

A vibrant spring scene featuring a clear blue river flowing through a lush landscape. Large, smooth grey rocks are scattered along the riverbanks and in the water. The banks are covered with green grass, shrubs, and numerous cherry blossom trees in full pink bloom. In the background, a wooden bridge spans a small section of the river, and more trees and foliage are visible under a bright sky.

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**Otter Tail County**

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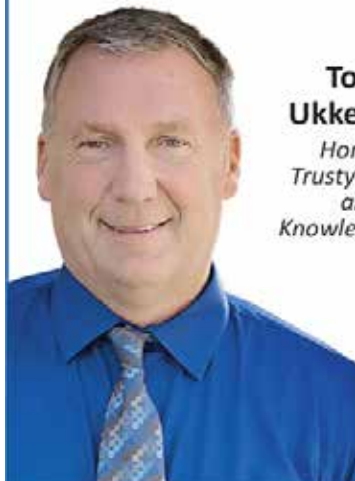
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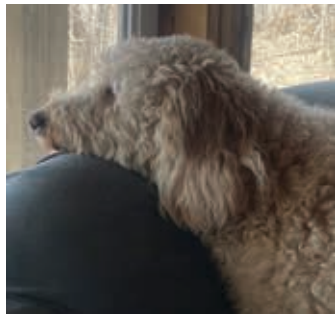
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**114 Lake Ave. N. • Battle Lake, MN 56515  
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BY ED PAWLENTY



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Otter Tail County

Spring 2025

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# Otter Tales



**Spring is upon** us. We finally get to see colors again in our lawns and brilliant flowers. It literally is a breath of fresh air after the all the stale winter months. You can open the windows and let nature's free air freshener do its work in your house.

As you can see, Boomer likes to look out the front window. Very odd way to sit but he does it often. He is waiting for the sloppy season to end so he can go out and start running around like a mad man chasing squirrels. Like all of us, he gets a little pent up being inside all winter. We do get out in the snowy months, but not for long. This winter seemed much colder than most in recent history. It made for some thick ice, which was very safe for fishing, but there was not enough snow to keep the cross-country skiers or snowmobilers happy.

Spring is like turning the page. We're all looking forward summer but don't let spring pass you by. In spite of all the work, do take the time to enjoy the fine spring days. I think we all really appreciate a 65 degree day after a long winter. Mother nature sets us up that way...it is all about the perspective.

With spring comes a very special day...and it is not fishing opener. It is Mother's Day! A day we all want to think of our moms and that special connection to the woman who brought us in to this life. She was there for all the troubling moments and all the good ones too. Thanks mom...thanks to all you moms out

there. You are a member of a special club for sure. We all better make time to visit or call our moms to let them know how great they are...or you will be in some serious trouble...haha.

Spring is here. I give you all a prescription to get outside, get some fresh air, and soak up the warm sun...we have been waiting for this for some time. Enjoy! — Ed Pawlenty, **OTC** Publisher

## Otter Tail County Historical Museum ... A Great Place to Visit

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May 30 - Mt. Pleasant Cemetery Tour  
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# Amazing Mothers

## Past Times in Otter Tail County

BY MISSY HERMES, *EDUCATION COORDINATOR, OTTER TAIL COUNTY HISTORICAL SOCIETY*

PHOTOS COURTESY OF THE OTTER TAIL COUNTY HISTORICAL SOCIETY (OTCHS) AND MAY NOT BE REPRINTED WITHOUT PERMISSION

**Mother's Day** is soon upon us and Otter Tail County history is rich with the stories of women who mothered generations of children. Although women in the past were often relegated to a role behind the scenes, motherhood has an elevated aura to it. The Otter Tail County Historical Society has a wealth of photographs and first-hand accounts of amazing mothers. They bring to light the joys and the struggles of raising a family in the past.

We can learn about the very first mothers who lived here, not from photographs but from evidence of their care for families – the tools, pottery sherds, seeds, beads, cook and campfire traces they left behind. Rose Barbeau, an enrolled member of the sovereign White Earth Nation, descended from First Nations women. Born in Canada in 1846, she also came from a long line of fur traders.



*Rose Barbeau © OTCHS [7840]*

She and her husband Enos arrived in Otter Tail County with their first baby in 1867. The trio traveled on foot, and by horseback and canoe to homestead near Otter Tail Lake. In addition to farming, they delivered mail from Alexandria to Ottertail City, using a dog sled in the winter. The couple later moved to Fergus Falls and raised a family of 15 children, 12 of whom lived to adulthood. They gave their children a wonderful mix of French, Catholic and historical names: Louise, Enos, Jr., Benjamin, Antoine, Edwin, Peter, Claire (or Clara), Francis, John Jacob (perhaps named after John Jacob Astor,



*Rose Guinn Barbeau with grandchildren  
© OTCHS [20004]*

head of the American Fur Company?), Joseph, Mary Magdalene, David, Napoleon and William.

Rose Barbeau famously sewed fringed leather jackets, including one worn by George B. Wright. His statue in Fergus Falls shows him wearing her creation. She died in 1939 and is buried in the Oak Grove Cemetery in Fergus Falls.

Big families like that of Rose Barbeau were commonplace. My own grandmother came from a family of nine children, and looking at photos with 9, 10, 12 or more children, I marvel at the strength it must take to feed, clothe and tend to such a big bunch. Just think of the diapers! One of the 62 townships in Otter Tail County is named for a mother of 16 who did all that and much more. Sedalia Isadora "Dora" Thomas not only kept a house and children, but with her husband, Ellis, she farmed, ran





*Martha Valtinson Ike family, 1832-1931 © OTCHS [7542]*

the Spirit Lake Post Office and managed the family's hunting and trapping supply store.

Dora's story starts in Indiana where she was born in 1856 and then follows a path to Carver County, Minnesota, to a homestead in northwestern Otter Tail County. Ellis hunted, fished, and worked as a lumber cruiser. Dora died in 1947 and is buried in the Free Thought Cemetery in Candor Township.

These early homesteader mothers had little access to medical care and vaccines were rare, so childbirth and childhood could be dangerous. Dora outlived 6 of her kids who died in early childhood.

In a neighboring township, Henrietta Wilschewski Schepper also experienced the tragic loss of several children. Burial records found in the Dora Township files at the historical society tell the sad tale of this mother of 15 who lost 4 children, including a set of twins, within a span of 10 years. That same Register of Deaths also reveals the unbearable pain of Augusta Beikoff, wife of William Beikoff. In nineteen years of marriage, she had 11 children, only 3 of whom survived to adulthood. Repeatedly, the name of the child is accompanied with the devastating words, "born dead."



*James and Elizabeth (Russell) Murray of Parkers Prairie with all their children: Elizabeth, Jenny, Michael, Marion, George, Agnes, James, Maude, and John. The Murrays were part of a large family that came from Glasgow, Scotland to Elmo Township. © OTCHS [11012]*

Our history honors the very strong mothers who had to carry on bravely in a time before the security net of Social Security. Examples include Hannah Beedle of Parkers Prairie and the baskets she wove and bartered to support her family, and Ida Saetre of Henning who was widowed and raised 7 children on her own during the Great Depression. In 1965, Ida was named Minnesota Mother of the Year. The title recognized her resilience noting that, "Mrs. Saetre was offered a position as caseworker with the Otter tail County Welfare office. She accepted the job, learned how to drive, and was able to feed, clothe, shelter and educate her seven children with the help of the older children who contributed summer earnings to the family treasury. The success achieved by each of her seven children testifies to her ability as a mother."

In 1971, another local mother was named MN Mother of the Year. Jonette Rotto of Fergus Falls, mother of nine and teacher, flew to New York to compete for the national title. Mrs. Otto Haugen from the Leaf Lakes area received notoriety and her own title in 1957. Born Neola Redfield, the farm wife and mother of 3 sons contracted polio and spent years in



a Minneapolis hospital and an iron lung. The Mothers March of Dimes selected her as Polio Mother of the Year. Each January, mothers collected funds for the national March of Dimes foundation, going door to

door. In 1963, local newspapers reported that, "Mrs. Walter Spidahl, a polio victim is chairman of the mothers' march for the third year. She has organized wards and blocks in the city for the drive."



*Jacob and Catherine (Weis) Berns family c. 1894.*

*L-R, top row: Bernard, Jerome, Leonida, Arela, Marie.*

*L-R, bottom row: Leo, Jacob, Regina, Simon (baby), Catherine, Henry.*

*The mother of this family was born in Ohio in 1864. She came with her parents to Otter Tail County as part of the Rush Lake colony of German Catholics who homesteaded in Otto Township. © OTCHS [36261]*

*Ingeborg and Engebret Wee and their 11 children.*

*Engebret survived a blizzard and the amputation of four fingers before he married Ingeborg.*

*© OTCHS [22022]*





*Taken on the Ole and Oillie  
Sholberg farm, c. 1918.  
© OTCHS [37520]*



*School District #86 in Carlisle Township,  
a group of mothers and children in front of  
school house. © OTCHS [CA 2]*



*Delivering lunch to the threshing crew on the George Beamish farm in Orwell Township © OTCHS [37548]*





*Cooking at the lake,  
a Battle Lake scrapbook.  
© OTCHS [2013.43]*

*The wedding photograph of Robert Schulz and Elizabeth Lemke. The couple married on June 22, 1912 at her parent's farm in Erhard with Rev. Arnold West of Erhard performing the ceremony. Elizabeth Lemke's parents were William and Augusta Lemke. Also pictured here are her siblings; Walter, Minnie, Benetta the flower girl, and Emma and Fritz Walters.  
© OTCHS [37135]*



*The first religious Sisters group to serve St. James Hospital in 1902. The nuns were led by Mother Mary Francis Beauchamp, seated left.  
© OTCHS [36324]*





*Homestead Township School District No. 211 mothers:  
(l to r): Mrs. Otto Rothiger, Mrs. Oswald Rothiger, Mrs. Ida Van Dermay,  
Mrs. Ed Fisher, Mrs. Frank Poser, Mrs. Nels Bergstedt, Mrs. Frank Rothiger.*

*Small Children: LeRoy Bergstedt, Loya Rothiger.*

*This photo is part of the Township Historian Project and the Rural Schools of Otter Tail County.*



*The original VanMeter bakery operated in Battle Lake after World War I until 1936. Pictured here is the extended Vanmeter family: Harry Vanmeter, Laverna VanMeter, Mildred (Mrs. Harry), Grandma Roseltha Landphere Cooper, Eva VanMeter Streeter, Mrs. Dodd (Mildred's mother from PA), Tom and Mary Vanmeter, Virginia and Earl Streeter. © OTCHS [37401]*





*Mother's Day display window at O'Meara's Department Store celebrating National Hospital Day (May 12, 1939) and the babies born in 1939, Fergus Falls. Display arranged by Wright Memorial Hospital.  
© OTCHS [50023]*



*Ole and Otilia Sholberg at their 75th wedding anniversary in 1961.  
© OTCHS [37577]*

Tragedy and sadness, yes, but also optimism and resilience, our archives contain a treasure trove of beautiful formal portraits that tell the stories of proud parents and their offspring.

From beautiful beginnings and hopeful happiness in bridal finery to baby pictures, from special multi-generational moments to anniversary celebrations, the photographers of Otter Tail County captured motherhood with clarity and compassion.



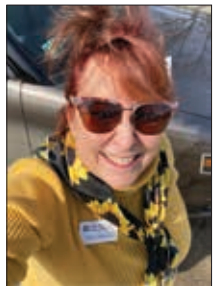


*What mother wouldn't love this group nicknamed "The Village Rascals" of Battle Lake – Warren Grant, Milo Hahn, Sam Lee, Julius Nelson, Reuben Olson, Fred Nelson, and Morgan Sherman?  
Photo taken c.1918 at the northeast corner of Lake Avenue and Main Street. © OTCHS [4949]*

Congratulations and thanks to the women we call mother, from large families and small, and to those who step into the role of mother as teachers, social workers, healthcare professionals and aunties of all kinds. Wishing you a joyful spring!



Missy Hermes has specialized in Otter Tail County history and museum education since moving to Minnesota in 1991. She is a Returned Peace Corps Volunteer, writer, scrapbooker, avid reader and mom. Missy and her husband Paul live in Fergus Falls with their ginger rescue cat.



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## *The Lakeside Gourmet*

BY SANDRA THIMGAN  
PHOTO BY DAN THIMGAN

### Spinach Ricotta Roll-ups

2 cups fresh spinach, chopped (or 1 cup frozen spinach, thawed and drained)  
2 cups ricotta cheese  
½ cup shredded Parmesan cheese  
1 T. minced/grated garlic  
Salt and pepper, to taste  
2 T. sesame seeds  
1 egg, beaten (for egg wash)  
1 package (about 17.3 oz) puff pastry sheet,  
2 sheets (thaw first, if frozen)

Preheat oven 350°, line baking sheet with parchment.

In bowl or food processor, combine the spinach, ricotta, shredded Parmesan, garlic powder, salt, and pepper. Mix well.

Lightly, roll out thawed puff pastry sheets on floured surface to smooth out. Spread half the cheese mixture onto each pastry sheet. Roll up the filled pastry. Refrigerate the rolls for 10 minutes to set.

Using a sharp serrated knife, cut the roll into three pieces. Place rolls on prepared baking sheet and brush tops with the beaten egg wash.

Bake in preheated oven for 25-30 minutes, or until the pastry is golden brown and puffed. Remove from oven, cool slightly. Cut into smaller slices/pinwheels for serving if desired.

**\*NOTES:** You can prepare the ricotta filling up to two days in advance and refrigerate.

To freeze for later: Freeze uncooked rolls before baking. Thaw in the fridge overnight before baking as above.

### Spinach Ricotta Roll-ups

It's time to make some appetizers, welcome some guests, and throw a "back to the Lake party!" These tasty roll-ups are easy, delicious, and make you look like a master chef.

**Bonus:** You can make these ahead and have them ready in the freezer for any time you want a quick party appetizer!



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Sandra Thimgan lives on Silver Lake with her husband/photographer/taster, Daniel.







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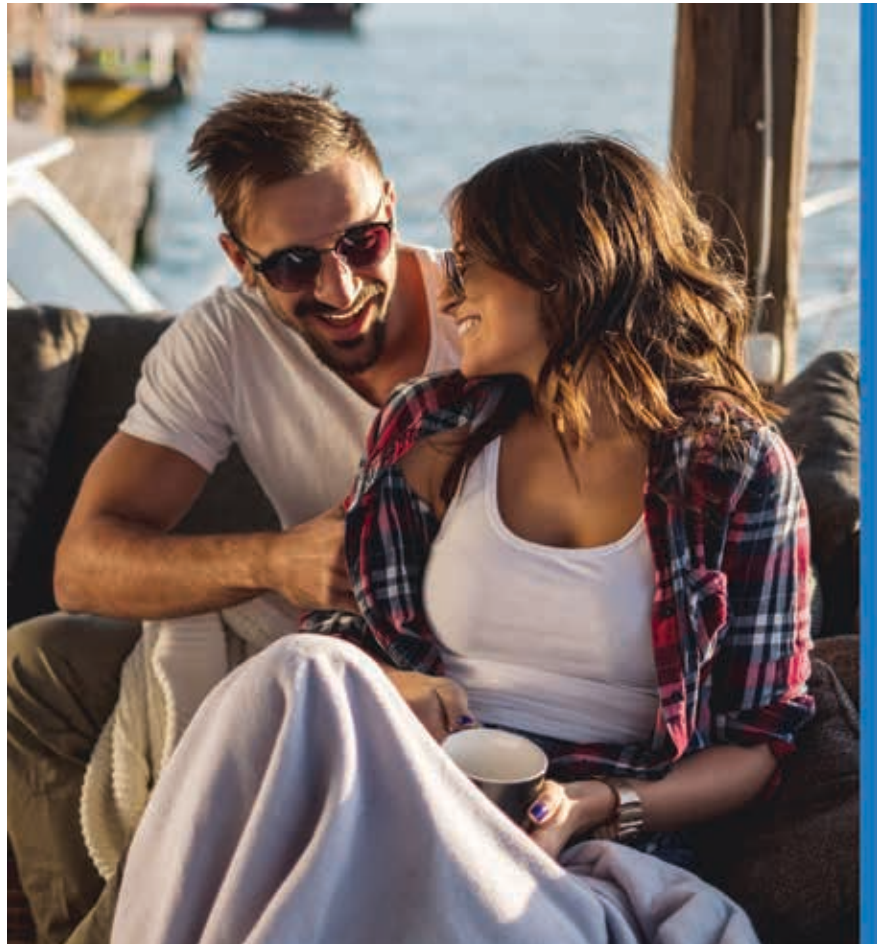
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# Rosacea Awareness Month

ANDREA RADER-MENDLER, PA – AESTHETICS

PHOTOS COURTESY OF LAKE REGION HEALTHCARE



## Rosacea or Acne? How to tell the difference—and what to do if it's Rosacea

**By the time** you hit 30, you expect acne to be a thing of the past. But suddenly, small red bumps or pimples appear on your face. Is it a stubborn acne flare-up, or could it be rosacea?

Rosacea is a common inflammatory skin condition affecting 14 million people in the U.S. It often causes facial redness, burning, stinging, itching, and sometimes swelling.

While symptoms typically appear after age 30, rosacea can occasionally affect children and teens. Unlike acne, which is caused by clogged oil glands leading to blackheads and pimples, rosacea is linked to the vascular system of the skin. This explains why rosacea symptoms include burning and stinging—sensations not typically associated with acne. Another difference? Acne can appear on the face, back, shoulders, and chest, while rosacea is usually limited to the face.

### Now What?

Although rosacea has no cure, learning to manage flare-ups is key—and since triggers vary from person to person, treatment should be personalized. Several of the best approaches, include:

### Special Skincare

Rosacea-prone skin is highly sensitive, requiring gentle care. Choose cleansers and moisturizers free of harsh ingredients like alcohol, fragrance, glycolic acid, and exfoliants. Some natural remedies, such as aloe vera and chamomile, may provide relief.

At Lake Region Healthcare Aesthetics Services, we offer a dermatologist-developed, non-prescription skincare line available only in medical offices. I often recommend a corrective gel from this line to help soothe and strengthen the skin barrier while reducing redness. Another great option is a corrective mist that provides immediate relief from visible redness.

### Sun Protection

Sun exposure is a major rosacea trigger. Opt for sunscreen with SPF 30 or higher, containing only zinc oxide and titanium dioxide—many children's sunscreens meet these criteria. In addition to sunscreen, protect your skin with shade, wide-brim hats, and sun-protective clothing.

### Medications

Several prescription creams and gels help manage rosacea by narrowing blood vessels to reduce redness or by controlling inflammation and acne-like breakouts. In more severe cases, oral antibiotics may be necessary.



## Pulsed Light Therapy (IPL/BBL)

We also offer Intense Pulsed Light (IPL) therapy, specifically Broadband Light (BBL), in Aesthetic Services at Lake Region Healthcare. BBL is highly effective in treating facial redness and spider veins. The procedure takes about 30 minutes, with noticeable improvements within days. Depending on your skin, I usually recommend three to six treatments spaced a few weeks apart, followed by maintenance treatments twice a year.

## Laser Therapy

Similar to IPL, laser therapy reduces inflammation, redness, and spider veins. I regularly perform this “lunchtime facial” treatment. The procedure is comfortable, with the laser handpiece hovering just above the skin.

While results typically require five to six treatments, many patients return monthly as part of a maintenance plan. If you’re struggling with rosacea, I invite you to book a consultation with me at the Aesthetic Services clinic in Fergus Falls. Together, we can explore skincare routines, laser therapy, and dermatologist-recommended products to help reduce redness, soothe irritation, and improve both your skin and confidence.



*Andrea Rader-Mendler, PA, in action—revealing smoother, brighter skin with BBL treatment.*





# The Impact of Reduced Snowfall on Tree Health in the Lakes Region

BY BRANDON JOHNSON  
CARR'S TREE SERVICE

**Our region has** had mild winters lately, with snowfall failing to reach 26" in five of the last seven years. This departure from the region's historical average snowfall raises concerns about the health of local trees, particularly young trees. Understanding the implications of this reduced winter precipitation is crucial for homeowners and property managers to implement appropriate care strategies.

## Soil Moisture and Root System Insulation

One of the most significant consequences of diminished snowfall is its effect on soil moisture levels. Snowpack acts as a natural reservoir, providing a slow and steady supply of moisture, vital for tree hydration throughout the growing season. Young trees, with their less developed root systems, are particularly vulnerable to moisture deficits.

Beyond moisture, snow also provides crucial insulation for tree roots. A blanket of snow helps to protect roots from extreme winter cold and sudden temperature fluctuations. The combined effects of reduced soil moisture and inadequate root insulation create a stressful environment for trees. This stress weakens their overall health and makes them more susceptible to a variety of other problems, including pest infestations and diseases.

## Fertilization and Effective Watering

Strategic fertilization plays a crucial role in providing young trees with the essential nutrients they need for healthy growth, strong root development, and improved resistance to environmental stressors. Spring fertilization, in particular, can help young trees recover from the stresses of winter.

Consistent and effective watering is equally vital, especially when natural precipitation in the form of snow is lacking. Deep and slow watering around the root zone encourages the development of a robust root system, making young trees more resilient to drought and other stresses.

*right: Applying fertilizer*



*above: Emerald Ash Borer treatment system working on an ash tree*

*below:  
Emerald Ash borer*



These conditions cause a tree to have weakened defense systems, allowing fungi, disease and pests to thrive. Emerald ash borer (EAB) remains a significant threat to ash trees in Minnesota, attacking and killing all species of ash trees, regardless of their health.

Carr's Tree Service offers a comprehensive range of plant health care services. Our experienced plant health care team and certified consulting arborists are equipped to diagnose and treat various tree pests, fungi, and diseases, including the emerald ash borer. They can also provide expert advice on proper fertilization and watering techniques tailored to the specific needs of young trees in our area, helping to mitigate the negative effects of reduced snowfall and promote long-term tree health and vitality.

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Brandon Johnson is a work planner for Carr's Tree Service and lead on the marketing committee. Outside of CTS he enjoys time with his family, officiating baseball, basketball, and football, as well as playing baseball for the Detroit Lakes Ligers





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Travel Destination:

# Utah's 'Mighty Five' National Parks

BY PAM LARSON

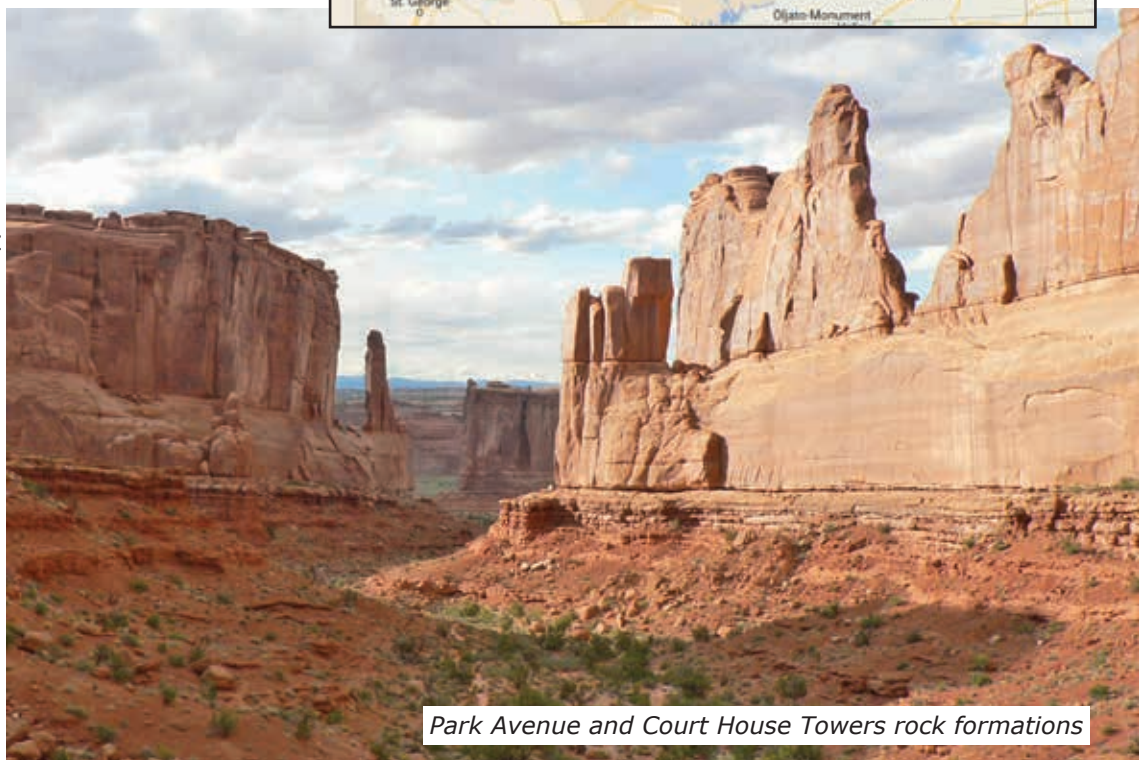
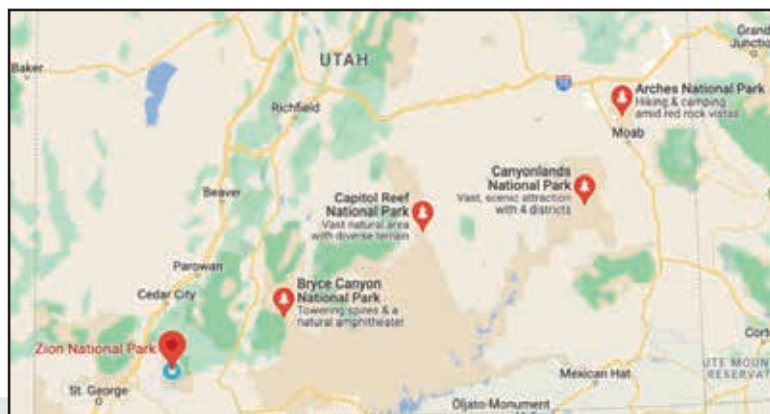
PHOTOS BY PAM & LARRY LARSON

*View through Mesa Arch, Canyonlands*

**For a great** road trip to the American Southwest, Utah's 'Mighty Five' national parks are within a few hours travel from each other. Arches, Canyonlands, Capitol Reef, Bryce Canyon and Zion national parks have a fascinating variety of hoodoos, canyons, scenic vistas, rock arches and soaring colorful cliffs. These parks are some of the most visited and photographed natural wonders in the world.

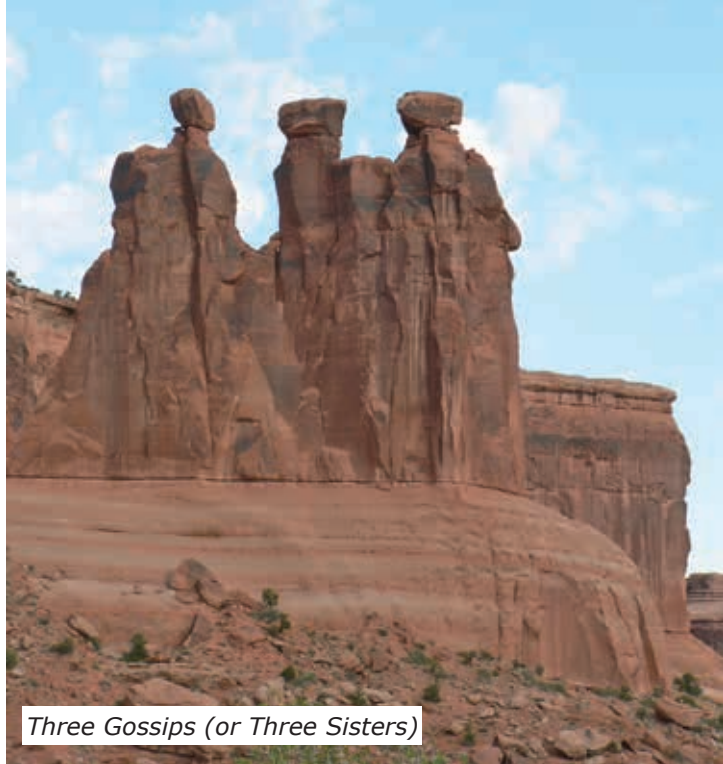
Traveling from the east, the first park is **Arches National Park**, named after the spectacular red sandstone arches. It has over 2,000 natural arches, in addition to towers, mazes and other gigantic rock formations. About 120 square miles in the high desert, its elevations are between 4,000 and 5,600 feet. In 1929, President Herbert Hoover declared Arches a national monument. Congress made it a national park in 1971.

Arches' unusual rock formations developed on a thick underground bed of salt, deposited by ancient seas. Over time, layers of sandstone formed on top of the salt bed.



*Park Avenue and Court House Towers rock formations*





Three Gossips (or Three Sisters)

The accumulating weight of the sandstone caused the salt bed to shift. As a result, some areas of stone were pushed up into dome shapes, and other areas collapsed or cracked. Water, ice, and wind then shaped the uneven sandstone into amazing shapes, including the famous rock arches – more natural sandstone arches than anywhere else in the world. The formations can be seen from hikes or scenic drives through the park. One fun fact –many of the formations are featured in the opening sequences of *Indiana Jones and the Last Crusade*.

One of the first formations is **Park Avenue and Court House Towers**, so named because the sheer walls of this canyon reminded early visitors of buildings lining a big city street.

The **Three Gossips** (or Three Sisters), is a 350 feet tall sandstone pillar. The pillars were named for the shape of the rock, which resembles three heads talking amongst themselves. This landform's descriptive *toponym* (place name) has been officially adopted by the United States Board on Geographic Names.

There are about 50 species of mammals that live in the arid climate of Arches, including the commonly seen mule deer. They must cover a large territory in order to find food and water, and sometimes migrate to nearby mountains during summer. In Utah, around 80% of a mountain lion's diet consists of mule deer, so these animals are never far apart. However, unlike mule deer, mountain lion sightings are very rare.



Mule Deer,  
Devil's Garden  
Trail



**Double Arch** is a close-set pair of natural arches sharing the same foundation, which were formed differently than most of the arches in the park. It is what is known as a pothole arch, formed by water erosion from above rather than more typical erosion from the side. The



Double Arch



larger opening has a span of 148 feet and a height of 104 feet. These dimensions give the arch the tallest opening and second-longest span in the park.

Woody plants in this terrain are generally rather small and grow far apart in order to have enough moisture to survive. Once established, pinyon pine trees are tenacious. Their roots will split rocks in search of nutrients. Pinyons have crooked trunks, reddish bark and are very slow growing. Trees 4 to 6 inches in diameter and 10 feet tall may be 80 to 200 years old. Their root systems are extensive and often mirror the size of the above ground tree. Pinyons produce compact cones that contain tasty, protein-rich seeds called pine nuts, which were a major source of food for Native Americans and are still popular today. Animals like the bushy-tailed woodrat, the pinyon mouse and the pinyon jay also prize them.



*Globe Mallow*

*Pinyon Pine*

**Delicate Arch**, a 52-foot-tall freestanding natural arch, is the most widely recognized landmark in Arches National Park. It is illustrated on Utah license plates and a postage stamp commemorating Utah's centennial anniversary of admission to the Union in 1896. The Olympic torch relay for the 2002 Salt Lake City Winter Olympics passed through the arch.

**Landscape Arch** is one of the longest natural rock arches on earth, spanning some 306 feet of weathered sandstone. Landscape Arch was named by Frank Beckwith who explored the area in the winter of 1933–1934 as the leader of an Arches



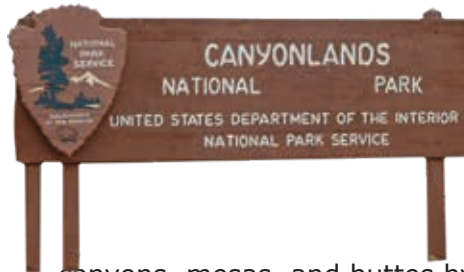
*Delicate Arch*



*Landscape Arch*

National Monument scientific expedition. Due to weather effects, pieces of the formation sometimes fall off. The most recent recorded rockfall events occurred in the 1990s when one large slab fell in 1991, and then two additional large rock falls occurred in 1995, causing the trail beneath the arch to be closed.

Desert wildflowers are adapted to the arid environment in many different ways. A nice example of this is the Globe Mallow plant.



Continuing westward, **Canyonlands National Park** is next. The park preserves a colorful landscape weathered into numerous

canyons, mesas, and buttes by the Colorado River, the Green River, and their respective tributaries. Author Edward Abbey, a frequent visitor, described the Canyonlands as "the most weird, wonderful, magical place on earth – there is nothing else like it anywhere."

In 1961, Secretary of the Interior Stewart Udall was scheduled to address a conference at Grand Canyon National Park. On his flight to the conference, he flew over the Confluence, where the Colorado and Green rivers meet. The view apparently sparked Udall's interest in a proposal for a new national park in that area and Udall began promoting the establishment of Canyonlands. Legislation creating the park was signed into law by President Lyndon Johnson on September 12, 1964.

Approaching Canyonlands, **Merrimac and Monitor Buttes** come into view. The buttes were named after the Merrimac and the Monitor, two ironclad steamships known for clashing during the American Civil War.





*Colorado and Green Rivers*



*Merrimac and Monitor formations*

Many rodents gnaw on cactus pads, and other mammals, including bears and humans, enjoy the sweet red fruit of the prickly pear (right).



Desert Spiny Lizards (right) are frequently spotted, either skittering around or sunning on a rock. This female lizard has a colorful orange head during mating season.

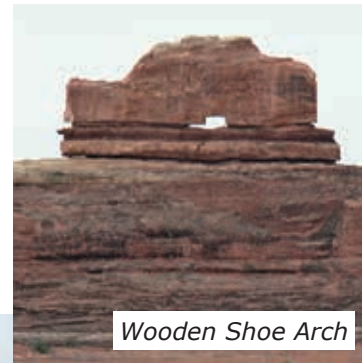


Since trail signposts (right) can't be buried in the rocky terrain, rock cairns are often used to mark the paths.

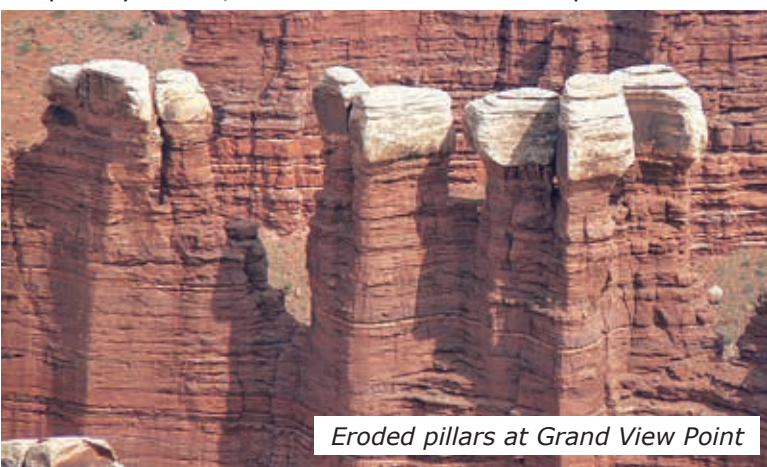
**Mesa Arch** is a spectacular natural stone arch perched at the edge of a cliff with vast views of canyons, towers and mountains. Spanning 27 feet wide, Mesa Arch was created as water pooled and gradually eroded away the bedrock at the edge of the cliff.

More than most plants, the cactus seems perfectly suited to life in a dry climate. Despite their prickly armor, cacti are not immune to predators.

Many landforms in canyon country have visually descriptive names. One roadside overlook offers a great view of a large sandstone arch shaped like a classic Dutch wooden shoe.



*Wooden Shoe Arch*



*Eroded pillars at Grand View Point*



*View through Mesa Arch, Canyonlands*





*Newspaper Rock State Historic Monument*

**Newspaper Rock State Historic Monument** is a rock panel carved with one of the largest known collections of petroglyphs. It is near Canyonlands and is one of the best preserved and easily accessed groups of petroglyphs in the Southwest. The petroglyphs feature a mixture of human, animal, material and abstract forms. Newspaper Rock was designated a State Historical Monument in 1961. In Navajo, the rock is called *Tse' Hone'*, which translates to "rock that tells a story".



In the middle of the Mighty Five, **Capitol Reef National Park** is a hidden treasure filled with cliffs, canyons, domes, and bridges in the Waterpocket Fold, a geologic wrinkle on the earth extending almost 100 miles. The park was named for its whitish Navajo Sandstone cliffs with dome formations—similar to the white domes often placed on capitol buildings. Locally, *reef* refers to any rocky

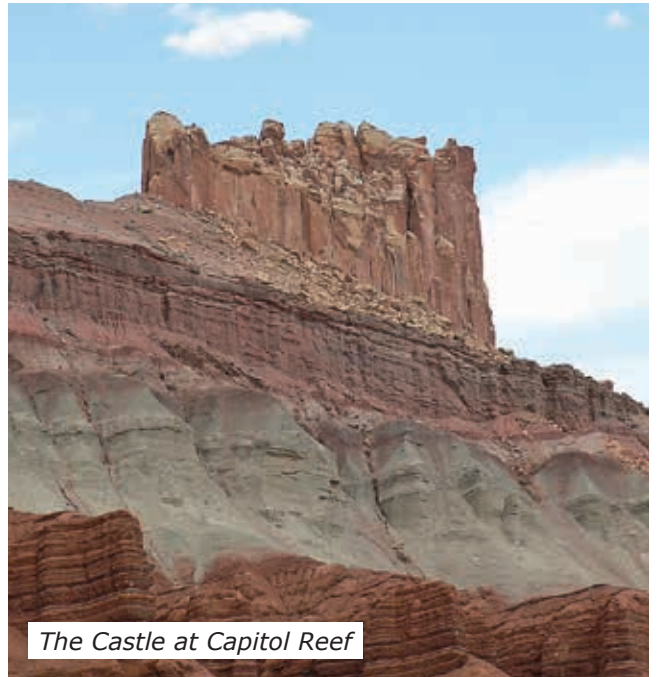


*Fremont Indian Petroglyphs*

barrier to land travel, just as ocean reefs are barriers to sea travel. The park was established in 1971 to preserve the desert landscape.

The oldest people who called Capitol Reef home were the Fremont Culture, who carved petroglyphs into the sheer rock wall of the canyon hundreds of years ago.

**The Castle** is a 6,387-foot summit in the park. This view from the west shows many different geologic layers.



*The Castle at Capitol Reef*



*Capitol Reef riverside trail*





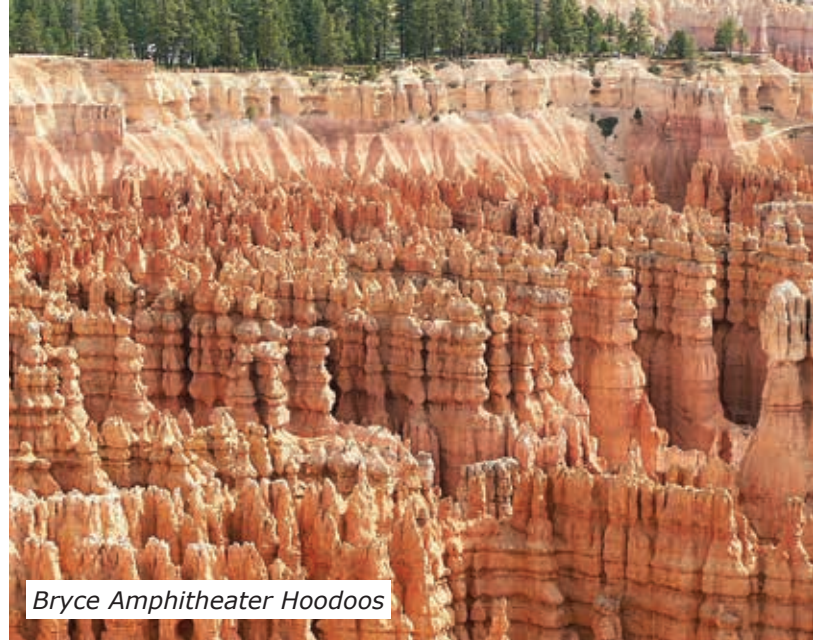
**Bryce Canyon National Park** is the fourth park on the journey. The major feature of the park is Bryce Canyon – technically not a canyon, which is shaped by flowing rivers, but a collection of giant natural amphitheatres along the eastern side of the **Paunsaugunt Plateau**. Bryce is unique due to geological structures called *hoodoos*, formed by frost weathering and stream erosion of the river and lakebed sedimentary rock. The red, orange, and white colors of the rocks provide spectacular views for park visitors – more than one million people visit every year. The canyon became a national monument in 1923 and officially made a National Park in 1928. It was named in 1875 after a Mormon pioneer man named Ebenezer Bryce, who started ranching in the area.



*Bryce Amphitheater*

By far the most iconic section of the park, the **Bryce Amphitheater** is home to the greatest concentration of irregular rock spires (*hoodoos*) found anywhere on Earth. Viewpoints along the first 3 miles of the main road provide access to this area. This area is referred to as an *amphitheater* because it is a bowl-shaped area shaped by the drainage.

The Steller's jay ranges west of the Rockies from Alaska to Mexico, including the Utah parks. They are harsh-voiced and aggressive and often solitary birds, only found in groups of two or more during nesting season. These Jays are omnivorous



*Bryce Amphitheater Hoodoos*

but feed mainly on seeds, nuts, fruits, and insects. However, they will also kill nestlings and scavenge. Steller's Jays can often be found in picnic areas begging for food.

Following the **Mossy Cave Trail**, you can see **Tropic Ditch Falls**, the only named waterfall in the park. A few wildflowers grow along the stream by the trail, including the Scarlet Gilia.



*Scarlet Gilia wildflower*  
*Stellar's Jay*



*Tropic Ditch Falls*





Fairyland Point in Fairyland Canyon

**Fairyland Point** is the northernmost viewpoint along the rim of the Paunsagunt Plateau within the park. The hoodoos that fill Fairyland Canyon are younger than those further to the south in the main Bryce Amphitheater.

*Right: A word of caution at the Fairyland Canyon parking area*



**Sunset Point** offers vistas of some of the most breathtaking of Bryce Canyon's hoodoos. Few places are the colors of Bryce Canyon's rock better displayed than from Sunset Point. This unique rock is primarily composed of limestone deposited in a large freshwater lake. Iron oxide minerals supply the vibrant red, oranges, and yellows of the lower half of the cliffs. The change from orange to white marks the beginning of the upper layer. This section of limestone is purer; its lack of color is caused by the absence of mineral impurities.



Sunset Point



**Zion National Park**, the fifth of the Mighty Five, is located at the junction of the Colorado Plateau, Great Basin, and Mojave Desert regions, giving it a unique geography and a variety of habitats that allow for unusual plant and animal diversity.

Zion includes mountains, canyons, buttes, mesas, monoliths, rivers, slot canyons, and natural arches.

Similar to the purpose of most national parks, the foundation document for Zion states:

"The purpose of Zion National Park is to preserve the dramatic geology including Zion Canyon and a labyrinth of deep and brilliantly colored Navajo sandstone canyons formed by extraordinary processes of erosion at the margin of the Colorado Plateau; to safeguard the park's wilderness character and its wild and scenic river values; to protect evidence of human history; and to provide for scientific research and the enjoyment and enlightenment of the public." Congress made it a national park in 1919 and the Kolob Canyons section was incorporated into the park in 1956.



Kolob Canyon

The **Kolob Canyons** are a unique area of Zion National Park, designated as Wilderness and are protected for their simple and pristine surroundings. With soaring peaks of Navajo sandstone, canyon streams and cascading falls, and over 20 miles of hiking trails, new experiences and stunning scenery are around every bend. In order to preserve the wilderness conditions of the area, groups of over 12 people can only hike on the **Timber Creek Overlook Trail**.





*View along Timber Creek Overlook Trail, Kolob Canyon*



*Sego Lily, Utah State Flower*



*Cholla Cactus*



*Timber Creek Overlook Trail, Kolob Canyon*



*Virgin River*

John Muir, renowned naturalist and founder of the Sierra Club, is celebrated for his profound wisdom and expressive reflections on nature. His words have inspired generations to appreciate and protect the natural world. He said, "Everybody needs beauty as well as bread, places to play in and pray in, where Nature may heal and cheer and give strength to body and soul alike."

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"The world is a book, and those who do not travel read only one page."  
— Saint Augustine





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