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Vol. 9, No. 8

Welcome to Ute Country

**Problems are only
opportunities with
thorns on them.**

— Hugh Miller

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Florissant Fossil Beds - Out & About



If you've been to Lake George Community Park you just might recognize the cabin on this month's cover. The quote by Hugh Miller reminds us of perhaps the single most powerful skill we have: the ability to focus our thoughts toward the gifts in life. If we reflect on a situation we can see the negative or positive aspects; both are always there going hand-in-hand. To be truly objective we must be able to see both sides, yet the side we choose to give the majority of our attention to becomes our destiny. What destiny do you choose?

We are truly saddened to report Linda Bjorklund has passed on from this lifetime. Her services were held in Buena Vista. This woman has made incredible contributions throughout her lifetime. She will be missed by many as she deeply touched those she came to know. Her legacy will live on through very fond memories.

We miss *Green's GoTo Fitness* this month, but look forward to his return in September. The Plant Lady is back in *Growing Ideas* to remind us to enjoy this last month without a frost. We are pleased to announce Barbara Pickholz-Weiner will be joining us each month through her new column *Life-Enhancing Journeys*. We look forward to understanding our human condition in a better way so we can live a more genuine, intentional existence, ultimately a more meaningful life.

We have received a photo for next month's Critter Corner, but we need more. Do you have a photo of an indoor or outdoor critter? Please consider sending them to us via email: utecountrynewspaper@gmail.com or send via postal service to *Ute Country News*, POB 753 Divide, CO 80814.

Do you have a comment, find a typo, or just want to tell us what you think of our publication? We love to hear from you. Please feel free to call 719-686-7393, email: utecountrynewspaper@gmail.com or send via postal service to *Ute Country News*, POB 753 Divide, CO 80814.

Thank you,
— Kathy & Jeff Hansen

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Jeff & Kathy Hansen
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www.Utecountrynews.com
Utecountrynewspaper@gmail.com

Sales:
Feel free to call 719-686-7393 so we can find the sales representative in your area to best serve your needs.
Flip Boettcher 719-429-3361
Erica Gilmore: 361-510-3986
Linda Karlin 719-748-3449
Bill Sinclair: 719-351-0549

Writers:
Karen Anderson, Kristin Barrett, Janet Bennett, Barbara Berger, Flip Boettcher, Renee Caldwell, Coalition for the Upper South Platte, Olga Daich, Danielle Dellinger, Michelle Dukette, Maren Fuller, Erica Gilmore, Kathy Hansen, Jessica Kerr, Mari Marques-Worden, David Martinek, Barbara Pickholz-Weiner, Urban Turzi

Contributors:
Marij Ackermann, Alexi Alfieri, Ark Valley Humane Society, Jamie Caperton, Linda Groat, Emily Haynes, Jordan Huxford, Charlotte Long, Deborah Maresca, Whitney Maston, Tom Mowle, Stephane & Alison Roy, Jimmy Sellars, TCRAS, Ruth Zalewski

Critter Corner:
Submit photos to: utecountrynewspaper@gmail.com or PO Box 753, Divide, CO 80814

Publishers Emeritis:
Carmon & Beverly Stiles

Cover Photo: Jeff Hansen

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The Thymekeeper Sages through the ages

by Mari Marques-Worden
photo by Mari Marques-Worden

Most people don't consider culinary herbs as medicinal. The truth is, if you are incorporating them into your food you are reaping the benefits of them on many levels; from boosting your immune to facilitating digestion and much more. These herbs can benefit you head to toe.

The culinary herb most people only use around Thanksgiving but could benefit from year-round is sage. There are several species of sage plants however, the plant most of us in Ute country are familiar with, is fringed sage. This is a misnomer. Fringed sage isn't really a sage at all. It is an artemisia making it closer to mugwort than sage. The type of sage I am referring to in this article is ordinary garden sage, the kind you stuff your turkey with, or *Salvia officinalis* aka common sage.

Sage throughout history

The very word itself suggests wisdom and the Latin name *salvia*, derived from the Latin word *salvus* means to save or cure. It's natural habitat being the northern shores of the Mediterranean; it has been cultivated for many centuries by England, France and Germany for culinary as well as medicinal purposes.

In ancient Greece, sage was considered the herb of immortality. Theophrastus (372-287 BC) a Greek philosopher who studied under Aristotle said it "drove away the evils of illness and old age". Ancient Egyptians used it for treating the plague and regarded it as a giver and savor of life. The Romans considered it sacred and it was so highly prized that the harvesting of the leaves was considered an important ceremony and not just thought of as going out to the garden to pick herbs for dinner. Food and wine were offered to the Gods before harvesting. Like the Egyptians, the Romans considered it a giver of life and used the herb to enhance fertility for women trying to conceive.

In the middle ages, sage had a reputation as a rejuvenating tonic and was included in prescriptions for longevity and elixirs of life which were quite popular in those days.

"He that would live for aye, must eat sage in May." Old English saying. (*The Modern Herbal*, by Maude Grieve)

Zoom forward to a current day herbalist. Sage is one of the most versatile plants I know. Its list of actions is quite extensive and broad in range. Let's dive in and see how far we can take this!

Starting at the top

Sage can be useful as a hair rinse to keep the hair dark. Because it has astringent action it would be best used on the person who tends toward the oily side. It also assists in the case of hair loss. A simple sage tea is all that's needed for this and if you don't use it all, you can turn it into a mouthwash. Especially useful here as it neutralizes odors, tightens the gums, assists with periodontal disease and will heal canker sores or mouth ulcers with its antiseptic and wound healing power. The leaves can be rubbed on the teeth as a tooth whitener and is a whole lot less expensive than the whitener the dentist uses.

If you have a sore throat, go ahead and gargle with some of that hair rinse! Sage has long been used as a gargle for sore throat. If



you feel a respiratory bug coming on, make a steam with sage tea and heat up that respiratory tract. Sage's antimicrobial actions and volatile oils will make it an uninviting environment for any virus or bacteria that may be moving in.

When making sage as a tea I find it best to use a French press as it keeps the volatile oils in while steeping. If one isn't available just use a mason jar and cover loosely with the lid.

Sage is good for all ages

Speaking of odor neutralizing, it also has a drying effect. You will often find sage in natural deodorants and taken internally as tea will relieve excess sweating. Good to know for the maturing teen or the maturing woman with night sweats and hot flashes. It's also useful for PMS when symptoms present with fatigue, depression and irritability.

Sage facilitates contractions for failure to progress during labor. For this reason, it shouldn't be used during pregnancy but as mentioned above, it's highly recommended for infertility issues due to its tonifying effect on the female reproductive system. Sage is also very effective at drying mothers milk when it comes time to wean.

Because sage promotes tissue repair it is especially useful for abscesses, insect bites, stings and for the body builder with a torn muscle or ligament.

Sage relaxes spasms and relieves colic making it an excellent digestive remedy. It stimulates the appetite and improves digestion through its actions on the liver. Traditionally it was used in cooking for rich, heavy foods relieving indigestion. It is also good for gas, nausea, diarrhea and intestinal worms.

Perhaps sage's most super hero aspect is its ability to replenish and restore. It restores the endocrine system, nervous and immune systems and is also immune enhancing. A symptom of an immune system in need of restoration would be recurring or chronic infection.

"Sage helps the nerves and by its powerful might, Palsy is cured and fever put to flight" Old French saying. (*The Modern Herbal* by Maude Grieve)

In Ayurvedic medicine sage is used to clear emotional obstructions from the mind

and for promoting calmness and clarity.

It generates strength. Good for everyone from the body builder to the person with chronic debility from stress, disease, overworking or for any situation where chronic tiredness and low stamina present themselves. Whether the fatigue is mental or physical, sage to the rescue.

Recently, research has shown that it has strong antioxidant properties helping to delay the aging process as well as relieving damage from free radicals. Our aging population could certainly benefit from many of sage's traits.

Finally, down to the bottom

Externally sage is highly regarded for its antiseptic properties for wounds of all types from cuts to burns to road rash. A poultice can be made with the crushed leaves or by making a compress with the tea. Because it has antimicrobial action it's also effective against fungal conditions such as overactive candida or as a foot soak for athlete's foot. It can also be used as a rinse to help shrink hemorrhoids.

Because sage scores so high as an antiseptic, a strong tea can be used as a surface area cleaner for countertops, floors or bathrooms. The essential oil can be added to castile soap and used in the same manner.

For gardeners, sage is very easy to grow from seed or by cuttings. It prefers good drainage and full sun and before long will become the queen of the garden if left unchecked!

Profile of sage flower essence taken from Anne McIntyre's book *Flower Power* teaches us sage is the flower of immortality:

"Sage enhances the capacity for drawing wisdom from experience and is particularly recommended for people who find it hard to find purpose and meaning in life. They may feel resentful about events in their lives, seeing them as ill-fated or undeserved.

Sage is a remedy especially suitable for our later years, for helping to accept what life throws up for us in a calm and detached way. It helps to enhance the wisdom that comes naturally from years of experience. Such wisdom is natural to that end of life, enabling us to be in touch with our spiritual selves, to perceive a higher purpose in life and to experience inner peace. It is a remedy to use during changes and transitions, as it enhances the sage in all of us."

Mari Marques-Worden is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari@mugyspad@aol.com or 719-439-7303 or 719-748-3388. Mari is available for private consultation.

Herb class with The Thymekeeper:

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Where: The Thymekeeper 1870 CR 31 Florissant, CO.
When: Sunday August 27th 1:30-3:30 p.m.
Cost is \$20. Pre-Registration is required as space is limited. Contact Mari at mugyspad@aol.com

Homesteading

by Flip Boettcher
photos by Flip Boettcher

The problem of how to distribute federal lands has been an issue for the United States government since the end of the Revolutionary War, generating much interest and discussion.

The Treaty of Paris in 1783, granted the U.S. 270 million acres east of the Mississippi River and by 1785, at the end of the revolution, the U.S. had acquired more public lands west of Ohio as payment for Revolutionary War soldiers.

Before the Land Ordinance Act of 1785, passed by the Continental Congress, the main problem of distribution of land outside of the original 13 colonies was measurement and pricing. Previously, land boundaries were stepped off from geographical landmarks resulting in many overlapping claims and boundary disputes.

The Land Ordinance Act of 1785 established a system of standardized land measurement using astronomical starting points. The territory was divided into six-mile squares called a township and each township was divided into thirty-six sections, each a square mile, or 640 acres. The Land Ordinance Act also authorized the treasury to survey and sell public domain land to raise revenue, not necessarily to encourage settlement.

Public domain land is all land originally acquired by the U.S. for purposes of expansion. The original public domain states were Ohio, Indiana, Illinois, Michigan, Florida, Wisconsin, Alabama, Mississippi, Louisiana, Minnesota, Iowa, Missouri, and Arkansas.

The Land Ordinance Act also established the idea of "survey before settlement." The survey was then the first step in land disbursement with surveyors' notes becoming the first written public land records.

At first, the Land Ordinance Act required the individual to purchase a full section, 640 acres, at a cost of \$1 per acre. The investment in a full section and the labor to cultivate it for agriculture proved to be too much.

In 1787, after the first surveys in Ohio were finished, the first public domain lands were sold. When public lands were sold, land patents were issued. A patent is a deed of title transferring land ownership from the U.S. government to private ownership. A patent is the first record of a chain of title to a piece of the public domain. Before 1833, the president actually signed the patent. After that, a designated official signed on the president's behalf.



Original Marcott homestead house sold to JR Witcher in 1885.

In 1800, President John Adams passed a new public land law which allowed credit sales, where settlers could pay in four installments and lowered the minimum size to 320 acres at a fixed price of \$1.25 per acre. But still, basically, "national public-land-use policy made land ownership financially unobtainable for most would-be homesteaders," www.archives.gov.

The Louisiana Purchase in 1803 doubled the size of the nation and in 1812 the General Land Office (GLO) was established.

In the 1830s-1850s, rising commodity prices allowed large farms, especially southern plantations to buy out the small farmer. These displaced farmers looked west for land.

Also, the Jeffersonian idea of the yeoman, or small, independent, landowning farmer, was strong in American politics and many politicians believed a homestead act would help the small farmer by opening lands to the independent farmer rather than the large farmer who would develop the land with slaves forcing the small farmer on to marginal lands.

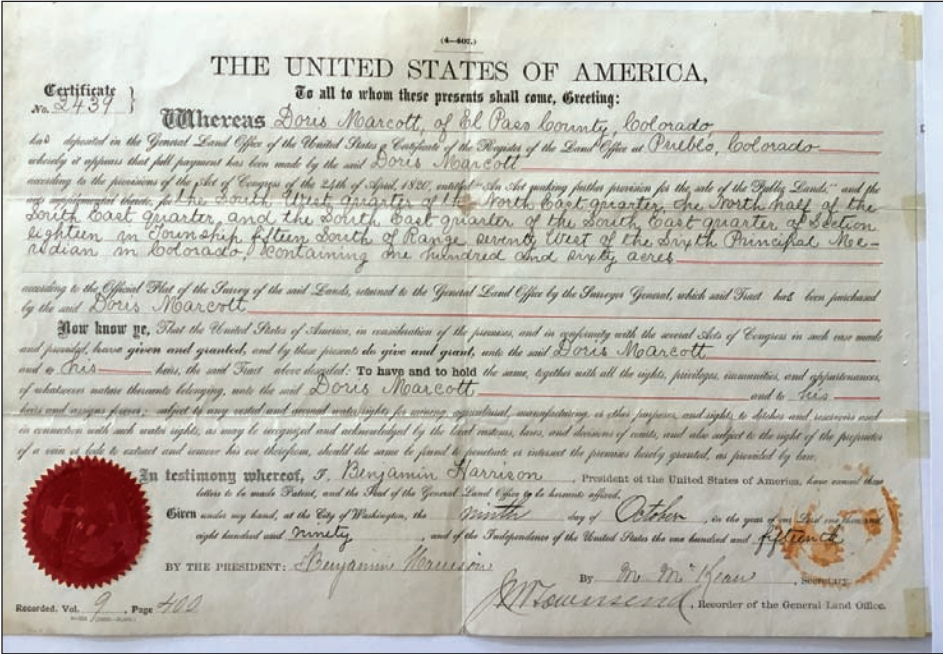


Photo of the original homestead deed to Doris Marcott.

Prior to the war with Mexico, 1846-1848, people settling in the west demanded "preemption," which is an individual's right to settle land first and pay later, a form of credit. Eastern economic interests opposed this fearing a draining of their labor forces. The southern democrats fought this fearing free land would attract immigrants and the poor.

After the war, some new developments supported the homestead movement: economic prosperity brought large numbers of immigrants who looked west for land; new canals and roads were opened; and England recalled its corn laws.

Improving the homestead laws still faced opposition though. As mentioned, northern factory owners feared the loss of their cheap labor supply. Southern states feared that the new lands opening up in the west would result in new states populated by independent farmers opposed to slavery, rather than populated by large farmers who were for slavery.

In 1852, 1854 and 1859, the House of Representatives passed homestead bills which were all defeated by the Senate. A homestead bill providing land grants to western settlers was passed by Congress in 1860, but was vetoed by President James Buchanan.

After the 11 southern states had seceded from the Union in 1861 eliminating the slavery issue, the Homestead Act of 1862 was passed and signed into law by President Abraham Lincoln, opening up millions of acres to homesteading. One of the intents of the Homestead Act was to change some

claim was examined. Valid claims were granted a patent to the land free and clear.

Land title could also be procured by six-month residency and slight improvements providing the claimant paid the government \$1.25 per acre.

There were few other qualifying requirements for a homestead. A homesteader had to be a U.S. citizen or have filed a declaration of intent to become a citizen; have never taken up arms against the U.S. government; be at least 21 years old; and head of the household.

Immigrants, landless farmers, women, and former slaves could all qualify for a homestead. Settlers found their land and staked a claim, usually in family units or close-knit communities. The homestead usually had the main dwelling and several out buildings. Although not fraud, it was common for eligible children in large families to claim surrounding land as soon as they could.

Physical conditions on the plains: wind; blizzards; plagues of insects; few trees for building or fuel; limited water; and scarce native vegetation proved to make raising livestock and homesteading extremely difficult. Because of this, in many areas, the original homesteader did not stay the five-year minimum to fulfill their claims.

Although the intent of the Homestead Act was to grant land for agriculture in the arid area east of the Rocky Mountains, the act seemed to invite fraud. Some land speculators hired phony claimants, gained control of water resources, bought abandoned land, and used a loophole where the law's verbiage failed to specify whether the 12 X 14 dwelling was to be built in feet or inches.

The GLO was typically underfunded and staffed so overworked investigators could often be bribed. The GLO had no system to evaluate claims and land offices relied on the claimant's witnesses that the claimant had lived on the land for five years and made the required improvements. Often the witnesses were bribed or working with the claimants.

For the homesteaders who survived, the passing of the Railroad Act in 1862, six months after the Homestead Act, brought rapid changes with the coming of the railroad in 1869.

In the end, most settlers who purchased land under the Homestead Act came from areas that were relatively close to where their homesteads were; Iowans went to nearby Nebraska; Minnesotans went to South Dakota. Most of the land though went to speculators, cattlemen, miners, lumbermen, and railroads.

Between 1862 and 1934, the federal government granted 1.6 million homesteads and distributed 270,000,000 acres of land for private ownership. That's a total of 10% of all the U.S. lands. About 40% of the applicants were able to obtain title to their homestead land. Interestingly, small farmers acquired more land under the Homestead Act in the 20th century than in the 19th century.

The Federal Land Policy and Management Act of 1976 ended homesteading except in Alaska where it ended in 1986. At that time, federal policy had shifted from granting public land patents to retaining control of western public lands.

Daniel Freeman is recognized as being the first to file a claim under the Homestead Act on January 1, 1863, the date the act went into effect, on his homestead in Beatrice, Nebraska.

The last claim filed under the act was on 80 acres in southwestern Alaska by Ken Dear-dorff in 1988 when he received his land title.

Sources for this article were: www.gloreccords.blm.gov, www.ourdocuments.gov, www.archives.gov, and Wikipedia.

Obituary

Linda Bjorklund

Linda Sue Bjorklund, aged 72 of Hartsel, Colorado passed away on July 11, 2017 after a brief struggle with cancer. Linda was born December 28, 1943, in Sheridan, Wyoming, the daughter of Arthur and Opal Berens. Her family moved to Sioux City, Iowa shortly thereafter where she spent her childhood and young adult years.

Since then, Linda has lived in Colorado, for nearly 40 years, the last 20 of them at her cabin in the Ranch of the Rockies. Most of her work career was as a CPA and an IT financial specialist; she continued to use those skills in assisting the Ranch and the Hartsel Highline Café with their bookkeeping and finances. She has also continued assisting many dozens of her friends and family in the local area with the preparation of tax returns. In addition to her accounting career, Linda is a retired veteran of the US Army Reserve and has served in various positions for the Colorado GOP over the years.

Linda loved reading and greatly valued education both formal and informal. After retiring from her career as a CPA, she put these talents to great use, writing and publishing a number of non-fiction books such as *A Brief History of Fairplay*, *Richard Sopris in Early Denver and Gold in the Gravel*. Her love of history and her community also showed in the staggering number of activities and organizations she was not just involved with but often was the leader of. She was a leading contributor to several of the local newspapers such as the *Fairplay Flume* and the *Ute Country News* as well as the Park County Local History Archives.

The various leadership roles, including commander, that she held for the Hartsel Volunteer Fire Department, American Legion, Park County Historical Society and numerous others are too lengthy to describe. Suffice it to say that each of these organizations is much better off because of Linda's contributions. She is survived by her son, Larry Plowman of Grapevine, Texas; daughter, Felicia Trujillo (Timothy) of Denver, Colorado; step-daughters, Alix Bjorklund of Santa Fe, New Mexico and Michelle Bjorklund of San Diego, California; sister, Sherryann (Ed) Luft of Sioux City, Iowa; grandchildren Dennis, Joey, AJ, Robin, Sarah, Larry, Alaina, Kevin, and Carly; 17 great-grandchildren; and numerous nieces and nephews. She was preceded in death by her parents, her husband Douglas, her sister June Markowsky, her son Kevin Bjorklund and her grandson Timothy Trujillo, Jr.

Linda loved reading and greatly valued education both formal and informal. After retiring from her career as a CPA, she put these talents to great use, writing and publishing a number of non-fiction books such as *A Brief History of Fairplay*, *Richard Sopris in Early Denver and Gold in the Gravel*. Her love of history and her community also showed in the staggering number of activities and organizations she was not just involved with but often was the leader of. She was a leading contributor to several of the local newspapers such as the *Fairplay Flume* and the *Ute Country News* as well as the Park County Local History Archives.

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MTCC Experience Ride

by Deborah Maresca
photo by Dieter Heinrich

The Mountain Top Cycling Club hosted 160 registered riders for the 6th Annual Experience Ride on June 17, 2017.

MTCC would like to thank the Pikes Peak Amateur Radio Emergency Service. A critical element of the support was a Portable Repeater positioned on the private property along the southern portion of the course. That repeater was funded and built by Wes Wilson, K0HBZ and his wife Carol, KC0DTQ. MTC would also like to acknowledge the use of the Mountain Amateur Radio Club (MARC) Repeater network which

enabled our communications over the wide area of the ride courses.

The Florissant Grange Hall offered a donation breakfast to the riders starting at 5:30 a.m. The majority of riders went down Teller County Road One to Cripple Creek, did a Victor Loop and then a Guffey loop for over 106 miles with over 10,000 feet of elevation gain. This was a fundraising event for MTCC, a non-profit organization in Teller County.

Thanks to those above as well as those in the community for helping us have a safe and fun event!

Earth stewardship opportunities

This summer, the Colorado Mountain Club has three Stewardship projects scheduled in coordination with the Pike National Forest. Please sign up using the links below.

On August 5, we will be doing some touch-up work on Lovell Gulch trail in the areas we worked last year. The rangers would like a couple hundred feet of trail to be wider so it will be easier for people to pass without trampling the critical edge and undoing our work. We will also block some braided trails and put up some signs. Sign up at <https://www.cmc.org/Calendar/EventDetails.aspx?ID=37411>

On September 9, we will remediate some erosion issues on the eastern end of the southern loop on Lovell Gulch. Sign up at <https://www.cmc.org/Calendar/EventDetails.aspx?ID=37622>

(Note: had to be rescheduled from July)

Finally, sometime in late summer we hope to help the Pikes Peak Ranger District close some user-created motorized routes around FRs 314 and 315 – across Rampart Range Road from Lovell.

Watershed Clean-up Crews

Volunteers and volunteers needed

by Coalition for the Upper South Platte

It's been a productive volunteer season for CUSP. We have been working throughout the Upper South Platte watershed on a range of projects with volunteer groups from all over the country as well as a local Eagle Scout Project.

Jake Anderson of Boy Scout Troop 989 designed and organized the installation of a beautiful viewing bench along Gill Trail as his Eagle Scout project, and dedicated the bench to CUSP. We are deeply grateful for his work and dedicating this wonderful bench that looks out on a breathtaking view, to CUSP.

United Methodist Church (UMC) groups have come from out from Missouri and Kansas and Next Step Ministries have brought volunteers from Texas and New York. Local groups like TeensINC. and the Classical Academy have been a great help with everything from planting trees in the Hayman Burn scar to collecting firewood for Help the Needy.

Also, CUSP is part of a larger natural resource protection partnership known as Coalitions and Collaboratives, Inc., or COCO (<http://www.co-co.org>). COCO provides services in areas that don't have a nonprofit like to CUSP to help with response to natural disasters; case in point is the work that COCO has been doing in the Beulah, Hayden Divide, and Junkins burn scars in



Jake Anderson's bench view and plaque.

the Arkansas watershed. Under the auspices of the Arkansas River Watershed Collaborative (ARWC) and COCO, we have been helping communities respond to the post fire flooding that has recently been ravaging these areas near Coaldale, Canyon City, Cotopaxi, and Salida.

Several groups have come forward to help with flood mitigation efforts – Rollins College from Florida, Catholic Heart Charities and UMC Kansas, but there is still much work that needs to be done. Volunteers are needed throughout August to help install sand bags, seeding and jute matting (erosion control to help mitigate flood impacts and debris threatening homes, water sources, and lives), and clearing debris out of creeks in the Junkins and Hayden Pass burn scars. Please contact Rachel Gurfinkle (rachel@cusp.ws) if you, or a group with which you are affiliated, are interested in helping on these projects.



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One Dog at a Time

Pet first aid kits

by Janet Bennett

Everyone who shares their home with a pet should have a basic first aid kit on hand. It is also a good idea to take along when traveling. A good way to start your kit is to buy a first aid kit designed for people and then add pet specific items to it. You can also purchase a kit from a pet supply store or on-line company. But you can easily assemble your own kit by gathering the items listed here.

Pet Specific Items

Pet first aid book, phone numbers for your vet, an emergency clinic and the poison control center (1-800-426-4435), your pet's vaccination record with a current photo, nylon leash, self-cling bandage, strips of cloth to serve as a muzzle.

Basic first aid items

Gauze pads, adhesive tape, antiseptic wipes, a foil emergency blanket, cotton balls, hydrogen peroxide, ice pack, non-latex disposable gloves, rectal thermometer, petroleum jelly, scissors with blunt ends, saline solution, tweezers, a pillowcase to confine your cat for treatment and a pet carrier (if feasible).

Other useful items

Benadryl for allergic reactions (a vet can give you the proper dosage for your pet), ear cleaning solution, expired or sample credit card (to scrape away insect stingers), glucose paste or corn syrup for diabetic dogs or those with low blood sugar, nail clippers, antibiotic ointment, penlight, plastic eye-dropper, tongue depressors, styptic powder, towels, needle nose pliers.

In addition to the items listed above, include anything that your veterinarian has recommended specifically for your pet. Check the supplies in your kit periodically and replace any items that have expired. For your family's safety, keep all medical supplies and medications out of reach of children and pets.

This information is brought to you by Wings and Warriors, a non-profit organization located in Florissant, CO. It is our mission to provide highly trained service dogs to those in need all at no charge to the recipient. For more information, please visit www.wings-and-warriors.org. Donations, sponsors or volunteers are always needed.

The Harvest Center's annual garden and greenhouse tours



Do you love eating veggies from your own garden? Do you enjoy sitting back viewing your flowers? Do you think you cannot grow a garden up here? Please come and join us for the self-guided Garden and Greenhouse Tour sponsored by The Harvest Center on Aug. 19 and 20 from 10-2 p.m.

Gardeners from Woodland Park, Divide and Florissant will be at their gardens to discuss what and how they are growing. You will see greenhouses, raised beds, container gardening and find out information on how

you too can grow at our altitude.

You don't know how to keep deer, rabbits, moles and voles out? Come and hear how it is being done. You want to garden but don't know where to start? Come and find out. There is lots to learn.

The gardens in Woodland Park will be open on Saturday, the 19th and gardens in Divide and Florissant will be open Sunday, the 20th.

For further information and maps go to www.wpharvestcenter.org.

Adopt Me

by Ark-Valley Humane Society

Gandalf

Gandalf is a 9-year-old Russian Blue mix who has been with us for a few months now. He is a lively guy who really enjoys being pet and eating (who doesn't?). He does have a thyroid issue but with medication he's been great and is feeling good. Gandalf just wants a home to call his own where he can nap the day away and be close to his person or people. He's social, handsome and sweet — what more do you need? Gandalf also doesn't have an adoption fee so he's priceless! Stop by to meet him. We're located at 701 Gregg Drive, Buena Vista or call us at 719-395-2737.

Be sure to join us for our Open House Aug 11 and 12. Learn more about AVHS and how you can get involved. There will be free microchips for your pets; a pet photo booth; DIY dog baths, and food from S&M Food Shack. Visit us on Friday, from noon-7 p.m. or Saturday noon-5 p.m.



Teacher Feature: Dan Ganoza

August 2017 Teacher Featured:
 Dan Ganoza

Class taught:
 AP Environmental Science
 2016-2017 school year
 Woodland Park High School

Submitted by:
 Emily Hopfe, student



"In AP Environmental Science, Mr. Ganoza teaches my class in a fun, yet productive way. We get to do so many LABs that help us understand the unit we are in. For example, when we were in a chapter learning about coal, oil and other resources, we did a drilling simulation. There were jars full of miscellaneous materials, and teams of two people had to extract the layer of gold glitter. The goal was to be the partners that got the most pure gold out. Also, we learned the difficulty of mining and dealing with unknown minerals. Mr. Ganoza is so exciting and personal about his teaching. He knows everyone's name and a little bit about everyone. It is truly impressive how he can hold a genuine conversation with any of my classmates. Not only is he my APES teacher, but he was my basketball coach Freshman year and my Biology teacher last year. He has been there for me every day of my high school career. Mr. Ganoza is my inspiration!"

— Emily Hopfe

This Teacher Feature was sponsored by Park State Bank & Trust of Woodland Park, Colorado. If you are interested in sponsoring a Teacher Feature, contact us at utecountrynewspaper@gmail.com or call 719-686-7393.

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Facebook: [huajatolla heritage festival](https://www.facebook.com/huajatollaheritagefestival)
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4th Annual Bike the Night

by Deborah Maresca

Mountain Top Cycling Club is looking forward to hosting the 4th Annual Bike the Night cycling event August 26, 2017. Starting with registration at 8 p.m., followed by judging at 8:30 p.m. and the event will start at 9 p.m. from the Ute Pass Brewery. Registration for Adults is \$25, then the first child will be \$10 and each additional child will only be \$5.

The Woodland Park Lions Club will be doing the volunteering and judging in exchange for sponsorship. There will be a pizza party after everyone gets back from riding with salad and desert at the brewery. There will be two routes to choose from, an adult long route that will go down Centennial Trail seven miles to a turn-around point and a shorter route for little children that would turn down Lake Street to Fairview Street back to the Start/Finish area. Cash prize money will be given out at the finish for best costume, bike decorations and so on.

This event is for the whole family to enjoy as a family riding their bikes together.

Children must be accompanied by an adult. Helmets and bike lights are required. The t-shirts that will be given to adults when they register will have glow in the dark ink.

MTCC would like to thank Real Energy Solutions for being the title sponsor for the event. We would also like to thank all the local businesses that donated at the Timberline level of sponsorship, those businesses are listed on the back of the event t-shirt.

MTCC is a non-profit organization. Our mission statement is to encourage and promote bicycling for health, recreation, sport, and transportation. This includes promoting bicycle safety, improving facilities, roads and paths, and supporting individuals, organizations, and others who support cycling. MTCC supports the Teller County High School Mountain bike club, the Mountaineers. For more information about the club or upcoming events, visit www.mountaincyclingclub.com, or call Debbie 719-689-3435.

HRRMC recognized as Top 100 Critical Access Hospital

Heart of the Rockies Regional Medical Center was named one of the Top 100 Critical Access Hospitals in the United States in 2017 by iVantage Health Analytics and The Chartis Center for Rural Health.

HRRMC scored in the top 100 of Critical Access Hospitals on iVantage Health Analytics' Hospital Strength INDEX®. The INDEX is the industry's most comprehensive rating of rural providers. It provides the basis for many of rural healthcare's most prominent awards, advocacy efforts and legislative initiatives.

"I am proud to be part of a hospital that strives to provide the highest level of care and service," said hospital CEO Bob Morasko. "As HRRMC continues to grow, we look forward to offering our community the best in rural healthcare in the future."

The hospitals named to the Top 100 list are top performers in managing risk, achieving higher quality, securing better outcomes,

increasing patient satisfaction and operating at a lower cost than their peers. HRRMC was one of only three Critical Access Hospitals in Colorado named to the list.

"It's more important than ever that rural hospitals proactively understand and address performance in the areas of cost, quality, outcomes and patient perspective. iVantage's INDEX was designed to serve as this industry model," said Michael Topchik, national leader of the Chartis Center for Rural Health. "Across the spectrum of performance indicators, there are rural providers that are writing the blueprint for success as they transition to value-based healthcare. Our analysis shows that this group of top performers exhibits a focused concern for their community needs."

For more information about the services at Heart of the Rockies Regional Medical Center, visit www.hrrmc.com and for more information on Chartis Group go to www.Chartisrural.com.



by Erica Gilmore

In 2016, an area larger than the entire state of Connecticut was burned by human-caused wildfires across the United States; 530,831 of the total 3,766,610 acres was located in the Rocky Mountains region, according to the National Interagency Coordination Center. It is reasonable to conclude that the overwhelming majority of the fires were not the result of malicious arsonists, but unprepared, negligent or irresponsible individuals.

Variations of the following scenario happen far too often, easily and unintentionally.

It's time to pack up and head home after a long weekend of camping. You pour water on the fire, load your gear, hike out and begin the drive back to civilization with a clear conscience. "Leave only footprints," they say. You think you accomplished that much.

Meanwhile, the wind picks up and stirs the remnants of your campfire. A superficial layer of ash is blown away, sending showers of smoldering embers into the dry vegetation. The wind persists, supplying plentiful oxygen to the incendiary orange glow, igniting a brand-new blaze that quickly grows in intensity and size.

It is reported to the authorities early on, but due to the remote location and overwhelming need for fire suppression resources, an interagency response is required. Your tax dollars are at work; where the boots meet the ground and governmental entities collaborate to put out fires. The local fire department must escalate the situation to the county sheriff, who requests assistance from state entities, who then involve federal response organizations. Airplanes with specialized equipment are called upon to provide critical data, helicopters drop large buckets of water to defend and define lines of containment, chemical flame retardants are employed to protect property.

Smokejumpers are deployed to the front lines at great peril, while ground crew must take the long way around. Dead trees that have not yet fallen to the ground pose a major hazard to these individuals; they burn unseen in the dense smoke and can fall without warning, bringing down heavy columns of concentrated inferno onto anything in their paths.

The intense smoke creates a public-health hazard, the main highway is intermittently shut down for firefighting efforts and the flame retardants pose environmental risks. Evacuations are necessary and human services are needed to house the evacuees.

Seven days, hundreds of personnel and a couple million dollars later, the fire has been largely contained and was determined to have been caused by human activity, as you hear on the evening news, blissfully unaware that your campsite was ground zero.

The hypothetical situation presented above is loosely based on the circumstances surrounding the Peak 2 Fire in Breckenridge, which was caused by human activity.

Campfires and fireworks are among the quintessential pleasures of summer time, but the cost of these indulgences can easily outweigh their benefits when fire danger is a concern. It is imperative to keep informed regarding fire restrictions before undertak-

ing any sort of activity that could potentially ignite vegetative fuel sources. This is an appropriate place to opine that, for reasons that transcend fire safety, cigarette butts should never be carelessly flicked by the wayside, or out of the window of a moving vehicle. There is no valid reason to simultaneously litter and create a fire hazard.

Exploding targets are another common culprit, both close to home and elsewhere; they were determined to be the cause of at least two recent fires in Park County — the Indian Mountain Gun Range Fire and the 392 Fire, as well as the Sawmill Fire in Arizona, which burned over 46,000 acres and cost nearly 5 million dollars to suppress. These targets cost only a few dollars and require deliberate effort to mix chemicals, but can effortlessly ignite dry vegetation. It is illegal to use them on U.S. Forest Service lands and this is punishable by incarceration, hefty fines and possible restitution for any resultant wildfire.

Regardless of the hobbies in which one chooses to indulge, the bottom line is to be conscientious and respectful. Be mindful of surroundings and know the current fire status. Even when there is low danger, it is best to treat each and every potential fire hazard with extreme caution. For example, there are things to consider both before and after building a campfire.

According to the U.S. Forest Service website:

If you are going to have a campfire:

- Use an existing fire ring, don't create a new one. When not in a designated campground, build your fire within a ring of rocks.
- Clear all vegetation away from the fire ring (remove all flammable materials such as needles, leaves, sticks, etc.)
- Select an open level spot away from trees, logs, stumps, overhanging branches, dense dry grass, and forest litter.
- Keep your campfire small.
- Keep plenty of water and a shovel nearby for throwing dirt on the fire if it gets out of control.
- Never leave a campfire unattended! Even a small breeze could quickly cause the fire to spread.
- Make sure a responsible adult is always in attendance.

When putting out your campfire:

- First, drown the campfire with water!
- Next, mix the ashes and embers with soil. Scrape all partially-burned sticks and logs to make sure all the hot embers are off them.
- Stir the embers after they are covered with water and make sure that everything is wet.
- Feel the coals, embers, and any partially-burned wood with your hands. Everything (including the rock fire ring) should be cool to the touch. Feel under the rocks to make sure no embers underneath.
- When you think you are done, take an extra minute and add more water.
- Finally, check the entire campsite for possible sparks or embers, because it only takes one to start a forest fire.
- Remember...if it is too hot to touch, it is too hot to leave.

Please take the time to completely put out

your campfire, it could prevent a wildfire.

Wildfires refuse to be confined by arbitrary, official property delineations; everybody should be prepared. Public entities have a particularly significant responsibility to prepare for potential disaster. During a press conference regarding the Peak 2 fire that was broadcast by the Red, White & Blue Fire Protection District, emphasis was placed on the relationships and activities behind the scenes that take place on multiple jurisdictional levels. A prime example of this is the Annual Operating Plan for Summit County, which is a 37-page document that outlines the protocols and resources for wildfire response between the Sheriff, Bureau of Land Management, U.S. Forest Service and Board of County Commissioners.

The Office of Emergency Management in each county plays an active role in emergency and disaster preparedness. Undersheriff Joel Cochran advised that Summit County has previously simulated fires in order to create complex decision-making problems and bring together elected officials, social services public health, animal control and the American Red Cross. Simulations such as these occur in order to help various organizations within each county prepare for emergencies by creating contingency plans with consideration for a variety of circumstances and conditions.

On a state level, Colorado has a Multi-Mission Aircraft (MMA) program, which is operated by the Department of Fire Prevention and Control. There are two Pilatus PC-12 airplanes available and they are capable of responding to any wildfire in the state in less than an hour's time. These planes provide real-time, critical information about fire and weather patterns, in order to support decision makers with relevant data.

The aerial firefighting arsenal on the national level includes air tankers that are capable of strategically dropping thousands of gallons of chemical flame retardants, called slurry. These flame retardants, a foamy mixture of water and fertilizer, are an effective fire suppression tool, especially when used in conjunction with other methods. The use of chemical flame retardants in aerial firefighting is carefully monitored by the U.S. Forest Service, due to the associated environmental hazards.

According to Reid Armstrong, Regional Fire Communications Specialist with the U.S. Forest Service, Phos-Chek LC-95A was the retardant used on the Peak 2 Fire. She advises that, "the fertilizer contained in fire retardant consists of ammonia and phosphate ions. Studies show that a single retardant drop directly into a stream may cause a sufficient ammonia concentration in the water to be lethal to fish and other aquatic organisms. The effects will change depending on the volume of the retardant that actually enters the water, the size of the body of water, and the volume of flow in the stream or river. The U.S. Forest Service and other federal and some state wildlife fire agencies have been following guidelines since 2000 to prevent application of fire retardant into waterways." The decision to employ chemical flame retardants is not one that is taken lightly. There is risk associated

with its use, but there is also risk in not using it, in certain situations.

Smokejumpers have been a national asset ever since the program began in 1939. This elite group of more than 270 highly-skilled individuals provides support and leadership for wildfire suppression all over the country. They parachute down to the front lines and supplies are dropped nearby, including food and water; this makes them self-sufficient for up to 48 hours, while they play a strategic role in achieving containment. Smokejumpers face tremendous occupational hazards in the field and must have extensive experience in wildland firefighting.

This is by no means a comprehensive list of all of the wildland firefighting resources, but a mere glimpse of the mechanisms at work when ominous smoke is on the horizon. Beyond the above lines of defense, private landholders also share in the responsibility to be prepared and should conduct annual fire mitigation.

According to the Colorado State Forest Service at Colorado State University, "two factors have emerged as the primary determinants of a home's ability to survive a wildfire – quality of the defensible space around the home and the home's structural ignitability. Together, these two factors create a concept called the Home Ignition Zone (HIZ), which includes the structure and the space immediately surrounding the structure. To protect a home from wildfire, the primary goal is to reduce or eliminate fuels and ignition sources within the HIZ." For further information on fire mitigation, please visit: <http://csfs.colostate.edu/wildfire-mitigation/protect-your-home-property-forest-from-wildfire/>.

A final topic of relevance is impact of wildfire smoke on air quality. According to Children's Hospital Colorado, smoke inhalation from wildfires is particularly detrimental to children and the elderly, even when the air appears to be clear. There is a large amount of particulate matter released into the air when wildfires burn, which differentiates them from other types of fires. People with asthma are particularly sensitive to the effects of smoke inhalations and will need to use rescue medications more frequently than usual. It is wise for sensitive individuals to remain indoors when there is a fire in the vicinity, and keep the windows closed.

Ultimately, the suppression of wildland fires is highly resource-intensive and comes with environmental consequences. The responsibility for prevention lies with individual patrons of the forest. If you see something, do something about it. Fire bans should be taken very seriously, without exception. Campfires create unparalleled ambiance and provide the utilities of warmth and cooking, but the high price of indulgence is not worth the risk during fire restrictions. Lanterns, jackets and lightweight cooking stoves are readily-available alternatives, so please make use of them during conditions when fire is inappropriate.

Most importantly, always check before you burn and be vigilant. For updated fire restrictions, please check with the local county sheriff's department or the U.S. Forest Service.



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Growing Ideas Peek at the peak of paradise!

by Karen Anderson "The Plant Lady"

Warm greetings Gardening Friends. So sorry to have missed you last month, but I'm back and ready to share what I know to be true in the challenging world of High Altitude Gardening. July seemed to fly by and most of June into early July was hot, dry and dusty, fairly typical weather pattern for our region. It certainly is a challenge during drought times to keep plant life surviving, much less thriving. But...Mother Nature comes through once again and just in the nick of time (for me), as my rain barrels had been empty for quite a while. The intensity of our Colorado sunshine coupled with severe dry conditions was taking a toll on many of our gardens and I was wilting as well! I'm a wimp when it comes to heat. Hope you all held out for the monsoon season and your gardens made it through the long, dry period. The rainy season has been a life saver for plant life and my gratitude is overflowing.

August is the last full month of frost free weather in our higher altitudes and the Gardens are flourishing with color and vibrancy. We are at the peak of the season for ultimate garden splendor. I can't help but to feel intoxicated with Earth Mother's breathtaking beauty here on the mountain. The pastures are lush with thick carpets of emerald green. Flourishing wildflowers, finally having the chance to exhibit their native beauty, are happily dancing in the morning sun and cool breezes, once again, thanks to the life sustaining moisture. The native trees and shrubs are thankful. Just a reminder that evergreens drink much of their water through their needles as well as absorbing moisture through their root systems. So...Yay for the moisture!

As usual, with the much anticipated and prayed for rain, comes the damaging hail, which many of us have experienced recently and some of us were hit pretty hard with our springtime storms too. What ya gonna do? Give thanks for the Thunder-Beings, who also electrify and unite Mother Earth and Father Sky in their sacred 'love making'. So, we have ourselves a nice little cry, wait for the hail to melt, cut back the damaged foliage and flowers and add a bit of nitrogen to the soil for quick new growth. Then we enjoy once more the reaping of our efforts in the Garden.

This month, I would like to encourage you to relish in every moment of every day. Our average first frost date is around Sept. 15th and some native plants, such as rosebushes, currants, gooseberries and the like will start to 'fade out' before then, wanting to complete their cycle of life for the summer. This is normal. Others are just now beginning to bloom. Autumn Joy, most ground cover type sedums, delphiniums and lilies are late bloomers, thus giving us even more color late in the season. As I take my Garden Walk-About every morning, coffee cup in hand, all seems well with the world and I am filled with peace and beauty. My blessings are abundant with fresh clean air and life in the Colorado Mountains. The Paradise Gardens 'Show' continues to unfold organically (literally) being perfectly imperfect.

A few quick tips for August

Keep 'deadheading' (cutting the spent flowers) your annuals especially, to encourage more flowering. Most perennials will keep the flowers coming through August if

you deadhead. Continue this practice until the end of this month and then stop to allow the existing flowers to produce seed for propagation purposes.

As an alternative to cutting back or pruning 'unruly' branches of aspens and other pliable trees and bushes, try intertwining them or tying spreading limbs to the main trunk or other strong branches. I have had many low hanging branches that make it difficult to get through well-traveled pathways and I simply do not wish to cut the living foliage since I worked so hard to get it to grow and thrive. So, I figured out that I could 'braid' them together and use a little bit of twine and Wa La! Problem fixed!

"Tickle the Earth with a hoe; It will laugh a harvest"

—Mary Cantwell

I would not recommend pruning at this time of active growth anyway, as we would be inviting the possibility of disease and pest issues with any open wounds. If you have to cut however, try a spritz of acrylic spray paint (I would use a color that blends) to seal it up, instead of the icky, sticky and unsightly pruning spray. The latex (not oil) in the paint for some reason — don't ask me why — has some antibiotic elements to help the plant seal and heal.

Cherish and appreciate the appearance of Lady Bugs this year. We don't always have the pleasure of their taking up residence in our gardens. Their presence is a great beneficial gift as they just love, love, love aphids and other bad bugs. My columbines, which are usually plagued with aphids (who are born pregnant by the way-yuk!) are free from infestation and are so very healthy and more colorful than ever without that particular problem.

Remember that we want to grow tomatoes, not necessarily tomato plants! I will urge you to keep your foliage trimmed up — even if you are very proud of the big ol' 'leaves. Time is a tickin' and in order to produce more blooming for more fruit, we must prune back to allow more sunlight to shine through the plant and help the baby tomatoes to grow and ripen. Cutting back will also help to conserve on water with less foliage to support as well as making it easier to spot any insects or diseases.

You still have time to plant more radishes and greens in early August. If you are blessed with a greenhouse, you can plant more cool crops even later in the month for extended harvests throughout September and October. If we have been successful with other crops, we may be enjoying the early harvest of baby beets, small carrots, green onions, snow or snap peas, small squashes and the like. Congrats!

As a reminder, my experience is at 9,000 feet, so if you are gardening in a lower



Curse it or praise it, into our lives a little rain will fall.

altitude, some of these suggestions may or may not apply to you. Please take what you need as far as the information I am able to provide for my specific zone... and continue to learn more from successful gardeners in your area.

Release any thoughts or need for perfection. We are not in control of so many things — like hail storms for instance. I still struggle a bit with this one, but I now understand that at this time in my life, that perfection robs us of our energies.

Enjoy to the fullest what is...as it is, focusing on the good stuff rather than any negative perceptions. Please take time to thoroughly be in the moment. Look up once in a while. Notice the beauty and miracles of life that are in your midst. Take pleasure in your accomplishments in Your Garden. You are in Sacred Surroundings. You have done a good job in caring for the Earth if you are using organic methods and practices. Life is Good. Stay hydrated!

Continue to protect the Garden from hungry critters. They are always looking for a good, easy meal and you don't want to be heartbroken when you go to harvest that head of broccoli that you have been nurturing for months now and it is not there when you go to do so! Fencing (8 ft. high) is the best and securest way to keep deer from munching on your food and ornamental plantings, but if that isn't an option, apply various types of repellent often (all the time) and if you haven't tried my concoction of feather meal, cayenne pepper, blood meal and a few other ingredients, it may worth a try. The recipe is available at the Outpost in Florissant or you may call me for more information.

I am still available for personal landscaping consultations and professional gardening guidance for the duration of the Summer and into the Fall, weather permitting. Hardy and Native perennials are still up for 'adoption' at various locations throughout the community. There is plenty of time to plant in the month of August and into September if you wish to embellish your garden with new, tried and true plantings that have been born and raised at high altitude. You may contact me at 719-748-3521 if you would like to learn more about how I can help you make your gardening dreams become a reality.

Finally, Mike and I are having our annual Yard Sale and Open House on Saturday and Sunday, Aug. 12 and 13 with a complimentary tour of the Gardens. You don't want to miss this invitation and opportunity to experience the peace, beauty and serenity of what I call Paradise. You might just find a good deal at the His and Hers Sale. Please check out our ad on this page for the details. Hope to see you then or talk to you soon. Wishing you Happy Gardening as we Keep Movin' and Keep Groovin'!

Karen Anderson, "The Plant Lady" and Hubby Mike are having their annual **Yard Sale and Open House** with tours of Paradise Gardens!

Sat., August 12th • 9am-5pm
Sun., August 13th • 9am-3pm

A big selection of tools, electrical and plumbing supplies, gardening goodies, plants, housewares, jewelry, cool stuff to wear for him and her with much more.

Located 5 miles north of Florissant.

Follow yard sale signs on County Rd. 3
719-748-3521



Ghost in the political machine

by Flip Boettcher

For an interesting and entertaining evening, *Ghost in the Political Machine* a dinner theater melodrama playing at the historic Rialto Theater in Florence at the end of August, should prove to be the ticket.

Ghost is an original melodrama written by Tom Bruno, owner of Papas! Restaurant in Florence, which is supplying the food for the program. Bruno is also directing the melodrama.

According to Bruno, the melodrama is in two acts, but it is like one big scene, which is set in the Rialto Theater. There are two candidates running for Master of the Theater.

The male, conservative candidate's name

is King and the female candidate's name is Hart. There are five songs in the melodrama and a piano player. King sings a song called 'All I Want Is Everything — I Want It My Way.' Hart sings a song called 'All I want Is To Help You Because You Are Helpless.'



A portion of the flyer for the show.

No sides are taken said Bruno, but he makes fun of a lot of people, he added. It is not risqué. "It should be a lot of fun," Bruno said. Bruno felt that the last election was a parody of the election process which motivated him to write the melodrama, he said. His melodrama is a parody of the parody of the election process.

There are five players; each candidate has a supporter, and the ghost. While some of the action takes place on the stage, most of the action is out on the floor among the dinner tables.

Although Bruno has co-written a science fiction trilogy set on a Steampunk-esque world called Zotikas, *Ghost* is his first melodrama.

Tickets are on sale now at Papa's Restaurant in Florence or by calling 719-271-2300 or email; Owner@papasflorence.com. Cost is \$22 for dinner and the show, which should last about two hours. Seating is limited.

Bruno wanted to thank the Fremont Civic Theater Players group who helped him with *Ghost*. FCTP are presenting "Shrek the Musical" in Canon City at the high school on August 11, 12, 13, and August 18, 19, 20. For more information about Shrek, call 719-275-8989. For more information on the historic Rialto Theater visit www.historicrialtotheater.org.



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A classic illustration of Uncle Sam, the personification of the United States. He is depicted as an older man with a white beard, wearing a top hat with a blue band and white stars, a white shirt, a red bow tie, and a blue tailcoat. He is pointing his right index finger directly at the viewer. The background of the advertisement is blue with white stars, and the text is in white and red.

look at anything and notice the change and deduce some life-lesson from it, but the horse is an unequalled source of metaphor.

Horses are so tightly bound to the history of mankind that, if they were erased from our history, then humans would be...lost. For thousands of years, they have been our vehicles, our source of artistic inspiration, and the driving force of our agriculture. Equines have been companions, servants, friends, and life savers. Many, if not all, ancient texts speak of horses in high regard. Many cultures center around the horse.

Antivenom is made with a horse's blood. Anyone who has ever received antivenom should thank a horse. Venom is injected into a horse's system and the plasma is then extracted to make the antidote. They are often used as therapy for disabled people. There's a reason why they are a Chinese symbol of healing.

Though they represent many things, such as healing, wealth, and strength, horses may also symbolize change. When a black foal is born, they are normally more of a brownish color. As they lose their baby fur, they turn black. When a horse is young, it must be taught how to tolerate tack, and eventually a rider. In the summer, a horse is sleek and shiny. When the mercury in a thermometer rises, a horse's fluffy winter coat transforms into a sleek and shiny one.

The summer after eighth grade was the summer I was determined to find myself a real job. It was only natural, with my love of horses, to find a job shoveling manure somewhere. I called various stables, and when none of them answered my call, I marched straight up to their doors. The one I began my search at was nestled against the foot of Sleeping Indian. No one answered the door to the KOA, but a beautiful paint stared at me from the round pen as I knocked. I wrote a scribbly note that probably read something like, "I love horses, I want to work for you, I'll be content scooping poop, please call me, Jessica." Under the door it slid.

It was not even noon the next day when my phone rang, and the gruff voice of a cowboy asked if I would like to come by the corral for an interview. Excitedly, I ran into the living room, screaming the good news at my mom. The next day, I showed up mid-morning and Brent, the man with the gruff voice, asked me to get on this gigantic Belgian draft horse named Sampson. He had me perform various exercises and before long he said that he would have to talk to his wife, who was his "real boss" and he would give me a call.

The phone never left my side. A couple of days passed, and finally, it rang. The gruff cowboy offered me a deal: they couldn't pay me much — \$25 a day, four days a week — but if I stuck with them for the summer, they would have a surprise for me at the end. That is how I became the junior wrangler of the KOA, mini trail guide extraordinaire, poop-scooping master.

Over the next few weeks, I learned a lot. I was doing something I loved to do. Even though I made a few mistakes, got a severe sunburn, and had to deal with rude tourists, I loved every minute. After a couple of weeks, when I had proved to my new bosses that I was able to handle it, Brent let me use the Big Paint as my guide horse.

This horse was a handful: he was 16 hands high and loved to rush to each destination. He would never be late, that was for sure. As we walked, with my hands firmly on the reins, he would keep time with his bottom lip. Flap flap flap flap, with the swift plodding of his hooves. On a trail that was supposed to take one hour to complete, Bandito took 45 minutes. He was definitely a speed walker. I had to learn to rein him in and keep him at a slow pace. It was hard work!

Brent would spend time in the evenings teaching me different horsemanship skills with the speedy paint. He would show me how to best keep him in check, as well as tips to calm him down. He even told me that

he was a retired trick horse, and he showed me how to make him bow. As the summer days wore on, I began to love that horse, his height, his mind, his spunk.

When the Chaffee County Fair rolled around, Brent let me take Bandito with me. This would be the first year that I had a horse of my "own." Brent even told me to tell everyone that he was my horse, but it felt wrong saying that, since he wasn't truly my horse, so I never did.

The last day of fair came and I was sad to leave. I loved acting as if I had my very own horse. When Brent came with the trailer to pick him up, we loaded him and then Brent pulled me aside, saying that it was time for him to give me the prize he had promised at the beginning of the summer. We stood by the tack room door, so naturally I expected spurs, chaps, or at most, a saddle. Brent told me to look into the trailer — not the tack room, but the main trailer — and I was confused because I didn't see anything except a large paint.

"Bandito is yours," Brent said in his gruff cowboy voice, grinning under his mustache. I wasn't sure I had heard him right. This was a surprise beyond my wildest dreams.

As we drove back to the campground, I couldn't believe he was mine. After unloading him, he looked at me with his big, brown eyes and swished his white tail, then trotted into the pasture. I felt like one of the kids in one of those cheesy horse movies I grew up watching. My biggest dream had come true! Not only that, but the brand on his left shoulder was a J and a K — my initials. This horse was given to me by God, that was for sure.

After Bandito became mine, my life changed. There was good change: I learned once again how much God loves me, and how he dotes upon his kids even when they aren't asking for it, simply because he loves us. I also had to learn how to be responsible for something more important than anything I had ever had before. It also changed in less favorable ways.

Life at home wasn't easy that year, and life at school was worse. Out of the number of things that helped me through that time was Bandito. Though I had to sell him four short years later, he taught me a lot. He was the paint horse I always struggled to pay for, but through hard work and the generosity of people around me, I always managed. He was the paint horse that was trustworthy enough to do tricks with. He was the horse that, as my life grew busier and the time I spent with him waned, grew bored and began to chew on Christmas wreaths. He was the horse that once chased me through a fence, and made me cry because he hurt my feelings. He was the horse that threw me, but let me get back on. He was the horse that was there when I needed something big to cry on. He was the paint that carried me through fields where I could admire many sunsets.

He was the horse that made me appreciate hard work, beautiful things, and patience. Though I didn't have him for long, he was a good thing that came at a perfect time to help me through a bad thing which came to a good end. When I graduated high school and it was time for me to move on, it was also his time to move on.

Change came for him and he was sold into excellent hands. Change came for me, and I moved into greater things. Change happens, and there's nothing we can do about it. Sometimes it feels like change is doing more damage than good, but sometimes a tree needs to be pruned to bear better fruit. If a tree is left with its weak or dead branches, the whole tree will begin to suffer and die. It is better to lose a branch here and there than to live a short life and never grow to full potential. Be willing to go through changes. Roll with the punches, go with the flow, change with the tide. All good things come to an end, but that doesn't mean they won't come back.




Doris "Dee" Eileen Breitenfeld 1937 - 2014

constant goal of preserving our local history for future generations. As Shakespeare wrote, "What is past is prologue."

You are cordially invited to the Inaugural Breit Awards Banquet to be held on Sunday, September 10, 2017, from 3-5:30 p.m. at the Ute Pass Cultural Center in Woodland Park. Dinner will be served by the Swiss Chalet. Live entertainment and a program are planned, and a live or silent auction may also occur. Tickets are \$50 per person, or a table for eight may be reserved for \$375. Current sponsors include the Newmont Mining Company, Andersen Enterprises, Midland Days at Divide and I.R.E.A. More sponsors are needed. To reserve a chair or table, or to become a sponsor, call Sherri Albertson at 719-650-4089 or email Midlanddays@yahoo.com.

The Teller Historic and Environmental Coalition is a 501(c)3 non-profit corporation founded in 2000 and dedicated to the preservation and protection of the historic, cultural, natural and scenic resources located in the region, and to the education of the public regarding the importance of these resources. Address: P.O. Box 368, Woodland Park,



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Quilts in the Aspens

Visitors and local residents look forward each year to seeing the aspen change the color of our beautiful mountains. Many others have their calendars marked for the second Saturday of August when stunning quilts provide a display that for one day rivals nature's beauty.


On August 12, Quilters Above the Clouds will present their annual Quilt Show, "Quilts in the Aspens", from 9-4 p.m. at the Woodland Park Middle School. Entry to the quilt show is \$5. When visitors pay their entry fee, they will also receive a ballot to vote for the best entry in each category.

Colorado quilters work all year to create beautiful quilts in a variety of categories including large and small bed quilts, lap and crib quilts, art quilts, wall hangings and miscellaneous quilted items. This year, the guild is especially excited to feature a special category for youth entries for quilters 16 years old and younger. Also of special interest this year is the new category "From Past to Present". Quilters enter newly-created quilted items made with vintage linens, quilt tops or blocks that are at least 25 years old. Another display will feature Challenge Quilts. This unique program stretches the imagination of each participating member with a different challenge each year. This year each participant was randomly assigned three colors and had to use only those colors plus black, white or off-white to create a small wall hanging.

Not to be overlooked is one of our guests' favorite events: The Vintage and Antique Quilts Bed Turning. Several times during the day, members will delight listeners with stories about incredible antique quilts on display. These very old treasures are part of our heritage and the guild is grateful their current owners are willing to let us share their workmanship, design and family stories in this unique way.

Also in store for visitors will be a series of educational demonstrations. These demonstrations will be of interest to quilters of all skill levels. Guests will also have the opportunity to shop with many vendors who will have a broad assortment of sewing tools, patterns, fat quarters and other quilting-related items. This is also a chance to buy tickets to win the 2017 QAC Raffle Quilt. Many members helped create this beautiful raffle quilt that will be on display all day with tickets for sale in the lobby. Tickets are \$1 each or 6 tickets for \$5. The drawing will be the first Friday in December and you do not have to be present to win. The raffle proceeds and quilt show receipts all go to support the numerous charitable works that are an important part of the missions of Quilters Above the Clouds, a 501(c)(3) organization.

Put Saturday, August 12th on your calendar today. This is a wonder opportunity for the whole family to enjoy one of Colorado's beautiful displays.



Up And Away Perseids

by Erica Gilmore
photo by Erica Gilmore

Each year, Earth passes through the Perseid cloud, which is a swath of debris from the Swift-Tuttle comet's 133-year journey around the sun. Between July 17th and August 24th, the Perseid meteor shower will pummel the atmosphere to create a visual spectacle, with particles that are generally no larger than a grain of sand. The annual meteor shower is best viewed in the northern hemisphere and is most intense from August 9-13th. This year, the moon will be more than three-quarters full during the peak of the Perseids, so its light will interfere with the visibility of the shower.

The Swift-Tuttle comet is approximately 16 miles wide, which makes it the most significant object to repeatedly travel near our planet; its most recent encounter with Earth was in 1992. Prior to this, it was predicted that the comet would impact Earth in 2126, but the numbers were crunched more accurately and it was determined that there is no danger of a collision, for at least a few thousand years.

The meteors seem to originate from Perseus, a constellation in the north-eastern sky that is named for the Greek hero who beheaded Medusa and accidentally killed his own grandfather, King Acrisius of Argos, by throwing a discus during an athletic contest. The tale is a bit more complicated than that and involves Pegasus, a sea monster and infidelity, among other classical Greek literary staples. This constellation has been recognized since the 2nd century, when it was documented by Ptolemy, a Greek astronomer. You do not need to know the location of the constellation in order to view the meteor shower, as the meteors can be seen traveling in all directions across the sky, but if you traced their paths backwards, they would all lead to Perseus.

Early Catholics in parts of England and Germany associated the Perseids meteor shower with the fiery tears of Saint Lawrence, who was tortured and killed in Rome on August 10, 258 by the anti-Christian emperor Valerian.

The meteors streak across the sky at a rate of 37 miles per second, or approximately 130,000 miles per hour. At highest frequency, one can expect to see 60-100 meteors per hour, optimally in a very dark location that has no light pollution. The best time to view is typically after midnight, as meteor activity is unusual in the earlier part of the evening. The occasional meteor that is visible during the early evening puts on a brilliant, colorful display. These are called earthgrazers and

they occur because Perseus, the radiant, is close to the horizon. Just prior to dawn is another good time to view because we are facing the same direction that Earth is traveling.

When Swift-Tuttle crosses the inner part of the solar system, the sun causes the comet to warm up, which releases debris into the Perseid cloud. Floating in space, these particles of are referred to as meteoroids; upon entering Earth's atmosphere, they become meteors. Most meteors consist of extremely small particles that disintegrate before reaching the ground. The very rare particle that makes it all the way to the ground without vaporizing is called a meteorite. If you happen to find one, wait for it to cool off and then grab it, because it is worth a lot of money. According to eBay, meteorites have been called the "truest form of black gold" and frequently sell for upwards of \$300 per gram, which would make a 1-pound meteorite worth a million dollars.

Do not hold your breath on that one, but you can always wish upon a shooting star.



Ptolemy mused that the Gods sometimes watch the Earth from the heavens, when they are bored or curious, and stars occasionally fall down in the process. It is most effective to make a wish upon seeing a shooting star, since it is evidence that the Gods are paying attention at that particular moment.

- Viewing Tips:**
- Find an area with no light pollution and plenty of open sky — it does not matter which direction you are facing.
 - Allow ample time for your eyes to adjust to the starlight (up to 20 minutes).
 - Be patient — meteor showers have periods of high activity, interspersed with intervals of dormancy.

Obituary

Ralph Leroy Weaver

Ralph Leroy Weaver passed away on Monday, July 10, 2017, in his Woodland Park home at the age of 80.

Ralph was born in Divide, Colorado on Monday, September 14, 1936. Ralph was preceded in death by his parents Ted and Blanche Weaver and his brother Ronnie Weaver. He is survived by his siblings, Beverly (Jack) Elwell of Woodland Park, Colorado; Barbara (Martin) Christensen of Manassa, Colorado; Raymond of Cañon City, Colorado and Betty Fell of Canton, Michigan. Ralph and Sally had four sons; Kevin (Jeannette), Peyton, Colorado; Kenny (Julie) of Penrose, Colorado; Korey of Woodland Park, Colorado; and Kirk (Nancy) of Lake George, Colorado. He is also survived by five grandchildren, Morgan Weaver, Yvette Weaver, Abagayle Weaver, Katelyn Weaver and Tristan Weaver. Ralph is also survived by many Aunts, Uncles, Nieces and Nephews.

He served in the Army and was a plumber for Imperial Plumbing and Heating in Colorado Springs, for 35 years. In his spare time Ralph enjoyed fishing and hunting.

We would like to thank all our friends and family for their love and support. His Memorial service was held on July 29 at the Impact Church 27400 North Highway 67, Woodland Park, Colorado. Donations may be made in honor of Ralph Weaver to the Park State Bank in Woodland Park. The proceeds will go to the Divide Animal Shelter (TCRAS).

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Home on the Grange Florissant Grange #420

by Renee Caldwell

So many people ask, what is a Grange? What does the Florissant Grange do? How do you operate? How do I become a member?

Hopefully we can answer many of these questions and more in this and future articles here in the *Ute County News*.

Let us start with, "what is a Grange?" The Grange is a National Organization founded in the late 1800s. Granges across the nation encourage families to stand together and promote the economic and political well-being of the community and agriculture.

The Florissant Grange is a place people come to learn, enjoy the community, dance and of course, enjoy great food (Granges are known for food and community gatherings). We serve our community by providing a center for interesting activities, entertainment and classes.

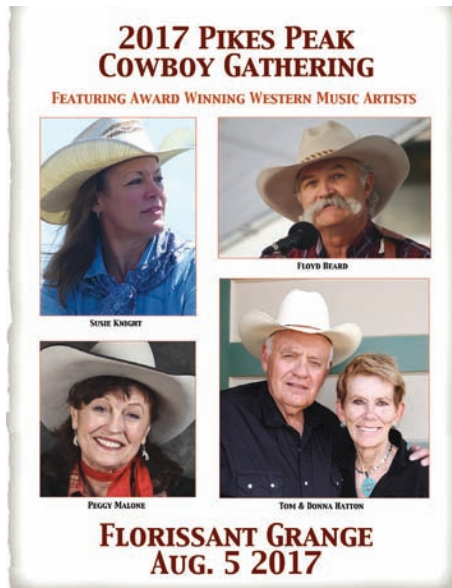
The classes at the Florissant Grange include, High Altitude Gardening, Bear Aware, Pine Needle Basket Making, Painting (on canvas, glass or wood), sewing and quilting, music (drums and guitar). We also bring in other classes of interest for our community such as our recent "Chickens 101" class.

Your ideas for more classes are always welcome! We would love to have a bee-keeper give a class on not only the importance of bees, but how to keep bee hives in our altitude and cold winters. If you know of one, send him/her our way. Please call us at 719-748-5004 for more information on these classes or for ideas for new classes.

In Florissant, we just experienced Heritage Day on July 29. This day of celebrations was community wide. The Florissant Grange was filled with crafters and vendors, ice cream, food, fun, games for the kids and entertainment. We started the day with a scrumptious pancake breakfast at the Fire Department.

Then we shared activities all around Florissant as The Pikes Peak Historical Society, the Library, the Florissant Cemetery, Costello Street Coffee House, the Twin Creek Trading Post, the Fossil Beds National Monument and Hornbeck Homestead were open for all to enjoy. Heritage Day was truly a Community event and the Florissant Grange was proud to be a large part of that day.

This August 5th the Florissant Grange will open our doors to the Pikes Peak Cowboy Gathering and the Western Music Association (WMA). Branded Western show. WMA, Branded Western will be entertaining from



1:30-4:30 p.m. featuring seven Colorado WMA Entertainers. The Pikes Peak Cowboy Gathering, Florissant Grange Dinner/Concert Series Show will start at 6 p.m. for dinner and four award winning Western Artists will put on a fantastic show from 7-9 p.m. Dinner will be "Cowboy Chuck" including pulled pork, cowboy beans, salads, dinner rolls (gluten free or vegetarian; we've got you covered) and dessert. Advance ticket purchase is necessary for the evening performance (\$35), but the afternoon show is \$10 at the door. You can call 719-510-2325 for ticket information.

August 20th the Community is invited to join us celebrate our new roof. We are thanking everyone who has attended our events and helped us by donating to our Roof Fund. Yes, we finally have a new roof. So, join us at our "Raise the Roof" party starting at noon. We will have an outdoor BBQ, fun, dancing and games. The Lima Street Band from Denver will "WOW" us with some great classic, easy listening/dancing music on the indoor stage. We will cut the cake at 4:20 p.m. as a salute to our new roof. There is no charge, but we will pass the hat or bucket for donations for the band and donations are always welcome for the Florissant Grange.

We welcome new members and fresh ideas, so please join us at any event and ask any Granger how you can become a Grange member and be a part of a fun, community minded organization.

Lake George Gem and Mineral Show

This show has taken place since 1999 and this year the show will be Friday August 18 through Sunday August 20. The show location is on US 24 just east of the Lake George Post Office. Entry and parking is free to the public. There will be vendors, jewelry booths, food and more from 9 a.m. to 5 p.m. Meet Richard Fretterd from "Prospectors". Net proceeds after expenses from the show are used for donations of college scholarships to Park/Teller County students and for supporting volunteer college student summer interns at the Florissant Fossil Beds National Monument.

The LGMC maintains a booth near the entrance to give mineral specimens to kids and to try to help the public with rock, mineral and fossil identification. Our Club has an emphasis on educating adults and kids about earth science and is a Non-Profit

corporation. We do have a formal youth education program.

We advertise and support the other events in the Lake George area the same weekend:

- The Arkansas Valley Flywheelers Antique Tractor Pull held in Lake George Community Park on August 19 and 20. Contact Ed for more information 719-748-8383.
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Life-Enhancing Journeys Who am I? Finding my authentic self

by Barbara Pickholz-Weiner

Have you ever asked yourself, "Who am I?" This may seem like an odd question to ask yourself yet unless you clearly know the answers, you'll be unable to be comfortable with yourself and incapable of sharing your authentic self with others. Consider how important this question is.

We can respond with descriptive words such as, "I'm female...I'm a wife and mother...I'm a nurse and psychotherapist..." We often list roles we play, interests we have, our profession, or what is commonly called "self-stats" such as our hometown, appearance, education and so on.

However, when it comes to truly knowing ourselves, most of us discover that how we portray ourselves tends to be based on who others think we are (or should be) or depending upon what we do for a living. Becoming fully acquainted and comfortable with who we are is a key to living life in a liberated and joyful manner. Feeling comfortable in one's own skin, so to speak, is important for going through life as a contented human being. Isn't that what we hope for?

Our sense of self — our "identity" — who I am — is very important; however, when it comes from what others think about us, how we look, or how we behave, we worry about being judged or measured by others (and fearful of falling short of their requirements). In order to feel okay about ourselves and function as best as we can, we may put on an act, a facade, a mask. We all do it all the time — we present our "best-self" to the world. This can be a useful skill. It enables us to adjust our words, tone and actions to better connect to the person with whom we are communicating. However, when we do so habitually and unconsciously, we can lose who we are and that can hurt us. The true problem arises when how we feel about ourselves inside is in conflict with the face we show to the outside world. It's as if the real "me" is hiding underneath. We often feel like an imposter or a fraud because how we feel inside is different from the mask we show on the outside. This internal battle is called incongruency — how I feel inside and what I express outwardly are at odds. This sets up a "civil war" inside and we feel wounded.

This reality was a lesson I learned the hard way. My very loving parents raised me to be obedient, agreeable and pleasant to be around rather than encouraging me to discover who I truly was. This isn't about parent-bashing; it's about realizing my parents were human and had shortcomings in their skillset. My parents seemed to be in line with Billy Crystal's character, Fernando, who stated, "It's better to look good than to feel good." Feeling good about myself was based on how others perceived me. Inside I was dying. Keeping up this act was impossible, and it finally took its toll. In my late 20's, I felt empty, worn out, used up and no longer wanted to live. I was so miserable yet didn't realize it until one day I felt like I was having a "nervous breakdown." I had become so angry, depressed and unhappy that I was nonfunctional. Being unaware of why I felt so bad was baffling. Fortunately, I found a competent therapist who aided me in figuring out what was going on and taught me skills to become acquainted with who I was for the first time. What I discovered was that my view of "me" had been shaped by others. I depended on others to reveal how worthwhile, attractive, successful, loved, important, respected, etc. I was

(also described as external validation). I had no idea who I was except for who others expected me to be. This shaped the perspective from which I viewed myself and the world. Changing this viewpoint was necessary and becoming aware of "who I am" was life altering in the most positive way. The process had its challenges yet there was never a moment that I had any regrets. The journey was worth the effort. Even when I discovered aspects of myself that were less than sparkling qualities, at least I was aware and then could do something to modify them, if I chose. Learning to be the genuine me became very freeing and has enabled me to live my life joyfully and securely.

"Please don't take my changes personally... it's about becoming a better me and it's not about you..."

Among the skills I learned from my therapist was how to recognize when I was being either sincere or inauthentic. What I now understood was that our body will always react to what we are saying and doing from our survival brain (the Amygdala) long before our thinking brain (the Hippocampus) recognizes what's going on. Practicing how to scan the body for signals is a key to initially becoming knowledgeable about oneself. This is accomplished by using conscious breathing to notice how the body feels. When we are speaking and doing things which are consistent with our values and beliefs, there will be a sense of calm and comfort (our gut will feel relaxed and our muscles will be smooth). Conversely, when we do or say something that is motivated by maneuvering others to make us feel better, we likely will feel a tightness in our gut, a racing heart, sweaty palms, etc., which notifies us we are experiencing internal conflict. This occurs unconsciously which is why we must initially use the information from our bodies to reveal what is truly happening inside. Can you appreciate how useful this simple tool can be to inform you about what is truly happening? There was a Harvard study which revealed that giving yourself two seconds prior to responding (less than one breath) will create a 93% better outcome. Essentially, by giving yourself two seconds, you've moved from reacting (the survival brain) to responding (the thoughtful brain).

Now that there is more calmness and less agitation internally, you can use your evolved, more creative brain to check in with yourself. Asking questions such as, "What do I feel, think, believe, desire, value, dream of, need, etc.?" enables more personal information to be accessed in order to respond genuinely. Clarifying these points creates an opportunity to bond with another person from a solid position rather than from an uncertain one.

What is also important to remember is that when a question is asked, always respond. This enables you to continue to practice a greater understanding yourself. Avoid phrases such as "I don't know" or "I don't care." This can lessen your ability to respect yourself. When uncertain as to how to respond, consider using phrases such as, "I'd like to think about what you're asking... let me get back to you" or "How about

if I contact you about my decision by Friday..." There is always a way to be courteous to others while being true to yourself.

Does this sound like finding your true self will turn you into an insensitive and selfish person? Well, actually the opposite is true. Being kind, helpful, charitable and caring (to name a few characteristics) is now done out of true desire rather than out of deficiency. Your behavior may be identical (such as giving a friend a ride when their car has broken down), however, the key that separates the healthy, selfless act from an unhealthy dependency is your *motive*. This is where knowing yourself and being honest makes the difference. Ask yourself, "What is my motive for doing this?... Do I need praise and approval or am I doing this because what I'm offering is truly consistent with my values?" Answering these questions is essential. When you act from your authentic self, you are living congruently within your values and beliefs. Experiencing a sense of peace and comfort within yourself is the gift you gain. There then becomes a sense of wholeness, balance and connection to others (which I consider to be sacred).

Continuing to practice these simple (but not easy) skills, will enable you to interact with others in the most respectful manner for everyone involved. It definitely does take practice. There is a tendency to revert back to our *default mode*, a place that has become comfortably familiar, when there is no consistently new input. Practicing is comparable to saving the newly learned skills in an updated file on your computer so it is there when you open it again.

It's important to acknowledge a caveat at this point. As you become more acquainted and contented with yourself, those who have known how you used to behave can become frightened seeing the changes in you. Remember, this, too, is happening unconsciously, under the surface. Their fear may come from their inability to now get you to comply with what they want (whereas in the past you would have always submitted to their wishes). You might hear comments such as, "You were so much nicer before you went into therapy" or "You're not as agreeable, almost defiant now... what happened to you?" Remind yourself what is actually going on; they are no longer able to get you to do what they used to be able to persuade you to do. It's compassionate to acknowledge their discomfort with your changes. A phrase that I found helpful was to say, "Please don't take my changes personally... it's about becoming a better me and it's not about you..." Remember, you may need to repeat this over and over again until they truly hear you.

These are a few tools to work with to create the best version of yourself as possible. Isn't that what we all want? Do you believe you deserve to feel at ease with yourself and others? Then practice these new skills and notice how your life can transform. If you think that it would be beneficial having a guide to help you navigate these enhancements and modifications, feel free to contact me.

Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDR II, has been the director of Journeys Counseling Center, Inc. and has provided healing opportunities for people since 1982. You may contact her at 719-687-6927 or text 719-510-1268.

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Sponsored by the Divide Chamber of Commerce

Trailhead – Hayden Divide Loop Trail
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The Great Divide Kite Flight is August 26

by David Martinek

When the first kite rises into the air on Saturday morning, August 26, 2017, the Divide Chamber of Commerce will have continued a tradition that has endured for nearly two decades. The Great Divide Kite Flight takes place each year at the trailhead summit of the Hayden Divide Loop Trail on South Hybrook Road in Divide. Parents, grandparents, aunts and uncles gather on that morning with their elementary school-aged children, grandchildren, nieces and nephews to hoist a kite into the sky and meet the wind. It's a family affair.

"The kite flight used to be held on the first Saturday in June," recalled Lee Taylor, a local Edward Jones representative in Woodland Park and a director for the chamber. "It was held in conjunction with National Trails Day and sponsored by the county. The original purpose was to encourage folks to hike the trail. Kite flying was the attraction." As the years passed, Teller County discontinued their sponsorship, remembered Taylor, but the Divide Chamber remained to carry on the tradition.

"In more recent years, the Chamber decided to move the event to the first Saturday in August after school starts," said Taylor. "We found that the weather was more predictable

in August then at the first of June."

The Divide Chamber of Commerce makes no money from the Great Divide Kite Flight and there is no charge. It is and always has been a free event, focusing on bringing families together for a morning of fun – just flying kites. Some people are kite enthusiasts and bring their own flyers, but free kites are given to the children, courtesy of Edward Jones Investments. Dave Martinek with Flood Realty also donates a bicycle to be given away to one lucky youngster at the end of the day.

Everyone is welcome, so mark your calendars for Saturday, August 26, at the summit of the Hayden Divide Loop Trail in Divide, beginning at 9 a.m. and ending around 1 p.m. Light refreshments are often available for the children.

The Divide Chamber of Commerce exists to "enhance life in area communities by promoting local businesses and the community interest of all its members, and to offer opportunities to make a difference in business and community standards. The chamber is the proud sponsor of the "Welcome to Divide" sign, erected in 2015!



Seeds to Sprouts Keeping it together

by Maren J. Fuller, MSM, CPM, RM

Real information on everything from conception to age two

Planning for the birth of a child, especially your first child, can be an exciting and sometimes overwhelming event. Maybe you have friends and family you can talk to and ask for advice or maybe you've hit the books and some great learning websites to start studying up on birth and parenting. Whatever your plans, make sure to include plenty of time for talking with and listening to your partner before the big day. Becoming a parent is life-changing in amazing ways and preparation for the big day and all the years after is essential.

One of the important discussions between you and your partner will be how the birth of a baby might impact your relationship and how you can plan for and avoid certain pitfalls. How do you plan to parent? Do you agree on this plan? What role models or supports do you have? What is your plan for keeping your romantic spark alive and well? Are there things between you that should be addressed now to make sure small problems don't escalate after your baby arrives?

Many couples seeking out counseling, even many years later, can pinpoint the first year after the birth of their first baby as a time when trouble started brewing or increased significantly. Lack of sleep, misunderstandings, hormonal changes, and disagreements on how to be parents can seemingly come out of nowhere. Even very positive changes, such as both of you paying close attention to and falling in love with your new baby can start to feel like a slight to your partner if you're not careful.

In their book, *And Baby Makes Three*, John and Julie Gottman discuss ways to start this conversation and continue it throughout parenting. This book has great ideas for any couple to explore and can be used at any point in your parenting journey — from before conception through to parenting older kids. They lay out concrete steps you can take to ensure you can stay strong together or how to get back on track if you've started to struggle together. I strongly suggest that every pregnant or parenting couple explore this book together!

In the short term, if you are a parent and are struggling with how to stay close now that you have kids in the picture, here are a few quick ideas:

Plan time to be alone and to be alone as a couple.

Everyone needs to have time to pursue their own activities (even if right now that means a nap!) so alone time is great for you to feel happy and fulfilled as an adult. Alone time as a couple is equally important. Consider asking a trusted friend or family member to babysit while you and your partner leave the house and spend time together. Date nights can work at home too but are



often derailed by dishes piling up, dirty clothes, the TV, and your bed. Try getting out of the house and doing something you both used to enjoy doing together. See how far one good date night can take you!

Plan time for intimacy.

I know you probably used to joke about "those" couples who had to schedule in time for intimacy but this is not such an odd idea. Making time for each other and preparing for it can get you both in the mood for romance.

Have frank, open conversations about responsibilities, both in the home and outside it.

Maybe one of you works outside the home and the other is staying home with your baby and/or older kids. Maybe you both work and baby is with a sitter. Either way, talking about how to split the household chores and time with baby is very important! Make a schedule, assign responsibilities and try to keep to it as much as possible.

Give each other understanding and grace.

Did you partner wake up seven times last night with your infant and need to get in a nap instead of folding the mountain of laundry still on your bed? Did you have a hard day at work and need a bit of down time before running after your energetic 1-year old? Maybe what you both need is just a little understanding and support from the other. Keep your judgments put away when you know your partner is struggling and find ways to buoy each other up rather than tearing down.

If you and/or your partner find yourselves struggling, make sure you talk about it. Maybe you need to talk to a friend or counselor about how you feel in order to really feel better. If you need help, find a way to ask for it from someone who can help you.

Sometimes friends want to help you after you've had a baby but really don't know how, so don't be afraid to ask!

If you are a friend or grandparent and plan to visit a new family, make sure you plan to accomplish at least one chore while you are there. Most parents don't need extra help with holding their baby and taking pictures but with basic upkeep of their house and life. Sometimes a meal you didn't have to cook, clothes you didn't have to fold, or a carpet you didn't have to vacuum can make all the difference in your day. Jump in and give help where you can — it might be just the lift they needed!

Most of all, as parents, find the moments where you and partner can enjoy your new family and can revel in the life you've created. The birth of a baby also has the chance to bring you closer together so hold strong and enjoy the ride!

Resources and suggestions for further reading and support:

- *Balancing Attachment Parenting with Relationships:* <https://www.askdrsears.com/news/sears-family-blog/balancing-attachment-parenting-marriage>
- *Staying Close After Baby:* <http://www.parrents.com/parenting/relationships/staying-close/marriage-after-baby/>
- *Relationship changes:* <https://www.thebump.com/a/shocking-ways-marriage-changes-after-baby>

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.

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Hello from space Chapter 3

by Danielle Dellinger



and husky in build, his beard neatly groomed, and his hair gelled off to one side. He wore a football jersey from their school.

Marik couldn't stop himself from staring. The guy made Marik acutely aware of his own heartbeat. Suddenly, the guy looked up from his homework, and made eye contact with Marik, causing him to quickly duck behind his book opened to a random page. He breathed shakily as he stared at the words before him without actually reading them. Just to be safe, he waited another minute before he peeked over the top of the book to see if the guy was still looking or not. He wasn't, which Marik was surprisingly disappointed by.

After two hours, with no further eye contact, the guy got up and walked by Marik. A piece of paper dropped onto the table beside Marik's arm. At first, he thought it was a mistake and almost called after the guy, but instead he picked up the paper, unfolded it, and read it.

Would you like to go to the movies at Studio Theaters tonight at 7? I'll be there.

Marik's face flushed hot and he quickly stuffed the note into his pocket. Was this real life? Was some guy actually asking him out? He turned around to see if the guy was standing close by, but he didn't see him. He hurriedly packed up and rushed outside in hopes of catching up to him. He looked this way and that, up and down, but the guy wasn't anywhere to be found.

That night, Marik showed up to the theater a half hour early, praying that this wasn't a prank. He sat where he could easily be seen. While he waited, he logged onto the forum to talk to Helix, happy when he saw Helix was online.

Hi, how're you? Marik asked.

I'm good. You?

I'm good too, I hope. I'm waiting to meet this guy at the movies.

Oh? A date?

Maybe. I dunno. He just dropped this note on the table and walked out without a word. I don't know what to call it. I don't even know his name.

I see. Interesting. Well, be careful. I've heard humans can be not so nice to one an-

other, especially if they don't know each other.

Marik deflated some. *Yeah. I know.* He looked up at the people walking by, unable to keep the conversation with Helix going. A moment later, his phone dingled with a message from Helix.

Did I say something wrong? Marik composed himself before responding. I need you to be a bit more encouraging. I'm fully aware of what humans do to each other, but there are good humans here, too. I need you to believe with me that this guy I'm meeting is one of the good ones. I'd really like for him to be.

It took a couple minutes, but Helix did eventually answer.

I'm sorry. Thanks. I hope I didn't sound harsh.

You didn't. You got your point across. I'm sorry for not being more encouraging.

Marik smiled at his phone.

"What're you smiling at? A silly cat picture? A joke?"

Marik jumped at the voice and looked up to see the guy from the library standing there. He blushed and shoved his phone into his pocket, awkwardly getting to his feet while holding out his hand to the guy.

"I'm Colin," the guy said, firmly shaking his hand.

Marik was impressed by his grip, and tried to reciprocate, to seem manly and fit in. He smiled and nodded at Colin.

Colin raised his eyebrows, waiting for Marik to introduce himself. When he didn't say anything, a frown creased his eyebrows.

"What's your name?"

Marik blushed brighter and looked down, his muteness getting in the way for one of the few times in his life. He pulled out his phone, typing out his name. He showed it to Colin, who nodded.

"Ah. Good to meet you, Marik."

Marik gave a quick smile, took his phone back, and typed out something else, holding it up to Colin again when he was done.

"I'm mute," Colin read. "Oh, wow. Really?" He blinked, surprised.

Marik nodded, shyly looking away.

Colin gently touched his arm. "That's okay. We all got stuff, right?"

Marik nodded a little again, then shrugged. "Ready to go see a movie? You pick."

Marik perked up and started for the ticket window.

They opted for an action movie with lots of car chases and explosions. Once the theater was dark, Colin lightly put his hand on Marik's. Marik could not have been more elated that someone actually appeared to be interested in him. Afterward, they grabbed some burritos and hung out for the rest of the night.

Before Marik crawled into bed after getting home, he logged onto the forum again in hopes of chatting with Helix some before he went to sleep.

You there?

I am. How'd it go with the guy?

Really well. His name is Colin. I really like him. He gets me, and we had a lot of fun, despite my muteness.

Fantabulous! When are you seeing him again?

Hopefully soon. We got to talking about school, and he identifies as gay, but isn't out to friends or family, yet.

I see. What does your species call two people of the same sex when they're dating?

Same-sex couple. Because of the numerous labels, that's the best way to identify a couple

of the same sex without offending either one of them, or being presumptuous.

Got it. I will remember that for when I come to Earth.

When will that be, by the way?

I hope soon. We're preparing for my departure now.

Great! I can't wait to meet you!

Likewise, Marik.

Over the next few days, Marik and Colin exchanged glances whenever they'd pass each other in the hallway at school. They tried to keep it casual. But Colin's friends weren't dummies. They were rather observant. Marik watched from across the lunchroom as the guys jeered at Colin and pushed him around a little bit. Marik took a step forward to go intervene, but Colin caught his eye and gave a subtle warning look for him to stay where he was. Marik swallowed and shrank back against a wall, hiding in plain sight because no one really gave him the time of day anyway.

Luckily, Colin was saved by the bell before things got out of hand. The group dispersed, dragging their feet to their respective classes.

When school finally let out, Marik was headed down a back hallway, his usual route to avoid his own bullies. However, at a junction in the hall, he was met by Colin's "friends." They surrounded him, and began pushing and taunting him, calling him derogatory names. Their pushing soon turned into hitting and punching. He dropped to the ground and curled up to protect himself. Two of them grabbed him by the backpack and dragged him into a locker room, where the other two opened a locker and helped shove him into it. They beat on the metal door, laughing loudly at his muffled cries for help.

Finally, they left, high-fiving and laughing on the way out.

Marik sniffled, wiping his nose. He had no idea how long it would be before anyone would find him, or realize he was missing in the first place. The space was so cramped he wasn't sure if he could reach his phone. He tried to shift and change his position, but he couldn't get his arm at the right angle to get into his pocket. A long while later, he finally pulled his phone out, but saw he didn't have any service. He hoped there was at least a wi-fi connection so he could access the internet. Just as he was typing in the sheriff's office website, he got a message on the forum from Helix.

Hey, how goes it?

Marik nearly broke down. *I need help. I'm stuck in a locker. Can you call the police or something?*

No response came, and Marik's heart sank while tears welled up and slid down his cheeks.

He suddenly began beating on the door as hard as he could. It felt as though his hand was already bleeding. He fell silent after a couple minutes, wiping his nose again. It was probably futile to keep screaming and banging on the door. He shut his eyes and put his forehead to the side of the locker, breathing hard. He was claustrophobic, and at the point of hyperventilating.

Everything was pointless.

Everything was hopeless.

No one would come for him. Why would they? Colin was probably long gone, saving himself. Marik couldn't blame him. He'd most likely do the same thing if he were in Colin's shoes.

Marik's thoughts were spiraling when he heard the door to the locker room open and shut. He frowned, lifting his head. The lights were still on, but it appeared as if they were dimming. He blinked, wondering if something was wrong with his eyes. But then a man with

albino skin and blonde hair walked into view. Marik didn't recognize him at all, and that freaked him out even more. He tried to cower against the back of the locker as much as the small space would allow him to.

The man knelt in front of the locker, studying the latch and lock. He then looked at Marik. His eyes were unnatural in a way that couldn't be explained, but Marik felt as if he knew him just by gazing into them. The man returned his gaze to the lock, lifted a finger, then slowly began turning the dial with just his fingertip. The lock heated up and sizzled and smoked. Then with a soft pop, it opened, and the man removed it from the latch. He looked up at Marik with a gentle smile, and then carefully opened the door.

"It's okay," the man's voice was warm and smooth, and seemed to be in Marik's ears and mind all at once. He backed up, giving Marik space. Marik scrambled out when there was a comfortable distance between them. He kept backing away from the man until he bumped into the wall.

"You know me," the man said. "I'm Helix."

Marik studied him, blinked, then shook his head, not believing him.

"I really am. Why do you think you never got a message back from me?"

Marik shrugged, and then turned to leave.

"Marik, wait. I know about Colin. I know about your muteness. I know about your orientation."

Marik whipped around and rushed back, clamping a hand over Helix's mouth. Helix gently removed his hand.

"No one's around. I don't hear anyone. Not even the poor man who cleans the building."

This was all incredibly overwhelming to Marik. He looked Helix up and down, still trying to decide if this was actually the alien he'd been talking to for the past couple of weeks.

"It's really me," Helix assured. "Your cry for help allowed me to move up my mission. My people always strive to help others when they are in need, and you were definitely in need. I'm glad I came. I hope you are too..."

Marik swallowed, and then slowly nodded. He bowed at the waist as a way to say thank you. A hand was suddenly on his shoulder.

"No, no. Rise. No need to thank me or bow."

He straightened, raising his eyes to Helix's. Helix smiled at him. "Shall we get you home?"

Marik nodded, eagerly turning and walking out of the locker room. As they were walking out of the building, Marik happened to spot Colin. They locked eyes, and then Marik averted his, disappearing into his shell some.

"Want me to tell him what happened?" Helix asked, already drifting in Colin's direction.

Marik caught Helix's hand and tugged him away and down the sidewalk. He forced himself to not glance over his shoulder at Colin. He didn't want to see the expression on his face. It would almost certainly slice his heart in half. Surely Colin knew what had happened. As the literal distance grew between them, so did the distance between their hearts.

To be continued...

— Debut novel *Dating the Grim Reaper* is available for purchase online only in print and digital formats at Barnes & Noble, Amazon, Google Play, and iBooks. Brief summary: Two college guys start dating. One guy is a murderer, and the other turns out to be the grim reaper.

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Reiki Heaven and Earth

I am here and there. I am the dream and the dreamer.

by Olga Daich

Ten years ago, I had no idea what Quantum Physics was. I am by no means a scientist but, after learning a little about Quantum Physics principles my spiritual experiences finally had a "reasonable" explanation.

There are still many things that I don't understand but I am glad and thankful that my journey has been opening doors to a path that brings me an amazing spiritual adventure.

According to Quantum Physics a particle can be in different places at the same time. I shared with the readers my distant healing experience with my dad while he was in South America and I was in the USA. (December 2016 edition of *Ute Country News*).

My next story is not about a distant healing but is related to this quantum principle.

Around 15 years ago I was living in Venezuela. My sister was living in Colombia. For those who are not familiar with these countries, I would like to bring a little geographical information.

Both countries are in South America, one next to the other.

My grandmother was living in Colombia. I received a phone call from my sister (it was evening).

She told me that my grandmother was hospitalized for a health problem with her stomach. She also told me that everything was ok, nothing serious according to the doctors and my grandmother was back home. It was a short conversation with my sister, and I was relieved that my grandmother was ok.

There was nothing in our conversation that left doubts about my grandma's health. I didn't think my sister was hiding information from me, so I went to bed without any worries on my mind, (at least in a conscious way).

I have been learning more about *dreams*. I also have been warned about future events through my *dreams*. Through *dreams* I also have been in contact with people that I love who had passed away, always delivering a message of love.

This was my *dream*: I remember seeing the door of my sister's apartment. I came through it. I was not walking. Somehow, I

was floating. I came to the apartment hall and then I headed towards her room. I saw her sleeping. I called to her, trying to wake her up. My exact words were: "Sonia, Sonia, wake up and tell me the truth, tell me how our grandmother is doing! Is she really ok?" My sister answered, "She is not doing very well". I don't remember the rest of our conversation very much but I do know that we had a conversation. I woke up remembering the *dream* very vividly.

A couple of hours after I woke up my sister called again. This is what she said to me in a shaky voice like she was ready to cry, "Olga, you were here last night. Don't ask me how, but you were here last night, you woke me up and told me 'Sonia, tell me the truth, tell me how our grandmother is doing! Is she really ok?'". Neither of us remembered much of the rest of our conversation. I told her "I know, I believe what you said, I had the exact same *dream*, and I know I was there". By that time stranger things were happening in my life that I didn't understand. My sister was related to some of them; we were connected.

My grandmother passed away from a stomach condition.

How was it possible that both of us had the exact same *dream* on the same night? I was in a different country than my sister. Quantum physics gave me the answer as I will explain here.

We don't know for sure exactly what *dreams* are. I would like to share my own opinion about *dreams*.

I am not sure where my ideas about *dreams* came from, yet it is my belief that I have been tapping information coming from the FIELD, or the DIVINE MATRIX, whatever the reader wants to call it.

A few months ago, I started thinking that a *dream* could be a memory of an alternate world, like a parallel universe where we are living in a different reality at the same time. It could be a way of communication with different realms. Does my *dream* theory explain the experience with my sister? Maybe, I am not sure but I know Quantum Physics does!

Two months ago, I had a spooky *dream*. I must say that I am not easily spooked.

I was in a room. There were two men there. I was watching them. I felt that I was in another realm. I knew that they could not see me. One of them was very close to me. I was watching him but I knew that he was not aware of my presence. I was what they may call a ghost. He was half kneeling looking at something in his closet. Then he turned his head to the left, which is where I was. He opened his eyes wide. I remember thinking 'He saw me, he knows I am here'. I could tell he was shocked and at the same time curious enough to put his head closer to where I was hiding. Even though I was the ghost, I had a spooky feeling when I realized he could see me. I was the ghost, coming from another realm, trying to stick my nose into his realm, and I got caught. I woke up remembering the *dream* and still feeling a little spooky.

I told my husband about this very strange *dream* and my theory about tapping into different worlds through *dreams*. This may not be too far off from the reality.

Today, I was reading a book called *The*

Divine Matrix by Gregg Braden.

One of the chapters is about the "double-split" experiment. There are three different interpretations for this quantum experiment. I will share the interpretation that describes it best.

The interpretation proposed in 1957 by Princeton University Physicist, Hugh Everett III, suggests: "We already exist in each of these alternative universes. Some proponents of this theory even suggest that when we're asleep at night, our *dreams* are the result of relaxing the focus that keeps us here in our reality, allowing us to drift through other worlds of parallel possibilities."

While I was reading this paragraph, I knew quantum physics was again giving me an answer to one of my questions. I thought "ok here is the answer", then I looked at the clock on my cellphone. Time: 11:11. Yep, it was the angels' time for communication. My dear reader, if you look at your clock at you see the time 11:11, be aware this is an open door for communication with your spiritual guides or angels. I will explain about the meaning of 11:11 in another article.

I don't call this event coincidence, I call it synchronicity.

There are a lot of things that we still don't know, or don't remember. It seems like we are still half asleep in a *dream*. Witnessing the awakening process of the coming generation gives me hope.

I want to *dream* of a peaceful and beautiful world rather than focus on the negative information than we get daily from most of the TV programs, radio stations and newspapers. We choose what to believe. We choose what to hear.

I want to thank Kathy and Jeff Hansen for the wonderful job they are doing with the *Ute Country News*. This newspaper is the example of what a newspaper should be; nothing that divides us is in this newspaper. Thanks!!

One more thing to share. Right now, while I am sitting in front of the laptop finishing my article, the CD player came on. I am alone, my husband is working. Who turned the CD player on? I can assure you this never happened before. This is the song I hear playing, "Not nations against nations, not kingdoms against kingdoms." I guess it is one of my husband's CDs. I know where the message came from and why. Isn't this a beautiful, magical and amazing world?

Note: I am very thankful for the letter sent by a reader L.F. (She may want to keep her name private). Your letter, my dear L.F. means a lot to me. Thanks for taking time to write to me and explain what I didn't understand about the horse's behavior. What you said makes so much sense to me. May God bless your beautiful soul. Namaste.

Workshop: Reiki Heaven & Earth: A Better Understanding of Healing Energies. The program will be held August 13 from 9-4 p.m. and includes: Energy; Chakras and Biofields; The power of the word, thoughts, and emotions; Spiritual Quantum Physics; The Field and Multidimensionality; and Reiki. The workshop will be held at the Hackman House in Woodland Park. Space is limited. Cost is \$60. Feel free to email your interest or request for more information to olgacely@hotmail.com or text Olga Daich 801-628 9273.

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New Florissant librarian a perfect fit

by Kathy Hansen

photo by Jeff Hansen

Have you had a chance to meet the newest smiling face at the Florissant Library? The perfect candidate came at the perfect time: Catherine Shepherd is delighted to be the new librarian in Florissant.

Catherine has always enjoyed meeting people, learning about people and really understanding their motivations. Perhaps that is why her first degree was a Bachelors in Anthropology. It was a solid foundation that would anchor Catherine while married to a man serving in the army and raising three children. As the children grew, becoming more independent, and as her husband began to consider retiring from the military, Catherine had the opportunity to further her education and pursued her Masters in Library Information Science, specializing in archiving.

What could possibly incite such an endeavor? It was a visit to a museum in Florida that had a display of Works Projects Administration (WPA) where the government paid people during the Depression in various capacities for public works projects. This particular exhibit was all about how the women in the area supported families in the area. There were letters about how these women employed through the WPA had grown as individuals, and enhanced the lives of those they encountered. Catherine was deeply touched by these letters. Such stories of lives that had been so strongly impacted, a letter of heartfelt gratitude was warranted. These letters became testaments of the resiliency that allowed their survival, and allowed the story to unfold.

"That is when I decided to become an archivist. See how you could gather and preserve this history, not just keep it hidden," said Catherine, eyes twinkling. She could see how the actions of the women in the WPA program became an inspiration to others and how the community was able to benefit, to be uplifted to a better place. It was about people in that community coming together for a common goal and reaching it. Putting inspired people and good resources together around the same need generates incredible results; this is exactly what libraries do.

"Libraries are essential to the community. They serve as an anchor point for the community. Libraries have changed over the decades; they used to offer information resources in the form of the printed word. Now they engage communities and patrons. Librarians get to know their patrons, their needs as well as what the community has to offer. Programming benefits patrons," Catherine stated as her enthusiasm grew into a grin. "I get to meet people!" she said, glowing.

We asked her to expand on that and the floodgates opened. Catherine began recalling conversations she's had with her patrons. She welcomes questions from patrons, and is willing to help with just about anything, always aware of resources available at the library.

There are often computer questions, especially for unemployed folks who had never completed an online application. She shared how filling out a paper application is different than online. Just learning to navigate the computer screen can be easier with a little guidance, just like learning to move the mouse and when/where to click. Folks who have not done this before can easily become frustrated, intimidated, and quickly fall into hopelessness. Catherine is there to offer support and as much hands-on assistance as needed, as often as needed.

Sometimes just walking someone through the first online application and being there just in case they need help with the second one can make a world of difference. The patron gets a chance to notice what is similar between the screens and soon a sense of familiarity grows to a sense of confidence, especially when a resume needs to be uploaded. "If you treat people with respect it makes a world of difference," she said.

Another example Catherine gave was the couple who frequented the library during the process of building their house. Whether they were checking to see if their contractor's license was current, price checking building materials, or just needing a quiet place to be while the hammering was happening, the library offers resources and opportunities for patrons to get their needs met.

In just over a month, Catherine has enjoyed following up with patrons on their goals. Catherine said, "People come in and say, 'I got the job!' or I get to ask how construction is coming. It's all part of helping people." Indeed, there is a connection.

Catherine was ready for a change when she came to Florissant. After many years of mov-

ing after only a few years, the idea of settling down was appealing. When we asked what she likes about Florissant in the short time she's been here, the answers came quickly, "Everyone knows each other. There's a group that has coffee together before they come to the library. There are still dirt roads. There is a STRONG sense of community where everyone helps each other." There was a brief, audible pause, after which she said, "It's kind of like going home." She was fondly recalling the really small community she grew up in New Hampshire, except the Rockies are much taller than the Appalachians.

Catherine feels at home in Florissant. She knows she is where she needs to be. She is ready, willing, and happily able to meet the patrons of Florissant Library, and to better understand their needs so she can identify the programs that best serve this community.

"I'm a big believer in quality programs versus quantity. Programs need to be enjoyable, the patron needs to learn something, and there should be interaction. We know it's a good program when there is a positive impression on the community. I love it when we give a program and the patron says, 'I



Florissant librarian Catherine Shepherd is happy to help you find what you need.

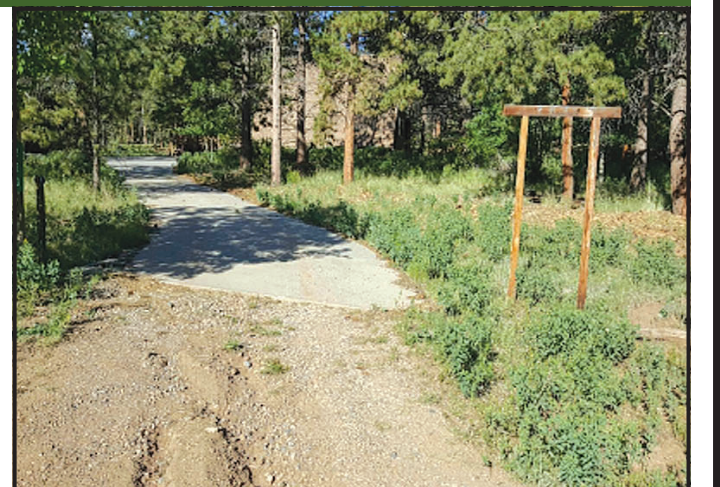
want to learn more!" said Catherine.

If you have not yet met Catherine in Florissant, here are some easy ways to do it. Go into the Florissant library and ask to have a ball; it could be a soccer ball, basketball, or even a baseball and glove. Yes, you can

check out sports equipment (there is even a corn hole game and croquet set) available at the library. See if they have the Colorado Parks Backpack available. Better yet, find out if Catherine prefers ice cream or cheddar cheese on hot apple pie.

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Calling young thespians!

Do you know a kid who loves to be on stage? Are you that kid? Then you should know that the Florissant Grange Players drama group is now recruiting for a Fall play production! Youth members should be between the ages of 10-17 and be ready to be a star on stage. Previous drama experience is nice, but not necessary. Enthusiasm is the only real requirement!

The Florissant Grange Players have performed a number of plays at the local Florissant Grange Hall over the last several years. Memorable performances include the Cowgirl Cookie Comedy Series that ran for three consecutive summers and a Mystery Dinner Show presented one spring entitled "The Secret of the Spoon." Every show was performed to a packed audience at the Florissant Grange Hall and was great fun for all. A Mystery Dessert Show is planned for this fall, and weekly rehearsals would begin the second week of September until performance time in mid-November. The participation fee for the youth drama group is \$90, and the deadline for registration is Friday, September 1st. All rehearsals, as well as the show, will take place at the Florissant Grange Hall.

The Florissant Grange Players drama group is mentored by Alexi Alfieri, a local

children's playwright and director. She has written a number of plays designed to entertain audiences of all ages, including the "Pie Plays" that have been performed at the Guffey Community Charter School Pie Palooza fundraiser for the last eight years.

"I'm excited to tackle another play production," says Alfieri. "There's nothing better than watching a kid blossom on stage and having fun with their character. And I write nothing but comedies, because I love to make an audience laugh!"

To get a registration form and a copy of the rehearsal schedule for the Florissant Grange Players drama group, please contact Alexi by e-mail at alexibalfieri@gmail.com or by phone at 719-464-4767. Completed forms and registration fees will need to be received by September 1st.

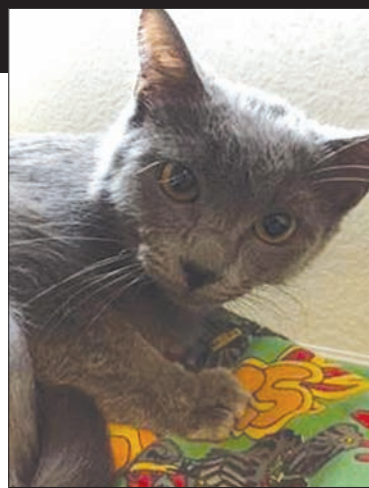
Scholarships for youth in financial need have become a part of the success of the Florissant Grange Players drama group. Every scholarship has been put to excellent use in the past, insuring that a few budding stars were able to shine on stage. If you would like to donate a scholarship, your support would be much appreciated. Please contact Alexi at 719-464-4767 for more details.

Now, on with the show!

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Meet Zack Mascot of Pet Food Pantry

by Barbara Berger
photo by Barbara Berger



Zack was at Walmart looking for people to pet him. He gave out a lot of wet, sloppy kisses!

The Pet Food Pantry (PFP) for Teller County is 501(c)3 non-profit organization that has no paid staff. It was started in January 2009 to provide supplemental pet food so that the families and individuals that found themselves in financially destitute situations could keep their "Best Friends". Being able to keep their pet is a reminder that all is not lost. There is hope.

We distribute food twice monthly from a Conex at the Little Chapel Food Pantry in Divide. Without the food and information for obtaining low cost veterinary care plus spay and neutering, many of these animals would be dropped off at our local shelter or abandoned.

In 2016, the PFP helped over 380 individuals and families feed approximately 560 dogs and 530 cats. This amounted to 21,300 lbs. of kibble and 2,300 bags of treats for the dogs, 6,300 lbs. of kibble for the cats plus many, many cans of food for both.

Some people just need help for a few months, and for others it is longer.

There are several people that are home-bound that we deliver food to. One of our

clients is paralyzed from the waist down and is in a wheelchair. When asked what the PFP meant to her, this is what she wrote: "I have to write to say thank you for the assistance from the Pet Food Pantry for my kids (fur babies). My kids are the reason I try so hard to get up in the morning while hurting or just having a very bad day. They bring such love and joy to my life and activities of daily living. They keep me laughing, joyful and hopeful. I would not be able to feed and keep them healthy if it were not for the Pet Food Pantry! Thank you does not begin to express my gratitude."

Zack is the PFP Mascot. He is 8 years old and was adopted from TCRAS as a puppy. We were told that his Mom was a Black Lab and his Dad an Australian Shepherd. He has been certified as a Therapy Dog through the Alliance of Therapy Dogs since 2010. He also visits the residents at Forest Ridge. Zack loves meeting people, getting petted and giving kisses!

He will be collecting food and donations at Walmart in Woodland Park on August 19th from 10-3 p.m. Stop by and give him a hug!

22nd Annual Boreas Pass Railroad Day 2017

photo by Jeff Hansen

Join us on August 19, 2017 for a self-guided walking and auto tour reaching from Como to Breckenridge over Boreas Pass from 9-3:30p.m.

Celebrate the narrow-gauge railroad and architectural history of Como. Enjoy demonstrations by the Forest Service's at its Boreas Pass sites. Visit sites in Breckenridge that reveal its railroad and mining history.

Como has five buildings on the National Register and they will be open to visitors. Historic private and public buildings include the Roundhouse, the Painted Victorian Homes, Como Depot, South Park Hotel and Eating House, and schools. The Forest Service will have volunteers at sites along Boreas Pass with a demonstration of butter churning at the Section House. In Breckenridge visit the Saw Mill Museum and High Line Park for more history.

This self-guided walking and auto tour is family friendly and perfect for fans of railroads, architecture, historic towns, and nature. New this year is the acquisition of a 1912 Baldwin Steam Locomotive on track newly laid by dedicated volunteers.

For information contact Susan Livingston, BoreasPassRailroadDay@comcast.net.



Volunteer demonstrating butter churning last year at the Section House.

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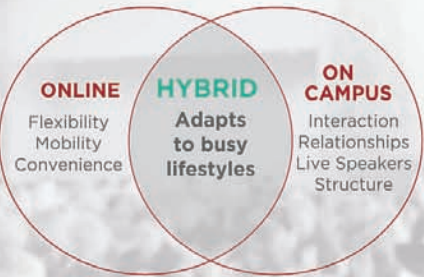


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BPEEC Dyeing for a shindig

by Kristin Barrett

There are several exciting opportunities during the month of August at the Beaver Ponds Environmental Education Center.

Water Quality Monitoring

Volunteers are needed for water quality monitoring of Sacramento Creek. Participants will receive free training on stream sampling and analysis methods, stream ecology and stream health. We meet August 7th from 8-noon.

Free Plant Hike

Join us on August 10 at 9:30 a.m. as we accompany Dr. Eric Chatt, a trained naturopathic physician, on a hike to identify local medicinal plants. By the end of the hike you will understand the fascinating medicinal properties of the plants around us. The hike is free, the information is priceless.

Solar Dyeing workshop

A fiber workshop called "Solar Dyeing" on August 19th from 9-5 p.m. For \$45, adult participants will learn three important and interesting skills:

- How to modify a satellite dish into a solar dye cooker
 - How to identify and collect native plants and prepare dye from them
 - How to dye fiber with this natural dye
- This is repurposing and sustainable living at its finest! Space is extremely limited so please sign-up early.

Instructor Jane Wunder has been working with fiber for over 40 years and will share her expertise in this hands-on workshop. Dr. Eric Chatt will lead a hike to identify plants that can provide dye and discuss how these properties and medicinal properties of plants can be linked. You will also learn about plants that provide dye and how native peo-



ple may have used them. Participants will not only learn new skills but will leave with their own solar satellite dish and a sample of died fiber. Snacks will be provided but please bring a lunch! We will provide alpaca yarn to dye. Participants are welcome to bring a small sample of white or light-colored fabric or fiber (natural fibers only-animal fleece, silk, linen, cotton) to dye.

5th Anniversary Shindig/Fundraiser

BPEEC will hold its 5th Anniversary Shindig on August 26th, 2017. Participants can arrive at 2 pm for a guided hike of Pennsylvania Mountain. Beginning at 4:30 p.m., a delicious meal of healthy, sustainable food will be served. Rocking music will be provided by the Salida band, Blue Recluse. Stay late to roast marshmallows and drink hot toddies beneath the stars. For \$15 extra, families can camp out and enjoy a light breakfast in the morning. Cost is \$60 per couple, \$35 for adults, and \$15 for children under 18.

All proceeds go to support Beaver Ponds' mission of providing environmental education that gives individuals of all ages the tools and knowledge to become better stewards of the earth.

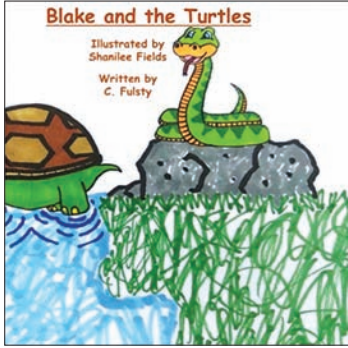
Beaver Ponds Environmental Education Center located at 2234 Busch Run Road near Fairplay. For more information or to register for a program contact Kristin Barrett at kbarrett@beaverponds.org or call 719-838-0143.

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Colorado author starts Donation Month

by Kathy Hansen

Curt Fulsty, born in Littleton, Colorado, has been pursuing a dream he's had for most of his life; he is a self-published author of children's books. Curt and his illustrator, Shanilee Fields, understand the importance of giving back to the community. They have launched a fabulous idea they refer to as *Donation Month*; they choose at least one non-profit charity to give 100% of their profits to for a specific month. August of 2017 is their very first *Donation Month*; they will give away 50% of the profits to Canines for Disabled Kids, and the other 50% will go to CURE Childhood Cancer.



We asked Curt how the idea was incited. He responded, "Shanilee and I came up with the idea because one thing we're both passionate about is creating children's books with great morals to help children grow. We're also very passionate about helping kids in general. We have begun creating "Donation Books," which are books we will be creating to give the rights and profits to a charity. While talking about new donation books to create, I threw out the idea of donating our profits for a month to a charity or two, and it went on from there. After that, Shanilee and I discussed which charities to give to. We both agreed on giving to charity that help children, then tried to find charities where a majority of the profits went towards what the charity represents. We both own dogs and we're both dog people, so Canines for Disabled Kids seemed like a must. Then I came across CURE Childhood Cancer. Cancer has been in my life, not personally, but a lot of people around me have been affected by it and I wanted to make that another charity to split the profits between."

Curt is highly motivated to write children's books because of a conversation he had with a parent after the "Learn-to-play" roller hockey class he taught for 3-12-year-olds. Curt went on to say, "I spoke to the dad about his son, which changed from hockey talk, to talking about his son and school. He told me about how he was trying to get his son to read more, but his son had less than zero interest in reading. I asked him if he had tried getting his son into Dr. Seuss books, which were the books I loved as a kid. He then told me that his son wouldn't read any Dr. Seuss books because they were *old books*. I told him maybe someone needs to make Dr. Seuss-like books, but for the newer generation. He thought that that was a great idea but had not heard of any new authors writing rhyming children's picture books. The father followed with wanting to make sure they weren't just fluff stories, but they had to be ones with a great story and good morals. I

told him maybe I should give it a shot. What do I have to lose? He laughed and said how his son and all the kids I taught loved me and listened to me because I treated them with respect while also teaching them things and letting them know when it was time to listen and respect me. From there, I went out and took my first step to being an author. I bought a book on how to write and self-publish a children's book."

His books all have an encouraging message behind some typical experiences we go through growing up. His first book copyrighted February 2016, *Blake and the Turtles* is about a turtle wanting to make friends. Find out what happens when Blake learns a secret about one of the turtles. *How High Can You Jump* is a projection of the struggles Curt had learning the ropes of his newly found industry of writing, illustrating, and publishing his books. He had to muddle through self-doubts, continue to learn new things, try new ideas, and finally he could soar!

Curt's other books include *The Little Cloud* and *The Not So Bad Christmas Stocking*. His website indicates there are five more in various stages of the process. The profits from the sale of any of these four books in the month of August will be split between Canines for Disabled Kids and CURE Childhood Cancer.

It is likely that a good part of the success Curt has experienced so far is his positive attitude and willingness to have fun! He loves to play and be playful, which truly comes out when Curt is coaching roller hockey youth teams.

Curt really didn't like reading until he discovered Dr. Seuss books at about age 8. He found the illustrations along with the rhyming sentences drew him in, as the interesting characters pulled him in further, and the storyline made him wish the book would never end. Once he found he enjoyed Dr. Seuss books, he began to explore from there. He was very interested in basketball so he read a book about Michael Jordan. From there, he learned there were books available on any topic he wanted to read about and a new world opened for him. Curt understands how important it is for children to learn to read. Once kids find books that fit their interest, that new world can open for them, too. He stated, "I believe a child who enjoys reading won't stop. They won't stop reading, won't stop learning, they won't be stopped from changing the world."

To learn more about Curt's books check out his website at www.cfulstybooks.com. His books are also available on BarnesAndNoble.com, Amazon.com, through the Kindle app, or directly from his website.



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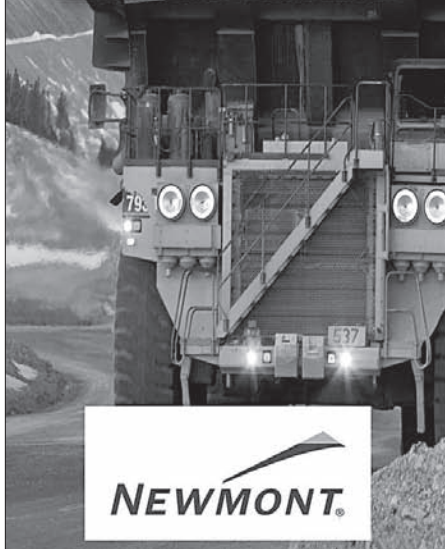
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One Nation Walking Together Unseen Tears: Native American Boarding Schools

by Urban Turzi

For the US government in the late 1800s, the cost of fighting the Indian wars was becoming too expensive. The establishment of off-reservation boarding schools was a possible solution to the so-called "Indian problem" as schooling was seen as a cheaper alternative than bullets and cannons. For the tens of thousands of Indians who went to boarding schools, it's largely remembered as a time of abuse and the elimination and desecration of a culture.



The late performer and Indian activist Floyd Red Crow Westerman was haunted by his memories of boarding school. As a child, he left his reservation in South Dakota for the Wahpeton Indian Boarding School in North Dakota. Sixty years later, he still remembers watching his mother through the window as he left. At first, he thought he was on the bus because his mother didn't want him anymore. But then he noticed she was crying. "It was hurting her, too. It was hurting me to see that," Westerman says. "I'll never forget. All the mothers were crying." Westerman spent the rest of his childhood in boarding schools far from his family and his Dakota tribe.

The federal government began sending American Indians to off-reservation boarding schools in the 1870s, when the United States was still at war with Indians. An Army officer, Richard Pratt, founded the first of these schools. He based it on an education program he had developed at an Indian prison. He described his philosophy in a speech he gave in 1892: "A great general has said that the only good Indian is a dead one," Pratt said. "In a sense, I agree with the sentiment, but only in this: that all the Indian there is in the race should be dead. Kill the Indian in him, and save the man."

In 1945, Bill Wright, a Pattwin Indian, was sent to the Stewart Indian School in Nevada. He was just six years old. Wright remembers matrons bathing him in kerosene and shaving his head.

Students at federal boarding schools were forbidden to express their culture — everything from wearing long hair to speaking even a single Indian word. Wright said he lost not only his language, but also his American Indian name.

According to Tsianina Lomawaima, head of the American Indian Studies program at the University of Arizona, the intent was to completely transform people, inside and out. "Language, religion, family structure, economics, the way you make a living, the way you express emotion, everything," says Lomawaima. From the start, the government's objective was to "erase and replace" Indian culture, which was all a part of a larger strategy to conquer Indians. The government operated as many as 100 boarding schools for Ameri-



can Indians, both on and off reservations. Children were sometimes taken forcibly by armed police. Lomawaima says that's not the only reason families let their children go. "Public schools were closed to Indians because of racism."

From the start, the government's objective was to "erase and replace" Indian culture, which was all a part of a larger strategy to conquer Indians.

The curriculum focused mostly on trades, such as carpentry for boys and housekeeping for girls. "It wasn't really about education," says Lucy Toledo, a Navajo who went to Sherman Institute in the 1950s. Toledo says students didn't learn basic concepts in math or English, such as parts of speech or grammar. "Saturday night we had a movie," says Toledo. "Do you know what the movie was about? Cowboys and Indians. Cowboys and Indians. Here we're getting all our people killed, and that's the kind of stuff they showed us."

For decades, there were reports that students in the boarding schools were abused. Children were beaten, malnourished, and

hungry and suffer the disobedience of the parents. It is better, in my opinion, to compel attendance through the police than taking up ration tickets for non-attendance." (John P. Williamson, Dakota Agency)

A 1928 report coordinated by government survey director Lewis Meriam was titled "The Problem of Indian Administration". It found that children at federal boarding schools were malnourished, overworked, harshly punished and poorly educated. The survey staff finds itself obliged to say frankly and unequivocally that the provisions for the care of the Indian children in boarding schools are grossly inadequate. "The diet is deficient in quantity, quality, and variety. At a few, very few, schools, the farm and the dairy are sufficiently productive to be a highly important factor in raising the standard of the diet, but even at the best schools these sources do not fully meet the requirements for the health and development of the children. At the worst schools, the situation is serious in the extreme. The boarding schools are crowded materially beyond their capacities. The supply of soap and towels has been inadequate. In nearly every boarding school one will find children of 10, 11, and 12 spending four hours a day in more or less heavy industrial work — dairy, kitchen work, laundry, shop. The work is bad for children of this age, especially children not physically well-nourished, etc."

More than 40 years after the Meriam Report criticized government boarding schools, a report known as the *Kennedy Report* declared Indian education a national tragedy. "The BIA (Bureau of Indian Affairs) education budget was found to be greatly inadequate. Since most Indian children begin school with the environmental handicaps of rural poverty, cultural isolation, low level of parent education, and in many cases a non-English native language, equality of educational inputs requires greatly superior in school resources of teachers, curriculum, facilities, and equipment to balance the inadequate preschool preparation of most Indian children."

Nothing about this aspect of the history of our country was ever addressed at any level of my education, neither in my under-graduate or graduate level courses. I feel this is just one part of the genocide that occurred and still is occurring in our country to the Native American culture. If you want to

know more about this issue, just use trusty old GOOGLE or YOU TUBE and have a field day learning more about what Manifest Destiny really meant to the European-Christian leaders of our country. It should be noted that these schools were run not only by our government but also by a variety of Christian denominations, both Catholic and Protestant.

YOU TUBE suggestions: Look at what they done to me, Our spirits don't speak English, Kill the Indian save the man, and Unseen tears.

Sources: www.sagchip.org; www.npr.org; www.nativepartnership.org; www.graphicclassics.com; www.nmat.si.edu

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Fremont Adventure Recreation organizes a 1/2-mile Kids' Race and Toddler Trot at the annual runBlossom races, held the first Saturday in May.

A FAR Out-Doors experience

by Jordan Huxford

photo by Fremont Adventure Recreation.

On June 1st, Ashlee Sack from Fremont Adventure Recreation (FAR) visited John C. Fremont Library to discuss the new Recreation and Trail guide that is currently being distributed. FAR is an organization that exists to "promote a culture of community and healthy living through outdoor recreation in the Royal Gorge region." In cooperation with other organizations, FAR organizes recreational events for the public. Because FAR works so hard to set up events and build trails, people from all over the state are attracted to the Royal Gorge region and contribute to the local economy. According to the Bureau of Land Management, over \$54 million was spent by non-motorized activity during 2015 in the Upper Arkansas River Valley and of that \$39 million was from non-residents.

FAR also sponsors the Youth Exercise Training Initiative (YETI). It helps kids understand the importance of outdoor activity. For example, 250 kids participated in runBlossom on May 6th along a beautiful stretch of the River Walk. Another way FAR helps kids appreciate nature is through Adventure Kids Sessions where they take kids on guided hikes and explorations. Kids are encouraged to go on bike rides, climbs, hikes, and enjoy the splendor of wilderness with their families. Ideally, youth will gain

a sense of responsibility for maintaining our wilderness areas and appreciate the role nature plays in our lives.

I have personally seen the good that FAR does for youth and adults throughout Fremont County. After running the 5K during Blossom Festival, I plan to attend as many FAR events as possible. FAR's next event is a 5K fun run, the Royal Gorge Park Trails 5K, on August 26th. I have also seen how the organization helps local business in Florence. In return, businesses are happy to support FAR and their efforts. Most businesses along Main Street in Cañon City have a sign in their window advertising their support. The cost of building trails is \$4 per foot. To put that into perspective, the 20 miles of trail being built behind the Royal Gorge costs \$422,400, so FAR could use all the help they can get. If you would like to donate to FAR, volunteer, or see future events, you can visit their website joinfar.org.

Jordan is one of the John C. Fremont Library's Teen Ambassadors. Our Teen Ambassadors are out in the community reporting on educational, informative, and just plain fun events and experiences in our community. If you're interested in becoming a Teen Ambassador, visit the library and submit an application to Sean and Miss Debbie.

Labor Day Weekend Coffee stop at Wilkerson Pass

The Florissant-Lake George Veterans of Foreign Wars Post #11411 and its Auxiliary will be staffing their annual Coffee Stop at the Visitors Center on top of Wilkerson Pass for travelers during the Labor Day weekend. The Coffee Stop will be open around 9 a.m. to about 5 p.m. on Saturday (September 2, 2017), Sunday (September 3), and Monday (September 4) providing free coffee, punch, water, cookies, and lots of lively conversation.

The Park County Heritage Board graciously allows the Post the use of their covered porch at the Wilkerson rest stop for the refreshment table. A portion of the donations

collected during the Labor Day weekend will be given for the Eric Dickson memorial. Eric was killed in the Vietnam War and was from Woodland Park. The original memorial in Woodland Park was vandalized and replaced with a rest stop. There is a movement to make a new memorial for him and funds are being collected to help with this effort.

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

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4th Annual Night Ride

Woodland Park, Colorado

All registration is considered a donation to Mountain Top Cycling Club which benefits youth cycling programs.

Registration Starts at 8 PM outside the Ute Pass Brewery. Judging at 8:30 PM, Ride starts at 9:00 PM.

Early pre-registration is \$20.00 before Aug. 1st. After Aug. 1st \$25.00 Adults only will be given free t-shirts. (Children \$10.00 first child, \$5.00 each additional child.) Must be pre-registered by Aug. 1st to be guaranteed a free t-shirt. Some additional t-shirts will be given away at finish.

Children must be accompanied by an adult. Helmets and bike lights are required. After party reception with complimentary pizza, salad and desert for all registered riders. Prize money for best costumes and bike decorations.

Registration is at EventBrite.com or our website.

for more information go to:
MountainTopCyclingClub.com



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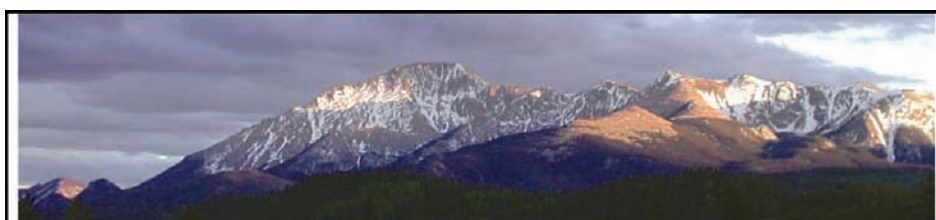


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Benefit for Community Cupboard of Woodland Park

Sunday, November 5, 2017, 3:00PM

Saturday, February 10, 2018, 3:00PM
FOUNDERS' CONCERTO FESTIVAL!

Sunday, May 6, 2018, 3:00PM

All concerts at High View Baptist Church
1151 Rampart Range Road in Woodland Park

Admission: \$15 (Students \$5 with valid school ID)
Tickets available at the door or by calling 686-1798

Advocates rally for affordable housing

by Jamie Caperton

Our Homes, Our Voices Week of Action is an effort by the National Low Income Housing Coalition aimed at drawing attention to and sparking action on proposed funding cuts at the federal level and the impact they could have on affordable housing programs nationwide. Such funding helps pay for programs like AmeriCorp VISTA volunteers that strongly support Habitat for Humanity of Teller County. We are fortunate to have diverse sources of funding, but cuts would have a deep impact. With rents and home prices rising in our region, we believe housing programs should be fully funded rather than forced to operate in catch-up mode.

The proposed federal cuts, as well as the week of action (July 24-29, 2017), serve as an excellent rallying point for our belief that everyone deserves a safe, decent, affordable place to call home and how barriers to that — whether they be funding or bureaucratic hurdles — hurt children, families and communities.

Stable housing is a key to success, and ownership is a key to stability. Studies show:

- Kids have fewer health issues, do better in school and take their education further when they grow up in an owned home.
- Parents are healthier, take their education further, and are less likely to be victims of crime if they live in an owned home.
- Homeownership leads to greater engagement in community issues and greater neighborhood stability.

We know those things at Habitat for Humanity of Teller county, too, because we've seen them happen for our own partner families.

"Habitat for Humanity provided our family with a hand-up out of the motel rooms and high rentals, financial education in order to dig ourselves out of severe medical debt, the ability to finish a college education which had previously been left abandoned, and a sound mind knowing our children will have stability. Yet, in the end, this is not our house — this is God's house — we just received the privilege to live within these living, talking walls." — Lauren Choate,

Habitat homeowner.

For those unfamiliar, our model is one of ownership. Teller Habitat partners with families in Teller county who earn between 30 and 60% of area median income. They join us and our amazing volunteers to construct their homes, and then pay an affordable mortgage that never exceeds 30% of their income.

We keep homes affordable for our partner families, but we do not always have the luxury of affordability when it comes to building. While advocacy won't change the price of land or construction materials, we hope leaders of communities we serve will see value in waiving or reducing some fees, particularly if they hear support for such a move from their constituencies. Such fees can represent up to 20% of the cost of every unit we build. If that money were available, it would only help us to build more housing and help more families.

Our goal for Our Voices Week of Action was for everyone to join us in urging local, state and federal leader to do all they can to support programs and funding to make affordable housing attainable for more people.

Projects like the Clock Tower Condominiums have significantly increased our ability to provide affordable and attainable housing in our communities on a large-scale basis. Building one or two houses a year does NOT meet the need in Teller county. We MUST continue to explore ideas that will meet this need on a larger scale. But we can't reach those milestones without community support. We hope leaders and their constituents see the value of diverse residents who can afford to live in the places where they work, where they grew up, where their kids go to school. We hope they see the value of a place to call home and believe, as we do, that together we can make home a reality for many more people.

Jamie Caperton is the executive director for Habitat for Humanity of Teller County. Learn more at www.tellerhabitat.org.

10th Anniversary of Vino & Notes

It's hard to believe that Vino & Notes, Wine-Food-Jazz Festival will be celebrating 10 years of fun and charity this year! This year's event is August 5th, at Woodland Station, from noon-6 p.m. Tickets can be purchased at www.vinoandnotes.com/get-tickets for \$35 per person with a discount for first responders. The event will host 22 of Colorado's best wineries, food vendors serving a variety of local cuisine, and more than 20 different craft vendors selling arts and crafts, jewelry, clothing, and more.

Ben and Jamie Caperton and several of their dearest friends started Vino & Notes in 2007 as a way to raise money to support Charitable Treasures Workshop. Jamie led Charitable Treasures Workshop at the Capertons' store, Charitable Treasures. The workshop worked with special needs young adults in Teller County, teaching them work skills through refinishing furniture. Over the years, the event also made donations to other charities in the community. When Ben and Jamie closed the Cellar Door in 2012, the

Board of Directors of Charitable Treasures Workshop gifted Vino & Notes to Habitat for Humanity of Teller County. Since that time, Vino & Notes has raised over \$50,000 to support Habitat's efforts to provide affordable housing in our community. "Where else do you get to spend a great day seeing all your friends and get excited about raising money for Habitat?" says Jamie, Executive Director of Habitat for Humanity of Teller County.

Habitat for Humanity of Teller County is a local affiliate of Habitat for Humanity International (HFHI). Founded in 1976, HFHI is an ecumenical organization dedicated to building a world where everyone has a decent place to live. As an affiliate of HFHI, Habitat for Humanity of Teller County continues to build with future homeowners, volunteers, and donors. Habitat homeowners spend 300-400 hours building their own home, attend financial education classes, and pay an affordable mortgage.

DIVIDE CHAMBER OF COMMERCE

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.

- **11 Lazy T Guns & Ammo:** www.11lazyt.com or 719-748-3369. Guns, ammo, fishing rods, reels, lures and bait, knives, and hunting/fishing licenses in Florissant.
- **Big Sky Automotive:** www.bigskyautomotiverepair.com or 719-686-7390. Auto repairs.
- **Divide Feed:** 719-687-8708. Retail feed store and animal nutritional support center, stocking everything you need for your livestock, pets and wildlife. Also offering USDA local choice beef.
- **Paradox Beer Company:** www.paradoxbeercompany.com or 719-686-8081. Offering barrel-aged wild and sour beers.
- **Peak Vista Community Health Centers:** www.peakvista.org or 719-344-7191. Healthcare and dental care.

Rampart Library News Banking for our future

by Michelle Dukette

photo by Johanna C. Dominguez

Longyearbyen, the world's most northerly town, is on Spitsbergen Island, in Norway's Svalbard archipelago. If one word had to be chosen to describe Svalbard, it would be "extreme" as the region is extreme in beauty as well as the environment. It is an area world renowned as a destination to view the Northern Lights, extraordinarily majestic glaciers, and for its population of polar bears, which are so prominent that locals are required to know how to use and carry high powered rifles when they leave the settlement. Svalbard experiences a "polar night" in which the sun does not appear for four months, followed by a "night sun" in which there is 24 hours of daylight. Accessible to visitors, it is not a destination that would be considered convenient by most — there are no roads leading to the town, and a flight into the area takes two days minimum. It is however, a location that is ideal for storing what may someday be the center of hope if a natural disaster were to occur.

Located near the settlement is an unpretentious structure tucked away on the side of a mountain that is arguably one of the most important facilities in the world. Some would say that the future of humanity might depend on it. It is the Svalbard Global Seed Vault. Directed and maintained by the Global Crop Diversity Trust, the vault is the bi-product of the International Seed Treaty of 2004. Headed by the United Nations, this treaty, which established international standards for the conservation and exchange of plant genetic materials, took seven years to negotiate and currently includes 139 participants, all of which contribute to the Seed Vault.

The Seed Vault can be considered the "United Nations of agriculture". Seeds from North Korea for instance, are stored in a crate next to those of the United States and South Korea. Those that care for and maintain the Seed Vault are not privy to the contents of each crate, as it is only the knowledge of the country that collected the seeds for safekeeping. At a cost of over 9 million dollars, which was funded solely by the government of Norway, some question whether this facility was worth the cost but in 2015 its importance was demonstrated when Syria had to withdraw seeds from the vault. While it was primarily designed with a natural disaster in mind, the war-torn country, cut off from its own vault in battle torn Aleppo, ICARDA (The International Center for Agricultural Research in the Dry Areas) requested the return of a portion of the seeds it had deposited. These seeds, which include drought resistant strains of wheat, have been replanted across the border in Lebanon, were the ICARDA vault has been relocated to.

Starting a seed vault is not a new concept. The world's first seed bank is the N.I. Vavilov Research Institute of Plant Industry in Saint Petersburg, Russia, established in 1921 by Nikolay Vavilov, a distinguished Russian botanist and geneticist who dedicated his life to important research involving corn and wheat with the focus of sustaining the world population. The history of this seed vault is both inspiring and one of tragic irony. Vavilov collected more seeds than anyone else in history. During the reign of Stalin, there was mass starvation that can ultimately be blamed on the leader's efforts to collectivize farms. Because of this tragic failure, he needed a scapegoat and Vavilov was the perfect candidate. He was apprehended by the KGB in 1940 and imprisoned only a few blocks from home, unbeknownst to his family. He died of starvation in 1943. His seeds, in the meantime, were safely stored in the seed bank. During the siege of St. Petersburg by the Nazis in 1942 and 1943, the staff at the seed bank locked themselves in the building to protect the precious collection from being



The Svalbard Seed Vault

pillaged. Over a series of months, a dozen of these individuals starved to death believing that saving the seeds for future generations and for recovering after the war was more important than any one individual's needs. Their efforts have not been forgotten and their legacy lives on.

Crop diversity is fundamental for future food security. Seed banks are an investment into the future survival of humanity — some have given their lives to the cause of the greater good and efforts such as the Svalbard Seed Vault give us the assurance that this effort has not been abandoned.

While these two efforts are at a global and international level, seed saving truly starts locally. In Teller County, the Rampart Seed Library, housed in both the Woodland Park Library and the Florissant Public Library is a collaborative effort of the Gardeners with Altitude Garden Club, the Rampart Library District, The Harvest Center, Aspen Valley Ranch, Teller County CSU Extension and the Teller/Park Conservation District. The mission of the Rampart Seed Library is to "encourage the tradition of seed saving, nurture locally adapted, organic plant varieties, and foster a community of sharing". Anyone is welcome to become part of the effort. Both library locations have a wide variety of seeds to choose from. Just come in, sign the seeds of your choice out, and harvest seeds to contribute back into the seed bank. Donations of seeds are always welcome.

If you are new to gardening, seed collecting, or just want to learn more, visit and check out any of our informative books, housed with the seed library and pick up one of the brochures that list many of the educational programs and events in the area.

A reminder to those who have already borrowed from the seed library to start harvesting your seeds. We look forward to seeing what you have been able to save.

For more information or if you have questions, email the seed library at rampartseedlibrary@gmail.com

To take a virtual tour of the Svalbard Seed Vault visit their website at www.croptrust.org. For those of you who would like to learn more about the Svalbard and Global Seed Vault, be sure to read *Seeds on Ice* by Cary Fowler or watch the DVD *Seeds of Time*, both available through the Rampart Library District. Individuals looking for information on Vavilov and his seed bank can read the book *Where Our Food Comes From: Retracing Nicolay Vavilov's Quest to End Famine* by Gary Paul Nabhan. All items are available through the Rampart Library District.

Salida Fiber Fest

The Salida Fiber Festival, now in its sixth year, is accepting entries for its second Fiber Art Exhibition, open to fiber artists residing within 50 miles of Salida or 2017 festival vendors. The exhibition, which will open during the weekend of the festival, Sept. 9-10, and continue throughout September, will be mounted in the Paquette Gallery at the Salida SteamPlant and will feature original designs in all forms of fiber art.

Rules for entry can be found on the festival website, www.salidafiberfestival.com, and copies of the entry forms are also available at Fringe, the Hodgepodge, and the SteamPlant in Salida, and at Serendipity Yarn and Gifts in Buena Vista. Questions may be directed to Jane Templeton, 719-539-4618.

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Ongoing noxious weed treatment

MDF partners with USFS

The Mule Deer Foundation Woodland Park Chapter is partnering with the U.S. Forest Service on a "high priority" project that began in June to reduce noxious weeds in the Pike National Forest near Lake George.

The first phase of the project was completed in July and treated about 20 acres of yellow toadflax, Canada thistle and musk thistle. All three of these species produce a lot of seed and their populations can grow quickly. Vickie Russo, Rangeland Technician for the Pike National Forest explained that "Noxious, (non-native, invasive) weeds out-compete and replace native forbs and grasses, reducing forage available for wildlife. Our goal is to reduce these invasive species and improve habitat for wildlife."

Improved habitat on USFS lands may attract wildlife into areas they previously would have avoided due to noxious weed infestations and poor forage. Colorado Parks and Wildlife District Manager for Lake George, Ian Petkash agreed and added that "The [mule deer] herd has been trending upward since 2013 but is still below the population objective of 18,000 animals. The area south of Lake George provides important habitat for this herd including summer range, winter range and winter concentrations areas."

The final stage in the project will begin in



Before treatment

late-July into August, when the USFS South Park Ranger District weed crew will continue invasive weed treatment, targeting another 20 acres on USFS land, south of Lake George.

The MDF Woodland Park Chapter holds a fundraising banquet each spring to generate money to improve habitat locally for not only, mule deer, but other species as well. The MDF and the Woodland Park Chapter would like to express sincere gratitude to the Colorado Bowhunters Association for their \$1,000 annual Conservation Partnership Donation to the chapter. Their donations the past several years have been used in conjunction with Woodland Park Chapter Rewards to fund local projects like this one.

Newest chiropractic and acupuncture practice

by Drs. Stephane Roy and Alison Roy

We are pleased to announce the opening of *Body Works Chiropractic & Acupuncture* our new practice located at 111 Pine Street in Woodland Park, on the corner of Pine Street and Quinn Alley, just one block up from W. Midland Avenue across from the public parking lot behind Studio West and the Frozen Yogurt Shop.

We are new to Woodland Park, but not new to practice. We have 15 years of experience, and have helped thousands of patients with a wide range of painful conditions by utilizing our unique and effective, highly personalized, gentle methods. We combine traditional hands on chiropractic adjusting techniques with targeted soft tissue work in the form of neuromuscular/trigger point therapy, passive stretching techniques, dry needling, PT modalities, and acupuncture. We strive to get results for our patients in as few visits as possible, and most of our patients will feel relief upon their very first visit! Our methods are custom tailored to each patient, each visit. No two visits are exactly the same. We take a full body approach and our visits are focused on restoring balance and achieving optimal biomechanical functioning to improve performance and alleviate pain.

We have had two successful practices, one in New Jersey and one in New York, before relocating earlier this year to Woodland Park.

We are outdoor enthusiasts, and after vacationing to Colorado every year for the past five years, decided to make Colorado our home! We enjoy a wide range of outdoor activities, the abundant sunshine, the beautiful mountains, as well as the friendly people we found here in Woodland Park. Another reason we wanted to relocate to Colorado, in addition to the improved lifestyle that we found here, is the fact that we can utilize acupuncture and dry needling techniques here, under our chiropractic licenses.

I took 160 hours of continuing education seminars and passed a rigorous National Board in Acupuncture exam in order to be able to add dry needling and acupuncture services to our practice here in Woodland Park. It is amazing how well Chiropractic and Acupuncture techniques complement each other, and when used in combination, along with soft tissue work and stretching techniques, we get outstanding results for our patients, in amazingly few visits.

More important than the techniques we use, is the knowledge we have accumulated over our years in practice. In order to truly help my patients get and stay well, I am dedicated to giving patient education, each and every visit. It is important that patients



Drs. Stephane Roy and Alison Roy

understand how their problem developed in order to prevent it from reoccurring.

I give my patients stretches and exercises to perform at home, as well as recommendations of changes they should make with their ergonomics and posture so that they don't become dependent on my care to keep correcting the same issue over and over again.

Here is what one past patient, Karla F., has said in this regard. "I have never met any doctor (especially chiropractor) willing to spend so much time working to solve their patients' problems (let alone do their best to try to prevent re-injury)!"

If you visit us at our new location in Woodland Park, you will find a professional, clean, well decorated, warm and friendly, home office environment. We were happy to find a home/office combination right in the center of the commercial district of Woodland Park. We like to practice out of our home because it keeps our overhead low which enables us to offer the highest possible quality of care. We can spend more time with each patient, and really get to the root of their issues. We generally see the same number of patients in a week that typical chiropractors see in a day.

The first visit is about an hour and a half and consists of a consultation, review of history, examination, report of findings and if recommended, a thorough and very gentle treatment.

Follow up visits typically last about an hour. Patients can come for chiropractic services, acupuncture services, or a combination of both. X-Rays are recommended only on an as needed basis, and if recommended, a referral to an outpatient imaging center is given. For more information regarding fee schedules, insurance coverage, hours of operation or questions regarding your specific condition, and how we, Drs. Stephane and Alison Roy, might be able to help you, please call the office of Body Works Chiropractic and Acupuncture at 719-687-4233.

Your Library: Your other office

by Sean Beharry

All year round the John C. Fremont Library serves tourists, snowbirds, summerbirds, and adventurers who visit our community. Some of our visitors are self-employed who need a place to work while traveling, or they think they're on vacation but have to deal with a sudden emergency back at the office. The library, along with libraries across Colorado, provides space for all of our visitors to get their work done.

The John C. Fremont Library provides a climate controlled place for everyone to be productive during our unpredictable summers and winters. There is space for people who need to sit down at their computers and get to work. We also have our central meeting area for people to meet with their clients and colleagues. While we are still searching and fundraising for a larger building for our new library, we can provide private meeting space if you call ahead to book an appointment. Other libraries around Colorado have private study and meeting rooms you can book ahead of time. Call the library in your community or the one you are visiting to learn more.

The library offers many services for productivity. Our patron computers are available to everyone for work or for fun, but we do reserve some for work and homework. All computers are equipped with the Microsoft Office Suite. In addition to the computers, we offer WiFi both in and outside of the library. If you need WiFi after hours, the signal is accessible from the parking lot. Don't be surprised when you are not the only one in the parking lot. The library offers black and white and color printing and copying at

affordable rates. We also have scanning and faxing capabilities to meet your information sharing needs. We offer lamination, which can be convenient when you know you will reference certain documents frequently, or need to draw on them with dry erase markers. The library also has a notary public on staff.

In addition to these services, we provide a lot of information useful to our working visitors. As a complement to our nonfiction collection, we provide access to several databases for research. Patrons may be familiar with our academic resources, but we also have access to business research and legal databases that are useful for a variety of industries. Our staff members are familiar with all of the resources the library offers so you can always check with us to see how we can help you achieve your business goals. Some libraries in Colorado have business librarians who focus solely on meeting businesses' needs in their community.

As more people become self-employed or work in online environments, shared work places are becoming more popular. New shared work spaces are popping up in different areas around the state. It's important to remember the original shared work space, the library. We offer all of our information resources for free to everyone, from community members we see every day to visitors who are dropping in on their way elsewhere. We believe our paid services, printing, copying, faxing and lamination are affordable options. If you need to work while on your vacation in Colorado, or you work from home and want to travel more, keep in mind there's a library with a space for you.



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Mueller State Park

Make the most of summer!

photo by Jeff Hansen

You are invited to Mueller State Park and make the most of summer!

A wide variety of programs are offered to get you out hiking, looking, learning and playing! Guided hikes all over the park help visitors to experience and learn about what's here. From the parade of wildflowers all summer, to the stories behind the homesteaders who built the log cabins, there's something of interest for everyone! For more interesting fun, try a program about GPS, fly fishing, archery, pond safari, bird watching or children's programs. For history buffs, come to our Thursday night series of amphitheater programs about the history of the Pikes Peak region or check out our full line up of amphitheater programs on many topics.

Some unique highlights this month include a Mountain Man re-enactor, the musical entertainment of the "Harmonica Man", a 2 a.m. Meteor Shower program, star gazing, and a special event to watch the Solar Eclipse!

2, 16 General Nature Hike: Black Bear Trail meet at Black Bear Trailhead at 8 a.m. Join Naturalist Karleen in exploring all the beauty that the montane forest has to offer. This hike is 2.5 miles.

2 Patio Talk: Ten Essentials meet at Visitor Center at 1 p.m. Come learn about the 10 essentials system that all hikers and campers should know. Naturalist Karleen will give a brief talk and show some examples of basic gear.

3 Hike: Hike and Read meet at Outlook Ridge Trailhead at 1:30 p.m. Do you find yourself wanting to get out and hike but still you want to take some time to read? I have the answer, come with me, hike to Lone Eagle Overlook, sit and read for 30 minutes then hike back.

3 Children: Animal Adaptations meet at visitor Center at 2 p.m. Have you ever wondered how animals can stay cool all summer but keep themselves warm all winter? Come learn about animal adaptations with Naturalist Karleen.

4 Hike: Cheesman Ranch to Cahill Cabin meet at Grouse Mountain Trailhead at 8 a.m. Hear about the rich history of Mueller State Park. Visit the many structures of the Cheesman Ranch and view beautiful wild flowers and aspen groves on the way to Cahill Cabin. Naturalist Cindi will guide you on this 5-mile long but moderate trail.

4, 20, 25 Hike: Cahill Loop meet at Grouse Mountain Trailhead (Aug 4 & 25 at 10 a.m., and Aug 20 at 1:30 p.m.) Join Naturalists Jeremy and Sylvia on this moderate 2.5-mile hike, exploring the flora and fauna of Mueller all the way.

4, 10, 25 Archery for Beginners meet at Liverty (Aug 4 & 25 from 2-4 p.m., Aug 10 from 10-noon) Learn how to shoot with a bow and arrow. Lots of fun! Adults and kids 8 years and up will be able to give it a try.

5 Hike: Trail 1/7/6/13 Loop meet at Homestead Trailhead at 8 a.m. Join Naturalist Nancy on this 4-mile moderately rated multi-trail loop. You have an opportunity to travel through meadows, forest, by ponds and under wonderful rock formations.

5 Children's Story Time: Hummingbirds meet at Visitor Center at 10 a.m. Join Naturalist Karleen to learn all about hummingbirds. We'll examine these beautiful creatures and make a fun craft.

5 Hike: Preacher's Hollow meet at Preacher's Hollow Trailhead at 3 p.m. Celebrate summer with "nature's fireworks" by viewing the local wildflowers. Join Naturalist Penny. This is a gentle 2-mile loop trail.

5 Star Party/Eclipse Chat meet at Visitor Center at 8 p.m. The Colorado Springs Astronomical Society will start with a chat about the solar eclipse in the auditorium then will have several telescopes set up outside of the Visitor's Center for everyone to view the stars and planets of the night sky.

6 Patio Talk: Our Forest Friends at Camper Services at 10 a.m. Did you know each time we're out hiking our favorite trails, we are also guests in someone's home? Come listen to a brief talk with Naturalist Karleen about how to keep our wildlife wild and what we can do to protect our forest friends!

7 Hike: Osborn Homestead Tree Hike meet at Black Bear Trailhead at 1:30 p.m. Visit Osborn Homestead and study the trees on the way. Hear what it was like to live in the mountains before modern conveniences, led by Naturalist Penny. Moderate 3 miles.

7 Hike: Full Moon Hike meet at Outlook Ridge Trailhead at 8 p.m. Join Naturalist Jim and enjoy the awesome view of the full

moon rising over Pikes Peak. Learn some random facts and fun myths about our only natural satellite. We will be returning in the dark. This is a moderate 2-mile hike.

8, 22 Fly Fishing Basics meet at Dragonfly Pond at 10 a.m. Learn the difference between fly fishing and spin casting, and give it a try!

9, 23 General Nature Hike: School Pond meet at School Pond Trailhead at 8 a.m. Join Naturalist Karleen in exploring all the beauty that the montane forest has to offer. This hike is 2.5 miles.

9 Patio Talk: Map Reading meet at Visitor Center at 1 p.m. Join Naturalist Karleen in this interactive talk about the basics of map reading. We'll review different features of maps and learn how to decipher all that a map tells us.

10 Hike: Mountain Logger Trail meet at Black Bear Trailhead at 1:30 p.m. Savor the trees, wildflowers and wildlife as you hike the Black Bear and Mountain Logger trail loop with Naturalist Penny.

11 Children: Discover Colorado Mammals meet at Visitor Center at 10 a.m. In this fun activity, we'll use our senses to make educated guesses, as we explore different furs of Colorado mammals. Naturalist Karleen will show you real animal skins and help you discover who were them. Activities require reading/taking notes appropriate for 2nd - 6th grades, but all are welcome.

11 Hike: Sunset on Grouse Mountain meet at Grouse Mountain Trailhead at 8 p.m. Join Naturalist Russ on this short, but beautiful, hike to the highest point in the park.

12 Auditorium: Mountain Men meet at Visitor Center at 10 a.m. Re-live history as Ken Valles shares about the lives and experiences of such notables as Kit Carson, Jedediah Smith, and Jim Bridger.

12 Picnic Hike: Outlook Ridge meet at Outlook Ridge Trailhead at 10:30 a.m. BYO lunch and take a leisurely hike to Red Tail Overlook with Naturalist Karleen. With a gorgeous view of rolling hills and valleys as a backdrop, we'll talk about important issues in natural resources.

12 Pond Safari meet at Dragonfly Pond 2-4 p.m. Explore the amazing world of life in a pond! Discover what trout eat for breakfast. Fun and interesting for all ages, especially fishermen! Meet with Naturalist Russ.

13 Perseids Meteor Shower meet at Visitor Center 2-5 a.m. Bring your sleeping bag or comfy recliner to watch the magnificent display of comet debris burning up in bursts of bright light in the night sky.

13 Hike: Homestead Hike meet at Homestead Trailhead at 1:30 p.m. Take a pleasant 2-mile hike through forest, meadows and rock formations with Naturalist Penny.

14 Children: Dragonflies meet at Visitor Center at 10 a.m. Come join Naturalist Penny and learn about this wonderful creature that doesn't bite, sting or breathe fire on humans!

16 Patio Talk: Backpacking Basics meet at Visitor Center at 1 p.m. Colorado provides countless opportunities for hiking, camping and backpacking. Join Karleen to learn all about the basics of backpacking.

17 Picnic Hike: Grouse Mt. Overlook meet at Grouse Mt. Trailhead at 10:30 a.m. BYO lunch and enjoy a hike to Mueller State Park's highest point. This beautiful overlook provides a stunning backdrop as we talk about important issues in natural resources.

17 Hike: Hike and Read meet at Black Bear Trailhead at 1:30 p.m. Come with Naturalist Penny, hike to Turkey Cabin Overlook, sit and read for 30 minutes then hike back.

18 Hike: Rock Canyon meet at Rock Pond Trailhead at 8 a.m. Join Naturalist Cindi on this trip through many montane micro-environments. There are plenty of opportunities to see blooming wildflowers, rock outcroppings and wonderful views. A favorite trail at Mueller! Moderate 5 miles.

18, 26 Hike: Buffalo Rock Trail meet at Grouse Mountain Trailhead (Aug 18 at 1 p.m., Aug 26 at 8 a.m.) Join Naturalist Penny for this beautiful 4-mile hike through aspen and pine forest, meadows

and see Cheesman Ranch.

18 Touch Table: Cougar and Elk meet at Camper Services 2-4 p.m. Come examine the hides and skulls of these prey and predator animals that live in the park with Naturalist Russ.

19 Hike: Elk Meadow and Murphy's Cut meet at Elk Meadow Trailhead at 8 a.m. Join Naturalist Nancy hiking to Murphy's cut where the Midland Terminal railway went through. On the way back, we will stop by Peak View Pond. This is a 4-mile hike.

19 Summer GPS Event meet at Visitor Center 9-noon. Want to try out that new GPS? To start, Naturalist Bob will teach you the basics of GPS and navigation, then he has plotted out some amazing geocache points in the park to locate. Please sign up at the Visitor Center or by calling 719-687-2366 ext.110.

19 Children: Tiger Salamanders meet at Camper Services Porch at 1 p.m. Come explore the amazing facts about tiger salamanders through stories and hands on activities with Naturalist Penny.

20 Hike: Sketchbook Stroll meet at Wapiti Trailhead at 9 a.m. Soak in all the beauty that surrounds us as we sketch and write about nature. Naturalist Karleen will guide you on this 2-mile hike. Sketchbooks will be provided.

21 Total Solar Eclipse Event meet at Visitor Center at 11 a.m. Join us for the celebration of the Total Solar eclipse. We will be making solar prints, safely view the eclipse at 11:47 a.m., test sunscreens and learn to make a pinhole projector.

23 Patio Talk: Geology of the Pikes Peak Area meet at Visitor Center at 11 a.m. The rise and fall of the Rocky Mountains, mining for gold, volcanoes – learn what's under your feet in this short talk with a view!

24 Picnic Hike: School Pond meet at School Pond Trailhead at 10:30 a.m. BYO lunch and come along with Naturalist Karleen for a 2-mile hike through forest and meadows. Explore some important issues in natural resources as we eat lunch.

24 Hike: Elk Meadow meet at Elk Meadow Trailhead at 1:30 p.m. Examine tracks and signs of the animals that live in Mueller State Park as you hike Elk Meadow with Naturalist Penny. This unique trail is a moderate 2 miles.

25 Hike: Turkey Cabin Overlook (West Side) meet at Black Bear Trailhead at 8 a.m. We will take the 7-mile route going straight out Black Bear into the Dome Rock area. This is an out and back hike with nice views, led by Naturalist Cindi. Allow 4 hours.

26 Reduce, Reuse, Recycle meet at Camper Services at 2 p.m. Join Naturalist Penny as we practice the 3 R's through stories, songs and hands on activities.

27 Hike: The Golden Eagle Trail meet at Black Bear Trailhead at 1 p.m. Golden Eagle is the name of this infrequently hiked trail. Join Naturalist Penny to journey to the border of Dome Rock and view interesting rock formations on this 4.5-mile hike.

27 Children: Art in Nature. Nature not only inspires art but can be used to make art. Naturalist Karleen teaches you to make paint with mud as well as painting with watercolors and spray bottles.

29 Hike: Bird Watching meet at Elk Meadow

Just one of the interesting looking trees you'll see on your travels through Mueller State Park.

Trailhead at 8 a.m. Take an early morning hike with Naturalist Craig and look for the birds that call Mueller State Park home.

30 Hike: Nobel Cabin meet at Black Bear Trailhead at 1 p.m. Join Naturalist Penny on a 4-mile hike to Nobel Cabin. Imagine what it was like to attempt to homestead this area without modern amenities, also learn about some of Mueller State Park's early residents.

31 Hike: Hike and Read meet at Grouse Mt. Trailhead at 1:30 p.m. Come with Naturalist Penny, hike to Grouse Mt. Overlook, sit and read for 30 minutes then hike back.

AMPHITHEATER

All events at 8 p.m. unless otherwise noted. Dress warmly.

3 Early Settlers. The history of the Pikes Peak area is fascinating, with many unexpected turns. Join Naturalist Paul as he investigates the settlers in the area and how the military played a vital role.

4 Echoes of the Past: Historical Sites at Mueller State Park. Learn about the history of Mueller State Park from Naturalists Sylvia and Jeremy. See photos and hear stories of many historical sites.

6 Mighty Trees of Mueller. Mueller is the home of six types of trees. Learn to identify them with ease and find out some fun facts about each with Naturalist Penny.

10 Mining in the Pikes Peak Area. Mining in the Pikes Peak area was more than just gold and silver. Listen and learn with Naturalist Paul about the fascinating products miners pull from the earth.

12 Stories in the Sky. Play dot to dot with the stars and hear some of the stories that different cultures used to explain the animals and people they saw in the stars.

13 Forest Friends: Big Horn Sheep. Just to the south of MSP lays Dome Rock State Wildlife Area. This area is home to Colorado's State animal. Come learn all about these amazing creatures with Naturalist Karleen.

17 The Railroad Era. From the Colorado Midland to the Midland Terminal to the Florence and Cripple Creek railroad, this area was changed and developed by these railroads. Join Naturalist Paul explores why the railroad came to Teller County and the effect it had on the area.

18 Ute Tales meet at 7 p.m. Kids of all ages are welcome to join Naturalist Penny for a look at the wisdom and lessons from the Great Spirit and wildlife as seen through the legends of the Ute People.

19 200 Years on Mueller State Park. Take a peek at Mueller State Park's colorful past from homesteaders and miners to horse thieves and bootleggers; the history of Mueller has something for everyone.

20 Jeopardy in the Park. Test your knowledge on wildlife, geology, flowers, and animal facts with Naturalist Penny. Have fun while learning Mueller trivia. There will be prizes!

24 Early Farming and Ranching. In the early and mid 1900s farming and ranching thrived in the Mueller State Park region and surrounding area. Join Naturalist Paul and learn about the farming/ranching history of the area.

25 Did You Know That...? Did you know that badger hair was used at one time to make paint brushes? Learn fascinating trivia about bears, coyotes, foxes, and other wild animals in this informative presentation of little-known facts about common Colorado wildlife.

26 Friends in the Night. Learn about the facts and myths surrounding the only flying mammal. They may have a face only their mother could love but they actually are very beneficial to man. Come and learn about these interesting creatures.

27 Biodiversity. What is Biodiversity and why is it important? Join Naturalist Karleen for this informative talk about Biodiversity, threats to it and what can be done to restore it.

30 The Harmonica Man at 7 p.m. Enjoy an entertaining evening of foot stomping bluegrass, Irish tunes and funky blues with guest musician Terry Lakes and his harmonicas. Terry will explain with stories and music the history of the harmonica from its 19th century origins to the present.

31 Ghost Towns. Naturalist Paul will present the next in his series of history talks. Come enjoy the lore and mystery surrounding the ghost towns of the Pikes Peak region.

Mueller events are free; however, a \$7 day pass or \$70 annual park pass per vehicle is required to enter the park. For more information, call the park at 719-687-2366.

BRECKENRIDGE

BRECKENRIDGE LIBRARY Children Programs

2, 16, 30 Lego Club meets at 4:15 p.m.

Teen Programs (Grades 6-12):

2, 16, 30 TAB will meet 5-6 p.m.

Adult Programs

1, 8, 15, 22, 29 Drop-In Tech Help

8 Adult Coloring 5-6 p.m.

12 Film: *The Breakfast Club* at 10:30-

BUENA VISTA

12 & 13 BV Gold Rush Days

Buena Vista's signature annual event, is the celebration of our heritage and history. It is a weekend filled with free, family-friendly fun and nonstop entertainment. This will be our 37th year of celebrating Gold Rush and we hope you join us!

For a full schedule visit www.BuenaVistaColorado.org/Gold-Rush-Days/

Saturday, August 12

8-10:30 a.m. Optimist Pancake Breakfast.

9-5 p.m. Arts & Craft Fair (See BV HOPE booth)

9-5 p.m. Gem Panning

10 a.m. Civil War recruiting station.

10-noon Free concert by Carini Mari

11-4 p.m. Kayaking

11 a.m. History of Burro Racing and Curtis Imrie Stories

Noon BV Heritage Reenactment: Victorian Secrets

12:30-2:30 p.m. Free concert by Mountain Mantra Music

1 p.m. BV Heritage Reenactment: Stories of days gone by

1:30 p.m. BV Heritage Reenactment: Victoria Deerheimer

1-2 p.m. Alsinia Tea.

2:20-3:30 p.m. Victorian Tea.

3-6 p.m. Free concert by Dakota Blonde

3-5 Free Mark's Midnight Carnival Show

4:30 p.m. First Colorado Company D, Civil War reenactors

7 p.m. Performance by The Madams of Central Colorado

Sunday, August 13

8-9:30 a.m. Free concert by Enchanted Strings Music

9-9:45 a.m. Cowboy Church

10-4 p.m. The Arts & Craft Fair

9:55 a.m. Blessing of the Burros

10 a.m. Pack Burro Race Start

10:15 a.m. The Infamous Toilet Seat Races

11 a.m. Musket demonstration

11-1 p.m. Free concert by Kevin Earlywine

11-4 p.m. Kayaking

Noon BV Heritage Reenactment: Stories of days gone by

12:30 p.m. BV Heritage Reenactment: Alsinia Deerheimer

1 p.m. BV Heritage Reenactment: Victorian Secrets

1:30-4 p.m. Free concert by Colorado Homegrown

2 p.m. Pack Burro Rack Award Ceremony

2:30 p.m. Gold Rush Duck Race

3 p.m. The Civil War in the West

noon.

17 Learn How to Make Ice Cream

5:30-6:15 p.m. Learn how you can make delicious homemade ice cream with just a few ingredients!

Anna will demonstrate how with an easy-to-use ice cream maker

and lots of fun flavors. Recipes and samples provided! Bring a 1-gal container if you want to bring some home. Register for this Free adult library program by calling 970-453-3544. Space is limited.

All programs at the South Branch, 103 S. Harris, Breckenridge.

BUENA VISTA

10-13 Gem and Mineral Show see ad on page 10.

11-12 Ark Valley Humane Society Open House. See *Gandalf* page 6.

CA ON CITY

2, 9, 16, 23, 30 VAMI Connection Recovery Support Group. Adults living with mental illness. Every Wednesday 5:30-7 p.m. at St. Thomas More Hospital Community Education Room. Free, safe, and confidential. 719-315-4975 www.namisontheeastcoast.org

20 Lissa Hanner with the Cari Del Trio from 12:30-4:30 p.m. at The Royal Gorge Bridge Park.

26 Lissa Hanner with the Cari Del Trio from 12:30-4:30 p.m. at The Royal Gorge Bridge Park.

COLORADO SPRINGS

2, 9 Norris Penrose Equestrian Center 5-10 p.m. 1045 Lower Gold Camp Rd

6 Pikes Peak Posse of the Westerners' 2nd Annual Rendezvous noon-3 p.m. (lunch served 12:30-1:30 p.m.) at Historic Chapel at Evergreen Cemetery 1005 S. Hancock Expy. Cost \$20 per person, RSVP and pay no later than August 4. Please bring a blanket or one folding chair per attendee. For more information: 719-473-0330 (ask for Bob DeWitt) or email: posse@devittenterprises.com

13 Founders Day: Happy Birthday Colorado City 1-3 p.m. at Old Colorado City History Center.

• Announcement of Our Annexation Re-Vote

• (Until then, come in and vote often)

• Entertainment by Legendary Ladies

• Cake, punch and free family fun!

29 Social Security 101. The Pikes Peak Area Council of Governments Area Agency on Aging is pleased to announce an extension of the traditional Medicare 101 series. PPAAG is partnering with Social Security Administration to provide Social Security 101. These educational presentations are for people approaching retirement age, adult children and interested people. These sessions cover many of the common retirement questions including:

• Eligibility for retirement

• How age affects retirement benefit

• How work affects retirement benefit

• How non-covered pensions (PERA) can potentially affect

your Retirement and Survivor benefits.

Also discussed:

• Spousal benefits

• Children's benefits

• Survivor benefits

• A brief explanation of Medicare Classes are free of charge and will be held at PPAAG Area Agency on Aging, 14 South Chestnut Street. Class sizes are limited; please call 719-471-2096 to reserve your place.

CRIPPLE CREEK

5 Lissa Hanner solo at Bronco Billys Casino in Cripple Creek from 7-10 p.m.

11 The Mountain Afterschool Program (formerly the 21st Century Program) will be hosting a Back-to-School Community BBQ on Friday, August 11th from 12-2 p.m. in the CCV Jr./Sr. High School Cafeteria. Information on school activities will be available, and there will also be community organizations present to share information about their organizations. The event is FREE, and all students, their families, and community members are welcome to attend.

FAIRPLAY

12 & 13 South Park City Museum's annual "Living History Days" will be August 12th & 13th with plenty of fun and activity. Volunteers will be dressed in period clothing with music, demonstrations, historical skits and short-outs to sarasapilla in the saloon and ice cream in the drug store! There will be something for everyone of all ages to enjoy so plan to come and take a step back in time and see how living was in the 1880s.

FLORENCE

26, 27 and Sept 1-3 Rialto Dinner Theater see article page 11.

FLORENCE PIONEER MUSEUM

The Florence Pioneer Museum and Research Center in Florence CO continues work on the "Mad Scientist" display of old medical equipment and surveying equipment. Many pieces have been refurbished and placed on display in our newly lit Pikes Lindsey Rooms. Toys of the past and our "Kar" Kulture display will continue to be presented in August. In our Industrial Garden, we have a new arrival...a working model of a pump jack to show how oil was pumped out of the ground. Walking tours still are available, see the website: www.florencepioneermuseum.org

2 Free Legal Clinic at Florissant library from 3-4 p.m. Pre-register by calling 719-748-3939. For other programs at Florissant library can be found at www.rampart.colibraries.org

12 & 13 Karen and Mike's Yard Sale see ad page 10.

27 Herbal First Aid with the Thyme-keeper see page 2

29 Journey into Sound 3:30-6 p.m. at Sacred Earth Sanctuary. Journey into Sound is unhearsed, improvisational sound to take you deep

DIVIDE

6 The 2nd Annual Robin Hood Dash-and-Dine, a chip timed 5K run/walk, kids fun run and pancake breakfast. The event kicks off at 8:30 a.m. with a 5K

run/walk starting at the Sir Gerald Clark Hall in Sherwood Forest, 269 Knighthood Lane. The Kids Fun Run is for children 2-12 years of age and is FREE. The pancake breakfast is open to the public for those who would rather "dine" than "dash." On-line registration is now open at shadedivide.org or you can register in person at Shipping Plus in Divide (next to Russ' Place). Registered participants will receive a commemorative t-shirt and pancake breakfast. Awards will be given to the overall male and female as well as to those who place in the top 3 of their age division (10-year age groups).

14, 28 Little Chapel Food Pantry Distribution. See times below based on last name:

A-H: 3:30-4:30 p.m.

I-Q: 4:30-5:30 p.m.

R-Z: 5:30-6:30 p.m.

26 Divide Kite Flight see article page 18.

FLORISSANT

FLORISSANT FOSSIL BEDS

Summer Interpretive Program Schedule: The Monument offers a variety of ranger guided programs that run throughout the summer. These include:

• Ranger-Guided Hike, daily at 11 a.m. Join a ranger on our 1-mile Petrified Forest Loop trail.

• Fossil Learning Lab, daily at 1:30-3:30 p.m. Join ranger-led demonstrations about geology, fossil discovery, and how to use a microscopel.

• Demonstration Excavation Site, every Wednesday 10-11 p.m. Meet geologist, Dr. Bob Carnein at the demonstration excavation site along the 1-mile Petrified Forest Loop trail. Learn how excavations are conducted.

• Yoga Hike, every Monday 9-10:30 a.m. through the first week of October. All levels welcome! Take part in yoga poses along with a hike through some of Colorado's most beautiful forests and wildflowers!

~OUT AND ABOUT~

continued from page 35

- Sue Delisle (inside) 5-8 p.m.
 19 The Calanni's 2-6 p.m.
 20 Pup Morse 1-5 p.m.
 26 Steel Street 2-5 p.m.
 27 Adam Ashley & Joe Bellavia 2-5 p.m.

All on the deck unless specified.
 Come help us celebrate two great years at the Freshwater Bar & Grill on the 12th—we couldn't have done it without all of our customers. Thank You!

GUFFEY LIBRARY

- 1 Summer Reading Program Day #3 9-11 a.m.
 7 Talking Threads 1 p.m.
 8 Final Day for Summer Reading program 9-11 a.m.
 9 Joanne Greenberg pot luck and author talk
 14 Patches & Pieces 11 a.m.
 23 Rocky Mountain Rural Health Services 11 a.m.
 26 STEAM 11 a.m.
 28 Guffey Literary Society 1 p.m.
 30 Veteran Outreach Services 11:30 a.m.

All events are open to the public and most are free. Please feel free to call or email with any questions. 719.689.9280 Guffeylib@parkco.us Or visit our website: http://park-countycolibraries.org

HARTSEL

5-6 Come to the Heart of Colorado! If you are ready for a great time dancing, shopping, and eating, Hartsel Days is the place to be! The fun begins on Saturday, August 5th at 9 a.m. Many craft and food vendors, music and dancing for the adults and bouncy houses, an inflatable BB gun shooting range, archery booth for the kids. First Chili Cook-off on Saturday! Parade on Sunday after the FREE pancake breakfast. Make sure you get your duck for the duck race! Only a buck a duck. Many other activities to discover—stop by! Hartsel, Colorado off Hwy 24, from 9-4 p.m.

JEFFERSON

- Jefferson Community Civic Association is selling Palisade Peaches again this year (10 # boxes and 18# boxes are available). Order blanks available at the Jefferson Post Office, Pony Espresso Coffee Shop or Jefferson Real Estate Office or call Helen Baker 719-836-0173 or Deb Elser 303-838-7491. You can also mail your order to JCCA, Box 166, Jefferson, CO 80456. Peaches will be available for pickup at the Jefferson Community building on Saturday, August 26th from 10-2 p.m. All proceeds benefit the historic buildings in Jefferson.
- Save the date: JCCA is having an all you can eat Pancake Breakfast, Saturday, September 2nd at the Jefferson Community Building from 7-11 a.m. Adults \$8. Proceeds benefit the historic buildings in Jefferson.

LA VETA

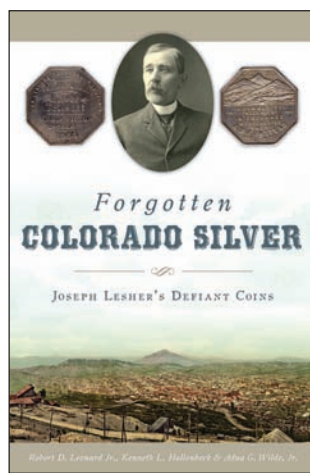
- 12-13 Hujatolla Heritage Festival see ad on page 7.

LAKE GEORGE

- 18, 19, 20 Lake George Gem and Mineral Show article page 16 (includes

VICTOR

12 The Victor Lowell Thomas Museum will host a book signing for the newly released *Forgotten Colorado Silver*, Joseph Lesher's *Defiant Coins*, from 1:30-5:30 p.m. One of the authors, Kenneth Hallenbeck will be at the museum to sign books and talk about the Lesher dollars that were minted in the early 1900s. The event is free and open to the public but seating is limited. The book highlights Lesher's life and creation of his unique coins. At the turn of the 20th Century Lesher, a Victor miner, attempted to raise the price of silver by privately minting octagonal Refundum and other medals, also known as Lesher dollars. The coins had values of \$1.25 and \$1 of silver. They were common in Victor and Cripple Creek where several merchants used them as trade tokens. Attracting the attention of the Secret Service, Lesher placed them in circulation in 1900 and 1901. Today, the coins are worth more than \$1000 each. The book tells Lesher's story, his private mint in Victor, and the merchants who carried his coins. Hallenbeck, a former insurance executive and owner of Hallenbeck Coin Gallery, Inc. in Colorado Springs, is one of three authors. The book is also authored by Andra G. Wilde Jr. and Robert D. Leonard Jr. Funds from the sale of this book as well as other gift shop purchases go toward the museum's building renovation fund. For more information, visit VictorColorado.com, email museum@victorcolorado.com or call 719-689-5509.



tractor pull, Lake George Extravaganza, LGFD Spaghetti Dinner, and LG Library Used Book Sale).

PALMER LAKE

12 Palmer Lake Historical Society presents the 2017 "Return of the Rocky Mountain Chautauqua," from 10-5 p.m. in the Palmer Lake Town Hall, 28 Valley Crescent and on the Village Green. Enjoy a full day of fun with demonstrations of vintage folk arts and crafts, guided walking tours of the area, guided panning and other activities for kids, portrayals of notable figures from Colorado's past, screenings of *Summer Sojourn*—a movie on the history of Colorado Chautauqua, and music from a brass band and a barbershop quartet. Chautauquas began in New York state in 1874 as an adult education movement and spread throughout rural America until the mid-1920s. President Theodore Roosevelt said that Chautauqua is "the most American thing in America." Palmer Lake was the site of The Rocky Mountain Assembly, the first Chautauqua in Colorado and west of the Mississippi. It was first held in 1887 and ran for almost 20 years. This event is free and open to all. For more information, visit our website at www.palmerdividestory.org

SALIDA

- 2 Free Legal Clinic from 2-3 p.m. the first Wednesday of each month held at Salida Regional Library at 405 E. St. Walk-ins are welcome, and everyone will be helped on a first-come, first-served basis.
 3 Chaffee County The Emergency Food Assistance Program & Commodity Supplemental Food Program distributions on the 1st Thursday of each month at Salida Community Center, 305 F Street,

WOODLAND PARK

- 2 Free Legal Clinic at Woodland Park Library from 3-4 p.m. Pre-register by calling 719-687-9281 ext. 103. For more information on library programs visit our Rampart range libraries.org
 2, 9, 16, 23, 30 Genealogy class. Looking for your ancestors? Join us for FREE Genealogy Classes

every Wednesday evening (and by appointment) from 6:30-8 p.m. at the Church of Jesus Christ of Latter-Day Saints, 758 Apache Trail, WP. For more information call Jim Olsten 719-686-6453.

- 3 Laser Tag for all teens in Teller County is set on page 19.

4, 11, 18, 25 Farmer's Market every Friday at Memorial Park 8-1 p.m.

5 Vino & Notes see article page 30.

5-6 Mountain Arts Festival in 32nd Year happens August 5, 10-5 p.m. and August 6, 10-4 p.m. this year, between the Woodland Park Library, and the Ute Pass Cultural Center.

This annual event brings artists from all over the country, and still has the small town feel with plenty of local artists also exhibiting their art. The 80 some artists registered run the gamut from watercolor paintings to woodwork, from jewelry to sculptures, from metalwork to weavings, from pottery to finely turned pens and fairy houses. Entry is free and there will be food and drink vendors on hand as well!

12 Quilts in the Aspen see article page 14.

13 Reiki Heaven and Earth: A Better Understanding of Healing Energies see article page 22.

17-20 Rock, Gem, and Mineral Show see ad on page 15.

18 Parkin Group. Our meeting will be on August 18th at the Mountain View Methodist Church from 10:30-noon, at 1101 Rampart Range Road, just about 2 miles from McDonald.

19 Senior Pancake Breakfast at the Woodland Park Senior Center, SE corner of Pine and Lake Streets, from 8-11 a.m. A fresh cooked, all you can eat, breakfast of fluffy pancakes, scrambled eggs, sausage, the best biscuits and gravy around, and watermelon is guaranteed to get your Saturday off to a great start! Your home town seniors cook and serve it up with juice and coffee or hot tea for only \$8. Kids 6 and under eat for \$2. This open to the public fundraising event helps 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 the 3rd Saturday each month.

26 Bike the Night see article on page 8.

DINOSAUR RESOURCE CENTER

5, 6 Cripple Rescue Roundup (9-4 p.m. Sat., 10-3 p.m. Sun.) Wolves, Hedgehogs, Cats and Dogs, Oh My! This event has been growing each year with many animal rescue and support groups including everyone's favorite, Standing Bear, founder of The Thelma and Flash Hedgehog Rescue. See some live wolves up close and enjoy some good food. Check out our website for more in-depth details.

26 Pop, Bang, Fizz 1-2 p.m. A little of this, a little of that, some wild reactions is where it's at! Join Science Matters and make water disappear, play with snow that never melts and create a fizzy bath salt to take home. All events at 201 S. Fairview St. For more information visit www.mrdmc.com

TEEN CENTER

1 Behind the scenes trip to the Zoo 9:30-3 p.m. \$5. Space is limited.

Sign up at the Teen Center!

3 Laser Tag at Meadow Wood Sports Complex 10-3 p.m. A Professional Course will be set up on a soccer field to test your skills!

8 Learn a new way to play Dodgeball! Meet at the Teen Center at 12:45 p.m.

9 TAB Meeting 3-4 p.m. If you're on the committee, please plan on attending.

10 We're going to be making Viking Helmets out of paper mache! Sign up at the Teen Center so we have enough supplies for everyone.

10 Adopt-A-Spot: Help keep the area around the Teen Center and Memorial Park Clean. Join us at 3 p.m. to help out.

11 Movie *Above the Clouds*. Activities available before movie starts. Check the Woodland Park Roots Project FB page for details!

12 Mystery Dinner Party. You must sign up to participate. \$5 for a character and spaghetti dinner 6-8 p.m.

12 & 13 Lock-In at the Teen Center 8 p.m. on Saturday night to 8 a.m. Sunday morning. \$5. MUST SIGN UP. Space is limited.

15 Celebrate the End of Summer with a fun outing to Manitou Lake! Meet at the Teen Center at noon to catch a bus to the lake. \$2. Teen Center is closed noon-4 p.m. for the day's activity.

16 Teen Center opens at 1:15 p.m. today!

16 Book Club. If you love reading, consider joining our Book Club. We've been going for over a year! 4-5 p.m.

21 Chili Day at the Teen Center. A day of quiet and relaxation at the Teen Center!

22 First Day of School! We return to our school hours of 3-6 p.m.

24 Lego Day. Build your best creation and let your imagination go wild! Sign-up sheets for all activities are at the Teen Center. Teen Center is located at 220 W. South Ave. Call 719-687-3291 for more information.

UTE PASS HISTORICAL SOCIETY

Join UPHS Saturday and take a walk through the bygone days. The two tours of the five buildings comprising History Park begin at 11 a.m. and noon. Exhibits and contents are frequently refreshed so "come again for the first time!" Excludes Saturday, August 5th.

The 90-minute Walking Tour of Downtown Woodland Park begins at 10:30 a.m., so please arrive at the UPHS Museum Center by 10:15 a.m. The Center is located at 231 E. Henrietta Avenue, next to the Woodland Park Public Library. Don't forget to bring plenty of water and a light sweater. While at History Park, visit the Old Curiosity Gift Shop which offers an extensive selection of books and unique gift items. The Gift Shop is located in the Museum Center and is open year-round, Wednesdays through Saturdays, 10-3 p.m. For more information, call UPHS at 719-686-7512 or check out the Website at UtePassHistoricalSociety.org.

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John C Fremont Library

by Sean Beharry

August's featured artist

The John C. Fremont Library is hosting Jennifer Gerring's origami series *Origami Travels*. Jennifer, a resident of Cotopaxi, became fascinated with Origami at a young age. Over the years her love for the art has grown. She has attended multiple classes learning under some of the best living paper-folders of our generation. She is a member of the Origami-USA organization, British Origami Society, and the Origami Houston Study Group. There will be a reception for the artist on August 12th from 2-4 p.m.

Adult programs

- 1 Lewis's Woodpecker Project Workshop at 7 p.m. Central Colorado Conservancy needs your help recording as many sightings of Lewis's woodpeckers as possible! This is a citizen science project funded by a grant from the Cornell Laboratory of Ornithology. Learn how you can help, even from your window, on this regional bird watching project!
 15 All About Eclipses with Clint Smith at 7 p.m. Clint Smith, Vice President of Dark Skies of the Wet Mountain Valley, will have a talk about the upcoming total solar eclipse and other types of eclipses. He will also share astronomical fun facts, along with information about the Smokey Jack Observatory in Westcliffe. The library will provide free eclipse glasses for

safe viewing of the eclipse at this event.

- 17 Easy Origami for Adults with Jennifer Gerring at 2:30 p.m. Jennifer Gerring, Origami artist, will teach three easy origami models for adults. She has been folding Origami since she was 8 years old, and teaching Origami for over 20 years. She is a member of the OrigamiUSA association, traveling to NYC and London for Origami conventions. The class limited to 15 people. If you are interested, please contact Sean at 784-4649 x3 or email sean.beharry@JCFLD.org
 21 Total Solar Eclipse Viewing Party at 11:30 a.m. Meet us at the library for our Total Solar Eclipse Viewing Party. The eclipse begins at 10:20 a.m., and the maximum will be at 11:47 a.m., when 87% of the sun will be covered. We will provide free eclipse glasses for safe viewing at this event.
 22 Life on the Eastern Plains of Colorado with Jane Milne at 7 p.m. Jane Milne combines autoharp music with true, historical stories of life in Colorado. This story depicts the 93-year life of a pioneer woman. Surviving the dust bowl, depression and dangerous rattlesnakes are just part of this fascinating life.
 24 Author Talk: A Walk in Connection by Tracy Ane Brooks at 7 p.m. For nearly 30 years Tracy Ane Brooks has worked with feral wolves and horses. By listening to the animals, through body language and intuition, she has learned how to simplify,

and often eliminate even the most resistant behaviors. The book is filled with stories of these animals and how Tracy learned to gain a genuine trust and connect with them.
 29 Movie Night: *The Sense of an Ending* at 7 p.m. From the director of the forthcoming *Our Souls at Night* filmed here in Florence. An elderly man recalls a teenage love triangle involving his first crush and a school chum. Rated PG-13. Free popcorn, bring your own drink.

Clubs

- 1, 15 Vegan Book Club at 11 a.m. The Vegan Book Club discusses veganism and topics related to veganism. Club President: Harriet Balhiser, harrietalalhiser@bresnan.net
 2, 9, 16, 23, 30 Wool Gatherers at 10 a.m. The Wool Gatherers meet every Wednesday to yak, knit (or crochet or quilt), and have lunch! The group is BYOP: Bring Your Own Project. All levels welcome.
 2, 16 Adult Coloring Night at 7 p.m. The John C. Fremont Library is partnering with the Florence Brewing Company to host Adult Coloring Night. Everyone is welcome to come and color in our adult coloring books. The Florence Brewing Company is located at 200 S Pikes Peak Ave, Florence, CO 81226.

Youth programs

- 2, 9, 16, 23, 30 Story Time at the Library

at 10:30 a.m. Join Ms. Debbie for songs, stories and crafts. Phone 719-784-4649 x2 for more information.

3, 10, 17, 24, 31 Story Time at the Farmer's Market in Pioneer Park at 10:30 a.m. Bring a blanket and join Ms. Debbie for stories in the shade. Themes change weekly, counts for Summer Reading Program!
 4, 11, 18, 25 Story Time at the Library at 10:30 a.m. Join Ms. Debbie for songs, stories and crafts. Friday Story Time is funded by the Growing Readers Together initiative.

19 Family Movie: *Monster Trucks* at 2:30 p.m. A teen befriends an otherworldly creature that's able to possess his pickup truck. Soon enough, the duo must stop an oil company from wreaking havoc on their town. Rated PG. Free popcorn, bring your own drink.

Youth Clubs

- 17, 24, 31 Teen Group at 3:45 p.m. Starting August 17, teens 6th to 12th grade are invited for crafts, games and fun. There is a new weekly theme. Snacks will be provided. Phone 719-784-4649 X2 for more information.

All programs and clubs are free and at the John C. Fremont Library, 130 Church Ave., Florence CO 81226, 719-784-4649 ext. 3 unless otherwise noted.

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