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March 2025

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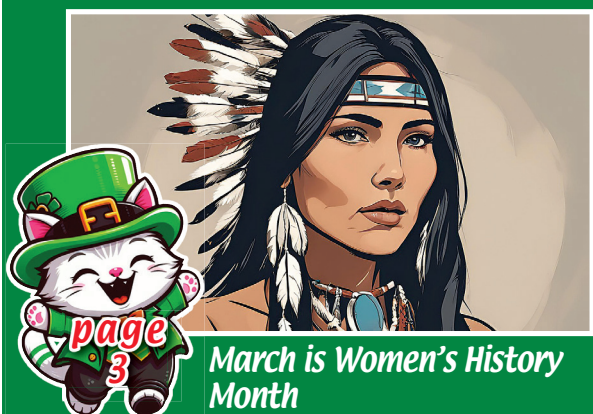
Vol. 17, No. 3

Welcome to Ute Country

"When it's cold, water freezes into ice; when it's warm, ice melts into water. Similarly, when you are confused, essence freezes into mind; when you are enlightened, mind melts into essence."

— Muso Soseki

PEEK INSIDE...



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Exploring Dog Training and Therapy Dog Onboarding - part I



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Scan the code or visit **awmi.net/festival** to learn more about this free event!





On Deck

The south end of Tarryall Reservoir is the subject of our cover photo that Jeff took on March 8, 2015. We can experience all four seasons on the same day during the month of March in the Colorado mountains. Weather is constantly changing. Those melting days give us hints of impending spring and the snowy days allow us to hang onto winter just a little longer. Transitions are imminent and many say change is good, although many of us have a tendency to resist change.

Readers who enjoy our fiction spread will appreciate the transformations of a particular character in *The Legend of the White Wolf*. Those who find themselves feeling anxious about transitions might take a few tips from *Life Enhancing Journeys* "Is anxiety enemy or ally?" We all experience physical changes over time and *Fitness on the Mountain* draws our attention to how our posture can change in "Forward head, backward thinking."

For kindred spirits who find spring is their favorite season, might want to find the "2025 Master Gardener CSU Extension Classes" to see what is being offered this year for gardening topics. Those in search of a new hobby might enjoy *Colorado Pharmgirl's* "Joyful birding" article. Let's not forget that March is Women's History Month and *Oyate Herbals* comes through with an interesting read from the Lakota perspective.

Do you have any cute photos of your favorite pet? You can submit your photo — via email to utecountrynewspaper@gmail.com, drop in to scan the photo at Shipping Plus or snail mail them to us at POB 753 Divide, CO 80814.

If you are a person who loves to chat with others and are seeking an additional income in 2025, consider contacting us as we are in need of a sales representative. Set your own hours, be in charge of your schedule and make some extra money! Please send your resume to our email or address above. We're looking forward to meeting you!

*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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Oyate Herbals
March is Women's History Month
by Tammie Lowell, PHt, CMH, founder of Oyate Herbals

Welcome to Istáwicayazan Wi — Moon of Sore Eyes (Snow Blindness)

In Lakota culture, the "Moon of Sore Eyes" or "Snow Blindness Moon" refers to a specific lunar phase during the winter months, typically associated with the harsh conditions of snow and intense sunlight reflecting off the snow, which can cause temporary snow blindness.

Historically March is Colorado's snowiest month. With the bright sunshine coming closer, getting warmer, and white crystals glittering all over, it can be a gorgeous and painful reminder to protect our precious eyes and hang in there for warmer and clearer days ahead. While many of us are busy moving quickly into the next season, let's remember to appreciate the moisture we are gifted at this time, hydrate ourselves, and take care of our sight and each other.

March is also women's history month.

Women's History Month is an annual observance to highlight the contributions of women to events in history and contemporary society. Celebrated during March in the United States, the United Kingdom, and Australia, corresponding with International Women's Day on March 8.

Women of all cultures and societies have always played integral roles that significantly shaped their family and communities. It is vital to our future generations that we as women take good care of our bodies, mind, spirit and emotions so we may continue the work we are doing and setting examples for the young girls that will be taking over those important roles in the future. We must honor the legacy of hard work and determination from centuries of women that came before us and struggled just for our equality we enjoy today.

For my people, Lakota women were honored in many ways, including as spiritual leaders, healers, and warriors. They were also valued for their knowledge of plants and for their contributions to the community. As spiritual leaders they were consulted before important decisions were made. They were considered to be givers of sacred life and were revered for their role in healing practices. They were highly respected for their knowledge of plants. Lakota women were very knowledgeable about wild plants used for food, medicine, dyes, and incense and they passed on this knowledge to their daughters. I feel very honored and blessed to be able to carry on this tradition from my aunts and continue to carry on this tradition with my daughter and granddaughters.

No matter what walks of life you come from or what traditions your culture may have it is the women that have always been the strong ones.

One of my favorite quotes is from a Cheyenne proverb "a nation is not conquered until the hearts of the women are on the ground."

The proverb means that a nation is not truly conquered until its women are on board, no matter how strong its weapons or brave its warriors. The proverb expresses the understanding that without the power of women, a people will not live, but with it, they will endure and prosper.

So, with all of this being said ladies, pat yourself on the backs and take a moment and reflect on all your accomplishments: all of the struggles, all the hard work, dedication, love and honor you have given to yourself and this world!

Now let's talk about some of the amazing and simple things we can do to keep healthy and happy so we may continue doing the things we need to do for our friends, family and the people in our lives.

First and foremost, make time for yourself! As women were always giving and we put ourselves aside to help others, but



One of my favorite quotes is from a Cheyenne proverb "a nation is not conquered until the hearts of the women are on the ground."

adverse effects can be high blood pressure, weight gain, bone loss and insomnia.

One of my favorite herbs to help with lowering cortisol levels is called Ashwagandha. Ashwagandha is an adaptogenic herb and is known for centuries to help with cortisol levels. This is why it works so well with stress and anxiety.

I do carry Ashwagandha in tincture and bulk form. I also have it in two of my tincture blends. First is my stress and anxiety tincture with the combination of Ashwagandha and kava kava, the other is my Calm and focus tincture which is a combination of Ashwagandha and Kana bark.

In closing, I just want to say, I honor all women out there. No matter where you come from or what you choose to do in your life. Being a woman is not easy and we fought very hard to get to where we are today. In my Lakota ways, what we do today will affect seven generations ahead and as women, it's our responsibility to make sure we are passing on these important lessons to our daughters and granddaughters and their future women for a healthier more balanced world.

Mitákuyepi Anpétu wašté (Good day relatives)
Many Blessings and may you walk in balance on your path
Tammie Lowell can be reached at 719-661-0410.



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A Look Inside the Artist
Tanya Carder
by Mary Shell



As I search for artists to interview each month, I look for art that has movement, color, passion and balance. When I came across the bee painting, I stopped in my tracks. COLOR and lots of it. I simply fell in love with Tanya's use of color. Free from any conscious judgement she freely uses color to her advantage. Beautiful work Tanya.

I was experimenting with a new technique or medium. But I don't think of them as "worst projects." I tend to set them aside for a while and then challenge myself to revisit them later. Sometimes, I'm able to revive those initial failures, turning them into something unexpected and beautiful. I like to call them my "happy accidents."

How long have you been painting?

I've been seriously painting for about two years now. Painting was something I'd always wanted to try, but I never had the time until retiring from teaching. It's been an exciting new chapter in my life.

What is your favorite subject to paint?

Now, my favorite subjects to paint are wildlife. When I first started, the very first animal I painted was a buffalo. Buffalos have always intrigued me and hold a special place in my heart. They were the mascot for West Texas State University, where I earned my bachelor's degree in elementary education. Painting them feels like a nod to my past and a way to celebrate the beauty of nature.

Did you always paint with bright colors?

Yes, vibrant colors have been my go-to since the beginning. I absolutely love bold, dynamic hues. When I started painting, I experimented with bright colors and quickly discovered a palette that resonates with me. I enjoy weaving these vivid tones into my pieces, along with rich textures created through various mediums. Adding depth and dimension is important to me — it makes the artwork more eye-catching. I also love experimenting with different tools to create unique and unexpected effects.

What was the best painting you created?

I'm not sure if I can call it my best painting, but my first buffalo painting is by far the most rewarding. At the time, I wasn't even sure I could paint at all. Finishing that piece and seeing people respond positively gave me the confidence to keep creating. Since then, other paintings have become personal favorites. One example is a painting of a bee. I've painted many bees, but there's one where the colors and textures came together in a way that really brought the artwork to life.

What is your worst project?

I've had plenty of projects that didn't turn out the way I hoped — usually when

What's in the future for you?

I plan to keep creating art in my new studio. Retirement has been such a blessing, and living in this beautiful place inspires me daily to express myself through my work. One thing I've always told my students is to take the ordinary and turn it into something extraordinary. That's my goal with my art. I currently have pieces in a few galleries in Cañon City, and I look forward to continuing to share my creations with family, friends, and the community.

Is there something you would like to explore new?

Definitely! I want to keep growing as an artist by taking more classes and learning from others. It's always exciting to explore new techniques and mediums. I'm especially interested in diving deeper into watercolors, oils, and alcohol inks. I'd also love to experiment with entirely new art forms, like sculpture. There's always so much to learn and discover!

What would you like readers to know about you?

I'm a self-taught artist originally from Lubbock, Texas, now calling Cañon City home after an inspiring career as a teacher. I spent years nurturing gifted and talented elementary students, encouraging them to think "outside the box." For 11 years, I directed the Funkee Munkee Imagination Summer Camp, where I helped young minds embrace creativity, and I even illustrated a children's book. Creativity has been a constant thread in my life.

I'm incredibly lucky to have been married to my wonderful husband, Mark, for 35 years. Together, we have three amazing grown children who continue to make me proud with their many successes. My family and my art are at the heart of everything I do, and I feel so grateful for this journey.

You can reach Tanya on Facebook. Want to be a featured artist? Contact Mary Shell at creatingfromthesoul@yahoo.com

A Historical Day in Wolf Preservation

by Colorado Wolf and Wildlife Center

Colorado Parks and Wildlife (CPW) completed capture and release work for the second Gray wolf reintroduction season in support of Colorado's Gray wolf restoration. CPW was responsible for all costs associated with the capture and transport of these wolves and there was no compensation or payment for the wolves themselves.

Fifteen wolves were translocated from British Columbia to Colorado. The agency also successfully completed the release of five members from the original Copper Creek Pack on January 18th. They were released soon after with the first group of wolves from BC. "Mom and the pups are healthy and were ready for freedom. The pups are as large as mom, and their chance of survival has certainly increased," said Darlene Kobobel, founder of Colorado Wolf and Wildlife Center. "February is also breeding season, and if love is in the air with the upcoming Valentine's Day, mom may find a mate to not only help with her growing family, but new puppies may grace our landscape in spring," Kobobel stated.

This is an exciting time for bringing back the Gray wolf which was eradicated from the Colorado landscape 80 years ago. The staff of Colorado Wolf and Wildlife Center (CWWC) has been an instrumental part of this project from the beginning with boots on the ground efforts. A few exam-

ples include collecting signatures for the ballot measure, attending and speaking at countless CPW Commissioners meetings, providing updated information to tens of thousands of visitors, and even raising and using money from our Colorado Co-Existence Fund to help buy non-lethal tools for ranchers to help with conflict management.

Darlene Kobobel also was asked to be a proponent in 2020 for Proposition #114 to reintroduce the Gray wolf back into Colorado. In 2022, she was chosen by CPW to be a Stakeholders Advisory Group (SAG) member where she served 18 months fighting for fairness as the wolf plan developed. Kobobel's voting record was clearly aimed at protecting the wolves to ensure long-term success every step of the way.

CWWC continues to be a leader with not only having a gold standard accreditation with the Association of Zoos and Aquariums, but a facility who educates the public through tours and outreach programs, monthly newsletters, wolf blogs and videos, kid education programs, wolf advocacy through signed petitions, and so much more.

We are thrilled to finally have more paws on the ground, and we hope that you will follow us through our social media and newsletters to remain updated on the progress of the wolves and stay informed about ways to help us continue our mission for conservation.

2025 Master Gardener CSU Extension Classes

Can you have a garden in Teller County? Yes, you can! Join the CSU Extension Teller County Master Gardeners for their annual spring classes to learn how to garden here. Classes will be held each Monday beginning March 24, 2025 through April 28, 2025 from 5:30-7:30 p.m. at the Community Partnership Family Resource Center 701 Gold Hill Place. The cost is \$10 per class or \$50 for all six classes; why not register before March 17 and get the discount! FMI and the registration form visit <https://teller.extension.colostate.edu/programs/gardening-horticulture>

• **March 24** Soils, Fertilizers and Mulch 5:30-7:30 p.m. at Community Partnership. All

classes are \$10 each or \$50 for all 6. Register before March 17 and get one for free!

- **March 31** Seed Starting and Container Gardening 5:30-7:30 p.m. at Community Partnership
- **April 7** What Grows Up Here? 5:30-7:30 p.m. at Community Partnership
- **April 14** Water Law and Rain Barrels, Small Fruit Production 5:30-7:30 p.m. at Community Partnership
- **April 21** Season Extending Techniques and Greenhouses 5:30-7:30 p.m. at Community Partnership
- **April 28** Fire Ignition Zones, Forest Insects and Diseases 5:30-7:30 p.m. at Community Partnership

Congratulations NoFloCo Fire Mitigation Posse!

by Toni Moore

I plan to say this a lot over the next year: Don Land I, first and foremost, thank the amazing volunteers of NoFloCo. There are many of them who challenge us every day to be our best, to stay the course, act with humbleness and integrity. We are honored and amazed by their willingness to consider us leaders.

Next, we thank and appreciate the local and regional businesses, government agencies, and providers who have supported us. CORE Electric, Thetford Realty Team, Department of Natural Resources (COSWAP), Florissant Fire Board Members, Indian Creek/Colorado Mountain Estates/Druid Hills/Arabian Acres, and other POAs, Iron Tree Restaurant, and other retailers have believed in our volunteers, mission, and ability to make change.

Finally, we thank the Teller County Commissioners and the Sheriff. The opposition and roadblocks they have put in place to stifle our forward momentum have been the proverbial rock pushed uphill. Just like with Sisyphus, what was intended to punish us has made us excellent and strong. Without this adversity, we would never have become good enough to win the national and international awards we have received this week.

From our award letter today, Feb. 18, 2025, "NoFloCo Fire Mitigation Posse, along with Don Moore, are the 2025 winners of the National Fire Mitigation Award given

by National Association of State Foresters, National Fire Protection Association, USDA Forest Service, and the International Association of Fire Chiefs, in response to the need to recognize the large number of great wildfire mitigation programs and projects that are making a difference on the ground in the United States today. The WMA is the highest national honor one can receive for outstanding work and significant program impact in wildfire preparedness and mitigation."

Additionally, in collaboration with members of Colorado Mountain Estates and Druid Hills, we have been selected by an international wildfire fire innovator to participate as a community partner in the Fire Grand Challenge as part of the Moore Foundation's work to bring innovative technology to fire mitigation, forest health, and neighborhood protection. We are honored to be part of this amazing opportunity for our volunteers, the wider community, and the world.

So, while we are still a bit dazzled by all the good news coming our way, we are clear that the volunteers of NoFloCo are the finest, smartest, kindest, and best humans around, and we are delighted that they are getting the love, appreciation, and attention they so richly deserve.

Onward and upward, with strength that grows when one does the right things!

COME DO TIME WITH US!

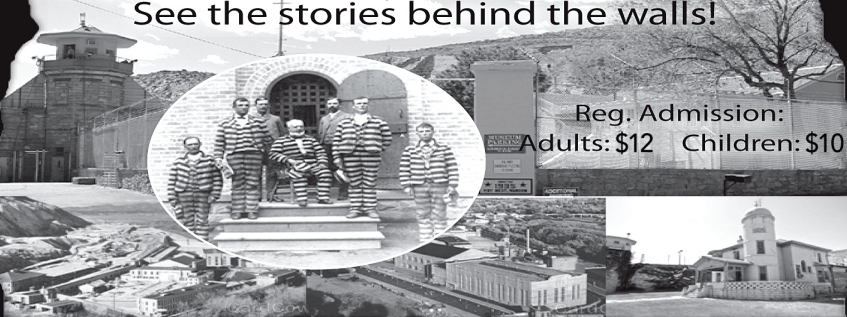
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Call for Artists: Armed Forces Art Exhibit and Sale

by Downtown Merchants Association

This is an exhibit and sale to showcase the artistic talents of active-duty personnel, their spouses and children, Veterans, and retired military personnel in Colorado. This event is hosted by the Florence Colorado Downtown Merchants Association. The art will be displayed in the storefronts of participating businesses on Main Street.

The show will open on May 10th. Artists will be in the participating shops along Main Street from 2-4 p.m. to meet the public. The exhibit and sale will run through Memorial Day, May 31.

We invite you to submit two-dimensional or three-dimensional works in any media. Multiple works may be submitted. There is no size limit but let us know so we can accommodate the size of your work.

The subject matter is open. The show is

not juried, but the subject matter must be appropriate for general public viewing.

Intake of artwork will be anytime up between 10:30 a.m. and noon on May 10th at the Florence Senior Center, Florence, CO. Other arrangements can be made for the intake of the art. There is no charge to enter this show. Artwork can be for sale. No commission for sales will be charged. However, a credit card fee of 3% may possibly apply.

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

The committee requests that interested artists please call 719-621-3301 or email Virginia at mvh876@gmail.com by May 9th to register for the show or for more information.

Crystal Creek Reservoir prescribed fire planned

by Josh Cowden

The Pike-San Isabel National Forests & Cimarron and Comanche National Grasslands, Pikes Peak Ranger District plans to conduct prescribed fire activities on approximately 200 acres of National Forest System land in the Crystal Creek Reservoir area of El Paso County.

Implementation of the Crystal Creek Reservoir prescribed fire is expected to begin as soon as conditions allow, which could be as late as May 2025. The project is located on the North Slope Recreation Area of Pikes Peak Mountain and will treat areas between Crystal Reservoir and Pikes Peak Highway. The U.S. Department of Agriculture, Forest Service will coordinate with Pikes Peak America's Mountain to manage traffic for 1.5 miles on Pikes Peak Highway adjacent to Crystal Reservoir.

For the first few hours during ignitions, the lane closest to the reservoir will be open to only one lane of traffic for about 1.5 miles from the Crystal Reservoir Visitor Center. Traffic is expected to be minimal due to the off-season, but there may be short traffic delays due to the temporary lane reduction. Lane reduction is needed to protect firefighters from oncoming traffic and to reduce the potential for collisions between project operations and the public.

The Crystal Creek prescribed fire project is a continuation of thinning and mastication treatments that were implemented in 2015. This prescribed fire will

reduce surface fuels, improve aspen regeneration and allow sunlight to stimulate development of grasses and small plants. This prescribed fire helps protect the Crystal Reservoir by lessening the impact of high-severity wildfire in the vicinity. High-severity wildfires have the potential to impact reservoirs by filling them with sedimentation. After a high-severity wildfire impacts an area, increased erosion can cause sedimentation of adjacent drainages and reservoirs.

Low-intensity prescribed fires are ignited by trained personnel to remove excess fuels, such as vegetation and dead wood, that would enable wildfires to burn hotter and longer.

Smoke and flames may be visible for days to weeks following a prescribed fire. Heavy smoke may be in the air. Please do not call 911 since a prescribed fire is not an emergency. The area will be monitored and patrolled to ensure fires are completely out.

Prescribed fire smoke may affect your health. FMI please go to <https://cdphe.colorado.gov/outdoor-burning/wildfire-smoke-and-health>.

When prescribed fire days are scheduled, staff will send email notifications and post updates on Facebook and X. To sign up for email notifications, please visit <https://forms.office.com/g/PbbEQ7DSH0>. You may also call Pike Peak Ranger District at 719- 636-1602 with any concerns or questions.

Adopt Me Indie

by Ark Valley Humane Society

There are some dogs that need time and patience for people to see their full cuteness potential. One of those dogs is 1-year-old Indie. Indie can be shy when meeting new people. She was placed into a wonderful foster home to help her build confidence. Indie has been doing well in her foster home! She is very quiet and is good at being left alone. Indie is also very cuddly with her foster family. Her whole demeanor changes when she is with someone with whom she has become comfortable with. Ark Valley Humane Society also introduced Indie to a few shelter dogs and a staff member's dog. She was so excited to meet new friends and play with them! It may help Indie warm up sooner if she has another dog friend in the home. Indie is very affectionate with dogs and people that she knows well. She just may take some time to get there with her new people. If someone is willing to give her a chance, they will find a wonderful and loving companion with Indie. Call us to set an appointment to meet Indie 719-395-2737.

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



Colorado Pharmgirl Joyful birding

by Peggy Badgett

I used to think of birders as white-haired couch-riders who watched cardinals gobble sunflower seeds at feeders outside their living room windows. I was wrong. After working an industrial-sized mixer mashing potatoes for a community Thanksgiving dinner one year, I met a young woman who encouraged me to join the Audubon Society of Northwest Illinois. My first meeting was an eye opening experience that welcomed me into a community of environmentally conscientious folk who truly care about our planet.

I began dragging my daughter Hannah to the monthly meetings. After the first gathering, my child was hooked. Instead of painting our rooster's talons and taking the hens for stroller rides, she and I spent weekends watching bald eagles dive for fish along the mostly frozen Mississippi, counting flocks of coots and mergansers on Wisconsin lakes, and driving the backroads searching for elusive snowy owls. We volunteered at a wildlife sanctuary where she fed the raptors and I cleaned robin cages while being attacked by a recuperating pelican.

We discovered Kearney Nebraska, the Sand Hill Crane capital of the world and watched in wonder as thousands of birds took off from the Platte River at sunrise to eat left-over grain in farm fields during their spring migration. She became the student member of the Audubon board, spent a week on Hog Island in Maine, and worked for a professor in Greenland banding Peregrine Falcons and gathering information on raptor migration patterns one summer.

During the Covid pandemic, my son Alex took up birding. It became a contest between the two kids, who was better at identifying and logging the most species on E-Bird. I fumbled around with my binoculars and half-heartedly called myself an enthusiast. The hiking appealed more to me. But birding meant frequent long stops along trails which was honestly frustrating. Trying to spot tiny-winged demon-creatures that rarely remained still was a challenge for my slower reflexes and worsening vision. Hannah's directions for where to point my binocs helped (third tree behind the big oak, halfway up the trunk follow the forked branch to the left, no — not that left). But sometimes I just fib and agree the brown smudge on the thick stick behind the rotting log is a Melospiza melodia. The kids probably know I'm lying.

Over the last several years, our family vacations have centered around birding. My middle child Amie and I tag along. Kauai saw us paddleboarding, snorkeling, and strolling with binoculars around our necks. Well, not while snorkeling, but binocs were on our beach towels just in case. We visited Costa Rica, where the Cloud Forest revealed its wonders on night and day hikes and Crested Caracaras perched on telephone poles. This year was Arizona. Hannah and I drove down so I could fake my skills through New Mexico. Our first stop was the Randall Davey Audubon Center and Sanctuary, set in a gorgeous Santa Fe canyon. I scored nuthatches but never saw the pygmy owl. Then it was on to the Bosque del Apache Preserve. We snagged junior ranger booklets from the visitor center to earn our badges and cruised the wildlife drive. Snow geese huddled together on the first lake we drove past. Even I couldn't mistake them. Then Hannah spotted the reason why; a golden eagle floated on the thermals high above. The brown speck in the sky could have been an eagle or a small plane. I agreed in theory. At least the birds were slower and less skittish in the preserve; Northern Harriers, flocks of Sandhill Cranes, and a road runner that almost became a hood ornament for my car were personal triumphs for me.

Acorn Woodpeckers and a brilliant

Following my crew on countless excursions has taught me that life is not always about climbing to the peak of the mountain quickly. Our natural world is beautiful and requires time to discover its hidden treasures. Birding has taught me patience and given me joyful memories with my amazing adult children. Maybe I'll even be able to identify a few species on my own by the time I get thrown into the nursing home. I'm pretty sure I can differentiate golden eagles from American Robins.

Peggy Badgett is an artist and writer. Her book Rooster in the Drive Through is available for sale at Shipping Plus, along with her hand made greeting cards. She has several year's worth of adventures you can read for free on her website pharmgirl.org, and can be reached at coloradop-pharmgirl@gmail.com



Peggy gives up on birding and does yoga with the saguaros. Cover: Amie and Hannah search the skies.

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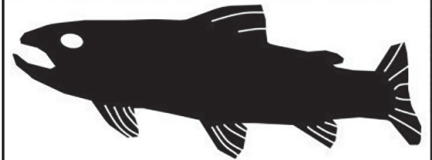
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The Legend of the White Wolf

by Gilrund the Historian

Kinsey was helping her mother at the village market when she noticed a young man seemed to be watching her. She smiled at him when she caught him looking and then turned away to continue working with her mother. Every so often she would look back and there was that same young man watching her.

"Mother," said Kinsey as she arraigned the vegetables, "Have you noticed that young man over there across the street, next to Mary's Blankets stall? He keeps looking at me."

"Of course, he's looking at you, Kinsey," mother answered, "You're not an ugly girl, you know. You're 17 now and that is a good age to be married." Mother started grinning as she added, "Perhaps you should take a little walk over there and let him see you better. You never know what may happen, he may even be rich; wouldn't that be nice."

Mother giggled and put more carrots in the basket to sell as Kinsey took off her apron and started walking into the street toward the Blanket stall.

She walked past the young man, who continued to watch her, and started looking at the various blankets that were on display. Kinsey was a very pretty young woman, about five feet tall, with long dark hair. She looked at blankets as the young man stood next to her looking at other blankets.

"What do you think of this one?" the young man asked her as he held up a brown and green striped blanket.

"I would rather have this one with the blue stripes," she replied as she laid the blanket over his shoulder and let it drape down his arm to show the colors, "What do you think? Do you like blue?"

The young man grinned and lifted the blanket covered arm to get a better view as he smiled at Kinsey and said, "Yes, I think that I do like blue... when you hold it. My name is William Connor, my father and I own the ranch across the river. What's your name?"

"I'm Kinsey Adkins, my mother and father have a farm about 10 miles west of the village. We're here at the market nearly every market day. Why are you here?"

William smiled and answered, "To see you, Kinsey."

"Oh, really?" she said trying not to blush, "I've not noticed you here before today."

"That's because I was watching you from over there at my father's animal pen. I could see you, but it would be hard for you to see me and that's what I wanted. But today I wanted to meet you and here we are."

Kinsey smiled and said, "Yes, here we are, well, it's nice to have met you, William Connor; perhaps we may meet another time and get to know each other better."

"Yes, I would like that. Perhaps at the coming Moon Dance this Friday night? Will you be there?" he asked.

"I wasn't going to be, will you be there?"

"I will be," William replied, "For I would like to dance with you."

Kinsey smiled as she walked away back to her mother's stall as William watched her. William's father smiled as he asked him how it went with the young woman from the vegetable stall.

"We'll see, father. I hope she is coming to the Moon Dance on Friday," said William.

"Perhaps she is the one for you, son," replied William's Father.

"She is, father, I know it," William answered confidently.

William's Father smiled at his son as he went to work.

"His Mother knew things too," he thought to himself, "He has her powers, I know it."

Friday came at last, along with the full moon that rose high in the night sky.

The Moon Dance took place each month. There was always plenty of food and drink to enjoy and the music was provided by local musicians.

William walked around waiting for Kinsey to appear.

Several young women had asked him to dance, but he had refused, for tonight was special and he planned to spend the time with Kinsey.

He saw her in the firelight just as she entered the meadow; she was beautiful. They spent that night dancing and laughing and getting to know each other so much better.

Kinsey was in love as was William and it showed in the way they looked at each other and how they treated each other.

When the dance was over, William walked Kinsey to her small wagon that she had driven to the dance.

William had a feeling of foreboding as he watched her leave into the darkness, as the moon dropped behind the western mountains.

There were three men that he had seen watching his lovely Kinsey. The three men had left a short time before he and Kinsey had left the dance and that was what made him uneasy.

William did something that he had only done a few times before. He made a strange gesture with his hands and then quickly turned to follow Kinsey.

He was no longer just a young strong farmer, now he was what his Mother had taught him to become before she had died; he was a large and very powerful, white wolf.

William dropped to all fours and ran quickly after Kinsey's wagon.

In spite of his great speed, he found the wagon that Kinsey had been driving, empty in the middle of the road. He listened with his sensitive wolf ears and heard running feet in the forest. Off he ran and was soon in sight of the owners of those feet. It wasn't Kinsey, it was the three older men. They were drunk and were looking around as they cried out, "You might as well come out girl, we're going to find you anyway, and then we'll show

you a really good time, yes we will!"

Kinsey was hiding about a 100 feet away in a group of large boulders. She was very frightened, as she heard what happened next. There were screams and the sound of running feet and the fierce growling of a large animal. Then it became strangely quiet and she slowly crept out of the boulders and ran to her wagon.

The next morning, she awoke to hear her father talking to her mother about a strange occurrence that had happened last night. It seemed that three men of the village were found torn to pieces in the forest.

Mother was astonished at the tale.

Father insisted that the story was true and showed her something that had been found at the scene of the deaths.

"Why, that looks just like Kinsey's scarf that she took to the dance last night," Mother exclaimed, "Let me see it closer." She took the cloth and looked very closely at it and went into Kinsey's bedroom.

"This is yours, isn't it?" inquired Mother. Kinsey took the scarf and looked at it.

"Yes, mother, I believe it is mine. Please let me explain."

Kinsey went on to tell her mother and father what had happened. She explained that the men had stopped her wagon and how she had run into the forest to escape them. One of them had grabbed at her and that was how the scarf had gotten into their hands. She told them of the horrible noises that she heard as she stayed hidden in some boulders, the screaming and cries of the men.

"So, it's true!" said her father as he listened. "Did you see the creatures that attacked those men?"

"No, Father I didn't, but they must have been very fierce to have done what they did," answered Kinsey.

That evening at supper, Father brought up the killings again, "Kinsey, one of the men, lived long enough to write something in the dirt."

"What did he write?" she asked as mother listened too.

"It was only two words, 'White Wolf!'" exclaimed Father.

"What is that supposed to mean?" asked Mother.

"I'm not sure, but I would guess that they were attacked by wolves, I think a pack of them. I think it came to him as he died, the old Legend of the White Wolf."

"What legend is that?" asked Mother.

"Oh, it's just an old story, you know the kind that gets passed down in families, and in taverns."

"So, how was the dance last night, Kinsey?" asked Mother, "Did you and that young man William have a good time?"

"Oh, yes, we did," replied Kinsey.

"I wish that he could have brought you home," mother went on, "Those men would have thought twice if he would have been with you."

The next day, Kinsey was out in the field when she heard William calling her name. She turned and there he was walking toward her with some flowers in his hand.

She ran to him and he gave her the flowers. "Thank you, William, they are beautiful," she said.

"Kinsey," he started, "I know this is real soon, but would you marry me?"

Kinsey was surprised, but also very pleased that he loved her so much and she answered, "Yes, William, I will."

Then William said, "I heard about what happened last night after you left me and that is what made me ask you to marry me right now. I just feel that you need someone to protect you; and I think that I can do that. Yes, I know that I can."

Kinsey and William walked back together to the farm and found her Mother and Father. "Father, you know William," said Kinsey, "He wants to talk to you for a few minutes." It didn't take long before William came into the house and told Kinsey that her father had agreed to the marriage.

The marriage was to take place in two weeks. Three nights before the wedding, the talk in the tavern was once again about the legend. Walt and Dave were going to prove that the legend was just that, a legend, and there was no truth in it.

Andy, one of the patrons of the tavern, asked just how they were going to prove that it wasn't true.

"We know who the girl was that them guys was after and we're going to see if this White Wolf is for real," said Walt. The two men laughed as they looked at Andy.

"Wait a minute, Walt," said Andy as he looked at them, "You ain't going to do something stupid are you? I wouldn't go after that girl, if I was you; you're going to get yourself killed. And I ain't talking about no white wolf neither. That kid she's goina marry will have your hides for sure. He ain't nobody to mess with, I'm tellin' you."

"Hah!" he's just a kid!" returned Dave as he finished his fifth beer, "He won't be no trouble, not when he sees a real man standin' afore him. He'll back down for sure."

"I'm tellin' you boys," replied Andy, "don't do nothin' stupid, 'cause it's gon'a cost you big time!"

The two drunks laughed and stomped out of the bar and walked toward the church where Kinsey and her parents and Williams parents were preparing the building for the wedding. William was on his way there from the farm where he had finished work.

The two men waited outside the church in a cluster of trees a few yards away as the sun went down and it grew dark.

Kinsey walked out to the wagon to get some ribbon.

Walt and Dave slipped out of the trees and started toward Kinsey. She heard their boots

crunching on the gravel and turned to see who was there. When she saw the two men, who were obviously drunk, she turned to run back into the church, but Dave ran between her and the door and she stopped. Walt came up behind her and grabbed her and covered her mouth so she couldn't scream. The two men pulled her away from the church toward the forest and a small shack where they intended to keep her until the White Wolf should come for her.

They didn't have long to wait, for William felt that something was wrong. He moved his hands in the strange way that his Mother had taught him and jumped from his moving wagon.

Walt was the one who first heard the sound of the snarling wolf coming toward them as they came to the door of the shack pulling Kinsey along with them.

"Dave," he called out, "I think we should let her go. Something is coming through the trees."

"Shut up Walt," growled Dave as he tried to open the door of the shack, "You been listening to them stories too much. Come and help me."

Walt didn't answer Dave, for the wolf had knocked him to the ground. The wolf left Walt laying on the dirt shaking and bleeding. He started toward Dave who had just opened the door and was about to push Kinsey through it into the shack.

Dave looked at the wolf and stammered, "So, you are real!" He turned and pulled Kinsey back and held her in front of himself. "Come on, wolf, but you got to go through her, to get to me!" he shouted as he pushed Kinsey forward.

Kinsey stumbled and fell to the ground; she seemed to know that the white wolf wouldn't harm her; it wanted Dave.

That was all the wolf needed as he launched himself at Dave and knocked him backward to the ground and ripped out his throat.

Kinsey was now on her knees as the wolf stalked between Walt and Kinsey. He growled softly as he looked at Walt.

Kinsey stood to her feet and placed her hand on the wolf's back and the beast's teeth gnashed at Walt as she rubbed the standing white fur.

"You had better go as quickly as you can, mister," said Kinsey, "Before you're like your friend over there."

Walt didn't need to be told twice. He jumped to his feet as fast as he could and



then ran off into the forest.

"Let him go," Kinsey told the wolf, "He'll not bother me again."

The wolf sat down in front of Kinsey as she kept running her fingers through his fur, then he looked up at her and licked her face. Kinsey laughed and wrapped her arms around the white wolf's neck and hugged him as she said, "You're a good boy," she said to him, "Will you come with me to the church?"

The wolf shook its great head and backed away from her, then turned away and ran into the dark forest.

Kinsey walked quickly out of the forest and to the church to tell them what had just happened. As she talked, William walked through the front door of the church and she ran into his arms and held him close. It was then that she noticed an odd odor about him that she had noticed about the white wolf. She now knew who the White Wolf really was.

William looked at her with a little smile and whispered, "Yes, it's true. I'll be with you always; you will never be alone as long as I live."

"You shall live for a long, long time while I live, my precious White Wolf, my Legendary White Wolf," smiled Kinsey as they turned and walked back out of the church to talk by the wagon.

They were married three days later and lived a long time and Kinsey was never ever alone.

~ The End ~

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



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Panning for Good

Exploring Dog Training and Therapy Dog Onboarding - part I

by Dr. Bec

During the summer of 2021, a combination of empty nest syndrome, COVID and being recently retired convinced me that now was the time to tackle the almost all-consuming challenge of raising a puppy. I started researching breeds and looking at pictures of puppies on the internet that would be compatible with allergy issues in our family. I knew without a doubt when I came across Clyde, a puppy posted by Puppy Spot, that I had found my dog. Unfortunately, Clyde, a gorgeous, high-energy, creamy-golden-colored Goldendoodle with wise, loving, brown eyes and a happy smile, whom we later named Chip, was expensive. We (my husband and I) also had to pay for him to be flown to us from Down South Doodles in Arkansas, which took a bite out of our bank account, but as it turned out he really WAS the perfect dog for me. I felt God had sent me an angel. Our sweet baby is now three and continues to bring joy and life into our home. I have to admit that my husband was not thrilled with owning a dog or how much he cost, we were mostly cat people, but Chip soon won him over. This article along with next month's part 2, tells our story and what types of care and preparation we took for Chip to eventually become a certified Therapy Dog who works at Penrose Hospital in Colorado Springs as a Pet Ambassador.

When I take Chip with me to public places, people often stop and ask to pet him and we end up having fun conversations which are frequently about dogs. Chip is friendly and well-mannered and when people find out he is a Therapy Dog, they often ask what the process is for a dog to become certified. Many people we meet are confused about the differences between Service Dogs and Therapy dogs. Service Dogs are trained specifically to support a person with a disability and they typically accompany their owner everywhere. Service dogs are trained not to interact with people other than their owner while they are working, so it is important not to distract them while they are helping their owner. Therapy dogs, on the other hand, are trained to be well-behaved and provide loving, emotional support in difficult situations for a variety of people. It is easy to get these two types of working dogs confused, but typically, service dogs wear a red vest with "Service Dog" embroidered on it. For more detailed information about the differences, access this link: <https://www.therapydogs.com/service-dog-vs-therapy-dog>

Before Chip arrived, I signed up and paid a fee to learn about training a puppy through the online puppy school program Baxter and Bella. The podcasts can be accessed at <https://www.baxterandbella.com> and videos at <https://www.youtube.com/@baxterandbella>. This program is incredibly informative and provided me with everything I needed to purchase and organize to prepare for Chip's arrival and how to begin training him from day one. Chip was eight weeks old when he came to live with us. The Baxter and Bella videos were easy to follow and showed me how to train him to do basic things like housetraining, curbing unwanted barking, biting and jumping, minimizing destructive chewing, crate training, sitting, lying down, socializing with people and other animals, etc. Puppies have an incessant desire to chew during the first 6 + months. Chip was really beginning to do some damage to my arms, our deck, walls and furniture until I learned to make sure he had something else to chew on, wore thick gloves that went up to my elbows when needed and providing him with other engaging things to take his mind off of chewing. He finally grew out of most of that, thank goodness! We also realized that to keep Chip healthy, we would be going to the vet a lot, especially while he was a puppy. Access this link to see what a typical vaccination regimen for dogs in Colorado looks like: https://www.auroragov.org/residents/animal_services/veterinary_behavioral_services/vaccinations

Chip picked up most of the training quickly and understood a lot of words. He especially loved being around people and other dogs. When Chip was about to turn two, my husband was at Penrose hospital for a surgery and while I was in the waiting room, Elizabeth Cramer with Issa, her goldendoodle therapy dog, came to where my son and I were sitting to offer support during those stressful hours. As I spoke with Elizabeth and enjoyed her sweet dog, I thought about how much Chip would love doing something similar. I knew he still had a long way to go to have enough self-control to become a therapy dog, but I decided to step onto that path so both he and I could share our love with people who were going through difficult times, just as Elizabeth and Issa had made our day better by showing up for us.

One thing Chip still had trouble with was pulling on the leash when we went for a walk. As he grew bigger, this became a real nuisance and hurt my arm and shoulder. I decided to take him to a trainer to try and curb this, so I called wonderful Lisa Lima at My Life Unleashed <https://www.mylifeunleashed.biz/>. I learned to keep Chip in the "money zone" or to my left side next to or behind my left leg by giving him treats from my left hand encouraging him to not step in front of my hand or walk ahead of me. This professional help made it possible for Chip to pass his tests. The trainings I had chosen up to this point were reward-based. Over

time, with lots of practice, Chip began to automatically do what he was trained to do without treats. Chip is now 80 pounds and I am so happy he knows not to pull hard on my arm or I would be scheduling surgery! What I loved most about the way Lisa helped me train Chip is that his confidence and happiness were preserved and he loves to obey me. There wasn't any harshness and he grew up knowing he was loved and wanting to please. Now and then we will go back to using treats to remember words and concepts and at times we use a stronger collar on walks than what he wears to the hospital.

Chip had 2 trainings with Lisa and then she gave him the American Kennel Club Canine Good Citizen and Canine Good Citizen Advanced tests which he passed and that concluded his training. At that point, he became a Therapy Dog with My Life Unleashed. For details of what these tests look like, access this link: <https://www.akc.org/products-services/training-programs/canine-good-citizen/canine-good-citizen-test-items/>

Now it was time to find a place for Chip to work. I called Penrose Hospital where I'd met Elizabeth Cramer and Issa, and they put me in touch with Rick Cavin, the leader of the Pet Ambassadors program. Rick told me to start the process of Chip being certified through The Alliance of Therapy Dogs (ATD) <https://www.therapydogs.com> so Chip and I could become a certified Pet Therapy Team. This is the national group the dogs at Penrose certify with. Chip and I had an initial screening with Rick and we went to every floor, the ICU and the surgical waiting room. Rick checked to see if Chip would be ok smelling the chemicals associated with cancer treatments and the smell of death on the hospice floor. Those smells were not always tolerated by dogs, but Chip was able to manage them. I also had to be cleared to work as a volunteer at the hospital. The requirements included the walk-through interview, a background check, references and a Tuberculosis blood test.

Chip and I were then given three tests as a Pet Therapy team at different sites with certified ATD evaluator, Janet Bennet. Janet is a well-known dog trainer in Woodland Park and surrounding areas. She is also a breeder and owner of Belgian Sheepdogs. She works at Compassion Animal Hospital in Woodland Park and is involved with Pikes Peak Therapy Dogs (PPTD) which is another group that offers a variety of opportunities for

therapy dog teams certified through ATD. She can be contacted at: jeb915@gmail.com. Next month's column will provide more information about the Penrose Hospital Pet Ambassadors program and its founder, Rick Cavin. We will also be exploring Janet Bennet's involvement in therapy dog work and learn more about her Belgian Sheepdogs. See you then!



ATD Evaluation Day-Becky, Chip and Janet Bennet. Cover: Dog Trainer Lisa Lima with Chip.

therapy dog teams certified through ATD. She can be contacted at: jeb915@gmail.com. Next month's column will provide more information about the Penrose Hospital Pet Ambassadors program and its founder, Rick Cavin. We will also be exploring Janet Bennet's involvement in therapy dog work and learn more about her Belgian Sheepdogs. See you then!

Jokes:
Q: What do you do if your dog chews your dictionary?
A: Take the words out of his mouth.

Q: What do you call a wild dog that meditates?
A: Aware wolf.

Challenge:
Don't get scammed. If you want to order an animal over the internet, be very careful. Since we had such a good experience ordering Chip through Puppy Spot, we clicked on a picture of a cute, orange, somewhat hypoallergenic Siberian kitten which led us to what looked like a legit website. We named her Butterscotch and paid \$700.00. But poor, little Butterscotch was freezing in her crate at the airport and the airline wouldn't fly her to us without another \$1,000.00 to ensure her safety. We started to catch on and called the credit card company who traced the scammers to South Africa! They left us with a much lighter wallet and a mocking "Happy New Year!" text.

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Noodle is a very loving Border Collie/Aussie mix, about 3 ½ years old. She is very smart, learns quickly, runs very fast and loves to play ball. Her breed needs lots of exercise and mental stimulation. Noodle is okay with children but sometimes anxious around them. She knows her commands. Noodle is spayed and current on all vaccines. She was surrendered by a single mom with a baby. She is owner protective but has never had any issues with cats or other dogs. Noodle has never had off leash training. She would do best somewhere with a yard and no young children. While she's never had a problem with young ones, her anxiety gets heightened when around them. She is allergic to chicken so her diet needs to consist of food that does not have poultry in the ingredients. Adoption events schedule is posted on our website www.slvwavs.org.
This space donated by the Ute Country News to promote shelter animal adoption.

Fitness ON the Mountain

Forward head, backward thinking

by Lori Martin

Do you recollect a person in your childhood that you looked up to? Who was larger than life? A protector? A master of strength and vitality?

My Dad wasn't an athletic guy but he was pretty darn handsome, smart and he encouraged physical activity and eating healthy. He was all about protein and made sure we had veggies with every dinner. He also understood the effects of being over restrictive so junk food was consumed on Fridays and Saturdays.

We each got 25 cents allowance on Saturdays after which, he would take us to the Five and Dime store to spend our earnings. Every week I spent my allowance on a Chinese Jump Rope. Great exercise and so much fun came out of that elastic rope loop.

Sunday drives ultimately, culminated with visits to produce stands where we each got to pick out all the fruits and veggies we could carry. We'd take our treasures home and create a Sunday afternoon feast of fresh and healthy foods.

The years went by and before you knew it my Dad was 70 years old. We were at a family wedding. Of course, he looked more handsome than ever in his tuxedo, but something had changed. I had just started working in fitness, but I've always had a quick eye for posture and movement. Something was off with him. From the side view, I realized his head was being pushed unusually forward. It was the awkwardness of wearing a tuxedo and all the pressure at the back of his neck forcing his head forward.

After the wedding I mentioned my observation to him. He agreed and expressed how he was having a headache from the pressure of the tuxedo jacket and tie on his neck. I told him to take it off if he was uncomfortable. He didn't want to spoil the wedding so, he left his jacket on for the next 4 or 5 hours, or so.

This is such a vivid memory for me because it embedded in me the importance of even the clothes we wear on our posture. The next time I saw him in person, I realized that he never recovered from that day. He didn't or couldn't deal with the after effects. Forward head was my Dad's new normal.

What is Forward Head Posture (FHP)? I will answer by explaining what is "good posture? What is neutral alignment?

According to *Medical News Today*, the simple explanation is, "When a person maintains good posture their head aligns vertically with the spine." It's more complicated than that actually, because there are natural curves to the spine so, forcing your neck into a rigid position is not the solution to FHP.

I prefer cueing my clients to become aware of their posture visually and also, through how they physically feel.

If the client is able to get down on the floor I have them lie on a foam roller lengthwise. There should be 3 contact points where the brunt of the weight is

on the foam roller; the tailbone, the space between the shoulder blades and the head should all be touching the foam roller. The feet will be on the floor with the knees bent. The feet will act as stabilizers as the client is now lying on an unstable surface, which by the way, is good for core strength training. Once situated, we can feel what neutral alignment feels like and often my clients report that it feels strange but, once they settle into it, they really enjoy it.

It's one thing to find and maintain neutral spinal alignment when gravity is forcing you into it in that supine position but, what happens when we take that same client and the foam roller next to a wall. To do this, you'll want to:

1. Stand 4"-6" away from a wall.
2. Have someone place a foam roller lengthwise on the wall behind you. It should touch those same 3 contact points. This may take a few tries to find your sweet spot.
3. Your heels should also be 4"-6" away from the wall. This may feel awkward because you are now relying on an unstable object to balance you which... you got it... is good for your core.

Note: Most foam rollers have a circumference of 6" and a length of 36" but, if you're not comfortable with relying on a round/unstable object to support you there are foam rollers available online that are cut lengthwise, down the middle. The flat side would go against the wall or the floor, until you feel more confident in your ability to control the round version.

We're not quite done with this little experiment, though. Whether you are lying supine on your foam roller or standing against a wall, misaligned posture might try to trick you into thinking you are in good alignment. "So, all my contact points are touching the foam roller... I'm good."

In more cases than not, this is not the case. First, we look at the pelvis. Is it in neutral or is there an anterior tilt causing the lumbar spine between the tail bone and the shoulder blades to arch upward?

Next, we look at the chin placement, which I verbally cue as "holding a tennis ball gently between your chin and your clavicle (collar bone)." A person with FHP will have a much bigger gap as they tend to jut their chin upward.

Here things get fun as we shimmy around on that foam roller until we find neutral pelvis, then we go to adjusting the jutting chin issue, which causes the pelvis to anteriorly tilt. We then go back to correcting the pelvis and the chin juts, again.

Eventually, things come together and it all makes sense until... we walk away from the foam roller. It takes a lot of practice and intentional work to strengthen the muscles necessary to correct FHP but,

it takes zero work to forget. As we go on with our day our habits reinforce the FHP:

- We pick-up our phones or log onto our computers
- We sit in our cars with head rests that encourage forward head posture
- We slouch while reading or watching T.V.

In my Dad's case, the cloths he wore were the problem.

Becoming aware is the first step to correcting any problem but, how often do we look at ourselves from a postural point of view? If you don't have a trainer or physical therapist to do a full postural assessment we still have options that don't involve a foam roller. Have someone take a photo of you from a side view. In neutral posture, your ear will be in line with your shoulder, your shoulder will be in line with your hip and your hip should be in line with the ankle joint. Your knees should be slightly bent. Again, we're not trying to force the entire spine into alignment.

Give your kids a dollar for every time they catch you out of neutral alignment. Another fun idea...

I had some mother-daughter clients who I taught "The bowl of water" test. I described the neutral pelvic girdle and neutral shoulder girdle as "bowls of water" that we didn't want to spill. It was all fun and games, when they went home after that session and took turns calling out the other for spilling their water but, in the end, it was the moms that had most of the regrets.

How do we correct FHP?

Developing awareness is only the first step. Corrective exercises require consistent practice sessions. Specific exercises to start would be those that strengthen the neck extensors (the back of the neck).

Once again, our bodies try to trick us into correcting one problem by creating another. The reality is that the entire posterior chain, which according to Masterclass.com, "The posterior chain refers to the muscle groups located on the backside of the body, from your upper back to your calf muscles." So, more than just strengthening your neck extensors.

The article dated June 7, 2021, goes on to give 5 exercises to develop a strong posterior chain, most of which I would recommend finding a good trainer to help you develop proper form and can provide modifications, if needed.

- Deadlifts
- Pull-ups
- Glute Bridges
- Kettlebell swings
- Dumbbell incline row

Another option available and my favorite resource is Foundation Training. At www.foundationtraining.com you can be guided through exercises like The Founder in only a few minutes each day. There is a lot of free content available from Founder Dr. Eric Goodman on his website and on YouTube, as well. Finding a Foundation Training Certified expert for in person sessions or virtually, is always optimal.

Whether you choose to hire a trainer or figure things out on your own, it's always prudent to run the program by your physician to make sure you have no contraindications.

Plan on DOMS (Delayed Onset Muscle Soreness) anywhere from 12-48 hours after your sessions. Muscle recovery can be accelerated using a red light therapy device like www.dnavibe.com/lorimartinfitness, as well as maintaining adequate hydration.

Move... Heal...Live MORE
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Adopt Us

by TCRAS

Beauty and Thor

This month, we feature the bonded pair Beauty and Thor. Beauty has the cutest underbite, is a small to medium-sized girl who is a little nervous at first. Once she warms up to you, you'll find a sweet, wiggly girl who wants to be by your side. Thor also has the cutest underbite, is a small to medium-sized boy who is also a little nervous at first. Once he warms up to you, you'll find a sweet wiggly guy who wants to be by your side. They both came to TCAS because their owner passed away. The bonded pair needs to stay together. If you are interested in meeting them, please call TCRAS at 719-686-7707.
This space donated by the Ute Country News to promote shelter animal adoption.

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

by Readers of Ute Country News

This column is to provide examples of kindness to remind us all how to put more acts of kindness into the world. Because the goal is about the behavior, names and businesses are not listed; it is all about the acts of kindness. We encourage you to share acts of kindness experienced or witnessed by emailing to utecountrynewspaper@gmail.com, snail mailing to POB 753 Divide, CO 80814 or come on into Shipping Plus and tell it to us!

- A kindred spirit gave us a bumper sticker and we shared the laugh. Both the bumper sticker and the gingle were acts of kindness.
- His packages were piled up to his forehead. The woman waiting went immediately toward the door to open it for him. Immediate kindness tells you someone's paying attention!
- The words resonated, "We're millennials; we can figure this out!" Those words said with such confidence have since given me the idea that maybe I can figure it out, too. Since then, when a problem has presented itself, those words ring through and give me confidence to find an answer or at least to create a better question. Sharing confidence is an act of kindness.
- It took me by surprise. She said to me, "Do you know what they are saying about you?" I didn't, so I answered, "I have no idea." Well, she went on to share what they have been saying and it is ALL GOOD THINGS! I was so surprised to hear all of that. I haven't been getting out much since he died and I know I have to really push myself. So next time I have to really push myself to get out, I'm going to remember all those good things that were said and maybe I'll strum up the courage to get past the door.
- I am grateful for the winter coat that was simply given to me, no payment required. It was a very thoughtful gift — mine has a torn shoulder and that wind blows right through. Giving someone a new coat is an act of kindness!
- Grateful for the humor shared. Laughter is a great way to reduce stress and is part of the healing process. Thanks for the gift of the giggles!
- I have a new small project and need a sewing machine. Then I remembered there are many who sew in our community. Sending an email and forwarding that email to those in your community who may be able to help is an act of kindness!
- How inspiring to notice the first comment was to give thanks! Giving thanks is an act of kindness. Acknowledging gratitude is another gift of kindness we give to ourselves.

We're on the web!

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



www.utecountrynews.com



Life-Enhancing Journeys Is anxiety our enemy or ally?

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

We might misinterpret the value of anxiety because we tend to overlook its potential benefits.

Life can be stressful, yet no one intentionally invites anxiety into their lives. It is the most common mental health disorder affecting many individuals in the U.S. The good news is that this condition often responds well to treatment, however, sadly, only about one-third of those who experience it reach out for help.

Did you know anxiety can be beneficial? It serves as an evolutionary survival signal, keeping you alert and protected from danger (even if you are safe). This is why trying to suppress anxious feelings can be risky. It is natural to want to withdraw, escape, or eliminate these feelings when they arise. Anxiety is undeniably uncomfortable; it is often seen as a nuisance, a debilitating condition, or a system malfunction, especially when your stomach tightens, you begin to sweat, tremble, and your breathing becomes rapid and shallow. Your body signals distress, activating a fight or flight response. If you feel trapped, you may freeze, shut down, and/or become paralyzed. You might also battle persistent, racing, obsessive thoughts. Viewing anxiety this way suggests that the solution lies in preventing or eliminating it. Such a perspective can be problematic since the more you suppress anxiety, the more likely it is to escalate. This belief can prevent you from recognizing its advantages. Remember, anxiety has a positive role; it aids in quicker responses to situations, offers vital insights about your emotions, and keeps you alert. Anxiety can be an ally, encouraging personal growth and helping you have a greater awareness about yourself when you approach it with a positive mindset.

Anxiety typically refers to distressing and uncomfortable physical and emotional experiences associated with an uncertain future. Consider stepping back from the belief that anxiety is entirely negative and approach it with curiosity, viewing it from a different perspective. There is a significant distinction between productive anxiety (which prepares you to handle more challenging situations effectively) and unproductive anxiety (which merely hinders your progress).

Perhaps anxiety has been misunderstood. The American Heritage® Dictionary defines anxiety as "a state of uneasiness and apprehension about an uncertain future." It is common to assume that anxiety and fear are the same since both trigger the fight-or-flight response, but they serve different purposes. While fear involves an immediate threat, like someone pointing a gun at you, anxiety pertains to potential future events, often referred to as "anticipatory anxiety." Recognizing this difference can help you respond more effectively to your emotions, especially in situations that demand your immediate attention.

When you or someone you care about experiences anxiety, how do you respond? If you feel distressed when you see your child upset, do you rush to comfort them? It might be more beneficial to encourage or reassure them about their ability to handle potential challenges.

"The emotion of anxiety is not broken; it's how we cope with anxiety that's broken," says Dr. Dennis-Tiway.

No one enjoys anxiety; it is painful. For many valid reasons, you might think that something so unpleasant is unlikely to lead to any positive outcomes (remember, no one benefits from persistent anxiety). Mental health providers have contributed to this misunderstanding by labeling all anxiety as a disease. I think this was a mistake. It suggests that these warning signals should be ignored to alleviate any discomfort you might experience. The more you try to control your emotions, the stronger they may become. Emotions are not a light switch that can be turned on and off; they exist on a continuum. Recognizing anxiety as a disorder may

lead to misunderstanding its role. As a result, you might find it difficult to differentiate between a genuine anxiety disorder and feelings of anxiety. Our mental health is not just the absence of emotional pain or discomfort; it also requires acknowledging that everyone sometimes encounters emotional suffering. Confronting it rather than avoiding it is usually more beneficial.

Anxiety focuses attention on future possibilities, transforming people into "mental time travelers" because of its link to unpredictability. It reflects uncertainty, which can lead to uncomfortable physical sensations and distressing thoughts. Its purpose is to avert disasters while recognizing positive opportunities. In fact, feeling anxious releases dopamine, which motivates you to take action. For example, you might find it helpful to study more for an exam, schedule a doctor's appointment, or take extra time to nurture your relationships.

Consider that anxiety has a purpose. It prepares you to deal with the experiences you face. It also offers valuable insights into your feelings, helps you remain alert, and can even boost your performance in certain situations. When anxiety arises, consider the message it is offering you and the possible changes that might be beneficial. Good stress, often referred to as eustress (the opposite of distress), can keep you motivated and enthusiastic about life.

I think of anxiety as a smoke detector. You might think about using earplugs or leaving the room when it beeps, but that could be risky. Instead of panicking, see it as a helpful sign to check if everything is okay.

Humans struggle with uncertainty, consequently, an uncertain future often leads to anxiety. Recognizing anxiety signals that you have hope for the future. The physical sensations associated with anxiety are impossible to ignore, indicating the need to investigate it further. When something feels uncomfortable, it is designed to grab your attention quickly.

Anxiety is an activating emotion. This means that, in addition to triggering the fight-or-flight response, it also boosts oxytocin, the hormone associated with social bonding. With moderate anxiety (not full-blown panic), you elevate oxytocin levels, which encourages you to seek social connections and support. Additionally, research shows that viewing anxiety positively can alter your physical responses. The words you use to describe emotions can impact your life. Adjusting your perspective on emotions or limiting complaints can be difficult, and it might take time to notice changes; however, anxiety can really be an ally.

What are some coping strategies if you are feeling anxious about the future?

- Accept that anxiety can offer valuable information. Take a moment, pay attention, and listen to it. While anxiety may seem unhelpful at times, pause, breathe, and then be curious about its origins.
- Practice mindfulness. Mindfulness involves intentionally focusing on the present moment with acceptance, without analyzing or judging it. Concentrate on the here and now and let go of future worries. One approach is to pay attention to factors outside of yourself, known as "externalizing." When you feel anxiety rising, take a moment to observe your surroundings: listen to the sounds, feel the different textures, smell the various aromas, and look at all the objects in your view. This approach allows you to separate your mind from worrisome thoughts and focus on the outside world instead.
- Visualization is powerful. Imagination creates a connection between the mind and body. When you visualize concepts such as security, health, and well-being, your body seeks to produce warm feelings and positive thoughts linked to those states.
- Focus on the things you are grateful for.

- Deep breathing is an excellent tool for calming your body (See UCN articles Sept - Oct 2022).
- Soothe your body. Anxiety affects your heart rate and breathing, so use tools that benefit both body and mind. Consider yoga poses or massage your feet or your back with a tennis ball. Explore other soothing techniques, such as going for a walk, planting a garden, or taking a hot (or cold) shower, which can help reset your nervous system.
- Connect with experiences that give you emotional strength. Reach out to supportive friends, rely on your spiritual beliefs, and/or join helpful in-person or online communities.
- Use positive phrases when speaking to yourself, such as: "Right now, I am okay... This moment will pass... I am in control of my thoughts... I am safe and secure... I am taking things one step at a time... This is beyond my ability to change." This type of self-talk offers a sense of direction, suggests that action can be taken, and provides a degree of control.
- Volunteering for meaningful causes can enhance your sense of purpose and fulfillment while broadening your opportunities in positive ways.
- Engage in physical activity and move your body. Release tension through movement.
- Temporarily set anxiety aside. You can revisit your concerns when you feel more prepared to handle them. This means taking a break from your worries instead of ignoring them and reminding yourself, "This, too, shall pass."
- Limit your consumption of anxiety-provoking news if it adds to your distress or contributes to a negative outlook on the future.
- Chewing gum or sucking on a lozenge can help. When anxiety arises, saliva production decreases, which makes your mouth feel dry and signals to your brain that you might be in danger. However, chewing gum or using a lozenge stimulates salivation, tricking your brain into believing that you are safe.

When my son felt anxious about participating in a debate while on the Forensics team in high school, I reassured him that his anxiety reflected how much he cared about the debate and how committed he was to working hard for his team because it mattered to him to perform well. He put in extra effort, gained more confidence, and performed exceptionally well.

If you were to struggle with intense social anxiety (like I have in the past) but still show up for work, it shows that discomfort does not have a major impact on your life. I focus on doing my best to manage my anxiety symptoms. However, if you start to avoid work, that is when anxiety begins to negatively affect your life.

Anxiety can feel overwhelming, but it does not have to control your life. I hope readers realize that anxiety can be a valuable ally and a source of strength. If anxiety disrupts your life, know that medications and therapies are available to alleviate symptoms. Consult your doctor or a mental health professional for support.

Finally, be gentle with yourself when facing anxiety; it is completely normal to feel uneasy at times. During these uncertain times, it is natural to worry about what lies ahead. As you manage information that may trigger anxiety, remember it is okay to feel uncomfortable now and then. Consider the kind words you would offer a close friend in a similar situation and extend that same compassion to 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 719-510-1268 (cell) or email Journeyscounselingctr@gmail.com.

South T Bar Ranch update

by Flip Boettcher

photos courtesy Becky Renck

The hubbub at the huge South T Bar (STB) Ranch subdivision, located west of State Highway 9 and south of Tallahassee Road in Fremont County, has died down.

The drilling rigs are all gone and Global Uranium Enrichment (GUE) was in-and-out in three to four weeks, according to Becky Renck, STB Ranch property owners' association president. The drill pads are all re-vegetating and GUE was also going to re-seed the pads this past fall as well, according to Timothy R. Brown, US Country Manager for GUE. No chemicals were used to remove the vegetation from the drill sites and no weed control was necessary, stated Brown.

Originally, several STB Ranch residents had appealed the Colorado Division of Reclamation, Mining and Safety approval of the GUE notice of intent last year to conduct exploration at STB Ranch because of past drilling exploration of at least 1000 sites, but DRMS denied the appeal.

According to Brown, GUE knowledge of past drilling exploration is limited and the purpose of their exploration program this time was to "collect additional hydrological, metallurgical, geochemical, geo-technical and environmental data. That data will be used to conduct additional laboratory and technical studies to help answer questions about extraction possibly and the associated costs," Denver Post article.

Some STB Ranch residents were concerned about disruption of wildlife, which is abundant in the valley, with elk and deer calving there. GUE agreed to follow all the wildlife recommendations outlined in their permit, said Brown. The wildlife probably were disrupted, but not for long as their natural curiosity remained and Renck said she saw several antelope near one drill site staring at it; probably wondering what it was.

Some residents were concerned that elevated levels of uranium and other elements in their well water was caused by previous drilling exploration.

In 2012, the Fremont County board of commissioners required Black Range Minerals (BRM), precursor to GUE, to hire a third party water consultant to review BRM exploration work and their water studies. Western Water and Land, Inc. concluded that, "At this time there is no evidence to suggest that the elevated concentrations of U or other constituents in some wells are related to exploration drilling conducted by BRM within the project area." Progress Report, 2012. According to Brown, recent water sampling by GUE supported this conclusion.

Also, both DRMS and members of the Fremont County Planning Commission visited the site and they found the GUE project in compliance on both their visits.

The uranium deposit located in the STB Ranch is a high-grade and shallow uranium deposit and one of the largest undeveloped uranium deposits in the USA, according to the GUE survey. The drill core samples are at the laboratory awaiting further analysis and GUE is now working on a Scoping Study of possible future exploration and development activities, GUE report. At this point, limited mining assumptions have been considered but environmental impacts have not been accounted for in the mineral resource estimation. Baseline environmental studies were started by BRM but not completed.

During the drilling period, GUE also acquired some more mineral rights in the area or got an option to lease them from owners.

Mineral rights are ownership rights to underground resources; while surface rights allow the owner to use the surface for resi-



The STB Ranch valley.

(above)

Where the deer and the antelope play (left).



up to eight years, she added.

With the recent push for cleaner nuclear power causing a resurgence of uranium mining linked in large part to tackling climate change to reduce carbon emissions, the price of uranium has

reached a 16-year high. This push for uranium may accelerate the process to open up new mines, though.

Hopefully, the beautiful valley on the STB Ranch with Tallahassee Creek flowing through can retain its beauty and its wildlife and still be home to uranium mining if it happens.

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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.

AVAILABLE ONLINE

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

CANON CITY

- LIBRARY**
- 1 Chautauqua: Louis Armstrong at the Steeple 2 p.m.
- 29 Chautauqua: Erma Bombeck 2 p.m.
- 1st Friday Lego Club 3 p.m.
 - 2nd Friday Breakout Box 3 p.m.
 - 3rd Friday Creative Crafting 3 p.m.
 - B.O.O.K. (Babies on our knees) story time Mondays 10:30
 - Chess Club Wednesdays 2 p.m.
 - Cribbage Club Fridays 10-moon.
 - Dulcimer Club for kids 2nd and 4th Wednesday 3:30-4:30 p.m.
 - Mahjong Club Tuesdays 1-4 p.m.
 - Metaphysical Group Saturdays 10:30 a.m.
 - Rummikub Club meets 3rd Monday of each month 1 p.m.
 - Story Swap Book Chat 1st and 3rd Tuesdays 3 p.m.
 - Story time and craft Tuesday and Thursdays 10:30 a.m. All at 516 Macon Ave unless otherwise specified. FMI 719-269-9020 www.ccp1.lib.co.us

COLORADO SPRINGS

- 3-5 Mean Girls is a hilarious hit musical at the Pikes Peak Center
- 14 Shane Gillis live at the Broadmoor World Arena
- 24-26 Annie at the Pikes Peak Center
- CRIPPLE CREEK**
- 6 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.
- 20 Third Thursday of the month is the Two Mile High Club monthly meeting at 5:30 p.m. in the lower level of the Double Eagle Casino complex 442 East Bennett Ave.

ASPEN MINE CENTER

- 28 Commodities distribution 9-1 p.m.
- Mondays AA meeting 3-4 p.m. upstairs conference room.
 - Tuesdays BINGO 10:30 a.m. for seniors.
 - Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed, FREE!
 - Mexican Train on Thursday 10:30a.m. All programs at 166 E Bennett Ave. FMI 719-689-3584 x124.

COMMUNITY PARTNERSHIP

- GED Classes Mondays & Wednesdays 1-3 p.m. New students (min. age 16) may join GED classes after completing orientation and \$40

- registration fee. FMI Katy@cpteller.org.
- Playgroup Fridays 9-10 a.m. Cripple Creek Parks & Recreation Learn, grow, play, and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playgroup is for families with children 5 years and under and their caregivers, older siblings are welcome. Walk-ins welcome. FMI Aimee@cpteller.org

DIVIDE

- 10, 24 Little Chapel Food Pantry Distribution 2-5 p.m. FMI 719-322-7610 or email littlechapelfoodpantry@outlook.com
- 14, 28 Teller Senior Coalition BINGO! 10-11:30 a.m. at Little Chapel Church 69 CR 5. RSVP 719-687-3330 ext. 6. Please call to set up a ride 719-687-0256 and join us for doughnuts, coffee and FUN!
- First Responder Appreciation Month Feb 15-March 15. Tuesday & Friday only! At Colorado Wolf and Wildlife Center. Standard Tours \$10 and Feeding Tours \$15, 20% off in our gift shop. Reservations and valid ID required. Must mention "We Salute You" special at time of booking. 719-687-9742 or WolfEducation.org.

FLORENCE

- 8 Second Saturday St. Patrick's Day 10-4 p.m. all participating stores on Main St. Shopping, dining and fun! Raffles, music, and good food for the whole family.
- 8 Join the Florence Pioneer Museum and Research Center 10-6 p.m. for Coal Creek Days. Finger food and beverages (other and adult) will be provided. Visitors can share their stories about the mighty little coal town west of Florence. Admission will be by donation for the day. www.florencepioneermuseum.org

JOHN C FREMONT LIBRARY

- 3 Movie for adults at 2 p.m. If anyone would like to know which movie we are showing they can call us at 719-784-4649 or go to our website jcflid.org
- 5, 12, 19, 26 Wool Gatherers 10-moon.
- 7 Story time 10:30 a.m. theme: Dr. Seuss' birthday.
- 13 Roxanne Schuster will be here at 2 p.m. to do a recipe demonstration for a diabetes diet. Space is limited so if anyone would like to attend they should register either by calling or texting Roxanne at 719-660-5739 or calling the library at 719-784-4649 ext. 3.
- 14 Story time 10:30 a.m. theme: St. Patrick's Day.

- 14 The Cañon City Workforce will be here 11-1 p.m., to talk to anyone with career related questions.
- 14 Friday Family Film 2 p.m. Brave.
- 17 Ann Williams will be presenting: "Ireland's Luck Legacy: Viking Chapter" at 2 p.m.
- 21 Story time 10:30 a.m. theme: bunnies.
- 25 Fremont County Master Gardeners will be here at 10 a.m. to discuss gardening with anyone interested in attending.

- 27 we will be offering a Stained Glass Window Bookmark Craft for teens and adults at 1p.m. Space is limited so if anyone would like to attend they should register either by calling us at 719-784-4649 or coming into the library.
- 28 Story time 10:30 a.m. theme: music.
- All month we will also be doing "Battle of the Books" which will be a March Madness themed bracket competition. People may vote on their favorite books so that we can decide what the best book is! Anyone may vote either by coming into the library or by commenting on the Facebook bracket posts we will be posting during March.
 - We are planning a Puzzle Competition! We will hold the competition in August and need up to 5 teams to compete! Teams can have up to 4 people on them and the competition will be which team can complete a 500 piece puzzle the fastest. If anyone would like to register they should call us at 719-784-4649 ext. 3 or come into the library.
 - The Artist of the Month for March will be Sandra Dozzo! Please come and enjoy her art!

SWEET RADIANCE

- 9 Roller Bracelet Class 4-5:30 p.m. \$20
- 30 Book Swap and Silent Book Club 4-5 p.m. first meeting FREE! FMI on Facebook or Instagram.

FLORISSANT

- GRANGE
- 8 Pine Needle Basket class 9-12 noon. Text 719-510-2324 to reserve your spot.
- 28 Don't worry about dinner this night. Join us for a Super Super Fundraising event 4:30-7 p.m. Help us raise funds for a new furnace at the old School House. Choose from several soups and add a salad, dinner roll and dessert. Eat "IN" and enjoy a very special Quilt Show and Silent Auction for the Florissant Grange Quilters or text for an order to pick up and take home. Text 719-510-2325 to place your order or RSVP.
- Quilters of Value meet Tuesdays 9-noon. We make quilts

- for Veterans.
- Thursdays is music and potluck 6-8 p.m. Dancing encouraged!

LIBRARY

- 6 Book Coven Book Club from 5:30-7 p.m. Come sit a spell! Explore stories that feature witchcraft, mystical worlds, and magical adventures, from fantasy to contemporary works, creating a space for those who love all things magical and mysterious.
- 12 Florissant Bookworms Book Club 10:30-12 p.m.
- 14 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. March's theme is Invisible!
- 14 Food Crafts at 11 a.m. Come as a family to learn cooking skills in a fun way!
- 18 Read Amok Book Club themed "teachers" Bring up to 5 books within the theme to share! 11-12:30 p.m. March's theme is Indigenous Peoples.
- 21 Friends at the Table Cookbook Club from 11:30-1 p.m. Bring a dish to share! March's theme is Irish.
- 21 Teen Night at 5 p.m. Join us for a fun activity! Dinner is provided.
- 25 Library Book Club at 3 p.m. Join this new book club where we read books that have libraries as a part of the title or a central role in the setting or story! Check our website for the titles we're reading each month.
- Romp and Roll the second and fourth Wednesday of each month from 10-11 a.m. Play group/open gym for kids 5 and under. Engage in active play!
 - Tuesdays Tai Chi 10-11 a.m. Come relax with us!
 - Thursdays Yarnia! 10-12 p.m. Craft and share your knitting and crocheting love with others!
 - The second and fourth Tuesday of each month join us for Hooks and Needles, an additional club for crafting! 10-12 p.m.
 - The third Wednesday of each month join us for Crafting Together, a club where we finish our abandoned art projects 10-11:30 a.m.
 - Storytime every Friday at 10am FMI 719-748-3939

GUFFEY

- 8 CPR/First Aid 10-4 p.m. lunch provided at SPFPD. FMI rekskillam@gmail.com

LIBRARY

- 4 Walking, Talking Threads 12:30-3 p.m. Meets every first Tuesday of the month. Take a nice brisk walk around Guffey Town and meet back at the library to crochet, knit, and talk away.
- 26 Rocky Mountain Rural Health Outreach 11-2 p.m. Weather permitting, RMRH representatives will be offering free health screenings, sound financial medical advice, free clothing and much more.
- 31 Guffey Literary Society 1-3 p.m. Book choice for March is [Gathering Mist] by Margaret Mizushima. This meeting will also be an author talk by the author viz Zoom. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join. FMI 719-689-9280 or Guffeylib@parkco.us.

LAKE GEORGE

- 16 Florissant Soldiers of the Civil War 2 p.m. at Lake George Charter School. See page 15.

WOODLAND PARK

- 7 Suicide Awareness & Resilience Symposium 8:30-3:30 p.m. at 800 Valley View Dr. FMI Ashlee.shields@ppchp.org.

COMMUNITY PARTNERSHIP

- 1 Teller County Forestry Academy 10-3 p.m. Join Teller County CSU Extension for tips and resources on local

- suburban, small, and large acreage land management practices specific to the area. \$10 fee, lunch included. FMI darian.founds@colostate.edu.
- 4 GED Orientation 10 a.m.-12 p.m. Improve your education and employment opportunities by earning your GED. We will help you every step of the way, from enrollment to graduation, with our small classes and on-site testing center. New students (min. age 16) may join GED classes after completing orientation and registration fee. RSVP appreciated. Walk-ins Welcome. FMI Katy@cpteller.org.

- 4 Crossroads Co-Parenting Seminar 4:30-7:30 p.m. Teller County court approved parenting and divorce class seminar. \$35 fee. Pre-registration required. FMI Michelle@cpteller.org.
- 6 Cooking Classes 5:30-7:30 p.m. Hands on classes learning how to prep and cook healthy meals, grocery shopping on a budget, and nutrition. Leave the shopping and cleaning for us, take a night off and have some fun cooking with your family. Children 6+ are welcome to help in the kitchen. Younger children childcare provided. Enjoy a family style meal and take-home groceries to recreate the meal at home. Pre-registration required. FMI Michelle@cpteller.org.

LIBRARY

- 11 Spill the Tea for Teens at 10 a.m. Join us for an hour of casual hanging out and donuts!
- 4 Woodland Park Book Club 10:30 a.m. Check our book clubs' page to see what we're reading next!
- 5 Kids Craftroom from 3-5 p.m. Join us for a craft and downtime to read, work on homework or projects!
- 5 Evening Adult Fiction Book Club 4:45 p.m.
- 5 Evening Tarot Club at 7 p.m. Join us for an afterhours edition of tarot club! March's theme is Invisible!
- 7 Coffee Chats 10 a.m. Join us for coffee and conversation. Meet new friends in Woodland Park!
- 12 AARP Smart Drivers Course from 1-5 p.m. Please call 719-687-9281 to register for a spot!
- 13 Reader's Circle Book Club 10:30 a.m. in the Large Meeting Room.
- 18 For the Love of Writing from 3-5 p.m. Come share in your love of writing with this club of those in love with the craft!
- 19 Celebrating Diversity at 3:45 p.m. Join a community for LGBTQ+ youth and allies! Fun activities provided each month!
- 20 DMV to GO from 10:30-2:15 p.m. DMV services at the library! By appointment only. Call to reserve a spot!
- 20 Tax to GO from 10:30-2:15 p.m. Tax services at the library! By appointment only. Call to reserve a spot!
- 20 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. March's theme is Invisible!
- 26 Memory Cafe at 1 p.m. Have a loved one experiencing memory loss or brain change? Join this group of caregivers and loved ones for an afternoon of activities, music, refreshments, friends and community support.
- 29 Introduction to Cryptocurrency at 11am. Learn the basics of crypto and ask questions!
- Pokemon Trading Card Game Club every Thursday at 3:30 p.m. in the Activity Area. Trainers of all ability levels are welcome!
- Tuesday Books and Babies 10 a.m. a special storytime for babies and toddlers.
- Tuesdays is Magic the Gathering from 4-5:45 p.m.
- Thursdays Preschool Storytime 10 a.m.
- Thursdays Tai Chi at 4:45 p.m.
- Fridays Tai Chi at 10 a.m.

- Schedule your certification or licensure exam at www.pearsonvue.com. Fees vary. FMI Katy@cpteller.org.
- Playgroup Tuesdays & Wednesdays 9:30-11 a.m. Learn, grow, play, and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playgroup is for families with children 5 years and under and their caregivers, older siblings are welcome. Walk-ins welcome. FMI Aimee@cpteller.org.
 - Telehealth Location Monday through Thursday 9-4 p.m. Comfortable private rooms and equipment available for any virtual appointment including health care, therapy visits, interviews, parent-teacher conferences, and more.
 - Yoga with Leah Mondays 10-11 a.m. First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org.
 - Yoga with Leah Wednesdays 5-6 p.m. First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org.
 - All programs at Community Partnership 701 Gold Hill Place unless otherwise noted. FMI 719-686-0705.

LIBRARY

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- Thursdays Tai Chi at 4:45 p.m.
- Fridays Tai Chi at 10 a.m.

Florissant Soldiers of the Civil War

by Marianne Magon

Pikes Peak Historical Society (PPHS) announces their March Chautauqua featuring Scott Adams who will examine the lives, especially the war and post-war experiences, of five Civil War veterans who moved to the Florissant area after the Civil War. The presentation will be on March 16 at Lake George Charter School.

Adams grew up in Colorado after moving to Longmont from Nebraska as a child. He attended the US Air Force Academy earning a Civil Engineering degree and a commission as a Second Lieutenant in 1979. He, and his wife, Pam, spent 26 years in the Air Force, most of it as an A-10 pilot, which gave him the opportunity to travel across the country and the world. The Adams' raised three boys in the process and have been blessed with nine grandchildren and four bonus grandkids.

Before retiring, they bought a home in Florissant and moved there in 2005. Adams retired, as a Colonel and his wife, Pam began teaching at Colorado Springs Christian School's Woodland Park campus. Since retiring, Adams has been a ski patrol-ler, taught middle school science and math at the same CSCS campus, where also he coached wrestling, soccer and track.

The Adams' joined PPHS in 2006 as docents and in 2007, joined the board. Mrs. Adams left the board when the school asked her to be the principal. Scott has been on the board since and became the Vice President in 2017.

Donna and Knute Knudten, long time PPHS members, started doing presentations at the cemetery and Adams took it

over in 2022. The Knudten's did most of the research and the presentations began around 2017. Ralph and Doris Palmer picked up the project for a couple of years until they moved. Adams offered to give it a try and has added some research and corrected a few things that I and other historians noticed. "But it is essentially the work that Donna and Knute started," he said.

Adams began his interest in the Civil War while living in Virginia. He rode his bike around many Civil War battlefield areas near their home on the Hampton Roads peninsula. He began reading Civil War books, beginning with the historical fiction *Stonewall*. At the Air War College, in Montgomery, AL, he had the opportunity to tour southern battlefields. On a sports competition trip to the Army War College, Carlisle Barracks, PA, one day was reserved to tour and walk the Gettysburg battlefield with their historians.

"There we walked Cemetery Ridge where Chamberlain ordered his famous bayonet charge and the sobering field of Pickett's charge. It was moving," he exclaimed.

He has read Michael and Jeff Sharra's series *God's and Generals*, *Killer Angels* and *The Last Full Measure* and *The Traveler's Gift* by Andy Andrews. "Though I am nothing like an expert, it's been a hobby ever since. I read a few Civil War books (from both sides) every year," Adams said.

Adams explained his presentation will "move" through the Florissant Pioneer Cemetery past the graves of three of

the veterans and family members of the other two. "In the indoor setting with PowerPoint and a projector, we'll look at historical aspects of the battles the veterans fought and where they lived that we usually don't get to see while walking around the cemetery," he explained.

Florissant soldiers of the Civil War will be presented at 2 p.m. Sunday, March 16 at Lake George Charter School, 38874 US Hwy 24, Lake George, CO. The Chautauqua's are presented to the public free of charge as a public service of the Pikes Peak Historical Society. No reservation is required. FMI call 719-748-8259 or 719-748-3861.

Join Junior Achievement in the classroom this spring!

by Sherri Albertson

Junior Achievement of Southern Colorado, Teller County is busy planning for classes at both Columbine and Summit Elementary schools and Merit Academy and Lake George Charter School this Spring!

For the past 10+ years, JA of Teller County volunteers — including local business people and service club members, retired teachers, parents and grandparents — have presented much-needed, hands-on lessons covering financial literacy, career readiness and entrepreneurship to our community's students.

In May, Lake George Charter School 7th and 8th graders will experience JA Finance Park for the first time! An interactive

Muller State Park

by Anna Miller

Tip of the month: March is the snowiest month at the park, so be prepared for snowy trails with some deep drifts and ice.

7 Hug a Tree — Basic Survival 2-3 p.m. at Visitor Center.

14 Tracks & Scat Scavenger Hunt 1-2 p.m. at Visitor Center.

16 Junior Naturalist — Spring Awakening (register in advance) 1-2 p.m. at Visitor Center.

18 Nature Journaling for Adults (register in advance) 1-3 p.m. at Visitor Center.

29 Dark Sky Park 10-11 a.m. at Visitor Center.

program where students engage with volunteers and put into practice what they've learned by developing a personal budget.

Join JA as a classroom volunteer this spring and contribute to making a difference in the lives of our future leaders. Junior Achievement of Southern Colorado has served 46 counties in southern Colorado, including the El Paso and Teller county areas, for the last 70 years.

Getting involved is easy and JA provides all the necessary volunteer training and curriculum materials. For more information on how to volunteer in the classroom, contact Sherri L. Albertson via email to sherri.albertson@ja.org.

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