Photo by Rebecca Hansen, Buffalo Gap, Texas

Avery Bechtel of Salida recently donated 352 ounces of her breast milk to the Mother's Milk Bank Donation and Outreach Center at Heart of the Rockies Regional Medical Center. Bechtel said she wanted to "pay it forward" and expressed gratitude to the hospital's Family Birthing Center for a positive birthing experience earlier this year. For more information about the Mother's Milk Bank, call 719-530-2277.