché asserts “we are Velcro for negativity and Teflon for positivity.” Last month’s article highlighted forgiveness of others. This writing will focus on forgiving ourselves.

Forgiving yourself is about more than just putting the past behind so that you’re able to move forward. It is about accepting what has happened and showing compassion to yourself. Facing what you have done is the first step toward self-forgiveness. Self-compassion is the ability to turn understanding, acceptance, and love inward. Many people are able to offer compassion toward others yet find it difficult to extend that same compassion toward themselves. Self-forgiveness is a coping strategy that involves repairing damage done to the perception of yourself so that you are able to resolve guilt, shame, disappointment and other emotions. These emotions arise when you recognize there has been a discrepancy between what you accept as your moral standards and a behavior you have that is in conflict with your principles. Personal suffering is often associated with a violation of our values and moral compass. Every one of us experiences some form of suffering, however, it is the cruelest when it comes from our own harsh self-deprecation. Self-criticism causes much pain because we are both the attacker and the attacked.

“You’ve been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.”  
— Louise L. Hay

Bestowing compassion toward oneself may be viewed as an act of self-indulgence, selfishness, or self-pity. Some people even believe that forgiving yourself is a bad thing because it seems like letting yourself off the hook. You

made the mistake so what right do you have to just ‘decide’ to forgive yourself and move on rather than continuing to feel bad about your wrongdoings? In truth, self-forgiveness can be beneficial because it reduces depression, anxiety, stress, and perfectionism. It also creates a positive state such as happiness and fulfillment. It is associated with greater motivation, taking greater self-responsibility, making healthier lifestyle choices, having more sense of connectedness with others, and improved interpersonal relationships.

Over my lifetime, I can reflect on numerous experiences where I compulsively reawakened past regrets. What did I get for beating myself up? I usually experienced an unpleasant physical sensation such as a rush of panic, a knot in my stomach or a rapidly beating heart. Those feelings were almost always accompanied by a sense of self-loathing — I hated myself. There were occasions where I would lie awake as I recalled disagreements, betrayals, or thinking of words I wished I had said. Those agitating thoughts would obsessively loop over and over in my brain. “Why did you say that? That was so stupid — You should have... — Don’t you have any backbone? — You’re so weak — What’s wrong with you? You’re so fat and ugly.” I thought that something was fundamentally wrong with me as I struggled to manage my flaws. So why did I continue with this way of thinking? In my mind, I believed that by spewing negative comments towards myself I would discover the motivation to improve and do better. In reality, what it actually did was to cause a form of paralysis where I seemed unable to consider any new or more creative ways to behave.

“You don’t want to beat yourself up for beating yourself up in the vain hope that it will somehow make you stop beating yourself up.”  
— Kristin Neff, Ph.D.

In essence, self-criticism undermines our motivation. When we criticize ourselves we are tapping into our brain’s threat defense system also known as the survival brain (see UCN on the Limbic System April 2018). This system developed so that if there was a threat to our physical person it would release adrenaline and cortisol to prepare for the fight or flight response. The survival brain has evolved to take into account threats that are no longer perceived as relevant. Typi-

cally, in modern times, the threat is not to our physical selves, but more to our self-concept. When we contemplate aspects of ourselves which we dislike or consider to be imperfect, we feel threatened which then compels us to attack the problem — meaning we attack ourselves.

Even though I’ve now been teaching and writing about self-compassion and forgiveness for a long time, I still can hurl insults at myself especially at times of stress. I have found that this type of suffering — feeling deficient and disconnected — has also created opportunities for personal growth. Self-compassion and forgiveness have led me to evolve into a better version of myself. When I get stuck in obsessing over past regrets, it brings me to the realization that recovery is an inside job — I have to love myself into healing. The only approach that can be constructive is the path of self-compassion and forgiveness.

Below are strategies that can stop self-punishment.

**1. Acknowledge and own the mistake.**  
When you make a mistake and struggle with letting it go, acknowledging the error out loud, along with what you learned from the misstep, can be therapeutic. Giving a voice to the thoughts in your head along with those emotions in your body can be freeing. This also enhances your ability to reinforce what you learned from your actions and the subsequent consequences. Such actions can produce a calming effect as well as providing a sense of control over the situation.

By accepting responsibility for a situation, we make ourselves “response-able” — able to respond — (with appreciation to Steven Covey for this phrase) which then makes it possible to take corrective action. Remember, even though you may have done something which might be considered bad, that doesn’t necessarily make you a bad person. Understanding that mistakes are part of the human experience, allows you to learn and move forward from the experience.

**2. Identify and investigate the mistake.**  
Analyzing and then investigating your behavior in the situation can enable you to recognize what caused the undesirable outcome in the first place. Could it have been procrastination, a misunderstanding or an omission? Whatever the source of the problem, identify it as clearly and completely as possible. Consider each “mistake” as a learning experience that holds the key to helping you evolve so you can avoid repeating the mistake.

Remember, we did the best we could with the tools and knowledge we had at the time and this can help us forgive

ourselves more easily than evolve.

**3. Correct the problem.**  
Implement a new system of awareness or mindfulness which helps to avoid similar future mistakes. Mindfulness means being in the present moment rather than in a trance from the past. Learn from your mistakes to prevent the same misstep from recurring.

**4. Move on.**  
This is more difficult than it sounds as it takes consistent effort and practice. We are more capable of forgiving ourselves so that we can move on with our lives once we understand what led to the mistake in the first place. By taking both responsibility and action, we create a powerful combination that allows us, with determination and discipline, to live in the present without rehashing the past. Self-compassion and self-forgiveness go hand-in-hand as the antidote to negative self-criticism.

“We can make ourselves miserable or we can make ourselves strong. The amount of effort is the same.”  
— Pema Chodron

**Here are tips for forgiving yourself:**

- Remember that self-forgiveness is an act of strength, not weakness.
- Self-forgiveness can be used for self-improvement.
- Self-forgiveness is always an option, even when someone will not forgive you.
- Self-forgiveness is enhanced when you make amends to the injured party. The urge to make amends arises when we have the courage to face the reality of how our behavior impacted others.
- Notice when you are being self-critical by giving yourself a compliment anytime you become aware of any negative thoughts.
- Have a conversation with your inner critic whether by journaling or verbally. This can help you identify thought patterns that can sabotage your ability to forgive yourself.
- If you continue to abuse yourself by obsessing over what happened, try repeating these affirmations to yourself:
  - I forgive myself for my past decisions and actions and will use the encounter to do it differently next time.
  - I release anger, shame, guilt, and embarrassment as it serves no purpose other than to make me feel bad about myself.
  - I trust myself to learn from this experience to create a better future.

**Final Thoughts**  
We all make mistakes, say or do things we regret. As humans, we are all imperfect. When we can see past our faults and accept our humanity, we are on the path towards healing. The solution is to learn and move on from our shortcomings. As painful as it may seem, forgiving yourself for past misbehaviors is worth enduring the temporary discomfort in order to progress and evolve into a kinder version of yourself.

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).

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## Currant Creek Characters Captain William Bainbridge White - part XII

by Flip Boettcher

At 77 years old, Captain William B. White moved to Cañon City in 1890 and possibly lived with his son Henry who moved there in 1884 with his family. Next door to the east lived wealthy Cañon pioneer David Robinson. White's son-in-law James B. Morford lived to the west. Morford bought lots in south Cañon, just across the First Street Bridge in late 1881 and moved his family there.

The Morford's were a pioneer mining and Cañon City family who came from Lebanon, Missouri. The 1880 United States census has James, a prospector 36 years old; wife Nellie, 28 years old keeping house; daughter Louisa Maude, 7 years old; a daughter whose name is unreadable; and mother Mary, 75 years old, living on 31-Mile Creek outside of Guffey.

Sarah Morford married Henry Lewis White in 1871 and James Morford married Nellie Elizabeth Virden (1852, Iowa - 1904) in July 1872.

In 1882 James was a precinct officer at the Colorado Democratic Convention and a city road overseer. He supervised work on a collapsed Cañon water ditch in 1899. In 1900 Morford was making sizeable additions to his south Cañon residence, and Lenore Fansher, related to Purlina Foster who was John Reeves Witcher's (West Fourmile Creek) first wife, was visiting her relatives Misses Thompson and Morford of south Cañon.

Nellie was one of Cañon's first public school teachers. The Cañon School District was formed in 1866 and in 1870 Nellie taught in the one room school in Bates Hall, located on River Street, now called Royal Gorge Blvd.

Nellie's uncle Thomas Jefferson Virden, 1831, IL and one of 12 children came to Colorado via Iowa and Nebraska in 1861

and spent four years mining. In 1865 Virden was in Fremont County. Virden fought in the Civil War with the "bloody" Third Regiment at Sand Creek. Virden freighted to various mining areas around the state. In 1863 Virden and John Reeves Witcher bought the Castle Rock Ranch just north of Florence, which is now all prison property. Virden was a county assessor in 1872. In 1900 Virden is in Mesa County and he died in Los Angeles in 1926.

In 1891, Henry White moved to Cripple Creek after his daughter Gertie Estella and Baby H's deaths in 1891. His son Arthur had passed away in 1890.

Henry and James Morford located the famous Victor mine, the Little Joe, in the Cripple Creek mining district located between Victor and Cripple Creek on the east. The 7.02-acre mineral lode patent came through in 1894 with the owners listed as L.V. Irwin, J.B. Morford, Henry Thompson, Henry L. White and William B. White. The group sold the mine for \$65,000.

After heading an important irrigation project in the Cañon area, in the fall of 1891 the Captain helped incorporate the Cañon City and Cripple Creek Toll Road Company to build a road to Cripple Creek. The Captain surveyed and supervised the building of the now famous Shelf Road.

The road ran from north of Garden Park east of Cañon, up Fourmile and Wilson Creeks to the west line of the then Reynolds Cattle Company ranch, then up to Cripple Creek. There were two halfway houses on the road, the most well-known was Eldred. Martin Bender and Benjamin R. Dell from Currant Creek were in Eldred in the 1900 census.

The Shelf Road was an ongoing concern until Florence opened the Florence



Henry L. White (courtesy of the royal gorge history museum.)

and Cripple Creek Free Road (Phantom Canyon) a year later. The two competed for a time.

According to records, both the Captain and Henry apparently made money, the Captain in Leadville and Cripple Creek and Henry in Cripple Creek. The Captain lost most of his through poor investments and Henry lost most of his in a mining venture in Nevada.

Sometime in 1891, Henry purchased the St. Cloud Hotel in Cañon, and immediately spent \$15,000 of his Cripple Creek money in refurbishing it. As it turned out, Henry's father, the Captain "Billy", was the daytime hotel clerk.

The St. Cloud was originally built in Silvercliff in 1883, but in the spring of 1886, owner J.P. DeWoody, moved it brick-by-brick-by wagon to the corner of Seventh and Main Streets in Cañon.

After the move, a Mansard roof was added to the hotel, as well as an Otis elevator, a bar, billiard room, call buzzers in every room and hot and cold baths. By

*continued on next page*

1888 they had electricity and there was an outside phone connection. The St. Cloud is still there and was recently purchased by Unbridled Holdings Company, LLC of Denver.

In 1896 Henry was a delegate to the National Democratic Convention and was elected county commissioner in 1897 and 1900. He served for seven years. Henry White also was a Fremont County undersheriff for one term and a deputy warden at the state penitentiary in Cañon.

April 17, 1899, at 86 years, the Captain died of stomach cancer in Cañon and is buried in the Greenwood Cemetery. August 26, 1901, Sabina, his wife 79 years, died of cerebral softening and was laid to rest next to her husband in the Greenwood Cemetery. They share a headstone.

Henry White was active in politics for many years after his father died. Henry passed away of stomach cancer, like his father, in March 1913, almost 100 years to the day that his father, the Captain, was born, April 1813. A couple of months before Henry died, he visited the famous Mayo Brothers clinic in Minnesota to consult with them about his cancer, but they gave him no hope. Henry passed away at his home at 101 Macon Ave. and was laid to rest beside his parents in Greenwood Cemetery. Henry's wife Sarah passed away in August 1929 and is beside her husband.

After the Bank Panic of 1893 wiped out his wholesale meat market in Maysville, the Captain's son William D. returned to Fremont County and is listed in Florence in the 1900, 1910 and 1920 censuses. Interestingly, the Captain was called Billy and his son William D. was called Billie. That's exactly what gives historians nightmares and makes it difficult to trace

William D. White and his wife Mary McCandless (courtesy of ancestry.com.)



ELWOOD WHITE'S GRANDPARENTS, William D. White and Mary J. McCandless, daughter of James A. McCandless, as they appeared on their wedding day in 1874. Mr. White was a builder and excavation contractor. He built the road-bed for the proposed electric railway from Canon City to the Royal Gorge. The company failed and the railway was never completed.

families.

The Panic of 1893 was a national economic crisis and depression that lasted until 1897. The Sherman Silver Purchase Act of 1890 was mostly to blame for the panic. The act required the U.S. government to buy millions of ounces of silver above what was required by the 1878 Bland-Allison Act, driving up the price of silver.

People tried to redeem silver notes for gold until the limit of the amount of gold in the federal reserves was reached. This caused the collapse of two of the country's largest employers, the Philadelphia and Reading Railroad and the National Cordage Company, who was trying to capture the hemp market at the time, to make rope.

Panic erupted causing a run on banks. A series of banks failed as well as the Northern Pacific Railroad, the Union Pacific Railroad and the Atchison, Topeka and Santa Fe Railroad.

William D. started a coal, feed, freight hauling and road contracting business in Florence after the panic. White's large building stabled 36 horses and housed road equipment like wagons, dump carts and scrapers.

In 1906 Billie White contracted with the Cañon City, Florence and Royal Gorge Interurban Railroad Company to build a 27-mile scenic electric train route into the gorge. The Bank Panic of 1907 wiped the company out and the failure left Billie unpaid after building a short portion of the road. Billie and his wife Mary Jane went to live on the Hardscrabble with their relative Vic McCandless.

The Bank Panic of 1907 lasted about 90 days. The Bank Panic was triggered when a failed speculation scheme to buy shares of a copper mining firm caused two bro-

kerage firms to fail, causing a run on the banks associated with them. This led to a recession causing runs on banks in New York City and other American cities.

Billie then established his ranch, Mountain View Park, located between Florence and Coal Creek, and built a reservoir and irrigation system using seepage water from the Florence city reservoirs on Newlin Creek.

Billie was highway supervisor for Fremont County in his later years and built many roads and important bridges in the county, according to his obituary.

Billie White died of a heart attack in 1928 and is buried in the Florence cemetery. His wife Mary Jane lived with her son William in Florence until she passed away in 1941 and is buried in the Florence cemetery.

The White family made significant contributions to development in southern Colorado for about 100 years stated their obituary.

*To be continued...*

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Cripple Creek Deer - Tracy Laswell, Florissant, CO

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# April Fool

by Gilrond the Historian

Avi, the fairy, was grinning from ear to ear because she had a new idea that she had gotten from some passing humans.

The humans had been traveling through the Fairy Forest on their way to somewhere. She had watched as the children were laughing and running about in the forest one day when they had camped in the shelter of the forest.

Winter Mountain, where there is always snow, was the home of the fairies. Avi's friends are Glacia, Mystie and Crystal.

The four fairy girls had been together from the time they were little and had many adventures together. They were the favorites of the Queen because of some of those adventures. But that still didn't keep them from getting into trouble at times. After all they were only 13 years old and they had a lot to learn.

Avi had been hiding in the trees as the children played and laughed as strange things happened to the parents and the children. Each time a strange thing happened one of the humans would shout "April Fool!" and everyone would laugh. Avi heard the father say, after a trick had been played on him, "It's a good thing that this day only comes once a year or you kids would be in real trouble."

Then he laughed and chased the children around in the snow throwing snowballs at them.

Avi thought to herself, "If I had put a snowball down my dad's shirt, like that human girl did to her dad, I'd be in the root cellar for a year. But all she had to do was yell, *April Fool* and he laughed."

Avi flew off to the part of the forest that had the collection of fairy tree houses. She had an idea!

The next day Avi was outside of Glacia's window at her tree home calling to her friend to come out. "Glacia," she called, "I have something that you need to see. I think that it will be the start of a new adventure for us."

Glacia was the one that usually led in the adventures that the girls had.

It was still early and Glacia hadn't gotten out of her soft moss bed yet when Avi had called. Glacia pushed back the soft warm moss blanket and climbed out of the bed and stumbled, still half asleep, toward her window as Avi called from outside.

Glacia stuck her head out of the window, not noticing that there was a thin stick in the way and a leaf bucket of cold water fell down on her head and soaked her head and shoulders. She screamed as

Avi shouted, "April Fool!"

Avi started laughing as Glacia stared at her and shook her cold wet hair.

"Why did you do that?" shouted Glacia. "It's an April Fool joke," replied Avi, "Don't you think it's funny?"

Avi had flown into Glacia's window and was explaining what the April Fool joke was as Glacia dried her hair and changed into her dress.

"You don't do it to hurt anybody," explained Avi, "It's just for the fun of it. The humans do it all the time on the first day of April. I think that is the only day that they do it. At least that's what the human dad said to his children after they played a trick on him. I think it's a great idea."

"You would!" mumbled Glacia as she continued to dry her hair.

"What do you think we could do to Mystie or Crystal that would be really funny?" asked Avi.

Glacia stopped rubbing her hair with the towel and looked at Avi, thinking. "It's just a funny trick, right?" asked Glacia, "Nobody gets hurt, right?"

Avi grinned and nodded her head.

"Let's do it!" laughed Glacia, "Who should we do first?"

They both said, "Mystie! She hates spiders."

The two talked for a short time and the flew out

Avi waved as Mystie walked toward the window with a smile on her face at seeing her friends waiting for her.

Mystie didn't notice the thin stick that was across her window until she was at the window and she just brushed it aside as she put her head out of the opening.

A small brown spider dropped down and landed on Mystie's head and started crawling down toward her face. She started to brush the creature away with her hand until she saw what it was.

She screamed and flipped the creature high into the air as her hands flew in all directions as she ran around in her room. The spider landed on the door of her room and quickly ran away.

Avi and Glacia called out, "April Fool!" and laughed as they watched Mystie's reaction to the spider.

Mystie stopped running around when she heard her two friends call out.

"What?" Mystie called, "What did you say?"

"April Fool," called out Avi, "We pulled an April Fool joke on you and you fell for it."

"It was a spider!" yelled Mystie, "You know that I hate spiders, Yuck!"

"That's why we used a spider for the joke," replied Glacia, "Isn't that funny?"

Mystie stopped shaking and thought for moment, then smiled as she realized what her friends had done.

Avi and Glacia flew into the window to Mystie's bedroom and they spent the next half hour explaining about the April Fool Day and how jokes are played on people on that one day.

"That was a rotten trick to pull on me, but it was funny," said Mystie after a while.

Glacia had explained what Avi had done to her and then Mystie said, "Have you gotten Crystal yet?"

"Not yet!" laughed Avi and Glacia as Mystie joined in the laughter.

Then the planning started. How were they going to get Crystal? She wasn't afraid of anything that they knew

of. It was quiet in the room for a while as the three of them sat and thought.

"I can't think of anything," said Mystie as she looked at the other two fairies who had blank looks on their pretty faces too.

Then Avi said, "Here's an idea that we might use. I saw it happen at the human's camp. The kids dropped a snowball down their dad's shirt, and they all laughed when he yelled at how cold it was. Perhaps we could do something like that?"

"A snowball!" said Glacia,

"Yes, a snowball, but it would have to be a surprise."

"How about this," said Avi, "We'll tell her that she needs to find something in a tree, or a large bush and the snowball falls down on her head."

"Yeah, or it flies up and smacks her in the face," laughed Glacia.

"How about a bunch of snow falling down on her at just the right time," suggested Mystie.

They all laughed at the thought of that. It was about two hours later, and the three fairies were laughing as they flew to Crystal's tree home.

"Crystal," shouted Avi as they arrived at Crystal's window, "Crystal, come on out, you've got to come and see what we have found. You're going to be so excited."

Crystal was quickly at the window and looking out at her three best friends.

"What have you found?" she asked as she was grabbing her sweater and getting ready to come out to them.

"Come with us, you just won't believe it, will she, Glacia?" said Avi.

"It is so wonderful and a bit strange too, don't you think Mystie?" called Glacia as she started to fly away.

"Oh, yes, very strange," answered Mystie, "I can't imagine how it happened. It doesn't seem to be anything magical, but it sure is odd. I've not seen anything like it."

"What is it? What is it?" cried Crystal as she flew along with her friends, "I can't wait to see it!"

"We're almost there," said Mystie as they flew up to a large bush and stopped to hover near it.

"There it is, right there," said Avi as she pointed toward the bottom of the snow-covered bush, "See it? It's just under that



"Where can she be?" said Avi, "The snow isn't really that deep here, but she is gone."

Glacia and Mystie were flying quickly around the bush trying to see where Crystal might be as Avi looked around at the bottom.

It was then that they thought that they heard a sort of groaning sound coming from inside the bush toward the middle.

The three fairy girls quickly flew into that section of the bush until they were near the center.

That was when the bush shook violently, and the rest of the snow fell on down through the bush all over the three fairies covering them with the cold snow.

"April Fool!" they heard as they staggered back out from under the, now empty, bush. The snow had covered their wings so that they couldn't fly. Their bodies were covered in the cold wet snow too and they shook from being so cold.

There was Crystal at the top of the bush, laughing and laughing as the other three fairies shook in the cold snow.

Crystal flew down and helped her freezing friends wipe off the cold snow and helped them get back into the air to fly back to Crystal's tree home to get warm again in front of the warm fire.

"I knew about the April Fool joke already," explained Crystal, "My dad told me about it long ago, so I knew what you were up to. How about some hot nectar to thaw you out?"

The girls all drank the hot nectar and when their chins stopped shaking from being so cold, they laughed and talked of how Crystal had fooled them when they had tried to fool her.

They promised not to do that ever again for there was just too much chance of getting hurt.

Avi grinned and said, "Maybe we could fool some of the boys someday."

"Yeah," laughed Mystie, "We might trick them into asking us to the next Ring Dance."

The girls all laughed and laughed.

~ The End ~

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

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## Growing Ideas

A little of this...and a little of that  
by Karen Anderson "The Plant Lady"

Greetings gardeners and friends throughout our high-altitude communities. As our Spirits begin to stir with visions of warmer weather, spending more time outdoors in Mother Nature, digging in the dirt and planting seeds, I will always encourage mountain gardeners to practice precaution and patience. April showers don't necessarily bring May Flowers in these here parts of the woods. But this month's customary spring snow showers can provide the perfect opportunity to scatter some perennial wildflower and grass seed, when the earth is moist and ready to receive your offerings, with the hope of more snowfall to follow. What I have found to be a preferable method is that when a 'big' snowstorm is predicted, I suit up, get out there and broadcast those cold tolerant seed selections just as the snow begins to fall. The seeds will be pushed into the earth, protected from birds and kept moist as the inches accumulate, and that's a good start for their germination process.

If you have a greenhouse, it is a good time to work the soil, add amendments, water thoroughly and plant cold hardy greens. However, supplemental heat should always be on hand for the extreme cold snaps we are most likely to encounter in early spring. Some folks I know have cultivated perennial plantings in their hot houses and are already seeing signs of emerging new growth in these early months of spring. Yay!

**"Judge each day not by the harvest you reap, but by the seeds you plant."**  
—Robert Louis Stevenson

If your compost pile is thawed enough, start turning it over so it is ready to apply to your gardens when planting time comes around.

Tomato, pepper and herb seeds can be planted indoors, but please refrain from starting any tender vegetables now and wait till next month... you can thank me later for that tip! But you can sort and organize your existing stash with the plan to purchase desired seeds while you are waiting.

For the most part, April is the time for planning and preparation. Gathering materials and stocking up on fundamental garden pantry supplies are on the list of tasks for April. My recommendations for the shopping list include bone meal, blood meal, organic bloom food, Happy Frog vegetable granules, bags of cotton burrs and Soil Menders, Uncle Ian's mole and critter repellent, liquid root stimulator, feather meal and Liquid Fence bunny and

deer repellent in granule form. You may also want to have organic fertilizers readily available such as old-composted manures or if you prefer, other plant-based items like kelp for feeding your plants, so when the time is right in your region, you will be ready to GO! A truckload or two of some basic topsoil at the ready and accessible to your gardening areas is always a good idea.

As in painting a house, the prep is the hardest and most time consuming of chores but the most essential for a successful outcome. The actual painting is the easy part. It's the same concept in gardening. The more you are able to prepare for the upcoming season, the actual planting will be more enjoyable, efficient and the outcome favorable.

While you are planning and preparing your gardening endeavors for food and pleasure this season, I would like to invite you to join me in symbolically sowing seeds for the heart and soul. It is Universal Law that what we sow is what we shall reap. Please consider planting seeds of hope, peace, love and compassion in the Spiritual Garden of your personal understanding. Cultivate a special plot for seeds of consideration, respect, cooperation, kindness, grace and connection to our brothers, our sisters, our Mother Earth and all Her inhabitants. Sprinkle in some seeds of synergy, creativity and well wishes for All.

Of course, we must nurture these plantings by taking personal responsibility and weeding out the negative emotions that have a tendency to encroach on our plantings of good will in order to produce the fruition of our good intentions. It's a bit of work, but I truly believe that our Collective Harvest will be abundant and beautiful, harmonious and richly rewarding.

If you need some gardening guidance in your planning and preparation, I am available for personal landscaping consultations. If you are interested in native Aspen and evergreen trees or other foundational shrubs, please contact me at 719-748-3521 or at plantladyspeaks@gmail.com. and I will be happy to answer your inquiries. My first batch of organic, NON-GMO, fresh basil will be up for grabs in mid-April at Mountain Naturals in Woodland Park, at the Outpost in Florissant, and Shipping Plus in Divide. My Heritage Seed Line is also for sale at those stores, along with a unique collection of Happy Houseplants. Blessing Beads and Talking/Prayer Sticks are displayed at all three locations. I am looking forward to the 2021 growing season, reuniting with existing clients, who are also my friends, as well as meeting new kindred gardening spirits. Be well, be safe and as always, happy gardening!

## Adopt Me

by Ark Valley Humane Society

### Gomez

Gomez is a handsome 3-year-old male Pit Bull Terrier Mix. He has a youthful spirit with so much love to give! He's been doing amazingly in a loving foster home while he awaits his forever home. Some of his favorite activities include cuddling on the couch, playing in the snow, being outside, and eating APPLES (in moderation, of course). He will do any trick for his favorite treat. He could use some work on loose leash walking, but if you bring a bag of apple slices along, you'll have a snack for yourself and a great tool to keep Gomez focused on you. If you are interested in meeting this sweet dog, please start by filling out an adoption match-maker on our website: ark-valley.org.

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



## A Look Inside the Artist

### Jean Kowalski, Abstract expressionist visionary artist

by Mary Shell

One of the hardest things for an artist to do is to randomly react to a spark of creativity without first analyzing where, what, and how a painting would be executed. Every aspect demands consideration...placement, colors, sizes, association to other objects, attitude, and more. That is not the case for visionary artists. They do not consider any of these attributes in creating art. It's all about feelings; random, reckless, raw, and inconsiderate to the rules, a place most artists avoid. It has little to do with confidence and everything to do with submission. It's allowing the ancient natural flow of creative energy take control, and scary at times. I applaud Jean for the courage to surrender to this most primitive and basic creative expression. It is what we, the observers, need to experience to allow our souls to see.

#### How would you describe your artwork to someone?

I describe myself as a self-taught artist, abstract expressionist, and visionary, absorbed into rich texture, vibrant colors and not afraid to use them! My paintings may be described as a more contemporary or modern aspect of nature. Though as an abstract expressionist, I strive to create paintings that have a cohesive and vibrant color palette yet hold a bit of mystery and surprise!

Creativity is a journey into the gap of known and unknown. I've been traveling this gap for many years, exploring the vast array of colors, techniques and materials that are offered. Here lies the place of exploring the mystery and the joy of life.

#### How long have you been painting?

In my earlier years, I began with creating drawings in pencil and pen and

ink. After a break to raise my son, I went back to my art utilizing acrylic paint. It has been around 20 years of painting and creating with the elements of nature.

#### What's your favorite subject?

My inspiration evolves from the myriad of nature's gifts. The hues, shadows, textures, and intensity of the colors are my passion.

The constant change of the landscape and weather provides a magically diverse exploration into shapes, textures, and colors. The images and energy of nature are brought into the studio and infused into my paintings. The natural world gives me the ability to bring enlightenment to others.

#### What's your favorite medium?

My main medium of choice is acrylic paints. Occasionally I will incorporate oil pastels and pen work.

#### What would you like people to experience through your artwork?

My wish is for people to not just see, though to feel my work into their hearts. To be open to explore the feelings and emotions that may arise. To be able to step back and say, this painting makes me so happy! To become one with the painting is the greatest joy. The colors evoked in my paintings ignite a healing essence for the observer. This is an invitation to explore the expansion of your imagination.

#### Who inspires you to create?

My inspiration comes from my grandmother who was an exquisite watercolorist, my son Jason, who is an incredible artist. My other inspirational people are a diverse blending of artists; past and present, especially Georgia O'Keeffe, an

American artist who painted nature in a way that showed how it made her feel. In addition, Frida Kahlo, as she states, "I paint my own reality, the only thing I know is that I paint because I need to, and I paint whatever passes through my head without any other consideration."

#### What is the hardest for you to create?

The hardest thing for me to paint currently are human figures.

#### Where do you see yourself in the future?

In the near future, I see my art in a lovely gallery space. With this opportunity, I am able to touch people's lives in a profound way, with the colors and the infusion of energy of the world, both seen and unseen.

#### Did you always paint spiritual healing art?

No I haven't. I much rather say that my work comes from that place of love. This is where we can meet others, through the heart space of love.

#### What does creating art do for you?

Creating art is just not a hobby, it's a way of life for me. In a time of such deep shifts and changes, words are difficult for me to find. I'm able to go to the canvas and speak through my painting. This is the place that I hold onto to be witness to the magic of change, of growth and of profound love. Here lies the music, the sounds of our world that awaits



everyone. This is what my art is, this is me.

Jean is available to work with people on custom paintings for their home and office spaces. She states, "A painting is unspoken words. It is poetry in motion; every vision, every stroke, every splash of color and every drop of energy."

You can learn more about Jean on her website jeankowalski-artist.com, Facebook.com/jeankowalskiartist, IG @jeankowalski\_artost, and email: jeane-kowalski@gmail.com

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**Beasts of the Peaks**

**King of the mountain meadows**

by Jessica Stevens

A sound like the crack of thunder reverberated through the valley, rebounding off the boulders. Nearby, a ghostly shriek rang out, raising the hair on the back of my neck with its crescendo. Suddenly, the song of timberline ended. Three short bellows punctuated the stillness that followed. Finally, silence again fell among the trees.

Down below, with regal steps, strode the king of the mountain meadows. A forest of strong timbers graced his brow and raced along his back, suspended in the air like the breath rising from his nostrils. For a moment, the steam of his exhale paused; then from somewhere deep in his belly came the deafening ululation of the Rockies. The majesty of the mountains lifted his head, the crown of bone hovering over his strong back, and strode into his shroud of trees, disappearing in the caramel bark and evergreen leaves.

Perhaps one of the most iconic animals native to the Rocky Mountains is the Rocky Mountain Elk. There are multiple subspecies of elk in North America, but this species is endemic to the Rockies, with a few herds strewn about in neighboring states. In the summer, they inhabit the high mountain meadows and linger near the tree line. As temperatures drop and snow starts to fall, they may be found where the forested mountains meet the plains.

Named *cervus elaphus nelson*, these regal animals are about the size of a medium horse, with dark brown necks, faces, and legs. Their tawny barrels turn a reddish color in the summer. Cervus is the root name for all large species of the deer family, originally meaning “forked stakes.” *Elaphus* is simply a word used for large deer and *nelson*, I presume, is the name of the person who discovered or named this animal. However, most people refer to *cervus elaphus nelson* as “elk.”

“Elk” is a misnomer, much the way bison are not biologically buffalo, though everyone seems to call them that. European explorers first thought these animals were the same as the European red deer. However, red deer are slightly smaller and a different species entirely than American elk. *Wapiti* is the original name, coming from the Algonquian languages and meaning “white”, probably referring to the white hindquarters of the animal. Today, some use the term “wapiti” to name a subspecies of elk in Canada, but many people use the word synonymously with “elk.”

Perhaps the most well-known fact about elk is how bulls (male elk) behave during rut, the name of their mating season. Bulls create a deafening shriek which begins as a low grunt and crescendos into a sound which echoes that of a French horn, with three or four staccato grunts punctuating the end. The bulls make this sound to attract females and they will fight each other antler and hoof to win a harem of cows (female elk). Bulls can lose upwards of 200 pounds dueling for mates during rut.

Elk are interesting because not many others in the family *Cervidae* make much noise. Calves, cow, and bull elk all make unique noises. Cows bark, calves squeak, and bulls bugle and bark. Bulls are the only ones in this species to carry antlers, which shed in the late winter or early spring. Cows have no antlers while the bulls carry deciduous antlers which resemble tributaries in a watershed. These antlers grow all spring and summer, covered in a soft velvet, which bulls scrape off on trees before rut arrives. Elk will even accidentally eat parasites that mature in their digestive tract and eventually make their way out through the elks’ growing, velvety antlers. They dig their way out and fly away, and that is why antlers often have bumps, ridges, and holes, especially at the base of the growth.

It has always thrilled me to see a herd



of elk in the distance. Often, they accompany the presence of chilling snow as the clouds slide off the shoulders of the peaks into the valley. Sometimes evidence of elk is found when hiking in high places during the summer: a large, cloven hoofprint here, a shed of antlers there, some missing bark on tree trunks there. Subtle signs of their presence are there to be found for those who are patient enough to look. These signs don’t remain forever, though. The wind and snow wash the hoofprints away. The sheds of antlers, as they’re called, are eaten by small rodents, carnivores, and other creatures to gain the minerals within.

Unfortunately, many herds’ migration paths and habitats have slowly eroded as ever more people pour into the mountains. Not much can be done about this, it seems, since people need a place to live and so do the elk. The best solution is to learn to share the land.

Elk are symbols of respect and patience. Before settlers arrived in North America, there were hundreds of thousands of elk. Because of population growth, poaching, and overhunting, their numbers ebbed to 40,000. Thankfully, due to the conservation efforts of ethical hunters and planning, elk have rebounded.

They will always remind me of my big brother, who as a kid would take me on expeditions in the land around our house to look for herds. We would take trips in the car to Heckendorf to look for them, or up on trails in the subalpine zone. When he was a teenager, Mike had successfully hunted his first cow. He was very proud of the ivories he harvested from her mouth. Elk, like many others in the deer family, carry one set of ivory where their upper canines are. It is hypothesized that this is where they once carried tusks, much like the Chinese muntjac still does. This is real ivory and Mike was pleased, to say the least, of his hunt. We had meat to eat that winter and his dresser was crowned with two pieces of elk ivory.

One sunny afternoon midwinter, my curious puppy traipsed through the swamp of Mike’s bedroom and came upon the delicious ivory. If squirrels and wolves enjoy the bone of elk, then a dog would. Needless to say, it wasn’t there when Mike came home from wrestling practice, and somehow, he knew Ryley was the thief. My brother was fit to be tied and I was ready to run away with my dog. Who knew elk teeth were such a tasty puppy snack?

My parents suggested we wait a couple of days. I’ll leave it to you to guess who had to dig through Ryley’s digested dinner to find the prized ivories. At the end of the story, Mike got his ivory back and my dog got to keep his hide.

Few things could excite my big brother

like elk could. He loved their beauty, their sound, and the nutrients they give us. To him, they are magnificent and worthy of our respect. From the time he was a tween, he would hike all summer scouting for the fall’s hunting season. Come autumn, he would hunt. In the winter and spring he would scour the hills for sheds. All three of these activities required a fair amount of patience and a lot of respect for the land and for the animals themselves. To find evidence of wapiti, one has to take the time — sometimes all day, sometimes all week — to brave the cold, dark mornings at 10,000 feet. Then sometimes, once an adequate spot is found, the treasure hunter must wait for hours until he or she finds a herd or a single bull. If nothing happens, the hunter must find a new spot.

Many people have this idea that hunting is cruel and wrong. However, we must all learn to live with our differences. For many, hunting is a way of life. Elk meat is some of the richest and nutritious proteins in the world. Most hunters I know take the utmost care in using every part of their harvest. It is only the foolish and the disrespectful that don’t do this. It requires respect of the land and its non-human inhabitants to preserve it. After all, respectful hunters are credited with saving elk populations in the first place.

It is our job as humans to ensure the survival of not only the animals themselves, but their natural habitats and their way of life. I pray that enough people learn the quiet respect requested of them by these and all our mountain creatures and learn to live side by side with them on the land.

Someday, perhaps, you will be lucky enough to happen upon a shed of elk antlers. You may even be fortunate enough to be made strong by their meat for dinner. Maybe you’ll be graced with the presence of the king of the mountain meadows as you hike in the high country. Think of the stealthy wapiti the next time you sit quietly among the firs and pines, and remember to leave behind only your footprints, just like the elk.

**Editor’s note: We are delighted to have Jessica Stevens back on-board writing for us. She took some time off to go to college, get married and have a beautiful baby. You may recall her prior column, A Mountain Seed. We trust you will enjoy her new column!**

*Jessica Stevens was raised in the heart of the Rockies in the Upper Arkansas Valley. She has a heart for wildlife of all kinds and whenever possible, she is outside, enjoying the great outdoors with her husband and toddler, searching for new things to learn about.*

**Musings Along the Way**

**Mind the gap**

by Catherine Rodgers

Spring is my favorite season! Emerging from the cocoon of winter, we look for any signs of renewed life: crocus and snowdrops if we planted a few bulbs last fall, a bit of green glowing on the burnished hills, the caress of a warm breeze. Spring is that perfectly delicious time of “just rightness” — not too cold and not too hot — all wrapped up in a blustery wind that clears out all the cobwebs and wood chips. Thus, musing with the editor about April, the topic of transitions emerged. This year perhaps more than any other, with the benefit of the mRNA and vaccine shots, we collectively are emerging from a year-long cocoon of COVID quarantine. Breathing a sigh of relief, we move to the next phase.

Like the butterfly in its progressive stages, some of us have seen seemingly fixed aspects of our life dissolve. Hours and days have become very slippery, even moving backwards. Dreaming ourselves awake we may have found we have been sleepwalking through our lives. We have had to invent new methods and patterns to address an invisible pathogen. Awkwardly contorting ourselves around and through imaginary and real obstacles, we have had the chance of a lifetime to observe how we think about things and what those thoughts produce after their kind. Some people that we know and love may have transitioned into the invisible, stopping our hearts, forcing us to confront absence, and our underlying beliefs about death.

*“When your favorite cloud is no longer in the sky, you are sad. When a cloud is no longer seen in the sky, you think that the cloud is not there, and you think that the cloud now belongs to the realm of non-being. That is a wrong perception. You think your cloud has died. But it is impossible for a cloud to die, because to die means that from something, you become absolutely nothing. If you are caught by the appearance of the cloud, you will not be able to see your cloud in its continuation. You have to see your cloud in the rain, in your tea. Hello, my cloud. I see that you are in a new form — the rain, my tea!”*

— Thich Nhat Hanh

This echoes the first Law of Thermodynamics, which states energy cannot be created or destroyed, but merely changes form. I look for my loved ones in their continuation. There is never a day of my mother’s “absence” that I do not feel her presence and guidance. In the wink of a diamond, a wisp of a song, a whisper of a word.... I feel lovingly embraced. Rev. Michael Bernard Beckwith often begins his talks (at agapellive.com) evoking “the Presence which is never an absence.” He usually wears a tee shirt under his suit jacket, with the Agape logo. Sometimes all I can see between the lapels is “GAP.” So, I laugh and remember to mind the gap.

Since 1968 the British Underground has warned “Mind the Gap” to alert people boarding the trains of the space between the platform and the doorway. We do well to mind the spaces between. In her book *Luminous Emptiness*, Francesca Fremantle describes the six bardos, or different modes of intermediate consciousness. I had been familiar with the bardo of dying, of the three days after death that the soul spends suspended between lives and reviews earthly and other worldly phenomena. This resonated with my Catholic teachings of the three days between Jesus’ death and resurrection. However, Trungpa Rinpoche taught that wherever there is the death of one state of mind there is the birth of another, and linking the two there is bardo. So, there is the bardo of this life or birth; the bardo of dreams; the bardo of meditation; the bardo of dying; the bardo of this existence or becoming; the bardo of dharmata or the suchness and essence of Reality. That gap between can be difficult to grasp, the nowness. Yet that is all we really have,

**“Everything we call real is made of things that cannot be regarded as real.”**

— Niels Bohr

and we cannot grasp it!

Fremantle writes, “Entering the awakened state of mind, even for a moment, is always preceded by an experience, however fleeting, of extreme contrast and conflict.” Confronted by irreconcilable paradox or intense emotions or complete exhaustion, we sometimes have a breakthrough: that moment of calm stillness which I call relaxing into eternity. These states of awareness arise from the open vastness of our minds. “Luminosity is the aspect of mind that gives rise to all appearances.” Fremantle says, “it is the environment that surrounds them, out of which they emerge and into which they dissolve. It is always present, like the sun in the sky, hidden behind clouds.” Emerging from the trauma of this pandemic, I submit that the entire world has an opportunity for a breakthrough! From the cracks that let the light in, we have in this ordinary moment all that we need to see and to live our sacred vision.

Heretofore, most of us have taken existence for granted, seen the world as a rather solid and reliable “thing,” viewed death as inevitable and permanent. What we are learning, and science is codifying in the study of quantum physics, is that the world is not solid. Matter is malleable. Everything is made out of energy. Physical atoms are spinning vortices, vibrating at an individual energy signature, throwing off small tornadoes of quarks, electrons and protons. Various experiments indicate that thoughts influence the outcome; the observer changes the result. Yet, when we delve closer to these whirling dervishes, we see nothing. There is only the gap.

Physicist Sir James Jeans wrote: “The stream of knowledge is heading toward a non-mechanical reality; the universe begins to look more like a great thought than like a great machine. Mind no longer appears to be an accidental intruder into the realm of matter, we ought rather hail it as the creator and governor of the realm of matter. Get over it and accept the inarguable conclusion. The universe is immaterial — mental and spiritual.”

What is possible in the gap? Bardo experiences are a kind of doorway, where consciousness effectuates a change of form. Within this portal are swirling energies that some identify as saints and angelic guides, ancestors and friends who have “passed over” or former selves. In letting go into the space beyond, others report experiencing themselves as shamans, eagles or dragons, gaseous clouds, rock crystals. On some level these are just our words wrapped around our imaginations to point towards that bright vastness wafting through what we are pleased to call ourselves. For imagination stems from “to picture oneself.” Who is to say that you cannot claim power from your belief in a higher self, another aspect of you, a spirit animal or ancestor, a creature from another galaxy? Following the shamanic path of magic back to its original meaning, “magus,” is to be able.

We are able to picture the world. We are able to picture a life after-life. We are able to move from a way of being that is not working to a way of respecting all life in all forms that works for every being. We are able to imagine solutions and the will to implement them. We are able to rejoice in being, without worrying about bills or war or illness. We are able to call our good to us. We are able to share that good for indeed, we are all that. We share that divine spark with every being in every multiverse. There is no place that Isness (which we call God by many names) is not. When the world seems hard, and problems seem fixed, I have a little note to self: “Leave some wiggle room for God.” Look more deeply into the microscope and see that vast, bright nothingness. God is the Great Gap!

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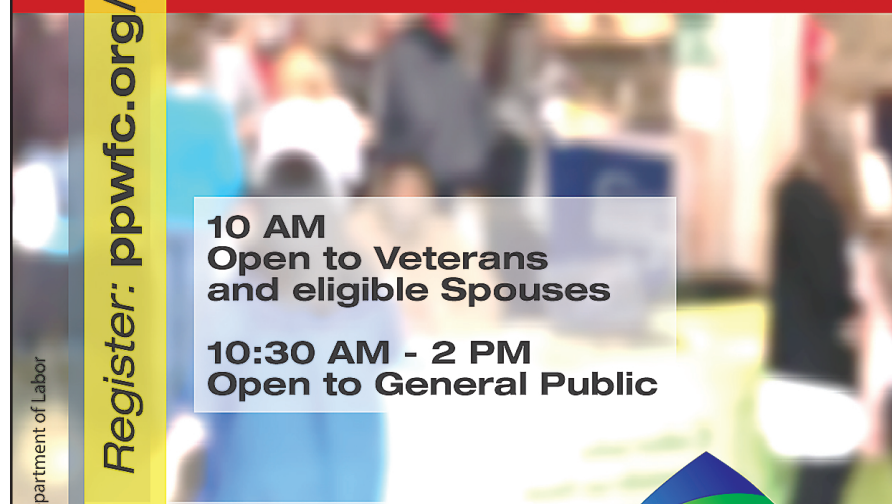


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## Take N Paint

### Chaffee Arts partners with Sorelle's Delicatessen

Chaffee Arts is pleased to announce a second fundraising event for spring. Here's a way to enjoy great food and have a fun evening painting while safe at home. Dinner and Art Kits will be available for pick up on April 16, 2021, and will include art supplied, a video link and a take-home dinner. There is even a discounted family pack available. Gift certificates are also available.

Artist Sabrina Carter will lead participants in a step-by-step art class to paint a spring flower mountain scene using acrylic paints. Everything needed for this fun event is included in the art kit.

This is the second "virtual" painting event that Sorelle's has sponsored with Chaffee Arts and the last one was a sell-out. One happy participant from the last event wrote, "We loved the painting and great food and are looking forward to your next event!" When you pick up your kits you can do the painting at your leisure because the video is posted online at [www.chaffeearts.com](http://www.chaffeearts.com) starting April 16.



Reservations are available at Sorelle's in Buena Vista and can be paid by cash or check. Reservation deadline is April 9. FMI [chaffeearts@gmail.com](mailto:chaffeearts@gmail.com).

## Where is Katee this month?

### Outside hunting for Easter Eggs!

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

You can drop off donations at TCRAS, Blue's Natural Pet Market or the UPS Store located in the Safeway Shopping Center. You can also donate online, [www.PetFood-PantryTC.com](http://www.PetFood-PantryTC.com). Thank you for your support!

Katee loves the snow but she really wanted to find Easter Eggs for her canine and feline friends! However, she is not having much luck.



Katee is trying to find Easter Eggs in this snow!

## Adopt Me Jackie

by SLV Animal Welfare Society

Jackie was found pregnant wandering around a New Mexico town. She gave birth to this puppy the next day at a shelter. She was very, very thin and had to have special food. The puppy has been adopted. Jackie needs a loving home! She is a medium sized dog, spayed, microchipped and current on vaccinations. We are so happy to have rescued her! To meet Jackie contact us at 719-587-woof (9663). We are also at PetCo 5020 N. Nevada in Colorado Springs every Saturday 11-3 p.m.

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



## 2021 Public Shooting Days

Hosted by the Teller County Shooting Society at the Gold Camp Shooting Sports Center

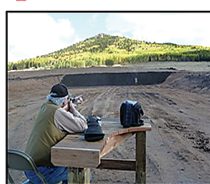
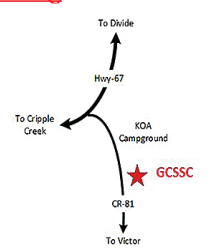
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April 24,25; May 1,2,8,9,16,22,23,29,30; Jun 5,6,12,13,20,26,27; Jul 3,4,10,11,18,24,25,31; Aug 1,7,8,9,14,15,22,23,29; Sep 4,5,11,12,19,25,26; Oct 2,3,9,10,17,23,24,30,31; Nov 6,7,13,14

Adults - \$15.00 per day 18 and under \$10.00 per day  
\*\*\*\* Be sure to visit [www.tcss-co.org](http://www.tcss-co.org) for schedule updates \*\*\*\*



The GCSSC is located at 1805 Teller CR-81, one mile south of the KOA campground.



## The Veterans Voice

by Veteran Sheepdogs of America

Veteran Sheepdogs of America (VSA), a national nonpartisan nonprofit, has officially established and will be working to fill a void that is not performed by any other veteran organizations. VSA was created by combat veterans Joshua Hosler and Anthony Archer. Speaking about the creation of the organization Joshua Hosler says, "As I worked in numerous roles in the community, I frequently saw a void that was not being filled for our veterans and it was hurting our veteran community." Anthony Archer states, "Since retiring from the Army and working as a State and National Veteran Service Officer, I realized that the need for a Veterans advocacy organization to make Veterans' voices heard needed to be established."

In the coming days and months Veteran Sheepdogs of America will be collecting active-duty stories from veterans for the Library of Congress Veteran History Project. The VSA will be working tirelessly to collect as many stories as possible and is currently searching for veterans who served in any capacity, but specifically for those that served in World War II, The Korean War and the Vietnam War for the Veterans History Project at the Library of Congress.

VSA will be "The Veterans Voice". In order to do this, VSA hopes to build a veteran community through events, grassroots organizing and growing with organizational veteran membership programs. The organization looks to build an

advocacy group that will build membership but also advocate for veteran needs, specifically focusing on VA issues and the need for veterans to be able to get the care and benefits they earned. The VA will not be the sole focus of the advocacy group but will be a main focus. Other areas of focus will include protecting veteran benefits, building adequate veteran facilities, building veteran grassroots campaigns and aggressively advocating for all veterans at the local, state and federal levels.

"For far too long we have seen my brothers and sisters suffering because the VA and decision makers lack the ability to take care of our needs. Our organization will work with legislators, other veteran organizations and members of the veteran community to make sure that those that served our country get the care that they were promised and earned."

— Joshua Hosler

"It is disheartening that we needed to form this organization but I could no longer stand idle while seeing our fellow service members not receive the care and benefits they earned. When you volunteer to serve our great country, you shouldn't have to worry about how you will be taken care of when you make it home." — Anthony Archer

FMI about Veteran Sheepdogs of America visit its website at [veteranssheepdogsofamerica.org](http://veteranssheepdogsofamerica.org), email [info@veteranssheepdogsofamerica.org](mailto:info@veteranssheepdogsofamerica.org) or call us at 844-743-3734.



## Adopt Me Rex

by TCRAS

My name is Rex! I'm new to Colorado and so far I'm loving the Rocky Mountains! I'm a very energetic guy however I can be picky about my doggie friends and I'm searching for an owner who is willing to work with me in exchange for a best friend! If you're interested in meeting me, give the shelter a call 719-686-7707 to set up an appointment!

Whiskers, Whiskey & Wine is our virtual fundraiser this year! Be sure to visit our website April 19-21 and find the link for our annual auction (<https://www.tcrascolorado.org>). See more info under Virtual Events in our Out & About section.

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



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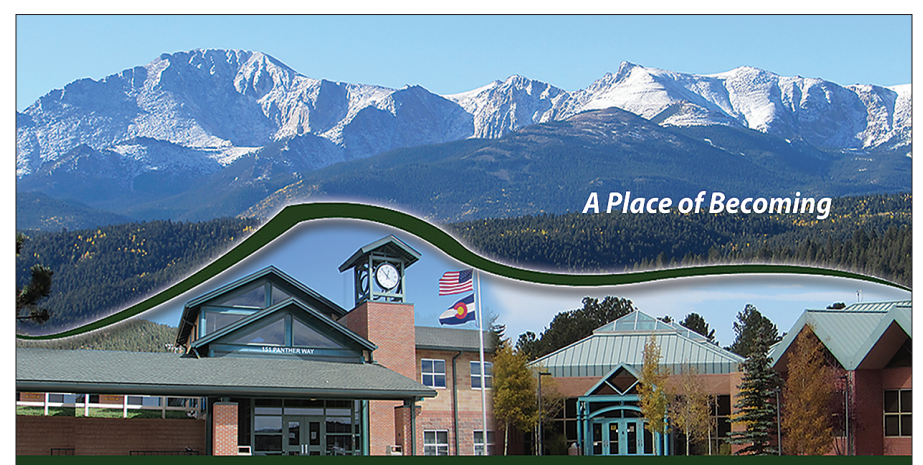
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~OUT AND ABOUT~

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

**R**eaders: COVID-19 changes daily. Please follow CDC guidelines (cdc.gov) and your county's health department. Were you expecting to see your event listed and didn't? Please email utecountrynewspaper@gmail.com.

**VIRTUAL EVENTS**

**21** Central Colorado UAS is pleased to present our 8th UAS Roundup conference. This half-day morning event is virtual. Our focus is around the new and changed regulations impacting unmanned systems operations. Kevin Morris of the FAA is keynote speaker, followed by a review of the new Remote ID and changed Part 107 regulations by Vic Moss. The session will conclude with a roundtable discussion with other experts in commercial enterprise, public safety and education regarding how these changes are and will impact operations. FMI UASRoundup.com.

**21** Whiskers, Whiskey & Wine check-in 6 p.m., live event 6:30-7:30 p.m., and auction ends 8 p.m. Join us for an hour of sharing stories, photos, videos and info on some of the amazing TCRA's programs! Learn how TCRA's has made a difference in the lives of humans and animals in our area and beyond! Bid on a variety of items in our online auction (begins April 19, through April 21). Simply visit the website and find the link! (https://www.tcrascolorado.org). Want to donate, but not a computer person? Give TCRA's a call 719-686-7707 or visit them at 308 Weaverville Rd in Divide.

■ Feeling like you are at the end of your rope? There is a list of virtual support groups in Colorado: <http://www.namcolorado.org/VIRTUALSUPPORTGROUPS/tabid/222/Default.aspx>

• Suicide prevention: <https://suicidepreventionlifeline.org/> or 1-800-273-8255

**COMMUNITY PARTNERSHIP VIRTUAL**

**1** Circle of Parents Kinship Connection 5-6 p.m. via Zoom. Are you raising your grandchildren or kin? Do you feel like you are raising them alone? A place

where you can find and share support. Contact AmyS@cpteller.org or 719-686-0705.

**7** Cooking Matters at Home — 6 Wed workshops through May 5, 5-6 p.m. Learn new ways to create quick, family friendly, low-cost meals. Participants receive a \$10 Walmart Gift Card after each session. FMI Jessica@cpteller.org or 719-686-0705.

**9** Crossroads of Parenting & Divorce 9:30-1:30 p.m. via Zoom. Teller County approved divorce class. Registration fee required. FMI AmyS@cpteller.org or 719-686-0705.

• Free Yoga with Leah 10-11 a.m. Mon via Zoom. FMI Jamie@cpteller.org or 719-686-0705.

**BUENA VISTA**

**16** BV HOPE meets via zoom 3 p.m. FMI 719-395-6938 or buenavistahope@gmail.com or BVHope.org.

• VITA's free tax help service is available in BV! The IRS Volunteer Income Tax Assistance program provides free income tax return preparation and electronic filing again this year, provided by the Rotary Club of BV. This is done in the Aspen Room of the Community Center on Tues and Thurs 12-4 p.m. through April 13. Call or text 719-293-1857 for an appointment. Bring 2020 tax records, 2019 return, photo ID and Social Security cards for yourself and all dependents. If child-care expenses are to be claimed, bring the provider's tax ID or SSN. A voided check is needed for direct deposit, the fastest way to get your refund.

**CAÑON CITY**

**LIBRARY**

**7** Free Legal Clinic 2-5 p.m. Call 719-269-9020 to make appointment.

**9** Open Mic Night in honor of National Poetry Month. Come share a poem, rap or story 6-7 p.m. All ages welcome!

• We now have access to the Colorado

Grants Guide Online Database! This is a valuable resource for finding funding for nonprofits, foundations and community stakeholders. We have a designated computer for the database in our tech center; it is only available at the library. You can reserve your time 719-686-9020.

The Canon City Library is located at 516 Macon Ave. Hours M-Th 9:30-4:45 p.m. and F-S 10-4:45 p.m. (Closed Sunday). FMI 719-269-9020.

**CRIPPLE CREEK**

**1** American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m.

**30** Aspen Mine Center hosts Commodities distribution 9-3 p.m. FMI 719-689-3584 X124.

• GED classes 1-3 p.m. M-W FMI AmyS@cpteller.org or 719-686-0705.

**PARKS N REC**

• Fitness Center is open M-F 9-7 p.m.

• Silver Snackers M-W-F 10 a.m. Please make appointment for either 719-689-3514.

**DIVIDE**

**12, 26** Little Chapel Food Pantry drive-up distribution, by last name:

A-H	3:30-4:30
I-Q	4:30-5:30
R-Z	5:30-6:30

**COMMUNITY PARTNERSHIP**

• Mondays FREE Yoga with Leah 10-11 a.m. at Pikes Peak Community Club. Limited class size, doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI Jamie@cpteller.org or 719-686-0705.

• GED Classes 1-3 p.m. M-W FMI Jamie@cpteller.org or 719-686-0705.

**FLORISSANT**

**GRANGE**

**1, 8, 15, 22, 29** Potluck and Music from 6-8 p.m.

**3** Easter Egg Hunt 1 p.m. sharp. Hunt eggs and get an Easter Goodie bag.

**10** Basket Class/Glass Painting 9-12 p.m. RSVP 719-748-5004.

**LIBRARY**

**8** Free Legal Clinic 2-5 p.m. Call 719-748-3939 for appointment.

**MANITOU SPRINGS**

**2** Virtual First Friday 5-8 p.m. by Manitou Art Center. FMI [www.manitouartcenter.org](http://www.manitouartcenter.org).

**10** Mountain Margarita Mixer 2-5 p.m. at Bud Ford Pavilion in Soda Springs Park. FMI <https://manitousprings.org/mountain-margarita-mixer/>

**SALIDA**

**7** Chaffee County's Emergency Food Assistance Program & Commodity Supplemental Food Program distributions 9-2 p.m. at Salida Community Center 305 F St. FMI 719-539-3351.

**14** Free Legal Clinic at Salida Library 2-5 p.m. Call 719-539-4826 for appointment.

**WOODLAND PARK**

**3** Come join Sister Friends for a time of music, refreshment and fellowship 10-noon at Colorado Springs Christian School 1003 Tamarac Parkway. FMI cherylberich@icloud.co.

• Ute Pass Historical Society is open 10-noon Wed-Fri. and as of April 15, the hours are 10-3 p.m. Please stop by to check out our Gift Shop or take a free guided tour of History Park, located at 231 E Henrietta Ave, next to WP Library. FMI 719-686-7512.

**COMMUNITY PARTNERSHIP**

**10** Playgroup in the Park 11-12 p.m. at Memorial Park. FMI Jessica@cpteller.org or 719-686-0705.

• GED Classes 5-7 p.m. M-W FMI Jamie@cpteller.org or 719-686-0705.

• Free Yoga with Teresa 4-5 p.m. Tues, at Mountain View United Methodist Church. Limited class size, doors lock at 4 p.m. Bring your own mat and props. All levels welcome. FMI Jamie@cpteller.org or 719-686-0705.

• Save the date! May 8 Teller County Summer Expo 9 a.m. at Ute Pass Cultural Center. FMI AmyS@cpteller.org or 719-686-0705.



Call for local artists

The 36th Annual Mountain Arts Festival is accepting applications for artists from the Pikes Peak Region. The festival is August 7 and 8 on the green between the Ute Pass Cultural Center and the Woodland Park Public Library. Eligibility: Any artist or crafts-person exhibiting his or her own handmade works of art is eligible. A committee comprised of members of the Mountain Artists will judge all applications. Criteria for judging include quality, salability, and uniqueness of item(s).

The Mountain Arts Festival draws art lovers from all over the state and is highly regarded among artists who have exhibited there. With up to 80 exhibitors, there is a surprising variety of art at the show, including but not limited to paintings, sculpture, woodwork, textile artists, mural artists, metalworks, and jewelry. The deadline for applications is May 1 and interested artists can download the application from the Mountain Artists website: [www.themountainartists.org](http://www.themountainartists.org).

Mueller State Park

Spring is happening at Mueller State Park! Migrating birds are showing up getting ready for their breeding season in the mountains, which is a sure sign that summer is not too far behind. As the days get longer and the buds start bursting open, you can join a hike to watch for other signs of spring! Soon we will have warmer days and flowers popping up. Don't miss nature's show — take part in Mueller's free guided hikes and educational programs in the great outdoors!

April 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](http://cpw.state.co.us) or call the Visitor Center 719-687-2366 before arriving.

**2 Hike:** Cahill Cabin and Pond meet at Camper Services parking area 8:30 a.m.

**9 Hike:** Elk Meadow to Murphy's Cut meet 8:30 a.m.\*

**10 Hike:** Revenuer's Ridge Trail meet at 9:15 a.m. Outlook Ridge Trailhead.

**10 Hug a Tree** — Winter Survival for kids and families 2 p.m. at Visitor Center.

**11 Forest Bathing** Walk to Welcome Spring meet at Outlook Ridge Trailhead 12-2:30 p.m.

**16 Hike:** Osborn Homestead Loop meet at Camper Services parking area 8:30 a.m.

**16 Hike:** Dark Sky Hike meet at Outlook Ridge Trailhead 7:45 p.m.

**17 Walk:** Bird Walk meet at Elk Meadow Trailhead 8:30 a.m.

**17 Hike:** Black Bear Trail meet at Camper Services parking area 9:15 a.m.

**21 Wildernessing** — Cultivating Compassion and Celebrating Earth Day meet at Wapiti Trailhead 10 a.m.

**23 Hike:** Cahill Cabin and Pond meet at Camper Services parking area 8:30 a.m.

**24 Walk:** Bird Walk meet at Elk Meadow

Trailhead 8:30 a.m.

**24 Hike:** School Pond and Stoner Mill meet at Visitor Center parking area 9:15 a.m.

**24 Nature Crafts** meet at Visitor Center 2 p.m.

**26 Hike:** Full Moon Hike meet at Outlook Ridge Trailhead 7:30 p.m.

\*Meet at the trailhead of the same name as the hike.

Mueller events are free; however, a \$9 day-pass or \$80 annual-pass per vehicle is required to enter the park. FMI 719-687-2366.



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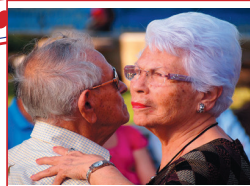
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