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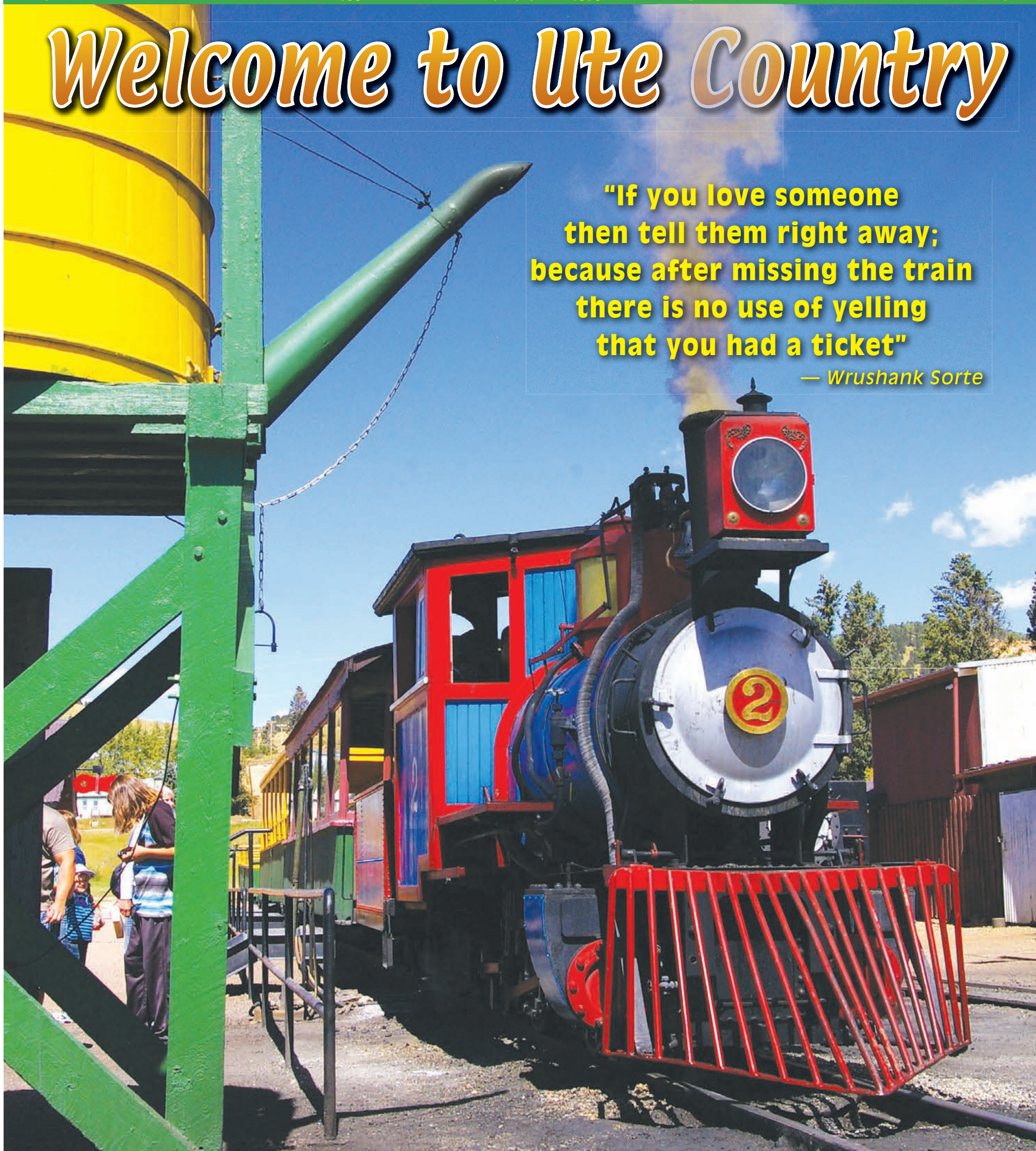
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Vol. 8, No. 7

Welcome to Ute Country

**"If you love someone
then tell them right away;
because after missing the train
there is no use of yelling
that you had a ticket"**

— Wrushank Sorte



PEEK INSIDE...



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Big Blue Sky Mountain Treasures



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Florence Pioneer Museum



The train on the cover is the Cripple Creek/Victor line and the photo was taken last summer. Jeff has an affinity to trains given his Great-Grandfather, Frank, retired from the Chicago-Northwestern line in 1914; he was a water tank operator that served the steam engines. Jeff's Grandfather, Joseph, retired from the same after 50 years of service as a telegrapher. Stories have been passed down about how Joe used to use the telegraph to communicate to his neighbor, who was also a retired telegrapher, or "brasspounder".

The beauty of the mountains, the smell of the fresh air, and the gentle rocking of the train car moving along the track seemed to transport us also through time as we reflected on life 'back in the day'. The train is an incredible experience to share with all members of the family to create an everlasting memory for all. If trains don't trip your trigger, then peek through our pages to see all there is to do in colorful Colorado this month!

Claudia Brownlie is taking a break for the month of July. We look forward to her return in August. Let's welcome back Lana Paul, enjoy her article on Life Balance. We welcome aboard Robin Griffie Hall who will enlighten us with happenings from Buena Vista.

We hope you enjoy this issue; it happens to be the beginning of our fifth year as publishers of the *Ute Country News*. We've come a long way since the first 12 page issue of which we printed 8,000 copies, distributed in two counties. This issue is 40 pages and we printed 16,000 copies distributed in six counties.

We love to hear from you. Do you have comments, questions, photos of indoor or outdoor animals for Critter Corner, or an article for consideration? Please send to us via email: utecountrynewspaper@gmail.com or mail to POB 753 Divide, CO 80814.

Thank you,
— Kathy & Jeff Hansen

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



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The Thymekeeper Spruce tips

by Mari Marques Worden
photos by Mari Marques Worden

Where do we in the Rocky Mountains get our emergency Vitamin C fix without going to drugstore.com or Walgreens? With most of the Vitamin C supplements available to the public consisting solely of ascorbic acid, one need not walk further than the backyard in some cases to get the real deal. As with all vitamins, certain conditions need to be present in order to properly assimilate them and Mother Nature has put it all together in a neat little package called a spruce tip.

Spruce tips are exceptionally high in vitamin C and chlorophyll. Depending on where you live, mid to late June is the perfect time to gather them at my elevation of 8,600 ft. If your trees are well shaded, you may still have time, if not; make a note for next year's harvest! The best time to harvest them is when they are first emerging and still have the papery casings on them, however I have harvested them shortly after the paper casings have fallen off on their own. Lower elevations may find it a bit late in the season as you will want to gather them when they are young, lime green in color and soft to the touch for a citrusy tender treat even kids will love. As they mature, they become more resinous and not as palatable.

What is chlorophyll?

Chlorophyll is the green pigment in plants that assist with photosynthesis and important to both plant and human. Like Vitamin C, it facilitates the building and re-growing of healthy tissues making it useful for wound healing. It also helps to transport oxygen through the body which is helpful for high altitude vacationers as well as high altitude dwellers. Other benefits of consuming chlorophyll include improved digestion, weight loss and increase in energy. Chlorophyll is what gives the alcoholic drink Absinthe its green color.

Benefits of Vitamin C

Vitamin C helps repair and regenerate tissue including forming and maintaining connective tissue, bones, blood vessels and skin. It protects against heart disease and aids in iron absorption. Vitamin C can lessen the duration of a cold and boost the immune. Being antioxidant it protects against cancer and premature aging. Who needs it? We all do.

Signs of deficiency

- Bleeding gums or other dental issues
- Muscle fatigue
- Joint and muscle ache

Upcoming Thymekeeper Events

The Thymekeeper will be selling plant starts and products at the Florissant Farmer's Market across from the Post Office on Teller CR 1, time and weather permitting, on Fridays from 10 a.m. to 5 p.m.

The herb walk we've been waiting for will be held Saturday and Sunday, July 16 and 17 from 1 p.m. to 3 p.m. Let's get out there and see what's growing this year, weather permitting, pre-registration required. Contact Mari at mugsyspad@aol.com to sign up.

See Mari at Heritage Day in Florissant on July 30 at the Grange Hall at 10 a.m. Who knew? A lot of the plants we consider weeds were brought here by settlers from Europe as food and remedies. We'll discuss traditional uses by both European and Native American traditions; How to consume them and use them as home remedies that are readily available to everyone.



Spruce tips on the tree.



Spruce tips harvested for future use.



Note the lime green color.

- Spruce tip syrup (I'm quite sure this would go over big on pancakes)
- Add spruce tips to your favorite rice or stir fry
- How about using dried spruce tips in place of or in addition to rosemary, thyme or any other culinary spice?

For more on cooking with spruce tips see: <http://foragerchef.com/cooking-with-spruce-tips-blue-spruce-ice-cream/>

Don't have spruce trees in your yard? No problem, fir and pine tips can be used as well and provide the same high levels of vitamin C.

I'll see you all next month with more "tips" on maintaining your health in the easiest and most inexpensive ways possible.

Mari Marques is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari at mugsyspad@aol.com or 719-748-3388 or 719-439-7303. Mari is available for private consultation or private classes. Visit my blog for more articles at thethymekeeper.com/blog

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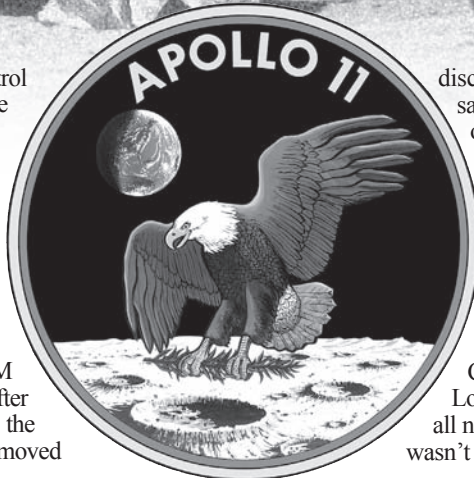
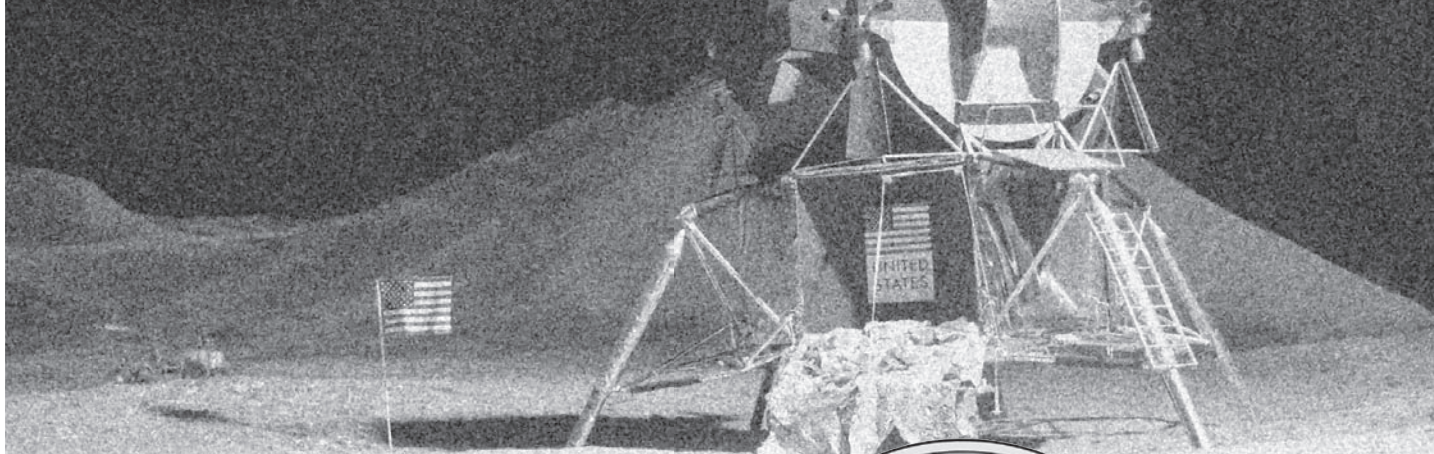
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One Small Step A personal remembrance of the Apollo 11 moon landing

by David Martinek



Apollo 11 insignia (above). Insignia of the 1st Signal Brigade (below).

July 20th marks the 47th anniversary of the Apollo 11 moon landing (July 20, 1969) when Neil Armstrong and Buzz Aldrin became the first humans to set foot on another celestial body — "One small step for man..."

As a young Army Captain serving in South Vietnam, I watched the historic event in a combat zone. While assigned to the 1st Signal Brigade's Army Communications Operation Center (ACOC) in Long Binh, my crew and I watched the moon landing in the middle of the night (there's a 12 hour time difference between Vietnam and the U.S. east coast) as the shockwaves from a nearby B-52 bombing raid shook the blast windows of our building. I still remember those grainy pictures on a 10-inch black and white TV proclaiming "one giant leap for mankind."

The whole scene was one big irony for me. There I was watching courageous men so far away from home doing something extraordinary for the whole world to see, while I, a country boy from rural Missouri, was deep in the middle of a Southeast Asian war. I, too, was equally as far away from home as I had ever been, doing things that I never imagined I would do.

I arrived at Tan Son Nhut Air Base in Saigon in March of 1969, just weeks after the North Vietnamese launch their second Tet offensive in February, and almost a year since the original Tet offensive of 1968. I was a senior First Lieutenant, a Signal Corps officer, originally assigned to some remote, begotten signal company in the heart of the country. Instead, my orders were changed and I was re-assigned to the ACOC in Long Binh, about 30 miles north of Saigon, as a systems control officer.

For the next year I worked 12-hours a day, on both day and night shifts, tracking all the strategic communications (and some tactical) within the war theater, which included South Vietnam, Cambodia, and Thailand, with systems reaching all the way back to CINCPAC (U.S. Pacific Command) in Hawaii. I was promoted to Captain a short time later.

The 1st Signal Brigade, the largest Army Brigade ever (by war's end it was as big as a division), was activated at a compound near Tan Son Nhut Air Base in Saigon on April 1, 1965. Its mission was to pull together all of the various communications resources in the theater—STRATCOM, tactical, contractor and engineering factions, and the like — and provide command and control for them on behalf of the U.S. Army Vietnam (USARV). Later, by the time I arrived in country in 1969, the brigade headquarters had moved to Long Binh, which was adjacent to Ben Hoa Airbase and III Corps Headquarters, leaving the STRATCOM contingent in Saigon. After the Vietnam War ended, the 1st Signal Brigade was moved to South Korea where it still operates today.

The job of the ACOC was to track all the communications in the theater and report to the USARV Signal Officer, a two-star general who was also the 1st Signal Brigade commander. That reporting was done every morning and usually consisted of an hour's presentation on those communications that failed during the previous day and what efforts were made to restore them.

The brigade's communications resources, spread out among many line units and a STRATCOM group, included, among other assets, both strategic and tactical long-haul radio links, telegraphic "com centers," high frequency (HF) radio nets, and special circuits (high priority and/or secure), as well as satellite communications.

I remember that on the night of the moon landing we had a particularly tense moment when during our nightly inspection of the premises the duty officer and I found a suspicious brown paper bag lying near the brigade's backup generator. The generator was located near the bunker behind the headquarters building — where we all ran in the event of a rocket attack during the night. The EOD team was called and everyone was on pins and needles until they opened the bag and

discovered two bologna sandwiches and a bag of potato chips. Some maintenance contractor forgot his lunch.

The other irony connected with the moon landing that night happened a good six months later in December when the Bob Hope Christmas show came to Long Binh. I had worked all night on my shift, but I wasn't going to miss a once-in-a-lifetime moment to see Bob Hope in person on stage entertaining the troops.

The show was all I expected and more. The little stadium up the road from the brigade headquarters was packed with soldiers from all over the region, ambulatory patients from the local field hospitals, and some bed-ridden soldiers, too. Besides the comedy and dancing Hollywood starlets, the most surprising moment occurred when Astronaut Neil Armstrong himself walked out on stage that day to join Bob to the applause and standing ovation of the entire crowd.

The quiet, unassuming Armstrong had little to say beyond their rehearsed script, but what he did say stayed with me all these years, and I remember it like it was yesterday. He said that it was exciting and wonderful to go to the moon, something he had trained to do for such a long time, and he was honored to have been a part of such an historic accomplishment. But the best thing about the whole moon landing was coming home.

The thousand soldiers and I in attendance could certainly all relate to that. My tour in Vietnam ended the next February. The best thing about my whole tour there...was coming home to my wife and baby daughter.

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Don't keep family in the dark about your plans

You might work diligently at building a financial roadmap for your retirement years and a comprehensive estate plan. But you can't just create these strategies; you also have to communicate them. Specifically, you need to inform your spouse and your grown children what you have in mind for the future because the more they know, the fewer the surprises that await them down the road.

Let's start with your spouse. Ideally, of course, you and your spouse should have already communicated about your respective ideas for retirement and have come to an agreement on the big issues, such as when you both plan to retire, where you'll live during retirement, and what you want to do as retirees (volunteer, travel, work part time and so on).

But what you both might have let slip through the cracks are the important specifics related to financing your retirement. You'll need to answer several questions, including those below.

When will you each start taking Social Security? Are there strategies for maximizing both of your Social Security payments? When will you need to start tapping into your respective retirement accounts, such as your IRA and 401(k)? Once you do start withdrawing from these accounts, how much should you take out each year?

You may want to work with a financial professional to address these issues. However you proceed, you and your spouse need to be “on the same page” regarding the key financial components of your retirement.

Now, consider your grown children. You need to clearly communicate your estate plans to them, not only for the sake of openness and honesty, but also because they may well play active roles within those plans. So when talking to your children, make sure

you cover these areas:

• Durable power of attorney

You may well decide to give one of your grown children the durable power of attorney to pay bills and make financial choices on your behalf if you are unable to do so.

• Estate executor

An executor is the person or entity you name in your will to carry out your wishes. An executor has a variety of responsibilities, so you'll want to choose someone who is honest and capable of dealing with legal and financial matters. Again, you could ask a grown child to serve as your executor, but, to avoid potential conflict of interests among your children, you might want to go outside the family. Talk with an attorney about how best to name your executor.

• Status of will and living trust

Assuming you have already drawn up a will, share it with your grown children. The same is true with a living trust, a popular estate-planning tool that may allow your survivors to avoid going through the time-consuming, public, and expensive process of probate. A will and a living trust will obviously contain a great deal of information your children should know about, so take the time to explain your thinking when you created these documents.

You want to enjoy a comfortable retirement, and you want to leave a meaningful legacy through your estate plans. To help accomplish both these goals, you need to include your loved ones in your arrangements, so open those lines of communication.

This article was written by Edward Jones for use by Tracy E Barber IV, AAMS, your Edward Jones Financial Advisor.

Guffey Heritage Day

Anyone looking for a fun and different Fourth of July should plan on visiting Guffey for the annual Guffey Heritage Day and Chicken Rodeo celebration July 4, from 10 a.m. to 4 p.m.

A fun schedule of events for the whole family is planned throughout the day and admission is totally free. There will be an Arts and Crafts fair featuring many vendors. There will be an auction at the Bull Moose Restaurant and Bar, a Zumba demonstration, line dancing, a Chicken Wing Cook-off with all proceeds going to the Guffey Community Charter School, the Chicken Drop, a library book sale, a Young

People's Music Competition, and afternoon live music at the Bull Moose, the Freshwater Saloon and the Rolling Thunder Cloud Café.

For the kids, there are many games planned, as well as chicken roping, chicken penning, horse and buggy rides, and a fire truck to explore at the RTCC.

The Guffey Heritage Day is a non-profit 501(c)3 corporation and all funds raised go into next year's program.

The Southern Park County Fire Protection District and auxiliary will also be having an open house, yard sale and ice cream social July 2, 3 and 4.

Independence Day at Wilkerson Pass

Come celebrate our country's Independence Day with the Veterans of Foreign Wars (VFW) Post #11411 from Florissant and Lake George and its Auxiliary! They will be staffing their traditional annual Coffee Stop at the Visitors Center on top of Wilkerson Pass for travelers the entire Independence Day weekend beginning Friday, July 1st from about 1 p.m. until around 5 p.m. and Saturday, Sunday, and Monday from 7 a.m. to approximately 5 p.m. each day. They provide free coffee, punch, water, homemade cookies, and lots of lively discussion. Visitors will also have the opportunity to place their “dot” on the map showing where they come from, where they are going, or where they wish they were. The stop gives holiday travelers the opportunity to take a break during the busy Independence Day weekend. The Forest Service generously allows Post 11411 the use of their covered porch for the refreshment table.

To learn more about membership in the Florissant-Lake George VFW Post #11411 or it's auxiliary, contact Post Commander Randy Ford at 719-748-5344 or Auxiliary President JaNiece Tyler at 719-748-1335.

Volunteers needed to create safe havens for children

Court Appointed Special Advocates (CASA) of the Pikes Peak Region is in need of volunteers the in the Supervised Exchange and Parenting Time (SEPT) program in Teller County.

The SEPT program is a court-ordered service that protects children from witnessing parental disputes and keeps them out of the middle of the conflict. Trained volunteers (or facilitators) oversee the transfer of children from one parent to another in conflictive custody or domestic violence cases. Parents ordered into supervised parenting time are able to spend time with their children in a setting managed by CASA staff and volunteers. The program is a family-focused service that provides a safe place for parents and children to build positive relationships.

Unless special circumstances exist, children generally fare best when they have the emo-

tional support and ongoing involvement of both parents. Ongoing parental involvement fosters positive parent-child relationships and healthy emotional and social development. Supervised visitation programs keep adult victims of domestic violence safe as well.

SEPT services in Teller County take place in two locations: Community Partnership Family Resource Center in Divide and the Aspen Mine Center in Cripple Creek.

No special experience is necessary to volunteer, all training is provided. Applicants are carefully screened and must be at least 18 with no felony convictions. Volunteer applications are due by August 8 for the training class that begins September 10. For more information on becoming a SEPT volunteer contact Kelly at 719-447-9898, x1033 or visit casappr.org for more information.

One Nation Walking Together Time for an intertribal celebration!

by Al Walter and Kelsey Comfort

Join One Nation Walking Together for our annual intertribal powwow, which will feature Native vendors, singing, dancing and more. This family-friendly gathering allows people, both Native and non-Native, of all ages to enjoy the sights and sounds of a cultural event with roots in Native traditions dating back hundreds of years.



The 8th Annual Colorado Springs Native American Intertribal Powwow takes place on Saturday, July 16 from 10 a.m. to 6 p.m. at the Mortgage Solutions Financial EXPO Center located at 3650 N. Nevada Ave. in Colorado Springs.

This powwow began in Palmer Lake in 2009, and was sponsored by the Palmer Lake Historical Society. Because American Indians were the first inhabitants of the area, the Palmer Lake Historical Society decided to preserve and promote Native history, traditions and culture, as well as facilitate interaction between non-Natives and American Indians from local tribes. Approximately 200 members of the local community attended the first powwow.

In 2013, the Historical Society partnered with One Nation Walking Together, a local Native charity, and moved the powwow indoors to Colorado Springs. That year attendance approached approximately 2,000 people. In 2014, attendance grew to almost 3,000 people, with over 50 Native artist booths, 20 non-profit booths, live wolf and birds of prey exhibits, Aztec Dancers, an Indian teaching lodge, and several Native food vendors. This year, One Nation will be the sole sponsor of the powwow.

Over the years, this small, lakeside powwow has grown into one of the largest Indian festivals and powwows in the area.

For a first-time powwow attendee, there are many new, exciting aspects to witness and experience. Each powwow begins with the Grand Entry, which is a procession of all the dancers into the dance arena. This brilliant sea of color is led by the Head Man and Woman Dancers, as well as an American Indian military veteran color guard carrying the American flag, and various other flags of tribal nations. This year, at 10 a.m., we will precede the Grand Entry with the Gourd Dance, an ancient, Sacred Indian Ceremonial Dance. The traditional Grand Entry will begin at 11 a.m.

One of the most important aspects in the life of a Native American is the drum. The whole culture centers on the drum. The drum brings the heartbeat of our Earth Mother to the powwow for all to feel and hear. Drumming brings everyone back into balance. Whether dancing, singing or just listening, people around the drum can connect with the Great Spirit.

Songs begin with a lead line sung by the Head Singer. This lets the drum and the dancers know what song is coming. After the lead line, the second singer (another person at the drum) will take up the lead line, and everyone will join in with him. By tradition, women do not sit at or play the drum. If women sing, they sit in the second row behind the men singers. At this point, the dancers begin to dance. The loud beats during the songs, sometimes called “Honor Beats,” are a time for dancers to honor the drum.



At a powwow, the drums are led by at least one “host drum” which showcases its distinct style of singing. The drum contest will highlight groups of 10 to 12 members each who often come from the same family. They'll sing traditional songs that sometimes have been written by family members and are handed down from one generation to the next.

Come enjoy all of these beautiful sights, sounds and more at the Colorado Springs Native American Intertribal Powwow. General admission is \$4; dancers and children under 12 are free. All proceeds benefit One Nation Walking Together.

For more information about the powwow, visit www.ColoradoSpringsPowwow.org.

HERITAGE DAY

Florissant, CO
July 30, 2016 • 9 a.m. - 4 p.m.

At the Fire Dept. 7am - 11am
Florissant Volunteer Firemen's Pancake Breakfast

At the Old School House 9am
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and Treasure Hunt • Ice Cream
Social

• Costello Street Coffee House (home of Judge Costello)
• The Old School House (the Grange Hall)
and Museum in the Teacherage
• Florissant Cemetery
• Hornbeck Homestead
• Florissant Fossil Bed National Monument
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Photo provided by
Kristi Shirley
Photography



This large rose quartz specimen was found at the Devil's Hole Mine, about a mile from the town of Cotopaxi, Colorado. photo by A. Adkins

Blue quartz & red quartz Nature's special colors

by Steven Wade Veatch

Quartz (SiO₂) is a very common mineral and is found in all three classes of rocks (igneous, metamorphic, and sedimentary), in a variety of environments, and in a range of colors — including blue and pink. These two pleasing colors make these quartz specimens an important addition to a collector's cabinet. Blue quartz is scarce while, on the other hand, rose quartz is more common. Rose quartz has a pale pink to rose red color. The color is thought to be caused by trace amounts of titanium. When samples of rose quartz from several localities were dissolved in acid, insoluble residues within the quartz were found. The residue was composed of thin microscopic fibers. These fibers may also be responsible for the color of rose quartz.

Well-formed crystals are rarely found — a true geological mystery. Most of these rare rose quartz crystals are from Minas Gerais, Brazil. Rose quartz is generally found in massive chunks associated with pegmatites (top photo). The term pegmatite refers to the texture of certain coarse-grained crystalline granites. Since rose quartz is cloudy, it is not popular as a faceted gem but is commonly cut into cabochons (upper right photo), rounded into beads for necklaces, or carved.

Rose quartz is the state mineral of South Dakota. Some rose quartz from South Dakota contains microscopic rutile needles which produce a distinctive asterism or a star-shaped figure of light on the surface of polished pieces. There are several good occurrences of rose quartz in Fremont County, Colorado.

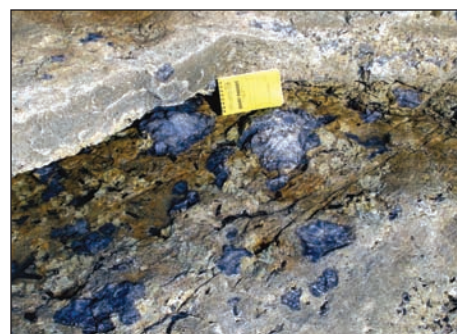
Blue quartz gets its deep to sky blue color from inclusions that scatter sunlight from inclusions. These inclusions could be tiny mineral grains of: ilmenite, rutile, tourmaline, crocidolite, magnesioriebeckite, or zoisite (maybe others). Inclusions selectively scatter visible light of the shorter, blue wavelength. Blue quartz has opalescence (waxy luster), chatoyancy (alternating luster), and asterism (presence of star-like figures).

Blue quartz occurs at a number of localities. Colorado has an occurrence of blue quartz in Park County. Small, doubly terminated crystals in a rhyolitic porphyry, informally known as Llanoite, occurs in Llano County, Texas. The blue crystals weather out and can be easily collected. Blue quartz



A cabochon pendant from the same rose quartz boulder in figure 1. photo by A. Adkins

is found in Wisconsin in a diorite near the Dairyland Power Dam near the town of Tony. Recently discovered blue quartz in the Cushing Point formation of Peak's Island, Maine has inclusions that have the chemistry of biotite. The presence of biotite in blue quartz is new — past research has not listed biotite as a possible inclusion. Research suggests that the inclusion of biotite on Peak's Island blue quartz may be responsible for giving this quartz its blue color. Blue quartz is also located in the pegmatites of the Cape Ann granite at Andrew's Point in Rockport, Massachusetts (lower right and bottom photos).



These blue quartz megacrystals are located in the pegmatites of the Cape Ann Granite at Andrew's Point in Rockport, Massachusetts. photo by H. Renyck



Close up view of blue quartz in Cape Ann Granite at Andrew's Point in Rockport, Massachusetts. photo date 2007, by H. Renyck.

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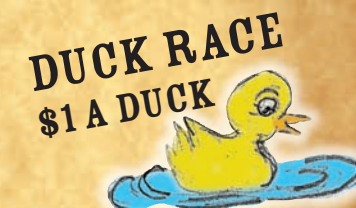
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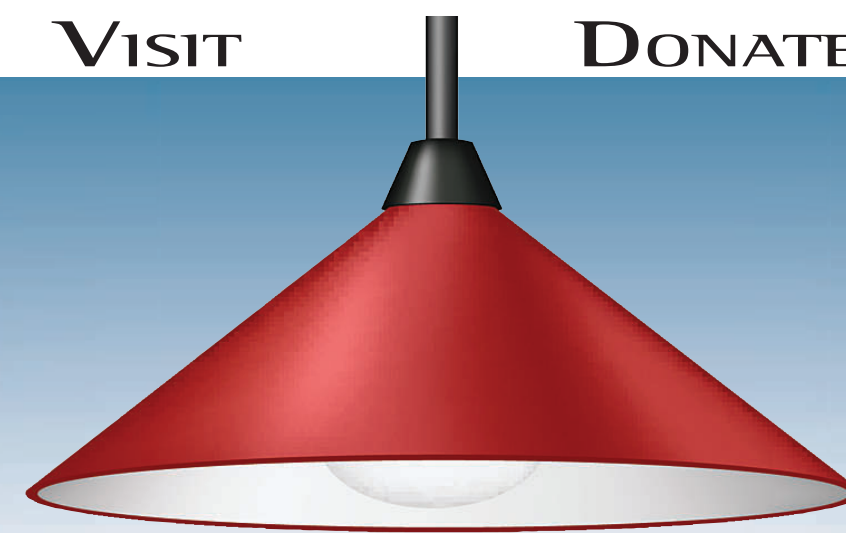


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Native Plants of the Ute Country

Chiming bells or Prairie bluebells (*Mertensia lanceolata*)

by Mary Menz
photo by Mary Menz



with a flare at the end of the tube. This flower adaptation favors long-tongued pollinators and protects the pollen and nectar from dispersing too quickly due to rain and wind. The common lanceolata species has leaves shaped like lances, or spears, which clasp the stem. At the end of the stem are the

drooping clusters of blue cylindrical flowers.

They can be found hunkered down in the shade of Ponderosa Pine trees, scattered in open meadows, or in dense colonies near streams, and they can vary in color from very light pinks and purples to deep blues. Many mammals, from the small mouse-like pika to the large ungulates like Elk, love to dine on this plant.

It's said that plants of the *Mertensia* genus once provided medicinal uses and likely still do. Specifically, the powdered root of this plant was once used as an infusion and applied to the skin to relieve itching caused by smallpox and measles.

A member of the Borage family, the genus name *Mertensia* was named for Franz Karl Mertens, a German botanist of the late 1700s and early 1800s. Mertens was a botanical illustrator who traveled the world like many botanists of his generation. As is the practice in science, Mertens did not name this genus of plants for himself, but was honored when fellow traveler and botany collector Albrecht Roth named the group in honor of him.

Mary Menz is a naturalist and Colorado Native Plant Master who lives in Ute Country. She loves to search for — and find — native plants. You can reach her at snowberryblossom@gmail.com.

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PPRH receives National Recognition as a top critical access hospital

Pikes Peak Regional Hospital (PPRH) announced it has been recognized by iVantage Health Analytics and the National Organization of State Office of Rural Health (NOSORH) for overall excellence in quality, outcomes, patient perspectives, and financial stability, reflecting top 10 percent performance among all Critical Access Hospitals (CAH) nationally. PPRH is one of only two CAH recognized in Colorado.

"It is an honor that Pikes Peak Regional Hospital has been recognized as a national leader for the exceptional quality, patient outcomes and patient satisfaction we provide," said Kim Monjesky, hospital CEO. "Our goal is to provide top-rated healthcare to all our patients. Recognition at such a high level is a testimony to our dedicated team of professionals who work tirelessly to assure outstanding patient care."

The rankings have been designated by the Hospital Strength INDEX™, the industry's most comprehensive and objective assessment of hospital performance. In partnership with NOSORH, iVantage Health Analytics has developed a data-driven program designed to identify excellence across a broad spectrum of indicators relevant to hospital performance and patient care. The Hospital Strength INDEX™ captures performance metrics for more than 4,000 acute care hospitals, including over 1,300 rural and Critical Access Hospitals. Leveraging data from public data sources, INDEX aggregates data from more than 70 individual metrics to measure hospital strength including quality, affordability, efficiency and patient outcomes, the report is "the industry standard for assessing — and benchmarking — rural and Critical Access Hospital performance" according to iVantage.

"These top performing hospitals should take great pride in this recognition. It showcases their commitment to continuous performance analysis and improvement. It's an honor to celebrate their achievement as they continue to serve their communities despite the many market, regulatory and financial pressures they face," said Michael Topchik, senior vice president of iVantage Health Analytics.

"As a region we should be proud of our hospital and its focus on quality healthcare for all. The professionals there, who provide safe, quality care, are at the heart of the hospital's culture, and this recognition demonstrates that PPRH is achieving the objective of financial sustainability while providing outstanding care," said Tony Perry, PPRH Board Chair.

The National Organization of State Offices of Rural Health (NOSORH) was established in 1995 to assist State Offices of Rural Health in their efforts to improve access to, and the quality of, health care for America's 61 million rural citizens. NOSORH enhances the capacity of SORHs to do this by supporting the development of state and community rural health leaders; creating and facilitating state, regional and national partnerships that foster information sharing and spur rural health-related programs/activities; and enhancing access to quality healthcare services in rural communities.

iVantage is a leading business analytic and advisory services company a unique combination of technology, content, and expert advisory services accelerates decision making for the new healthcare. For more information please visit www.ivantagehealth.com.

Call for entries! Quilters Above the Clouds

Quilters Above the Clouds Quilt Guild is accepting entries for the 10th Annual Quilts in the Aspens Quilt Show, which will be held August 13th at the Woodland Park Middle School. The deadline for entering your quilt is August 1st with quilt drop-off August 11th at the Middle School. Information about entering a quilt(s) and the entry form can be found at www.quiltersabovetheclouds.org or by calling 719-294-7120 or 719-687-9679.



The close to 200 cyclists started from the Florissant Grange Hall which provided breakfast and lunch. The cyclists choose three different route options through Teller, Park and Fremont Counties.

Experience Ride

by Deborah Maresca

2016 Mountain Top Experience Ride held on Saturday June 11, 2016 was a success. This was the 5th time Mountain Top Cycling Club has hosted this event.

Although registration numbers were down, we still reached more new cyclists that have never ridden or visited this area. Out of State riders came from Dorval, Quebec, Cedar City Utah, Albuquerque NM, Germantown TN, and Los Angeles CA.

The Four Mile Community Baptist Church provided volunteers to help with driving SAG and man some of the rest stops along the 106 mile route.

A big "Thank you!" to John Higgins and the Pikes Peak Amateur Radio Emergency Service (PPARES). This is the 5th year PPARES has provided support for our event. They employed MOCOM 2, Special Communications Vehicle, operated by PPARES members who are also part of the El Paso County Special Communications Unit.

The Experience Ride provided a fun and challenging opportunity to practice the procedures we would provide in an emergency to served agencies such as American Red Cross, Salvation Army, and Offices of Emergency Management, for example, during the Hayman, Waldo, and Black Forest Fires. The close to 200 cyclists started from the Florissant Grange Hall which provided breakfast and lunch. The cyclists choose three different route options through Teller, Park and Fremont Counties.

Cliff Edens from Greeley, CO said, "This ride was fantastically beautiful, one with great help from all of the organizers and volunteers."

A special "Thank you!" to our Title sponsor Heuberger Motors. Our Summit level sponsors Denny's, and Foxworth and Galbraith. Our Alpine level sponsors of Anderson Builders, Empire Title, Gold Hill Wine and Liquors, IREA, Kelly's Office Connection, Park State Bank, and Pikes Peak Credit Union. Mountain Top Cycling Club is currently fundraising for the upcoming Rocky Mountain State Games, Bike the Night and our Aspen Valley Mountain Bike Race.



Flag Day flag burning

American Legion Post 1980

photo by Larry Ingram

On Flag Day, American Legion Post 1980 of Woodland Park, Colorado traditionally retires and burns worn and tattered American flags that have been given to them by families, schools and government offices. Solemn ceremonial procedures are followed where the flags are inspected and certified to be eligible for burning. Then, with respect, the flags are burned according to American flag traditions.

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Augmented water

by Flip Boettcher
graphic from HASP brochure

On June 5, about 30 people met at the Bull Moose Restaurant and Bar in Guffey to hear how the Center of Colorado Water Conservancy District (CCWCD) and the Upper South Platte Water Conservancy District's (USPWCDC) plans for augmented water in water Division 2 were progressing. There was a town hall water meeting with CCWCD and USPWCDC last year in April.

Colorado has seven water basins and parts of two of them are located in Park County. Division 1 is in the South Platte water basin and covers most of Park County. The South Platte water basin has lots of "free" water, that is, water not claimed by water rights.

Division 2, which includes very southern Park County with the Guffey area, is in the Arkansas water basin. The Arkansas water basin is over appropriated. That means more water has been sold than is actually in the river. Therefore, the CCWCD and the USPWCDC needed a plan for augmented (supplemental) water to supply Division 2's water needs.

In attendance at the meeting were local resident Bill Betz, organizer of the meeting; Dan Drucker, Operations Manager for CCWCD; David Shohet, legal representative for CCWCD and HASP (Headwater Authority of the South Platte); and the entire board of directors for the USPWCDC, John Rice, Tom Wells, Lynda James, local Guffey resident Bob Slagle and Dave Wissel, president.

The CCWCD, which serves only Park County, and the USPWCDC, which serves Park County and parts of Teller, Douglas, Jefferson, and Clear Creek Counties, have been working nearly 20 years on a water augmentation program for Division 2, and it is very close, said Drucker. It is just waiting for the judge's signature, he added. HASP was formed by the two water districts to be the business entity for the augmented water plans within their service areas.

An augmented water plan is a legal way to replace upstream water use to downstream water rights. One doesn't actually get the augmented water, explained Shohet. Currently Division 1 has an augmentation plan in place. The Division 2 augmentation water plan is still in the preliminary design phase, stated Wissel, but finally there is a legal way to divert water to Division 2. What is really needed is purchase of native water rights and storage vessels, this includes ponds, Wissel added.

One of HASP's goals is to locate and develop water resources for use by its customers. HASP has purchased the senior water rights and storage vessels at Twin Lakes in Lake County. This will enable HASP to release water downstream for the upstream augmented water use in Division 2, stated Shohet. HASP would also like to purchase some water rights on Badger and Currant Creeks in Park County. HASP is also looking for local ponds to store water in, but the pond needs to be by a live stream, said Drucker, so HASP can take out water, store it, and release it in a timely manner.

Another goal of HASP is to help busi-

nesses and residents in their service area obtain a water supply for their water uses. HASP's biggest interest is to help existing subdivisions, not new ones, obtain a water supply as well as commercial uses. HASP can only supply augmented water in its service areas.

HASP's last goal is to bring out-of-compliance water users into compliance with state regulations. HASP is not an enforcement agency stressed Drucker. They only develop and sell augmented water to

their service area customers. The state is the enforcement of out-of-compliance users. The augmented water plan is not only a way to bring out-of-compliance users into compliance, said Wissel, but also a way for those already compliant users to obtain extra water.

Many water users with a household-use-only well are running eight to 10 cows and doing outside watering, stated Drucker. Household-use-only wells means no outside tap. These users would need to purchase augmented water to come into compliance.

Domestic wells allow for an outside tap, two to three cows, and watering of a one acre garden. Any water use over that would require the purchase of augmented water. According to Shohet, one full domestic well is allowed per 35 acres.

Right now, according to Shohet, anyone can get a water right for any stream or creek in Colorado, but with the "first in time, first in line" water rule, you may not actually get water without an augmented water plan.

Since augmented water is based on usage, augmented wells will be metered. In existing compliant wells, only the augmented water will be metered.

The Division 2 augmented water plan is not ready yet. There are no customers for the augmented water, but the need for water will generate customers once the plan is in place, said Drucker. There are also plans to transport water from Division 1 to Division 2, but storage vessels are needed, said Wissel.

A question was raised about HASP holding people hostage and charging sky high rates for the augmented water. HASP is composed of three members from CCWCD and USPWCDC. It takes three members to do anything and they can't hold us hostage for water. James added that HASP would never be in a profit mode, they are a legal entity and a beneficial monopoly.

In December, 2015, Governor John Hickenlooper signed into law Colorado's water plan. The water plan reflects broad, near-term actions needed to secure our future water. The plan includes continued efforts to conserve water; additional efforts to reuse and recycle water; more water options for agriculture; and a path forward for interests to agree and create benefits for basins that provide water.

If you need water, contact HASP at HASP@HaspWater.com, <http://haspwater.com/>, 719-466-3908, or P.O. Box 1747, Fairplay, CO 80440. Contact CCWCD at <http://centerofcoloradowater.com/>. Contact USPWCDC at <https://www.uspwc.org/>.

Spotlight on the Divide Chamber

Each month we feature our new and renewing members of the Divide Chamber of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future - www.dividechamber.org.

- **Mountain Top Cycling Club:** 719-687-2489 or www.mountaincyclingclub.com. A club designed for cyclists of all kinds — mountain, road, social, tri or race-riders. Designed to help riders of all skill levels from beginners to seasoned pros. The meetings are informative and fun social time.
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A Mountain Seed: Too noisy

by Jessica Kerr

Camping. When most mountain natives read that word, or hear that word, their mind is filled with a plethora of happy thoughts. Their mind recalls the scent of pine trees and the rustle of quaking aspens; rushing waters cool the memory and gently blazing fires warm their hearts.

This we can all imagine: as the sun sinks behind the peaks, the fire crackles and spits to life. It cooks our dinner, our dessert, warms our coffee, and warms our faces. Cold, nocturnal mountain air fills the lungs as you lift the hoodie above your head and slide it onto your torso. You tell stories and laugh. When you are all sufficiently tired, you unzip your tents and sleeping bags and step into a world of special sleep.

I have plenty of fond memories of camping. It is now that season in Colorado. In Tulsa, it is regularly 90-something degrees at midday and 79° at night. To this mountain girl, that's too hot for camping.

So I lay here and dream of cool summer nights. The aspens whisper to my dreams and the coyotes sing in my mind. Perhaps the best part of camping, besides the cool air and myriad of stars, is the wildlife. The ones you hear, the ones you see, and the ones you just know are there.

The last time I truly went camping — not with the youth group, not in a camper, not five minutes from town or 10 yards from the back door — I will never forget. I was going to be a junior in high school. It was with my sister and her family. One weekend we just decided to pack up some stuff in the truck and head toward Cottonwood, a beautiful area with a cold mountain lake about a 30 minute drive west of Buena Vista.

It was my first time camping with Ryley, my faithful and valiant border collie. Driving up the curvy and bumpy road, I watched him stick his head out of the window. The wind ruffled his brilliant coat and made it shimmer. His nose twitched and twitched as he pulled in the scents around him, identifying some and wondering at others. He was a happy dog.

When we pulled into the campsite, we all jumped out of the truck as fast as we could. For a few minutes we kids ran around exploring the area and calling dibs on the best spot for our tent. Then, of course, the work began. However, when you grow up in the mountains, you learn how to set up a tent quickly. When the tents were raised and the "kitchen" was set up and the firewood piled by the pit, we took off to the trees.

Until dusk we shot arrows and jumped over junipers and wondered at kinnikinnick. We climbed trees and hills and felled dead aspens. Then we returned to the firepit, crackling in all of its warm and joyful glory.

I sat slumped in an armchair, with a metal plate full of food on my lap, staring at the stars appearing in the darkening sky. I donned my hoodie and stroked my dog's scruff. Life was so good.

Finally, it was time for bed. My eyes could



not stay open much longer. Pulling on my wool socks, I said goodnight to my parents, my sister, and my nephew James, who is really more like my little brother than my nephew since we are so close in age. Dakota, his little sister, and I crawled into our small little tent and into our sleeping bags. Ryley plopped on top of my legs.

Being best friends as well as family, Dakota and I stayed up for a long time just talking. It was long past when we heard everyone else traipse to their tents. When we quit talking, I started to drift into sweet campsleep.

The pressure by my side shifted. I heard low growling.

Because Ryley was so young, he could be easily on edge for anything. I told him to lay down and go back to sleep, but he was insistent. The moonlight filtering in through our thin tent was beautiful. The shadows of branches outside swayed and bent with the breeze...

Just then I heard the sound of plastic on gravel. Something fell over. More movement. Ryley was standing now, facing the sound, hackles raised, nose twitching. The meat was in a cooler in that corner of the campground, and I couldn't remember if anyone had thought to put it in the truck. I heard more gravel shift.

Dakota was up now, and gave me a questioning look. There was a large shape outside, moving only slightly, only occasionally. I mouthed, "Do not move."

For a long time, an eternity, we sat up on our elbows, listening for sounds of danger, of the bear to move closer to us. I thought of countless bear stories I had heard and thought of a plan. I was sort of shocked that one had decided to come into our camp with a dog there. Ryley had been all over the grounds and it would be unusual for any animal to venture that near — unless, of course, there was meat in a cooler.

Eventually my bladder swelled. Why is it always when you're camping that you need to pee most desperately? I fought the urge for a long time. I even thought about going in my water bottle in the tent, but decided against it. After a while, I didn't hear the bear anymore. It must have moved off.

Gathering my courage, and scarce it was, I told Dakota what we were going to do. We were

going to go to the restroom then walk quickly to the car and sleep in the car. Unzipping the tent, I stuck my head out and peered at the moonlit campsite. Silver light washed everything in a mysterious glow. The other tents shifted in the breeze. There was no bear to be seen.

Quietly we slipped out of the tent, while I gripped Ryley's harness firmly in one hand and a flashlight in the other. The cooler I heard fall over lay on its side, lid closed. I wasn't about to check it out and see if the meat was gone. Next to it, one of the longer lawn chairs was piled high with blankets — I briefly wondered who left all of their bedding outside. I raced as quietly as I could to the restroom, then we slipped up the hill to my mom's car.

Opening the door, I pushed Ryley in, urged Dakota in, then jumped in myself. Nestling in my pillow and blanket, I sleepily saw the sky begin to golden. It was almost time to get up and soon the sun would be shining onto my face. The darkness behind my lids claimed me as my heart finally began to calm.

Too soon the door on my left opened and I recognized how warm I was. Too warm. The morning sun was too hot for my sleepy body. Mom had opened the door and was telling us to get up. I remember arguing and groaning and grunting in protest. However, anyone who has been camping knows that it's difficult to sleep past sunrise because it's too bright and too warm.

So, I relented.

Sitting sulkily in my lawn chair, exhausted, I saw that the pile of blankets was gone from last night. The cooler was also sitting upright. I let my eyes wander to the ground to search for signs of pawprints. There were none, which was strange. The bear must have kept to the gravel instead of the dirt.

I overheard my sister ask James how he slept. "Oh, alright, I guess. I had a hard time getting to sleep and kept moving around on the lawnchair. It's not as fun sleeping outside under the stars as I thought. I feel like I didn't have enough blankets, I was so cold, and I'm glad you moved the meat to the truck because I accidentally knocked the cooler over, too. I was afraid I woke someone up because I made so much noise."

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Herbchronology

Big data, small plant

Recently, Beaver Ponds Environmental Education Center discovered a nearly 800-year-old tree on their property, and an even more impressive 2,000-year-old tree on Pennsylvania Mountain. This was the result of a dendrochronology study (tree ring growth) we featured in last month's paper. Thanks to a significant grant from the South Park National Heritage Area (SPNHA) to measure the annual growth rings of alpine herbaceous plants, Beaver Ponds will be conducting an herbchronology study this summer.

"This may not seem exciting to folks at first glimpse, but like trees, perennial herbs have a growth zone that tells us the age of herbaceous plants," explains Kevin Hosman, Executive Director of Beaver Ponds. "This is important as we discover plants like willows creeping up to elevations we haven't seen before. Studying growth patterns of smaller plants has the potential to tell us a lot about climate change patterns experienced in the lifetime of the plant."

Using similar techniques as dendrochronology, scientists can measure annual growth rings and learn a lot about the life of a plant because of the growth zone called the vascular cambium found between the root bark and the rootxylem (tissue). Herbchronology is also used to measure population age structure (the age span between plants in a determined area) and the effects of localized climate change.

This summer Beaver Ponds staff, in conjunction with Dr. Michael Stambaugh from the Missouri Tree Ring Laboratory, will be out sampling perennial plants on Pennsylvania Mountain and at Beaver Ponds. With the assistance of Dr. Candi Galen, from the University of Missouri, they will sample plants that support the long-term existing research projects that have been active on Pennsylvania Mountain for the past 35 years.

Hosman and Stambaugh will be presenting a talk at Beaver Ponds about their preliminary discoveries on July 28th at 7 p.m. They will discuss in length their dendrochronology study from 2015. Go to www.beaverponds.org for more information.

The mission of Beaver Ponds Environmental Education Center is to provide environmental education that gives individuals of all ages the tools and knowledge they need to become better stewards of the Earth.

Penstemon Wildflower

Inside of the Penstemon Stem

Teller County Bike Rodeo

by Deborah Maresca

Scott Adams was happy to give bottles of cold water at the Bike Rodeo.

Mountain of the Sun

Summer Grass Roots Concert July 16

This year's eagerly anticipated Mountain of the Sun Grass Roots Summer Concert features multiple popular bands and solo musicians from the Ute Pass area. The day-long event held at the scenic Mountain of the Sun outdoor venue is brought to you by Aspen Valley Ranch and the Jackson Gordon Foundation.

The Grass Roots Summer Concert features fantastic local area bands on the infamous Mountain of the Sun stage (Family Elephant, Jessie Cotton Stone, Bill Howlin' Mad Perry & Shy Perry, J. Miller String Trio, and Cold Heart Revival), plus talented solo musicians (Bedlam Brothers, Cary Carpenter, Jim Kristoff, Cass Davis, Dan Carlisle & Friends, Junior Woodland Players) in the eco-friendly Pedal Powered tent powered by bicyclists.

Beverages and food available from local breweries and eateries, and participating organizations provide additional entertainment. Attendees can bring chairs, blankets and small coolers. Frisbees and outdoor games are also welcome! Sorry, no pets allowed.

Aspen Valley Ranch keeps the entrance fee low so the whole family can enjoy the Mountain of the Sun Grass Roots Summer Concert. Only \$12 for adults, \$6 for ages 12-18, and kids under 11 are admitted free!

Proceeds from the Mountain of the Sun Grass Roots Concert benefit the Gordon Jackson Foundation and Aspen Valley Ranch environmental education, cultural and assorted workshop activities.

Aspen Valley Ranch, located just outside of Woodland Park, has over 200 acres dedicated to promoting innovation, creativity, self-reliance, sustainable gardening, arts and music, hiking and biking trails, repurposing and alternative buildings. The Ranch hosts a variety of local educational and community organizations.

Gates open at 11 a.m. Music begins at noon and continues to 7 p.m. Aspen Valley Ranch is located at 1150 South West Road, Woodland Park CO. For more information visit <https://www.ppcf.org/our-projects/aspen-valley-ranch/>

Cruiser rides are back!

by Deborah Maresca

Get ready to ride every Wednesday night starting at 6 p.m. The Mountain Top Cycling Club is bringing back the Cruiser Rides. Starting from Ute Pass Brewery in Woodland Park, this weekly event is designed to get the average family out riding their bikes again. No spandex here, just families and beginner riders learning how to ride in a small group. The Mountain Top Cycling Club is offering Team Telecycle gift cards to club members to lead the ride and to club members that are younger to assist the ride leader. This will give the high school students the ability to earn gift cards towards needed equipment for the Colorado High School Mountain Bike League.

Sam Hartsel is subject of first historical program

by Flip Boettcher

The old Hartsel Hotel, which burned down in 1976. The one story section on the far left is all that remained and now houses Bayou Salado.

The Park County Historical Society is going to try something different this summer. The society is planning on offering a dinner and historic program at the Hartsel Community Center once a month. The June program about Sam Hartsel, founder of Hartsel, featured local historian and author Linda Bjorklund. At least 50 people attended the program on June 18.

Sam Hartsel, born in 1834, left his Pennsylvania home at the age of 15 in 1849; the year gold was discovered in California. The first Hartsels had arrived in the American colonies from Switzerland in 1735. Sam's parents, Jacob and Catherine were natives of Pennsylvania and knew William Penn.

Sam's first job was helping to walk a herd of cattle 400 some miles from Ohio to New York City, for which he was paid \$6 per month. In 1860, Sam arrived by oxen team along the Platte River Trail in Denver to seek his fortune in the newly discovered gold fields around Tarryall, Hamilton, and Fairplay.

When Sam's money ran out six weeks later, he realized he wasn't going to strike it rich in the gold fields, so he looked for other sources of income. Sam, who was self-taught and had had no formal education, realized servicing the mines and miners was where the gold really was.

Sam started buying up, very cheaply, the skinny cattle and oxen that had pulled the wagons west. Sam then fattened them up and sold them for very high prices. His first ranch was just south of Tarryall called the Pennsylvania ranch.

When the Homestead Act of 1862 was passed, Sam started searching for a place to homestead his 160 acres and settled on where the Middle and the South forks of the South Platte River joined in 1862. Sam later developed the town of Hartsel, the famous Hartsel Hot Springs, and the Hartsel Hotel.

Since the Ute Indians had been using the hot springs Sam continued to let them use the springs. It was said he got along pretty well with the Indians. Sam did have a hair raising experience once when approaching some distant Indians and realizing they were Cheyenne, not Ute. The Cheyenne and Utes were enemies. The Cheyenne kidnapped Sam for a few days and forced him to help them escape, but later let him go unscathed.

Sam's ranch, which was located on the main route from Colorado Springs to the gold mining camps, continued to grow. Eventually there was a sawmill, a wagon shop which turned out some of the best wagons in the area, a school,

a general store and a blacksmith shop.

One of the few projects which Sam attempted that failed was trying to bring hot springs water to his ranch house, some two miles east of the town. After spending time boring holes through the middle of small logs and connecting them together from the hot springs to his house, he found that the water was cold when it arrived. Sam had wanted a hot bath at his house.

In 1865, Sam went to Kansas to bring back some short-horn cattle; a trip which took two years. Sam wanted to have purebred cattle because the meat was better and brought a higher price at market. Sam fenced five miles of his property to keep the short-horn cattle in.

In 1877 at 42 years old, Sam married 31 year old widow Nancy Boone, a distant relative of Daniel Boone. The couple had two daughters, Henrietta and Myrtle Louise. They also had a son, Sam Junior, who died early of a fever.

On the hill above the hot springs bath-house is a cemetery where Sam, Jr. was interred. Sam's mother Catherine came out in 1872 and died in 1873. She was interred in that same cemetery.

Sam's brother Joseph also came out, and being more of a hermit, he had a ranch farther south near Currant Creek Pass, north of Guffey. One day after picking up his mail in Hartsel and returning home, Joseph disappeared. In spite of a \$500 reward, nothing was heard of Joseph until two years later in 1903 when a prospector found a headless cadaver with boots on. Sam identified his brother Joseph by those boots. Joseph was also interred in the cemetery on the hill. It was thought that perhaps Joseph was struck by lightning, but his horse did survive.

In 1891, Sam was appointed County Commissioner after then newly elected Commissioner Chubb Newett was shot to death.

In 1907, finding it a challenge to get water rights Sam sold the then 7,000 acre ranch. In 1908, he sold the town of Hartsel and moved to Denver. Before leaving though, Sam disinterred all the family members from the hilltop cemetery and moved them to Fairmont Cemetery in Denver.

In 1910, Nancy took sick and died. In 1918, at 84 years old while running up some stairs, Sam died of an apparent heart attack. For a self-taught man, Sam accomplished quite a lot in his life.

In 1976, the old Hartsel Hotel burned down leaving the one-story handicapped west section, which now houses the Bayou Salado shop.

Keep your eyes peeled for future Park County Historical Society programs.

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Public comment sought by July 8th Experimental & unregulated Uranium Recovery Technique to be tried in Colorado

by Doni Angell

On Tuesday, May 31, 2016 residents and County Commissioners of Fremont County gathered to hear about a novel uranium technology — impact ablation — from Black Range Minerals (BRM), Colorado Department of Public Health and Environment's (CDPHE) options for regulating this proposed activity, and to voice their opinions about the matter.

In July 2015, BRM, a subsidiary of Canadian company Western Uranium, submitted a request to CDPHE regarding how their ablation technique would be regulated. CDPHE requested additional information, which it received from BRM in April 2016. Later that month, a notice informed of stakeholders' meetings (two in Denver, one in Cañon City, one in Naturita) to be held over the Memorial Day weekend. Requests from various environmental groups to postpone these meetings failed. Despite the holiday and a mere two weeks to prepare comments on a complex topic, CDPHE held firm.

As quoted in a White Paper submitted to the State by the Tallahassee Area Community (TAC) "[t]he regulatory status of impact ablation as applied to uranium resource recovery has not yet been determined. The ablation proponents claim that it is nothing more than an extension of mining while [... others,

including 100% of those queried at the Cañon City meeting] have concluded that it is a non-conventional uranium milling activity subject to the radiation control regulations[.]” This process is yet another EXPERIMENTAL uranium technology proposed for Colorado. Before CDPHE considers another set of uranium mining experiments, the protection of our water (BRM has no plans so far for wastewater), environment, worker safety, and public health must be assured.

Regulation of this activity is precedent-setting and inadequate rules could produce negative health and environmental impacts in future applications.

Regulation of this activity is precedent-setting and inadequate rules could produce negative health and environmental impacts in future applications. Even though BRM's proposal pertains to only one application

(the Sunday Mine Complex in San Miguel County), the regulations determined now would affect any future use of their technology at other dissimilar locations throughout the state. According to the Nuclear Regulatory Commission, the definition of uranium milling is “any activity that results in the production of byproduct material” which it defines as “the tailings or wastes produced by the extraction or concentration of uranium [...] from any ore primarily for its source material content [...]” At the first Denver meeting, Steven Brown, a health physicist retained by BRM, said there is a higher concentration of ore after the process than before. To those opposed to lax regulations for this unproven and untried process, this clearly supports the view of milling and the need for stringent regulations.

Your voice matters in this decision! Your health and that of Colorado are important. CDPHE is accepting public comment on this issue until July 8, 2016. For information regarding the process and commenting, go to: www.colorado.gov/pacific/cdphe/ablation-process-black-range-minerals

The White Paper submitted by TAC can be read at: www.colorado.gov/pacific/sites/default/files/HM_rad-ablation-comments.pdf

HRRMC Buena Vista Health Center adds three family physicians

Family medicine physicians Tom White, M.D., Amy Varble, M.D., and Gina Alkes, M.D., relocated from Mountain Medical Center, 36 Oak St., Buena Vista, to the HRRMC Buena Vista Health Center, 28374 County Road 317, on June 27, 2016. All three physicians will be employed by Heart of the Rockies Regional Medical Center, and the Mountain Medical Center office will close.

“I expect this transition to be convenient for current Mountain Medical patients,” said hospital CEO Bob Morasko. “They may continue to see their same physician at the Buena Vista Health Center. Medical records for Mountain Medical patients will automatically be transferred over to the HRRMC clinic unless a patient submits a written request to Mountain Medical Center to send their records elsewhere.”

The hospital is making a capital investment of almost \$375,000 to remodel the clinic and parking lot to accommodate the new physicians. They will join family nurse practitioners Jan Ommen, Linda Typer, and John Daugherty as primary care providers at the clinic. Drs. Varble and Alkes will also provide obstetric services. To make an appointment with any of the HRRMC Buena Vista Health Center providers, call 719-395-9048.

HRRMC Buena Vista Health Center is a full-service rural health clinic with laboratory and medical imaging on site, as well as internal medicine, orthopedics, rehabilitation and visiting specialists. More information about the clinic is available under the Services tab at hrrmc.com.

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Cool careers

Pikes Peak Community College's Teen College is the place to be this summer. All 7th through 10th graders are invited to spend a week learning about their favorite cool career. Become a chef or a firefighter, robotics engineer or zoo keeper for a week! Sessions run through August 9 and are held at the PPCC Centennial Campus, 5675 South Academy Boulevard in Colorado Springs. Scholarships are available. You can register just a few days before each camp. Go to www.ppcc.edu/teencollege to learn more, or call us at 719-502-2404.

Attend Cripple Creek Railroad Days Featuring the last train to Cripple Creek

by David Martinek

The railroads played a large and important role in the development of Teller County — not only as a regional means of providing transportation for people, freight and supplies, but more specifically as the primary hauler of gold ore from the Cripple Creek and Victor mining district to the mills in Colorado City and Florence. In a greater sense, it was the railroads that brought the rest of the world to the doorstep of Colorado, and it was through the railroads that the world learned what was going on here — the World's Greatest Gold Camp. The early history of the Pikes Peak region would be a lot less colorful and exciting if it weren't for the myriad of railroads that came to and traversed the Rocky Mountains.

On Saturday, July 23, the Gold Camp Victorian Society, along with its partners, the District Museum, Cripple Creek Herit-

age Center, the Two-Mile High Club and the City of Cripple Creek, will sponsor an all-day event to highlight one of the railroads serving the district, specifically the Midland Terminal Railroad's last train to Cripple Creek which ran in February, 1949.

The first annual Cripple Creek Railroad Days will feature a whole boxcar load of activities for both kids and adults at two locations in the city, the District Museum (formerly the Midland Terminal's Union Station) and the Cripple Creek Heritage Center.

The Saturday schedule begins at 10 a.m. and runs until after 3 p.m. Here is a summary of the day's activities:

10 a.m.

Local author and railroad historian, Mel McFarland, will host an outdoor lecture at the Midland Depot in Divide, talking about the work that has been done there and the proposed work to be done to restore the historic railroad structure.

10 a.m. to 3 p.m.

While McFarland is in Divide, the Gold Camp Victorian Society, and it partners, will begin the day's featured activities at the District Museum complex, including several reenactors to portray a few of the historical figures of the gold camp. Theodore (Teddy) Roosevelt will appear (portrayed by Steve Smith), along with Lowell Thomas (expertly acted by Rob Johnson). In addition, several women in the Victorian Society will be dressed as “Harvey Girls.” Other reenactments and skits are planned throughout the day, including a shoot-out by Smokin' Guns from Canon City.

Noon

At noon the District Museum will host a dedication ceremony honoring the opening of their new Railroad Room upstairs on the second floor. Anyone who may have ridden the last Midland Terminal train to Cripple Creek in February 1949, or any of their surviving family members, are cordially invited



The District Museum's new railroad room is still in design but is scheduled to be ready for dedication at noon on Saturday, July 23. photo by David Martinek

to attend. Also beginning around the lunch hour, the Two-Mile High Club will serve hot dogs, burgers and refreshments in the museum parking lot (at a reasonable charge).

1 p.m. to 3 p.m.

Mel McFarland will present two showings of a video of the last train to Cripple Creek, the first at 1 p.m. and the second at 3 p.m., in the Cripple Creek Heritage Center's theater. Attendance is free. A free reception for the public is also scheduled at the Heritage Center after the last showing.

Throughout the day, in addition to the reenactments and skits at the District Museum, there will be other activities planned which especially appeal to children. For ex-

ample, the Two-Mile High Club will provide treats so that children can feed the donkeys that roam the streets of Cripple Creek during the summer. Gold planning will also be available for the kids.

All the activities planned during the day at the Cripple Creek Heritage Center and outside at the District Museum complex and parking lot are free to the public (except for lunch prices). Admission for the District Museum and the activities inside is \$7 per person (\$5 for active military). The admission fee supports the continued operation of the museum.

All in all, the first annual Cripple Creek Railroad Days promises to provide a good opportunity to learn some history and have a lot of fun doing it. You're all invited.



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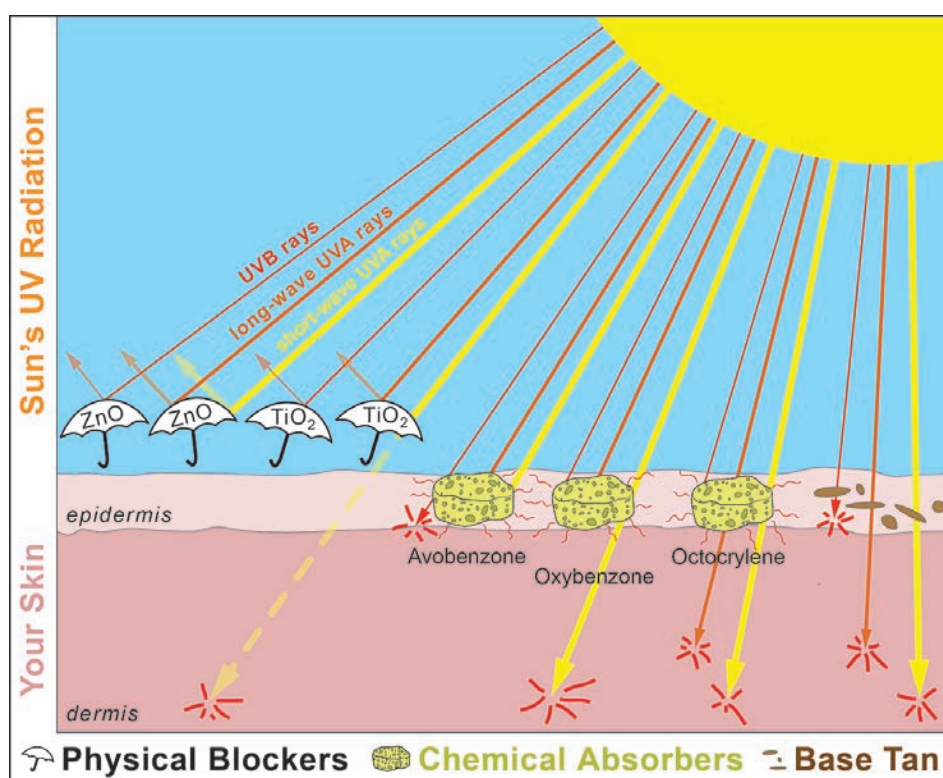
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Just The Facts Skinny on sunscreen

by James W. Hagadorn, Ph.D.



This graphic shows how ultraviolet (UV) rays interact with skin's melanin granules (i.e., your tan), and sunscreen's active ingredients (i.e., physical blockers and chemical absorbers). Thin red lines represent heat. Thick red lines indicate skin damage.

Graphic by James W. Hagadorn

Remember your first bad sunburn? Mine came adorned with two inch blaze-red blisters the day after a pool party. Despite an arsenal of new sunscreen technologies, sunburns happen all the time in Colorado. That's because our high elevations make it easier for the sun to damage our skin.

Skin is one of your body's main protectors. It maintains our temperature and moisture, generates vitamins, and is a sun-warning system. Many of us don't think much about these aspects of skin — we care how it looks or if it grows cancer.

Thus we slather and spritz sunscreen to keep our skin in good shape. But as we've learned with DDT and BPA, some product ingredients, including those in sunscreens, can have side effects that rival the very risks we're avoiding.

What is it about sunlight that makes us need sunscreen? Sunlight has different rays, including invisible ultraviolet (UV)

rays, visible light, and infrared (or heat) light. Most UV rays are a form called UVA. UVA zooms through glass, through clouds, and deep into your skin — it gives you a tan. It wrinkles and prematurely ages skin, facilitates cellular damage, and increases the risk of the most serious of skin cancers — melanoma.

A small fraction of UV light is called UVB. These rays penetrate and cause thickening of your skin's upper layer.

UVB radiation helps vitamin D production but also burns skin, damages cellular structures, and leads to skin cancers.

Broad-spectrum sunscreens aim to protect us from both UVA and UVB light. They employ "Active Ingredients" that fall into two categories based on how they work: 1) "physical blockers", that scatter and absorb UV rays, and 2) "chemical blockers", which absorb UV, converting it to heat.

To help these physical blockers and chemical absorbers to work, sunscreens contain inactive ingredients designed to help them stick to your skin, plus some chemicals that enable them to spread easily and that prevent them from degrading or reacting adversely with one another.

Two physical blockers are commonly used — zinc oxide (ZnO) and titanium dioxide (TiO2). ZnO retards the full range of UVA and UVB rays, whereas TiO2 blocks about a quarter of them. Physical blockers don't significantly penetrate intact skin to migrate into your blood or internal organs. Toxicology and epidemiology studies of these substances are in their infancy, but thus far little suggests that they're harmful to humans, except when they're inhaled, such as from household dust or sunscreen sprays.

Chemical absorbers include all the other unpronounceable substances on sunscreen's "Active Ingredients" list. Each one absorbs a fraction of the UV spectrum — so they're used in combination with each other to block all the different types of UV rays.

For example, avobenzone retards the UVA spectrum but none of the UVB spectrum. It's often combined with an UVB-absorbing agent, like oxybenzone, to cover the gap in UV radiation reaching your skin. One reason chemical sunscreens have proliferated is because they're easy to spread, invisible, and aren't greasy-feeling. Many of these chemical absorbers, including oxybenzone, easily pass through your skin and into blood, organs, and breast milk. Of greater concern — some chemical absorbers may behave as endocrine disruptors. Much like Bisphenol A (BPA), a compound that was recently removed from clear hard plastic bottles, these sunscreen ingredients may impact production of hormones

Although the FDA scrutinizes sunscreen effects on skin, most sunscreen ingredients haven't been tested nor regulated for larger-scale human health impacts. Yet there is growing data on their influence.

is growing data on their influence. Want to know more about the impacts of that stuff you slather on your skin? Start with skin-cancer.org, ewg.org, or ncbi.nlm.nih.gov/pubmed.

In Colorado and for kids, sun is a pivotal part of an outdoor-oriented existence. Sunscreens permit us to cope with UV rays, so we can spend more time outdoors, living in places we're not genetically equipped to live in, and doing activities that we're not evolutionarily adapted to. Sunscreen's rewards come with risks, but sunscreens are getting better and better.

What does our family do? We mitigate risk by making shade and strategizing our sun-time. We hedge our bets by using sunscreens that only contain ZnO or ZnO plus TiO2. We favor ones that apply easily to squirming kids and don't make us look like Casper. We wear hats outside, and being real pale, I wear a ridiculously huge one. We have fun in the sun, knowing that UV risks come with rewards (and a few wrinkles).

James W. Hagadorn, Ph.D., is a scientist at the Denver Museum of Nature & Science. Suggestions and comments welcome at jwhagadorn@dmns.org.

Charles Forster selected HRRMC Hall of Fame recipient

Heart of the Rockies Regional Medical Center Foundation announced that Charles "Charlie" Forster will be formally inducted into the HRRMC Hall of Fame.

Forster will be honored at the Jewel Ball, the Foundation's annual fundraising gala, on Sept. 24 at the Chaffee County Fairgrounds. The hospital established its Hall of Fame in 2012 to honor individuals who have made an enduring commitment to quality health care in the Upper Arkansas Valley.

A Colorado native and local banker, Forster has worked tirelessly on behalf of the hospital since the early 1990s when he co-chaired the successful 1991-92 capital campaign that raised over \$700,000 for the last major addition to the original hospital on First Street. In May 1996, Forster was elected to the Salida Hospital District Board and served eight years in that capacity. He ran again in 2012 and served a third four-year term.

Beginning in 1998, Forster also served as chairman of the HRRMC Foundation, a position he held for 16 years. Under his leadership the hospital raised more than \$2.2 million in grants, gifts and pledges for construction of the new hospital.

Forster graduated from Denver University in 1970 with a degree in business administration and moved to the Upper Arkansas Valley in 1985. He has been married to his wife, Connie, for 48 years. They have a



daughter, Becky, and son-in-law, Dan, and three grandsons, Owen, Liam and Collin.

"We are honored to recognize such an outstanding individual and welcome all to attend our 12th Annual Jewel Ball on Sept. 24," said HRRMC Foundation Director Kimla Robinson. Sponsorship opportunities are available by calling 719-530-2218. Tickets go on sale Aug. 1.

The HRRMC Foundation provides the hospital with financial support to facilitate innovative programs and provide state-of-the-art health care services to the Salida Hospital District.

Divide Chamber dedicates sign

by David Martinek

photo by Jeff Hansen

It rained earlier in the day and the gray clouds that lingered promised some more moisture by evening. There was some talk of postponing the dedication due to the weather but that was rejected and the party, scheduled for the afternoon of June 8 at the Midland Depot at Divide, went ahead as planned.

It had been nearly a year ago since the Welcome to Divide sign was erected by the Divide Chamber of Commerce, a five-year planning effort to replace the former sign that disappeared when CDOT widen U.S. Highway 24. Five years of trying to find a suitable spot to put the sign, five years of settling on the design, years of soliciting donations to create it and more years of dealing and negotiating with CDOT and Teller County Planning. At last, it rose up above the guard rail at the northeast corner of the depot property in the summer of 2015 — a dual announcement welcoming west-bound travelers to Divide and marking the historic Midland Depot.

So a year later, the Divide Chamber of Commerce gathered its members at the depot for a barbeque and sign dedication. There were burgers and hotdogs and all the fixings' under a couple of tents (in case it did rain; it didn't). Some 30 folks gathered to celebrate the accomplishment and walk the muddy path across the wet area and down to the sign that towered high over everyone's head, 20 feet in the air.

Words were spoken by Lisa Lee, president of the chamber, and others, recognizing some of the people who had contributed to the making of the sign: the sign painter (Ken Klug), the train maker (Todd Tobiasson) and the contractor who erected it (Andersen Enterprises). At first, the plan was to break a bottle of cheap champagne over one of the poles, like christening a ship. After all, there are 15 tons of concrete holding that sign upright, and the three, 30 foot poles



supporting it are each a foot in diameter; a breaking bottle of champagne wasn't going to hurt it. But instead, for safety reasons, the group just poured the bubbly around the sign foundation and cheered in unison. Pictures were taken. It was a joyful event.

Even though Divide is the oldest settlement in Teller County, it has never been incorporated. It's just a rural area centered at the crest of Ute Pass and surrounded by about 4,000 souls. Some may think it strange that a sign would be thought important, or that a regional chamber of commerce existed to promote it. But, in fact, the place is more than just a pass-through cross roads or a high spot in the landscape. It's a community. Now there's a sign that reminds people that a community is here. It speaks for all of us. "Welcome to Divide."

American Legion Annual Pig Roast

photo by Larry Ingram

American Legion Post 1980 held their Annual Pig Roast and Silent Auction at the Crystola Road House, Sat June 11, 2016.

This is an annual fund raiser to support the many projects that the Post sponsors over the year.

This year the post presented \$2000 in scholarships to graduating seniors of WPHS, and sent five young men to Boys State. In addition the post presented donations to Hero's Pac service dog trainers, McCandless Veterans home, returning veterans, and presented new American Flags to all the schools in north Teller County.



Chuck Gardner and Dan Williams dish out the pork and other home-made goodies.

Historic St. Victor's Church on Gold Rush Days Tour!



The Victor Heritage Society Historic Home and Building Tour is Saturday July 16, 11am-4 pm. Location: South 2nd St and Portland Ave. It is an annual feature during Victor's Gold Rush Days celebration.

This year's tour features exclusively the St. Victor's Catholic Church. It has been shuttered for many years and is opened specifically for the VHS Tour. Beautiful authentic 1902 architecture and many stained glass windows are stunning features. No tickets are required but donations are gratefully accepted. VHS will match donations up to \$300. marilynlay@earthlink.net for info.

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Growing Ideas Joys of July

by Karen Anderson The Plant Lady

"Do your best."

N Buddha's last words

Greetings gardening friends! There's so much going on this month in the world of mountain gardening. The heat rises and entices Mother Earth's plant life to begin to blossom. Thank goodness for the abundant moisture of springtime to get the plants off to a healthy start. Then as usual, we experienced a seriously hot and dry spell in June. This is when it becomes challenging to keep the Gardens happy while Mother Nature is having a 'hot flash'! The intensity of Grandfather Sun at our high altitude as well as the dry winds and high temperatures can easilyacerbate just about any type of precious life — including our own. So, this is why I am persistently teaching you about the importance of mulching for water conservation during the uncomfortable heat waves.

Your gardens need deep hydration, just as we do, in order to be healthy and thrive for your pleasure and for their natural life cycle of reproduction. Building the soil with organic matter — always — will also help to hold that vital life sustaining moisture in the ground for longer periods of time.

Many wondrous things are happening at Paradise Gardens in July. The Oriental Poppy buds are 'popping' open and are the "Stars of the Show" around the Independence Day. The shade loving Bleeding Hearts are in full bloom by now and remember that you can keep these old fashioned favorites blooming all summer here in the High Country if you 'deadhead' the spent flowers and trim up the sad looking foliage.



Rhubarb is an excellent source of Vitamin C among other great nutrients.

The perennial rhubarb patch is ready for the first harvest of the season. Always pull the ripened stalks from the crown of the plant — never cut. It's not good for the plant to cut them as this will open up the possibility of disease. Since my time is so limited this time of year, a Rhubarb Pie is not on my list. So, I harvest, wash, dry, chop and freeze what I can for later use. My favorite way to eat rhubarb though, is on my morning 'walk about' when I stop and pull a few small red stalks to munch on during the rest of my garden tour. It is an excel-

lent source of Vitamin C among other great nutrients and in garden lore is known to be "good for the 'humours' which means our moods! So eat your organically grown rhubarb folks! As a reminder, you will be able to reap a second harvest if you re-nourish the bed with a rich compost or well-aged manure as well as deep watering and mulching.

I have been enjoying the chives, too, early this month. They are another power perennial veggie plant that thrives here in the mountain garden. Not only are they nutritious and delicious, the beauty of their flowers bring welcome purple color to the landscape. By the way, in my opinion, the flowers are the best part of the chive plant. If you have not indulged in the culinary delight of a chive flower I invite you to do so as soon as possible! Chive flowers are best enjoyed when I pluck them apart and sprinkle them on a sandwich or whatever. The flavor is fabulous when it is distributed rather than having a big ol' slice of onion to bite into.

The chive flowers will go to seed pretty quickly if not harvested and that's OK too, for propagation purposes. You can also get a second harvest of greens and flowers if properly cared for. Fresh chive flowers can be refrigerated in an air tight container for about a week and can also be dried or frozen for future cooking in soups and such. Yummy if you are an onion person.

This year, I have planted my potatoes in half whisky kegs and other large planters that are located in pretty much full sun. I was not able to get all my veggie planting beds prepared due to time constraints, so I am allowing those beds to rest while I do a bit of container gardening. This method has worked for me quite well in the past and I have had great results as long as there is rich soil with good drainage and plenty of water. Other crops such as cucumbers, squash, onions, radishes, greens or just about anything really, in the right location, are candidates for successful container gardening. This method also provides foliage and beauty to your sacred space.

My greenhouse is 'kicking in' and flowers blooming on my various types of organic, non-gmo tomato and pepper plants give me the sign that all is well and that fruit will follow that blooming process — eventually. The herbs love the greenhouse effect and are thriving in the heat. It is essential that herbs have good drainage, but are planted in rich soil at the same time. Clay pots are



Chives are another power perennial veggie plant that thrives here in the mountain garden.

best for herb growing, but constant watering is a must. In order to keep your herbs tasting fresh and preventing them from turning bitter, it is important to constantly be harvesting the growth for salads or simply for grazing. Also, we do not want them to flower and go to seed during the growing season. This is what they are born to do and we want to 'trick' the plant into not wanting to go there. So enjoy your fresh herbs almost every day to keep em' coming and don't forget that you can dry them along the way and store them in a glass jar in a cool place without a lot of light for later enjoyment. This cut and come back procedure works well for fresh greens like spinach, arugula, and lettuces as well.

Go native with any new foundational landscape plantings; it is the right thing to do. Remember that trees, shrubs and other perennials that are born and raised in Oregon, for example, and then shipped to Colorado will have a hard time breathing and adapting to our 8,000 to 11,000 ft. climate, no matter how good a deal they are. So I encourage you to beware of these situations and please feel free to contact me at 719-748-3521 if I can be of service to guiding you along with better choices for Aspens, Spruce, Bristlecone, and other native trees and bushes.

My services also include personal landscape consultations and as I always say, a little expert advice goes a long way in your quest for a successful and beautiful mountain gardening experience. You may also contact me plantladyspeaks@gmail.com if you have inquiries regarding just about anything in the world of high altitude gardening.

Plant Lady's beat the heat tip:

I wear long sleeve light cotton shirts when I am outside in the sun working my gardens. Since I have a rain barrel handy, I dip my shirt in the water, quite often actually, ring it out and put it back on. A little cold at first and it's not a wet T-shirt contest, but it sure does help to keep me going in the heat of the day! Stay hydrated, wear sunscreen, work in the cool of the morning or evening if possible, be present and in the moment, really observe the beauty and the wildlife that surrounds you. Happy gardening!

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For the future

by Danielle Dellinger

We last saw Spell and Drainer in the June 2016 issue, on pages 20 & 21, "Magic." Corax last appeared in August 2014's issue, on pages 16 & 17, "Corvus."

Spell stared at Drainer. "I haven't done anything. What're you talking about?" Drainer gazed at her. "Don't play dumb, Spell Traveler. It's unbecoming of a lady." He strode closer. "You seem to have this nasty habit of trying to change history. This isn't the first time, and I doubt it'll be the last. Unfortunately. However, if I have anything to do with it, this will be your last attempt to alter what's already been done."

She rolled her eyes at him. "You've always been so meddlesome. Now, give me back my powers and I'll be on my way."

"Yeah, sure," he answered sarcastically. "Drainer, please. There's a war going on, and I need to be there for my fellow soldiers."

"There's always a war going on, Spell Traveler. Such is the nature of humans. Nothing you do will stop it."

"I just want to end the war and see my country as the victor, that's all. Honest."

"This may be your current mission, but I know you. I know you'll find something else you want to change. Face it, there's nothing you can do." He stood in front of her and grabbed her roughly by both wrists.

She cried out in pain, and he slowly brought her to her knees.

"If you would just learn your lesson . . ."

"Stop! Please! I have no magic left!"

"I beg to differ. Spell, just follow the rules for once. If you did, none of this would have to happen." He released her and she collapsed to the ground.

"H-how long . . . are you g-going to keep me . . . here?" she panted.

"Until the War of 1812 ends."

She stared at him in disbelief. "Y-you can't!"

"I must." His eyes were pulled away to something above her. It was the raven. It squawked and took flight, circling over them.

Drainer snapped his fingers and the raven dropped to the ground like a stone, curled in on itself.

Spell gasped in horror. "Drainer!"

"I'll never understand how you have so many helpers no matter what time period you're in." He shook his head, turned, and stroled away.

Spell looked to the raven and crawled closer to it. "Please don't be dead," she muttered.

Corax coughed, now in his human form. "Why is Drainer always so cranky?" he grumbled, sitting up.

She breathed a sigh of relief. "Thank you for showing me to this spell book. Maybe together we can figure out a way to get back to my time period."

Corax smirked at her. "You still want Britain to win, even though you've befriended an American?"

Her expression was strained as she looked into his eyes. "I'm loyal to my country, Corax."

He nodded, waving his hand. "Yes, yes, of course." He got to his feet. "I know."

She got up with his help, and they went back to the tree with the book inside its trunk. Spell turned the pages, scanning them. For a long while she didn't find anything useful, until she came across a page that was entirely blank except for a sphere with a vertical spiral inside it.

"What's that?" she mumbled, reaching out to put her finger on it, but Corax grabbed her by the elbow to pull her arm back.

"Don't! That's a powerful spell mark. Who knows what it's capable of."

Spell looked at him. "Do you know?"

He looked from her to the symbol, then shook his head. "No."

"Well, someone has to know. Who's its creator?"

Corax shrugged. "A high wizard or magi."

Spell frowned. "Magi . . . ? I know a magi . . ."

"You do?"

"Yeah, but the library is closed now."

"Tomorrow, then. Come on. Let's enjoy the night."

He took her hand and led her off toward downtown. As they were walking along, Spell looked inside the stores and bars they passed. They were walking by a tattoo parlor when she saw a familiar face. She tugged on Corax's hand and tugged him inside.

"Magi!" she said cheerfully, approaching the woman who was giving a young man a tattoo of the North Star. Magi looked up. "Hello dear. How may I help you?"

"May we speak privately when you get a moment?" she said politely, watching as Magi added blue shading to the star.

"Yes, of course. Head to the back and take a seat in the break room there."

They took a seat in the break room, observing everything about the room. It had a cozy, yet edgy feeling to it. There were posters of metal and punk bands on the walls, as well as paintings of eclectic beings and alternate dimensions.

Finally, Magi joined them, sitting across from them. "So, you figured out who I am," she remarked.

"Yes, and I was wondering if you could tell me about this symbol." She drew it on a piece of paper, then slid it over to Magi.

Magi's brows furrowed as she studied it. "Dear, this is a powerful spell mark. Even you with your natural gifts would have trouble with this."

"Okay . . . But how do I use it?"

"I will need to tattoo it on you with a special kind of ink. Ink that's made of ingredients not of this dimension."

"What kinds of ingredients?" Spell asked.

"Dragon scale, unicorn horn powder, gryphon talons, sea monster saliva, and werewolf fang." Magi watched Spell closely. "Are you sure you want to go through with this?"

"Yes, I am. I need to get back to my time period."

"Very well." Magi got up and left the room.

A little later she poked her head back in and motioned for Spell to follow her. Spell went to the front of the store with her, then sat down and leaned back in the chair.

"You know, only the royals are allowed tattoos in my time. They're too expensive for commoners," Spell said.

Magi smirked. "Here, nearly everyone gets tattoos. Americans spend approximately \$1.65 billion annually on tattoos."

"Really? That's so much money."

"Agreed. But it's amazing to see life stories told through pictures inked on someone's body."

"Yeah, you're right about that. How exactly does the process work?"

"The skin will be pierced between 50 and 30,000 times per minute with a tattoo machine."

Spell's eyes went wide. "That sounds really scary."

Magi shrugged. "It's not that bad. If you really want the tattoo, you'll suck it up."

She took hold of Spell's wrist, turning her palm up, and putting it on her padded stand. "This has to go on your palm. It won't go anywhere else."

"What?! You're kidding me!" Spell snapped in horror. "That's too much! No way!"

Corax put a hand on her shoulder. "If you want to change the past, this is what you have to do."

Spell vigorously shook her head. "This is ludicrous. All I want to do is go home."

"And you can, with this tattoo," Magi spoke up. She revved her tattoo machine. "Ready? Here we go." She began to ink the spell mark into Spell's palm.

The cry that Spell emitted was a terrifying thing in and of itself.

"Did you know," Magi said, speaking over Spell's cry, "that a German immigrant named Martin Hildebrandt arrived in Boston in 1846 and was the first professional tattoo artist in the U.S.?"

Spell couldn't find the strength in her to answer.

An hour later, Magi wrapped up Spell's palm. "Keep this on for a day. Because you're a magical being, you don't need it on for longer than that. After a day, you can go home."

Spell looked at Corax. "What about him? Does he need one?"

"I don't think he can handle it, so I don't think he'll be going with you. The spell mark is only meant to carry one through time."

She pouted. "My friend, I want you to come with me."

He nodded. "Me too. But I think I'm meant to stay here and do my own thing. After all, I have yet to find a life mate of my own kind."

Spell smiled gently at him. "We'll part in the morning, then."

When the sun lit up the world the next day, Spell wasn't prepared at all to say goodbye to Corax.

"I wish you could accompany me," she said, holding Corax's hands firmly in hers.

"Same here. You'll be fine, though. You're a strong woman, Spell. You can do whatever you set your mind to. Just, promise me that you won't mess up my future too badly."

She smiled. "I promise." She kissed his cheeks in a caring fashion, then stepped back from him.

She put out her hand, palm up, and closed her eyes. The

sphere and vertical spiral lit up in shiny black, with tiny black beads rising up like water droplets propelled upward. A loud buzzing, humming sound filled the air, and shook everything. Then with a crack like a whip, Spell vanished.

The ground shifted some, and the earth seemed to groan as if it were under stress.

Corax nervously looked around. "Please don't screw up," he muttered.

Spell fell to the dirt on her hands and knees. The sky was black but glowing orange and red. The White House and capitol building were on fire. Spell choked on the smoke and coughed.

"What do you think you're doing?!" shouted an angry voice behind.

Spell shot a look over her shoulder and saw Drainer standing there, glaring darkly at her.

"Get away!" she shouted, scrambling to her feet. "I need to help my friends!" She took off running for the inferno.

"Don't fight destiny!" he yelled at her, following.

She ran through the people and the flames, searching for her army. They would be here.

They had to be.

"Fire!" she called, one of her friends being named after her gift of creating fire.

"Earthquake! Animal Shifter! Where are you?"

"Spell? Spell, is that you? We're here! Over here!"

"Air? Air, I can't find you!"

A blast of wind came out of nowhere from beside Spell, knocking her off balance. "Oh! There you are!" Spell ran to her friends and hugged each one of them.

"Where have you been?" Animal Shifter asked.

"In the future. I know, I know. Don't give me that look. Drainer is around here somewhere trying to find me. Look, I know how to win the war. If we stop the signing of the Treaty of Ghent, and Britain has a massive victory instead, we'll win! But we can't let that treaty get signed."

"How long do we have?" Earthquake asked.

"A few months. It'll be signed on Christmas Eve.

If we can keep our side from retreating out of the Baltimore harbor, we might have an actual shot of winning. We just can't let any one of them retreat."

Spell then looked around. "Wait a minute, where's Dark? Have you guys seen him? You know you have to keep an eye on him."

"He was being moody-broody over by the steps of the capitol building."

"Well, let's go get him. We really need him for this."

Spell took off running again, the others following her. She was nearing the steps when she was suddenly tackled to the ground.

"Spell, stop!" growled Drainer.

"You must let the events transpire as they're supposed to!"

"No! Let me go! I've seen what America becomes in the future. We have to stop that! Everyone must return to Great Britain!" She struggled against him, but she could already feel her powers slipping away from her again. "Please! You must get off me!"

"I won't! Hold still!"

"I need to save my daughter!" Spell screamed at the top of her lungs. She felt Drainer go still on top of her.

"Your daughter? You have a daughter?"

She tried to look back at him the best she could. "Yes. If the Treaty of Ghent is signed, then she will come here and marry an American man of high rank who will beat her every day, until one day he beats her to death."

Drainer got off her, and she sat up.

"I have to save her. I can't lose my child. Having seen what I've seen, I know something must be done. She'll be pregnant at the time with a little girl who, if born, will

be named Dimension Jumper. She'll be so powerful. My daughter, Time Warp, is powerful, too. And strong. I want our bloodline to continue. I won't allow it to die at the hands of a waste of space and breath. Time Warp can never know what her fate is. She can be too headstrong and reckless."

Drainer snorted. "Wonder where she gets it from."

Spell glared at him.

"But if she doesn't marry that man, then how will that child ever come into existence?" he asked.

"Her path splits in two, like all of ours. We all have different outcomes available. It just depends on what we choose. There's a woman Time Warp could meet instead, they will fall in love, and have Dimension Jumper. This child is too special to keep from coming to life. My bloodline would benefit greatly from her."

Air spoke up then, "You're sounding like the royals, Spell. We hate the royals and their never-ending bloodlines, remember?"

"I do. I do." Spell turned to her. "But if Dimension Jumper is born, think of all that she could do. Think of all the better worlds she could take us too.

We could leave this hellhole and start a better life. We wouldn't have to be turning wars in our favor just to survive."

"You know," said someone from the shadows. "I've been thinking about that."

Spell saw Dark step forward.

"Even if we lose, we'll still be okay because we're us. We have gifts. So, do we really need to be involved in petty human affairs?"

"How can you talk like that?" Spell asked. "We all have one human parent, so we should be doing this for them, as well as us. We can't just abandon the human side of us."

"My human side is dead."

"Dark, come on. Don't say those things. Your father is missing. You don't know if he's dead."

"But you do, don't you, Spell. Why won't you ever tell me?"

Spell looked down.

"It's because you're selfish. You only use your gift to benefit yourself and your family. But you're fine with watching me suffer about the loss of my dad."

Dark raised his eyes to everyone else. "I say we all just go home. Our commanders will understand if we tell them our leader went rogue."

Everyone was silent, then one by one they all turned and walked away, even Drainer, leaving Spell alone. She silently watched them go.

A few months later, the Treaty of Ghent was signed, officially ending the war.

To be continued...

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Seeds to Sprouts Family Summer—Sun Safety—Part II

by Maren J. Fuller, MSM, CPM, RM

Real information on everything from conception to age two

As modern parents, we are buried in information from countless sources on every parenting topic from how to eat and exercise during pregnancy to how to encourage a child's love of learning and everything in between. My hope is that the information contained in this column will help bring attention to important topics and provide valuable resources for parents to make educated decisions and/or learn more if they wish. Nothing in this article should be considered a substitute for medical advice, common sense, or your own research and is written for informational purposes only. Please enjoy!

The weather has warmed, the breeze is blowing through the aspens, and (between thunderstorms!) we are seeing the summer sun shining beautifully over the mountains. I guess this means summer is here! The warmth of the sun is one of the best parts of summer and makes us want to spend our days outside as much as possible. But we also know that direct sunlight on skin can cause painful burns, as well as long-term damage if we are not careful. There is so much information about sun exposure, sun screens and skin cancer that it's hard to wade through what is most important for your family. Here are a few tips and tricks to remember for your family this summer.

Is sun exposure different during pregnancy?

Pregnancy can cause changes in your skin and the way that your skin reacts to sunlight. Hormones produced during your pregnancy make it so you might burn more easily or notice more freckles or other skin changes. Long exposure to sun or even just hot temperatures can cause increased itching, hives, or heat rash.

You may be concerned that overuse of sunscreen will introduce chemicals to your body that could negatively affect your baby. During this time, it is wise to consider covering your skin with clothing, seeking shade when possible, and limiting your time in direct sunlight as much as possible. This doesn't mean you avoid being outside, but

just that you are more careful with the time of day you are out and how your skin is being affected by the sun. Keep reading for more helpful hints on sunscreen.

It's important to remember that exposure to sun and sunburn can also cause your body to overheat, which can have negative consequences for your baby. This will be even worse if you are not well hydrated so be sure to drink LOTS of extra water when you are out in the sun or heat during the summer. For more information on summer hydration for moms and babies, see last month's article "Water Works."

What about babies?

Babies who are six months old or younger should never be exposed to direct sunlight. Always cover a young baby's skin and add a hat to his/her summer outfit. You may be able to find clothing with a built-in SPF right in the fabric but if not, remember that tightly woven fabrics offer the most protection. Umbrellas can also be a great way to make sure you and your baby stay safe from the sun.

For everyone in the family, it is best to avoid direct sunlight between the hours of 10 a.m. to 4 p.m. when the sun's rays are the strongest and the most skin damage can occur.

Remember, it only takes one or two bad sunburns over a lifetime to increase your chance of skin cancer!

The effects of altitude

Sunlight at high altitude considerably increases the amount of UVA and UVB that can cause damage to your skin. Remember that though you might be able to spend a few hours in the sun during your family vacation at the ocean, you may burn in only minutes when exposed to direct sun at 8-9,000 feet elevation. Limit sun exposure for your family more the higher you are.

Sunscreen

Most sunscreens help protect from harmful UVA and UVB rays that come from sun and can reduce your risk of sun damage and skin

cancer. To get this benefit, you should always choose a sunscreen that has an SPF of 30 or higher, never use a tanning oil that increases the sun's effects, and reapply sunscreen every couple of hours or after swimming/sweating. Second, remember that there are two very distinct types of sunscreen: chemical and physical. Our rule to remember?

Get physical!

Physical sunscreens contain either zinc or titanium oxide and leave a white film on the skin. This means that the sunscreen is physically blocking the sun's rays and not soaking a chemical into your or your baby's skin. It may take some getting used to but this really is the safest and best way to protect your family from sun burn and skin damage/cancer. Make sure to cover all skin with good sunscreen and reapply when needed — don't forget the tops of ears, noses, feet, and hands.

Other sunscreens contain harsh chemicals that, while protecting your family from sunburn, can have other long-lasting, harmful effects that may make it not worth the risk! If you feel you must use a chemical sunscreen, rather than a physical one, be sure to check that it does NOT contain *oxybenzone*, especially for infants and during pregnancy. This ingredient has been linked to low birth weight and other negative effects on babies.

Cover up

To avoid sunscreen most of the time, especially for babies and very young children, just dress them in lightweight, tightly woven clothing that will physically block sun from their skin. Wear hats, stay in the shade or under an umbrella, and keep your skin healthy and protected. It is many a summer day that your family can spend covered almost from head to toe enjoying the weather and a tall glass of water in the shade of a lovely tree.

Be sure to take care that a fully dressed baby does not get overwarm in the summer heat. It is always best to take a baby inside or into deep shade rather than exposing their tender skin to the harsh sun. When wearing your baby in a sling or other carrier, remember that if you're sweating and hot, your baby is probably overheated as well.

Sunburn

What if, despite your best efforts, you or your little one ends up with a sunburn? If it is only a first degree burn (no blisters) then a cool to lukewarm bath with a little oatmeal in it should help soothe away the burn. Remember to only softly pat your baby dry and moisturize their skin well to seal in moisture and prevent dryness and itching. If your baby has a blistering sunburn, it may be best to contact your doctor and use something stronger to help her/him heal.

What about Vitamin D?

We know that Vitamin D is an important nutrient for everyone in your family and that exposure to sunlight can allow your body to produce this vitamin naturally. But how do we balance this need with the desire to protect ourselves from the sun? The most important thing to remember is that for light-skinned



people you can make all the Vitamin D you need in just 15 minutes of exposure to sunlight! For darker skin, it can take longer but not so long that you need to get a sunburn in order to get your vitamins. If you'd rather, you can also take Vitamin D as a supplement every day to ensure proper levels.

With this information in hand, you and your family can grab a hat, a big bottle of water, and head out into the mountains to enjoy the beautiful summer weather, knowing that you will all be protected and healthy. Happy summer!

Watch for the next summer segment in August – Part III – "Swimming Sensations!"

Resources and suggestions for further reading & support:

- Dr. Sears on sun exposure: <http://www.askdrsears.com/topics/health-concerns/skin-care/sun-protection>
- Dr. Sears on sunburn: <http://www.parenting.com/article/ask-dr-sears-sunburn-remedies>
- Dr. Sears on Vitamin D: <https://www.drsearswellnessinstitute.org/healthy-living/healthy-tips/lifestyle/vitamin-d-your-health/>
- Six Sunscreen Rules to Follow when you're Pregnant: <http://www.fitpregnancy.com/pregnancy/pregnancy-health/six-sunscreen-rules-follow-when-you-re-pregnant>
- Sun Safety Tips for Infants, Babies, and Toddlers: <http://www.skincancer.org/prevention/sun-protection/children/sun-safety-tips-for-infants-babies-and-toddlers>
- CDC's Basics of Sun Safety: http://www.cdc.gov/cancer/skin/basic_info/children.htm
- <https://www.tesco-baby.com/baby/safety-and-first-aid/sun-safety-for-your-baby/>

Interested in meeting other local, like-minded parents?

- Join the Colorado Mountain Birth & Parenting Network on Facebook at: <https://www.facebook.com/ColoradomountainBPN/>
- Visit Maren's website: www.CommunityMidwiferyCO.com

Questions? Comments? Suggestions for future columns? Please send them to: ute-countrynewspaper@gmail.com

Maren Fuller is a mother, a midwife, an educator, and an activist dedicated to finding support, providing education, and building community for Colorado families during pregnancy, birth, and early parenting. She and her family live on a small homestead in Florissant, CO.

15th Annual Rockies State Games Celebrating the 125th Anniversaries of basketball and the City of Woodland Park

The 2016 Rocky Mountain State Games will present a special celebration on the 4th of July of the combined 125th anniversaries of the City of Woodland Park and the invention of the sport of basketball.

Woodland Park will get an early start on the 15th edition of the Rocky Mountain State Games with the 4th of July 3-on-3 Basketball Classic adjacent to the Ute Pass Cultural Center from 9 a.m. until 4 p.m. on Midland Avenue. The basketball tournament is part of the annual Old Fashion 4th of July Celebration hosted by the City of Woodland Park. There will be live music, a kid's zone, beer garden, food vendors, and lots of fun activities for everyone.

The Rocky Mountain State Games 3-on-3 hoops tournament will offer competition for adult men and women. The top team in each division will qualify to compete in the USA Basketball 3x3 National Tournament at the U.S. Olympic Training Center Friday, August 26 - Sunday, August 28.

The RMSG, the state's largest sports festival, will take place mainly on two weekends, July 22-24 and 29-31, in Colorado Springs and will offer 39 sports for athletes of all ages and skill levels, including those with physical disabilities or visual impairment.

"The Rocky Mountain State Games and the Colorado Springs Sports Corporation are excited about this unique opportunity to honor a pair of significant anniversaries with an event that is growing in popularity around the world" said Sports Corp President and CEO Tom Osborne. "USA Basketball conducts its own 3-on-3 national tournament and FIBA stages a World Championship for men and women that is gaining tremendous enthusiasm and participation from across the world."

Last year's edition of the Rocky Mountain State Games attracted 10,133 athletes, the second highest total in the history of the Games, growing from the inaugural Games in 2002 that hosted 2,016 athletes.



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Wellness by Lana

Is your life in need of more balance?

by Lana Paul

I'm Lana Paul, an experienced life and wellness coach specializing in the full circle balance of body, mind and spirit. I enjoy helping others to identify their wellness needs and to select the path that will allow them to fulfill their goals. Wellness is more than "eating right" or weight loss; it is a balance of healthy things that supports each person to feel whole.

Have you ever felt that there aren't enough hours in a day to get everything done? This is a fairly common symptom of needing to create more balance in your life. If you think about that expression, it seems someone is saying this almost on a daily basis. This is a stressful feeling to experience and especially when it is felt on a recurring basis.

Do you sense your life is out of balance? A possible sign of being imbalanced is feeling exhausted or overwhelmed. You may feel you don't have time to develop relationships in your personal life because of work demands. Maybe you are giving all of your time and energy to being productive at work but feeling exhausted or lonely on a personal level.

Possibly you set a fitness goal but that race date came and went without you taking the time to train. Or maybe you haven't been able to hike your favorite trail or ride your bike. Maybe you have recovered from an injury and you know you need to increase your physical activity but you don't make the time.

It can go the other way too. It is possible that you are enjoying so much of your personal relationships and leisure activities that work is suffering and therefore income has suffered as well. Or your home isn't getting the tender loving care you would like to offer it and chores have gone undone.

All of these scenarios can affect you physically, spiritually, and emotionally. You can easily face the end of the day feeling you have depleted yourself. Sometimes it feels like you have given away all of you. What price are you paying living without balance?

Look back on your day and ask yourself

these questions:

1. Do you find yourself reacting to everything even things outside of your control?
2. Do you have fatigue or unidentified health issues or symptoms?
3. Do you feel like life is happening to you and that you are at the mercy of chance?
4. Does every little thing become an emergency?
5. Is your business struggling or are clients canceling?
6. Are you too tired to enforce your own boundaries?

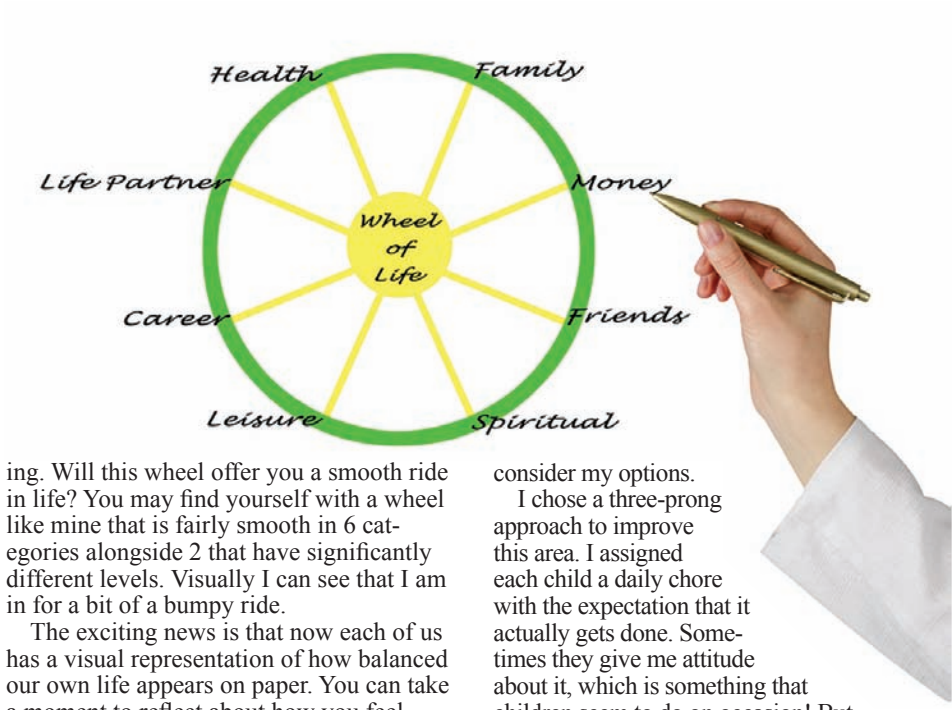
Answering yes to these questions could indicate that your life is out of balance. Keep in mind however that life balance is a highly unique and personal experience for everyone. What I might feel is a very balanced life could seem rather stressful or otherwise boring for another. I would like to introduce you to the wheel of life; an exercise that provides an interesting perspective specific to your own life.

Take out a piece of paper and draw a circle on it. Section it off into eighth segments. You will then label each triangle with these categories: Home, career, finances, health (emotional/physical/fitness/nutrition), friends/family, romantic partner, spirituality/personal growth, and leisure/recreation.

Label the inside of the circle as a 0 and the outside edge of the circle as a 10. You are going to rate your level of satisfaction for each category; how successful do you feel in each area. Let's take career as an example. Let's assume that you feel completely satisfied with your career and would give it a level 10. In this situation, you will use the outer edge of the circle to represent that level of satisfaction.

Let's also assume that for the health category, your satisfaction level is at a 3. In the health category, you will draw a new outer boundary where 3 would fall on the scale of 0 to 10. Continue this process for all 8 categories.

Now look at your wheel with all of the newly drawn outer edges. This new perimeter represents your own Wheel of Life. Sometimes the results can be rather surprising.



ing. Will this wheel offer you a smooth ride in life? You may find yourself with a wheel like mine that is fairly smooth in 6 categories alongside 2 that have significantly different levels. Visually I can see that I am in for a bit of a bumpy ride.

The exciting news is that now each of us has a visual representation of how balanced our own life appears on paper. You can take a moment to reflect about how you feel about your life balance. You get to decide if there are things you would like to implement to regain balance in your life. You also get to decide if there are things you want to stop doing. Or there may be things you choose to reprioritize or to delegate.

In a previous exercise, my Home environment reflected a level 3 on the scale. I scored it so low because I was experiencing a great deal of frustration. I felt like the household chores were never-ending and that I was solely responsible for accomplishing them. Several of my clients and friends have described feeling the same type of challenge.

I was presented with a few questions to consider related to my home and can be applied to each of the categories. The first question I asked was *How do I spend my time when I am at home?* Then I asked *How I would prefer to spend my time when at home?* Am I motivated to make a change in how I am spending my time and how I view the chores?

With my level of motivation in mind, I can then brainstorm about how I can make space to allow change to take place. *Is making improvements in this area something I can change on my own?* Will I need the help and cooperation from others?

What needs to happen so that I can raise the score from a 3 to a 10? What would that score of 10 feel or look like? What is it worth to me feel more satisfaction in my home?

To answer that last question first, I felt I would gain so much quality of life if this situation were improved. Every day that I felt overwhelmed, frustrated, tired and overworked, it affected my relationships with my children. Sometimes it would play out with disagreements and sometimes it would simply be that I was unable to spend quality time with them.

It also impacted my leisure activities, my health and my personal growth. I had given into the negative feelings and allowed myself to feel unaccomplished. Because this one area was impacting so many of the other areas in my life, I felt a great deal of motivation to

consider my options.

I chose a three-prong approach to improve this area. I assigned each child a daily chore with the expectation that it actually gets done. Sometimes they give me attitude about it, which is something that children seem to do on occasion! But I stopped noticing the attitude. Interestingly the attitudes have diminished and the work is getting done. This provided the opportunity to spend more time with them having fun.

I also hired someone a couple of times a month to help me with the heavier cleaning. Every time they have cleaned, I feel that I have been nurtured. Also, I have chosen to do handle some laundry on a daily basis instead of trying to tackle it all at one time. This has reduced how often I feel overwhelmed and improved my emotional health.

The goal of this exercise is not to live at a level of perfection but to find a life of balance which is what a smooth rolling wheel implies. Feeling balance provides a sense of wellbeing, of harmony; it comes from feeling whole and complete. It is a place where you are getting your needs met and you are living in alignment with what is important to you. I hope this exercise aids you in finding your balance.

I would be honored to help you identify what you are seeking in your journey. I work with people both in person and by telephone, providing a variety of coaching and wellness opportunities to help you become the best version of you. I am a life coach, an ACE certified health coach, NASM certified personal trainer with a focus in nutrition, and a Grief Recovery Method Specialist. Call for a free introductory session at 719-985-9197. Or make an appointment on my website at www.WellnessByLana.com where you can also sign up for my monthly newsletter with recipes, wellness tips, and ideas for living a balanced life.

Nothing in this column is intended to diagnose, treat or provide a substitute for medical advice.

References

6 Signs Your Life Is Total Chaos + How To Restore Balance by Tonya Sheridan – www.Mindbodygreen.com

How to Create a Balanced Life: 9 Tips to Feel Calm and Grounded by Jasmin Tanjeloff – www.tinybuddha.com

Puppy or kitty?

Consider the options

When people think of adding a furry friend to their household, many think of either a puppy or kitten, completely disregarding adult versions of the same.

Many adult dogs and cats end up in animal shelters for a variety of reasons, which are no fault of their own. A large number of animals end up in shelters because their humans had become too ill to be able to properly care for their pet. This is an especially difficult decision for the human, but it can be sad for the pet, too! Perhaps there is a need to relocate quickly to care for an extended family member, or due to a career change or military re-assignment.

These animals have demonstrated the ability to bond, connect, and relate with humans or the shelter would not allow them to be adopted. Shelters would rather keep an animal a little longer to assure good training (leash-skills or cat box habits) so that the adoption is successful. It does not help the shelter to have the same animal returned. Much happens behind the scenes to assure each animal is spayed/neutered, in good health, and ready to connect to a forever home before the indi-



Indie (left) was about 10 when he ended up at the shelter. He has been adopted by a family and together they are a happy family. The two pictured right are a lucky pair; father and son ages 9 & 10. They found a forever home together!

vidual is ready for adoption.

Please consider contacting your local no-kill shelter when thinking of a new dog or cat for your home.

Ark-Valley Human Society
701 Gregg Drive, Buena Vista, CO
719-395-2737

Humane Society of Fremont County
10 Rhodes Ave., Canon City, CO
719-275-0663

TCRAS
308 Weaverville Road, Divide, CO
719-686-7707

Big Blue Sky Mountain Treasures

New location, new name, same smiley service

by Kathy Hansen

photos by Jeff Hansen

Have you ever put your mind toward a project and before you know it, the result is bigger and better than you initially could have expected? This is the case for Debbie and Dave Shipman of Big Blue Sky Mountain Treasures, also known as Teller County Trading Company.

Debbie and Dave had been vacationing in Colorado for years. As their retirement ebbed closer, they made a decision to relocate to Colorado preferring the climate here to that of Oklahoma's heat and humidity. Besides, there is a beauty in Colorado's mountains like no place else.

Their first thought was to keep Deb out of trouble by starting a business of made-in-Colorado merchandise. They figured starting from a tent at craft fairs and farmer's markets could work. They began sourcing hemp t-shirts from Boulder, Danny Cash line of hot sauce, salsa and BBQ sauce from Lakewood, and began meeting Colorado artisans. Before they knew it, they found a small 100 sq. ft. shop for rent in Florissant. They hung their sign up for *Teller County Trading Company*.

"It wasn't long before we had area artists and crafters sopping by to ask if we would sell their work in our shop. By the end of summer, the place was busting at the seams. We weren't sure at that point whether we were going to stay for another season or close up and try something new. Out for a drive one day, Dave and I spotted a 'for rent' sign at the Old Lake George Inn. With help from our friends, we had the store open in time for Christmas," said Debbie with her smile that spans ear to ear.

People tell her that her shop is beautiful; that it's like no shop they've ever been in, that it is a wonderful and hidden gem.

"I am so humbled when I hear things like that because that's what I aspire to do, but my shop is what it is because it's filled with the heart and soul of the artists and crafters whose items I have on display. The level of talent and creativity of the people in this region is astounding. I have artists that gather stones or branches from hikes in the woods or dig around in old mining camps and thrift stores collecting raw materials that sit sometimes for months or years until one day a specific item will tell the artist what it wants to be. The results are the treasures you will find in my shop. Anything good about my shop is because of the people who trust me with their work," shared Debbie humbly.

She points to a feature of a birdhouse crafted from items the artist found on a hike. This particular birdhouse has a mini-replica of itself hanging under the eave of the larger version. The attention to detail is amazing.

The larger space in Lake George gives Debbie the opportunity to display the various items from over 25 artists, not to mention the handful of folks who stop in to drop off random items, all locally crafted. There is quite the selection to view. After taking one walk through the shop we found ourselves drawn in by a display we missed the first time around. Be prepared to circle a time or two because there is much to see. After all, they went from 100 sq. ft. to 900 sq. ft.

The antiques are in fabulous shape set alongside vintage lamps near a doll collection. A cabinet holds a variety of teas, hand soaps, and balms as support beams showcase ornaments and other pieces from a glassblower from Hartsel. You can find everything from Shirley



Big Blue Sky Mountain Treasures has everything from trinkets to fine art.

Logan's bear shaped carvings, to a variety of quilts and coffee cups, to greeting cards.

"I get new stuff in almost every day; things are constantly changing. It's a great place for tourists to find a gift or for the locals to pick up a greeting card; a little something for everyone," beams Debbie. She enjoys meeting the artists and consignors, and one can imagine they had fun meeting her, too.

Debbie is easy to talk to, fun to listen to, and seems to be a happy person who genuinely enjoys seeing the best in other people.



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Rialto Theatre's Good Cents Campaign

The "dog days of summer" has a new meaning for the Rialto Theater in Florence.

It began with Memorial Day and will end on Labor Day; the 99 days of summer provides an opportunity for all Fremont County residents and visitors to donate their spare change to the Rialto. The goal is \$999 and is called "It Just Makes Good Cents" campaign.



We all have spare change lying around our home and car and maybe even in a jar or other hiding place. So why not donate that change to the Rialto? We've made it very easy for you! All you have to do is collect and deposit any amount in the 5 foot tall yellow "Rialto" tube on the sidewalk in front of the Rialto, 209 W. Main in Florence. Or you could even mail your spare change to the Rialto if you want.

We even have a contest. Guess how much spare change is in the tube when it's counted Sept 5.

Drop your guess in the coin slot on the tube. Be sure to print all information legibly and include a phone number or email address. You may only enter one time.

As a hint...How many dimes fit in a 1 litre bottle? Answer: \$500.00!

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Florence Pioneer Museum and Research Center

See what's new this season

by Charlotte Burrous
 photos by Charlotte Burrous

With the advent of summer, the Florence Pioneer Museum has expanded its services to the community with a new research center and various activities.



A mercantile store is on display at the Florence Pioneer Museum, which is open from 1 p.m. to 4 p.m. Tuesday through Saturday through September.

In July, the museum will offer a walking tour on the first Saturday of the month, starting at the corner of Pikes Peak and Front Street in Florence. This year, guides will take individuals on a tour to various historic sites in town, beginning at 1 p.m. July 2. Limit is 10 people and costs \$10 per person. In conjunction, a Summer History Club for Children will be offered from 1 p.m. to 2 p.m. July 9. Limit is 10 children each session and costs \$5 per child. Other sessions will take place July 30 and Aug. 13. RSVP by contacting Marty Lamm at 719-784-3037. Exhibits include a Native American display with photos and various artifacts. Robert Bachus, who lived in the area in the 1950s and loved Native American regalia, put together a scrap book and it is on display in the museum. Other exhibitions include a model of Fort La Doux, railroad memorabilia and a map, which depicted locations of coal mines and oil wells in Christmas lights; however, the lights quit working. The Florence Rotary has agreed to repair the lights on the map. Another display features the Double Dick road map and photos of the men who worked in it, as well as picks and a sledge hammer with DD on it. In addition, other displays include what a mercantile would have looked like, former madam



The Florence Pioneer Museum also depicts a room in which Lil, who was a notorious madam, might have lived in during her years in Florence. On the cover: Several American flags with different stars on them are on display at the Florence Pioneer Museum at the corner of Pikes Peak Avenue and Front Street.

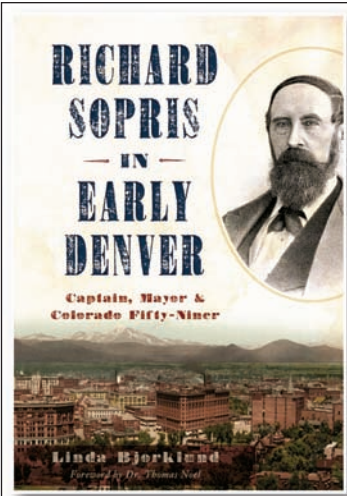
Lil's room, who was notorious in Florence, a children's section, a military exhibit with several American flags and much more. "The back bar has been here for a long time," Lamm said. "All the bottles and glass are from Florence. Everything in here is from the Florence Bottling Company."

Another highlight in the display is the Founders' corner, featuring the McCandless family, in which Paul Villagrana painted their original home on a mural, along with photos of the family and other attractions. An exhibit also celebrates the bank's 125th anniversary with a display of the original teller's cage. Photos of Florence schools also are on display along with past graduation pictures, from 1892 through present day. Also, several clocks that have been refurbished by Bob Barnes are on display at the museum along with hundreds of other artifacts. In the meantime, the museum, which has been revamped, will be open from 1p.m. to 4 p.m. Tuesday through Saturday from now until September. Admission for veterans or active military is free. For more information, check the website at www.florencepioneer-museum.org-home or call 719-784-3037.

New book from Linda Bjorklund

From Gregory's Diggings prospector to Denver mayor, Richard Sopris left an indelible mark on the Mile High City and Centennial State. During an 1860 prospecting expedition, Sopris discovered Glenwood Springs and the nearly 13,000 foot summit later named for him. Following life as a steamboat captain, he was appointed captain of Company C, First Colorado Cavalry, in 1861 and commanded volunteer troops at Glorieta Pass. After serving as a delegate to the first constitutional convention of Colorado and as Arapaho County sheriff, he helped quell the Hop Alley Chinese Riot of 1880 and enacted public works projects to rid Denver of a deadly typhoid outbreak. After his mayoral term ended in 1881, Sopris became the first commissioner of his beloved City Park. Author Linda Bjorklund celebrates the unsung life and accomplishments of a founding son of Colorado.

Linda Bjorklund's books include *Burros!* and *A Brief History of Fairplay* (The History Press, 2013). She publishes a quarterly newsletter for the Park County Local History Archives and writes a monthly historical article for the *Ute Country News*. Her interest in Richard Sopris came out of her acquaintance with one of his descendants, Betty Farrington, through the American Legion Post in Buena Vista, Colorado.



Summer community education series at CMC

Colorado Mountain College Chaffee County Center will be offering three community education series this July in Buena Vista. The series *Life on the Rocks* will lead you on a journey through Earth's geological and biological systems through time. Dr. Dan Howe will discuss topics that include the Cambrian explosion of life, dinosaurs, the forming and breaking up of supercontinents, global warming and Earth's future. *Life on the Rocks* classes will be offered from 9 a.m. to 12 p.m. on the following dates: July 6, 13, 20 and 27. The cost for each class is \$25. Artist Sibyl Teague will take participants on outdoor sketching excursions around beautiful Buena Vista in the series *Have Sketchbook, Will Travel*. Teague lives in Chaffee County and has a BFA in Painting from the University of Michigan and an MA in Art, Printmaking from Adams State University where she currently teaches

Art History. *Have Sketchbook, Will Travel* classes will be offered from 10 a.m. to 12:30 p.m. on the following dates: July 9, 16, 24, and 30 at a cost of \$25 each. Finally, travel back in time to the 1950s and 1960s with Professor Richard Utech to learn about Beatnik culture and literature in the series *The Beats Go On: A Love Story in Three Acts*. Topics will include works of Beatnik writers such as Kerouac, Ginsberg and Cas-sady, historical influences on the movement, and how the Beatniks affected future generations. *The Beats Go On* classes will be offered from 6 p.m. to 9 p.m. on the following dates: July 11, 18 and 25 at a cost of \$20 each. Participants do not have to register for every class in a series. For more information, or to register, please call the CMC Chaffee County Center at 719-395-8419 or stop by the Center Monday through Thursday, 8 a.m. to 6 p.m.

HRRMC Foundation receives grant for study

Heart of the Rockies Regional Medical Center Foundation has received a grant from the Colorado Department of Public Health and Environment (CDPHE) to conduct an environmental scan, or study, to increase the number of breast, cervical and colorectal cancer screenings statewide. The total grant awarded was \$18,479, which will cover the costs associated with the project. The Foundation will utilize this scan to identify community resources and assets and the best ways to reach out to targeted populations to increase the use of cancer screenings. Community focus groups will be formed and data will be collected by Julia Fritz, RN, the principal investigator. The goal is to determine what barriers exist in the Salida Hospital District for those who qualify for these specific services. "We are very grateful for the partnership with CDPHE to increase breast, cervical and colorectal cancer screening rates in Colorado," said HRRMC Foundation Director Kimla Robinson. "Preventive screenings are very important because your best way to find cancer early is to get screened."

The HRRMC Foundation provides the hospital with financial support to facilitate innovative programs and provide state-of-the-art health care services to the Salida Hospital District. For more information about the Foundation's initiatives, call Kimla Robinson at 719-530-2218.

Forest Service continues to find abandoned campfires

Last month more than 30 unattended or abandoned campfires were discovered and extinguished in the area covered by the Pueblo Interagency Dispatch Center. Careless human acts have caused nearly half of the wildfires on the Pike and San Isabel National Forests, Cimarron and Comanche National Grasslands (PSICC) in the last 10 years. This figure is well above the average for the western states. "It is so important now, more than ever for the public to understand the importance of such a simple task of extinguishing their campfire. Simply because there is green vegetation out there doesn't mean we are immune to wildfires," said Ralph Bellah, PSICC Fire Prevention Officer. Thinking

ahead and ensuring your campfire is cold to the touch before you leave can prevent a wildfire. A campfire can stay hot enough to emit embers outside the ring for many hours if it's left to go out naturally. Unsafe campfires have caused large fires that threaten communities, cause evacuations, and add to the workload and risk of our firefighting force. "We are concerned about the number of abandoned campfires that have been found by forest patrols," said Bellah. Learn how to properly start and extinguish a campfire: https://www.youtube.com/watch?v=9mlsuIQ9600 Public fire information for large fires may also be available on the web through the InciWeb site at: http://inciweb.nwcg.gov/

CSHF approves \$2.5 in grants

Improving health in El Paso and Teller Counties

The Colorado Springs Health Foundation Board of Trustees recently approved \$2.5 million in grants to 40 organizations serving El Paso and/or Teller County. These organizations address one or more of the Foundation's funding focus areas: • Access to care for those in greatest need; • The workforce shortage of primary care and psychiatric providers; • Suicide prevention; • School-based efforts to improve child and family healthy eating and/or active living.

These funding focus areas were developed based on the foundation's mission; local need; focus group and key stakeholder input;

and evidence behind what drives the health of a community. "This is a significant initial milestone for the Colorado Springs Health Foundation and our community. We are privileged to invest in so many excellent organizations that do the hard work of improving health every day, and we look forward to the impact that they will make using these funds," said BJ Scott, board chair.

The Colorado Springs Health Foundation was established in 2012 through the lease of Memorial Health System to University of Colorado Health. The Foundation's mission is to provide grants that target immediate health-care needs and encourage healthy living.

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Cooking with ketchup and beer Brussels sprouts

by Belinda Smegler, Queen of Trailer Trash

These stories recount episodes of her cooking show, "Cooking with Ketchup and Beer" recorded by high school students for their media class in the remote mountain town of Cripple Creek, Colorado. Note: The recipes are real, though Belinda is not. She is a fictitious character. Please enjoy these stories and recipes with your own discretion.

"Ting-dang guarantee you've never had Brussels sprouts cooked properly — that's why you hate 'em. Got to cut 'em in half and sear 'em with little pieces of chopped bacon and butter — lots of salt and garlic, too. When they start to change texture you jolt 'em with either lemon juice — and it's got to be fresh lemon juice, too — none of that plastic stuff. Or, you can use balsamic vinegar instead of lemons. You'd no more boil Brussels sprouts than boil a hamburger — got to sear 'em. That's how you do it!"

Belinda was still hot and offended by remarks made to her at a hoity-toity dinner party the previous night. The hostess had crinkled her perfect nose at Belinda's rather fleshy snout and whined, "Ewww! I hate Brussels sprouts!" Belinda was annoyed by this pervasive and ignorant view of Brussels sprouts. She was genuinely fatigued by the general public's lack of appreciation for this fine, funny vegetable (they do look like the eyeballs of some scary dead goat, after all). "You've never had my Brussels sprouts. You've got to try them the way I make them."

"Oh never! I hate Brussels sprouts," and the pretty little thing stole away from Belinda with the confidence of one who can reject other people's ideas without a second thought. Belinda, who had brought an entire roaster-full of the little green cabbages to the dinner, was still flabbergasted when I visited her the next day.

Actually, I personally have seen the truth. Belinda enlightened me that very afternoon. It's true that all these bitters, I thought Brussels sprouts were pungent, bitter, odd little boogies we were forced to eat because some old lady from Texas, I'm sure, made it up that they're good for you. I've learned since, that nobody cooks them properly. No one until Belinda came into my life. She popped a slightly crisp green one into my mouth. "I was delighted by the flavor and texture. "What is it?" I asked. "Brussels sprout," she answered. "No way!" I was amazed.

"Watch," she was about to reveal the mystery to me, like a mama wizard wearing curlers shows her young daughter the amazing magic of some special girly thing in the bathroom mirror before prom.

Belinda cut the desiccated end off of the butt of one of the little goat's eyes and then cut an "X"-shaped incision across the bottom about 1/4 inch deep. She dropped it into a boiling liquid.

"Beer brine," she explained. "I blanch them in brine for just a minute or two so they can absorb the salt and sugar up through the veins in their leaves." (I had never thought of Brussels sprouts as having leaves before — only some kind of inedible cartilage).

"Now, see how the color is starting to change?" She rescued it with a spoon and sliced it in half. Then, she placed the flat side down in a pan that she had sautéed minced garlic and bacon in butter with salt.

The Brussels sprout halfling made a sudden searing sound in the hot butter. She let it simmer and nursed it by crunching more salt over its body between her fingers, counting the grains. For final touch, she dropped one specific speck of balsamic vinegar onto its newly overturned stomach, with backside down. "Here, try this," (she commanded me). I was transcended. "That's how you do that!" Belinda stood vindicated.

Ingredients

1/2 Lb. Brussels sprouts
1 Can cheap beer
1 Tablespoon brown sugar
1 Tablespoon salt
1 Piece bacon (chopped)
1 Tablespoon butter
3 Cloves minced garlic
Balsamic vinegar (one dash per halfling)

Directions

Cut the end off each Brussels sprout and make an "X"-shaped incision across the base. Blanch them in the brine (beer and sugar) for 1-2 minutes until the color starts to change to emerald green. Remove them and cut each one in half. In a saucepan, sear chopped bacon, butter and garlic. Brown each Brussels sprout half face-down, then flip. Sprinkle with salt and Balsamic vinegar on each half.

Belinda Smegler is a pen name of Michele Murray.

BLM proposes supplemental fees for Guffey Gorge

by Kyle Sullivan

The Bureau of Land Management (BLM) is seeking public input on proposed supplementary rules for Guffey Gorge. An increasing number of visitors are drawn to Guffey Gorge because of the scenic canyon carved out by Fourmile Creek and its unique, water-based recreation opportunities. These supplementary rules would regulate certain activities within the planning area to reduce conflicts between users, reduce public health and safety concerns, and reduce impacts to natural resources.

"The dramatic increase in visitor use at this site

in recent years has caused a number of issues and concerns that need to be addressed," said Keith Berger, BLM Royal Gorge Field Manager. "We have worked closely with concerned citizens and local agencies to develop a strategy that hopefully addresses most of these issues and still allows the public to enjoy the site."

The proposed supplementary rules implement specific management actions outlined in the management plan. The proposed rules prohibit: possessing or consuming alcoholic beverages in the area; parking a motor vehicle outside of designated parking areas; playing amplified music; and bringing an animal into the area unless it is on a leash. The purpose of these rules is to reduce user conflicts, reduce damage to natural resources and the environment, and protect public safety.

There is a comment period which runs through August 1, 2016. Mail or hand-deliver comments to Linda Skinner, Outdoor Recreation Planner, BLM Royal Gorge Field Office, 3028 E. Main Street, Cañon City, CO 81212. You may also send comments via e-mail to rgfo_comments@blm.gov (include "Proposed Supplementary Rules-Guffey Gorge" in the subject line). Before including your address, phone number, e-mail address, or other personal identifying information in your comment, you should be aware that your entire comment — including your personal identifying information — may be made publicly available at any time. While you can ask us in your comment to withhold your personal identifying information from public review, we cannot guarantee that we will be able to do so.

For the specific rule language contact the Royal Gorge Field Office at 719-269-8500, go to www.blm.gov/co/st/en/fo/rgfo/planning/guffey_gorge_ea.html or refer to the "Federal Register Notice" published on June 1, 2016.



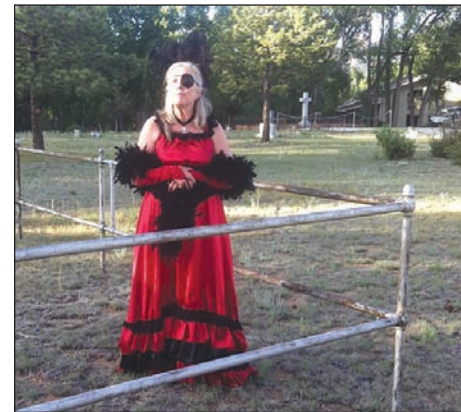
A Civil War soldier watches guard over the fallen.

Bury your dead, or not, in Buena Vista

By Robin Griffie Hall

photos courtesy of Mallory Zingone

Nestled in this truly amazing and quiet corner of the Arkansas River Valley, Mt. Olivet Cemetery in Buena Vista is the resting place for a host of colorful characters. For a few days each summer, history comes alive as some of the more interesting spirits of the past are reincarnated for a light-hearted tour. Some of the local history buffs don costumes and even some accents to tell their stories and chat with their long lost friends who appear at various tombstones. These little dramas are part of Buena Vista Heritage's program to raise funds to preserve the history of the town.



You'll meet Cockeyed Liz

Alsina Dearheimer, the "Mother" of Buena Vista leads a tour through this quaint setting highlighting some of the town's illuminating times. Dear Alsina is the most convenient person to blame for starting the century old argument about how to pronounce the name of the town. Anyone looking around the valley from a perch on one of the tombstones here can see why the name stuck for this little oasis surrounded by majestic peaks. Dearheimer happens to have been Canadian and was not acquainted with Spanish speaking people. She therefore called the place "Biew-na-vista". Most of the old-time residents and people who have grown up around here still pronounce it that way, though today a Spanish pronunciation also seems to be acceptable in most circles.

During the tour, you will meet the reincarnations of Madam Elizabeth Enderlin, "Cockeyed Liz"; Hugh Crymble, the longest serving sheriff during Buena Vista's growing days; Martha Mahon, wife of the



Hugh Crymble and Alsina Dearheimer

rancher the town was almost named for; and the McPhellams, who entertained Chief Colorow in their front yard, among others.

Mt. Olivet has a section known as Potter's Field, which houses some of the less well-off residents, and former inmates of the Buena Vista correctional facility. Many of the tombstones at Mt. Olivet feature the Masonic emblem which illustrates the prominence of the organization as a community support group. Likewise, many of the women's markers feature a star for the Order of the Eastern Star, sister organization to the Masons.

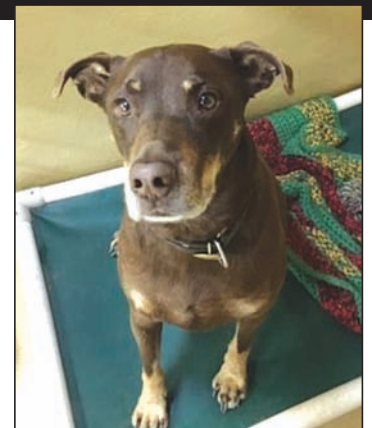
During the tour, guests will discover many other stories about the challenges of developing a remote town in the 1800s. Stories about miners, water rights, red light district madams, hangings, trains and other familiar western plots will be told. These moments in history continue to have significance to ranchers, developers and recreational enthusiasts today.

Buena Vista Heritage is a group that formed approximately 42 years ago to protect and preserve the history and heritage of the town. The organization was recently awarded a grant from the Colorado Historical Society to do an assessment of the old Courthouse, which is now the home of the Heritage Museum. The assessment is being conducted to determine a scope of work and budget for a complete rehabilitation of the building. This major project will need significant funding and volunteer assistance, and is expected to start up next year.

The next appearance of these ghostly specters is rumored to happen on July 15th, 2016. The tour starts at 7 p.m. and admission is \$8 for adults and \$5 for children (12 & under). If you miss this date, you can still catch the tour on August 19th or September 10th. Your support of Buena Vista Heritage will be truly appreciated.

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'Take Me Home With You' Hanner's latest to benefit Colorado Animal Rescue groups

After more than a year of work, Colorado singer-songwriter Lissa Hanner has released a song and video to benefit three animal rescue groups in Colorado Springs: Humane Society of the Pikes Peak Region, All Breed Rescue & Training, and Happy Cats Haven, all of which are members of the Southern Colorado Animal Coalition.

"This is a subject close to my heart," Hanner says. "Ever since I was a little kid, I would bring home animals. Right now, I have five horses, three barn cats, and four dogs."

Hanner co-wrote the song, "Take Me Home With You," with her brother Chuck Binkowski and recorded it at Jay Vern's studio in Nashville in 2015. She produced the accompanying video with videographer Ralph Giordano.

"Ralph and I have worked off and on over the past year on a video for the song and we have just released it to YouTube," she says. "It's really cool — its stars are some adorable rescue dogs and cats."

Regarding the animal rescue organizations selected, Hanner says, "I chose the three beneficiaries because I have personally worked with them. I have adopted animals from the Humane Society of the Pikes Peak Region and am a foster failure for ABRT. My barn cats are from Happy Cats Haven. I've seen how hard these organizations work to protect and rehome animals."

Hanner has dedicated a section of her website to the fundraising effort, and 100 percent of the proceeds will go to the organizations. Anyone who makes a donation will receive a link for a free download of the song via email. Donors will also be able to submit a photo of their rescue animal to be featured on the "Take Me Home With You" web page. "We are planning to produce another video for the song which will include some photos of adopted pets that have been submitted," she says.

Donations to the "Take Me Home With You" fundraising effort can be made at takemehomewithyou.org.



Yvonne Wilson, Dan Williams and Vern Wilson place flag on veterans grave.

Flags for veteran graves

photos by Larry Ingram

Placing American flags on the graves of veterans at the Woodland Park Cemetery the Saturday before Memorial Day has become a tradition for American Legion Post 1980 and VFW Post 6051. The cemetery contains the graves of veterans of the Civil War to the present day War on Terrorism. This year, not only were there members of the Legion and VFW there to place the flags, but also members of the local community. In addition, cemeteries at Westcreek and Divide also had veteran graves decorated with American flags.



Grave of George McBay. Veteran of the Civil War. Fought with the 1st Colorado Cavalry in the battle of Glorieta Pass, NM

The U.S. Army Military District of Washington says that the tradition of placing flags on veteran graves began in 1948. At the Arlington National Cemetery, the mission is carried out by the 3rd U.S. Infantry Regiment, nicknamed "The Old Guard." The unit puts every available soldier to work, planting small flags in front of the more than 230,000 grave markers. Arlington now holds over 300 graves of those veterans who died fighting the war on terrorism.



Grave of Eric V. Dickson. Fought and died in Vietnam with the 1st Marine Battalion. Graduate of WPHS, Class president class of 1965. American Legion Post 1980 of Woodland Park is named in his honor.



Volunteering with Cusp

by Coalition for the Upper South Platte

The Coalition for the Upper South Platte is, among many things, one of the largest outdoors volunteer organizations in Colorado. Each year we manage on average, 2,500 volunteers who help us with a vast array of on-the-ground projects that range from raking, seeding and mulching in burn scars to building log erosion barriers and stacking sandbags in flood prone areas. The work our volunteers do each year, helping us plant thousands of trees and willows, restoring rivers and riparian areas, and protecting lives, homes and properties from catastrophic wildfire and floods, equals more than \$300,000 of in-kind matching funds annually for the grants that fund these projects. We could not work effectively without them; our volunteers are the heartbeat of our organization.

CUSP's Volunteer Program began in response to the 2002 Hayman Fire. The outpouring of care, concern and generosity was astounding. Local volunteers were eager and more than willing to work long, hard hours on often grueling projects to help restore their beloved home that had been ravaged by what, at 137,000 acres burned, still remains the largest wildfire in Colorado history. The human spirit of giving knows no boundaries and this was demonstrated when CUSP hosted volunteers from as far away as Japan, Uzbekistan, Kazakhstan and Russia in the years following the Hayman Fire.



Rollins College (Winter Park, Florida) Student volunteer planting trees in the Hayman Burn Scar.

While the Hayman Fire (all of which occurred within the Upper South Platte Watershed) burn scar has been a focal point of much of CUSP's outdoor volunteer programming, CUSP and our volunteers are active in many other projects throughout the watershed from noxious weed removal, building and repairing trails, to water sampling. CUSP also managed more than 7,000 volunteers on Waldo Canyon Fire related projects from post fire recovery to flood response efforts in Manitou Springs and along Highway 24. We have mentored communities, other nonprofit organizations and establishments such as Flying W Ranch, helping them develop and manage large scale Volunteer programs of their own.

CUSP works closely with more than 200 groups that volunteer with us; K-12 schools, colleges and universities, military groups, girl and boy scout troops, businesses and



USAF Academy Cadets volunteer on a CUSP collaborative trail project at the Florissant Fossils Beds National Monument.

corporations, churches, other nonprofits like Trout Unlimited and their local chapters; to identify and organize short-term and long-range volunteer opportunities throughout our watershed. These volunteers come from near and far. They work hard on projects and they

A society grows great when old men plant trees whose shade they know they shall never sit in."

also shop, dine and recreate in our area. Many large groups return year after year, introducing a new generation to the benefits of giving back through volunteering. A good number of our volunteers are dedicated individuals not affiliated with a particular organization, school or business. They understand the value and importance of our work and assist on projects on several levels. Some have trained as volunteer crew leaders and have become an invaluable resource, helping to lead projects during our busy summer months.

Yes, volunteers are essential to the work CUSP does. They are the foundation of the CUSP family and at the core of what we do. Our volunteers are advocates and ambassadors for CUSP and they are steadfast stewards of the watershed and our environment. Some of our volunteers have even gone on to become staff members.

It is important to understand why people volunteer. Volunteerism gives voice to what is important to us. It is how we express what we value by making a lasting imprint through our labors. Volunteering is a noble act; an expression of caring and a passion for a cause or project that motivates someone to give of their time, energy and talent helps to move that cause forward or gets the project done. Volunteerism is a demonstration of our humanity. Like the Greek proverb says "A society grows great when old men plant trees whose shade they know they shall never sit in," volunteerism is about hope for a better future.

At CUSP, our work is about providing each and every one of us the opportunity to

protect our watershed. Through rehabilitation, restoration, and resiliency projects and programs, CUSP and our volunteers work hard to ensure that future generations will enjoy a healthy and vibrant watershed; that they too will be inspired to carry on the work of those who came before them.

So, how does one volunteer with CUSP? Please visit our website <http://volunteer.cusp.ws/>. This page will show what projects are on the calendar and will also direct you to our New Volunteer Form. This on-line application gives us some basic information about your interests and availability. You can use this form for on-the-ground projects, or click on Volunteer general if you would like information about working with our volunteer Events Committee on fund and friend raising events that CUSP is developing to increase our outreach in the community. We understand that field work isn't realistic for everyone who wishes to volunteer for and support CUSP and we plenty of work in the office, or that you can do from home that will be of great help and value to CUSP and everyone we serve.



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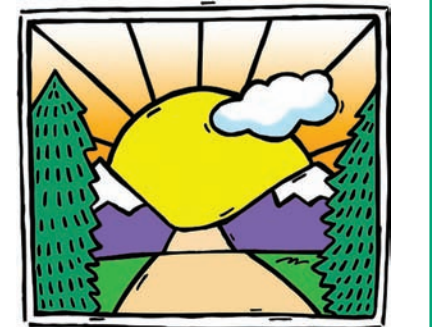
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Pikes Peak Family Medicine is happy to announce the addition of Jeannette Liller, FNP-C to its team of healthcare providers. She brings with her strong pediatric, adult and generic primary care backgrounds and experience. She looks forward to offering patients the same high quality care and continuity of care which has helped make Pikes Peak Family Medicine one of the top healthcare providers in the area.

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Jeannette received her Bachelor of Science in Nursing from the University of Colorado, Colorado Springs in 2012 and her Master of Science in Nursing from Georgetown University in Washington, DC in 2016. She has NP experience in various areas including primary care, women's health, and chronic disease management. Jeannette brings with her more than 650 hours of clinical experience, most of which have been in Woodland Park and Colorado Springs.



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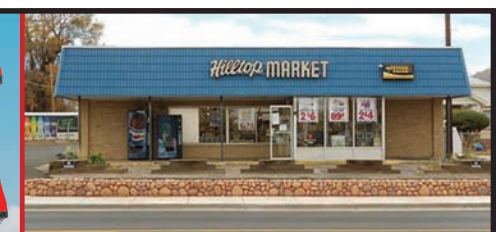


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Yucca

Yucca glauca

by Ciena Higginbotham
artwork by Ciena Higginbotham

Yucca is a dense growth of long, sharp leaves with a single flower stalk and one of the many plants native to central North America. It can be found as far north as Saskatchewan in Canada and as far south as Texas along dry, open sites and rocky areas in the foothills. Yucca grows into rosettes of thin, evergreen leaves. It can live for many years and each year the leaves get more numerous and longer, even up to 22 inches long. These leaves are tough and fibrous. At the center of the plant, between all the leaves, grows a tall stalk of pendent flowers. From a creamy white to a pale green, the flowers droop downward. They are generally 2-3 inches long. These blossoms are composed of tepals surrounding six stamens and a green style. Yucca is in bloom from July to August. The flowers then form into capsules with shiny black seeds inside. That's all thanks to a moth.

If you bump into a yucca's flower stalk, perhaps several small moths will fly away. One of the moths will lay her eggs on the developing seeds. Soon enough, the larva will eat its way down the column of seeds. This relationship between the yucca flowers and the yucca moth are vital for both of their lives. The yucca moth is its only pollinator, besides a few honey ants. It has no rewards or attractions for other insects. So, if the moth doesn't carry the pollen between flowers, no seeds are produced.

Yucca is often called soapweed for its soap-like properties. Once its roots are crushed in water, they release enough "soap" to wash your clothes. Another way to make

soap is to scrape the waxy green skin off the leaves. The green scrapings can then be placed in a jar of water and shaken for several minutes. Strain the scraps to create a green soap to be used as hand soap, shampoo, dishwashing soap or laundry soap. Used as a shampoo, it is said to be an effective treatment for dandruff and skin irritations and even acts like a tonic to stop hair from falling out. It was a highly treasured plant by Native Americans tribes like the Blackfoot, Cheyenne, Lakota and others.

The leaves also have many uses. They could be soaked in water so that they could be knotted or braided into rope. Sometimes they were split and woven into water-carrying head pads. Dead leaves have small fibers in the leaves that could be used for fire starting tinder. More than that, it could be an instant needle and thread. Plains tribes and early settlers would peel back the tip of the leaves, keeping a long fiber attached, and it was an instant fix for a rip in your clothes.

In addition to all of its uses, it is also a delicious plant. The fruit can be baked into cakes or dried for later use. It can also be soaked and cooked into syrup to be used like hot chocolate. After being rinsed to wash off any stray ants, the flowers and the flower buds are delicious raw, but can also be dried and crushed for a flavoring. They are soft



- (Gooseberry)
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1. First, mix together equal parts of each ingredient. For example, 1 Tbsp. each will last approximately four showers or over a week if you shower every other day.
 2. Stir in hot water to make a paste—not too thin that it all runs out of your hair, but not too thick that it's hard to spread. Let it cool before you use it.
 3. In the shower, apply and lather like you would shampoo. Don't be too stingy when applying. Instead, apply it thick like a hair mask. Let it sit on your hair to sink in for five minutes.
 4. Rinse it out. It's a 2-in-1 with conditioner built in, so there is no need to use any other product.

Recipe notes:
Store it in the fridge between showers and thin it out as needed. It will keep for about two weeks. The dark colors of this mix might stain white clothing or towels, so keep free. This makes me wonder about whether it will dry really pale blond hair so keep that in mind. It's messy in the shower but washes off well. Once you rinse it out completely, your hair won't be dying anything.

This recipe was modified from Adria DeCourte's website. <http://www.adriade-corte.com/simple-diy-herbal-hair-cleanser-conditioner/>

Lake George Charter School's new playground

It started with a haircut.

A mother was sharing her concern about how frequently her son comes home from Lake George Charter School (LGCS) with skinned knees, while she was cutting her client's hair. It turns out that when the school was built on volcanic ash soil, additional excavation was required. To stay on budget, the playground portion of the plan was cut to pay for the excavation. This left only decomposed granite as a base on the playground, which leads to frequently skinned knees, which led to a frustrated mother voicing her concerns to her customer. It turns out the customer is experienced in grant writing and was willing to offer her services. The grant application process began for LGCS's playground equipment in 2013.

It is common for grant providers to require the applicant to raise in-kind-funds. Often, one grant is used as the matching funds for another grant, such as was true for LGCS. They had received a grant from Colorado Health Foundation for the soccer field and fitness trail at \$150,000. Great Outdoors Colorado (GOCO) entertained three grant cycles and the fourth was the charm, awarding LGCS \$184,275 to complete the playground and outdoor classroom.

Construction begins this summer through Performance Recreation, a construction company specializing in playgrounds and trails. There will be a new jungle gym, complete with slides, monkey bars, and a climbing wall. The decomposed granite will be re-

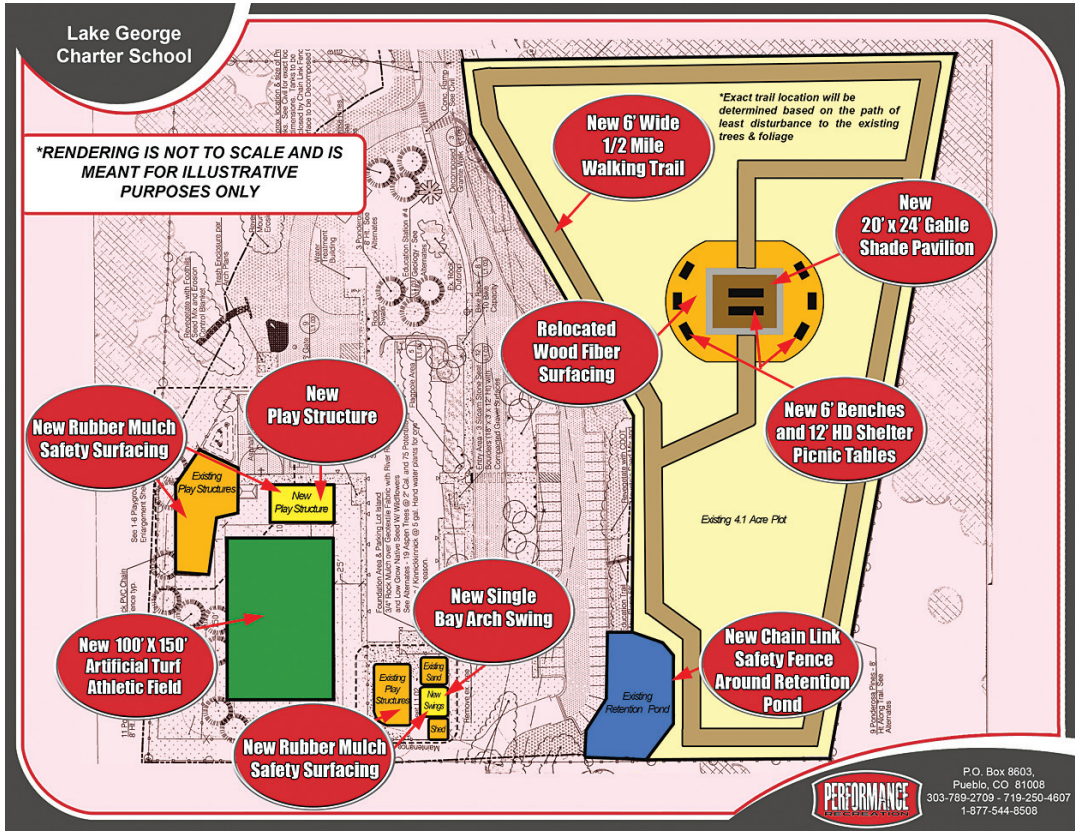
placed with a turf field made from recycled tires. It will not prevent skinned knees, but it will certainly be a more forgiving material for those tender knees to fall upon. It is likely to provide better drainage in the winter, as well.

Perhaps one of the most community friendly aspects of the project is that the playground and fitness trail will be open to the public on off-school time.

After four grant cycles and four years of planning, the dream is about to come to fruition. The project is expected to be completed by the start of the 2016-2017 school year.

"I would really like to thank the families and community of Lake George, Park County Commissioners, Tom Eisman, Colorado Health Foundation, and GOCO for this wonderful opportunity for our kids!" said Cori Freed, former PTO and Lion's Pride President.

If you are interested in making a donation to for additional equipment in the fitness trail or outdoor classroom, you may send your donation to LGCS Lion's Pride, POB 420 Lake George, CO 80827.



Construction begins this summer through Performance Recreation, a construction company specializing in playgrounds and trails.

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Culturally Modified Trees

by Flip Boettcher
photo by Flip Boettcher

There are thousands and thousands of culturally modified trees in Colorado, according to Celinda Reynolds Kaelin, all remnants of the Ute Indians. About 40 people attended a talk by Kaelin on culturally modified trees in Fairplay on June 4, sponsored by the South Park Archeology Project and the Park County site coordinated Stewardship Program.

Kaelin, who grew up in New Mexico and lives in Lake George, is a poet, author of six books, lecturer, historian and adopted member of the Ute Nation. Kaelin became interested and involved in the culturally modified trees and the Utes about 20 years ago, she said. Kaelin worked and studied together with a Ute spiritual advisor (medicine man) and is now a member of the World Council of High Elders. Kaelin has traveled extensively performing Earth healing ceremonies in North and South America with these traditional spiritual elders, according to the program flyer.

There is evidence of humans in South Park 12,000 years ago. The Utes were a nomadic people who traveled through and stayed in South Park on their annual migrations. The Ute's traditional home was Utah, Colorado, and New Mexico. The Southern Ute Culture and the Northern Ute Culture are very different, said Kaelin. The Northern Utes were more isolated. The largest band of Utes was known as the Tabeguache. There were estimated to be about 10,000 Utes at the time of the Spanish invasion with ten different bands.

The Northern Utes consider Pikes Peak a sacred mountain, whom they call Tava, or the sun mountain. Their creation story involves Pikes Peak, where they came from. To the Utes, who speak an Aztec dialect, trees are sacred, the "tree of life." The Utes believe the Great Spirit is energy which is in everything and anyone can tap into that energy at any time.

The culturally modified trees, not to be confused with trail markers which were usually rock cairns, are sacred and took years to form. For the prayer trees a Ponderosa Pine was usually used because they live about 800 years. Prayers were poured into the trees, which held the prayers as long as they lived. The wind blowing through the branches sent those prayers out on the wind.

A young sapling was bent and held down by yucca ropes. Some of these prayer trees have 90 degree or greater angles, some less. The key to identifying them though are rope marks in the bark.

Medicine trees are peeled bark trees found isolated in the forest. The Utes used their healing powers through the trees in a healing ceremony. There is an angled cut at the top and bottom with the bark peeled off in between. The height of the cut on the tree corresponded to the area of the body to be healed.



Jo Beckwith, local Guffey resident and organizer of the program on the left and Celinda Reynolds Kaelin on the right holding a small piece of a Culturally Modified Tree with the 90 degree bend, which ended up in someone's wood delivery.

Blanket trees have big cuts in their bark, half way around the tree and tall, like a blanket. These are from starvation periods and used for food. Usually there are a group of these stripped trees together, in order to feed a lot of people.

Burial trees were usually cedar or juniper trees. The Thunder Being, who is very powerful, resided just in cedar or junipers.

There are also Prophecy trees, which are curled and braided trees, as well as Message trees or arboglyphs – messages written on trees, usually made on Aspen trees.

Kaelin and the Pikes Peak Historical

Society are in the process of preserving and recording the location of these historic, irreplaceable trees. Interestingly, in putting the location of these trees on a map, all the Medicine trees are pointing to magnetic north. All the Prayer trees, even in New Mexico, are lined towards Pikes Peak. In recording the locations of these trees, site context is important: where it was found, how it was found, and what it was found with.

Sixteen years ago, Dr. Susan Bender, an archeologist from New York, came to South Park in the summers to study the archeology of the area. Bender started the South Park Archeology Project. The archeology project includes vision quest sites, cairns, building sites, as well as culturally modified trees, according to Linda Carr with the project. Since the last South Park archeology project 60 years ago, 600 new archeological sites have been added to the records.

According to Beth Parisi, member of the site Stewardship Program, the goal of the stewardship program is to protect and monitor these archeology sites; to preserve them for ourselves, for future generations and for study.

The stewardship program is looking for site stewards. Anyone who thinks they might have a culturally modified tree on their property, know where one might be, or is interested in the stewardship program should contact Linda Carr at lindacarr@wildblue.net.

Florence festivities for the Fourth

by Charlotte Burrows

Organizers are tying up loose ends for a three-day celebration for the Fourth of July festivities in downtown Florence.

The festival will consist of kid's games, music, crafts, food, a parade, a beer garden and fireworks.

"We'll have live bands all three days," said Mayor Keith Ore. The festival is sponsored by Rocky Mountain Bank & Trust and the City of Florence.

On July 2, the festivities kick off with the Florence Cup events, which will consist of teams of 10 people, competing in eight different events, including horse shoes, volleyball, hotdog eating contest, 5K run, Sumo wrestling and tug of war.

Another highlight will include local music during the day and a beer garden in Pioneer Park, which will be fenced off for individuals to enjoy adult beverages. Also on Saturday night, Jean Edwards will sponsor a movie night for everyone in memory of late councilman Mel Edwards. In conjunction, hamburgers and hotdogs will be provided free of charge for movie goers.

The fun continues Sunday will feature crafts, food booths, bounce houses, a climbing wall for the kids and other kids' games.

Then the music will begin with 10W40 from 2 p.m. to 5 p.m., followed by Mystic 7 from 6 p.m. to 11 p.m. in Pioneer Park.

Then on Monday, the annual Wet/Dry Fourth of July Parade kicks off at 10 a.m. in downtown Florence. Following the parade, the Florence and Cañon City Rotary clubs will sponsor a Ducky Derby at the ditch alongside the park.

"We're going to fill it with water for the ducks to race," Ore said.

The fireworks will be launched around 9 o'clock from the top of the hill on Pikes Peak Avenue, which will be visible for almost everyone in the community.

"The fun is going to go on for three days," Ore added.

The idea of celebrating the Fourth in style began when Ore was elected as mayor several years ago. At that point, they organized a parade, where part of it would feature a dry parade while the other portion offered opportunities for the wet portion, which has turned into a hit for the residents of Florence. This year, the organizers decided to offer a firework display, but the initial cost has been hard. The computer board to run the fireworks cost \$10,000 and that doesn't count the fireworks.

"Next year will be a lot easier on us," Ore said.

In conjunction, he sent Florence Fire Chief Gary McWilliams and City Inspector Richard Thomas to be certified, which will help with the expenses in the future because the city won't have to hire outside experts.

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Rampart Library News

Check Out Colorado State Parks at the library!

by Polly Roberts

As of June 20, 286 libraries across the state of Colorado began circulating Check Out Colorado State Parks passes to library patrons. The pass is included in a backpack that contains maps, brochures, binoculars, and other materials. This program is a partnership with Colorado State Library, local library systems, and Colorado Parks and Wildlife and meant to encourage Coloradans to visit our State Parks and experience all of the great recreation that this state has to offer. The Rampart Library District has four backpacks for circulation; two at the Florissant Public Library and two at the Woodland Park Public Library.

The pass is good for free entry of one vehicle into any of the 42 Colorado state parks. It is a hang tag and must be visible in the vehicle. The pass does not include camping or program fees, or licenses. Library patrons can check out a backpack for seven days. Begin exploring right here in Teller County by visiting these local state parks:

- Mueller State Park**
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cpw.state.co.us/placestogo/parks/mueller
719-687-2366

Quiet forests, spring-fed mountain meadows, wildflowers of every color, and massive granite rock formations with the iconic form of Pikes Peak rising above, make this 5,000 acre park a wonderful mountain outing for Teller County residents. A popular area for viewing wildlife, Mueller is home to abundant elk, black bear, hawks, and mule deer. Visitors can enjoy year-round recreational opportunities including camping, picnicking, trail use, fishing and nature studies.
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cpw.state.co.us/placestogo/parks/Cheyennemountain
719-576-2016

Discover nature, from prairie to peak, at this 2,701 acre former ranch tucked beneath Cheyenne Mountain. The 21 plus miles of easy-to-moderate hiking and biking trails lead visitors from prairie grasslands through a stunning foothills transition zone of Gambel Oak and Ponderosa Pine/Douglas Fir. The campground is open year round with a total of 51 full service campsites and 10 basic walk-in tent sites available during the peak months. The park offers top-notch environmental education programs such as guided wildflower walks, family mystery hikes, animal education, geo-caching, Junior Ranger programs, weekly yoga, and more.
- Arkansas Headwaters Recreation Area (AHRA)**
307 W. Sackett Ave, Salida
cpw.state.co.us/placestogo/parks-arkansasheadwatersrecreationarea
719-539-7289

Whitewater rafting, kayaking, canoeing and world-class fishing await boaters and anglers along 152 miles of the mild-to-wild Arkansas River from Leadville to Lake Pueblo. AHRA visitors can also enjoy camping, hiking, picnicking, wildlife watching, mountain biking, rock climbing, and even dog panning along the river's shores, deep canyons, broad valleys, and towering mountain peaks found within the upper Arkansas River valley.

Wherever you go in Colorado, there's a state park waiting to welcome you. Visit <http://cpw.state.co.us/placestogo/parks/Pages/default.aspx> for information about all of Colorado's 42 state parks. Colorado's state parks are as diverse as our state itself, and they, like the Rampart Library District, offer something for everyone.

Back country summer fishing

by Jeff Tacey

The high country lakes are thawing out and the snow is melting above 11,500 feet; time to take a road trip and hike to get away from the summer crowds. It's time to catch some green back, cutthroats, brook trout and Colorado River cutthroat trout. There are hundreds of above treeline lakes in Colorado and here are a few to check out.

One of the best with the easy access is Trappers Lake in the White River National forest, go 50 miles east of Meeker and it dead ends at Forest Road 205. You only need to walk 1/4 to 2 miles here for access. You will find cutthroat and brook trout here, a canoe or float tube works best in summer. No bait allowed here; Woolly Buggers and Pistol Petes work well.

A much more secluded lake is Snowmass Lake, a seven mile hike on Forest Trail 1975 turn on County Road 11 in old Snowmass and find the trail at the dead end. There are big cutthroats swimming here as this is a deep glacier lake. Lures like Kastmaster and Krocidiles work well here. Try a Rio Grande King or Bitch Creek fly behind an air bubble.

Closer to home is Kroenke Lake. Follow the signs for North Cottonwood Creek to Forest Road 365 follow until it dead ends and take trail 1449 only 3 miles up to the lake. The green backs are willing biters here. Small Rapalas and Little Cleos work well. Green Hornbergs behind an air bubble will also work great.

Check the 2016 Colorado Fishing guide for all rules and regulations. Some lakes have rules posted on the trail heads also.



Tasty fishy fishy!

~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 719-686-7393 or email us at utecountrynewspaper@gmail.com.

- BUENA VISTA**
4 Old Fashioned 4th begins with the Optimist Pancake Breakfast in Col-umbine Park at 7 a.m. A freedom 5K run/walk at 8:30 a.m., Quilts of Valor on display at Grace Church at 9 a.m. to 3 p.m. and listen to the Patriotic Concert at Grace Church (free) at 9 a.m. and 1 p.m., Parade down Main St at 10 a.m. and Youth Games and Fun at Chamber of Commerce from 11 a.m. to 2 p.m., American Legion Fireworks at the Rodeo Grounds at 9 p.m.

9 Second Saturday in BV.
20 Buena Vista Public Library 10 year celebration see more on page 16.

COTTONWOOD HOT SPRING LODGE
3, 10, 17, 24, 31 Sunday evenings at 6 p.m., a Spiritual Networking Group meets at the Cottonwood Hot Springs Lodge in Buena Vista to discuss issues of common interest and participate in a group meditation with a positive outcome. There is no fee for the meeting and anyone with an interest is welcome to attend. For more information, call Cathy or Robin at 719-395-6434. If you would like to bring a snack to share with a few other people, it will be appreciated.

13 Richard Rudis, the North American Gong Master will be performing a Water Blessing at Cottonwood Hot Springs at 6 p.m. If you haven't tried a Sonam Dorje Gong Bath, you do not know what you are missing! This is the best sound healing available. Preregister at www.wholelifemodalities.com for \$20 per person or pay \$25 per person at the door. Soaking fees extra if you stay to enjoy the pools. Guests attending Cottonwood Hot Springs Water Blessing on July 13th may bring swimsuits and relax in the pool, or bring a blanket to lay on outdoors. For a good spot be there 30 minutes early. For more information visit sacredsoundingongbath.com or call Cottonwood Hot Springs at 719-395-6434.

CA ON CITY
15 Fremont County Commodity Supplemental Food Program distribution is the third Friday each month from 9 a.m. to noon at Leaves & Fishes, 241 Justice Center Rd. Call Traci Nelson for more information 719-275-0593.

15 Fremont County The Emergency Food Assistance Program distribution at First United Methodist Church, 801 Main Street, 1:30 p.m. until gone. Call Erlin Trickett 719-275-4191 X111 for more information.

CAÑON CITY LIBRARY
29 Pool Party When our readers complete 30 hours of reading and turn in their reading logs they are qualified to come to our pool party on the 29th of July.

On-going events at Cañon City Library
Monday 8:00 K. (babies on our knees) is a story time and activity play for 0-24 months.
Tuesday, Thursday at 10:30 a.m. is story time and craft for 2 and up.
Wednesday is music and motion (including yoga) all ages of youth at 4 p.m.
Legs club every 2nd and 4th Thursday at 3:15 p.m. to 4:15 p.m.
Different programs each Thursday at 11 a.m. through the summer reading program.
PAL each Wednesday through July 20. Pups At Your Library from 2 p.m. to 4 p.m. Pick a dog. Pick a book. Pick a time.
Silent Quilt Auction through July 23. All proceeds benefit the summer reading program.

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Silent Quilt Auction through July 23. All proceeds benefit the summer reading program.
- Cañon City Library is located at 516 Macon Avenue. Call 719-269-9020 for more information.

NAMI
5, 12, 19, 26 NAMI Connection Support Group for adults with a serious mental illness. Share experiences and resources in a safe environment. Meetings are free and confidential. Group meets every Tuesday from 6:30 p.m. to 8:30 p.m. at St. Thomas More Hospital in the Community Education Room. Contact Sherry at 719-315-4975 or NAMIsouth-eastco@gmail.com.

20 NAMI Family Support Group for family and caregivers of an individual with a serious mental illness. Share experiences and resources in a safe environment. Meetings are free and confidential. Group meets third Wednesday of every month at St. Thomas More Hospital in the Community Education Room. Contact NAMI at 719-315-4975 or NAMIsouth-eastco@gmail.com.

ROYAL GORGE BRIDGE
2-4 Fourth of July Celebration
13 Moonshine
18 Mike Nelson
25 Mitigards
26 Phil Volen & Joleen Bell
For more information please call 719-276-8320 or rgb@royalgorge-bridge.com

COLORADO SPRINGS
7 Juni Fisher fund raising concert at Pro Rodeo Hall of Fame at 7 p.m. In response to the fund raising need, and in an exceptional show of support, Juni Fisher, a three-time Western Music Association Female Entertainer of the Year and recipient of multiple song, album, and songwriter of the year awards, has come forward. The doors will open at 6 p.m., with the concert starting at 7 p.m. Several food trucks will be on hand for your supper selection. This is a family friendly event with exceptional music and a benefit silent auction. Tickets are available online at www.eventbrite.com, click on the News and Events tab for the link or go to <https://www.eventbrite.com/e/juni-fisher-in-concert-tickets-25517217685?aff=ebrowse>. Adults are \$25 on line, and \$30 at the door. Children under 10 are FREE. Direct any questions to friendsquestrianskillscourse@gmail.com or call Allison at 715-377-2697. Join us!

16 The 8th Annual Colorado Springs Native American Intertribal Pow-wow see more on page 5.
30 Blues Under the Bridge see more on page 26.

COPPER MOUNTAIN
1-2 Family Adventure Quest
1-4 Independence Day Celebration Weekend
9-10 Copper Mountain Music Festival
9 Triple By-Pass Cheering and Hydration Station
16 Mac and Cheese Fest
22-24 Courage Classic
30 Colorado Burger Summit
30 Copper Crush
31 Play Outside the Box - Capture the Flag

CRIPPLE CREEK
2 Lissa Hanner sings acoustic music at Bronco Billys Casino in Cripple Creek from 7 p.m. to 10 p.m.
29 Teller County Food Distribution at Aspen Mine Center from 9 a.m. to 2 p.m.
- Butte Theater
"Darling of the Donkey Derby" aka "The Flying Scud" will be followed by a summer olio. The show runs through August 27.
"Pippin" will alternate with the melodrama through August 27.
For more information and to make online reservations, visit Butte Theater.com. To make phone reservations call 719-689-3247.

CC&V MINE TOURS
All summer through September 5 at 10 a.m. and 1 p.m., daily except no tours will be held on Thursdays. Reservations may be made online at VictorColorado.com (online gets priority) or by leaving a message at 719-689-4211 or 719-689-5509.

CC PARK & REC
23 First Aide and CPR Certification Class from noon to 6 p.m. only \$40
30 & 31 Hunter Safety Class only \$10 must call to register.

On-going
• Aikido for Adults (Martial Arts), Mon & Wed 6 p.m. to 7 p.m., Tues 11 a.m. to noon, only \$5
• Archery classes, most Fri 5 p.m. to 6 p.m., and Sat by Appointment, call to schedule
• Bible Study for Women Only, every Wed evening from 5 p.m. only \$40
• English as a Second Language, Call Michael 719-689-3514 for Info
• Judo, Tuesdays & Thursdays from 5:30 p.m. to 7:30 p.m., only \$5
• On Going Activities & Sports/Fitness:
• Archery Indoor Open Shooting, most Fri 6 p.m. to 8 p.m. & Sat 10 a.m. to noon. Call ahead \$2. 719-689-3514
• Archery Outdoor Open Shooting
Daily Sun-up to Sun-down, \$5 per month
• Archery - Numerous Outdoor 3D Shoots all summer, call John for schedule 719-689-3514
• Kids Adventure Club for Boys & Girls, Grades 1 to 6, Info call John 719-689-3514
• Roller Skating/Blading Fridays and Saturdays 1 p.m. to 4 p.m., CALL AHEAD, \$2. 719-689-3514
• Silver Sneakers Fitness Membership is FREE for qualifying seniors!
Silver Sneakers Exercise Classes every Mon-Wed-Fri 10 a.m. to 11 a.m.
• Walk-Run with "SK" at 10K Running Club on Thursdays, FREE, call T-Shirt Call 719-689-3514 for more information.

HERITAGE CENTER
The 21st Annual Once Upon a Time in the West Art Show will be here through July 4th from 9 a.m. to 5 p.m. There are new artists this year along with the artists you have grown to love and there will be demonstrations by artists including pot throwing and lapidary.

DIVIDE
11 & 25 Divide Little Chapel on the Hill - Food Pantry Distribution 4:30 p.m. - 6:30 p.m. For more info 719-322-7610 or email littlechapel-foodpantry@outlook.com.

THE DIVIDE PLANNING COMMITTEE (DPC)
We invite you to sign up on the website below if you reside or work in the Divide Region of Teller County. The Divide Planning Committee is the voice of the Divide Regional Plan acting as a Review Agency for the Teller County Planning Commission, Teller County Planning Department, and the Teller County Board of

Free Summer Open House July 10th

Local Environmental Education Center hosts

Beaver Ponds Environmental Education Center located on Sacramento Creek near Fairplay is hosting several open houses for visitors this summer. A special Summer Open House celebration is taking place on July 10th from 3 p.m. to 6 p.m. with light local sustainable fare, music, and more. "We'll be exploring questions like 'Which chickens lay colored eggs?' and 'Why do beavers have orange teeth?' as well as 'Can sagebrush glow in the dark?'" shares Program Director Kristin Barrett.

"In addition to our usual environmental education programs, visitors will meet our board of directors and staff and enjoy local fare. We will have guided tours at 3 p.m. and 4 p.m., a short presentation at 4:30 p.m., and local group, Gladys Kravtitz will play at 5 p.m.," explains Executive Director Kevin Hosman. "It's a really great opportunity for anyone to enjoy all nature has to offer and Beaver Ponds isn't charging any fee. If you can't make it to this special celebration, Beaver Ponds will be open to the public on July 9th, August 6th, and September 3rd between the hours of 10 a.m. to 3 p.m."

Visitors can expect to learn about subalpine ecology, beavers, alpacas, llamas, goats, and chickens. They can also visit the greenhouse and learn how to keep a year round garden, as well as learning about micro-fodder systems. In addition, visitors will learn about five types of renewable energy: wind, photo-voltaic, solar thermal, micro-hydro and in-ground, geothermal. They'll also learn ways to make forests healthier, fire mitigation treatments and will learn about the very-old Bristlecone pines in our area - some are nearly 2,000 years old! Most importantly, visitors will have the opportunity to get outside and hike on a beautiful, private piece of Park County. Go to www.beaverponds.org for more information.

The mission of Beaver Ponds Environmental Education Center is to provide environmental education that gives individuals of all ages the tools and knowledge they need to become better stewards of the Earth.

Spirit Riders

by Flip Boettcher

A thoroughly enjoyable read, *Spirit Riders*, by Barry Brierley, skillfully weaves the spirit of the Old West and cowboy ethics with the Native American Lakota Indian culture. Brierley's extensive research whispers throughout the pages.

This well-told historical novel has twists and turns right to the end with many heartwarming moments in between. This page turning book is easily read in one sitting.

Brierley grew up in Wisconsin and after a three year stint in the Marines, got his first job in Minnesota, but soon moved to South Dakota to learn more about himself and his art.

While living in the Black Hills in South Dakota, Brierley became friends with a Lakota Sioux Indian who taught him about real events that had happened to his friend and his Lakota family. It prompted Brierley to write his first book *Wasichu*, which means "white man."

Brierley now has eight historic fiction novels in print as well as eight screen plays. Brierley has illustrated all his books and designed all the covers.

"Doing research for my novels comes naturally to me," said Brierley. "For more than 40 years I have been an illustrator and painter of wildlife and Western scenes. Having a realistic style, my paintings always require a lot of research. I am a

A novel

BARRY BRIERLEY
author of WASICHU

voracious reader and have acquired a vast amount of information on the Old West, especially the Lakota Sioux and their never ending conflict with the white man."

Brierley has lived in Wisconsin, Minnesota, South Dakota, Arizona, and New Mexico, but now lives near Florence, Colorado with his wife Barb, one dog, two horses and four cats. The Brierley's have a shop in Florence on Main Street, Spirit Riders Western Emporium, where you can find Brierley, his books and lots more.

- County Commissioners. By signing up on this website you will receive notices for future meetings, see the DividePlanning.org website for information on this committee.
- FAIRPLAY**
13-17 Park County Fair see ad on page 6.
30 & 31 Come to the South Park City Museum during "Burro Days" and get a front row seat to watch the llama's and burros run through the town! While at the museum, you will be able to browse through 42 buildings and see over 60,000 artifacts. Come for the day and enjoy a trip back in time! The museum, located at 100 4th Street in Fairplay, is open from May 15 to October 15. Call the museum at 719-836-2387 for more information.
- BEAVER PONDS ENVIRONMENTAL EDUCATIONAL CENTER**
9 Open to public from 10 a.m. to 3 p.m. (Save the dates of Aug 6 and Sept 3.)
10 Summer Open House from 3 p.m. to 6 p.m.
28 Dendrochronology Study presentation at 7 p.m. See page 12 for more information.
- FLORENCE**
FLORENCE PIONEER MUSEUM
Open 1 p.m. to 4 p.m. Tuesdays through Saturdays. Suggested admission/donation: \$3.00 for each adult, 12 and under, Free.
1-30 New American Flag display - Current military and Veterans with proper ID get in free.
2 Walking Tour of Historic Florence from 1 p.m. to 2:30 p.m.
9 Summer History Club session for 8-10 year olds - "The Party is Voting" from 1 p.m. to 2 p.m.
See our website for details and cost: www.florencepioneermuseum.org. Located at 100 E. Front Street in Florence, CO. Call 719-784-1904 for more information.
- FLORISSANT**
16 & 17 July Herb Walk with the Thymekeeper see more page 2.
30 Pancake Breakfast at Florissant Fire Station on Hwy 24 for Heritage Day, see ad on page 18.
- FLORISSANT FOSSIL BEDS**
3, 10, 17, 24, 31 Wildflower Walks every Sunday, 9 a.m. to 11 a.m. Join Ranger Shawn for a weekly look at blooming flowers. This may be a 1 - 2 mile hike. Meet at the visitor center.
6, 13, 20, 27 Demonstration Excavation Site: Wednesdays from 10 a.m. to noon, Saturdays 9 a.m. to 11 a.m. Join a ranger and/or geologist to learn about how excavations are conducted at Florissant Fossil Beds. This is a demonstration site only and paleontologists and visitors will not be excavating.
11 Picnic in the Park and "A Night With Disney" 5 p.m. to 7 p.m. Come celebrate the 60th Anniversary of the night Walt Disney visited the Florissant fossils beds. Enjoy a picnic in the park, songs, and stories. Come dressed as your favorite picnic area.
- Thursday in July.
11 Friends of the Florissant Library potluck meeting at noon.
13 Adult Coloring Group at 10:30 a.m.
18 Movie *Chariots of Fire* (PG) from 1 p.m. to 3 p.m.
20 Bookworms Book Club *All the Light We Cannot See* by Anthony Doerr
1 August Movie *The Cutting Edge* (PG) from 1 p.m. to 2:45 p.m.
3 August *Cook the Book: Salads* at noon.
- PIKES PEAK HISTORICAL SOCIETY MUSEUM**
The PPHS Museum is open Friday, Saturday, and Monday from 10 a.m. to 4 p.m., and on Sunday from 1p.m. to 4 p.m. For more information, call 719-748-8259.
- THUNDERBIRD INN**
3 Blue Recluse plays at 4 p.m.
4 Horseshoe Tournament at 1 p.m.
15 & 16 The 13th Annual Bluegrass at the Bird. See ad on page 17.
• Every Thursday night is open mic jam at 7 p.m.
- GUFFEY**
BULL MOOSE RESTAURANT & BAR
3 The Closers, Great Blues Band 2 p.m. to 6 p.m.
4 Guffey Heritage Day Open 10 a.m. to 5 p.m.; T&L Productions music 11 a.m. with prizes for best patriotic costumes & trivia knowledge
9 Forever Wild Band 4 p.m. to 7 p.m.
10 Greg Brazzil 1 p.m. to 4 p.m.
16 Super Chuck & Stompin George 4 p.m. to 7 p.m.
17 Mike Nelson Band 1 p.m. to 4 p.m.
23 Foggist Notion & party for everyone with a July birthday 3 p.m. to 6 p.m.
24 T&L Production Music & Karaoke Steampunk Theme 1 p.m. to 4 p.m.
25 Super Chuck & Stompin George 5 p.m. to 8 p.m.
26 Girls Night Out 6 p.m.
• Karaoke with JoAnn Every Friday 6 p.m. For more information check our Facebook page www.facebook.com/theshulmoosieguffey or call 719-689-4199
- FRESHWATER BAR & GRILL**
2 Stompin George & Super Chuck from 2 p.m. to 5 p.m.
3 Howie Henderson from 1 p.m. to 4 p.m.
4 Foggist Notion from 1 p.m. to 5 p.m.
9 Comedian Wayne Faust from 2 p.m. to 5 p.m.
16 Open Mic Night from 5 p.m. to 8 p.m.
17 Cari Dell Trio from 2 p.m. to 5 p.m.
23 Lissa Hanner, Stompin George, Super Chuck & John Juan from 4 p.m. to 7 p.m.
30 Vehicle from 2 p.m. to 5 p.m.
- HARTSEL**
• Save the date! August 6 & 7 Hartsel Days, see ad on page 7.
- LAKE GEORGE LAKE GEORGE LIBRARY**
• Story Times each Wednesday from 1:30 to 2 p.m.
- SALIDA**
3 Free concert featuring USAF Band at 3 p.m. and Hazel Miller at 7 p.m.
continued on page 36

~OUT AND ABOUT~

continued from page 35

- Riverside Park.
4 Masonic Breakfast at Masonic Lodge 130 W 3rd St 8 a.m. to 11 a.m.
7 Free Legal Clinic at Salida Regional Library from 3:30 p.m. to 5 p.m.
A free legal clinic for parties who have no attorney, will be featured from 3:30 p.m. to 5 p.m. on the first Thursday of each month at your Salida Regional Library. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veterans issues, and civil protection orders. Walk-ins welcome! Next clinic August 4.
7 Chaffee County - The Emergency Food Assistance Program & Community Supplemental Food Program distributions are the first Thursday of each month at Salida Community Center, 305 F Street, from 9:30 a.m. until 2 p.m. Call Elaine Alenang for more information 719-539-3351.
9 The 20th Annual Brewers Rendezvous at Riverside Park

WOODLAND PARK

1, 8, 15, 22, 29 Woodland Park's Award Winning Outdoor Summer Market is held every Friday from June-September. Over 80 vendors will be providing Colorado grown vegetables, fruits, plants, and a variety of other products. In addition, you can purchase a wide assortment of baked goods, cheese, pastas, olive oils and personal care products. Don't forget to swing by the food trucks and tents for breakfast or lunch, and listen to musical entertainments and so much more. Vendors accept cash, Market Bucks & SNAP dollars (use your debit or SNAP card for these at the Market Managers Booth), and some accept credit/debit cards. Visit our

Market Shop in the green shed for Farmers Market shirts, bags, caps and mugs. Stop by the Market Shop for a free vinyl cling for your car window and show your pride in supporting this 26 year old community event from 7 a.m. to 1 p.m. Contact Judy 719-689-3133 or Email: info@wpfarmersmarket.com or web http://WPFarmersMarket.com
3 A free legal clinic for parties who have no attorney, will be featured from 3:30 p.m. to 5 p.m. on the FIRST FRIDAY of each month at your Woodland Park Library. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veterans issues, and civil protection orders. Walk-ins welcome! Next clinic August 4.
4 Attend the Old Fashioned 4th of July activities at the Ute Pass Cultural Center from 9 a.m. to 3 p.m. Check City website for details.
4, 16 The Woodland Park Senior Center will have two Pancake breakfast events in July. On Monday, July 4, start off your July 4th celebration with a bang! All you can eat fluffy pancakes, scrambled eggs, sausage, melon and the best biscuits and gravy around is the best bang for your dollar! Your home town seniors will be decked out in red, white and blue as they are flip pancakes and scramble eggs, to be served up with juice and coffee or hot tea for only \$8. Kids 6 and under eat for free. Then come back for another fun morning on Saturday, July 16 from 8 a.m. to 11 a.m., open to the public events help to support the programs and activities of the Woodland Park Senior Center. We appreciated the support of each one of you! Mark your calendars and plan to join us on

this special Monday celebration and every third Saturday of each month.
5 New Moms' Group. Join us for this fun and educational gathering of new parents on the first Tuesday of every month. We will discuss topics such as infant sleep, infant feeding, postpartum adjustment or physical development and have lots of time for socializing and meeting other parents. This group is provided free of charge and is open to all parents of babies under age 1. Held at The Yoga Room, 321 W Henrietta Ave, Suite 1A, Woodland Park. For more info, call 719-761-7541 or communitymidwiferyco@gmail.com or visit www.CommunityMidwiferyCO.com - see article on page 22.
16 Mountain of the Sun Summer Grass Roots Concert at Aspen Valley Ranch. Learn more on page 13.
18 Diabetes Support Group meets the third Monday of every month from 10 a.m. to 11 a.m. at Pikes Peak Regional Hospital. Open to all persons with diabetes and their family members. Call 719-686-5802 for more information.
23 Lovell Gulch Trail. You did some great work at the stream crossing on the Lovell Gulch Trail near Woodland Park last month; completing one of the new gentler routes down the hill and building up part of the wall that will support a turning platform at the trail junction. But we are still a few rocks short of a wall and need to build the other route to meet it. Therefore, we need you. Please sign up to help on Saturday July 23. The next work days are 8/27, and 9/17. We provide all the tools and training; you provide the spirit and muscle. See you on the trail!

30 Bike the Night, see page 9.
Save the date! August 6 & 7. The Mountain Artists 31st Annual Mountain Arts Festival to be held outside at the Ute Pass Cultural Center. This is a juried "arts and crafts" festival. Call 719-687-8298 or email sdenbach@frii.com for more information.

DINOSAUR RESOURCE CENTER

- 2 Outdoor Arts and Craft Fair from 9 a.m. to 4 p.m. Make your way to the 7th annual DRC Craft Fair! It's fun for all ages with face painting, balloons, jewelry, artwork, good food and so much more. Check out our website for further details.
4 Military Appreciation Day from 9 a.m. to 5 p.m. Military personnel receive 1/2 off of regular admission with active or retired military ID
16, 17 Pikes Peak "N" Gineers 10 a.m. to 4 p.m. on Sat, 11 a.m. to 3 p.m. on Sun. Please join us for the Pikes Peak "N" Gineers traveling layout exhibition. Scenes are based on real or imaginary area within 300 miles of Colorado Springs. Club members are excited to share with you the history of the layout and how the

4th of July in Woodland Park

SENIOR CENTER

- 312 Center St.
• 8 a.m. to 11 a.m.
Pancake breakfast \$8

MIDLAND AVENUE (south side of the library)

- 9 a.m. to 3 p.m. 3-on-3 Basketball Tournament
See story page 22.

UTE PASS CULTURAL CENTER

- 9 a.m. Kids Casting

scenes came to existence. This is a great opportunity to learn about trains, find out about some Colorado history and PLAY! Bring your camera and join us for this very fun and unique event.
30 Outback Expedition by Science Matters at 1:30 p.m. 6' Day Mates! We're going "Down Under" on a fascinating expedition. Decorate your own Aboriginal artifact, create your own Mystery Stone with a surprise in the middle and learn about sharks, crocodiles and the Great Barrier Reef. You are not going to want to miss this adventure. RMDX is located at 201 S. Fairview St. Call 719-686-1820 for more information.

TEEN CENTER

Sign-up sheets for all activities are at the teen center!
6, 13, 20 & 27 Snack Special: Hot Dog & Chips \$1.
7 Building Work Day for Outdoor Classroom at Columbine Elementary School from 1 p.m. to 5 p.m.
8 Art Project at the Senior Center. Lots of cool techniques to learn from Angie, an art teacher! \$2.
8 Movie Above the Clouds. Activities and Food available 1.5 hours before movie starts at 8:30 p.m. Check out the Woodland Park Roots Project FB page for details. FREE.
11 Adopt-A-Spot. Clean Up around Memorial Park and Recycling at 3:30 p.m.
12 Trip to City Rock for Rock Climbing 1 p.m. to 5 p.m. \$2. Transportation provided.
13 Meet at the TC at 1 p.m. to walk to Scoops. \$3 for a double scoop cup with 1 topping or a small shake.
13 Book Club 4 p.m. to 5 p.m. Come find out what fun activities they have going on!
14 Nerf Gun Wars at WPMS with Ms. Roshek. Meet at the TC at 12:30 p.m. \$2.
15 Odyssey Curiosity with Miss Wiley at the Teen Center. Fun experiments and discoveries await! 1 p.m. to 3 p.m.
18 Redbox/Netflix Movie w/free popcorn 3 p.m.

Contest on the Greens
• 9 a.m. to 3 p.m.
Vendor booths open
Kids Zone
PAVILLION
• 8:30 a.m. to 9:10 a.m.
"Vintage Brass Band" opening performance
• 9:30 a.m. to 10:10 a.m.
Mountain Eire Dancers performance
• 10:30 a.m. to 11:10 a.m.
Community Singers performance
• 11:30 a.m. to 12:20 p.m.
Wind Symphony performance, flag presentation and welcome, National Anthem
• 12:40 p.m. to 1:20 p.m.
A Pick... A Stick... A Chick & Friends performance
• 1:40 p.m. to 2:20 p.m.
Mountain Brass performance
• Fireworks can be viewed from anywhere in the city after dark.

UTE PASS CULTURAL CENTER

4 The American Legion Post 1980 will have a food booth at the Woodland Park Old Fashioned 4th of July celebration at the Ute Pass Cultural Center. Stop by and have a home-made pulled-pork sandwich or a Brai. Wanna hear a War Story? We got plenty of them.
14 Power Against Fraud. Learn more about this seminar on this page.

UTE PASS HISTORICAL SOCIETY

• History Park is located at 231 E. Henrietta Avenue, next to the Woodland Park Public Library. Call the Ute Pass Historical Society at 719-686-7512 for further information.
4 5th Annual Cemetery Crawl at the Woodland Park Cemetery on Monday. Meet some of the old pioneers who are resting there. Tours run

every 15 minutes, from 1 p.m. to 3 p.m. Cost is \$5, and tickets are available at the gate. The cemetery is located at 650 Short Street in Woodland Park. Call UPHS at 719-686-7512 or email us for more information uphs@peakinter.net.
9 The Ute Pass Historical Society offers free self-guided public tours (donations gratefully accepted!) of History Park the second Saturday of the month through September. Docents will be on hand in each building to answer questions. The tours are from 10 am to 1 pm, starting at the Museum Center, 231 E. Henrietta Avenue in Woodland Park. The Museum Center building is located next to the Woodland Park Public Library. A guided historic walking tour of Woodland Park meets at 10:30 a.m. For more information, please contact UPHS at 719-686-7512 or visit our website at: UtePassHistoricalSociety.org. All tours are weather permitting.
• Free Historic Downtown Woodland Park Tours
The Ute Pass Historical Society & Pikes Peak Museum offers free tours every Saturday through September 17th. The walking tour of historic downtown Woodland Park begins at 10 a.m. and takes about 90 minutes. The walking tour meets at the Museum Center in History Park, 231 E. Henrietta Avenue. This year the tour will include local flora and fauna. Tour the historic buildings of History Park from 11 a.m. until 1 p.m. All tours are weather permitting. For more information, please call 719-686-7512, or check the website: UtePassHistoricalSociety.org

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Music line-up see ad page 28.

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