



UTE COUNTRY NEWS

FREE

Putting the "unity" back in community™

May 2025

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

Vol. 17, No. 5

Welcome to Ute Country

**"Open your heart and mind
like the wings of a butterfly.
See then how high you CAN fly."
— Zeenat Aman**

PEEK INSIDE...



A Look Inside the Artist
Erin Davidson, watercolorist



Tales From the Big Sky Ranch Bed and Biscuit
Drake's rescue story



A Florissant Fossil for the White City

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On Deck

Our May cover photo was taken at Denver Botanical Gardens last September when we had a little getaway. Walking through the gardens surrounded by blooming foliage while hearing the brook babble in the background was an opportunity to immerse ourselves in this soothing environment as our stress fell away. It was a fantastic opportunity to open our refreshed hearts and minds. Our May issue is full of articles that can help you open your hearts and minds as well.

Oyate Herbals reminds us that May is Mental Health Awareness month for those ready to clear the mind. *Colorado Pharmgirl* shares her nocturnal sensory exploration of the coastline in "Mysteries." *People See, People Do, You can Kindle Kindness, too!* is back with some examples of how you can behave in a kind manner. There are also opportunities to open your heart with "Letter Carrier Food Drives," by gathering non-perishable food to help feed the hungry; "JA in a Day" has the last opportunities of the school year to influence the younger generation; and "Bed Racers Needed for Pearl De Vere Bed Races" offers a great opportunity to find a couple friends to create a bed suitable to race down Meyers — you'll need an open mind to get those creative juices flowing! Sometimes we make a plan and it doesn't quite work out how we initially intended, yet in the long run we find the way it turned out was indeed a gift. The best example is in "A Florissant Fossil for the White City."

Do you have a pet you are proud of? We can show them off in Critter Corner! Please 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.

Do you enjoy meeting with people, and could you use some extra cash? Consider becoming a sales representative for this paper. 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
Managing Mental Health

by Tammie Lowell, PHT, CMH, founder of Oyate Herbals

Han (Greetings!)
Welcome to Wihákata Cépapi Wi "Moon of Making Fat" and the beginning of our new year!
This moon marked the time when leaves turned green, and women repaired tipis and children enjoyed the outdoors after winter confinement.
The full moon nearest to when ducks return to Lakotan homelands from their southern winter homes is called Magaksicha Agli Wi, "Ducks Return" month. This is the first month of the Lakotan year and it is determined by the behavior of the magaksicha oyate, the duck nation.
Many cultures also refer to May's full moon as the flower moon thanks to the abundant blooming that occurs as spring gets going properly. Other names include the hare moon, the corn planting moon, and the milk moon.
May is also Mental Health Awareness Month (also referred to as Mental Health Month) and it has been observed in May in the United States since 1949.
Mental Health Awareness Month was started by Mental Health America (MHA) (known as the National Association for Mental Health). Each year in mid-March Mental Health America releases a toolkit of materials to guide preparation for outreach activities during the month. During the month of May, MHA, its affiliates, and other organizations interested in mental health conduct several activities which are based on a different theme each year.
This year's theme for Mental Health Awareness Month is *community*. This theme emphasizes the importance of social connections and community for mental health and wellbeing. Mental Health Awareness Week will take place from May 12 to May 18, 2025, focusing on celebrating the power and significance of community.
Green is the international color symbol for mental health awareness, representing hope, strength, support, and encouragement for individuals living with mental illness.
I thought to myself, how appropriate "green and community"! There you go Tammie; spirit is trying to tell you something. Green for the growth that is upon us, and I just wrote about how important community is to me and the people in my last article.
As you venture out, seeing little sprinkles of growth here and there, feeling a sense of need to prepare and gather for these next few months of warm weather and accomplishment, I ask you to take a breath and smell that sweet light green. Pause on your way through checking off the lists, make sure you prioritize your personal resources along the way. We can't give from an empty cup. Consuming healthy fats and soaking up some rays to boost our immune systems and manage stress better are a couple of easy ways to keep us filled up.
Mental health is fundamental to our capacity to enjoy life, deal with challenges, and engage in productive work and relationships. It determines how we manage stress, interact with others, and make choices. Maintaining mental health is essential for overall health, as mental and physical health are deeply intertwined. Strategies to promote mental health include creating supportive living conditions, lifestyle changes, therapy, social support and a healthy diet.
Some strategies I recommend are staying positive, practicing gratitude, maintaining physical health, and connecting with others. Developing coping skills, meditation, and relaxation techniques are beneficial for fostering better mental health. Recognizing when to seek help is crucial, with treatments including talk therapy and medications or traditional herbal medicine.
Herbs have been used for centuries to aid our emotional and mental well-being, offering a comforting and supportive remedy during difficult periods and promoting

MENTAL HEALTH AWARENESS MONTH

YOU ARE NOT ALONE

a sense of balance for overall wellness. Whether taken as a calming tea, consumed as a supplement, or used in aromatherapy, herbs have the power to connect us with nature's healing properties. While seeking professional treatment may be necessary, incorporating herbs into our daily self-care routine can be a valuable and empowering tool to support our mental and emotional health.

Traditional Chinese Medicine:

Traditional Chinese Medicine (TCM) considers the mind and body to be interconnected, and emotional or psychological imbalances are thought to have an impact on the body's overall health. In TCM, mental health disorders are often seen as an imbalance in the body's energy, or qi. Practitioners may use a variety of techniques to restore the balance of qi, such as acupuncture, herbal remedies, and dietary changes. Herbal remedies are also commonly used in TCM for the treatment of mental health conditions.

Ayurveda:

According to Ayurveda, the mind and body are intimately connected, and mental health problems are often seen because of imbalances in the body's three doshas: vata, pitta, and kapha. Ayurveda views mental health as a complex interplay between the mind, body, and environment. The treatment of mental health disorders in Ayurveda involves a holistic approach that includes lifestyle changes, dietary modifications, herbal remedies, meditation, and other mind-body practices. Some of the commonly used herbs in Ayurveda for mental health include ashwagandha *Withania somnifera*, brahmi *Bacopa monnieri*, shankhpushpi *Convolvulus*

Herbs for mental and emotional support:

St. John's Wort *Hypericum spp.*, *H. perforatum* has been used for centuries to support emotional and mental well-being; it is an herbal ally that calms and uplifts the spirit. St. John's wort has been shown to be effective in cases of mild to moderate depression. It works by increasing the levels of serotonin, norepinephrine, and dopamine in the brain, which are all neurotransmitters that play a role in regulating mood. It has also been found to have anxiolytic effects, meaning it may help reduce anxiety and may help improve sleep quality, making it easier to fall asleep and stay asleep.
Ashwagandha *Withania somnifera* is

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Oyate Herbals Managing Mental Health

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a powerful adaptogenic herb that can help the body cope with stress and anxiety. It works by regulating the body's stress response and improving resilience to stress. As an adaptogen, Ashwagandha helps balance and optimize physiological functions, leading to improved overall health and well-being. It reduces cortisol levels; cortisol is a hormone that is released in response to stress. When cortisol levels remain high for prolonged periods of time, it can contribute to the development of chronic stress and anxiety. Ashwagandha has been shown to reduce cortisol levels, which can help promote a sense of calm and reduce feelings of anxiety. It has also been shown to have mood-enhancing properties, which can help reduce symptoms of anxiety and depression. It is thought to work by increasing the levels of neurotransmitters like serotonin and dopamine in the brain, helping to regulate mood and improve overall feelings of well-being and has been shown to improve sleep quality, especially for individuals who are experiencing sleep disturbances because of stress and anxiety.

Passionflower *Passiflora incarnata* has a long history of use in traditional herbalism. It is often recommended for those looking to improve their sleep quality and reduce anxiety. It has been shown to have anxiolytic effects, helping to reduce anxiety and promote relaxation. This herbal ally works by increasing levels of GABA, a neurotransmitter that helps regulate anxiety. Passionflower has sedative properties that can greatly improve sleep quality and duration. It is particularly useful for individuals who struggle with falling or staying asleep, especially in cases of "monkey mind," where one's thoughts seem incessant and unrelenting. Passionflower works by gently calming and quieting the mind, making it easier to relax and fall into a more restful sleep.

Chamomile *Matricaria recutita*. A simple cup of chamomile tea can bring calm to a stressful day. Chamomile is a nervine; it restores balance to the nervous system when we are feeling anxious or unsettled. This healing herb contains a bioflavonoid compound called apigenin that binds to the same receptors as some anxiety medications. The plant extracts found in chamomile act on the brain to calm GABA

signals; over time, chamomile calms the nervous system and has even been studied for its potential to increase secretion of dopamine, and noradrenaline. Chamomile is also considered a bitter herb, bitter herbs stimulate the digestive system, this stimulation will also directly affect the nervous system promoting relaxation and engaging rest and digest mode, associated with the parasympathetic nervous system.

Kava *Piper methysticum* is highly regarded in traditional herbalism due to its ability to promote relaxation and reduce anxiety. This herb works by interacting with GABA receptors in the brain, which helps to calm the mind and promote a sense of tranquility. Kava has also been used to relieve muscle tension, support restful sleep, and promote emotional well-being. Kava has been shown to have anxiolytic effects; it may reduce the severity and frequency of panic attacks. It is thought to work by increasing levels of GABA. Kava may be helpful in reducing symptoms of depression, including low mood, lethargy, and feelings of hopelessness. It can work by promoting relaxation and reducing anxiety, which can be a contributing factor to depression.

Lavender *Lavandula angustifolia* can be used in a variety of ways, including tea, essential oil, or in a bath, to help soothe and uplift the mind and promote a sense of calm. Lavender is a natural anxiolytic, which means it can help reduce anxiety and promote feelings of calmness. Studies have shown that inhaling lavender essential oil can help reduce symptoms of anxiety and improve mood. It is a popular natural remedy for insomnia, as it can help promote relaxation and improve sleep quality.

At Oyate Herbals we care very deeply about you and your loved one's overall health and wellness. This is why we offer all the above herbs in many different forms to help you and your family maintain good mental health and overall wellness. Please feel free to reach out to me anytime with questions or concerns you may have 719-661-0410.

*Anpetu Waste Mitakuye Oyate. (Good day relatives)
Many Blessings and May you walk in balance.*

Letter Carrier Food Drive!

How would you like to help feed the hungry? There is probably something in your pantry that is extra or something for that recipe that didn't turn out as you intended. Consider making your non-perishable food donation for the Letter Carrier Food Drive on May 10. It's easy, just put your non-perishable food donation in a bag by your mailbox or bring your donation to your local post office. We know the food donated to the Divide Post Office will stay in Teller County, so you are helping to feed your neighbors. Feeding hungry people is one of the simplest acts of kindness we can participate in. Remember the date of May 10!

Adopt Me by Ark Valley Humane Society Kida

There have been a number of long-stay dogs at Ark-Valley Humane Society, who have struggled to find homes despite their wonderful personalities. One of these shelter dogs is 6-year-old Kida who has been at AVHS for more than 180 days. Though she has been with the shelter for a while, she has thankfully spent a lot of time at an amazing foster home. Kida has been on a number of adventures while in foster care. She has gone cross-country skiing, hiking, and exploring. She is happy to be outside but also loves to be inside. Kida is a major couch potato! Kida loves attention from her foster family as well as the people who have visited her foster home. She would prefer to be the only dog in the home (so she can get ALL the love). Kida needs help to get attention so that she can find the loving home she deserves!

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



A Look Inside the Artist Erin Davidson, watercolorist

by Mary Shell

I love meeting new artists and hearing their stories. Some are serious about their work and some just go with the flow and see what the results will be. After reading Erin's answers in her interview, I realized that she was a free-thinking artist, allowing what was to be created with freedom and without judgment. I think more artists should have that freedom.

How long have you been creating art?

Even from a young age I enjoyed creating art, especially drawing and painting. When I was in 6th grade, I remember writing an essay about what I wanted to do when I grew up and cartoonist was on the top of my list. I especially liked the work of Gary Larson, the creator of *The Far Side* and Jim Davis, the creator of *Garfield*, back then. I have always felt creative, but just in the past 15 years have I really started creating art on a regular basis.

Did you always create using this style?

The pandemic really renewed my desire to create art. There was a period during 2020 and beyond that I had this deep need to put beauty out into the world and Zentangle was a perfect way to accomplish that artistic expression. My work is a combination of Zentangle with fine-tipped pens and watercolor. Zentangle is a process that uses intricate patterns and designs as a form of artistic meditation.

What directs you to create your art?

I try to enter local art shows, and the themes of those shows often drive my subject matter. I think it's a good challenge and it's pushed me to create pieces I probably wouldn't have otherwise.

Who inspires you?

Nature in general inspires me to create my pieces. I love that patterns in nature can be found in Zentangle patterns, like fish scales, bird feathers, or leaf designs. I'm also in awe of this area's talented artist population. We have an amazing artist community in Florence and Fremont County in general.

What medium do you use?

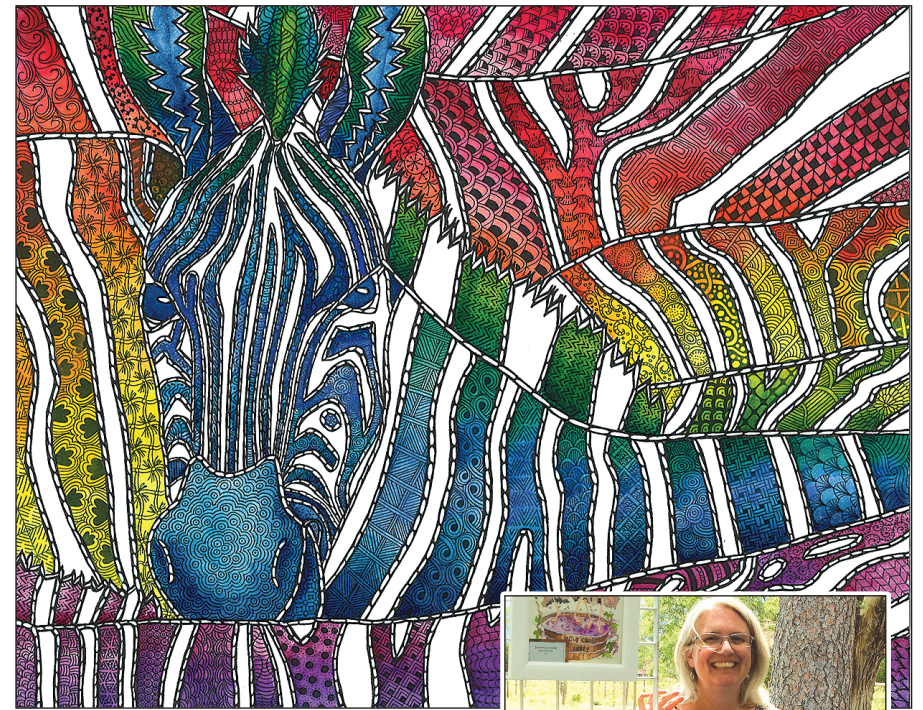
My medium is ink with fine-tipped artist pens and watercolor. I also dabble in acrylic painting, Mandala dot painting, and Origami. I find that all these mediums are really relaxing, and the repetitive nature is a stress reliever.

What is your favorite creation?

That's like asking a mother who is their favorite child! All joking aside, I really like the pieces I've created with cats and owls. One of my favorites I've created recently was titled "Moonlit Snack" and featured a bat next to the moon. I used a pointillism technique on the moon with a metallic watercolor and it turned out fantastic.

I simply love the flow in your art, do you have a plan on what you will be painting?

I always start with a pencil and sketch out a basic design before I do my inking. I use a lot of nature reference photos and often combine multiple pictures in one piece. Then I move onto the inking and Zentangle patterns, which just kind of flow as the piece takes shape. It's fun to see what patterns will go where and what new patterns I can find to add that special touch to the piece.



What's the future for you?

I have some exciting things going on this year. Two of my pieces will be put on puzzles at the Pueblo Puzzlegame, located at 204 South Union Ave. Pueblo, CO, in the next couple of months. I was also the artist of the month at the Penrose Community Library; 367th Ave. in Penrose, CO, in April. The public was able to see 15 of my original works hanging at the library. I also have work online at fineartamerica.com/profiles/7-erin-davidson.

What else would you like readers to know about you?

I have won numerous awards at the Bell Tower Cultural Center in Florence, shown pieces in the Liminal Space Gallery in Pueblo, and was the winner of the Winery at the Holy Cross Abbey 2022 Harvest Festival logo contest. I am a Colorado



Erin with her art.
An example of Zentangle (top).

Native, growing up in Cortez and attending high school and college in Fort Collins. I have lived in Fremont County since 2000 where my husband and I own a small business and raised their three children.

If you would like to be a featured artist, please contact Mary Shell at creating-fromthesoul@yahoo.com

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Colorado Pharmgirl Mysteries

by Peggy Badgett

An owl hooted in the distance as I walked through the dark neighborhood; great grey, or great horned or barred? I briefly thought about calling up my Merlin birding app to ID it, but so often the creatures fell silent as soon as the recording started. It was tempting to pull out my cell phone anyway; a little illumination might have prevented me from stumbling twice already. But my goal was to use only my senses and escape technology for a bit. Moving slowly, my feet left the cobbled road and started up a wooden boardwalk. Inky black stands of palmettos and bushes lined the walkway. I was half-way up the warped planks when something on my left crashed through the brush. Frozen in mid-stride, my body switched into adrenaline alert. Thankfully the critter was just as spooked as I was and chose a path away from me. It certainly wasn't big enough to be human. My heart slowed. The boardwalk was a perfect setting for any serial killer who didn't mind waiting in the shadows for a hapless victim to wander by; no one would have heard my muffled screams in the heavy air. I shook my head to free it from visions of imaginary predators (the by-product of watching too many crime shows) and continued on.

I stopped at the boardwalk's end and wrestled my sandals off. The soft sand felt cold against my bare feet. My eyes strained against the blackness, trying to discern where the beach ended and the water started. I felt a little dizzy. After a few moments to align my bearings, I slipped and slid on the beach until foamy fingers from the ocean reached my toes. I stood for a few moments to absorb the power and mystery of the Atlantic, marveling at a darkness so complete that it made the possibly of getting lost a real danger. My original idea of hopping into the water for a night swim receded with the next wave. I didn't like "chickening out," but none of my children would be overjoyed to identify their mother's bloated body if I got caught in a rip tide. So I backed up a few paces, lowered myself onto the ground, and grabbed fistfuls of sand. Tiny grains sifted through my fingers as I breathed in the salty, slightly fishy air. I stretched out onto my back and gazed up at the cloudy heavens.

Celebrating my middle daughter's birthday on Hilton Head Island, South Carolina, had been a welcome break from the sub-zero temperatures of my little Colorado mountain cabin. Amie had invited six of us to spend the weekend with her at a cute little rental within walking distance to everything. We were all birders, so my youngest daughter Hannah led several expeditions for the group where we viewed armadillos, hooded mergansers, and at least seven nest-building blue



The ocean doesn't look that dangerous in the daylight!

herons. In the evening, we took turns cooking meals. The rest of the time, we were free to explore on our own. One day I rode a beach cruiser bike along the cement-like sand at low tide until an inlet blocked my way, then pushed my way back against a headwind that threatened to send me in the opposite direction. Another day I jogged along the water's edge for five miles. On our final day, I rode the rusty bike several hours along the paths that networked throughout the island and only got lost twice. But the ocean had lured me back for one last visit before we packed up and headed for home.

I'd forgotten how warm and humid the South could be, even in winter. The fog seemed to almost caress my skin; a welcome change from the dry high mountain desert air. Waves crashed and receded, crashed and receded: a comforting, never-ending song. As I lay on the sand that evening, enveloped by the earth and sky, I was reminded of how mysterious life is and how fortunate I am with my magical, adventure-filled years on this planet.

Peggy Badgett is an artist and writer. She has several years' worth of adventures you can read for free on her website pharmgirl.org, and can be reached at coloradopharmgirl@gmail.com

Her book Rooster in the Drive Through is available for purchase at Shipping Plus in Divide.

People See, People Do You can kindle kindness, too!

by our Readers

This is a column where we share examples of kindness either witnessed or experienced. You are encouraged to share your examples by emailing utecountrynewspaper@gmail.com or calling us 719-686-7587 or stopping in at Shipping Plus and tell us in person! There are no names or business included because the topic is kindness; it's all about the behavior.

• Just as I opened the door to our newspaper box, the door to the business opened and a gentleman came out. He said, "How's it goin'?" I answered, "Well, I just opened our box to find a bag of trash: paper plates, food items and such that do not belong in our box." To my surprise he immediately took the bag of trash saying, "That doesn't belong in the news box. Let me get rid of that properly for you." "Thank you! I REALLY appreciate that!" was my reply. Helping to properly take care of trash is kindness.

• Hearing comments about how much our business is valued surely helps to keep one optimistic in these challenging times. Compliments about being valued are an inspiring type of kindness.

• I was on the phone with the software company. The customer overheard that a new computer is to come in our very near future. Next thing I know, a piece of paper is handed to me with the name of a software product that can wipe the hard drive. Evidently the customer who overheard our conversation has been in software for years and really likes this free software. Sharing information about a useful product is an act of kindness!

• When someone abruptly quits a position, the business can be left in the lurch unless someone is willing to fill in until a permanent hire is found. Filling in when the business is in a bind is an act of kindness.

• She told me how much she was looking forward to our appointment and how much she enjoys my articles. It was then, that I was sure I am on the path intended for me. Feedback is an act of kindness.

• There was extra yarn leftover and I wanted to try a new stitch, so making a cat bed for your cats was the purrfect option! Finding a use for leftover yarn that becomes a favorite cat bed is an act of kindness.

• It was our second appointment and the second time she cancelled. Then she shared why. Understanding the reason put any concerns to rest. Sometimes telling someone why you have to take

an action is an act of kindness by assuaging fears.

• It wasn't the cash tip as much as it was hearing, "I'm so glad you're here" that brightened the day. Knowing your services are valuable is an act of kindness.

• She said, "There is nothing I can do. The doctors, nurses and hospital staff are all in control." I responded, "That's right! You cannot control the situation. There is only one thing that is within your control... You can let him know you love him." Love is the most powerful act of kindness.

• After learning the landlords were running their vehicle so that the exhaust was coming out directly in front of the air vents for our suite and recognizing the danger carbon monoxide poses from the exhaust, he bought us a CO detector, saying, "Friends take care of friends." Providing a tool to keep your friends alive and safe is an act of kindness.

• She said, "Can you tell I'm a new mom? I'm so afraid of making a mistake." I said, "Of course you are. We ALL make mistakes and that is how all of us learn. Your boy will learn from you how to handle mistakes. When you are uncertain about what to do, stop a moment and go to your heart to ask how to solve the problem with love. You might get many answers. Then you can ask yourself, 'which mistake can I live with?'" Guiding someone how to solve problems through love is an act of kindness.

• Knowing how compassionate and understanding our customers are GREATLY helps us to navigate yet another technical challenge. It is true; our behavior tells other people about our capacity to be compassionate, understanding and empathetic. We feel lucky to have so many understanding customers — thank you!

• We were happy to move over one seat so their party could sit together on a busy Saturday night. There was no need to buy a drink in gratitude, however, we happily accepted their reciprocal act of kindness.

• A big THANK YOU to the folks with enough forethought to consider including benches for resting on a hiking trail. This consideration and implementation is an act of kindness for those who appreciate resting their bones and joints while enjoying the amazing views Colorado has to offer!

Obituary

Professor Zug G. Standing Bear

Zug G. Standing Bear, PhD, passed away at his home in Divide, Colorado on March 18, 2025.

He was a renowned criminologist, forensic scientist, and Professor in criminal justice and was deeply admired and respected by his colleagues, students, family and friends. He is survived by his beloved wife, Virginia (Red Hawk) Lynch who shared his life for 37 years, daughters Maria Conley, Robin Camp, and Annemarie Smith-Whitson, twin sisters Susan Cyr and Cynthia Smith, grandchildren Hunter Conley, Raymond Smith, Zac Sieberg, Destynce Cheshire, Claire Smith, William Flowers and Jake Whitson. Survivors also include 8 great-grandchildren, many nieces and nephews and several cousins. Among other survivors are Virginia's daughters, Kristi Hulme, Keri Kembel, Angela Lynch Childers, their children Maegan Klipfel, Kaleb Hulme, Cole Kembel, Will Kembel, Chloe Niederhofer, Samuel Childers, Joy Childers and 11 great grandchildren. He was predeceased by his parents, sister Dianne Starkey, brother Kevin Smith, and daughter Kelley Smith.

Standing Bear was born in Boston, Massachusetts in 1941, son of Frank and Marie (Welch) Smith. He spent his early years in the woodlands of eastern United States and Canada. He received his college education at the University of Nebraska, and received post-graduate degrees from the George Washington University, University of Southern California, and Jacksonville State University. His PhD in Criminology was awarded by Florida State University. Standing Bear's faculty positions included Beth El College of Nursing and Health Sciences, Valdosta State University, Colorado State University and Northern Arizona University. In addition to classroom and field instruction in criminology and sociology, he taught online classes and served as mentor for many students. He was affiliated with Thomas Edison State College at the time of his death. Standing Bear was a highly regarded consultant for issues related to criminal justice, law enforcement investigation, police affairs and personal security. As a Warrant Officer in the United States Army, he served as a Criminal Intelligence Officer and War Crimes Investigator at several stateside posts and overseas locations. He was honorably discharged from the Army in 1981 after two decades of service. His achievements were recognized by military awards including, among others, the Meritorious Service Medal, National Defense Service Medal, Army Commendation Medal, Vietnam Service Medal, Vietnam Cross of Gallantry, Republic of Vietnam Campaign Medal and the Bronze Star.

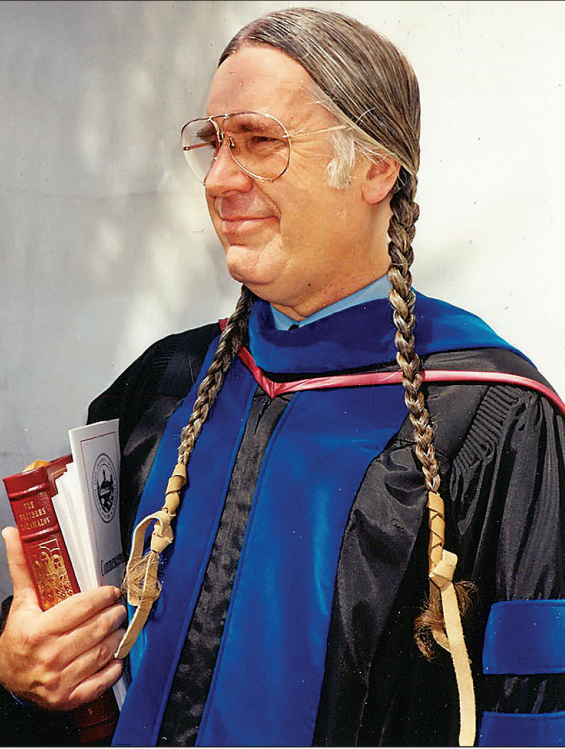
Zug Standing Bear was a member of the American Academy of Forensic Sciences and was awarded Fellow Status in 1986. He was highly regarded by the membership for his role in the Student Academy and sparking interest of young men and women in the various careers in the forensic sciences. He was well known for his presentations and writings about ethics associated with law enforcement, criminal justice and the police sciences. A perusal of "rate the professor" websites of the colleges and universities where he taught confirms that he was revered by his students. They praised his thought-provoking lectures and remarked how he motivated their careers by sharing his life experiences. Many students mentioned his sense of humor that he sprinkled into the serious subjects of criminal justice and law enforcement, and boasted that they actually competed for a seat in his classroom!

Standing Bear was indeed multidimensional. He was a connoisseur of fine wines and classical music and amassed enviable collections representing these passions. Family members and friends will remember him also as a masterful

storyteller. He readily shared anecdotes about his life experiences and those of the people he met over the years. Characters would actually come alive through his well-chosen words. It was not uncommon for others to request a repeat rendition of one of his colorful, often amusing stories. An avid supporter of wildlife preservation and environmental protection, he was the founder and director of the Flash and Thelma National Hedgehog Rescue, the only non-profit organization in North America dedicated to the care of these endangered and vulnerable animals. Zug Standing Bear was truly a Renaissance man who has left an amazing legacy for his family, community and his country. His spiritual philosophy embraced all personal ideologies and professional concepts when he encapsulated the phenomena of peace as "the acceptance of the entire universe within the realm of wisdom and kindness." This reflects many

discrete tenets contained in the Peace Creed of the American Indians. It emphasizes a common awareness for the need of world peace, beginning with the "Second Peace" which refers to the peace between two individuals. The "Third Peace" is designated as peace between two nations. The Creed emphasizes that there can never be peace between two nations until true peace exists within the souls of men. Quoting from the Hopi Declaration of Peace, "The truest and greatest power is the strength of Peace...because Peace is the will of the Great Spirit."

A celebration of life will be held at Little Chapel of the Hills in Divide, CO on June 8, 2025 at 2 p.m..



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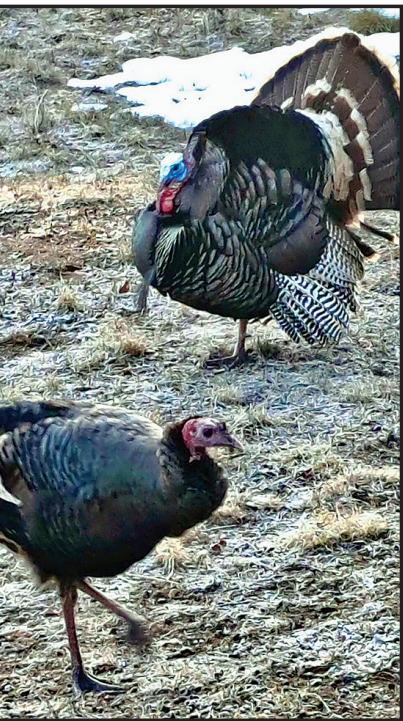
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Turkeys in Indian Creek –
Lynne Roedema, Florissant, CO

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Blackwater Rose-Part II

by Gilrund the Historian

“Where were we?” started John, “Oh, yeah. Rose left me a note that we were through, I wanted to find out why. We had had no argument, not even a disagreement, nothing like that. Well, I asked around and found out where her place was in the swamp.

I wasn’t too sure that I wanted to go there, for it was not in a good place, but I wanted answers. I suppose I should have waited until my day off. I didn’t. I charged out there right after my shift of duty.

Well, it was starting to get dark and like I said, I really didn’t know where I was going. But on I went following the directions that I had been given until I came to the worst part of the swamp that I had ever seen.

There about 20 yards off the slightly worn trail of a road was the house.

It was a sort of Victorian type of house with pointy roof and three Chimneys on the roof. It had a wrap-around porch and a cellar with windows. The paint was badly faded. The windows needed cleaning and the vines, which grow in the swamp were going up the sides of the house. It was not picturesque.

I could see a dim light through one of the front windows and when I opened the car door, I heard a strange sound coming from behind the house.

There was a small hill behind the place and in the darkness, I could see that there were clouds gathering in the sky above that hill. Not just your regular clouds, but storm clouds.

I looked around and saw that they were the only clouds in the darkening sky. The sound that I had heard at first was not the thunder of the storm clouds, but a human voice. That voice was a woman’s voice, and it was like I have never heard before. It was a commanding voice that shrieked and growled and laughed a horrible insane laugh. The sky lit up with lightning flashing and striking the ground and any trees that were on the hill with a fury that I had never seen before.”

John stopped talking as the waitress brought their food. John took the bottle of beer and drank some and waited for the waitress to leave after she had asked if there was anything else that they wanted.

Sandy had ordered a hamburger with fries and a coke. John had ordered liver and onions and beer with a side salad.

Sandy put down her pen and started eating her hamburger as John cut into his liver and onions. They both were quiet as they ate for a while.

Sandy had eaten most of her burger when she put it down and took up her pen and got ready to write some more on the large tablet that she had on the table next to her plate.

“Well, go on,” she said after a drink of her soda. “What happened then?”

John swallowed his last bite of liver and took a long drink of beer, “Where was I?”

Sandy looked quickly down at her pad and said, “You saw lightning in the sky.”

“Oh, yes. On the very top of the hill stood Rose with her hands lifted high into the air and her head thrown back. She was wearing the black dress that she seemed to always wear and had no shoes on her spread apart feet.

It was her voice that I had heard when I had opened the car door. Every time that she shouted something, the thunder would roar, and the lightning would strike that hill.

I could hear her, but I couldn’t understand what she was saying. Some of it was just pure laughter, but it was an insane laughter.”

John stopped and drank a little of the beer and looked at Sandy as though he was looking right through her. “I just stood there and watched until she seemed to know that I was there and watching. Then she dropped her arms, and the thunder

stopped as did the lightning. She looked at me for a few moments and then smiled as she started to walk down the side of the hill toward me.

When she was in talking distance she said, “Now do you see why we can no longer be together, John? I’m not who you loved, anymore. I am The Red Witch. Would you want to be with a witch? To be thought of as a Warlock? You would be, you know. To be feared and hated by the whole town after being respected as a sheriff’s officer for so long. Everyone would turn away from you in fear and you would lose your position in the department for sure.”

Rose laughed a little and then went on, “Go back to the normal people that you care about and forget me. I graduated when my grandmother died. Yes, I acquired all of the powers that she had gained in the years that she worked to become what she was. Now, I am her, just a lot younger and I still have so much to learn.

Even now, I can do things that you can’t even imagine. I know things that would help you in your work. Yes! If you ever need help, come to me. I cannot have a real relationship with you, but I do still care for you. Yes, I will help you if you call on me.”

John looked down at the tabletop for a moment and then up at Sandy. There were tears in his eyes and he quickly wiped them away as he said, “Sometimes it hurts to talk about it. I really cared about her. I guess that I still do as much as she will let me. Oh, she has helped me on several cases and because of that I got promoted.”

John took another drink as the waitress came back to see if they wanted any dessert. They both ordered pumpkin pie with whipped cream on top. John ordered another beer.

“Well, that’s about all I can tell you about Blackwater Rose,” he continued, “She is still out there in the Blackwater Swamp, living in that same old house. Oh, yes, she will do something that frightens the town folk now and then, but she never hurts anyone that I know of.

Sometimes someone here will come to me and ask about some strange thing that happened to them, and I’ll ask Rose about it. Usually, she had nothing to do with whatever happened. But there are times when she will explain that she needed to have something or to practice something. She tries not to hurt anyone as long as they don’t make her angry.”

The waitress came with the pie and left again. John talked to Sandy between bites of pie, “I do remember one time that one of the town drunks bragged that he could do what he wanted with Rose while he was *deep in his cups*. His drinking buddies challenged him to bring Rose to the bar to have a beer with them.”

John stopped and took another bite of his pie and watched it down with some of his beer, then continued, “Well, he was pretty drunk, and he told them he could do that real easy and staggered out of the bar and got in his car and drove out to the Blackwater Swamp to get her. That was a big mistake.

That guy wasn’t seen at the bar for two days and his buddies started to get worried about him, so they called the sheriff’s office to find him.

Of course, I was given the case, and I went to see Rose. Well, I never got to her place, because I saw his car sunk partly in the swamp. I could see that he was still in the car and moving. So, I called the tow truck, and they came and pulled him out.

When I opened the driver’s door, all he would say was, “Don’t let them ‘gaters get me, don’t let them ‘gaters get me!”

There were deep scratch marks on the

sides and top of his car, so, I figured that he, in his drunken state, drove off the road and into the swamp. Well, there are alligators in that swamp, and they probably thought they had an easy meal waiting for them in that car and tried to get to him.”

Sandy was writing as John spoke and looked up to see a young woman standing at the table looking down at the two of them and she was not happy.

John looked up, startled at who he saw. “Rose!” he exclaimed as he quickly stood to his feet and pulled back the one extra chair that was at the table.

Rose looked at Sandy and then at John, “Who is she?” she asked in a demanding tone.

John smiled and answered, “Rose, meet Sandy, Sandy, meet Rose. Rose, Sandy is an old friend from school and a writer for a newspaper. Rose would you please sit down? We have a lot to tell you. I think you’ll be interested.”

Rose reluctantly sat down in the chair as she stared at Sandy. Sandy looked down at her tablet until John sat down again.

“Sandy is a newspaper writer, and she is here to write an article about a song,” continued John, “The song is very popular where she lives and it’s titled Blackwater Rose.”

Rose turned and stared at John and then back at Sandy. “But that’s me!” she exclaimed as she reached for John’s beer bottle and took a drink.

“What John is saying is the truth, Rose,” said Sandy, “I do write for an eastern newspaper and my editor sent me down here to do a story about a song that I now know is about you. John and I have been talking about you and how you got into this song.”

“Would you like to hear it, Rose?” asked John.

“Yes, I would,” answered Rose.

John got up and went to speak to the waitress and then came back and sat down again as he opened another bottle of beer and gave it to Rose.

The sound system in the restaurant started to play some music and it was Blackwater Rose by Tony Tucker, a well-known country singer.

Rose sat quietly as the song played and then looked at John, “I knew that people were afraid of me, John, but my eyes don’t turn red, I do know a lot. I can bring in storms, but I don’t do it all the time. I do wear a black dress though. That song makes me sound so awful!”

John reached over and took Rose’s hand, “It’s just a song, Rosie, just a song.”

“But it is me, Johnnie,” Rose replied as the tears started to flow down her cheeks. “I know that folks are scared of me, but I don’t do anything to hurt them. Unless they get stupid. Then I have to teach them a lesson sometimes.”

Rose looked over at Sandy and asked, “What are you going to write about me? Will it be something bad?”

“I’m going to write the truth, Rose, just the truth,” replied Sandy as she tapped her note pad.

“It’s good to see you again, Rose,” said John, “It’s been too long.”

“I know Johnnie, but I had so much to learn, and I was looking for some information that I really needed,” replied Rose.

“Could I help you with that?” asked Sandy.

“No, I found out what I need to know and that’s why I came here,” replied Rose, “I have my ways of knowing things and I know that you would be here today. But I didn’t know that you worked for a newspaper. I thought that there was another reason.”

Sandy smiled a knowing smile as John looked on in confusion.



Rose looked at John and continued, “Johnnie, you are the only one that has loved me. When my grandmother died, I was left with all of her books and papers on how she did all of the things that she could do. People would call her a witch and I guess that she was, in a way. But I’m not like her, am I, Johnnie?”

John shook his head and squeezed her hand and said, “Why didn’t you let me help you with your learning after your grandmother died? All I got was a note telling me that we were through.”

“Grandmother made me promise that I would not allow anyone else to see her stuff and it was all through the house. She was my only model of how to live. So, I did as she said. I saw her with no one, and I thought that I should have no one. That’s why I wrote the note and wouldn’t see you anymore. But now I know that I was wrong!” Rose went on with a smile as she looked at John and touched his face with her other hand, “I can have love in my life

and I want you to be that love, Johnnie.” Sandy coughed and started to get up from the table as she said, “Well, I think that I’ll leave you two to get things straightened out and go to my hotel to finish the story for the newspaper. Perhaps we could have dinner tonight? How about six o’clock at the hotel restaurant?”

John smiled at Sandy and said, “Okay, see you at six, Sandy.”

Sandy hurried out of the restaurant and drove to the hotel to work on the story.

John and Rose sat for a while and then left to go to John’s place to talk about their relationship.

Later that night the sky lit up with more lightning than had been seen above the swamp for years. The wonderful thing was that the bolts of lightning were shaped like hearts.

John and Rose were married within a week and John moved in with Rose into the old house at the back of Blackwater Swamp.

Flowers started to bloom all around the house and the swamp moved back away from the old house as green grass sprang up around the place.

The house itself started looking freshly painted and the windows were clean as was the porch. No more vines all over it.

White smoke came from the chimneys when it was cold, and the lights shined through the clear windows at night.

The local people found out that Rose could help them with many things, and they lost their fear of coming to her for help.

When the song, Blackwater Rose came on the radio or TV, the people just laughed and said, “Not anymore.”

~ 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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WE WILL BE CLOSED FRIDAY, MAY 23 THROUGH MONDAY, MAY 27TH FOR MEMORIAL WEEKEND.

Bed Racers Needed for Pearl DeVere Bed Races

by Charlotte Bumgarner

It's time to start planning to participate in our 6th Annual Pearl DeVere Day Bed Races. You don't want to miss out on this fun. The event will be June 7, 2025. Yes, the event is earlier this year, so it is time to get ready! Get busy and build a bed.

The rules for the Bed Race include:

Entry Fee is \$30 per team with you making the bed; if you need to use one of our beds the fee is \$40 per team. Each team will have three members, 2 "Johns" and one "Pearl." Pearl will ride on the bed with one John, while the Johns take turns pushing; one John will push the bed to the turnaround point, change pushers and return to the start/finish line. It is up to the desecration of the team what their team looks like, it can be three guys or three women if you want, but one will need to be designated as their "Pearl" and stay on the bed for the entire race. There are no set specifications for the bed, just remember you will be pushing it on Meyers Avenue, so take into consideration the weight, ease of handling around corners and durability. Each heat will be timed, the fastest time from all heats will be declared the overall winner. The number of heats will be determined by the number of entries. Email ohomesteadhouse@gmail.com or call 719-689-2485 for registration form.

Teams will also be judged for the best decorations and costumes.

The Old Homestead was built in 1896 and was the most elegant brothel in the Cripple Creek Mining District during its heyday. Since 1958, the house has been operated as a museum and has been a public favorite ever since. With the continued support of the community, this treasure will be around for many generations to come.

For additional information about The Old Homestead Museum, contact Charlotte at 719-689-2485 or Kirstie at 719-371-6238 email ohomesteadhouse@gmail.com

About the Museum Board:

The Old Homestead Museum Board 501c(3) was formed in 1999 for the preservation and operation of the museum. The group has raised enough money to purchase the furnishings and artifacts of the house and purchased the building. The last 5 years have been restoration and rehabilitation of the 138-year old house, which needs tender loving care. The goal of The Board, comprised of seven caring local-area residents, is to ensure that this piece of Colorado History is preserved for future generations to learn how life was in the days when the West was wild and Cripple Creek was one of the hottest places in the county.

JA in a Day

There is still time to make a difference!

by Sherri Albertson

Thank YOU JA Volunteers!

As we near the end of the school year, I wanted to take a moment to recognize and thank all of the Teller County community and business volunteers who make a profound difference by teaching students about financial literacy, entrepreneurship and work readiness.

JA volunteers inspire kids to achieve a more fulfilling career and life by contributing their professional insights and personal experiences to the programs they teach. We couldn't do it without you!

There are two more JA Teller events happening this month. If you are interested in joining us at Summit Elementary on Friday, the 16th or at Lake George Charter School on Tuesday the 20th please contact Sherri L. Albertson at sherri.albertson@ja.org or text 719-650-4089.

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Treasure awaits at Junktique

A celebration of antiques, art and Americana

by Joen Elliott

The Antique Capital of America is calling all treasure hunters, collectors and day trippers! The charming town of Florence, CO will once again host Junktique, a beloved 2-day event that brings together over 80 vendors offering everything from rare and vintage finds to unbeatable bargains.

Nestled in Southern Colorado, Florence is renowned for its vibrant antique and arts community. During Junktique, the town transforms into a shopper's paradise with streets lined with curated collections, quirky collectibles, handmade goods, vintage home decor and more! Whether you are a sophisticated shopper with a keen eye or a casual

browser looking for hidden gems, Junktique promises a unique experience.

Florence is the perfect backdrop for this event. It's a place where history meets creativity and Junktique is all about celebrating that mix in a fun, welcoming way.

More than a shopping event, Junktique is the ultimate daycation. Enjoy live bands, local eats and family friendly activities while soaking up the small-town charm and mountain views.

Event details: Downtown Florence on May 16 and May 17, 9-5 p.m. Free. FMI www.finditinflorence.com or Joen Elliott 303-880-8146.

Adopt Us

Akira

by TCRAS



Hi there! My name is Akira. I'm a fun, friendly, sweet and silly girl! I'm a bit of a Velcro dog, so we can spend as much time together as possible. The only time I'm not glued to your side is when I see a BIG yard, that's when I show off my goofy side with zoomies! I'm 5 years old, have been spayed and am a Siberian Husky mix. If you're looking for a best friend at your side to share adventures and would like to meet me or know more about me, please call my buddies at TCRAS 719-686-7707. I'm ready to meet YOU!

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Life-Enhancing Journeys

Grudges vs. granting forgiveness - part II

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

We begin where we left off last month with the impact of grievances and grudges on your body.

It is important to let go of grievances for your well-being. The physiological changes impacting your sleep, heart, and blood pressure result from the stress response. Anger or blame towards someone can create a sense of threat. If someone has hurt or disappointed you, it leads to distress. Your brain signals your adrenal glands to get ready for action, not just to run away physically but to consider options like ending contact. When anger arises often, it can trigger your body's panic response. Each time adrenaline kicks in, your body releases more cortisol, which reinforces these feelings.

Holding grudges may provide temporary relief by making you feel justified in your resentment toward those who have wronged you, but the suffering will affect YOU the most. When a threat is perceived, your physiological response is to protect yourself, and anger can be an effective reaction. Feeling anger when your child is hurt or when you see an injustice is completely natural. However, it is important to distinguish between constructive anger and destructive anger.

The timeless proverb rings true: holding onto anger harms the individual most. Evidence indicates that reducing hostility positively impacts both mental and physical health. One study discovered that, instead of easing suffering, lingering grudges can worsen chronic conditions, such as fibromyalgia. Researchers reviewed studies and proposed strategies to promote forgiveness, reducing the anger and rumination linked to fibromyalgia. Anger and obsessive thoughts engage physical pain pathways, increasing pain perception. Therefore, reducing anger can lessen pain. Persistent anger amplifies these pathways while calming it may alleviate the pain.

Recognize your need for change.

What prevents you from making changes that could result in greater success? Anger can become destructive if it prevents you from taking action, leading you to ongoing grievances. Suppressed anger may trigger dopamine release which creates a false sense of motivation. Since Dopamine is associated with the excitement of anticipated rewards, it makes the reward seem far off when you hold on to anger.

How can you tell if you are holding a grudge instead of just feeling appropriately angry about something? Healthy anger typically fades over time or with suitable resolutions, such as discussing it, receiving an apology, resolving a misunderstanding, reaching acceptance, or ending the relationship.

In contrast, holding a grudge means refusing to let go or accept any resolution.

Another helpful skill is tuning into your body sensations and noticing how you feel after thinking about a situation. If you feel less tense and more relaxed, that can be a sign that you are managing your emotions in a positive and effective way. On the other hand, if you notice that you are feeling more upset, pressured or anxious after reflecting on your experience, it might suggest that you are holding onto a grudge instead of coping in a healthier manner.

Letting go of a grudge goes beyond just forgiving others, even though that is a positive step. It is about developing a deeper love for yourself.

If you are feeling uncertain, imagine a friend sharing a similar experience, speaking as if it happened to them. Would you still hold onto those strong feelings if it were not about you? Also, to figure out if you are really holding a grudge, think about whether you would feel comfortable or a little embarrassed opening up to someone you trust. Consider how they might perceive your reaction. Would they see it as understandable or perhaps as an overreaction?

Tips for letting go of grudges.

Letting go of a grudge goes beyond just forgiving others, even though that is a positive step. It is about developing a deeper love for yourself.

- **Distract yourself.** For moments outside of your control, experts suggest having a game plan to redirect your energy, ideally into something that soothes and distracts you. Physical activities like exercising or cleaning can help burn off the adrenaline that fuels your anger.
- **Acknowledge your feelings without criticism.** It is okay to feel hurt or angry. Instead of denying or suppressing these emotions, which may lead to resentment, acknowledge them: "It's entirely normal to feel this way, and that's absolutely fine." Taking a moment to acknowledge your feelings is a significant step toward understanding yourself and beginning a journey of healing.
- **Write a closure letter (with no intention of sending it).** Expressing

your true thoughts and feelings, as if you were conversing with someone, can provide greater clarity. Here are prompts to spark your writing: What is bothering me? What would I prefer to have happened? What is the most important thing to say if I had one last chance to talk? Expressing feelings helps you release trapped emotions and possibly achieve closure, helping you decide whether to continue holding grudges.

- **Engage in an honest discussion, if appropriate.** While not always possible, considering reconnecting with a family member or an ex-friend can be worthwhile. Keep in mind that some people might not realize how their actions have affected you, so sharing your feelings can offer the support you need to let go of any lingering grudges.
- **Everyone makes mistakes, so avoid limiting a person's identity to a single misstep.** This perspective helps you overlook minor issues and prevents small disagreements from turning into lasting resentments. Reflect on these questions: Was the mistake intentional? Does this error truly reflect their character? Is this mistake serious enough to end our relationship? A single misstep may not be worth sacrificing a valuable relationship.
- **Define what it means to forgive someone.** Letting go of your resentment does not imply that you are excusing their behavior. Instead, forgiveness is about freeing yourself from the grip of anger. Forgiveness means letting go of the emotional burden caused by the offense. You can hold someone accountable while also creating peace for yourself.
- **Replace your grudge with setting healthy boundaries.** Instead of dwelling on the past, concentrate on the steps you can take to protect yourself in the future. This might include blocking them on social media. By doing so, you are allowing yourself to move forward and enjoy your life.
- **Avoid taking things personally.** Taking things personally often reflects a negative story you believe about yourself. Remember, it is usually not about you.
- **When letting go of grudges, take your time and avoid rushing into forgiveness, as that may not be beneficial.** Embrace tough moments and emotions; it is okay to grieve, feel angry, or reflect on events. Instead of using the same strategies for difficult situations, focus on resolving issues and moving forward in your journey.
- **Show compassion for the wounded person.** As their friend, you can aid in their healing by listening and acknowledging their past pain. Remember that they have been hurt before, so be careful to avoid causing them more harm.

Forgiveness; its meaning and value

The Cambridge English Dictionary defines forgiveness as the willingness to put aside feelings of resentment toward someone who has done something wrong or hurtful.

Addressing resentments is key to forgiveness because it redirects your focus away from those who harmed you. Ultimately, forgiveness benefits you by prioritizing your well-being over others' wrongdoings. It builds trust and protects new relationships, helping you heal from past emotional pain.

I would never advocate for unconditional forgiveness because not everyone deserves it. It is important to understand that forgiveness may not be appropriate in every situation, so never pressure anyone into forgiving. When someone encourages you to forgive someone who has hurt you, it can feel like they are downplaying your pain, potentially resulting in resentment. Many may wish to let go of grudges, but some grievances try to stick around. "Pay attention to me," it demands. "Forgiveness is for fools." Resisting the urge to dwell on painful memories from the past can be difficult. Do your best to avoid that trap.

Moving on from the past

To overcome resentment and grudges, recognize that the event took place and resulted in negative feelings. It is important to take control of your emotions in the present. You can either confront the person you are upset with or choose to let go and focus on your current relationships and the people who truly matter to you. As painful as it may be to admit, the target of your grudge likely was not impacted by your hostile feelings, nor will they be significantly affected by your decision to move on. That is why a grudge ultimately involves you versus yourself.

Letting go of an "unforgivable hurt" is tough because reliving pain comforts and validates anger. However, life goes on, and holding a grudge keeps you in the past. As the saying goes, the best revenge is living well. To move beyond grievances, you must let them go to live a better life.

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.

Adopt Me

Ziggy

by SLV Animal Welfare Society

Dirty, matted and very frightened, Ziggy was found wandering the streets of Black Forest. He is currently in a foster home where he is learning to trust humans. He has made good progress, but is considered a flight risk. Ziggy gets along well with dogs of all sizes (his best friend is a border collie) and often looks to other dogs for comfort and support. A home with a fenced in backyard and another dog whose family is gentle and understanding is a must. He's 4 years old, weighs about 5 pounds, neutered and current on all vaccines and he is chipped. Adoption events schedule is posted on our website www.slvaws.org.

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



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Monday May 26
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We continue to need your donations.

Gathering Mist

by Flip Boettcher

The Guffey Library hosted a Zoom meeting with award-winning author Margaret Mizushima for the March Book Club meeting. Mizushima is the author of the thrilling *Timber Creek K-9* mystery series and recently released the ninth in the series *Gathering Mist*.

The first eight books in the series are set in Timber Creek, a mythical county/town located in southwest Colorado featuring police officer Mattie Cobb; Robo, a search and rescue trained German Shepherd based on an actual search and rescue dog named Robo; and Robo's veterinarian Cole Walker and his two daughters. Each book in the series builds on each other as Mattie and Robo become more trained and Cole, who is divorced, and his family become more involved.

Mizushima grew up on a cattle ranch near Saguache, CO, and has lived in the Creede-Durango area and north of Ft. Collins; her husband Charlie was a self-employed veterinarian. In the late 1980s, she and Charlie, who obviously is a dog lover, took their two dogs to search and rescue training but they didn't get certified. All of these elements are woven into her mystery series.

Search and rescue dogs are trained for many different kinds of searches, including searching for evidence, drugs, something that is out of the ordinary in an environment, human remains, back tracking a person and much more.

In 2022, Mizushima and Charlie moved to Washington State to be closer to family. Living near the misty, dense, lush forest, Mizushima realized it would be a great place to hide a body. Thus, in her ninth mystery book, Mattie and Robo and then Cole are summoned to Washington's Olympic Peninsula for an urgent search and rescue mission to help find a celebrity's missing child.

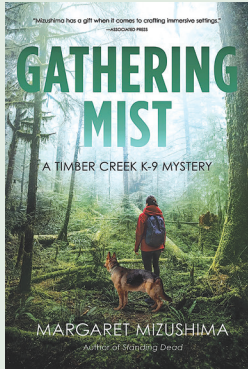
Mizushima, who was a speech therapist, started writing in the late 1990s, but couldn't really do much until she sold her speech clinic and worked part time at her husband's veterinarian clinic. Mizushima attended writers' workshops in the spring and fall. She has served as past President of the Rocky Mountain Chapter of Mystery Writers of America and was elected 2019 Writer of the Year by Rocky Mountain Fiction Writers.

Mizushima first started writing romance novels and then several other books, but nothing really clicked. Finally, a family member suggested she write mysteries, which she said was a bit daunting at first with all the plots and sub-plots.

Mizushima realized there were no mysteries with a veterinarian in them and went on to write her first two books, *Killing Trail* and *Stalking Ground* and got a contract, publisher and an agent; she has gone on from there.

Books are written about two years before they are published, said Mizushima, and her tenth book, *Dying Cry* will be out this coming October and her eleventh book will be out in 2026.

A big thank you to Guffey head librarian Steve Walker and the Friends of the Guffey Library for arranging this Zoom meeting with such a personable, friendly, talented author Margaret Mizushima. Be sure to read her thrilling *Timber Creek K-9* mystery series.



The book's jacket is eye-catching and intriguing.

A Florissant Fossil for the White City

by Steven Wade Veatch

The "Big Stump" at Florissant Fossil Beds National Monument, Colorado is one of the larger petrified stumps exposed in the Monument: it measures 3.6 meters tall and is 3.7 meters in diameter at breast height (Meyer, 2003). This solitary petrified stump is all that remains of a tree that was more than 60 meters tall when a volcanic mudflow (lahar) buried its base during the late Eocene.



Fortunately, Big Stump did not make it to the White City but remains for visitors to the Monument to enjoy. Image date 2003 by S. Veatch.

Big Stump is similar to the modern *Sequoia* (redwood) and is the type specimen described by Andrews in 1936 for *Sequoioxylon pearsallii*. An often-confusing aspect of paleobotany is that different organs (e.g., wood and leaves) that belong to the same living species are sometimes preserved isolated and unattached, in the fossil record. Therefore, it can be difficult to prove that they belonged to the same living species. For that reason they are sometimes given different names as fossils. At Florissant, *Sequoioxylon pearsallii* is the name assigned to the fossil wood and *Sequoia affinis* is the name for cones and foliage. They likely belonged to the same species of tree when they were living, but this cannot be proven unless these organs can be found attached in the same fossil. Philosophies differ, however, and in 1953 MacGinitie placed *Sequoioxylon pearsallii* into synonymy with *Sequoia affinis*. (Synonymy in the fossil record refers to the situation where two or more scientific names have been applied to the same fossil taxon.)

The Big Stump has been depicted in early photographs and postcards that date back to the late 1890s. Geologist Arthur Lakes, on an early expedition to the area with paleontologist Samuel Scudder, marked the location of a "petrified forest" on his original watercolor map in 1878 — the general area where Big Stump is situated.

There was once a local effort to send this incredible fossilized tree stump to the

World's Columbian Exposition (The Chicago World's Fair) of 1893. A plan was made in 1890 to remove the stump, transport it to Chicago by rail, and then rebuild it at the fair. Fortunately, the attempt to remove Colorado's prized fossil was unsuccessful. As it happened, the workmen's saw blades became permanently wedged in the fossil wood. The plans to send Florissant's famous stump to the Columbian Exposition were then quickly abandoned.

The World's Columbian Exposition, one of the greatest cultural events of the nineteenth century, was named in honor of Christopher Columbus and celebrated the 400th anniversary of his arrival in the New World.

Thousands were employed in the development of 633 acres of fairgrounds and the construction of 200 buildings in Chicago's Jackson Park. Many of the fair buildings were located along constructed waterways fed by Lake Michigan. The Court of Honor buildings (14 main buildings) were covered in white stucco. Visitors, after seeing these white buildings, began to call this the White City. After three years of planning and building, and at a cost of 28 million dollars, President Cleveland opened the fair on May 1, 1893. Ticket prices were 50 cents for adults and 25 cents for children.

Visitors to the Columbian Exposition enjoyed more than 65,000 exhibits and attractions. The fair contained many marvels and introduced Americans and the world to picture postcards, carbonated soda, hamburgers, and a gigantic wheel (built by George W. Ferris Jr.) that visitors could ride. The fair also introduced the nation to the Pledge of Allegiance and a new holiday — Columbus Day.

Most of the states and territories had exhibits at the fair, including Colorado. The Colorado building had a wide variety



This postcard, ca. 1894 shows a wooden framework built around Big Stump. From the E. Simmons collection.



This ticket admitted the bearer into the World's Columbian Exposition in Chicago, a landmark event in American history and culture. From the Michele Veatch Collection.

of displays from the Centennial State. If Big Stump had been cut and quarried into sections, the Colorado building would have been a likely destination. Colorado Day was celebrated September 12 at the fair without Big Stump — Colorado's famous fossil remained at the Florissant Fossil Beds, intact. Although Big Stump did not make it to the Columbian Exposition, other Colorado fossils probably made it to the fair, perhaps even fossils from Florissant.

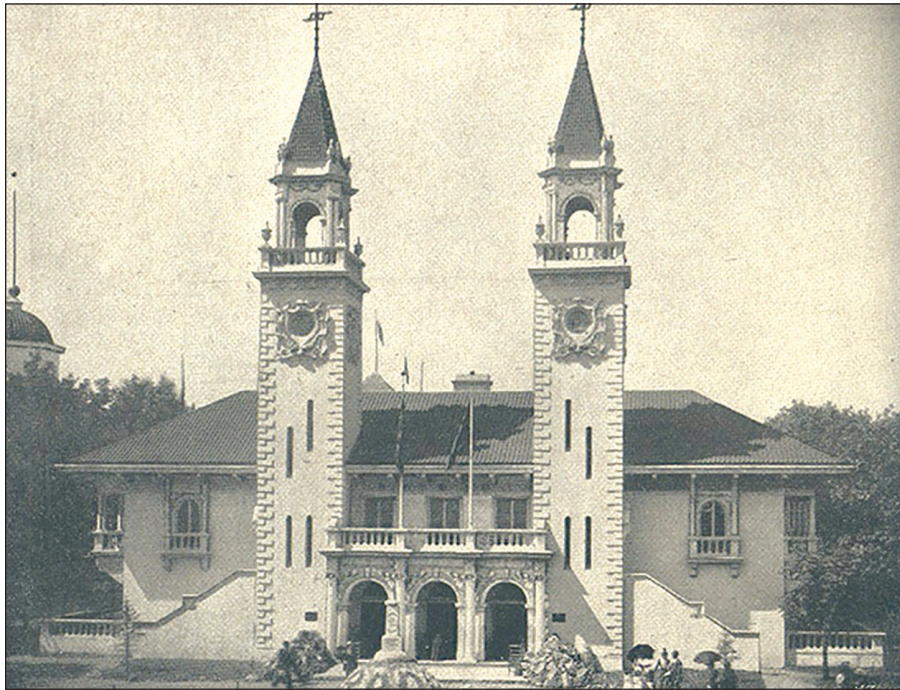
By its closing date on October 30, 1893, more than 27 million people had visited the White City. If Big Stump had been removed and displayed at the fair, this oddity of nature would have been lost. This magnificent fossil is now protected by the National Park Service, and visitors to the Florissant Fossil Beds National Monument can view Big Stump in its geologic setting.

Acknowledgements

I thank Bob Carnein for improving this manuscript. I also benefited from many discussions of the Big Stump with park ranger Jeff Wolin. I dedicate this article to him.

References and further reading:

- Andrews, H.N., 1936. A new *Sequoioxylon* from Florissant, Colorado. *Annals of the Missouri Botanical Garden* 23 (3): 439-446.
- MacGinitie, H.D. 1953. *Fossil Plants of the Florissant Beds, Colorado*. Carnegie Institution of Washington Publication 599:1-198.
- Meyer, H.W., 2003. *The Fossils of Florissant*, Smithsonian Books, Washington, D.C., 258 p.



View of the Colorado building at the World's Columbian Exposition. Stacks of petrified wood appear to be on either side of the entrance to this building. Photo from the Michele Veatch Collection.

Tales From the Big Sky Ranch Bed and Biscuit Drake's rescue story

by Kendra Hall

Here is another tale from Big Sky Ranch Bed and Biscuit...

It was a warm, humid day in Costa Rica as Becca ran along a trail, twigs crunching under her feet. She embraced the sounds of the jungle: the roar of the howler monkeys, the chirps and melodies of the birds, the hum of an insect that buzzed by her ear. Her senses were acute, enhanced by the euphoria she was feeling from her vigorous trail run.

Suddenly an animal darted across the path in front of her. It happened so fast; she wasn't sure what she had seen. She stopped and looked around a minute before spotting it. Its large brown eyes were both fearful and curious. It crouched timidly behind a large Guanacaste frond, the leaf resembling an elephant ear both in shape and size. The little animals' body trembled.

"Are you lost?" she called out softly. Its large ears twitched and she could see that it was a Chihuahua. She tried to coax the frightened dog, but it wouldn't come to her. After trying for some time, she regretably continued down the dirt path.

A couple of minutes later she heard padding of feet behind her, and when she turned to look, she smiled as the fawn-colored Chihuahua bounded after her. She noticed the dog was a male, laughing at his playful leaps and body wiggles as he ran.

They ran together for a few minutes, before she came to the trailhead and slowed to a walk. The dog did a little happy spin as if to say, "take me with you."

"I would love to," she said, "but I can't." Living in the United States, there was no way she could bring a dog back with her. It pained her but she said goodbye to the adorable dog. As if understand-

ing, he scampered into the woods. Becca couldn't sleep that night, thinking and worrying about the Chihuahua, with the sweet face and white blaze on his head. She smiled when she remembered how expressive he had been with his ears, pivoting to capture every sound and emotion. His body wiggle antics were hilarious and made her laugh.

The next day she returned to the trail, hoping to find her little friend. She lingered a bit before starting out, hoping he was close and would come out of the jungle. He didn't, so she began her run.

She was 15 minutes down the path, and still no Chihuahua. Disappointment was beginning to creep in. But then she spotted him, his big soulful eyes looking at her from a few feet off the jungle path. His tail was wagging, a blur of happiness.

She stopped. "Come here little fellow," she called softly.

Slowly he approached, his back hunched with apprehension. She opened her arms and with a timid hop that soon became joyful leaps, he bounded into her arms. She scooped him up.

He most likely was a stray, as were so many of the dogs wandering Costa Rica. Maybe she could arrange to bring him home with her after all. She would take him back to her hotel and see if she was able to get the required vaccinations and approval to export him home.

For the first time, she had the opportunity to study his face. He sure was a cute little guy. "I think I'll call you Drake."



Wait for me! Cover: Content in his forever home, Drake is dreaming of his most recent adventure.

Thankfully Becca was able to take him home with her. The trip back to the United States wasn't easy at first for Drake. The flurry of the busy airport scared him, and during take-off he had to stay in his new crate under the seat. Becca kept checking on him. He was quivering with fear and uncertainty.

Finally the plane leveled off and Becca took Drake out of his crate and into her lap. He looked up at her and gave her a lick on the cheek before spinning and settling, curled in her lap. He was soon snoring contently.

Now in his forever home in Colorado, Drake trail runs with his mom and his brother Peanut, just a little bigger than him. He is happy and safe, saved from his uncertain and difficult existence as a stray in the jungle of Costa Rica. Becca's life too, has changed forever, and she loves sharing her adventures with her trail-run companions and family, Drake and Peanut.

Old West Liquors

by Flip Boettcher

It doesn't happen often, but a new business is opening in Guffey! April 15 was the soft opening of Old West Liquors with a Grand Opening Memorial Day Weekend featuring liquor, spirits and wine tasting, with lots of specials and new summer hours 11-7 p.m. daily.

Old West Liquors is located at 1431 Cañon Street, just down from the post office. Old West Liquors spring hours are daily 3-7 p.m., according to Dana Peters, store owner. Contact number is 517-420-8596.

There will be a limited stock at first including beer and non-alcoholic beer, wine and spirits focusing on Colorado-made spirits. Peters will special order requested items, she added. To get the items she wants to stock in the store, Peters has five different alcohol distributors.

Old West Liquors is housed in a re-

fitted CMX trailer and by the summer, the barn wood siding should be installed, giving the building a Guffey look. The building is environmentally friendly with all solar power and self-contained, said Peters.

There actually has been a liquor store in Guffey for the last 50 years, except for the last few years when the Bootlegger (part of the Freshwater Saloon) closed. Peters said that the com-



Dana Peters, owner in front of her new store Old West Liquors. By summer, there will be wood siding to make the building have a more Guffey look.

munity is excited about having a liquor store in town and not having to drive 30+ miles to the nearest store.

Check out Old West Liquors. If you don't find what you want, it can be ordered.

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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.

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• Suicide prevention: <https://suicidepreventionlifeline.org/> or dial 988

CAÑON CITY

LIBRARY

- 15 Free Legal Clinic by appointment 2-3:40 p.m. 719-269-9020
- 1st Friday Lego Club 3 p.m.
- 2nd Friday Breakout Box 3 p.m.
- 3rd Friday Creative Crafting 3 p.m.
- B.O.O.K. (Babies on our knees) story time Mondays 10:30
- Chess Club Wednesdays 2 p.m.
- Cribbage Club Fridays 10-noon.
- Dulcimer Club for kids 2nd and 4th Wednesday 3:30-4:30 p.m.
- Mahjong Club Tuesdays 1-4 p.m.
- Metaphysical Group Saturdays 10:30 a.m.

- 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.ccpil.lib.co.us

CHIPITA PARK

- 4 Superhero Summer! A FREE family event at Marcroft Hall 9105 Chipita Park Rd 1-4 p.m. Kids pick up a superhero passport, earn stickers by doing activities and win a prize when your passport is full. Photo ops with superheroes. Free popcorn, drinks, and info on summer activities. No registration required. Costumes encouraged! FMI: buildingutepasscommunity.org

COLORADO SPRINGS

- PIKES PEAK CENTER
- 3 Dusty Slay, second leg of the Night Shift Tour.
- 22 The immersive theatrical horror experience based on Insidious film franchise.

CRIPPLE CREEK

- 1 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Carr St. Food and refreshments at 5 p.m.
- 10 History Talk "Untold Histories" by Ramsey Weeks 10-noon, at the Heritage Center 9283 S Hwy 67, free! Light refreshments will be served. FMI 719-689-3315
- 15 Two Mile High Club monthly meeting 5:30 p.m. in the lower level of the Double Eagle Casino complex 442 East Bennett Ave.

FAIRPLAY

- 8 Free Legal Clinic 2-4 p.m. by appointment at the library. Call 719-836-4297
- Wizards of the Peaks - \$5 to play (unless noted otherwise)
- Sundays game groups 2 p.m.
- Mondays Night Magic 7 p.m.
- Tuesdays TTRPG 7 p.m. Different TTRPG each week.
- Thursdays learn to Play 6 p.m. May's game Century-Golem

Mueller State Park

by Anna Miller

- All hike and walk end times are an estimate and will depend on the pace of the group.
- If you'd like to schedule a program for a group of 10 or more, please contact Program Coordinator, Anna Miller at anna.m.miller@state.co.us.
- 3 Bird Walk 8:30-10 a.m. meet at Elk Meadow TH
 - 3 Bird Talk 10-11 a.m. meet at Visitor Center (no live birds)
 - 3 Star Party 8-10:30 p.m. meet at Visitor Center
 - 4 Ponds of the Park 9-noon meet outside Visitor Center
 - 4 Junior Rangers in the Forest 1-2 p.m. meet outside Visitor Center.
 - 9 Basic Survival for Kids 2-3 p.m. meet at Visitor Center.
 - 11 Nature Journaling workshop 1-3 p.m. meet at Visitor Center.
 - 12 Full Moon Walk 9-10:30 p.m. meet at Outlook Ridge TH
 - 16 Nature Crafts 2-3 p.m. meet at Visitor Center.
 - 17 Fly Fishing Basics 10-noon meet at Dragonfly Pond.
 - 23 Knots for Kids 2-3 p.m. meet at Camper Services.
 - 24 Fishing Meetup 9:30-11:30 a.m. meet at Dragonfly Pond.
 - 24 Saving the Greenback 12:30-1:30 p.m. meet at the Visitor Center.
 - 25 Ponds of the Park 9-noon meet at Rock Pond TH.
 - 25 Junior Naturalist-Spring Renewal 1-2 p.m. meet at Amphitheater.
 - 26 Night Sky Walk 9-10:30 p.m. meet at Outlook Ridge TH
- *Refers trailhead (TH)
FMI 719-687-2366.

- 17 Cripple Creek's Got Talent at the Butte Theater
- 23-26 Memorial Day Art Show at Heritage Center
- 24 Cripple Creek District Museum and Colorado Trading & Transfer Gift Shop now open 7 days/week 10-5 p.m.
- 26 Donkey Release by Two Mile High Club

ASPEN MINE CENTER

- 30 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. donations greatly appreciated, but not required.
- Mexican Train on Thursday 10:30 a.m.
- All programs at 166 E Bennett Ave. FMI 719-689-3584 x112.

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

- 9, 23 Teller Senior Coalition BINGO! 10-11:30 a.m. at Little Chapel Church 69 CR S. RSVP 719-687-3330 ext. 6. Please call to set up a ride 719-687-0256 and join us for doughnuts, coffee and FUN!
- 11 Mother's Day with the Wolves 9-11 a.m. A wolf tour, a flower for moms, and snacks. \$40 (age 12+), Kids \$20 (6-11) one under the age of 6 is permitted. Reservations limited so participation is first-come, first-served.
- 12, 26 Little Chapel Food Pantry distribution.

FAIRPLAY

- 8 Free Legal Clinic 2-4 p.m. by appointment at the library. Call 719-836-4297
- Wizards of the Peaks - \$5 to play (unless noted otherwise)
- Sundays game groups 2 p.m.
- Mondays Night Magic 7 p.m.
- Tuesdays TTRPG 7 p.m. Different TTRPG each week.
- Thursdays learn to Play 6 p.m. May's game Century-Golem

- edition
- Fridays Night Magic 7 p.m.
- Saturdays All Ages Pokemon 3-5 p.m. and Adult RPGs 7 p.m. Different RPG each week.
- Booby Board Games every other Monday 6 p.m. Free
- Catan Group every other Sunday 2 p.m.
- Chess Group every other Sunday 2 p.m.

FLORENCE

- 10 Armed Forces Art Exhibit and Sale, and reception 2-4 p.m. Intake of artwork at Florence Senior Center. Art is then distributed along participating shops along Main St. through Memorial Day weekend. Performing artists begin 1 p.m. to about 3 p.m. at the Bell Tower
- 16, 17 Junktique Open Air Antique Show & Market 9-5 p.m. on Main St. Join the Florence Pioneer Museum for 2 days of Junktique. We will have a booth out on Main St. All things will be by donation! Proceeds will go to the FPM's building fund for re-modeling the upstairs into a new research center. See you then!
- 18 The 23rd Annual Florence Car Show 9-3 p.m.

JOHN C FREMONT LIBRARY

- 2, 9, 16, 23, 30 Story time. Different theme each day.
- 5 Friends of the Library silent auction ends at noon.
- 6 Roxanne Schuster, licensed Food For Life instructor will be doing a recipe demonstration for type II diabetes 1 p.m. Registration is required: 719-784-4649 ext. 3 or roxanne@conscioushoeliving.com
- 7, 14, 21, 28 Wool Gatherers 10-noon.
- 7 Justin Grantham, Fremont County Clerk and Recorder will be presenting about property fraud 2 p.m.
- 8 Ed Schmal, conservation biologist will be presenting on the importance of bats 2 p.m.
- 9 Cañon City Workforce Center 11-1 p.m. to help people with career related questions.
- 15 We will be making flowers out of pipe cleaners 2 p.m. Supplies are limited so participation is first-come, first-served.
- 19 Matinee Movie Monday 1 p.m. We provide popcorn. Bring your own drinks.
- 27 Fremont County Master Gardeners 10 a.m. to discuss gardening.
- 29 The Florence Historical Archive will present "Cookies of Florence" 2 p.m.

- Rump 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!
- Sensory Sensitivity Browning Hour from 8:30-9:30 a.m. every Tuesday. Need a quieter environment to visit the library? We'll have the lights low and keep things quiet. Please call us if you need additional accommodations.
- Thursdays from 10-11 a.m. Home-school Family Playgroup. Come make connections with other homeschool families!
- 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.
- Storytime every Friday at 10 a.m. FMI 719-748-3939

SWEET RADIANCE BOUTIQUE

- 5 DIY Shelving in store!
- 10, 11 Holistic Fair in Pathfinder Park
- 17 Our 1st Anniversary Celebration and Craft Fair
- 25 Silent Book Club 3-5 p.m.

FLORISSANT

- 30 Mustang Wisdom Open House 3-6 p.m. with horses, harps and special guests! Spots are limited, reserve yours at <https://mustang-wisdom.as.me/open>

GRANGE

- 2 BINGO 3:30-5:30 p.m. first Friday. There will be snacks and soda for purchase. Bring a non-perishable food item or knick knacks, homemade cookies or other items that can be used as prizes for the winners of the BINGO games and a small donation to the Grange.
- 5 Cinco De Mayo Taco Dinner Fundraiser 4:30-7 p.m. Help us continue to raise enough funds for a new furnace. Eat in or take out. Hard shell tacos, soft tacos and tostados, beef or chicken, soda, coffee or water for all at a suggested donation of \$10. Text 719-510-2325 if you wish to reserve a take-out meal.
- 10 Craft Classes 9-12. Learn to make a Pine Needle basket, or some new stitches if you are a seasoned basket maker or join us for needle felting to make a woodland critter. Cost is \$10 and a donation to the Grange.
- 16 Paint with Me 11-2 p.m. Bring a lunch. We will be painting aspens. Cost is \$10 for supplies and a donation to the Grange.
- 24 Spring Craft Show and Flea Market 9-3 p.m. Reserve a space for Indoor (craft show) or outside (flea market) for \$20/space.
- Florissant Grange Quilters meets Tuesdays 9-noon.

- Every Thursday Potluck and Music 6-8 p.m. Dancing encouraged! FMI, order your Taco Dinner or to reserve your spot in classes 719-510-2325

LIBRARY

- 1 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.
- 2 Family Craft Day from 11-3 p.m. Drop in after storytime for a family-friendly craft!
- 4 Enchanted Market 10-4 p.m.
- 9 Food Crafts at 11 a.m. Come as a family to learn cooking skills in a fun way!
- 9 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot.
- 10 Science Share from 10:30-11 p.m. Experience science with your community! Come view science projects made by local kids and families.
- 14 Florissant Bookworms Book Club 10:30-12 p.m.
- 16 Teen Night at 5 p.m. Join us for game night! Dinner is provided. Ages 13-18.
- 17 Adult Craft: Tea Cup Planters at 10 a.m. Come do a craft! Please call to register for a spot.
- 20 Read Amok Book Club themed "teachers" Bring up to 5 books within the theme to share! 11-12:30 p.m.
- 23 Baby Art: Footprint Ladybugs from 11-12 p.m. Come make art with your baby!
- 27 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.
- 28 Property Fraud Alert Sign Up Assistance with the Teller County Clerk and Recorder's Office from 10-11 a.m.
- 30 Princess Storytime with Tinkerbell at 10 a.m. Join us for songs and stories with Tinkerbell!
- Rump 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!
- Sensory Sensitivity Browning Hour from 8:30-9:30 a.m. every Tuesday. Need a quieter environment to visit the library? We'll have the lights low and keep things quiet. Please call us if you need additional accommodations.
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- The second and fourth Tuesday of each month join us for Hooks and Needles, an additional club for crafting! 10-12 p.m.
- Storytime every Friday at 10 a.m. FMI 719-748-3939

GUFFEY

- 10 Doughnuts with the Fire Department 9-11 a.m. at SPCFPD FMI rebkillam@gmail.com

LIBRARY

- 3 Socrates Café 11-12:30 a.m. Please come and join us as we exchange philosophical perspectives based on personal experiences. Everyone is welcome regardless of age or background. This will not be a class, lecture or debate, just simply community dialogue. Socrates Cafes take place in many cities and towns around the world. The concept was started by Christopher Phillips using his method that involves discussing a set of ideas and learning how to think rather than what to think and getting consensus by asking questions. This is a monthly event taking place on the first Saturday of each month.
- 6 Walking, Talking Threads 1-3 p.m. Meets every first Tuesday. Take a nice brisk walk around Guffey Town and meet back at the library to crochect, knit and talk away.
- 8 Free Legal Clinic 2-4 p.m. by appointment. Call 719-689-9280

- 27 Guffey Literary Society 1-3 p.m. Book choice for May is *Winter's Child* by Margaret Coel. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join.
- 28 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. FMI 719-689-9280 or Guffey-lib@parkco.us

HARTSEL

- 2 Hartsel Days Planning Meeting 9 a.m. at the downtown Hartsel Fire Station. All are welcome! Hartsel Days Annual Festival is Aug 2 and 3.
- Country Church of Hartsel meets at the Hartsel Community Center 80 Valley View Drive 10 a.m. Sundays. Everyone is welcome! FMI call Jimmy Anderson 719-358-1100.

LAKE GEORGE

- LIBRARY
- 8 Free Legal Clinic 2-4 p.m. by appointment. Call 719-748-3812
- 14 Rocky Mountain Rural Health 11-2 p.m. meets every 2nd Wednesday of the month.
- 21 Adult Coloring 1:30 p.m. Feeling blue? Join us at the Lake George Library for adult coloring. We will meet the third Wednesday of the month at 1:30 p.m. The first session will be May 21. We have coloring supplies or bring your own. Children are welcome and we have supplies for them. Be ready for fun and relaxation. FMI 719-748-3812.
- 23 Friends of the Library Book Club 9:30 a.m. Book choice for May is *Heaven and Earth Grocery Store* by James McBride. We meet the fourth Friday of the month. All are welcome to join! FMI 719-748-3812 or lake-george.library@parkcountycov.gov

MANITOU SPRINGS

- SAVE THE DATE: June 7
- The 22nd Annual Manitou springs CO Wine Festival. Purchase tickets now, they are limited, and join 30 wineries plus vendors and food trucks www.eventany.com/events/manitou-springs-colorado-wine-festival-16074/

VICTOR

- 23-25 City Wide Garage Sale starts on Friday, mostly 9-5 p.m.
- 24 Victor Lowell Thomas Museum now open daily 10-5 p.m.
- 31 Victor Summer Concert series in Pinnacle Plaza 5-7 p.m. Live music by Tiny Pockets, the jukebox band with the ultimate variety. FMI <https://tinypockets-music.com/>

WOODLAND PARK

- 10 Health & Wellness Day — A free event to reset, recharge, and reconnect. 9 a.m. at Woodland Community Church 800 Valley View Dr. Designed for those who care for our littlest learners (ages 0-5).

COMMUNITY PARTNERSHIP

- 6 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
- 17 Food Drive 10-2 p.m. Woodland Park Walmart. Join your local first responders who are collecting non-expired canned food items for our local food pantries. You can also drop off donations at any local fire stations or law enforcement agencies. Thank you for helping us to restock our Teller County food pantries. FMI Teller County Sheriff's Office.
- Addiction Support Wednesdays 9-4 p.m. Face IT TOGETHER provides free personalized, nonjudgmental peer coaching for those impacted by addiction. 18 yr and older. Walk-ins welcome. FMI www.wefacittogether.org
- Career Center Tuesdays & Thursdays 10-3 p.m. Pikes Peak

Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with George@cpteller.org

- Family Café Monday through Thursday 9-4 p.m. Closed May 26 Enjoy coffee, Free Wi-Fi, Kid's Corner, and a space for parents and caregivers in our community to connect.
- Foundation Training Innovative Exercise Program Wednesdays 7-7:45 a.m. 45 minutes of activation, breathing and stretching. Feel stronger and more connected with your body after just one class. Bring your mat. FMI beth.foundationtraining@gmail.com
- GED Classes Mondays & Wednesdays 10-12 p.m. New students (min. age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org
- Pearson VUE Testing Center Mondays 9:30-5:30 p.m. Closed May 26 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. No Yoga May 5 & 26 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. No Yoga May 7 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

- 2 Coffee Chats 10 a.m. Join us for coffee and conversation. Meet new friends in Woodland Park!
- 3 Spill the Tea for Teens at 10 a.m. Join us for an hour of casual hanging out and donuts!
- 3 Romeo and Juliet, a circus adaptation presented by Lightbulb Theatre Co at 2 p.m. and 6 p.m. Visit lightbulbtheatre.co to get tickets.
- 4 CPR Class at 2 p.m. *For this event you must register with Ute Pass Regional Health Services District online.
- 6 Woodland Park Book Club 10:30 a.m. Check our book clubs' page to see what we're reading next!
- 7 Kids Craftroom from 3-5 p.m. Join us for a craft and downtime to read, work on homework or projects!
- 7 Evening Adult Fiction Book Club 4:45 p.m.
- 7 Evening Tarot Club at 7 p.m. Join us for an afterhours edition of tarot club!
- 8 Reader's Circle Book Club 10:30 a.m. in the Large Meeting Room.
- 9 Mother's Day Family/Children's Portraits at 5 p.m. Come for a few free photos of your family for Mother's Day!
- 9 Romeo and Juliet, a circus adaptation presented by Lightbulb Theatre Co at 7 p.m. Visit lightbulbtheatre.co to get tickets.
- 10 Romeo and Juliet, a circus adaptation presented by Lightbulb Theatre Co at 2 p.m. and 6 p.m. Visit lightbulbtheatre.co to get tickets.
- 11 Romeo and Juliet, a circus adaptation presented by Lightbulb Theatre Co at 2 p.m. and 6 p.m. Visit lightbulbtheatre.co to get tickets.
- 15 DMV to GO from 10:30-2:15 p.m. DMV services at the library! By appointment only. Call to reserve a spot!
- 20 For the Love of Writing from

continued on next page

continued from page 4

3-5 p.m. Come share in your love of writing with this club of those in love with the craft!

- 21 Celebrating Diversity at 3:45 p.m. Join a community for LGBTQ+ youth and allies! Fun activities provided each month!
- 21 Metaphysical Book Club at 5:45 p.m. Join us for open-hearted discussions around a theme every month. Topics touch on spirituality, philosophy, and metaphysics. Read one of the featured books, and bring your thoughts and ideas to share. May's theme: Manifesting.
- 22 Bucket Lists and Brownies for Teens at 3 p.m. Join us for making summer plans and having brownies!
- 22 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot.
- 27 Chalk Storytime at 10 a.m. Join us for a special storytime and decorate our sidewalks!
- 28 Memory Café 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 Chalk Storytime at 10 a.m. Join us for a special storytime and decorate our sidewalks!
- 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.

SAVE THE DATE: June 1

Kirkin' of the Tartan 9:30 a.m. at St. David of the Hills 36 Edlowe Rd. Harp music will be part of the service on this special occasion. Refreshments will be served afterwards. Stidavillidhills.org



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Summer Events with the CC Donkeys by Annie Valades

The Two Mile High Club (TMHC), caretakers of the Cripple Creek Donkeys, announces the dates for three exciting Donkey-related events this summer in Cripple Creek. Profits from each event provide money for the care of the herd of 14 Cripple Creek Donkeys, who remind visitors and locals alike of the original herd released from their work in the Gold Mines in the early 1900s. In 1931, local business owners formed the nonprofit 501c3 Two Mile High Club to care for these precious animals, and in 94 years, that care has never stopped.

On Memorial Day, the furry critters somehow know that it is time to break free from their winter pasture just west of Cripple Creek. The donkeys anxiously await escorts by the TMHC Donkey Wranglers to C Street and Thurlow Avenue, where they cross through the gate to their summer of freedom in the city! This special day, reminiscent of the original release in 1931, begins the Donkey Summer of Fun in Cripple Creek. "President Teddy Roosevelt" will welcome the donkeys to their free-roaming summer. Enjoy an old-fashioned town picnic in the park after the release.

Donkey Derby Days takes place June 27-29. "After an incredibly successful celebration in 2024, with estimates of around 30,000 people in attendance, we will once again feature Donkey Races on both Saturday and Sunday," Brandon Westhoff, president of the Two Mile High Club, said.

This year's celebration promises to be the biggest and best Donkey Derby Day in 94 years! Enjoy Live music, vendors, food trucks, craft booths, family attractions, beer gardens, and more. Register for live Donkey Derby races up Bennett Avenue throughout

the weekend.

Finally, "Fall Fest" on October 4-5 rounds out a fantastic summer of Two Mile High Club celebrations in Cripple Creek. Attendees enjoy live music and delicious food and beverages while shopping at various vendors, often featuring crafts for the holiday season. The ever-popular Fall Photo Booth and pumpkin carving contests will also return. Fall Fest is a perfect complement to a "leaf peeping" drive in this beautiful area.

"We are excited about the year ahead and our Donkey Celebrations! Moreover, none of this happens without donations, sponsors, and volunteers. We count on these activities to raise funds for the care of the donkeys, including a new barn coming soon," Westhoff remarked. "We look forward to seeing everyone in May!"

To learn more about the Cripple Creek Donkeys or to donate, sponsor, or volunteer, • <https://www.cripplecreekdonkeys.com>. • <https://www.facebook.com/CCDonkeys> • <https://www.instagram.com/ccdonkeysofficial/> • <https://www.tiktok.com/@ccdonkeysofficial>

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

the Two Mile High Club to give that needed care as the donkeys made their home in Cripple Creek. In the ensuing years, other donkeys adopted by the TMHC made up the herd, which numbers 14 donkeys today. TMHC operates on 100% donations from Colorado businesses, club memberships, individual and family sponsorships, and grants. Donkey Derby Days is its largest fundraiser of the year and helps to provide money for vet care, food, and shelter at approximately \$3,000 per donkey annually. Club volunteers work tirelessly to care for this herd of donkeys 365 days a year, rain or shine, sleet or snow.

The next goal of the Club is to build a new barn for the herd. Our current barn shows its age and needs replacing and upgrading. The new barn will feature a storage room for merchandise, stalls for individual donkey care, a large pen inside the barn for the whole herd to get out of the elements, an office to keep all health records, a clean/vet room to perform necessary care the donkeys need onsite and a lean-to off the new barn for a new group feeding area. We have several senior donkeys that need more care and attention, and a new barn is just what they need. For us to provide the care they need, please consider partnering with us to build a new barn to give these precious "Beasts of burden" the life they deserve. Donate to the barn fund through "Colorado Gives" at <https://www.coloradogives.org/donate/Xhrtqf> or designate through the Two Mile High Club website: <https://www.cripplecreekdonkeys.com>.

Are you interested in joining the Two Mile High Club, volunteering to care for the donkeys, or helping at any of our events? Contact us today!

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