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Welcome to Ute Country



**"When the public's right to know is threatened,
and when the rights of free speech
and free press are at risk,
all of the other liberties we hold dear
are endangered."**

— Christopher Dodd

PEEK INSIDE...



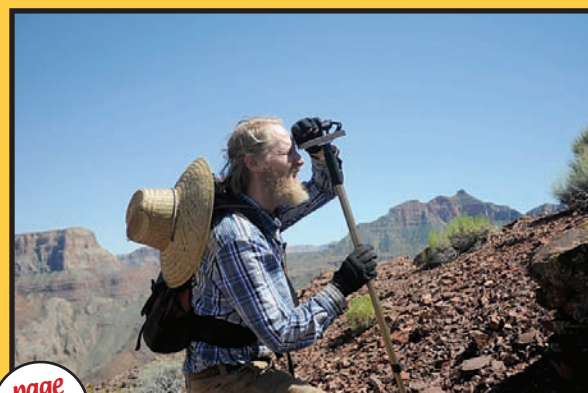
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Foundations for critical thinking



This month's cover was taken at Boreas Pass Railroad Day 2016 of Tom Parson of Letterpress Depot in Englewood, CO. Tom is operating a Chandler & Price Letter Press dated about 1900. The Chandler & Price is housed in the Como Roundhouse owned by Dr. Charles and Kathy Brantigan. (Save the date: The 22nd Boreas Pass Railroad Day is August 19, 2017, 9-3:30 p.m.)

We felt it appropriate to use this photo for our July 2017 cover because this month we celebrate 5 years as owners and publishers of *Ute Country News*! We take this opportunity to extend our sincerest of gratitude to our readers, advertisers, business ambassadors, sales representatives, writers, contributors, subscribers and web viewers. Thank you for this incredible opportunity to put the unit back in community by helping to get the word out! We are truly blessed.

Please do not be alarmed when you do not see *Growing Ideas*, Karen Anderson the Plant Lady intends to be back in August! James Hagadorn is taking a hiatus for an undisclosed time. He offers a special request in his *Just the Facts* column. Erica Gilmore is so creative, the sky's the limit! Seriously, she tells us about Lodge by the Blue, shares the Power of Flour, and the Milky Way. We have a good mix this month, even a few submissions we didn't quite have room for, maybe next month.

Remember we are always collecting photographs of our indoor and outdoor animal friends. If you have been lucky enough to capture that perfect pose please feel free to share with our readers by sending them to us.

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

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



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The Thymekeeper Three treasures and the power of a flower

by Mari Marques-Worden
photo by Mari Marques-Worden

Most people have heard the term, body, mind and spirit. In order to enjoy optimal health, these three must be in balance. In Traditional Chinese Medicine this is what is known as the three treasures, Qi (pronounced chee) Jing, and Shen. Qi is what's thought of as vital force and pertains to all things having to do with the body. Jing is associated with cognitive thought (the mind) and Shen is thought of as your inner light or your spirit.

There are three edible parts of a plant. The root, the leaves and the flowers. It is also understood in the Chinese methodology that the root is of benefit to the person who feels ungrounded, light headed, unable to focus. This person needs to eat more roots like beets, potatoes, carrots or turnips to ground themselves.

In that same vein if you were to hold a leaf up to the light you can clearly see it's circulatory system. It has long been known that leafy greens protect the heart. The person with circulatory issues or heart problems needs more leaves in their diet.

Thirdly, and the one I would like to bring to your attention today are the flowers. Flowers are the outer most expression of a plant. Many flowers like calendula are used for our most outward parts like skin conditions. However, there is more to a flower's healing power than that.

A large percent of our food stems directly from flowering plants. Life would be very different without them. In fact, without the flowers and the pollinators, life as we know it would cease to exist.

Flowers serve an important role for plants. They are the reproductive parts of the plants and because the plant channels all its metabolic energy into forming the flower, they can be seen as the concentrated life force energy of the plant or the Qi in concentrated form. Every living thing has what's known as a life force energy that we emit. When you walk through a field of wild flowers, you are absorbing and interacting with the life force energy from the plants. You are also benefiting from the essential oils they give off when you step on them or brush against them. This simple interaction not only enhances our life force, it also nourishes our spirit and boosts our immune through inhalation of their essential oils. This is why most people feel a sense of well-being after a hike through a forest or a wildflower meadow. All you have to do is show up to obtain the benefits.

I absolutely love flowers for their innate ability to lighten the spirit. How could anyone be sad in the presence of flowers? Perhaps this is the reason we send people flowers when they are laid up in the hospital or give flowers to a grieving family at the loss of a loved one. Flowers are also the way we express our love on Valentine's Day. No wedding celebration would be complete without them. They are an integral part of the human existence on so many levels yet they are often over-looked or demonized. Such is the case with the dandelion, mullein or thistle.

The essence of a flower

One modality of herbal healing is with the use of flower essences. Typically, flower essences are used to heal emotional trauma, change one's attitude, or to bring self-awareness. They work directly on our energetic sys-



Calendula flowers are not only medically beneficial, they're also beautiful to look at.

tem and are primarily used to address psycho-spiritual issues, meaning mind and spirit. However, because the mind and body are not separate from each other, emotions can have a significant influence on our physical health. Body and mind are inseparable. The health of one is intimately connected to the other.

Some instances where an imbalance within the body can play havoc with our mind are blood sugar imbalance, I personally experienced panic attacks with this being the key trigger; hormonal changes and over taxing the nervous system to name three. Likewise, an example of how the mind can affect the body is the toll stress can take on all of the systems of the body. Because flower essences act as a bridge between the mind and the body, they have a way of activating the healing power of the mind; allowing for the person to get to the root cause of the emotional imbalance as opposed to masking the symptom. For example, anxiety is a symptom arising from deeper issues. Chronic negative energy such as sadness, guilt, and self-judgement take a toll on our physical health. Flower essences have an ability to shift our perspective around limitation and helps to enhance the way we see ourselves and our place in the world.

There is a flower essence for every emotional state you can imagine and every flower has a healing theme such as heart trauma, loneliness, grief, or even returning to life for those who have withdrawn. They act internally to lift our spirits and have profound innate healing intelligence to locate root causes like guilt or regret and can transform those emotions into compassion or forgiveness for ourselves and others. The flower itself embodies re-birth so to speak and restores emotional equilibrium harmonizing the body, mind and spirit complex.

Flower essences don't work like drugs and most times will typically not have an immediate physical or emotional effect. They work very much like homeopathic remedies affecting us on subtle energy levels

through thoughts and emotion. However, in many instances of experiencing trauma, a large part of trauma energy cannot be processed and released. When this happens, the trauma energy ends up being stored in the body's cells, where it can remain for several years. The accumulative effects of stored trauma energy can be likened to a ticking time-bomb; and I have seen emotions rise up like rolling thunder shortly after taking an essence. This is one of those instances where it's best to be aware that it can happen. This could literally be terrifying to the unsuspecting spouse or friend. Trust me on that one.

On the opposite end of the spectrum, some flower essences can restore peace and well-being just as efficiently. One morning I was preparing to open my store when I heard a faint knock on the door. I noticed a reflection in the window across the street of a woman sitting by my door. I opened it to find she had just been struck by a truck coming out of the alley and was thrown some distance into a cement wall. She was trembling and had a knot rising up where she hit her head against the wall. We called the ambulance but before they arrived I said let's try a flower essence to help stabilize her. As one would expect she was one hot mess. I put 3 drops into her mouth and by the time help had arrived she was no longer trembling; her racing pulse was calming and she could speak without gasping. This particular essence was a blend made by one of my teachers specifically for times of distress.

Flowers are used world-wide as remedies and have been for thousands of years. In Mayan culture there is a folk illness called susto. Susto happens when a sudden fright occurs that temporarily scares a person's spirit from their body. A car accident, the unexpected death of a loved one are just two examples where susto can occur. An unborn child can experience susto as well and come out screaming at the world! In the case of susto, Mayan Curanderas or healers will employ the use of a flower bath using marigold flowers and prayer. Basically, steeping the life force of the flowers into the water to bathe the person suffering from fright.

How are flower essences made?
Flower essences are made by gathering fresh flowers and laying them on the surface of spring water in a clear glass container. They are then left to sit in the sun for a specific amount of time. Using the energy of sunlight and water we're able to capture the bio-energetic imprint of a flower's life force into water to use for healing purposes. This is considered a bio-energetic preparation. Historically this was accomplished by people called dew gatherers who would come out as night transforms to day and pass linens over the flowers to collect the morning dew. The liquid is then wrung from the cloth and contained. According to ancient philosophers and ancient traditions, dew represents the Universal Spirit in condensed form. This condensed form of life force is thought to carry information about the surrounding environment; including influences of the sun, moon, and planetary configurations as well as information from the flower

continued on page 4

Mary Belle Hardin part II

by Flip Boettcher
photo by Flip Boettcher

The reader is invited to revisit page 7 of our June issue for part I of this saga.

The account of Belle leaving T. is a little different in *From Trappers to Tourists*, by Rosemae Wells Campbell than in the written account by Belle's granddaughter Dorothy Houts and her great-great niece Nancy Thompson as remembered from stories they were told and from research information found at the Cañon City History Museum.

From Trappers to Tourists says Belle also leaves the ranch in 1887 and moves to Cañon City to send Otis to school. In June though, Belle leaves her two sons, six and four years old in Cañon City and elopes to Eagle County with a lover. Her brother William went and brought her home a month or so later. Belle would not return to T. no matter what he promised her; a bigger, better ranch house at the Wet Mountain Valley Ranch and a horse and buggy; or if she did not want to stay with him, a house in Cañon City; if she would stay single and raise the boys.

Houts feels this is not a true account that her grandmother eloped and she thought that Belle already had a horse and buggy. We will probably never know which account is true, but Belle did refuse to return to T., did move to Cañon City in 1887 and had rooms above Merit's market there.

What really seemed to cement the separation between T. and Belle was her dancing with newly elected President Benjamin Harrison at the inaugural ball in Denver in early 1888.

Sometime in 1888, Belle moved in with her uncle J.D. Hylton in Cotopaxi. Hylton was postmaster at the Cotopaxi post office and Belle wrote President Harrison for a job there, too. Belle got the job but only for four months, until President Harrison was voted out of office. Belle also had a millinery shop and made hats and dresses, according to Houts. This is also mentioned in a written interview with Harold Witcher, T.'s grandson in 2000, the account is found at the Cañon City History Museum.

Since Belle lived in town, she got to see Otis and T. Lee as they came and went to school. According to Houts, Otis came over to talk to Belle but T. Lee never did.

T. had since persuaded his niece Nancy Ann Gambill, better known as Aunt Sis or Nannie Gambill, to come and take care of Otis and T. Lee, her cousins, at T.'s Wet Mountain Valley Ranch southeast of Cotopaxi, west of Hillside, in 1889.

By September, 1889, realizing there would be no reconciliation, T. sued Belle for divorce and custody of Otis and T. Lee. The divorce proceedings lasted three and a half years, according to *From Trappers to Tourists*, with Belle suing for alimony and trying to prove she had not deserted one of the richest ranchers in the county and T. trying to prove she had committed adultery. The divorce drained T.'s finances, according to *From Trappers to Tourists*.

Early in 1890, Aunt Sis, Otis and T. Lee went to live at the mouth of Phantom Canyon northeast of Cañon City, with early homesteader Adam Stultz, where Nannie Gambill was the housekeeper. They moved to Aunt Sis's homestead on upper Beaver Creek near her sister Mrs. Martha Jane Merit in 1891 or 1892, according to *Story of Phantom Canyon*, Mabel Hall, 1963.

With the divorce final in 1892, T. had



T. and his family from the early to mid-1890's. Standing left to right are Aunt Sis Nannie Gambill, T. Lee, and an unknown Aunt Lib. Sitting from left to right are Otis, Wallace Hylton, (Belle's nephew), and T. Witcher.

custody of the boys and Belle continued to live in Cotopaxi and make hats and dresses. Belle met Thomas Sherman Woods, a drummer, according to the Harold Witcher interview. Woods was Houts' grandfather. According to Houts, Woods was a farmer-salesman-drummer who was selling ribbons at Belle's millinery shop when they met.

The couple married in 1894, according to records, and moved to Florence where Belle had been raised when she first came to Colorado. The Woods' built a hotel in Florence where their son, Ralph Andrew (Houts' father) was born in October, 1896, a few months before the hotel opened.

The hotel did not pay and the couple sold it and moved to Golden, Colorado. The 1900 census shows the Woods' living in Vasquez, Colorado. They stayed a couple of years and then moved to Alhambra, California around 1902, where they had a dairy farm on Valley Boulevard with about 200 cows, Houts remembers.

Things did not work out for Tom and Belle and Tom returned to Denver sometime before 1910. Houts says that Belle then bought land in the Coachella Valley, California, and the 1910 census supports Houts showing Belle as the head of the household living in Indio with son Ralph.

Belle started raising mules on her property and breaking them to harness. Belle had a part Indian man working with her on the ranch. One day the Indian brought a pregnant mare to the ranch that he had caught in the mountains. There were still wild horses there. Ralph raised and trained a beautiful colt from that mare who he named Socks.

Houts says that Belle would take a team of eight or more mules into Los Angeles to sell and come back to the ranch with two mules to pull the loaded wagon. The trip to Los Angeles took one week each way by wagon. Ralph remembers that Belle was a crack shot and always had her gun nearby. Ralph said he saw her take the head of a rattlesnake off at 20-25 feet; she shot

from the hip. Perhaps this was the Smith and Wesson Jesse James had given Belle in 1875 before she came to Colorado.

Belle bought some land in Thermal, just south of Indio, and Ralph went to school through high school there, about 1914. Since Ralph wanted to be a machinist, Belle sold the ranch and moved back to Los Angeles. The 1920 census shows her living in Inglewood, outside Los Angeles.

Sometime between 1919 and 1922, Belle's son Otis who had moved to Lomitas, California, came to see Belle and stayed with her awhile, according to Houts. Otis had gone to California to become a machinist, according to Otis' grandson Jerry Witcher of Cañon City, whose father Harold was born in California during that time.

In the crash of 1929, Belle lost most of her money that was in the bank and had to sell some of her things, said Houts. The family who wanted Belle's dining room table and chairs had no money, so they traded 160 acres in Barstow, north of Los Angeles, for the set. The 1930 census shows Belle in Barstow. Houts says the family still has this property, as of 2002.

Sometime in the 1920's, when Belle was in her sixties, she learned how to drive a car. Once when a police officer stopped her, he saw her ever-present gun on the front seat. Belle argued that it was not concealed and so got off, according to Houts.

Belle built a very small, garage-sized house at the back of her lot in Barstow where she lived. Houts said Belle became a minister so she would not have to pay as much in taxes. Belle lived on her property until she died at 76 years old on March 10, 1936. Belle was cremated and her ashes are buried at Hollywood Cemetery, Los Angeles, California.

Houts says of Belle, "She was a stern, not smiling kind of person, who scared her daughter-in-law, Houts' mother, but she loved her sons." Ralph stayed near her after he married and Otis stayed awhile with her when he lived in California. Sadly, there is no mention of any contact or visiting with T. Lee.

Houts says of Belle, "She used to tell my Dad, Ralph, that if you run away from trouble, it will just get bigger and bigger. But, if you face it, it will get smaller and sometimes even disappear." Houts thinks Belle "Lived her life that way, facing whatever came. I don't think there was much joy in her life, but I don't think she was mean or in any way a bad person."

Think of what Belle saw in her lifetime: born just before the Civil War in Missouri in 1860; moving to Colorado by wagon train and living a truly remote ranching life; finally moving to California by train, learning to drive a car; and living through the Great Depression. What a gal; a typical pioneer woman.

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The Thymekeeper

Three treasures and the power of a flower

continued from page 2

where it condenses. Dew can be described as universal, environmental and flower energies mixing together in one little drop of dew as the flower holding the dew imprints it with its own healing information.

Alchemists have known all along what science is only beginning to confirm. New research has emerged around water having the ability to be imprinted with information contained in its environment as being a likely possibility.

For more on the magic of water imprinting see: www.care2.com/greenliving/heart-fusion-the-magic-of-imprinting-water.html And www.peaceloveprosper.wordpress.com/2013/10/23/dr-masaru-emotos-water-crystal-experiment/

Taken over time, flower essences will naturally increase your self-awareness and you may feel that the mental or emotional states that led you to the essence in the first place may actually feel worse for a short time. This is particularly true if you have been unable to express your feelings and you may become strikingly aware of your disharmony. However, one important thing to note is flower essences can help heal emotional issues without re-traumatizing the person. They are safe and can be taken by putting them straight into the mouth, adding them to drinking water or using a diffuser to help transform an environment. When taken internally they are quickly assimilated without the need for digestive process. One or two drops internally or externally over a period of time is the best way to take them.

An example of a plant profile: Self-heal *Prunella vulgaris*

Self-heal increases confidence in our ability to heal ourselves. It is particularly recommended for those who doubt their innate recuperative powers. For those who have lost

their belief in their own capacity to be well. For people who turn the responsibility of the health of their body, mind and spirit to healers, counsellors and gurus and do not wish to take an active part in the healing process. For addicts dependent on external factors for their feeling of well-being. Self-heal helps to reduce dependence on others and to inspire motivation and a belief in your own inherent healing powers. Self-heal helps to activate the bodies inner healer and helps to empower our innate healing intelligence when it has gotten off track.

The book *Flower Power* by Anne McIntyre is an excellent resource for learning more about the power of flower medicine and their influence on body, mind and spirit. Sara Crow offers an excellent course in this subject for those wanting to dive into flower essences a little deeper. Sign up for Sara's course here: www.floracopeia.com/education/Courses-and-Training/A-Flowers-Power-A-Course-In-The-Energetics-Of-Flower-Essences.html

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

Take a walk

July is the perfect time for viewing and identifying the wildflowers in Ute Country. Let's get together and take a walk in the woods. Donations for this event are graciously accepted. Meet at The Thymekeeper 1870 CR 31 Florissant, CO. We'll meet and carpool to the hike site from 1:30-3:30 p.m. on Sunday, July 16.

Cash-based pricing for MRI and CT scans

Heart of the Rockies Regional Medical Center has introduced cash-based pricing for magnetic resonance imaging (MRI) and computed tomography (CT or CAT) scans as of last month.

Patients pay for the service upfront with cash, check or credit card. Insurance companies will not be billed so the cash payment will not go toward an insurance deductible. The cash-based price includes both the hospital charge and the radiologist's fee.

The hospital is able to offer the cash discount because there are fewer administrative costs, and payment is received in full at the time of service.

CTs or MRIs done at HRRMC prior to June 1 do not qualify for the cash-based pricing.

A doctor's order is still required for all MRIs and CTs done at the hospital regardless of payment method, and a report will continue to be sent to the ordering physician.

"The hospital has been developing cash-based pricing for these two radiology services for some time," said Lesley Fagerberg, vice

president of finance. "We are aware that more and more of our patients have limited insurance coverage or high-deductible plans and we wanted to offer a more affordable option."

Patients are encouraged to call our Patient Financial Services office at 719-530-2475 prior to a CT or MRI scan to determine their out-of-pocket costs so they can decide if cash-based pricing is the best option for them.

This is the second initiative HRRMC has undertaken to address the cost of health care. In 2014, the hospital introduced Direct Access Lab Testing, which enables patients to order lab tests at discounted prices from a set menu of 19 tests without a doctor's order. Patients pay upfront for the tests and are responsible for sharing the results with their provider.

Direct Access Lab Testing is offered at the hospital seven days a week and at the HRRMC Buena Vista Health Center Monday through Friday.

For more information about cash-based pricing for MRIs and CTs, call 719-530-2475.

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Spotlight on the Divide Chamber

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- **Ute Pass Historical Society:** 719-686-7512 or www.utepasshistoricalsociety.org. Historic buildings, exhibits, artifacts, photographs, museum, tours and gift shop.

Teacher Feature

July's Teacher Feature has been sponsored by Park State Bank & Trust of Woodland Park, Colorado

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Teacher Feature: Deb Bass

July 2017 Teacher Featured:
Deb Bass

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Submitted by:
2016-2017 School Year



"I think our classroom is open to wider range of books for us to explore more. For example: graphic novels, screenplays, novels that she helps us find and other great books."

– Vivian Volkmann

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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24th Annual

July 14 & 15 2017

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Colorado Mountain Freedom Tour

On July 28, 2017, a team of cyclists will depart from Gunnison, Colorado. They'll pedal through some of Colorado's iconic mountain communities, using their tour as a platform to raise awareness about the horrible crimes of modern human trafficking and sexual slavery. They'll stop in Salida, Buena Vista, Leadville, Avon and finish with a great ride into Steamboat Springs.

The first stop in Buena Vista is July 9 at BV Congregational Church, 217 Crossman Ave at noon, and another opportunity at 6 p.m. at ClearView Community Church, 457 Rodeo Rd. The last BV stop is July 29 at the Creekside Gathering Place, 203 Cedar St where local group BV HOPE will feed them an early breakfast at 10 a.m.

In four days of cycling this team will ride 260 miles and climb more than 14,500 feet. This will be the second extended tour of the summer for the Freedom Tour. Front Range

Freedom Tour was held June 17-25 and began in Cheyenne and cycled through Fort Collins, Boulder, Castle Rock, Colorado Springs, Pueblo, Rocky Ford, Trinidad, and finish with a climb of Raton Pass.

Freedom Tour partners with Project Rescue to support the kids at the Home of Hope in New Delhi, India. The Home of Hope serves children who have been rescued from the forced sex trade. They provide housing, food, clothing, aftercare, and education in a safe, nurturing environment. All funds raised go directly to Home of Hope.

The Freedom Tour celebrates its 5th year in 2017. Four previous tours have raised over \$116,000 for the Home of Hope.

If you are a cyclist looking for an opportunity to ride or a person ready to be a part of something bigger than yourself willing to be supportive from the crowd learn more at www.frontrangefreedomtour.org

HRRMC names new VP of patient services

Heart of the Rockies Regional Medical Center has appointed April Asbury, R.N., B.S.N., M.S.N., as its new vice president of patient services.

Asbury brings 17 years of nursing management and leadership experience to HRRMC. Most recently, she served as an interim nurse leader and project manager for The First String Healthcare, a healthcare-specific recruiting firm that focuses on both interim and permanent nurse-leadership placement.

"April has the education and relevant experience needed to successfully provide progressive leadership for patient care services at HRRMC," said CEO Bob Morasko.

From 2010 to 2016, Asbury was employed by St. Thomas More Hospital in Cañon City, where she worked as director of acute care services and before that director of emergency services. Prior to that she worked for Northern Colorado Rehabilitation Hospital in Johnstown as chief operations officer for their long-term acute care facility and director of nursing operations for acute inpatient rehabilitation.



Asbury has extensive experience in rehabilitation and emergency nursing, medical surgical units, and outpatient acute care services at both large and small facilities. She is a member of the American Nurses Association, Emergency Nurses Association and is certified in rehabilitation nursing.

Her career as a registered nurse began in 1995 at the North Colorado Medical Center in Greeley. She earned her Bachelor's degree in Nursing from the University of Northern Colorado in Greeley, and her Master of Science in Nursing Leadership and Management from Western Governors University in Salt Lake City.

"I am happy to be part of the HRRMC team," said Asbury. "As VP of Patient Services, I envision a partnership for ongoing progressive health care for the communities we serve."

Asbury directs all of the nursing departments at HRRMC as well as the pharmacy, education, dietary, rehabilitation, cardiopulmonary and medical imaging departments.

Summer 2017 Trail Projects

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

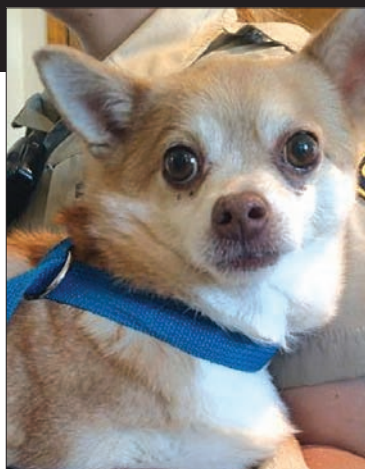
On July 8, we will be doing some touch-up work on Lovell Gulch trail in the areas we worked last year. The rangers would like a couple hundred feet of trail to be wider so it will be easier for people to pass without trampling the critical edge and undoing our work. We will also block some braided trails and put up some signs. Sign up at www.cmc.org/Calendar/EventDetails.aspx?ID=37410

On August 5, we will remediate some erosion issues on the eastern end of the southern loop on Lovell Gulch. Sign up at www.cmc.org/Calendar/EventDetails.aspx?ID=37411

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).

Adopt Me by TCRAS Happy Toes

Hi. My name is Happy Toes 'cause I love to dance. I came to TCRAS as a stray and no one came looking for me...as strange as that sounds. I am a happy boy with lots of kisses to give. I know my house manners. I am OK with other dogs, but would like a proper introduction just to make sure we will be friends. So, please dance over to TCRAS and maybe we can meet and fall in love! TCRAS is located at 308 Weaverville Road in Divide. Feel free to call 719-686-7707 for more information.



Days Gone By Celebrating the 4th of July as it was meant to be

by Jamie Hagen
photos by Baby Doe Studios

I grew up in Downers Grove, Illinois on Grove Street. We had a large park and an amphitheater across the street from our house. Downtown was just a block down the road. I have such fond memories of a variety of parades which occurred there; 4th of July, Centennial, Fall Festival, and Christmas. The parades were spectacular yet our festivities did not end there. We would also have festivals and concerts to go along with the parades. For a kid, these events created life-long memories. I often reminisce on them and feel the joy and excitement that they brought.

As a teenager, my parents moved to Florida. It seemed like a new subdivision was built each week. The next new subdivi-

sion was built at the end of the previous new subdivision. Worse yet, they had about six house designs, so the endless roads of houses all looked the same. I thought my childhood recollections were simply memories of days gone by that could never be obtained again.

When I had my own children I wished I could give them some of my childhood recollections. We found other things to do: boating, swimming, horseback riding — yet nothing brought a sense of community into their lives. For vacations, we began traveling to Buena Vista, Colorado. After our first vacation, I recall leaving this spectacular area and feeling like I was leaving the place I belonged.

Seventeen years ago we moved to Buena Vista. My youngest was starting fourth grade. That summer we got to celebrate 4th of July in the small town way that I recalled from my childhood. I watched her in the Halloween parade; we celebrated Christmas with the towns daytime Equine parade and night time Parade of Lights. We got to know our neighbors; we became part of our community. I love that one cannot walk through Buena Vista without fondly connecting with someone we know and a smile or wave from a stranger.

I have had the great pleasure of celebrating the seasons of one's life noting the passage of time with our town's parades, and community celebrations. First, with my youngest daughter, then with my oldest daughter's two children who have grown up here. Now with a new granddaughter, I shall get to share with her the small town charm of our community.

Please create your own memo-



ries of days gone by and join the Buena Vista Chamber of Commerce & Visitor Center with our traditional and authentic 4th of July Celebration. Our Independence Day commemoration includes present day allure with past day charm. Kids are encouraged to participate by decorating their pet or bike and can even win prizes for the best decorations. Businesses and organizations and even family reunions are asked to enter a float or walk in the parade.

We have something to please everyone in the family starting with a pancake breakfast at 7 a.m., Art in the Park from 9-4 p.m., Patriotic Parade at 10 a.m., Kids Games at 11 a.m., Free Concert at 2:30 p.m., Paddle on the Pond at 4 p.m., and awe-inspiring Fireworks at 9 p.m. We have much more to share and do please visit www.buenavistacolorado.org/events/fourth-of-july/ for full details. Come early and stay the week as we have events both weekends to enable you to fully experience our special Buena Vista of the West. Then return to experience our Gold Rush Days, Apple Fest, ATV Historic Color Tour, 14er Fest, Trick or Treat Street Parade, and Christmas parades. Buena Vista will become for you and your family precious memories of days gone by.

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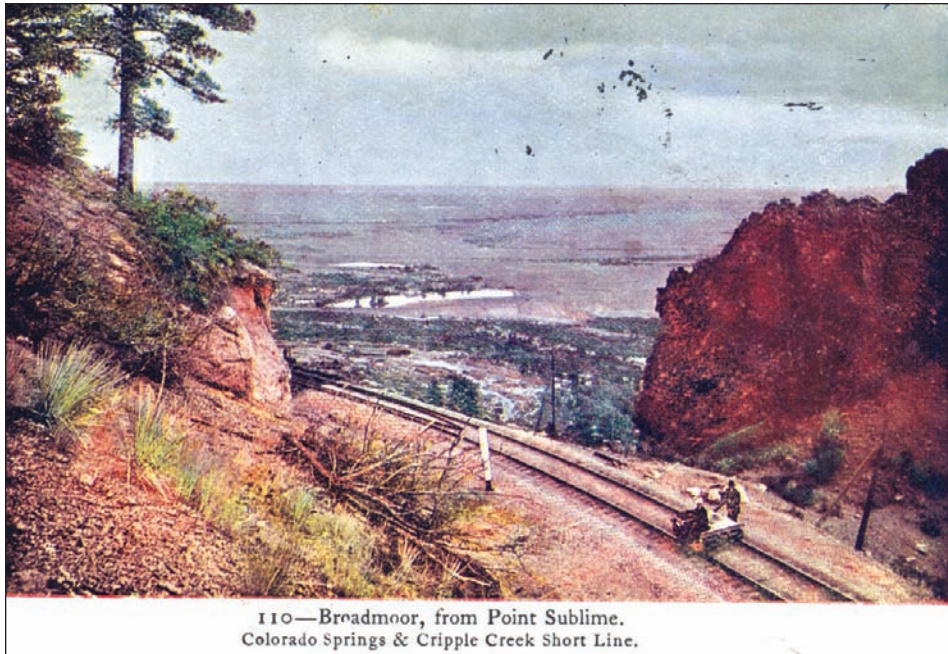
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This photo shows two tourists riding down a grade of the Colorado Springs and Cripple Creek Railroad on a gravity car. This photo is on a postcard from the S. W. Veatch collection.

Fun with the Short Line's Push Cars

by Steven Wade Veatch and Peter Doolittle

The narrow-gauge Colorado Springs and Cripple Creek District Railroad, or Short Line, was built along what is now the Gold Camp Road. By 1901, the train ran all the way from Colorado Springs to Cripple Creek. This was the shortest route from the goldfields to Colorado Springs. Train cars, filled with gold ore, rumbled along the rails behind powerful steam locomotives to mills on the west side of Colorado Springs. The route also operated two daily passenger trains that provided service each way.

The above photo is an antique postcard that shows what is known as a "gravity car" that was popular with tourists, photographers, and other interested people from the Pikes Peak region who took a trip on these gravity cars that rolled down the grade at fast speeds from a point known as the "Summit" eastward to Colorado Springs. These gravity cars could reach speeds of 40 MPH! What a thrill that must have been in these early days. This car appears to have a lever operated handbrake. The location depicted in the postcard is Point Sublime on the Short Line. The lake in the distance is at the Broadmoor Casino, now the Broadmoor Hotel.

The white post in this picture is most likely

a warning for the crew operating a flanger, or snow plow, that there is a bridge or tunnel ahead. There is probably some structure or obstruction out of view to the left in the postcard. Note the guard rails between the two outer rails going to the left. Those are usually present on a bridge or trestle, possibly a tunnel, to keep derailed equipment from falling off into the abyss or causing damage to the structure being protected.

This so-called gravity car was known as a push or hand car and was used by section men or “gandy dancers” who were responsible for inspecting and maintaining a section of the railroad track. The gandy dancers used the push cars to get to and from the section they were working on that day. Push cars were a more primitive version of the pump handle handcar depicted in old movies. Someone, standing on the deck of these cars, would push them along on flat or level track by using a pole they pushed against the ground. In the case of mountain railroads, such as the Cripple Creek railroads, the push cars would be lashed onto the back of a train going upgrade and then allowed to coast down from the top of the pass or grade, carrying a gandy dancer along his section of track.

Assets to Ashes

Prevention workshop July 26

It's been five years since the Waldo Canyon Fire claimed two lives, destroyed hundreds of homes and charred thousands of acres of national forest. "Despite Waldo, and then the even more destructive Black Forest Fire the very next year, many neighborhoods are still not ready if a wildfire should threaten them," according to Margo Humes, President of Pikes Pike Wildfire Prevention Partners (PPWPP.org). To help people get ready, the organization is holding a one-day prevention workshop on Wednesday, July 26. "The threat is real," says Humes, "and we're not just talking about protecting lives and property, but preserving our forests — the very reason so many of us live where we do," she stresses.



Workshop topics include:

- Good Fire/Bad Fire with former fire fighter and author Einar Jensen
- Wildfire, insurance and the real estate market
- Structural ignitability (what causes homes to catch fire?)
- Mitigation helps protect fire fighters
- Your choice of afternoon field sessions: “Structural assessments and retrofits” or “Forest fuels and treatments.”

The cost is just \$40 including full day of activities, lunch and door prizes (including a chain saw)! Register at ppwpp.org. The workshop will take place Wednesday July 26th from 8-3:30 p.m. at Larkspur Fire Station 161, 9414 Spruce Mountain Road, in Larkspur.

Insurance agents and realtors can earn

continuing education credits, but this workshop is for anyone interested in the topic of wildfire prevention. Seating is limited and the deadline to sign up is July 19th.

Established in 1993, Pikes Peak Wildfire Prevention Partners is a group of wildfire professionals, mitigation contractors, agency representatives and homeowners. Our mission is to reduce the threat of wildfire to life and property in El Paso, Douglas and Teller Counties. Proven wildfire mitigation techniques greatly reduce the risk to lives and property.

Register and check out the full schedule at ppwpp.org or leave a message at 719-299-1874.

Note: This workshop was rescheduled from May 12th.



Reiki Heaven and Earth

Reiki and multidimensionality

by Olga Daich

None of the histories I have been sharing are fiction; all of them have blessed my life because each of them taught me something. In times where we are fighting the poisoning of our food, water, air and what is more important, our souls. Going back to the spiritual path may be the only way to recover the natural balance of clean water, air, food and ourselves.

This may be a lost battle if we don't take the action to make the change that must be done first. The problem is the loss of respect, the loss of love for each other, the loss of values and principles. How can we change the outside world when we don't change first our inside world? How can we ask someone to not poison our food and water when the inside world of that person lacks love, respect and values? If we want to see a different outside world, we do need to change inside first, because that "outside world" is a reflection, a mirror of our mind, heart and souls.

I truly believe the rising number of people suffering from depression is the results of a soul screaming for help. A soul who doesn't like this world anymore, a soul who may be in a battle each day with the non-sense of life. I don't deny that people with dementia, Alzheimer, or depression may have a chemical imbalance but my question for you is, what came first, the spiritual and emotional struggles or the physical/cellular level imbalance called Alzheimer or depression? You may be thinking, well my relative didn't seem to be unhappy before s/he was diagnosed with Alzheimer, cancer, or depression. My question is: "Are we really aware of what is going on inside of that persona? Are we awake or conscious about her/his inner world? What is hitting at the subconscious level?"

We now know that our body always gives us a response to our feelings and emotions. It doesn't matter how hard we try to hide our true feelings. If we meet a friend in the supermarket, and that friend asks, "How are you doing?" Most of the time the answer is the same, "I am ok" or "I am doing fine." That answer is ok because you don't have to share your personal problems with all your friends. However, your body knows the truth. Your body is going to respond to your true feelings and emotions. You cannot lie to your body.

We are made of energy; our body is a perfect-divine vehicle made of biofields (EEG, ECG, EMG, acupuncture meridians, chakras and so on). All of those biofields respond to emotions and feeling. Every time that we have a negative emotion, the organ or gland that is nourished by the energy of the chakra (centers of energy) will be affected. Its energy will be blocked. An organ or gland with blocked energy will not be a healthy organ or gland.

Reiki is a spiritual healing practice. As a Reiki Master, I have been helping people balance their centers of energy and biofields. I can guide them through the healing process, but, the healing of emotions and feelings are not in my hands. Please remember Reiki is not a Religion or a cult. Reiki is not a cure for your physical problems. Reiki is a spiritual healing path.

Sometimes people ask me, "Why can't I heal my body? Why does my headache not go away? Why I am still having health issues?" My answer is there is still something in your inner world that must be healed

before you see the physical body healed. Here's an example:

Let's say that you were an abused child. Your mom was an abusive woman who beat you all the time, and you grow up feeling sad or angry. You became an adult and with time you thought that you had forgotten your mom. You started to have stomach aches. You tried different treatments but nothing seemed to work. One day you met someone who spoke to you about emotions and illness. By this time in your life everything is great, life is good except for the "stomach aches". You don't recognize the emotional reasons for having health problems. Your friend suggests that look at your past. Now you remember the situation with your mom but you tell your friend that you had forgiven her. But when you think about all that she did to you, you feel your heart beat rising and some tiny tickles in your stomach (solar plexus, where emotions sit). Your body is giving you a physical response or reaction to your true feelings. It doesn't matter if you smile to your friend and say, "I forgive her" a thousand times. You can lie to your friend but not to your body. Unresolved emotional issues will bring you a physical response again and again until you can be completely honest with yourself. Once you recognize your true feelings concerning your mom and you truly forgive her, the healing process will begin.

Working as a Reiki practitioner allows me to witness healings that arise from struggles in this life time as well as past life struggles.

I encourage my clients to look for what science says about biofields, healing energies, epigenetics and so on. Science is giving us a better understanding of concepts like healing, distance healing, intuition, and more practices that we didn't understand a few years ago. Look for information. I do always remember Jesus' words "Know the truth and the truth will set you free."

Today I would like to share a couple of histories.

I was called to do Reiki for a woman who was a Reiki practitioner herself.

There were no physical issues at the time.

I started the session as always, tried to clear my mind of outside thoughts, asked for guidance and permission to do Reiki. It was a normal session, opening chakras and balancing energies. Near the end of the session I felt the presence of her dad standing next to me. She told me that he passed away a few years ago and that they were very close.

At some point during the Reiki session, I moved my hand to the left side of her chest, over her left lung. At the same moment, I heard him say “Tell her about her left lung.” I couldn’t understand what he said very well, but I told her, “Your dad is here; he is saying something about your left lung.” She told me that she didn’t have any issues with her lungs, her health was good. She wanted

her lungs, or whether he was good. She wanted to know exactly what her dad told me about her lungs, but I couldn't give her an answer. I didn't understand his message, the only thing that I knew was that he had said something about her left lung.

A year after this Reiki session she asked me to do Reiki for her again. She told me that her doctor had found something on her left lung, which may be a tumor.

I didn't recall our last session. She reminded me, "Olga, at our Reiki session a year ago, you told me that my dad said something about my left lung."

What her dad was trying to communicate to us a year ago, now made sense. He was trying to warn her about a future health issue.

This is not the first time I said things that I didn't recall during a Reiki session. It is like going into a dream state, so when you wake up you don't remember too much.

I need to clarify here that when we do Reiki, we are allowed to be a channel of Divines Energies. I didn't start my Reiki practice intending to get in contact with people who passed away or looking into my clients' past lives. Those experiences came without warning to me. Reiki has been taking me through different paths that I am honored to accept. I know that when I open myself to the Divines Energies during a Reiki healing session, I am also opening the doors to worlds with different frequencies of energy. Here is when terms such as *multi-dimensionality, parallel worlds, spiritual quantum physic* etc., become the bridge to connect and understand the spiritual world.

The communication with people who have passed away happens sometimes during a Reiki session but is not my decision. It is "their" decision to communicate with their relatives.

Usually when that happens I ask for a "proof" like in the next history I would like to share.

James asked me to do Reiki for him. I knew he was (he is) a beautiful soul. I knew his dad was dead, but I never met him.

I was in his house. I asked him to lay down on the sofa. I started the Reiki session. It was not difficult in anyway. Some chakras were closed and his energy level was a little low. I was almost done with the Reiki session when

I felt the presence of his dad. He told me, "Tell him that I apologize for being too hard on him when he was a child, I ask forgiveness and tell him I am very proud of him." This kind of situation is always uncomfortable for me and I always ask myself, "Is my mind making this up?" That is the reason I ask for a "proof." I decided to ask him for his date of death as a proof that the message was true. I heard, "November 19th." James was still laying down on the sofa with his eyes closed. I grabbed a piece of paper and wrote down that date.

When I asked James to open his eyes, he asked me how his session was (he fell asleep).

I told him something happened but before I told him I wanted to know the date that his father passed away. His answer was, "I don't remember." I asked him if it was in November but he said, "I don't think so, I think it was in September." I asked him where can we find out the date. He said, "There is a tiny paper inside of an old Bible." He went to grab the Bible and gave me the paper. It was an obituary. My eyes went to the part that stated the date of death, September 7. I felt disappointed in myself, thinking my mind was playing games with me, but then I read the entire obituary, my eyes got stuck when I read, "J.A. (don't want to say his name here) who was born on November 19th. ..." At this point I laughed because I understood the reason he gave the date of birth and not the date of death and that was a sweet message for me. The date of death was not as important as the date of birth because wherever he was, he was reborn there.

I gave James his message and showed him the paper where I wrote the date.


His dad was hard on him, but James told me he knew his dad was trying to do the best he could. James is a very humble person who can't see himself as the lovely and wonderful soul he is.

Yes, James I do agree with your dad, he has reasons to be very proud of you. I have been blessed to meet you again.

If you have any question or want to contact me for a Reiki appointment you can reach me by email: olgacely@hotmail.com. Please write REIKI as the subject in your email.


Workshop planned

I am planning a workshop: *Reiki Heaven & Earth: A Better Understanding of Healing Energies*. The one day program 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. Feel free to email your interest or request for more information to olgacely@hotmail.com or text Olga Daich 801-628 9273. Namaste.



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One Nation Walking Together

American Indians and the U.S. Constitution

by Urban Turzi

A few years ago, I had a conversation with a highly respected elderly man of Mohawk heritage, about the Native American influence on the formation of the Constitution of the United States. I learned that Benjamin Franklin, Thomas Paine, Thomas Jefferson, and others were looking for an example of effective government and human liberty to unite the 13 colonies. They discovered that the oldest participatory democracies already existed among the Iroquois Nation in the form of *The Iroquois Great Law of Peace*.



In the 18th century, the Iroquois League was the oldest, most highly evolved participatory democracy on earth. At that time, members of the U.S. Congress met in private with representatives from the Iroquoian Grand Council around the end of the 17th century. Knowledge of an Iroquois Confederacy and the political organization of other tribes brought to light democratic principles that became major sources for inclusion in our Constitution. Iroquoian elders have long claimed that their government served as a model for the United States. The following basic concepts were believed and/or adhered to by the Algonquian family of nations. This was finally acknowledged by the U. S. Senate in 1987!

It was observed that the Native people were endowed with the right to speak freely, the right to assemble, and to practice religious freedom. The separation of tribal powers into three branches acted as a system of checks and balances. They knew the limits of their own possessions and did

not encroach on their neighbors' dwelling; they considered murder, rape, and theft as capital offenses, and adultery was most severely punished. Every man was considered naturally free and independent, and no one could deprive him of that.

They believed in the "Golden Rule" of doing to others what you would want done to you. Native chiefs were powerful, but received advice from lesser chiefs; they debated matters very deliberately and with integrity. If a chief received a gift, he would not keep it, but distributed it with everyone and would keep nothing for himself. While in Council, to interrupt another person was considered highly indecent and disrespectful.

Peace among former antagonistic tribes was maintained through *The Great Law of Peace*, which was a type of "written document" that was handed down from generation to generation by the coding of beads used on the wampum belt. This outlined a system of checks and balances between Native nations and genders. The tribes were ruled by the women, who selected their chiefs based on the person's integrity. "All Iroquoian statesmen must be honest in all things. They must not idle or gossip but be men possessing honorable qualities. Their hearts shall be full of peace and good will, and their minds filled with a yearning for the welfare of the people." (www.indigenouspeople.net see "Constitution of the Iroquois Nations").

By the same token, women had the right of veto, and could remove the male chiefs. Strangely, our founding fathers didn't consider this precept and use it in our Constitution, as women in our country had to fight for the right to vote, and are still fighting for equality.

American Indian women preserved title to the land through families and clans. Both sexes had a voice as decision-making was achieved by consensus in public Councils. "If American women across the land had known the truth about Indian women, the call for equal rights (liberty and justice for all) could have been heard earlier, and American history might have changed over the past years." (www.mollylarkin.com)

Freedom of religion and no unauthorized entry into homes were guaranteed. These are both included in our Bill of Rights.

The Cherokees buried valuables with their dead to prevent development of a class structure based on inheritance and wealth, thereby ignoring merit as the criteria for leadership.

The concept of the seventh generation was a mainstay of decision-making. It was



Both sexes had a voice as decision-making was achieved by consensus in public Councils.

believed that any decision, whether personal or business, must take into consideration its impact on the future generations to follow and the impact on Mother Earth.

Already in the 17th century, the Natives had learned from the Europeans that the rich man enjoyed the fruits of the poor man's every day labor for small wages to make a few live plentifully and the others live miserably. The Natives could not reconcile this system to that of their own, where the richest person was the one who gave all they possessed to those in need. Today, too many Native Americans are considered the poorest of the poor, because of the historical trauma brought upon them by the Indian Wars and the federal government's establishment of the reservation and boarding schools systems.

Sources: John Crandall, Donald Grinde, Bruce Johansen, Molly Larkin, Eugene Red Hawk, Gregory Schaaf, and Sally Roesch Wagner.

Educating the general public about the plight of the Native People, the history, and the many positive aspects of their culture is an important segment of the mission of One Nation Walking Together. Our mission can only succeed and make a positive difference in the lives of Native People with a personal investment by you: of your time as a volunteer, a financial contribution, or a donation of merchandise. Only by caring and sharing can we fully realize our true worth to our fellow brothers and sisters. For more information on how you can help please visit www.onenationwt.org or email, office@onenationwt.org or call 719-329-0251.

Urban Turzi is Director Emeritus of One Nation Walking Together.



Green's Fitness Go To Recovery

by Caleb Green

Perhaps one of the most underrated and underestimated of fitness components is the recovery portion. I wanted to dedicate an entire article to it as it's also one of the most important building blocks to a successful fitness lifestyle. Recovery means more than just getting enough sleep at night or stretching for a few minutes after training. Recovery is just like any other area of training in the way that it's multifaceted. Sleep, active recovery, and stress management are the main portions that will be discussed in this article.

Sleep; no one ever seems to get enough of it. The American culture very much dictates diligence in filling your time, all of your time, with work or other obligations. Sleep can easily get lost at the wayside as it's the easiest to borrow from whether it's getting that report ready at work, or catching up on TV shows. Even when we do sleep, typically people are so overstimulated by our hectic environment that that quality is not very good. The National Sleep Foundation recommends between 7 and 9 hours of sleep for the average adult. Older adults (65+) can get away with 7 to 8. The main thing to pay attention to is that 8 solid hours of sleep are what to shoot for.

Getting enough sleep has a slew of health benefits such as better heart health, kidney health, and mental health. Your body repairs itself when you're sleeping similar to how a grocery store restocks its shelves at night so everything is ready to go for the next day. Just closing your eyes isn't enough to gain sleep's beneficial effects. What you're really looking for is called REM sleep. Most have at least heard of it. REM stands for Rapid Eye Movement and comes immediately after deep sleep. The deep sleep is when all of the benefits of sleep occur. A good way to tell if you had a good night's sleep is to think about how much you dreamed that night. Dreaming occurs more in REM sleep cycles than any other ones. Not getting enough sleep? Try going to bed 15 minutes earlier a night, increase by 15 minutes each week until you're at the recommended amount. Stress! It's a fact of life and seems to in-



Sleep, stress management, and active recovery are key elements to a successful recovery and building a healthy lifestyle.

crease as we get older and take on more responsibilities. What causes stress? Typically, overstimulation of our brains or bodies in a way that makes us feel threatened creates a stress response in the body, most typically characterized by the presence of a chemical called cortisol. Cortisol has negative effects long term and can contribute to anxiety, depression, weight gain, and heart disease.

Your body repairs itself when you're sleeping similar to how a grocery store restocks its shelves at night so everything is ready to go for the next day.

Learning to manage stress as a part of recovery is critical as it essentially puts your body in a state of survival. This effects weight loss in the way that your body will hold on to body fat, getting ready to "survive" the stress you're under.

Want to know how stressed you are? Try this quiz (<https://www.psychologistworld.com/stress/stress-test>) to help get an idea of

how much stress you're under.

How to lower stress is different for everyone. Some people go on vacation, others go shooting or practice meditation. Personally, I find meditation to be the quickest daily practice to lower stress. Headspace is a great app to get started with meditation if you never have tried it before or don't know where to start. Moral of the story? Find some way to de-stress so your body can maintain low cortisol levels and run in an optimal state.

The final main component to recovery sounds like a paradox. Active recovery is an important part of any healthy lifestyle. Active recovery is low impact, low intensity exercise with the main purpose of increasing blood flow to your muscles, which helps to carry oxygen and nutrients to them. Active recovery could be anything from myofascial release and yoga to a light hike. Whatever you choose, it should be done a couple times a week and be enjoyable. No need to make yourself more miserable exercising. Recovery should be just as much mental as it is physical. Done properly, active recovery helps with reducing stress levels as well.

As a quick side note, myofascial release for those that don't already know is the act of breaking up fascia (the body's main connective tissue) that is causing restrictions to muscle movement or impinging muscles in the body. Foam rolling, made popular by CrossFit, is an example of this. There are a few layers of fascia in the body. The two

that can usually be reached without invasive surgery are superficial and muscular fascia. The superficial layer is just below the skin and is targeted best by foam rolling or light massage. To access deeper layers, one needs something like a tennis ball to apply enough pressure to reach the deeper layers of fascia. Regular myofascial release helps to speed recovery and increase range of motion for many muscles. To get a more comprehensive way to do it, I would recommend either finding a knowledgeable personal trainer in the area or finding a sports therapist that can help with each person's individual problem areas.

Recovery is probably the most underrated building block to a healthy lifestyle. The main take-away from this should be that recovery needs more attention as it helps with mental health, stress management, and exercise routine effectiveness. More than once I have seen someone drastically increase their results towards weight loss or muscle gain by simply getting enough sleep at night or de-stressing.

As always, if anyone has any additional questions, feel free to shoot me them through email at cgreen.cchs@gmail.com and I'll do my best to answer them in a timely matter. Make sure to put Ute Country News as the subject line so I know you're not a spammer. Next month I want to focus on functional fitness in the sense of good body mechanics and core activation. Thanks for reading!

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Up And Away Milky Way

by Erica Gilmore
photo by Erica Gilmore

Eerie. This is the word that reverberates in my mind as I quietly step into the stillness of the clear night. As my eyes adjust from artificial light to starlight, I can't help but feel like I'm trespassing. The nocturnal realm has always felt cozy, but out near the forest, I am only a small part of a busy place, with creatures far more formidable and hungry than myself.

Along the same lines, our solar system lies halfway between the center and the edge of the Milky Way Galaxy, which is bustling with hundreds of billions of stars; Earth is a miniscule part of this massive whole. From our vantage point, a large part of the Milky Way is visible during certain times of the year. Optimal viewing time in the Northern Hemisphere is between mid-March and mid-October, with June being the pinnacle of the season.

The Milky Way appears as a long and narrow faintly glowing band that can be seen when facing south. Milk is not what comes to my mind upon gazing at this stellar beacon of creation, but I can understand the correlation. The name is of Latin origin; Romans called it Via Lactea, which means "road of milk." Greeks called it Galaxias Kyklos, which translates as "milky circle." The associated mythology is that Zeus brought infant Heracles (who resulted from Zeus's affair with a mortal) to nurse from Hera, while she slept. Upon awakening, she pushed hungry Heracles away and a few drops of milk spilled, creating the milky circle in the sky.

Despite the haiku highlighted in this article, moonlight outshines the galactic cloud, so it helps to be cognizant of the moon phase and moonrise times and plan accordingly. A wonderful resource for this information can be found online at www.timeanddate.com/moon/. The new moon allows for the best viewing conditions and this month, it occurs on July 23rd. Let's keep our fingers crossed for clear skies, so that there will be an excuse to sleep until noon the next day.

The Milky Way used to be visible from everywhere in the world, prior to the proliferation of electric lighting. Presently, light pollution from urban centers and visual obstructions

from large buildings make it impossible to behold this spectacle from within populous regions. The vibrant, hazy glow of our galaxy can only be appreciated from rural areas, especially along the coast and in the mountains.

After sitting indoors under artificial lights, it can take up to 30 minutes for your eyes to adjust to darkness. The cone cells in our eyes are responsible for processing color and well-lit images, while rod cells discern black/white and function best in low light. Rhodopsin is the chemical that allows rod cells to process low light and it is derived from vitamin A; those who are deficient in this vitamin have very poor night vision. Rhodopsin reacts to photons and breaks down into retinal and opsin molecules. These molecules slowly recombine over a period of time. Bright light causes the reaction, so this is the reason it is difficult to see when there is a drastic change in light; the molecules are separated from exposure to photons and it takes time for them to regroup as rhodopsin. It helps to use dim lighting or sit in total darkness, if possible, before heading outdoors for stargazing. Red lighting seems to mitigate the breakdown of rhodopsin. If a flashlight is necessary, use one with a red bulb, or simply wrap it in red cellophane. Prior to flying at night, pilots often wear red-tinted

Many solemn nights Blond moon, we stand and marvel... Sleeping our noons away

sunglasses if they are unable to sit in darkness beforehand. Another neat trick is to close your eyes tightly and gently apply pressure to them with the fatty part of your palms, just below the thumbs, for about 10 seconds. Upon opening your eyes, you should notice significant improvement in night vision.

After my eyes adjust to the darkness, the apprehension subsides, but never truly goes away. On my adventures in amateur astrophotography, I tread in fear of mountain lions and hear nearby



coyotes howl, but my only encounters thus far have been with rabbits, mule deer and hooting owls. This brings to mind one of Aesop's fables:

The Astronomer

An astronomer used to go out at night to observe the stars. One evening, as he wandered through the suburbs with his whole attention fixed on the sky, he fell accidentally into a deep well. While he lamented and bewailed his sores and bruises, and cried loudly for help, a neighbor ran to the well, and learning what had happened said, "Hark ye, old fellow, why, in striving to pry into what is in heaven, do you not manage to see what is on earth?"

Obviously, the moral is that a healthy respect and awareness of one's surroundings is imperative; this is applicable regardless of the

time of day. Despite the mild sense of anxiety, a solitary night under the stars instills a profound sense of peace and wonder into my being that seems to last into the following day.

Milky Way Viewing Tips:

- Optimal viewing time is between mid-March and mid-October.
- Face south.
- If you have a smartphone and are in an

area with reception, there are some very useful astronomy applications that allow you to point your phone in the direction you are looking and it corresponds with an interactive map of the sky. I use Star Walk, but there are many others available. Unfortunately, the light of the phone will detract from night vision, so I make very minimal use of it.

- Plan to stargaze around the time of the new moon, or close to it.
- Allow time for your eyes to adjust to the darkness.
- Use a red bulb if you need a flashlight, or wrap it in red cellophane.
- Binoculars are useful for discerning objects in the night sky with more detail than the naked eye can perceive, without the hassle of toting around and setting up a telescope. It is recommended to start with 7x50 for basic observational purposes.

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2017 Green Box Art Fest

The 2017 Green Box Arts Festival, set for July 1 through July 9, will play host to extraordinary art and artists with concerts, performances, classes, and more. Among the many Festival highlights, attendees will enjoy the expansive and illuminated work of world-renowned installation artist Bruce Munro, as well as performances from Houston's METdance and acclaimed swing band Joe Smith and the Spicy Pickles.

This year at Green Box Arts Festival, the celebrated Bruce Munro will bring his expansive and colorful light sculpture works to the town of Green Mountain Falls. For 30 years Munro has studied the arts and infused influences from music, literature, and science into his installations. Seen all over the world, Munro's Field of Light installation, to be housed at Flaggpole Park, will arrive at Green Box just in time to celebrate the 25th anniversary of its conception. This massive celebration of light and natural landscape will feature 3,000 light stands representing the landscape of the Red Desert in central Australia. Munro's second Green Box installation, Tepees, only its second time to debut in the United States, will feature interactive light combinations that flash so quickly the naked eye will never see the full tepee lit up. Drawing inspiration from the American west, these large fluorescent light tubes formed into tepees will be featured at Mountain Road Corner.

"Every landscape is different. But here, it's my first opportunity to create an installation in mountain terrain," says Bruce Munro. "This area of the Rockies has a protective and intimate feel, very different to the wide open exposed vistas higher up. I hope festival attendees will take a moment and look, watch the landscape and the people. See others' reactions, smile even. Tepees is an exciting piece. It exists on a different visual plane to Field of Light. It's hectic, frenetic even. You might even want to dance! I like that people who come to the Green Box Arts Festival will get to see two works that exist on different ends of the sensory experience to one another."

Festival-goers will also enjoy the contemporary works performed by Houston's METdance, led by artistic director Marlana Doyle. METdance will have Green Box Arts audiences leaping to their feet with pow-

erhouse performances, dynamic dancing, and alluring stage presence. From comedy and humor to poignant and dramatic, from fierce athleticism to detailed minimalism, METdance brings to Green Mountain Falls its UNITED IN DANCE! performance. Featuring four works assembled by some of the most active and accomplished choreographers of this generation, UNITED IN DANCE! will take the audience on a thrilling journey filled with poignant emotion, humorous vignettes, and fierce athleticism.

Known for its high energy, quality musicianship and an authentic big band sound, Joe Smith and the Spicy Pickles' performances will inspire participants of all ages to get up and dance.

The Green Box Arts Festival is also thrilled to welcome Denver-based jazz and swing band Joe Smith and the Spicy Pickles to the much-anticipated Fourth of July Block Party on Tuesday, July 4. Known for its high energy, quality musicianship and an authentic big band sound, Joe Smith and the Spicy Pickles' performances will inspire participants of all ages to get up and dance. Their performance will be preceded by a swing dance class at the Green Box Arts Farm Stand.

Throughout the week participants are invited to participate in five Art Desk Conversations, a unique opportunity to sit and engage WITH some of today's best contemporaries! These dynamic conversations are the best way to hear from the elite in their field and be a fly on the wall as they discuss their creative processes, vision, and impact on their vocation. World-renowned light installation artist Bruce Munro will discuss

with art enthusiasts his process and inspiration for his experiential artworks. Celebrated composer Timothy Takach will join Colorado Vocal Arts Ensemble's Deborah Teske to talk about the world-premiere of his new work. METdance's Marlana Doyle will connect with Green Box Arts Co-Founder, Larry Keigwin, to converse about what's new in the world of contemporary dance. Wayne Pacelle, President and CEO of the Humane Society of the U.S. will discuss his work with animal rights and his recent New York Times bestseller, *The Humane Economy: How Innovators and Enlightened Consumers Are Transforming the Lives of Animals*. Also, join some of our youngest budding artists from our first-ever Green Box Arts Camp to hear about their experience and takeaways from their art encounters amid the Aspen trees!

Festival attendees will also be excited to hear the best in contemporary music for a wide array of audiences. From bluegrass and swing to compline and symphonic performances, there's something for everyone to enjoy, including a world-premiere of new music by composer Timothy Takach with the Colorado Vocal Arts Ensemble. Green Box favorites are also back with our annual Art Walk, Nature Hike, Square Dance, and Bingo Benefit! Featured classes include sunrise yoga, culinary arts classes, bluegrass master class, astronomy & s'mores, dance clinic, teen photography, and more!

NEW THIS YEAR: Join ARTs14 and Green Box Arts for a 9-day children's immersive arts experience in beautiful Green Mountain Falls! In partnership with Manitou Springs Arts Academy and Concrete Couch, the Green Box Arts Camp will work in the natural environment to create mixed age-group art installations, inspired by the Green Box Arts Festival's 2017 featured installation artist, Bruce Munro, as well as printmaking, sculpture, fiber art, bookmaking, photography, and more!

The full schedule of festival events will be posted online www.greenboxarts.org and on the Green Box Arts Facebook page. Most events are free to the public. Online registration is required for many classes and events, and FREE tickets are required for all dance performances at the Sallie Bush Community Building.



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A Mountain Seed: Rabbits

by Jessica Kerr

I opened my eyes. Outside of the tiny camper's curtained windows, bright morning sunlight bathed the dewy grass. Groggily crawling across the bed my family shared, I grabbed the periwinkle alarm clock (the strident kind that runs on batteries, has a hammer, and two bells) and turned it off. Stretching across my sleeping parents, I sat one foot down on the floor and then the other. My toes stung from the chilly floor. I rubbed my eyes and yawned wide.

Outside, there were sounds of the others waking. Camper doors whined open and clicked shut. A diesel engine clattered, and the big locomotive at the Flywheeler's churred. Horses munched and snorted. Shouts echoed here and there across the 4-H campground. Tack room doors opened with a squeal and the sound of leather and buckles scraping the metal of the horse trailers came to my ears. Tack room doors clanged shut. Bridles jingled.

I reached into the cabinet above the sink for my breakfast. Out of a blue box I pulled a treat wrapped in silver plastic: chocolate fudge pop tarts. This morning there was no time for potatoes and eggs — I had to rush to the rabbit barn. It was show day.

From my duffel bag I pulled my brand-new show clothes. Aromatic Double-H lace-up boots, shined just the day before; jeans blacker than coal, studded with silver studs on the pockets; a long sleeved, glistening white shirt. I pulled my hair into a neat ponytail and threw my red-white-and-blue cowgirl hat on. Grabbing my last pop tart, I was out the door.

Behind me the camper door slapped shut. The morning sun was pleasantly blinding, peeking over the tops of the nearby mountains. A cold breeze kicked up from the field behind us and nipped at my hands. It was a long walk to the small animal barn. Upon hard dirt I walked past the pens of horses where some were finishing their breakfast and others were getting last-minute brushings. The show horses were glistening with all the colors of the horsey rainbow: bays,

dapples, sorrels, blacks, grays, roans, paints, and even a grulla. The buckles on the tack sparkled and the leather shone like new.

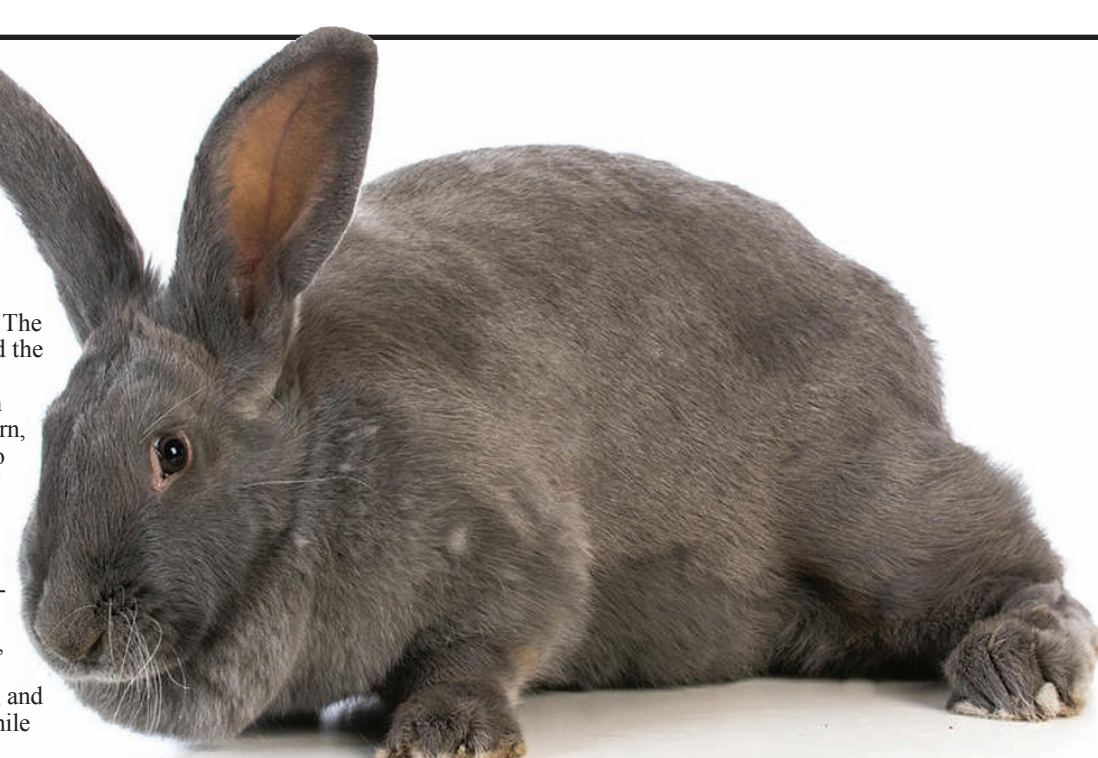
Crossing the dirt path between the stalls and the large animal barn, I kicked at a rock and it sank into the heap of used sawdust. A puff of wood dust rose and the sharp odor of pig waste reached my nostrils. To the left, a horse that didn't much like baths was whinnying fiercely. On the other side of the barn, a steer lowed a reply, "I don't like baths either." Hogs snorted, sheep and goats bleated, and the kids on barn duty laughed while holding their hot chocolate.

I walked out of the big barn. In front of me were the stock pens for the rodeo stock. The stock truck had just arrived and cattle were walking slowly down the scored wooden planks into the yard. I heard a sharp snort and looked at the end of the yard. The broncs had already been unloaded. They were my favorite part about the rodeo. I desperately wanted to go see them, but I knew I would be late for my show if I did. There was still much to do. My best friend Vickie and I would go see them later, and give them the names we dreamed up for them.

Finally, I was almost to the rabbit barn. Crossing the arena's external alley, I was greeted by a wonderful smell: burritos and green chili. The concession next to the rabbit barn always had the second best breakfast food — second only to the Flywheeler's breakfasts. Both were way better than pop tarts.

As I crossed the threshold into the rabbit barn, I lost the scent of burritos and caught the smell of chickens and rabbits. A couple of kids were already there, preparing their animals for show. I walked to the corner where all of my rabbits were and said, "Good morning, everyone!"

Six rabbits were my own. There was Thumper, the palomino-colored 'old lady,' Jumper, the gray and white chunk; Red, the



small and lazy New Zealand Red; Zipper, the cuddly orange and black Harlequin; and finally, my two Flemish Giants, a gray one called Dumbo and a brown one named Bimbo. I poured food into each of their dishes and made sure each had water. Then, I grabbed my grooming bag.

I took each rabbit out of its cage and gave it a last minute brushing. Then I took Red, the calmest of the bunch, and practiced my showmanship skills with him. Before long, the judges arrived and it was time for us to show off our bunnies. I was nervous... what if I forgot what to say? What if I got in the way? What if they didn't like my rabbits?

It was over before I knew it. The judges walked around and looked at each rabbit in its cage, occasionally opening the door and picking them up to inspect for health and manners. Even Thumper, the meanest of my rabbits, was calm enough to be handled by these ladies. After they inspected each of the rabbits for themselves, it came our turn to exhibit our showmanship skills. I carried Red safely in my arms from his cage to the show table, where I gently flipped him on his back and showed the judges the different part of the rabbit anatomy. I even added a couple of funny stories to make them laugh.

We wouldn't know the results until after noon. It was only nine in the morning. So Vickie and I visited the indoor exhibits to see how our non-animal projects went. The leather knife sheath I had made won a blue ribbon, and the cake I had decorated won a reserve grand champion ribbon. It was long and colored with soft violet with golden words. I was proud.

Time passed slowly. I was curious to see how my rabbits did. Only an hour had passed so Vickie and I decided to go ride the horses. We changed our clothes into ones we could get dirty in and we bridled the horses and rode them around the fairgrounds. Soon it was time for lunch and we scarfed down our sandwiches and Oreos and raced to the small animal barn. I was disappointed to see a few red ribbons on a couple of my rabbits (there were many other rabbits there besides mine, including some fancy French lops), but when I saw Dumbo and Red, I was happy. Dumbo had earned a blue ribbon and Red had been awarded a champion ribbon! It was small but deep purple and gold. Red looked like he had been napping all morning, though. The excitement had worn him out.

After the early morning, a siesta didn't sound like a bad idea to me either.

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Seeds to Sprouts Kicks and wiggles

by Maren J. Fuller, MSM, CPM, RM

Real information on everything from conception to age two

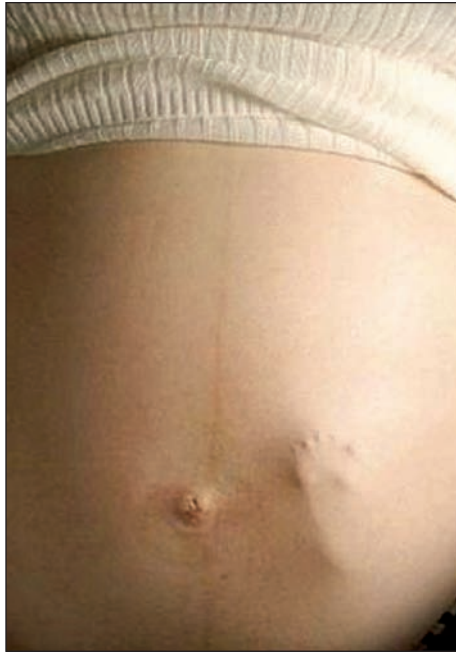
Starting anywhere between 14-24 weeks of pregnancy, you should feel small movements from your baby. These may start as just a light fluttering sensation felt only occasionally but by around 30-32 weeks you should be feeling distinct “kicks” and other movements from your baby throughout the day each day. Every woman experiences fetal movement differently due to the position of her baby, her number of pregnancies, and how busy or distracted she is throughout the day. Mothers with older children or who are working a busy job sometimes feel the baby much less through the day until they sit or lie down to rest and pay attention to movement. Unborn babies also have periods of rest and activity just like we do. They may nap at certain times of the day and be more active at other times. This is normal and shouldn't be worrisome once you have figured out your baby's schedule. However, if you haven't felt your baby in a couple of hours, you can lie down and “count” baby's movements to be reassured.

Kick counting

Try eating a snack or drinking a glass of juice and then lie down on your left side to rest and relax. Try to tune in and pay attention to what you are feeling from your baby and count each movement that you feel. This may be small turning motions, pronounced kicks, or even hiccups! You should feel your baby move at least 10 times in 1 hour but many women will feel 10 movements very quickly — even within a few minutes.

Many providers suggest that every mother do “kick counting” at least once every day. However, this can cause unnecessary stress and worry and may be impossible if you are busy during the day. We suggest that you take the time every few days during your third trimester or whenever you feel it is needed. There are reasons why you should do kick counting more often and these are:

- Your baby isn't active during the time when s/he usually moves a lot or there is a big change in the way your baby moves.
- Your baby's movements suddenly decrease.
- Your baby's movements suddenly increase and then decrease.



In these situations, you should immediately do a session of kick counting to be sure that your baby is moving 10 times in one hour. Talk to your baby and stimulate him/her by rubbing your belly or making noise.

When to call your midwife or doctor

If your baby moves less than 10 times in one hour (with you lying down and paying attention) or if you notice a sudden change in your baby's movements you should call your midwife/doctor right away.

Resources and suggestions for further reading and support:
 • Count the Kicks: www.countthekicks.org/faq/
 • Kick Counting: <https://www.mamanatural.com/kick-counts/>

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.



Woodland Park's Mustang Rockies excitedly exit the field.

Mustang Rockies at Sky Sox

by Kelly Gerszewski

Woodland Park's little league team, the Mustang Rockies, got to have batting practice out at Sky Sox Stadium on Saturday, June 17, 2017. Composed of 8, 9 and 10 year olds, the team is sponsored by TitleMasters. The little leaguers practiced out at Security Service Field, the home of the Colorado Springs SkySox, the top minor league affiliate to the Milwaukee Brewers.

The SkySox hosted several southern Colorado area little league teams out at their Little League Celebration Day. The event was officially sponsored by Colorado Springs Orthopaedic Group. One of the phy-

sicians from Colorado Springs Orthopaedic Group, Dr. Chris Jones, MD, was present at the event, and wished all of the teams good luck. Dr. Jones is also one of the official team physicians for the Sky Sox along with Dr. Ronald Hollis.

The Mustang Rockies' coach, Ron Billings, said, “What a fun and unique opportunity for the kids to get to play on the same field where professionals play.”

Sky Sox home run star, Brett Phillips, even made an appearance and all the kids were thrilled. Phillips made his MLB debut last week, playing with the Brewers.



The patio at Woodland Country Lodge was packed with canines, who happened to bring their humans with them. Cover photo: Baby Girl and her person, Christine, of Florissant saw some old friends and made some new friends.

Yappy Hour A success with more to come!

by Kathy Hansen
 photos by Jeff Hansen

“Woof! Hey there Rex! Glad to see you could make it to Yappy Hour at Woodland Country Lodge.”

“Arrr! I wouldn't miss it for a million walks. Look at all the friends we get to see again since we said ‘smell you later,’ last year, and look at all the new friends we haven't even smelled yet!”

“That's right, Rex, there sure is a good turnout. Everyone is having a fantastic time!”
 “Fido, I had no idea there were so many wonderful friends to greet in our community and everyone is so much fun to meet. What a great group of dogs! The people are pretty nice, too.”

“Rex, you just can't ask for nicer folks, starting with our hosts here at Woodland Country Lodge. They make this FUNdraiser a priority every year. Laura did a great job organizing.”

“There's more, Fido. Did you know Woodland Country Lodge offered a hefty donation? They did, right along with these fine folks of the community. Volunteer Beth has been busy selling raffle tickets all afternoon.”

“Hey Rex, what do you think TCRAS needs with all that money? Who could need more than our smiling faces and wagging tails?”



Gentleman Jack enjoys a tasty brew at Yappy Hour.

“Oh, Fido, most of this money is going to support those in severe medical need. See, TCRAS does everything they can to help those that find their way to TCRAS find a forever home.”

“Right, Rex! I've heard they have even taken in rabbits, and get this, not to chase for fun, but to HEAL!”

“There is an awful lot of healing going on at TCRAS, whether they work for TCRAS or volunteer there, everyone has a big heart and lots of love to share. There are even folks that foster animals until they can fully recover!”

“Right, Rex! There was Angel who they thought might be pregnant, but it turned



Like Rex and Fido, these two get acquainted at the Yappy Hour.

out instead of kittens it was a growth in her abdomen, which had to be removed. Angel needed lots of healing!”

“Fido, that sounds a lot like Nicole, that loving cat with mammary tumors. Her tummy had so many sutures she looked like Frankenstein! She had a lot to heal.”

“Right, Rex! Lucky for her, she found TCRAS. They helped Papa, too. He needed lots of bloodwork, then medicine, and even more bloodwork! They say it adds up. I guess there are many who need surgery just to get through the night, not to mention they spaying and neutering costs.”

“The cost of castration! Fido, I'm so glad we had a chance to come to Yappy Hour! Rumor has it, since everyone is having such a good time they're going to have more of these, was it Cripple Creek in August?”

“Well, Rex, let's keep an eye out for this Ute Country News they'll keep us posted or we can try to bring up their website: www.tcrascolorado.org



Pam gives reassurance to her young puppy still trying to make sense of the world.

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Hold up at the Lower Witcher Ranch

by Flip Boettcher

The reader may wish to review our April and May 2016 issues. Go to www.utecountrynews.com.

John Reeves Witcher, early Guffey-area pioneer, purchased what became known as the lower ranch in 1885 from the Marcott family, French Canadians, who were the first homesteaders there after they had tried their hands at mining around Leadville and Fairplay. The lower ranch house was located in the 4-Mile Creek valley across from the 4-Mile hall on High Park Road where Bernard Creek from Cripple Creek joins 4-Mile Creek.

The lower ranch became the hub of the 76 Ranch, JR's vast ranching empire. The 76 Ranch was located in Fremont, Teller and Park Counties consisting of tens of thousands of acres, and early on, was mostly all open range.

The 76 stretched from the 4-Mile valley; went up Slater Creek to the Fossil Beds; continued up the West 4-Mile valley corridor to the present-day Teaspoon Ranch, known as the upper ranch; and up to the head of West 4-Mile Creek on the southeastern slopes of 39-Mile Mountain in the saddle between the Currant Creek waterway (Colorado Highway 9) and the West 4-Mile waterway (Park County Road 102).

When JR died suddenly of a stroke while vacationing in New York in 1911, his second wife Laura Belle took over the lower ranch operations and his two sons Walter and Tol took over the rest of the ranch operations. JR's first wife, Purlina, had died in 1889. Laura Belle, who liked to be called Mrs. Witcher, actively managed the 1,000 acre lower ranch until her death.

Mrs. Witcher was born in Virginia in 1865. In an interview in the *Cañon City Daily Record* with Mrs. Witcher on her 90th birthday in 1955, shortly before she passed away, she said "I've raised thousands of head of cattle there [the 76] over the last 46 years."

In looking back over her long life, Mrs. Witcher remembers the holdup at the Witcher ranch on June 15, 1912, as one of the most thrilling experiences of her life, according to the interview. There are three other accounts of the holdup besides the Laura Belle interview: Harry Epperson, *Colorado As I Saw*

It, Epperson worked at the 76 Ranch starting in 1899; an undated handwritten account by J. Stump Witcher, JR's grandson, courtesy of the Witcher collection; and a newspaper interview with J. Stump Witcher in 1980. All three accounts vary slightly. Also, courtesy of the Witcher collection is a copy of the police arrest reports for McAdams and Morgan.

As the account goes, Walter Witcher, JR's youngest son who had the ranch up near the Fossil Beds, part of which became Sanborn Camp, had sold a big load of hay in Cripple Creek and had a lot of cash on hand. Two escaped convicts, Charles A. Morgan and Marian A. McAdams, either overheard talk of the sale or witnessed it and decided to rob the Witchers.

Morgan and McAdams, prisoners at the Colorado Penitentiary, were on the prison road crew working on the road from Pueblo to Pinon when they escaped on June 5, 1912. Twenty-year-old Morgan, born in Colorado in 1892, was single and was serving two to three years for burglary and larceny; he was arrested in 1911. Morgan's family lived in Denver and Morgan had been in prison before in Golden.

Thirty-year-old McAdams, born 1882 in Missouri, had a wife, Francis and parents living in Kansas. McAdams was serving 6-10 years for robbery and assault; he was arrested in 1910.

Morgan and McAdams went down to the lower ranch and set up an ambush a short distance up Bernard Creek from the ranch house. The old wagon road to Cripple Creek went up Bernard Creek through Box Canyon from the ranch. While Morgan stayed at the ambush site, McAdams went back to the ranch and lured the foreman, Walter Irwin, and the two ranch hands, Cecil Tritt and George Geiger, away from the ranch house on a pretext of a cow caught in a mining prospect hole and needing rope to get the cow out.

According to the accounts, when the group got to the ambush site, Morgan jumped out, said "Stick up your hands," but before anyone could, Morgan shot Irwin dead. The two convicts then tied up Tritt and Geiger with the rope to some nearby trees. After rifling through the dead man's pockets, Morgan and McAdams took Irwin's body back to a cave located in a hill farther up the wagon road toward Cripple Creek.

The convicts then went back to the lower ranch house where "Aunt" Sallie Copeland was staying. At that time, all ranches and whole neighborhoods had their "aunts" and "uncles" who were not necessarily blood relatives, but were as indispensable as the mess wagon on round-ups, stated Epperson. They were valued for their wisdom, their advice, and for their remedies for curing ills.

Besides being a neighborhood "Aunt" Sallie Copeland was also JR's niece. Sarah Jane Tallulah, born in Georgia in 1859, better known as Aunt Sallie, was the daughter of JR's older sister Nancy "Nannie" Ann Copeland. Aunt Sallie never married, but came to Colorado to visit her uncles, JR and his brother Taliaferro, and her cousins about 1908, after her parents had died, according to www.witchergeney.com, printed with permission from webmaster Wayne Witcher.

Aunt Sallie proofed up a 160 acre homestead on 39-Mile Mountain in 1919. She sold the homestead that same year to Charlie Beckham, who called her "Cousin" Sallie.

The holdup incident was quite an ordeal for Aunt Sallie, according to Wayne Witcher. She returned to live with her sister Bettie Copeland Wiggins in Cave Springs, GA, where she died in May, 1939.

After telling Aunt Sallie to "Sit still, keep your mouth shut and don't scream," one convict kept watch over Aunt Sallie with a Winchester rifle across his lap. According to the accounts, Aunt Sallie said "I have to talk, but I won't hollar." She proceeded to talk the whole time, but didn't scream, while the other convict ransacked the house.

The convicts changed clothes after looting



An old picture showing a re-enactment of the ambush site on Bernard Creek where the four men stood and where Morgan was hiding in the rocks. You can just see him at the edge of the rocks before the lighter patch with a rifle, farther back and to the left of the four men. The four men from left to right would have been Marion A. McAdam, Cecil Tritt, Walter Irwin and Tony Geiger.

the house and telephoned to the upper ranch, the Teaspoon, where Mrs. Witcher and her step-son Tol were, asking where Walter was and if he was coming down to the lower ranch soon?

Apparently Walter, who had the cash, never showed up at the lower ranch and about 9 p.m. the outlaws locked Aunt Sallie in the kitchen with a drink of water, cut the telephone cable and left. The two ranch hands were eventually able to struggle out of their bonds, and quickly spread the alarm. They reported the incident to the Teller County Sheriff who, according to the 1980 J. Stump Witcher interview, responded to the incident, but went the wrong way. Some thought he did that on purpose so he would not have to encounter the convicts.

Morgan was caught seven months later in Denver, and was shot while resisting arrest. Morgan committed suicide with an over dose of morphine prescribed for his gunshot pain. Morgan died in the Cripple Creek jail January 20, 1913, at 21 years old presumably so he would not be hung, stated J. Stump.

Nine months later, October 6, 1913, McAdams was captured and sentenced to life for murder. On September 2, 1933, then Governor Ed C. Johnson, at the behest of Warden Best, commuted his sentence to 40 years to life and McAdams was paroled at 80 years old on September 26, 1962.

So ended the exciting story of the holdup that had occurred at the lower Witcher 76 Ranch.

Wild Things: Coexisting with North America's native carnivores

Camilla H. Fox, Founder and Executive Director of Project Coyote, will present the Collegiate Peaks Forum Series Lecture *Wild Things: Coexisting with North America's Native Carnivores* at 7 p.m. on Thursday, July 27, at the Buena Vista Community Center. The lecture is free to the public and refreshments will be served. The Buena Vista Community Center is located at 715 E. Main Street, Buena Vista, Colorado.

Project Coyote is a national coalition of scientists and educators promoting compassionate conservation and coexistence among people and wildlife through education, science, and advocacy. Camilla Fox has served in leadership positions with the Animal Protection Institute, Fur-Bearer Defenders, and Rainforest Action Network. She has spearheaded national, state, and local campaigns aimed at protecting native carnivores and fostering humane and ecologically sound solutions to human-wildlife conflicts.

With more than 20 years of experience working on behalf of wildlife and wildlands and an M.A. in wildlife ecology, policy, and conservation, Camilla's work has been featured in the documentaries *Coyote: The Hunted Hunter*, *American Coyote: Still Wild at Heart*, *Wild Things*, and *On Nature's Terms*. She is the author more than 70 articles including many for the Huffington Post, co-author of *Coyotes in Our Midst: Coexisting with an Adaptable and Resilient Carnivore*, co-editor and lead author of the book, *Cull of the Wild: A Contemporary Analysis of Trapping in the United States*, and producer of the award-winning documentary *Cull of the Wild: The Truth Behind Trapping*. Camilla has served as an appointed member on the U.S.

Secretary of Agriculture's National Wildlife Services Advisory Committee and currently serves on several non-profit advisory boards including Living with Wolves, the Northeast Wolf Coalition, the Human Wildlife Conflict Collaboration and the Felidae Conservation Fund. She was awarded the Conservationist of the Year by the John Muir Association in 2014 and the Humanitarian of the Year by the Marin Humane Society in 2006. In 2013, she



The much maligned coyote still has its place in the modern ecosystem.

was named one of the 100 Guardian Angels of the Planet.

Please join us at Camilla Fox's presentation to find out why native carnivores matter and how they keep ecosystems healthy. America's war against predators is costly, brutal, and often ineffective. Highlighting Project Coyote's national programs aimed at stopping the mistreatment and mismanagement of carnivores through education, science and advocacy, Camilla will show that educated coexistence is the way forward.

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Critter Corner



Dusty, 17 years old and going strong - Harlin Robeson, Glorietta, NM



Bobcat on Gold Camp Road - Melissa Korbe, Florissant, CO

Have a cute critter? Send us your favorite critter photos and we'll feature them here in the Critter Corner! Indoor or outdoor pets or wild critters are what we're looking for. We will not accept any photos depicting cruelty or harming animals in any way. Email your critters to utecountrynewspaper@gmail.com. Be sure to include the critter's name as well as your name.

Hello from space Chapter 2

by Danielle Dellinger

Chapter one was in June 2017's issue, pages 18 & 19.

Helix pushed away from the desk, the last message of a promise to bring Marik back home glaring off of the screen. This wouldn't go over well with the community. Those few humans that had been brought to their planet were elderly, and it was their last wish to live out the remainder of their life in peace and harmony. It actually took a unanimous vote for each one to be approved. Now, here was this human, young in age, wanting to run away from the realities of his world without first trying to find a way to deal with the harshness of the world. Helix didn't want to enable that behavior. Helix wanted to help find a way for Marik to cope and survive on his own planet.

Helix watched as Marik replied with an elated message of emojis. Then came the question Helix had been dreaming.

When? When will you come?

Helix felt sorry for this human. This human was so desperate to leave his home, his life, even his planet because he felt so alone and unwanted. Helix wondered what that sort of desperation must feel like. It was an emotion that Helix was unfamiliar with.

With a heavy sigh, Helix pushed back into the desk, hesitantly typing out the only answer possible at the moment.

I don't know.

Even with the millions and millions of miles between them, Helix could feel Marik's disappointment as though he were right there in the room. It took Marik a few minutes, and Helix watched the dots start to bounce as Marik typed something, then stopped, then typed some more.

When will you know?

With a heavy sigh, Helix looked around the room, anywhere but at the screen that had a persistent human on the other side of it.

I have to check with my community.

Helix knew that the answer wasn't good enough, but Marik was just going to have to deal with it because nothing could be done right then.

Let me know as soon as you know. I have to go to bed. Goodnight.

Helix watched as Marik logged out, his username disappearing from the list of online users. So that was that. There seemed to be no way of getting out of this with Marik.

As Helix walked

away from the computer, it shut off by itself. But Helix couldn't shut down like that. There were too many inner questions, fears, and thoughts swirling around. Helix's feet led the way through the twisting halls and numerous rooms until finally they crossed the threshold to the outside.

In the sky shone three suns; purple, blue, and red in color. One sun was in the north, while the other two were east and west. Helix followed the path to the Community Office where the current council members were. Every month, they would elect three new members, and you couldn't be elected for a second term until a year after you last served.

Helix approached the receptionist. "I need to speak with the council. It's a pressing matter."

The receptionist stared blankly, getting a glazed look as a telepathic message was sent to the members. A moment later, the receptionist nodded and a door to the left swung open. Helix walked through it, into a large chamber of black, gel-like cobblestones with twinkling gems inside them. Helix came to a stop in the middle of the room.

"Your Excellency Council, I have something I wish to discuss with you."

A spotlight shined down on the three members, each one with different colored neon feather collars around their necks.

"Proceed," answered the one on the right.

"I have been in contact with a human from Earth. This human wishes to come and live here. Permanently, I think."

The council exchanged looks with one another.

"How old is this human?" asked the one in the middle.

"Young of age. 15, maybe," Helix listened to the murmurs rising between the trio.

"Never have we allowed a young human to walk among us. They are dangerous. Reckless, and clumsy, too. Their touch could kill us all for they are still developing," squawked the one on the left, the tone fearful and panicky.

Helix struggled to remain calm. Eye-rolling wasn't tolerated. "This particular human feels like he doesn't fit in with his own kind. He's mute. And anxious. But I think we can give him a voice, literally. We've been working on new medical procedures, right?"

The middle one's eyebrows raised. "You want to give this human a voice? Why is this human mute?"

"He was born that way. That's all he said."

"Does he want to be fixed?"

Helix

looked down. "Well, he's not sure."

"Helix, this doesn't feel right. You can't give him a procedure he doesn't want because we believe in bodily autonomy, unlike some of those humans."

"Please, look into him. I think he's a good kid. If he can't come here, maybe I can go there and help him." Helix gave the council a hopeful look. That could be the best way to dissuade Marik from wanting to leave his own planet.

The council turned and mumbled amongst each other, the panicky one wildly gesturing about. Helix let an eye roll slip while they were preoccupied. Finally, they straightened and turned their eyes to Helix.

"We've never been to Earth," began the middle one, "so maybe this is the perfect opportunity to go, visit, and learn."

Helix's eyes lit up. "Seriously? You're letting me go?"

"On one very important condition," spoke up the one on the right. "You must report to us every night what you've discovered or learned that day. You must stay in contact with us. If you fail to do so, or let the human communicate for you, you will be portaled back immediately."

Helix let it soak in. "Yes, of course. When do I leave?"

This time, the left one spoke. "Once you gather some information about Area 51. There is a Grey alien's heart there that's the key to curing your human's muteness. While you're on Earth, you will retrieve the heart and send it back to us."

That seemed very convenient. Helix's eyes grew big at the realization of just how big of a mission it would be to go to Area 51. All that they knew was that it was a top secret place, and only certain people were allowed inside.

How was this going to work? Did Marik somehow have a way in? Helix highly doubted that, but stranger things had happened.

Before leaving, Helix waved like royalty at the council, then turned and left. Thoughts raced around Helix's mind as to how to get information about this secretive place no one really knew about. It was obvious that Marik had little patience to wait for Helix to come for him, but maybe if Helix explained the situation, Marik would be understanding. Doubtful, Helix thought.

The wind picked up as Helix walked, picking up tiny grains of glitter and creating small glitter tornadoes. Instead of going back inside, Helix ventured down to the garden. It was time to fire some plants. (Like watering plants, but the opposite, and with fire.) Helix closed the gate after entering and walked over to large fernlike trees. The leaves were as big as a grown man, and

had three little fruits that hung from the tip of each leaf. When knocked together, the little fruits would ring like fairy bells. The softer the ring, the ripener the fruit was. Helix decided to check the ripeness of the fruit first. It was a slow, tedious process, but there was also something comforting and relaxing about it.

Once the fruit was collected and put into proper storage bins, Helix returned to the trees and stood in front of one, placing a hand on one arm, which resulted in fire being pulled out of Helix's body, and then tossed onto the tree as if the fire were water. Before moving onto the next one, Helix knelt down and placed a hand on the ground where the roots were just beneath the soil. Fire spread out from Helix's hand and down into the soil.

When Helix was done, the ground looked wet instead of burnt. Down the line of trees Helix went, repeating the process until the end.

Helix felt much better after working in the garden. The suns set, revealing a black sky full of exploding, multi-colored stars. Helix figured Marik would be getting onto the forum shortly, so Helix headed back inside, back to the room with the computer, which turned on at Helix's presence. The forum page appeared, and Helix looked for Marik's username. But it wasn't there. Helix was surprised by the wave of disappointment.

Where was Marik? Was everything alright? Helix sighed heavily, not looking away from where Marik's username was supposed to be.

The growing disappointment was a strange emotion to feel, and Helix wasn't sure how to handle it. It was a surprisingly heavy and crushing feeling. However, just as Helix's disappointment peaked, there was a quiet chime as Marik logged onto the forum. Helix waited with strained patience for Marik to hopefully send the first message. Finally:

Hi. You there?

Helix breathed a sigh of relief.

Yes, I'm here. How are you?

I'm alright. I've kept busy with thinking about our last conversation. I'm sorry if I came across as desperate. I don't want you to think I just want to use you to get out of here. I don't. I'd really like to get to know you as well.

Helix stared at the message. So Marik was aware of desperation. That was a good start to things. Maybe Marik could be helped, after all. The first step to fixing oneself is to become self-aware of the issue.

I'd like to get to know you as well, Marik. While I don't fully understand why you want to leave your home, I want to be there for you. Maybe I could help give you coping skills?

I thought I was clear, though. I want to

leave. There's no place for me here. You know how invisible I am. No one will miss me.

The last line troubled Helix. Was that really true? Was there really no one there for this kid?

I spoke to the Excellency Council, Marik. They declined your request to come, but have offered me the opportunity to visit Earth and come to you. We agreed that this would be the perfect opportunity to learn about Earth and its inhabitants. Plus, then I could meet up with you, and then maybe you won't feel alone anymore. You'll have a friend.

The silence of no response was tense at first, and then just plain heavy. Helix knew it wasn't what Marik wanted, but it seemed to be a logical compromise. Everyone would benefit from it.

How soon will you be here?

It was seriously that easy? Was Marik really accepting this proposition? Helix wasn't about to question it.

First, there's something I need to ask you. What can you tell me about Area 51?

The military base where alien bodies are said to be kept?

Helix swallowed.

Yeah, that one.

No one knows much about it. Not even most people in our government. We don't even know why it's called Area 51. The widely agreed upon theory of the name is that it comes from a grid numbering system of the area by the Atomic Energy Commission (AEC). Area 51 isn't part of this system, it is adjacent to Area 15. Another theory is that the AEC likely wouldn't ever use the number 51. I do know about the posted signs that read trespassers are authorized to be dealt with using deadly force. Oh, and they have motion sensors buried in the ground. The airspace around it is restricted to even most military personnel. It's basically a fortress out in the middle of nowhere in Nevada. Some nicknames of the base include, Home Base, Watertown, and Paradise Ranch.

Helix sat back in the chair. Stealing from that place sounded like the worst possible idea to ever exist. Even portaling in would be dangerous because who knew just how much the humans knew of extraterrestrial technology.

Why're you asking about Area 51?

Just curious. There're all these rumors among the alien communities about what goes on there, and it seems you're just as in the dark as we all are. But, also, I want to be honest with you. There is reportedly a heart of an alien inside that facility that would greatly benefit my species' medical research. Somehow, that heart must be

retrieved.

What will that heart help with?

Curing some conditions. It needs to be studied more. Hence why we need to get it.

Helix didn't feel like now was the appropriate time to bring up the fact that the heart could cure Marik's muteness. Bringing that up now would probably drive him away.

I wish I could help get the heart, but I don't want to be the trespasser that gets shot trying to break into a high security military base. People would remember me in the wrong kind of way for that.

Could you at least get me near there? I think I could get myself in.

Are we really considering this? The NSA is supposedly watching all of our conversations, so now they probably know you're coming.

That seems doubtful.

Why not just use something fancy to get in? Or just blow the building up?

That's too risky. We don't know what that base knows for sure about alien technology, so they could easily have something super powerful to use against us. I'm not willing to take that kind of risk. But I'm good at being stealthy in person. What do you say? Help me and I help you?

Helix anxiously awaited a reply. Marik's answer felt like it held the survival of the universe in it. The dots began bouncing, and bouncing.

Yes. Please just hurry up and get here. I really want to meet you.

Helix burst into a big smile.

I really want to meet you, too.

Helix meant it too. Helix was so puzzled by this human that they just had to meet.

You promise you're not actually going to murder or abduct me or probe me when you get here? 'Cause I want to make sure I don't have to buy an alien abduction insurance policy. Yes, that's actually a thing. An English company has sold over 30,000 policies.

Helix chuckled.

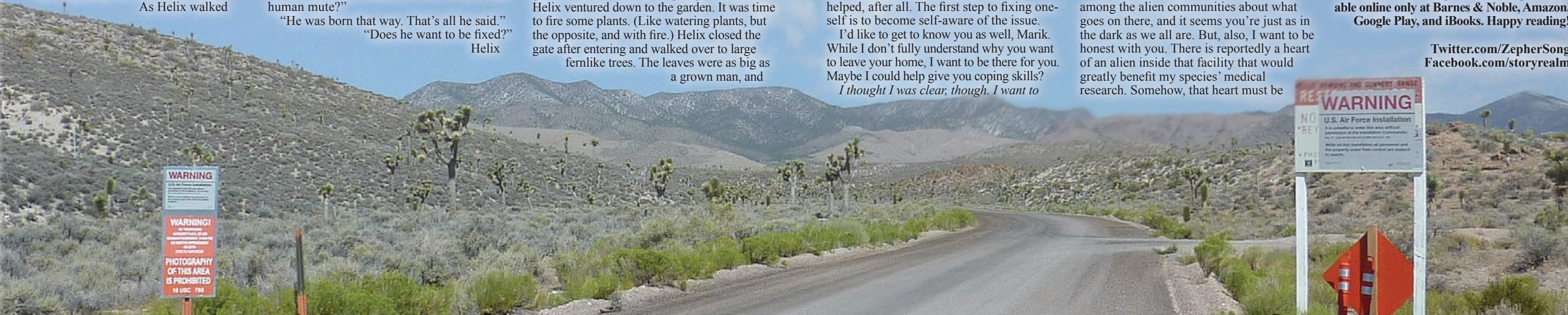
I promise I'm a good alien. We only know how to be peaceful. You humans are so strange. And so fearful of the unknown.

I know. We are.

To be continued ...

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The power of flour

by Erica Gilmore

The most recent Ice Age was nearing its end 10,000 years ago as a spontaneous mutation occurred that would alter the course of human history. This change was to occur on a botanical level: the wheat plant began to hold seed, rather than disperse it in the wind. This marks the introduction of whole grains into the human diet, as the availability and edibility of seed made way for agricultural practices, such as harvest and storage. All of this equates to food security, which is one of the necessary components of developing civilizations.

Populations that harnessed the new skillset of farming traded the advantage of a stable food source in exchange for adequately-balanced nutrition. In comparison to adjacent populations of hunter-gatherers, agricultural populations tended to be shorter and suffer from nutritional deficiencies, due to a lack of dietary variety. Nevertheless, agricultural populations flourished alongside the proliferation of whole grains, which have been an important dietary staple for the bulk of the world population for nearly 4,000 years and counting.

The structure of a wheat kernel (also called wheat berry) is fortified by a bark-like outer layer, which conceals the bran, germ and endosperm. The bran and germ portions contain the most concentrated levels of biologically-active compounds, such as B vitamins, calcium, magnesium, potassium, phosphorus, sodium, iron, arginine and lysine. When the germ is crushed, it releases oil, which limits storage life by causing flour to spoil more rapidly. The endosperm contains the least amount of nutrients and makes up the largest portion of the wheat kernel, by weight; when isolated, this component is the source of refined, white flour, which has been prevalent for only the past century.

Grinding grains had historically been accomplished by gristmills, which consisted of large stones that were often hydraulically powered by way of the water wheel. This methodology did not entirely divorce the bran and germ from the endosperm, so the production of particularly fine flour was labor-intensive and uncommon, which limited consumption to only the wealthiest of palates. The advent of the roller mill during the latter third of the 19th century incorporated steel rollers that moved at high speeds and allowed for rapid, affordable production of very fine flour that had a long shelf-life. Germ and bran were separated from endosperm as quickly as consumer demand for refined flour skyrocketed. When these nutrient-dense components are removed, the

final product lacks most of the beneficial compounds that can be found in whole-grain wheat flour. Starch is what remains in refined, white flour and it is readily converted into glucose, leading to spikes in blood sugar, which cumulatively resulted in health problems for the individuals that comprise the population of mass consumers.

Consumption of whole grains significantly declined between 1870 and 1970, while globalization decreased dietary variety in nations around the world at a historically unprecedented rate. The seed of dietary change that was planted 10,000 years ago has evolved to become a hegemon of caloric intake, replacing nutritionally-diverse, plant-based eating habits.

The contemporary global diet has rapidly devolved into a homogenous and over-processed pandemic of poor habits and limited options. Massive monocultures have replaced biodiversity and mass-produced, refined, sugary, salty, oily foods are ubiquitously trafficked among and within all borders.

Refined flour quickly converts into glucose, which gives it a higher glycemic load and less fiber than whole-grain flour. Foods with heavy glycemic loads cause rapid increases in blood sugar. Paralleling the prevalent consumption of refined flour, the incidence of Type II Diabetes Mellitus is on the rise, along with obesity, which is a risk-factor for cardiovascular complications.

Conversely, whole-grain consumption reflects a negative correlation with these same ailments. That is, individuals with diets that include whole grains have a lower risk of developing cardiovascular disease, Type II Diabetes, obesity and cancer. There is clearly an important distinction between whole grains and refined, when it comes to the prevention of chronic diseases, but there is another, more obvious difference in taste. Refined flour became prolific because it is extremely palatable compared to whole-grain flour, which has a strong flavor and aftertaste, along with a more gritty texture.

For nearly a decade, whole-grain wheat flour was the rule in my kitchen, but I have since been forced to compromise and have switched to *white* whole-wheat flour. It contains all components of the wheat kernel, but is a variety that lacks the phenolic compounds responsible for color and strong taste in traditional types of wheat. Preparing food from scratch comes with the reward of being able to incorporate wholesome ingredients. Below are some staple recipes from my kitchen that I hope you enjoy.

Pizza Dough

Ingredients:

- 1 teaspoon sugar
- 1.5 cups warm water (110 degrees)
- 1 tablespoon yeast
- 1 tablespoon grapeseed oil (can substitute olive oil)
- 1 teaspoon salt
- 3.5 cups white whole-wheat flour
- Optional:
 - Garlic powder and/or Italian seasoning, to taste.

Directions:

In mixing bowl, combine 1 teaspoon of sugar and 1.5 cups of warm water, then sprinkle with 1 tablespoon of yeast. Allow mixture to develop for 10 minutes.

Add 1 tablespoon of grapeseed oil and 1 teaspoon of salt. Add optional seasonings at this time.

Stir in 3 cups of flour, a little at a time. Knead in additional ½ cup of flour. Again, the final amount depends on environmental conditions; allow the feel of the dough to



determine the amount of flour.

Form dough into ball. Oil bowl and coat dough with oil. Cover and allow to rise for one hour.

Punch dough down and form into a tight ball. Cover and allow 45 minutes for the second rise. Preheat oven to 425 degrees.

For thinner crust, divide dough in half. It freezes very well, but allow several hours for it to thaw before attempting to use. For thicker crust, do not divide dough.

Work dough on floured baking sheet into the desired shape. Top as you please. Bake for 16-20 minutes.

B.Y.O.B. (Bake your own Bread)

This recipe has been adjusted for high-altitude baking and is proven to work well at approximately 9,500 feet elevation. Directions are for baking in the oven and have not been tested with a bread machine. Yield: 2 loaves

Ingredients:

- 4 teaspoons active dry yeast
- ¾ cup warm water (around 100 degrees)
- 2 tablespoons honey
- 2 cups warm water
- 4-6 cups white whole-wheat flour
- 1 ¼ cup vital wheat gluten (1 ¼ cup)
- 1 tablespoon salt
- ½ cup honey - generous
- ¼ cup grapeseed oil (can substitute olive oil)

Optional add-ins:

Any combination of cheese, peppers, herbs, peppercorns, etc. Your imagination is the limit.

Directions:

Mix 2 tablespoons of honey into ¾ cup warm water in a mixing bowl, then sprinkle with 4 teaspoons of yeast. Allow 30 minutes to one hour for yeast to develop. Colder temperatures increase the time needed for development. Mixture should be nice and foamy when activation is complete.

Add 2 cups warm water, 2 cups flour, 1 tablespoon of salt, ¼ cup of grapeseed oil and a generous ½ cup of honey (I prefer local wildflower honey and have personally been using Debeezee Honey, from Bailey) to yeast mixture.

Beat extremely well to develop the gluten.

Add 1 ¼ cup of vital wheat gluten and continue to beat well.

Add 1 cup of flour at a time and knead

extremely well (or use mixer with dough hook attachment), until dough is satiny and elastic. This usually ends up being 4 additional cups, for a grand total of 6 cups in this recipe. The amount of flour will vary slightly depending on environmental factors, such as humidity. A good rule of thumb is to judge by how the dough feels, rather than simply operating by measurements.

After dough has been really, very, thoroughly and completely kneaded, it is time for the first rise. Compact it into a ball, place in mixing bowl and cover. Allow dough to rise for 45 minutes to one hour in a warm place.

If adding additional ingredients, this is a great time to prepare them.

After dough has doubled in size, punch it down and knead well. This second kneading is needed in order for the bread to rise even higher. If adding optional ingredients knead them in at this time. Divide dough in half.

Butter a loaf pan, form one portion of dough into a loaf and place into buttered pan. Leave other portion of dough in covered mixing bowl.

Preheat oven to 375 degrees.

Allow 20-45 minutes for second rise. After this has been completed, I typically freeze the remaining portion of dough. (When it is time to bake the second loaf, simply remove from the freezer and allow several hours for it to thaw. It should plump right back up and it helps to not be in a hurry.)

Place pan into oven and bake for 25 minutes, then smooth butter over the top and bake for an additional 10 minutes.

Turn out onto plate and flip loaf right side up. Allow bread to rest for 10 minutes before cutting. Cool completely before storing loosely in a bag that is not airtight.

Perfect Pancakes

Ingredients:

- 1 ¼ cups white whole-wheat flour
- ½ teaspoon salt
- 1 tablespoon baking powder
- 1 ¼ teaspoon white sugar
- 1 egg
- ½ tablespoon melted butter
- ¾ cup sour cream
- Approximately 1 cup water
- Small amount of grapeseed oil for skillet

Directions:

Mix dry ingredients well and then add wet ingredients. As always, the amount of water will vary based on environmental conditions. Judge by the feel of the batter. Do not over mix.

Oil skillet and heat. I cook with cast-iron on a gas stove and have discovered that low is the optimal setting in this particular situation. Allow time for the skillet to be



adequately heated and then slowly pour batter onto skillet until it reaches the desired size. Patiently wait for small, rapid bubbles to form in the middle of batter. Flip with spatula. Allow another 30 to 90 seconds for the other side to cook.

Easy Peasy Pie Crust

This crust is make and bake — no need to chill beforehand.

Ingredients:

- ½ cup butter at room temperature
- 1 ½ cup white whole-wheat flour
- ½ teaspoon salt
- Approximately ½ cup COLD water

Directions:

Mix first three ingredients, then add cold water a little bit at a time, until a nice dough forms. The amount of water will vary slightly based on environmental conditions,



GCCS Graduation 2017

by Flip Boettcher

photos by Lynda MacDonald

This year's graduation ceremonies at Guffey Community Charter School were also a tribute to retiring school Principal Pam Moore. There was also a community potluck following to celebrate the school year, staff, volunteers, and the community. About 60 people attended the ceremonies plus 24 students. All the students received a certificate of graduation to the next class and there was one 8th grade graduate, Emily Clarke. (See article this paper page 28).

There will be a Guffey Library summer reading program during July, according to Peg Larson, Friends of the Guffey Library member. There is also a monthly drumming circle and a mindful meditation; check Guffey Shares (a neighborhood social networking site) for more information.

The students were studying Colorado history and took quite a few field trips this year including Garden of the Gods, Florissant Fossil Beds, Western Museum of Mining, Cave of the Winds, Dinosaur Resource Center, Mueller State Park, Colon Orchards, Rocky Mountain Wildlife Foundation, and Starsmore.

Jenny Hartman, K-2 grade teacher, had a great PowerPoint school year in review show featuring photos by 3-5 grade teacher Lynda MacDonald. The show included a tribute to Emily Clarke as well. Part of the 8th grade graduating ceremonies is to give a rose to special people in their lives. Clarke gave a rose to her middle school teacher Hillevi Peterson-Hirsch, her mother, father, Guffey residents Karyn Miller and Barb Light, and school mentor Chris Peterson.

After the graduation ceremonies, there was a tribute to Moore who is retiring after 15 years at the school by school board president Frank Ruvo. Ruvo was on the school board 15 years ago when the school had just gotten its charter, principal Ginny Jaramillo had just left the school for another job, it was summer break, and the board was trying to find another principal, said Ruvo. Tearfully Ruvo said how the board was prepared to start school year without a principal if the "right person" could not be found.

Then along came Moore who applied for the job and had an interview with the board. The board knew that they had found the right person. Moore started on quarter time pay for full time work said Ruvo. The school was a small rural school and couldn't pay more.



Graduation ceremonies at the Guffey School. Left to right are: board members Cathleen Van Egmond, Frank Ruvo, Laura Owens, Chris Peterson, graduate Emily Clarke, and principal Pam Moore.



Middle School class singing "You've Got a Friend in Me" from the Disney movie Toy Story to retiring school principal Pam Moore at the school's graduation ceremonies June 1.

With only a background in business and management and no background in education or as a principal, Moore stepped right in and didn't look back. Moore accomplished many things in her tenure at the school including, but not limited to, a new roof and addition to the school; she started the ever popular Pie Palooza; and purchased the adjacent property with the highest point in Guffey to bring high speed internet to the school and the surrounding community. Ruvo suggested it be called Pam's Peak.

To Moore, said Ruvo, it was always about the kids. Then there was another great PowerPoint photo show by Hartman featuring Moore's time at the school.

In the show, Hartman asked the question: How much money do you think Moore raised in her 15 years through grants, donations, fundraisers and programs? The stunning answer is almost \$800,000!

Both photo shows can be viewed on the school's website: www.guffeyschool.org.



Guffey School choir performing Let's Go Fly a Kite at the school's spring program.

Spring Program

by Flip Boettcher

photo by Flip Boettcher

Once again, the Guffey Community Charter School put on a fabulous Musical Spring Program, with choreography and musical direction by middle school teacher Hillevi Peterson-Hirsch. Over 60 people attended the program "A Tribute to Disney II." Last spring was the Disney tribute part I.

There were 10 songs from eight Disney animated movies with student introductions including: *I Just Can't Wait to be King* from the 1994 classic "The Lion King" with music by Elton John; *You've Got a Friend in Me* from Pixar's first full-length computer generated animated film; a medley of songs from the 1968 classic "Winnie

the Pooh and the Blustery Day;" *Let's Go Fly a Kite* from "Mary Poppins" which won five Oscars; *Never Smile at a Crocodile* from "Peter Pan"; *Under the Sea* and *Part of Your World* from the 1989 animated musical "The Little Mermaid;" *Proud of Your Boy* and *Friend Like Me* from the Academy Award winning 1992 animated classic "Aladdin;" and the Academy Award winning *Beauty and the Beast*, the title track from "Beauty and the Beast," originally sung by Angela Lansbury.

The program was followed by light refreshments prepared by Lulu Foulk and Ashley Stone.



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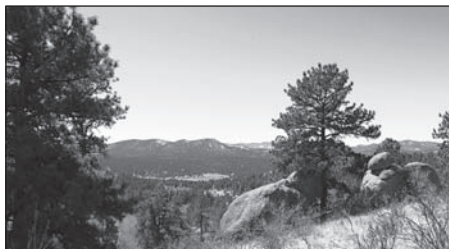
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Calling All History buffs, thespians, fashionistas, gardeners, and you!

Summer is a busy and fun time at Ute Pass Historical Society with activities, tours, events and, of course, out-of-town people interested in learning about the history of our area.

Pat Hyslop, our new "Volunteer Volunteer Coordinator" invites you to share your time and enthusiasm by helping UPHS celebrate and educate about our local history.

Would you like to learn more or share your knowledge about the culture and lifestyle of the early Ute Pass settlers? Why not become a docent, leading weekly tours in History Park? With your help, the exhibits in the five cabins in History Park can come alive, leaving a lasting impression on our visitors. The tours are at 11 a.m. and noon Saturday mornings, through September 2 (excluding August 5th), and typically take about 1 hour. Training is provided and your personal panache is encouraged. (For your planning purposes, the Marigreen Pines Tour is July 14th and 15th, 2018. Docents are also needed for this event, a perennial favorite and always a sellout.)

If you have a flair for drama, volunteering to portray a noted old timer who currently "resides" in the Woodland Park Cemetery is for you. The popular 6th Annual Cemetery Crawl is July 4, 1 to 3 pm. Actors receive a script and history about their character as well as help in finding attire compatible with the era.

Speaking of attire, UPHS owns a small collection of vintage and vintage-like clothing. Put your love of fashion to good use by helping expand our clothing and accessories inventory. What could be more fun to the creative fashionista's heart than shopping at thrift stores and garage sales, raiding your relatives' closets and even finding simple sewing patterns and old-fashioned fabric? Volunteers dressed in historical clothing and theatrical accessory — a feathered "picture hat" or pioneer bonnet for the women, a high-collared shirt or buttoned vest for the men — adds a festive tone to UPHS events



as well as a touch of authenticity to the occasion.

For those with a green thumb, your expertise is needed in the Pioneer and Memorial Gardens adjacent to the Museum Center as well as around the cabins and walkways in History Park. Heavy foot traffic takes its toll on these areas. It's important that UPHS introduce visitors to History Park with a welcoming and attractive outdoors that complement the well-designed exhibits indoors.

Your volunteer time with UPHS most certainly helps the organization. With limited staff, we depend on volunteers to maintain our community presence, lend support to fundraising and community events, serve on the Board of Directors — in short, to further our mission to preserve and share the history of the families and communities of the Ute Pass area of Colorado.

Volunteer at the UPHS Museum Center, 231 E. Henrietta Avenue, or call 719-686-7512 about other opportunities.

Psychiatrist joins HRRMC

Joshua Hogins, D.O., F.A.P.A., a board-certified psychiatrist, has joined the medical staff at Heart of the Rockies Regional Medical Center. He began providing general psychiatric care for adults, children and adolescents beginning June 12.

Before joining HRRMC, Dr. Hogins served as a senior instructor for the University of Colorado Anschutz School of Medicine and staff psychiatrist at the Colorado Mental Health Institute in Pueblo. He was also an instructor of Psychopharmacology and adjunct faculty for the Advanced Psychiatric Nurse Practitioner program at CSU Pueblo.

Prior to that, Dr. Hogins spent two years as a staff psychiatrist at Spanish Peaks Behavioral Health Centers in Pueblo and two years as the attending psychiatrist and resident supervisor at the BJC Behavioral Health Outpatient Psychiatric Clinic in St. Louis.

"Dr. Hogins is a very important addition to our medical staff," said hospital CEO Bob Morasko. "We have a great need for a local mental health practitioner who can care for our patients and make referrals for them when needed. Dr. Hogins will be able to serve our community locally and reduce the need for patients to travel for mental health services."

After earning his Osteopathic Medical Degree from Kansas City University of Medicine and Biosciences in Kansas City, Missouri, Dr. Hogins completed his psychiatry internship, residency and fellowship at



Washington University School of Medicine in St. Louis. He is a fellow of the American Psychiatric Association and is board-certified in psychiatry by the American Board of Psychiatry and Neurology.

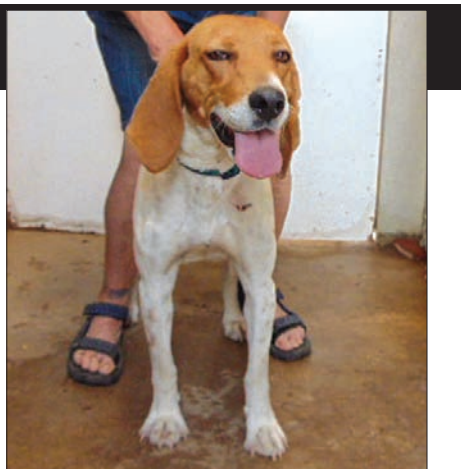
Dr. Hogins will primarily see patients at the HRRMC Medical Clinics, 550 W. Highway 50, in Salida. He will accept appointments at the HRRMC Buena Vista Health Center, 28374 CR 317, in Buena Vista, one day each week.

A sliding-fee payment scale is available for self-pay and uninsured patients based on income and family size. To make an appointment in Salida or Buena Vista, call 719-530-2000.

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Small-Town Vet

by Sandi Sumner

Our dog Heidi, an Australian/Border Collie mix, couldn't stand one morning. We helped her to stand but she limped so we put her in the car and drove direct to the nearest veterinarian which was in Lake George, Colorado. He examined Heidi and said she would need surgery which he hadn't performed in 10 years. He'd heard Dr. David Volz at the Animal Clinic of Woodland Park often did this kind of surgery and his fees were reasonable. Of course, the cost to help Heidi was the last thing on our minds at that time.

This was about two years ago, so I don't recall if we made an appointment or like so many people, rushed through the Vet's door with Heidi in our arms. The front desk clerks were very understanding and compassionate. They told us it wouldn't be too long before Dr. Volz could take a look at Heidi.

The door to the exam room opened and the vet invited us in, shook our hands and introduced himself, then sat down on the floor with Heidi. She weighed 85 pounds so it just made sense to check her over on the floor. He ran his fingers through her winter coat and to our shock said, "Sorry, I had knee surgery last week so it's easier to examine Heidi here on the floor than hoist her up to the table." My mouth dropped open. Knee surgery a week ago!

Volz showed us her right rear leg joint that was movable and yes, she did need surgery. "I do these types of surgeries all the time and we should be able to have her ready by the end of today to go home with you." We agreed and didn't ask how much.

The most difficult part of having surgery for Heidi was the green plastic cone around her neck to make sure she didn't lick or chew on her stitches. At 10 now, she's running and chasing our other three dogs.

That first meeting with Dr. Volz inspired me to learn more about this man and his craft. I explained to Dr. Volz I am a biographer who learns best by observing my subjects



This is Walter, the clinic house cat, his name is on the mail box! Yes, he is 3-legged and wanders freely through the clinic. He's often in the waiting room welcoming people. photo by Debi Acord, front desk guru



Dr. David Volz with one of his friends, a Ball Python.

within their natural environment and asked if he would be willing to allow me to observe. We met several times at a coffee shop so we could get to know each other and develop trust. Dr. Volz set clear boundaries and provided instruction on basic infection control procedures so I could safely observe him and his team in action without impeding the process in any way.

I have been privileged to witness the hustle and bustle of the waiting area and a numerous surgeries; one on a young fawn who had been hit by a car. The fawn's mother died but there was hope for her offspring. The doctor, aided by Veterinarian Technician Terri Collins, set the right rear leg of the anesthetized fawn, inserting a nine-inch stainless-steel rod in its young leg. Sadly, the baby fawn died during the night.

By the time this occurred, I grew to know and respect everyone at the clinic. Typically, 50 animals are seen and treated daily by Dr. Volz, along with five or six technicians that assist, plus Clinic Manager Terri Collins. Dr. Carole Steiner also puts in a number of hours every week.

The mayor of Green Mountain Falls, a popular goose named Roy entertained visitors at the lake in town, and was a patient of Dr. Volz when he injured a wing. Roy was able to return home to the lake, but he could no longer fly. A visitor stopped at the lake, let their dogs run free and Roy lost his life.

Another incident makes me pause in disbelief. A squirrel was dropped off at the vet's office with an arrow through the back of his neck. The local media learned of the incident and a local television station hailed the safe removal of the arrow by Dr. Volz. Terri Collins said to me one day, "I'm constantly amazed by David's scientific mind." (Volz graduated Magna Cum Laude from the School of Veterinary Science in Missouri, preceded by a Bachelor's degree in Science. A total of eight years of schooling.)

Depicted in the above photo is a Ball Python wrapped around the vet's arm. "He had stomatitis, known as mouth rot, so we gave it antibiotics and he started eating again," Dr.

Volz explained.

Along with a high number of domestic animals, the doctor recently examined an abandoned bear cub which turned out to be very healthy. The little fur-ball now resides in a rescue and release facility in Colorado. They sent Dr. Volz a photo of the cub resting on a milk coat.

One last note to mention is his commitment to the Colorado Wolf and Wildlife Center in Divide where I recently observed him doing a surgery on a 100-pound wolf. It took six people to move the wolf from his habitat to the surgery center. Once Dr. Volz opened the lump on the wolf's front left leg he could see it could develop into cancer if not completely cleaned and sewn up to heal.

It isn't all work and no play for Dr. Volz. He and wife Patty have summited 100 of the highest peaks in Colorado. Currently, she is giving her time and expertise to the Peace Corps, assigned to the country of Georgia. Three weeks ago, David rode in a bicycle race in Taos, NM, completing 300 miles. Maybe returning to work is a rest for him!

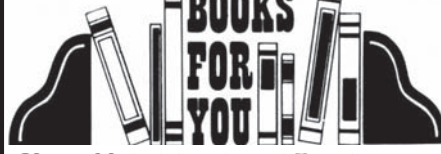
If I were 22 years old again, I know what profession I would pursue. My role model would be Dr. Volz due to his scientific mind, compassionate heart and willingness to take on whatever comes his way.



Here's the abandoned bear cub Dr. Volz helped to rescue.

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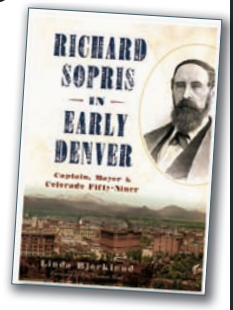
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Summer at Mueller State Park

photos by Jeff Hansen

Summer in the mountains is the best! Blue skies, warm sun, aspen leaves trembling in the breeze, birds singing and trails to explore are just a few reasons to spend some quality time at Mueller State Park!

Mueller makes the most of this beautiful season with an abundance of programs to get you outside to play! Guided hikes go all over the park to see the sights, smell the flowers and breathe in the fresh air! The parade of wildflowers reaches their peak in July. Children's programs are designed to capture the curiosity of your youngster, guide them in discoveries and entertain them through learning. The evening programs offer a wide variety of experiences from seeing live birds of prey or wolves, to star gazing and moonlight hikes, to amphitheater shows about local wildlife and history.

Come on out to Mueller State Park this summer, come out to play!

1 Hike: School Pond/Stoner Mill meet at 8 a.m. at the School Pond Trailhead. Watch for wildlife, flowers and scenic views on this combined 3.5 mile trail with Naturalist Nancy.

1, 29 Hike: Preacher's Hollow meet at (10 a.m. on 1st and 9:30 a.m. on 29th) at Preacher's Hollow Trailhead. Celebrate summer with "nature's fireworks" by viewing the local wildflowers. Join Naturalist Russ on a gentle 2-mile-loop trail.

1 Touch Table: Flowers of Mueller 2-4 p.m. at Visitor Center. Celebrate "nature's fireworks" by viewing the wildflowers of Mueller State Park. Join Naturalist Penny and learn on which trails you can find them. Come by anytime.

1 Amphitheater: The Birds We Love at 7 p.m. Diana Miller from the Pueblo Raptor Center will bring live birds of prey to see but not touch! Learn of the behavior and biology of hawks, owls, eagles and falcons. Please leave the pets in the camper. Dress warmly.

2, 18, 28 Hike: Cahill Loop meet at (10 a.m. on 2nd and 28th; 1 p.m. on 18th) at Grouse Mountain Trailhead. Join Naturalists Jeremy and Sylvia on this moderate 2.5 mile hike, exploring the flora and fauna of Mueller all the way.

2, 28 Archery for Beginners 2-4 p.m. meet at the Livery. 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.

2 Amphitheater: Hooves and Horns at 8:30 p.m. Did you know that you can tell the age of a bighorn sheep by counting the rings on the horns, like tree rings? Learn about bighorn sheep that live just south of our park.

3 Children: Bird Feet, Bird Feathers meet at Visitor Center at 10 a.m. All kids are welcome to come and learn through games and stories about the different types of bird feathers and feet.

3 Hike: Dynamite Cabin meet at 1 p.m. at Grouse Mountain Trailhead. Savor the immense variety of wildflowers, trees and wildlife as you hike the Dynamite Trail with Naturalist Penny. This unique trail is rated easy to moderate and is 1.8 miles long.

4, 19, 21 Hike: Rock Canyon meet at (1 p.m. on 4th, 9:30 a.m. on 19th, 8 a.m. on 21st). Rock Pond Trailhead. Join Naturalist Penny on this trip through many montane micro-environments. This is a favorite trail at Mueller and is a moderate 5 mile hike.

4, 15 Amphitheater: Coyote Tales at 7:30 p.m. Coyotes are everywhere in the United States, including cities. Native Americans considered them the trickster and told many stories about old man coyote. Learn from Naturalist Penny about this adaptable creature both in the wild and in myth. Dress warmly.

5, 12, 19, 26 Hike: Wapiti Trail meet at 9 a.m. at the Visitor Center. Explore the trees, wildflowers, tracks and views from the montane forest of Mueller with Naturalist Karleen. This is a 1 hour hike.

6 Hike: Discover Trees of Mueller State Park meet at 9 a.m. at Wapiti Trailhead. In this inquiry based activity, we'll explore the trees of Mueller and identify many different species. Join Naturalist Karleen for an hour hike.

6, 15 Pond Safari meet at (2 p.m. on 6th, 11-2 on 15th) at Dragonfly Pond. 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 Linda.

7 Hike: Cheesman Trail meet at 8 a.m. at Grouse Mountain Trailhead. Visit the many structures of the Cheesman



Osborn Homestead cabin remains.

Ranch, the best preserved historical buildings in the park. Hear about the rich history of Mueller State Park with Naturalist Cindi on this 5 mile moderate trail.

7, 21 Hike: Elk Meadow meet at (9 a.m. on 7th and 1 p.m. on 21st) at Peak View Trailhead. Examine tracks and signs of the animals that live in Mueller State Park as you hike Elk Meadow with Naturalist Russ. This unique trail is a moderate 3 miles.

7 Touch Table: Cougar and Bears 2-4 p.m. at Visitor Center. What makes cougars and bears the top predators in the park? Come examine these animal hides and skulls with Naturalist Penny.

7 Amphitheater: Bear Facts at 8:30 p.m. The Black Bear can be one of the most exciting finds while hiking and camping. Join Naturalist Penny and explore the life of these amazing creatures. Dress warmly.

8, 13, 23 Hike: Outlook Ridge Trailhead meet at (8:30 a.m. on 8th, 9:30 on 13th, and 1:30 p.m. on 23rd) at Outlook Ridge Trailhead. Naturalist Nancy will lead this hike on Outlook Ridge loop including all the overlooks along the way. This hike is rated a moderate 4-5miles.

8, 28, 29, 30 Art and Nature for Beginners (9-11 a.m. on 8th & 29th, and 1:30-3:30 p.m. on 28th) meet at Visitor Center. Join Naturalist Jim capturing the natural world at Mueller with colored pencils. This will be fun and easy for the first-time artist or for those who have an interest in the outdoor world artistically. For adults or kids 7 years and older.

8 Hike: Turkey Cabin Overlook meet at 1 p.m. at Black Bear Trailhead. Travel a trail not often visited but well worth the view with Naturalist Penny. See where a historic cabin used to stand. This is a 3.5 mile hike.

8 Patio Talk: Geology of the Pikes Peak Area at 2 p.m. meet at Visitor Center. 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!

8 Hike: Full Moon Hike meet at 8 p.m. at Outlook Ridge Trailhead. Enjoy the awesome view of the full moon rising over Pikes Peak with Naturalist Jim. 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.

9 Pond Safari 1-3 p.m. meet at Dragonfly Pond. 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 Rose.

9, 30 Hike: Homestead Trail meet at 1:30 p.m. at Homestead Trailhead. Take a pleasant 2 mile hike through forest, meadows and rock formations with Naturalist Penny.

9 Amphitheater: Lynx, Lion and Bobcat at 8:30 p.m. Lynx, mountain lions and bobcats are the only wild cats in Colorado. See why these elusive felines are at the top of the food chain. Join Naturalist Penny. Dress warmly.

10 Hike: Trains and Lost Towns meet at 9 a.m. at Elk Meadow Trailhead. Join Naturalist Penny and learn the history of the Midland Terminal and Colorado Midland Railways, the town of Tracey Hill and see Murphy's cut. This is a 3 mile hike.

11 Fly Fishing Basics meet at 10 a.m. at Dragonfly Pond. Learn the difference between fly fishing and spin casting and give it a try. Equipment provided. For adults and kids 10 and up. Join Naturalist Linda.

13 Hike: Outlook Ridge meet at 9:30 a.m. at Outlook Ridge Trailhead.

13 Children: Raccoons meet at 10 a.m. at Visitor Center. Join Karleen to learn all about the little rascals. We will read a book, feel a real raccoon pelt and make a craft. PreK-1st.

13 Touch Table: Trees of Mueller 1-3 at Visitor Center. How old are the trees of Mueller State Park? Which type of tree makes good lumber or good homes for birds? Naturalist Rose will help you identify the trees of Mueller.

13, 20, 27 Amphitheater: Series. All begin at 8:30 p.m. (13 Prehistory of Mueller State Park Region; 20 Native Americans of the Pikes Peak Area; 27 Fur Trade) See a new program series on local history with Naturalist Paul on Thursdays nights this summer. First, learn about the geologic formation of the area and the earliest people — Paleo Indians!

14, 16 Hike: Lost and Geer Pond meet at (9 a.m. on 14th and 1 p.m. on 16th) at Lost Pond Trailhead. Watch for water loving wildlife such as beaver, muskrat and redwing blackbirds with Naturalist Karleen. This is a 2.5 mile hike.

14 Amphitheater: Mueller Critters at 8:30 p.m. The montane environment of Mueller State Park attracts a large variety of wildlife. Learn about these fascinating animals with Naturalist Russ. Dress warmly.

15 Hike: Rule Creek Pond at 1 p.m. at Grouse Mt Trailhead. Hike the old ranch roads on this loop with Naturalist Penny. We will go by Rule Creek and Cahill ponds and through rolling meadows.

16 Patio Talk: Our Diverse Universe meet at 10 a.m. at Visitor Center. Enjoy light refreshments as you learn about the benefits of biodiversity as well as threats to it and steps to restore it.

17 Hike: Nobel Cabin meet at 9 a.m. at Black Bear Trailhead. Join Naturalist Penny on a 4 mile hike to Nobel Cabin. Imagine what it was like to homestead this area without modern amenities and learn about some of Mueller State Park's early residents.

17 Touch Table: Owls 2-4 p.m. meet at Visitor Center. Have you ever wondered what an owl pellet is or how to identify owl feathers? Naturalist Penny will share with you a variety of owl knowledge. Stop by anytime.

18 Children: Reduce, Reuse, Recycle meet at 10 a.m. at



View to the west on Outlook Ridge Trail.

Camper Services. Join Naturalist Penny as we practice the 3 R's through stories, songs and hands on activities.

20 Hike: Ranger Ridge meet at 1 p.m. at School Pond Trailhead. See the beauty of summer with Naturalist Penny on this scenic 2 mile hike. The trail is rated difficult due to the long steep hill.

20 Children: Insect Inspection 2 p.m. meet at Visitor Center. Come learn all about nature's creepy crawly creatures. Join Naturalist Karleen as we inspect the different parts of an insect and make a fun craft.

21 Amphitheater: Friends in the Night at 8:30 p.m. 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. Dress warmly.

22 Hike: The Golden Eagle Trail meet at 9 a.m. at Black Bear Trailhead. Golden Eagle is the name of this frequently hiked trail. Join Naturalist Penny to journey to the border of Dome Rock and view interesting rock formations on this 4.5 mile hike.

22 Children: What's the Buzz? Bees! Meet at 2 p.m. at Visitor Center. Join Naturalist Penny and explore the amazing life of bees through stories, hands-on activities.

22 Star Party meet at 8:30 p.m. at Visitor Center. The Colorado Springs Astronomical Society will have several telescopes set up outside of the Visitor's Center for everyone to view the stars and planets of the night sky.

23 Amphitheater: Nocturnal Animals at 8:30 p.m. Although the night seems peaceful, as though everyone is sleeping, there is actually A LOT going on. Join Penny as you learn more about the animals that go "bump" in the night. Dress warmly.

24 Patio Talk: Prey and Predator meet at 1 p.m. at Camper Services. Much can be learned from the skull of an animal. Was it a prey or predator, was it healthy, did it live a long life and what was its preferred diet. Come learn with Naturalist Penny.

24 Amphitheater: Timber Wolves at 7 p.m. The wolf is an often misunderstood member of a thriving ecosystem. Naturalist Ellen Walker will explain the facts and fiction about the timber wolf, its pack behavior, and its very special role as an apex predator. If you watch carefully, you might see a wolf watching you carefully, courtesy of Peggy's Colorado Wolf Adventures! No pets allowed.

25 Auditorium: Whose Track is That? 10-noon meet at Visitor Center. Have you ever looked at a track in the mud and wondered what animal left it? Naturalist Pat will help you to identify whose track is that!

27 Children: Discover Mountain Lions meet at 2 p.m. at Visitor Center. Learn all about Mueller's top predator, the mountain lion with Naturalist Penny.

28 Amphitheater: The Cat in our Backyard at 8:30 p.m. Did you know that mountain lions eat an average of one deer a week, if they can catch them? The program includes how to co-exist with mountain lions and how to keep safe from mountain lion attacks.

29 Fine Art Show 9-5 p.m. at Visitor Center. Internationally acclaimed artist Lee Cable, and others will have their work on display all day July 29-30. This art show and sale is presented by the Friends of Mueller State Park.

29 Amphitheater: Horns All Around at 8:30 p.m. Is a mountain goat really a goat? Is the mountain goat native to Colorado? Does it hurt when two Bighorn Sheep butt heads? These and many other questions will be answered by Naturalist Penny. Dress warmly.

29 Amphitheater: Those Sly Foxes at 8:30 p.m. Foxes run free in our imagination, folktales and legends. They are known to be clever, sly and witty. Get to know the real fox with Naturalist Penny. Dress warmly.

31 Hike: Aspen Trail meet at 9:15 a.m. at School Pond Trailhead. Are you ready for a challenge? Join Naturalist Penny on this invigorating hike with its six roller coaster hills!

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.

Meet Martine Walker

GCCS new principal

by Flip Boettcher

photo by Flip Boettcher

New Guffey Community Charter School Principal Martine Walker has the task of filling the position of retiring Principal Pam Moore starting August 22, the first day back to school. Moore has been principal at the school for the past 15 years and set many milestones (see more at GCCS Graduation 2017 page 23).

Walker and her mother, who had lived in the immediate area north of Highway 9 on High Park Road before, were at the Bull Moose Restaurant and Bar in Guffey last summer. They got to talking with local resident Sunnie Sacks. Sacks volunteers at the Guffey School and mentioned to Walker that the school was looking for a new principal. Things just seemed to fall into place, said Walker.

Walker went home to Colorado Springs and checked out the school's website and felt she needed to apply for the job; she really liked the idea, she said. Walker said she spent hours on her application.

The school board had been looking for several months for a new administrator. Even though Walker, like Moore, had never been a principal before and had no background in education, the board was impressed by her resume and found her enthusiasm infectious so they hired Walker. Walker's contract starts July 1.

Walker was born in Michigan and when she was seven years old, the family moved to Shenandoah, Virginia. In 1998, when Walker was 21, she said she realized she had never been west of Ohio and started out across country. When Walker got to Colorado though, she fell in love with the state and has not left since, except for the two years the family was living in Coast Rica.

Walker has lived in Colorado Springs for 17 years. She is excited to move to Guffey.

Walker has a Bachelor's Degree in Psychology from University of Colorado, Colorado Springs and has been in business management most of her life, she said, but mostly the past seven years.

Walker loves the outdoors, and living in Colorado Springs she and her family didn't get outside much. Walker plans on getting



New Principal Martine Walker in front of the mural outside the middle school classroom.

outside a lot more while in Guffey.

Walker also wanted more satisfaction out of life, something more meaningful and to get out of the city. Guffey fit the bill, a place where she can be a part of the community. Above all, Walker knows she can be a good principal for the school. Walker plans on being at the Guffey School until she retires, she stated.

Walker plans on continuing on with the school as it has been, but will bring new ideas and experiences to the school. Walker's son Chevy, who is seven and a half years old, will be attending Guffey School in the fall and will be in Jenny Hartman's class.

Walker is looking forward to living in Guffey and is very excited to be the new principal at the GCCS, she said.

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Activities available across Teller County include: Family Support Services, GED and High School Equivalency Classes and Testing, Early Childhood Education, Parenting Programs, Cooking and Nutrition Classes, Adult Exercise, Community Gardens, and Basic Needs Services.

8th grade presentation

Emily Clarke

by Flip Boettcher

The Guffey Community Charter School graduation ceremonies and the last day of school were June 1, 2017. This year there was one 8th grade graduate, Emily Clarke, a very talented young lady. Clarke is the 45th graduate of the school. To graduate from the school, 8th graders have to complete a project and present an hour-long program which includes a reflective autobiography, student initiated project, a visual arts presentation and a portfolio documenting the project.

Clarke was born in Denver in March, 2003. When she was 2 years old, her parents separated, which was very confusing and sad for her, she said.

Clarke attended a Montessori school in the Denver area and then moved with her family to Guffey in 2013, and has attended the GCCS for three years. Her favorite subjects are literature and writing. This year Clarke entered an essay entitled "The America I Believe In" in the Veteran's "Patriots Pen" essay contest. Clark's essay won the district contest and has moved on to the state contest. Hopefully it will go on to the national contest.

Clarke has many hobbies including silver crafting, painting, singing, drawing, playing the piano and showing horses. Clarke has loved horses since she was a toddler she said, and in the summer of 2014, she joined the Colorado Rebels Riding Club. The CRRC has had a great impact on her life. This year she ran for queen of the CRRC and was crowned Queen's 1st Attendant. The contest included a speech, interview with all three judges, modeling and horsemanship.

When Clarke was 11, she started working with Karyn Miller at the Colored Rain Ranch, northeast of Guffey, learning how to show Scottish Highland Cattle (HLC). Part of Clarke's presentation was called "From Birth to Burger," about raising HLC.

HLC date from the 6th century and have higher quality meat, so one needs to eat less. Highland beef is lower in cholesterol and higher in iron and protein than regular beef. HLC have lived for centuries in the rugged, remote Scottish Highlands and have a double layer of hair. HLC are the oldest registered breed of cattle.

For part of her presentation, Clarke painted, did bead work on, and silver tipped the horns on a skull of one of the ranch's HLC that had passed away.

The second part of Clarke's presentation was entitled "Veggies, Vegans, and Vilcabamba." A short time ago, Clarke was not very healthy, she said, and with her mother's help she did a total body detoxification and is now mostly on a raw foods diet.

This spring, Clarke and her mother went to Ecuador, South America, for a raw vegan retreat in Vilcabamba. Vilcabamba means Valley of Longevity. Clarke's research for her presentation showed



Emily Clarke's 8th grade presentation team with the painted/ beaded highland cow skull. Left to right are: Rachael Wikersham, Emily's mother, Emily Clarke and Chris Peterson. photo by Flip Boettcher

that the people of Ecuador, who eat the highest raw food diet had the lowest heart attack rate worldwide. Those countries that ate less raw foods had higher heart attack rates.

The final part of Clarke's presentation was a piano solo. It's hard to believe Clarke has only been taking piano lessons for a year and a half, a great performance.

At the beginning of the school year, 8th graders pick their team who help them with their 8th grade project. Clarke's team consisted of her mother, Miss Kim, and Chris Peterson.

The presentation evaluation team which is a representation of the community consisted of middle school teacher Hillevi Peterson-Hirsch, incoming principal Martine Walker, Linda Parrish, school board member, and community members Cindy Stride and Susan Howard. With such a great presentation, the evaluation team passed Clarke's presentation.

Clarke said she plans on going to Cañon City High School in the fall. Then perhaps she will continue on with veterinary medicine at CSU in Fort Collins.

For more information on GCCS and to see the 8th grade graduation requirements, visit: www.guffeyschool.org.



CRRC queen contest from left to right are: Queen 1st Attendant, Emily Clarke; Queen 2nd Attendant, Mackenna Kincaid; Queen, Shannon McInis; and Princess, Isabella Burke. photo by Karyn Miller



Emily Clarke on left and Karyn Miller on right showing some of the Highland Cattle. photo by Karyn Miller

Call for quilt entries

Quilters Above the clouds Quilt Guild is accepting entries for the 11th Annual Quilts in the Aspens Quilt Show which will be held Saturday August 12 at the Woodland Park Middle School. The deadline for submitting entry forms for quilted items is August 1 with drop off August 10 at the WPMS, 600 E. Kelly's Road between 10 and 2 p.m. Entry fees are \$5 per quilted item for QAC members, \$10 for non-members, and youth entries (16 and under) are free. Information about entering a quilt and entry forms can be found at www.quiltersabovetheclouds.com or by contacting Sabine Dalton; quilterbini@peakinter.net, 303-549-6346 or Betty King; getkings0104@msn.com, 719-687-0104.



Lodge by the Blue and Myla Rose Saloon sit on Highway 9 in Blue River, near the bottom of Hoosier Pass. The property boasts an unparalleled view of Mt. Quandary, which towers over the Tenmile Range at 14,265 feet. The rustic, condominium-style lodge and American-themed bar and restaurant are situated across the street from McCullough Gulch, about 10 minutes south of Breckenridge.

Global Connections, Inc. purchased the property, formerly Skier's Edge Condominiums, at the end of 2014 and immediately began renovations that have tallied in the hundreds of thousands of dollars, to date. The lodge has since blossomed quite beautifully and the ambiance suits the location very well.

"If you're looking for a place that's out of the hustle and bustle of Breckenridge, this would be it." — Crystal Hylton, property manager at Lodge by the Blue

The Grande Suite was recently completed and is the flagship suite of the 17 guest units at Lodge by the Blue. It has been popular as

a bridal suite and the lodge is a great location for wedding receptions and other events.

Global Connections, Inc. has purchased property adjacent to the lodge and hopes to add more units in the future.

The Myla Rose Saloon opened in December of 2016 and serves dinner and great drinks each day from 5-9 p.m. Breakfast is available from 7-11 a.m., Friday through

Monday, but there are plans to open for breakfast seven days a week, in the near future. The bar is open daily from 3-9 p.m. and offers happy hour specials from 3-6 p.m. and all day on Mondays.

The restaurant specializes in comfort food, such as bison poutine, fried chicken, meatloaf, sandwiches, burgers and much more, with an emphasis on incorporating Colorado products.

Many libations at the bar are also Colorado-based, such as Breckenridge Bourbon and a plethora of canned and draft craft beers from various breweries within the state.

Lodge by the Blue is located at 4192 State Highway 9, Breckenridge, Colorado 80424. For more information: 970-453-2144

www.lodgebytheblue.com
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Your Library: Intersection of history and nature

by Sean Beharry

The John C. Fremont Library, and many other libraries throughout Colorado, has two "Check Out State Parks" passes. The passes enable you to enter Colorado's 42 state parks for free. The pass is a hang tag for the rearview mirror, so it is good for a carload of your friends and family. This program is made possible through a partnership with the Colorado Department of Education, State Library, local library systems, and Colorado Parks and Wildlife. This partnership goes hand in hand with one of the library's existing initiatives, its Colorado History Collection.

The state parks passes come inside a Colorado state parks backpack filled with a set of binoculars, *Guide to Your 42 State Parks*, *Colorado Wildlife Guide*, *Colorado Trees and Wildflower Guide*, *Leave No Trace* information card, and a *Fishing Basics* tip sheet. The information provided by the Check Out State Parks partnership is informative yet concise so it is lightweight and perfect for taking with you on a hike. The *Colorado Wildlife Guide* and *Trees and Wildflower Guide* are in full color and simple to use. These guides are laminated so you can bring a dry erase marker with you and circle all the animals and plants you spot (be sure to wipe it off before returning to the library).

When you are back at the library, or somewhere with cellular service, you can use our more detailed resources to learn more about the wildlife and plants you have identified. Colorado Department of Education and others have online resources, available directly from the library's online catalog, which can tell you more about the creatures you have spotted in our state parks. If you are more annoyed by the insects than appreciative, you can check out *Field Guide to Colorado Insects* by Whitney Cranshaw and Boris Kondratieff from the library to learn more about the creepy crawlers who make you wonder if you really want to be outside.

For those more interested in history, you can visit the library first and learn more about Colorado in our Colorado History Collection. After reading *Charles Goodnight: Cowman & Plainsman* by J. Evetts Haley, you can visit Lake Pueblo and see the environment he settled in. However, be aware that part of his Rocky Canyon Ranch is now under Lake Pueblo! After reading one of the many books in our collection about Native Americans in this area, a visit to Lathrop State Park will illuminate the history you learned. The Check Out State Parks pass can also provide an opportunity for new connections between grandparents and grandchildren. Check out our copy of *Grandparents Colorado Style: Places to Go & Wisdom to Share* by Michael Link to get some ideas on how your whole family can gain a deeper connection to Colorado.

Our more active patrons may have already checked out *Road Biking Colorado* by Robert Hurst. The Check Out State Parks pass will grant you access to Cheyenne Mountain State Park, which contains 18 trails for cyclists, some of which are highlighted in Hurst's guide. You can also use the pass to visit Mueller State Park for horseback riding and over 44 miles of hiking.

The Check Out State Parks backpack and pass can be borrowed from the John C. Fre-

mont Library and others in the Ute Country region, for a week. Patrons are welcome to check it out as many times as they want all year long, depending on its availability. We encourage our learners to go out and explore the areas they learned about, and our explorers to come in and learn about the areas they have explored.

Here's what is happening inside the library in July:

July's Featured Artist

The John C. Fremont Library is hosting Suzi Popkess's painting series *Watercolor Visions of the Colorado and Italy*. She lives in the country outside Florence where nature and the Colorado beauty inspire many of her paintings. Suzi began painting over 43 years ago and specializes in Colorado and Southwest landscapes and still life. There will be a reception for the artist on July 8th from 2-4 p.m.

Adult Programs

7 Movie Night: *Fences* at 5 p.m.

Adaptation of the Pulitzer Prize-winning play about a black garbage collector in 1950s Pittsburgh named Troy Maxson. Bitter about his lot in life, Maxson frequently takes out his frustrations on his loved ones. Free popcorn! Bring your own drink.

8 Audiobooks & eBooks: Installing & Using the Cloud Library

11 a.m. to 12:30 p.m. With your library card, you have access to the library's free digital downloadable materials! This includes many popular eBook and audiobook titles that can be accessed on your smartphone, laptop, and many devices. If you would like help installing and using the Cloud Library, bring your device to this workshop.

12 Medicare Seminar with Kaiser Permanente at 1 p.m.

18 Vegan Book Club Special Meeting at 11 a.m. The vegan book club will be meeting at the Aspen Leaf Bakery for lunch at 11 a.m. They will return to the library at 12 p.m. for the discussion.

18 History of the Gold Belt Tour Byway Region with Charlotte Bumgarner at 7 p.m. All roads lead to Cripple Creek! Learn about the history behind the roads and the communities that make up the Gold Belt Tour Byway. Charlotte Bumgarner, Executive Director of the Gold Belt Tour Scenic and Historic Byway, will be sharing lots of historic photos and the tales that go with them. Also learn about the nonprofit board who accomplishes amazing things for the region.

20 Bringing Theodore Roosevelt to Life with Don Moon at 7 p.m. Step back in time with Don Moon's one-man, living-history performance as he brings to life the trust-busting, Rough Rider and noted conservationist, Theodore "Teddy" Roosevelt. Teddy was here in February and this time he will be continuing the story of his life from the presidential years to his death in 1919.

25 Connections Job Support Group at 7

p.m. This is the second part of the Connections job support group this summer at the library. Connections will help with job searching skills, resume and application reviews, and interview practice and feedback. No preparation is necessary, but please come with any resumes and other job search materials you already have for feedback.



Skyrockets, *Ipomopsis aggregata* (above), and *Gray jay*, *Perisoreus canadensis* (left), spotted at Mueller State Park and identified using the guides from the Check Out State Parks backpack.

7, 14, 21, 28 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.

12 Easy Origami with Jennifer Gerring at 10:30 a.m. Jennifer Gerring, Origami artist, will teach three easy origami models for children. 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.

15 Family Movie: *The LEGO Batman Movie* at 2:30 p.m. In the irreverent spirit of fun that made *The LEGO Movie* a worldwide phenomenon, the self-described leading man of that ensemble LEGO Batman stars in his own big screen adventure. Free popcorn! Bring your own drink.

19 Geology and Dinos with Kelsey Zabrusky of BLM at 10:30 a.m. Learn how rocks and minerals are made into all kinds of products in our homes and cities. There will be hands on activities to explore.

26 The Home Depot Workshop at 10:30 a.m. Kids workshop at the library, provide a lively environment mixing skill-building, creativity, and safety for future DIYers.

28 Pool Party at Pioneer Park end of "Build a Better World" Summer Reading Program 10-noon. Everyone who completes the program by reading 20 hours and turning in their log sheets by Wednesday, July 26, will earn a pool party with a certificate and a T-shirt.

Youth Programs

6, 13, 20, 27 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!

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.

Flag Retirement Ceremony

by Larry Ingram
photos by Janet Meyer



Flags are presented by members of Troop 230 (top). Post Commander Dan Williams formally accepts tattered flags for destruction (inset).



On the week of Flag Day, it is a tradition for American Legion Post 1980 of Woodland Park to retire all of the flags collected from the community that have become weather worn and tattered. In strict accordance with American Flag traditions, the flags are inspected and judged eligible for the ceremonial retirement. Then the flags are burned with respect. This year the post was assisted by Boy Scout troop 230 of Woodland Park.

HRMMC surgeon elected president of international organization

Robert Hunter, M.D., director of the Orthopedic Center of Excellence at Heart of the Rockies Regional Medical Center, was named president of The Arthroscopy Association of North America (AANA) at the association's annual meeting in Denver on May 20. Dr. Hunter will serve for one year as president and then an additional two years on the executive committee.

"Being elected president of the Arthroscopy Association of North America is the greatest honor I have received in my orthopedic career," said Dr. Hunter. "I follow in the footsteps of real giants in the subspecialty of arthroscopic surgery and will do all I can to represent AANA with the respect and effort it deserves. I am very proud to represent Colorado and my hometown of Salida."

Dr. Hunter has been an AANA member for more than 30 years. He has served on the board of directors twice and on the executive committee as treasurer, second vice president and first vice president. He has also worked on a number of committees, including as chairman of the fellowship and development committees.

Over the years, Dr. Hunter has represented AANA as a lecturer at many international academic conferences in South America, Europe, Asia and across the United States. Through AANA, he has also been instrumental in developing an annual course that provides military orthopedic surgeons with cutting edge, hands-on experience with the latest arthroscopic surgical techniques.

The AANA was formed in 1981 with the mission to develop, teach and promote



arthroscopic surgery and related procedures for virtually all joints in the upper and lower extremities. It is the premier arthroscopic association representing Canada, the U.S. and Mexico and has over 4,000 members.

Dr. Hunter is a board-certified, fellowship-trained orthopedic surgeon, who specializes in treating knee and shoulder conditions. He has been selected year after year by his peers as one of the "Best Doctors in America."

His office is located at the HRRMC Medical Clinics, 550 W. Hwy. 50, Salida. For more information about Dr. Hunter's practice, call 719-530-2000.

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- Lowell Thomas Museum
- CC&V Gold Mine Tours

Friday (July 14)

- Vintage Baseball Tournament
- Elks Lodge Chili Dinner
- Street Dance

Saturday (July 15)

- Pancake Breakfast
- Historic House & Building Tour
- Rocky Mountain Tractor Pullers
- Fun shoot
- Old Fashioned Kids Games
- Elks Lodge Gold Rush Dance

Sunday (July 16)

- Pancake Breakfast
- Rocky Mountain Tractor Pullers
- Parade
- Vintage Baseball Championship
- Fun Shoot

Visit cityofvictor.com for events and times.

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The Habitual Mind

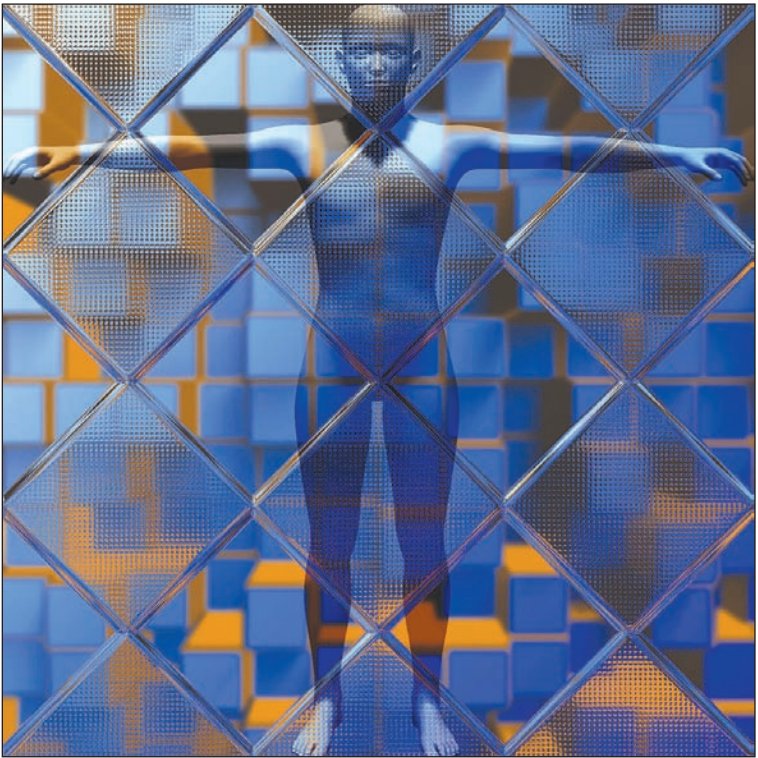
How we got here and methods to change what is no longer working

by Barbara Pickholz-Weiner

Waking up and feeling excited and enthusiastic about the new day is what many of us desire yet few of us experience. Because of present and past life circumstances, we sometimes find ourselves feeling out of balance... unable to pull it together... overwhelmed... stuck... repeating old patterns... devoid of skills... depleted of resources... experiencing unsatisfying relationships. Stress or life transitions can create struggles, challenges and confusion. Feeling insecure, anxious, frustrated, angry, hopeless, embittered, discouraged may also be experienced. You may even feel spiritually adrift. What a miserable way to live! Did you know you could change that and do it differently? With guidance, support and coaching, it is possible to become the best version of yourself.

There are so many reasons why people continue using their tried and true useless yet familiar methods to survive each day. *They don't know what else to do.* Consider the challenge of getting through a day where you are experiencing physical and/or emotional pain. Most of us will do almost anything to make it stop. Whether it's using a prescription medication or an illicit substance, taking something that stopped the pain in the past is generally viewed as necessary for relief.

That was my experience. For seven years I suffered and struggled to maintain a "normal" life after both of my knees became so painful I could barely walk. Looking at today's headlines, the opioid epidemic is ever-present, and I vowed to avoid the potential for a dependence upon analgesic medication which would leave me nearly nonfunctional and disconnected. I embarked



on learning how to manage my own pain without medication. My trainings included methods to eliminate pain through hypnosis, whether through self-hypnosis or using a therapeutic guide and reframing the painful sensations into just a neutral experience.

Recognizing that my brain had untapped resources to assist my healing became my focus. What a blessing it was! I managed the pain, although I did eventually require surgery. I had two knee replacements within four months and was able to recover and reclaim my life without taking pain medication. I'm appreciating life again completely pain-free.

If you were struggling with any sort of pain, whether physical or depression and anxiety, wouldn't you want this for yourself? The mind and the body are closely connected. When physical pain is felt, it impacts our emotions. Conversely, when we are experiencing emotional discomfort, our physical pain is intensified.

Could it be that a traumatic experience from your past is keeping you from enjoying your life to the fullest? Trauma is so common that to focus on it seems comparable to focusing on air; it's all around us, all the time, even though we may be consciously unaware of its presence. The truth is trauma affects every one of us, *but the degree to which it influences our lives differs dramatically from person to person.* It is important to remember that to heal trauma, it is NOT necessary to dredge up and relive memories. In fact, severe emotional pain can be re-traumatizing.

We always experience trauma as a physiological, or a body response. We will activate our survival response and feel our muscles tighten, our heart race, palms sweat; all the sensations you would associate with preparing to fight, run or faint. Once we realize that we have survived the threat, we'll appear "calm" on the outside, but the internal physiology tells a very different story. The heart is still racing, blood pressure remains high, biological stress chemicals are still saturating the brain; in essence, your nervous system is stuck on overdrive. This "frozen" state, while appearing calm, is still internally prepared to initiate the flight or fight procedures that we never had a chance to use.

Because we were unable to complete these innate "action plans," our body hangs on to the memory of needing to protect ourselves from a threat and the vast amount of energy produced becomes stuck inside us. When this occurs, we retain undischarged residual energy in our bodies and minds, which ultimately reveals itself as physical or emotional problems. Trauma disrupts the body's natural equilibrium, freezing us in a state of hyperarousal and fear.

The important point to understand about this function is that it is *involuntary*. This simply means that the physiological mechanism governing this response resides in the primitive, instinctual parts of our brains and nervous systems (the Limbic System), and is NOT under our conscious control. Successful trauma treatment must address this imbalance and reestablish our physical sense of safety. Therefore, the key to healing traumatic symptoms is in our physiology.

What we need to do to be freed from our symptoms and fears is to arouse our deep physiological resources and consciously utilize them. In many people suffering from anxiety reactions and so-called "psy-

chosomatic" conditions like migraines, muscular syndromes (e.g., fibromyalgia, back and neck pain), gastrointestinal disorders, severe PMS, asthma and even some epileptic seizures, these symptoms are likely the nervous system's attempt to contain the intense survival energies that remain in the body/mind as the result of unresolved trauma. When these energies can be gradually discharged, physiologically, the symptoms can often be dramatically reduced or even eliminated. Sometimes all that's needed is for you to shake or tremble while noticing your symptoms, because this helps the body discharge stored energy from the trauma. This gentle shaking while focusing on your symptoms gives your unconscious mind the message that it's OK to let go now.

Because we are human animals, trauma is a fact of life. It does not, however, have to be a life sentence. With guidance and support, we are capable of learning to shake and tremble our way back to health. In being able to harness these primal and instinctual energies we can move through trauma and transform it. Trauma is about broken connections. Connection is broken with the body/self, family, friends, community, nature, and spirit, perpetuating the downward spiral of traumatic disturbance. Healing trauma is about restoring these connections. That is my purpose; to help you heal.

The famous ancient philosopher Socrates said, "The unexamined life is not worth living." I believe that all life is worthwhile, but the unintended life is a problem. I am committed to the task of helping people understand that living well, powerfully and effectively with an abundance of happiness and success is within every person's grasp. Once you become aware of how to direct your own life with purpose and competence, responsibility and intentions, feeling hopeful and powerful, only then are you truly in control of your destiny.

Journeys Counseling Center, Inc. has been serving Teller County in Woodland Park and Cripple Creek since 1982 by offering professional, confidential, compassionate counseling and life-coaching for people in need of assistance in managing life issues, as well as finding the needed motivation and skills for lasting growth and change. Everyone begins therapy with a problem or a sense that something is amiss in their lives. Each of us would like to find a way to live a more accepting, fulfilling, and inspired life. We help you transition from where you are to where you want to be so you can become the best version of yourself. In our work together, you will learn how to develop empathy and compassion for what in you feels stuck or painful. You will be guided, supported, and gain tools, skills and resources to live your best life and to become the most authentic version of yourself as possible. The areas that of focus are:

- freeing yourself from old, dysfunctional patterns/habits
- adjusting past faulty perceptions and beliefs, hence living a more conscious and deliberate life
- becoming more comfortable with yourself
- finding your voice so you're able to speak up, speak truthfully and communicate effectively
- learning to trust yourself.

We provide a supportive yet objective sounding board or a witness to your life.

Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDR II, began her college career as an art major at Kent State University. A radical shift in her world view led her to receive a Bachelor of Science in Nursing. In addition to a Masters in Addiction Counseling, Barbara has certifications in NeuroLinguistic Programming, Eye Movement Desensitization and Reprocessing (EMDR), Pain Management, Hypnosis and Regression Therapy, and is a Brain Injury Specialist. Barbara has been the Program Director of Journeys Counseling Center, Inc. and has provided healing opportunities for people since 1982. Barbara and her husband peacefully cohabitate in a beautiful "Earthship" overlooking the north face of Pikes Peak.



Just The Facts

Foundations for critical thinking

by James W. Hagadorn, Ph.D.

Scientific thinking is relevant, helpful, and something that we all can do. Over the past 5 years I've employed this approach as a columnist, by setting aside my biases and sticking to "Just the Facts" to attract you to topics you may not have had interest in before — as well as familiar ones that I hoped you might reexamine.

In the process, we've busted a lot of myths that were veiled as "common knowledge". We've also uncovered useful information and gained some pride in our community's accomplishments and history. See <https://frontporchne.com/category/just-the-facts/> or past issues of *Ute Country News* for some examples.

Today I'm writing to let you know that I'm going to step away from writing this column for a while. My departing request? In these times of "alternative facts", please don't hesitate to channel your inner scientist, or to employ scientific thinking in your everyday life.



Conducting fieldwork in Northern Colorado.



If it doesn't pass the smell test, sometimes the taste test is the best.

Start by pursuing your curiosity or seeking to understand something that puzzles you. Better yet — question an assumption or an assertion. Follow by reading about your topic, analyzing what's known about it, and seeing what it tells you. Along the way, question where your information comes from — has it been vetted by someone with expertise in that field? How do we actually know that?

Maybe take it one step further... talk to a scientist to see what they know, perhaps sharing your thoughts over a beer. You might be surprised at what you learn, and you might even make a new friend!

If you're like me, learning what you don't know is fun, interesting, and often surprising. Especially when we're wrong! Sometimes scientific thinking helps us reach decisions that impact our families and can help our community.

At the very least, it's helped me become a better informed citizen of Colorado. I hope that scientific thinking can do the same for you.

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

Obituary

Thomas Fehr

Thomas Clarence Fehr of Divide, CO., passed away in Cripple Creek on Saturday, June 3, at the age of 72. Tom is survived by Wendy Chancellor (daughter) and husband Roger; Kelley, Ryan and Luke Chancellor (grandchildren) of Oak Park, IL, and Kelley McCarron (daughter) and husband Scott; Zoe and Sam (grandchildren) of Mount Prospect, IL, and Bill Fehr (brother) in Hawaii.

Tom never met a stranger, and had a way with people. He usually left you laughing. He will be missed.



James outside his new office.

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The Second Annual ALPINE MUSIC FESTIVAL

Benefiting the Little Chapel Food Pantry

AN ALL DAY ~ FAMILY FRIENDLY ~ SUPER FUN-FILLED DAY!

Saturday, July 8th

10am-10pm

Ute Pass Saddle Club Grounds • Divide, CO

Music All Day!

10am.....	Other Mountain Band
11am.....	Charlie Searle and the Ashtonz
Noon.....	Jake Gill
1:15pm.....	Mark Gillick
2pm.....	Blue Canyon Boys
3:15 pm.....	Jim Young
4pm.....	Mark Cormican and the Starwood Band
5:15 pm.....	ACME Bluegrass Band
6pm.....	Flying W Wranglers
7:15 pm.....	Little Chapel Food Pantry Presentation
7:30 pm.....	Mia Troxel Band
8 pm.....	Brandon Heath

ADMISSION: Adults - \$21 Advance/\$26 at the door, Kids 5-12, Seniors over 60, Military & First Responders - \$16 Advance/\$21 at the door, Kids under 5 FREE

To purchase tickets, register for a booth, sponsor an event, or donate an item for the silent auction, go to our website: www.alpinemusicfestival.com



Little Chapel Food Pantry
69 CR5, Divide, CO 80814
719-322-7610
Email: littlechapelfoodpantry@outlook.com
Web: littlechapelfoodpantry.org



~OUT AND ABOUT~

Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7393 or email us at utecountrynewspaper@gmail.com.

BUENA VISTA

- 4 Celebrate the 4th in BV. For generations in Buena Vista, we have been celebrating the 4th of July as it was meant to be. Please create your own memories of days gone by and join the Buena Vista Chamber of Commerce & Visitor Center with our authentic 4th of July Celebration.

Our Independence Day:

- 7-9:30 a.m. Pancake Breakfast at Columbine Park.
- 8:30 a.m. Freedom 5K — Oxygen Hog, 113 Railroad St.
- 9 a.m. until sold out Pie Sale at McPhemley Park.
- 9-9:30 a.m. Parade Participants Queue.
- 9-10 a.m. Patriotic Concert at Grace Church.
- 9-3 p.m. Quilts of Valor at Grace Church.
- 9-4 p.m. Art in the Park at McPhemley Park. Be sure to visit BV HOPE booth.
- 10 a.m. The 4th of July Parade & Shooting of the Anvil all along Main St. Parade heads west to San Juan St.
- 10-5 p.m. Heritage Museum & the Depot \$1 Day at the Depot in McPhemley Park.
- 11-2 p.m. Kid's Games. Everyone wins Free Prizes! McPhemley Park.
- 11-2 p.m. Rotary Cookout Forest Square Park.
- 1 p.m. Free Patriotic Concert at Grace Church.
- 2:30-4 p.m. Free concert Mtn, Mantra at McPhemley Park.
- 4-6 p.m. Paddle on the Ponds by CKS at McPhemley Park.
- 9 p.m. American Legion Fireworks at the Rodeo Grounds, Columbine Park Hwy 24 south of K's Dairy Delight

- Forest Square Park, Hwy 24 by BV Chamber building
Grace Church 203 W. Main St.
McPhemley Park at corner of Main St and Hwy 24
- A very special THANK YOU to our sponsors: Central Colorado Title & Escrow, Re/Max, Mountain Vista Properties, D.J.D.J. Colorado Event Productions, and the Town of Buena Vista. We have much more to share and do for the weekends before and after. Please visit www.buenavistacolorado.org/events-fourth-of-july/ for full details V

- 4 See the BV HOPE booth at Art in the Park.
- 9 Freedom Tour folks cycle to bring hope and freedom to victims of human trafficking and will speak at noon at the Congregational

Church and 6 p.m. at Clearview Community Church to learn their inspiration and heart for this event. Sponsored by BV HOPE.

- 27 Wild Things: Coexisting with North America's native carnivores see page 19.
- 29 Creekside Gatherings at 10 a.m. for the Freedom Tour as they come through town on their way to Leadville from Salida. All funds raised go directly to the Home of Hope in New Delhi, India who serve children who have been rescued from the forced sex trade. They provide housing, food, clothing, aftercare and education in a safe and nurturing environment.

COALDALE

- 5 Jesse Milnes and Emily Miller concert, 7 p.m. at Coaldale Schoolhouse. This West Virginia duo plays traditional Appalachian fiddle music, accompanied with guitar and vocals. They have been featured on major stages such as Prairie Home Companion radio program and the National Folk Festival in Canberra, Australia. Opening act on hammered dulcimer, nyckelharpa and harp. Tickets are \$15 at the door. For info contact Bruce Warren at bbppww01@hotmail.com

COLORADO SPRINGS

- 29 Blues Under the Bridge see ad page 29.

CRIPPLE CREEK

- 30 The 3rd Annual Tough Truck Competition at the Teller County Fairgrounds, see ad page 7.

ASPEN MINE CENTER

- 5, 12, 19, 26 AMC Community Lunches held each Wednesday 11-30 p.m. Meals are provided on a donation basis.

- 7, 14, 21, 28 A Willow Bends 3-5 p.m.
- 5, 19 ATTUNE New support group for male victims of Domestic Violence meets 4-5 p.m.

- 11 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.
- 11 All Vets, All Wars. Group participation for all vets, of all wars 10-11:30 a.m.

- 12 Colorado Legal Services 1:30-3 p.m.
- 13 Gold Camp Christmas event meeting at the Aspen Mine Center in Cripple Creek 4-15 p.m. Attend or call 659-3599

- 20 OIB Group. This a support group for individuals with blindness or

UPHS Walking Tours

Take a walk through the bygone days with Ute Pass Historical Society! Weekly guided tours of History Park and the Walking Tour of Downtown Woodland Park continue through September 2 (excluding August 5 for the Mountain Arts Festival). The two daily tours of the five buildings comprising History Park begin at 11 a.m. and noon. Exhibits and contents are frequently refashioned so "come again for the first time!"

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 Olde 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 a.m. to 3 p.m.

For more information, call UPHS at 719-686-7512 or check out the Website at UtePassHistoricalSociety.org.

- other sight issues 10-11 a.m.
- 22 The Colorado Western Art Auction is presenting an Auction featuring Howell Poucher. This Auction is a FUND RAISER EVENT benefiting the Aspen Mine Center. Mr. Poucher will be displaying his art July 10 through 22. During this week, Mr. Poucher's art will be available for sale through a silent auction, and then, on Saturday, 7/22, you are invited to meet the artist at 10 a.m. and participate in the live auction of Mr. Poucher's works.

- 28 Teller County Emergency Food Distribution Program (Commodities) will be held between 9-2 p.m. Please bring photo ID and proof of Teller County residency.

- 28 Cross Disability Meetings for persons with disabilities 10-11:30 a.m. All in the 2nd Floor Conference Room unless otherwise noted. For more information call 719-689-3584

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DIVIDE

- 8 Alpine Music Festival see ad page

Rampart Library news

by Michelle Dukette

"I had three chairs in my house; one for solitude, two for friendship, three for society."

— Henry David Thoreau

I never thought I would admit this to anyone, but chairs fascinate me. The history of chairs is as rich and diverse as that of human civilization itself.

It is believed that the first chairs were created by the ancient Egyptians who crafted highly ornate chairs in organic form that were placed in tombs. These chairs often took the form of creatures found in nature so as to create synchronicity between the human world and the afterlife. The Egyptians are also believed to have invented the folding chair and the stool as two stools of leather and wood were found in the tomb of Tutankhamen. These chairs are quite similar in design to today's camping chairs, but more elaborate with gold and ivory inlay. It is believed that Nordic traders trading with the African continent copied the idea and similarly designed stools and folding chairs began to appear in Northern Europe in the Nordic Bronze age between 1700-500 B.C.E.

The Ancient Greeks, who we can credit for numerous inventions, are the creators of the klismos chair. These chairs began to appear in the middle of the 5th century B.C. Armless, graceful and aesthetically pleasing with a curved backrest and sabre shaped legs, these chairs enticed those who sat in them to relax, be comfortable and stay a while. This style is still very popular in parlors and dining rooms of today.

Concurrent to the times, the Middle Ages showed very few advances in furniture making and, aside from the very privi-

leged, furniture in the home was sparse and strictly utilitarian. An exception to this was churches and monasteries, where some of the finest examples of artistry in chairs can be found the form of misericords or "mercy seats". Built from beautiful wood and highly ornate, these half seats assisted the tired and infirm during the ritualistically long periods of prayer and meditation by offering a place to lean upon. Simple versions of these chairs can still be found in modern Eastern Orthodox churches.

In the early 1800s a true American chair was brought into production — the rocking chair. Found in almost every room of the home, these chairs were soothing to both infants and adults and were built for hours of relaxation and contemplation. When I think of rocking chairs, I automatically think of two iconic Americans — Mark Twain who, in photographs is seated on one more times than not, in his iconic white suit with cigar in hand, and John F. Kennedy, who is often photographed in one sitting next to other world leaders and sat in one regularly as a way to soothe his aching back. When I think of these two figures in history, I envision them both rocking back and forth, the motion of the chair stirring their imagination and propelling them to create the ideas and writings that would be eternally remembered.

Charles and Ray Eames, two of the most influential designers of the 20th century, were groundbreaking in their use of molded plywood. During World War II, the military took advantage of their expertise to design splints, stretchers and airplane parts. After the war, they had the vision of creating a chair that was "simple and yet comfortable" with "an inherent rightness." The design they came up with is the plastic shell chair and the first prototype was designed in 1945. Eames chairs were well known for their functionality, simple and timeless beauty, and the ability to be mass produced and thus



so much more. They function as a statement of status. Where an individual is assigned seating in a room or at a table can communicate much about status, power and influence. They can reflect a person's tastes and interests, such as whether a person is simple in preferences or likes to make a statement.

Henry David Thoreau once said "I had three chairs in my house; one for solitude, two for friendship, three for society." I think this perfectly sums up how chairs function in a library. Here chairs are places to rest, to relax, to find refuge, to imagine, to create. They are central to spaces that assist in the

development of friendships and in many instances — our community and thus ultimately, our society.

The chairs at the Rampart Library District are now 14 years old. Over that time period, we have had over 2 million visits from our patrons. Needless to say, they have been well used and well loved. This year, the Rampart Library District Foundation has made it their goal to give these chairs a much-needed sprucing up.

We are reaching out to those who have shown support for our libraries in the past and asking you to assist us in this effort. The next time that you visit either the Woodland Park Public Library or the Florissant Public Library ask a staff member how you can contribute to the cause. Small or large, every donation counts.

To further support this effort, please be sure to attend our annual Love Your Libraries Fiesta Fundraiser, July 23rd 2-5 p.m. at the Woodland Country Lodge in Woodland Park. Tickets are available at both library locations, Gold Hill Wine & Liquor and at the door the day of the event. Not only will you be supporting a great cause, but you are sure to have a wonderful time.

For more information on events at the library for the month of July, visit our website at rampart.colibraries.org

Note: The Woodland Park Public Library is looking for a dedicated half-mast flag volunteer. This volunteer would help us in ensuring that our American flag is at half-mast at appropriate times. If you are interested, please call the Woodland Park Public Library at 719-687-9281 and ask for Justin.

library from 3-4 p.m. Call 719-748-3939 to reserve your timeslot.

29 Pancake Breakfast — Florissant Fire Station #1, Highway 24, from 7-11 a.m. Join us for Florissant Fire Department's Annual Pancake Breakfast, featuring a full breakfast prepared by your fire department volunteers. Free-will donations accepted. Afterward, attend Florissant's Heritage Days across Hwy 24 at The Grange from 9-4 p.m. for fun, food, activities and music.

FLORISSANT GRANGE

- 5 Tickets are on sale now for the Florissant Grange Dinner/Concert Series coming August 5th. The Pikes Peak Cowboy Gathering Dinner Concert will start at 5:30 p.m. with a good old Cowboy Chuck Dinner of pulled pork, cowboy beans, coleslaw, dinner rolls and dessert. If you are gluten free, we will have some gluten free rolls. If you are a production we'll be covered with cowboy beans and coleslaw. Dinner is catered by the Florissant Grange. The Show will start after dinner and dessert. Tickets are \$35 by reservation only. If you have attended any of our Concert Series you know it is hard to find a better meal AND entertainment at this price. Call now to get your tickets: 719-510-2325 or email florissantgrange@gmail.com. The WMA afternoon Matinee will feature several of Colorado's talented western music stars. This show is \$10 at the door and starts at 1:30 p.m. If you would like to attend both the Dinner Concert and the afternoon "matinee" tickets are \$40 in advance. Call or email today.

- 29 Heritage Day is coming to the town of Florissant. Crafters and Vendors it is time to reserve your space at the Grange for this big event. Space is just \$15. On Heritage Day at the Grange Hall you will find crafters and vendors, lunch on the grill, ice cream and activities for the kiddos and some music. Join us in Florissant for fun, shopping and more. Start the day with pancake breakfast at the Firehouse, then choose from activities and shopping at the Grange Hall or Twin Creek Trading Co. Don't miss a visit to the Pikes Peak Historical Society Museum, the Library, or The Florissant Cemetery.

- FLORISSANT NATIONAL FOSSIL BEDS**
- Florissant Fossil Beds National Monument is open year-round. During the summer months through Labor Day weekend, the Monument is

- open every day of the week from 8-6 p.m. Here are some of the activities taking place this July:
- Summer Interpretive Program Schedule** (June - August). The Monument offers a variety of ranger guided programs that run throughout the summer. These include:

- Daily, 11 a.m. Ranger-Guided Hike Are you ready to meet the "Big Stump"? Join a ranger for a 1 mile, 1.5 hour hike on the Petrified Forest Loop Trail. Meet behind the visitor center for an interpretive hike on the Petrified Forest Loop.
- Daily, 1:30-3:30 p.m., Fossil Learning Lab (Yurt) Get "up-close and personal" with fossils! Join us for ranger-led demonstrations, and hands-on searches for fossils. Meet in the yurt located in the picnic area near the visitor center.
- Every Wednesday, 10-noon, Demonstration Excavation Site Meet geologist, Dr. Bob Carmein at the demonstration excavation site and see the fossil beds in situ and learn about how excavations are conducted. This site is located off the Petrified Forest Loop approximately 1 mile round trip from the visitor center.
- Saturday/Sunday, 11-1 p.m. Hornbek Homestead Tours, Travel back in time to the late 1870s and take a tour of Adeline Hornbek's house. A ranger will be on site to provide a peak into the life of a homesteader.
- Saturday/Sunday, 10-4 p.m., Ranger Talk Join a ranger for a 20-30 minute presentation and get a basic orientation to the history and prehistory of the area. Meet in the amphitheater behind the visitor center.

- Daily**
- 1 Bird Hike 7-noon. Join local birder, Debbie Barnes, for a birding adventure. Be prepared to hike up to 3 miles. Meet at the visitor center. Bring binoculars, layered clothing and water. Be prepared to hike on and off trail.
 - 10 Primitive Living Skills Seminar 9-5 p.m. An 8-hour workshop on primitive living skills. Learn how to start a fire with sticks!
 - 13 Natural History Seminar 9-5 p.m. An 8-hour workshop on the natural history of the Monument, led by Dr. Boyce Drummond.
 - 16 Wildflower Walk 10-11:30 a.m. Join Native Plant Society member Doris Drisgill, on a 1.5 hour hike. Enjoy beautiful mountain flowers in serene setting of the Florissant valley.

- THUNDERBIRD INN**
- 1 Blue Recluse
 - 4 Horseshoe Tournament
 - 9 Byrd & Street
 - 14 15 Bluegrass at the Bird - see ad page 5.
 - 23 Sealock & German
 - 29 Stompin' George
 - Every Thursday night is open mic jam at 7 p.m.

- GUFFEY**
- BULLMOOSE RESTAURANT & BAR**
- 1 Guffey Heritage Day & Chicken Rodeo Starts at 10 a.m., Karaoke Contest 2-3:30 p.m. Prizes for youth and adult contest winners. To enter call 719-689-4199. Foggiest Notion Appearing 4-7 p.m.
 - 2 Greg Brazill 1-4 p.m.
 - 3 Open Mic Hosted by Super Chuck 5 p.m.

- HARTSEL**
- Save the date: Hartsel Days August 5 & 6.

- JEFFERSON**
- 1 Jefferson Community Civic Associa-

Riding the range

Pikes Peak Posse of the

Westerners present their monthly Historical Presentation: *Pikes Peak Range Riders, an Integral Part of Our Western Heritage* by Greg Budwine on July 10, 6:30 p.m. (social time), 6:30 p.m. (dinner) at Colorado Springs Masonic Center, 1150 Panorama Drive in Colorado Springs.

You have likely heard the name, but who exactly are those cowboys who call themselves the Pikes Peak Range Riders? Their mission is to promote and support the Pikes Peak or Bust Rodeo, the Pikes Peak Range Rider Foundation and to carry on our western heritage. Since their first ride around Pikes Peak in July of 1949 they have been a vibrant part of our landscape. Care to host breakfast for 10,000... anyone? Thanks to the Sertoma along with Fort Carson, the Colorado Springs Western State Breakfast is one of our community's most iconic celebrations of its deep rooted western heritage. Hear about the Pivots, Rangerettes, Special Rodeo and an amazing new museum at LaTigo. Experience the rich history and images from 69 years of Range Riders. You

simply don't want to miss this! Guests are welcome! Membership in the Pikes Peak Posse of the Westerners is open to all individuals with an interest in Western history. Cost of \$17, payable in advance. RSVP and PAY via Credit Card online by noon on July 7. For more information call Bob DeWitt at (719) 473-0330 or email posse@dewittenterprises.com.



Riding the Guffey Trail (top), Enjoying a sunrise (middle), and taking a lunch break (bottom).

29 Forests and Fires Seminar 9-5 p.m. An 8-hour workshop on forest health and fires.

21 Night Sky Program 8-10 p.m. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above Florissant Fossil Beds in search of planets, galaxies, nebulae, and more. Meet at the visitor center.

25 Volcanoes of South Park Seminar 9-5 p.m. An 8-hour workshop on the explosive history (volcanoes) of South Park.

29 Hornbek Open House and Junior Ranger Day 10-3 p.m. Take a tour of the 1878 Hornbek House and learn about life in the 1800s with park staff and local crafters. Kids and families can also take part in fun, hands on activities and earn a Junior Ranger Badge. All 8-hour workshops require reservations in advance by calling 719-748-3253 ext. 109 for details. These programs sponsored by Friends of the Florissant Fossil Beds. There are no additional fees for any park programs beyond the daily entrance fee. Florissant Fossil Beds National Monument offers 15 miles of beautiful, yet lesser known, hiking trails to explore, a free Junior Ranger Program, two short self-guided trails, a park video and museum exhibits, and bookstore. For additional information, please call 719-748-3253 or visit our website: www.nps.gov/flfo or on Facebook at /FlorissantNPS

- 7 Karaoke 7 p.m.
- 8 River City Blues 3-6 p.m.
- 14 Urban Cowboy Party hosted by Piz & Pibull Productions 7-10 p.m. Prizes for Best Costumes
- 15 Tom Munch 1-4 p.m.
- 16 Donovan Lee 1-4 p.m.
- 17 Bingo Night cash prizes 6 p.m.
- 21 Karaoke 7 p.m.
- 22 Stompin' George Show 6-9 p.m.
- 28 Karaoke 7 p.m.
- 29 Forever Wild Band 4-7 p.m.
- For more information check our website at www.thebullmoosin-guffey.com, facebook page www.facebook.com/thebullmoosin-guffey or call 719-689-4199

- FRESHWATER BAR & GRILL**
- 1 Stomping George Show Guffey Heritage Days Celebration 2-5 p.m.
 - 2 Open Jam Session hosted by Brian Grace & JC Pringle. All musicians welcome 1-4 p.m.
 - 8 Cari Dell Trio 2-5 p.m.
 - 15 Rodney Garrett Blues (Formerly with River City Blues) 2-5 p.m.
 - 22 Soulsmith Unlimited 2-5 p.m.
 - 29 Steele Street 2-5 p.m. All shows on the deck!

- GUFFEY LIBRARY**
- 1 Friends of the Library Book/Bake Sale 11-4 p.m.
 - 3 Talking Threads 1 p.m.
 - 8 Wildflowers & Ecosystems of the South Central Rockies hosted by Doug Coleman 8:30-4:30 p.m. RSVP required.
 - 10 Patches and Pieces 11 a.m.
 - 15 Common Cents for CO Workshop at noon.
 - 18 Summer Reading Program Day starts at 8 a.m. Field trip permission slips required.
 - 22 STEAM 11 a.m.
 - 25 Summer Reading Program Day 9-11 a.m.
 - 26 Veteran Outreach Services 11:30 a.m.
 - 31 Guffey Library Society 1 p.m. All events open to the public and most are free. Please feel free to call or email with any questions 719-689-9280 or email guffeylib@parkco.us Or visit our website: <http://parkcounty.colibraries.org>

- HARTSEL**
- Save the date: Hartsel Days August 5 & 6.
- JEFFERSON**
- 1 Jefferson Community Civic Associa-

Florissant Heritage Day

photos by Jeff Hansen

The town of Florissant, in Teller County, has a rich and varied history — from the native Ute people who called the area home, to the early mountain men who traversed the area seeking furs for trade, to the pioneers who left their mark by building homes and establishing a town. Every year, the town of Florissant celebrates this legacy with the annual Heritage Day celebration held on July 29th.

The Pikes Peak Historical Society, along with the Florissant Grange and the Florissant Fossil Beds National Monument, will have a variety of activities for visitors during the 2017 Heritage Day celebration. There will be a pancake breakfast to start the day at the fire station. Then throughout the day there will be a variety of talks, tours of historic

locations, vendors, and numerous activities for the children. The Pikes Peak Historical Society will be hosting several locations, all with a variety of events — museum tours and a range of informative talks, one-room schoolhouse display, various 'Home-steading Arts' displays and toy-making for the kids at the Florissant Library. Events will also be taking place at the Florissant Fossil Beds National Monument and the Florissant Grange, the old School House.



Last year had a nice turnout for the pancake breakfast (left). Heritage Day was busy as well (right).

tion All-U-Can Eat Breakfast at the Jefferson Community Building in Jefferson, Colorado. Serving time is 7-11 a.m. The cost is \$8 per person. Our menu includes: Bacon, sausage, ham, scrambled eggs, pancakes, potatoes, biscuits and gravy, green chili, fruit cups, coffee and orange juice. All proceeds benefit the preservation and maintenance of the historic buildings in Jefferson.

LAKE GEORGE

- LAKE GEORGE LIBRARY**
- 8 Super Science every second Saturday at 11:30 a.m.
 - 17 Financial Literacy free seminar on identity theft for seniors at 11:30 a.m. Bring your lunch.
 - 22 Lego Build a Better World event for kids 10:30-1:30 p.m. Open to those 14 and under. You must bring your own Legos. Project must be built at the library. Project must fit on a 12"x12" base (supplied by the LG Library. Projects will be on display at the library until July 29 at noon, when prizes will be awarded. Grand Prize will be a Big Bucket of Legos!
 - 28 Book Club meeting at what time 9:15 a.m.

- LARKSPUR**
- 26 Assets to Ashes see story on page 8.
- PALMER LAKE**
- 20 The PALMER LAKE HISTORICAL SOCIETY presents Pete Seeger: A Musical Portrait a presentation by Dan Blegen at 7 p.m., the Palmer Lake Historical Society invites the public to the Palmer Lake Town Hall, 28 Valley Crescent Street, Palmer Lake, CO 80133 to hear Dan Blegen present the docu-concert Pete Seeger: A Musical Portrait. It is the story of one of the 20th century's most iconic folk-singers. Pete Seeger is remembered for *Where Have All the Flowers Gone?*, *I'll Had a Hammer*, and *Turn, Turn, Turn*, all of which he wrote. Singing traditional ballads and his own compositions, Seeger ignited the folk music revival of the 1960s and championed freedom and dignity for all. He united and empowered audiences and he got them singing! Dan Blegen created his unique docu-concert format in 2012 with the premiere of *Hard Travelin'*. Woody Guthrie's Life and Songs. A retired secondary and college teacher, he is a published author, poet, and playwright, and has written extensively about the arts for local newspapers and national magazines. This event is free and open to all. Light refreshments will be served after the presentation. For more information, visit our website at www.palmerdividethistory.org

- PARK COUNTY**
- Park County Senior Coalition has a Grant for Park County Veterans of any age to help pay for Housing, Utilities, Groceries and Gas. For more information, please call 719-836-4295.

SALIDA

- 5 Free Legal Clinic from 2-3 p.m. at Salida Regional Library 405 E St. Walk-ins welcomed.

- 6 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, from 9:30 a.m. until 2 p.m. Call Elaine Alleman for more information 719-539-3351.

- 20-30 Chaffee County Fair featuring Mark Chessnut on July 22 see ad page 23.

WOODLAND PARK

- 3-7 Summer Family Bible Conference at Charis. Free. See www.avmwi.net/events.

- 4 Old Fashioned 4th of July Celebration see ad page 14.

- 4, 15 Senior Pancake Breakfasts. We have two pancake breakfast events in July, both at the Senior Center, SE corner of Pine and Lake Streets 8-11 a.m. All you can eat fluffy pancakes, scrambled eggs, sausage, melon and the best biscuits and gravy around is the best bang for your dollar! Your home town seniors will be decked out in red, white and blue as they are flip pancakes and scramble eggs, to be served up with juice and coffee or hot tea for only \$8. Kids 6 and under eat for \$2. Our open to the public 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 this special celebration Tuesday and every third Saturday of each month.

- 5 Free Legal Clinic 3-4 p.m. at Rampart Library call 719-687-9281 X 103 to reserve your spot.

- 7-9 Ute Trail Stampede Rodeo see ad page 4.

- 8 Our Lady of the Woods Parish Festival that will be held at Our Lady of the Woods Church 11-7 p.m. The community festival is open to the public and will feature live bands including Justus League, Bessmer Belairs and the Bedlam Boys, games and prizes, dunk tank, Touch a Truck Demonstration provided by Northeast Teller County Fire Department and the Woodland Park Police Department, bounce houses, archery, vendors, live and silent auction, and more! Festive carnival food fare including hamburgers, hot dogs, BBQ Beef and pulled pork, corn dogs, nachos, cotton candy, snow cones, and more will be served. Bierwerks Brewery will also be participating and will be providing a beer garden with

- Beer Garden/ Food Truck (monitoring alcohol boundaries)
- Vendor Turn Down/Traffic Control Roving throughout the day (troubleshooting)
- Kid Zones (there is a small tot zone and a kid zone)
- Beer Garden/ Food Truck (monitoring alcohol boundaries)

- Vendor Turn Down/Traffic Control Please sign up through the signpenguin.com link below. All volunteers will be well fed and watered throughout the day with the Teen Center as the volunteer staging area. <http://www.signpenguin.com/go/5080E48AFAA2CA1F85-10>

- WOODLAND COUNTRY LODGE** music schedule see ad page 9.

- Save the Date: Mountain Arts Festival Aug 5 & 6 at Ute Pass Cultural Center

- VICTOR**
- 8, 15 Sunnyside Cemetery Walking Tour. Step back in time and learn about Victor's 1890s cemetery, its resident politicians, and the history that brought them to the gold mining camp. These walking tours of the Sunnyside Cemetery are sponsored by the Victor Lowell Thomas Museum and will be held two Saturdays of each month through Labor Day as weather permits. Tour dates are July 8, 15, Aug. 12, 26, Sept. 9, 23. Local historian Volcan Myers and Alicia Perti will provide insights into the cemetery, its history and some of those who served in public offices. The event will be held at the Sunnyside Cemetery which is south of town on Seventh Street. Meet just outside the gate in Pauper's Field by 11 a.m. Tickets can be purchased at the gate or at the museum at 298 Victor Ave. All tickets are \$10 per person. Proceeds benefit the museum's building and restoration fund. Tickets can be purchased with cash at the tour gate or by cash or credit card at the museum, 298 Victor Ave. Be sure to dress appropriately for mountain weather (which can include wind, cold temperatures, snow, and rain), wear good hiking shoes or boots, and bring water and sunscreen. There are no restroom facilities at the cemetery. For more information, visit VictorColorado.com, email museum@victorcolorado.com or call 719-689-5509.

- 14-16 Victor Gold Rush Days see ad page 31.

- 14-16 Victor Gold Rush Days see ad page 31.

- 14-16 Victor Gold Rush Days see ad page 31.

Beaver Ponds Environmental Education Center July workshops

Beaver Ponds Environmental Education Center located at 2234 Busch Run Road on Sacramento Creek near Fairplay is offering opportunities to learn more about our environment through educational programs and a number of fiber programs this summer and fall. The public is invited to attend as many or few as they would like. Unless otherwise noted, the fee is \$25 per workshop and preregistration is required by contacting Program Coordinator Kristin Barrett at kbarrett@beaverponds.org or calling 719-838-0143. Please note a few dates have changed!



Get your feet wet this summer by becoming a River Watch volunteer!

River Watch Volunteer Day

Do you care about our water? Join us on July 6 from 8:30-11:30 a.m. Expand your knowledge of water quality and be part of a great thing!

"Get your feet wet this summer by becoming a River Watch volunteer! This is a great opportunity to be a part of collecting scientific data about our watershed at a local level," explains Program Coordinator Kristin Barrett. "Beaver Ponds is now a member of the River Watch community and we are looking for a few great volunteers to help us monitor the water quality in Sacramento Creek."

River Watch is a non-profit organization overseen by the Colorado Department of Parks and Wildlife. It is dedicated to collecting detailed water quality information on the creeks and rivers of Colorado. This information is used by Colorado decision makers to determine how to manage surface water quality in Colorado.

Appropriate for adults or older children with adult supervision. Volunteers should come dressed in weather-appropriate clothing and shoes. Beaver Ponds will provide sampling instruments, gear, and waders.

Upcoming monitoring events are August 7th and September 8th with more to be scheduled. Free training is provided. Contact Kristin Barrett at kbarrett@beaverponds.org or 719-836-0123 to sign up or for more information including the time of day for the sampling.

Native and Medicinal Plants

We are hosting this FREE series on the 10th of every month until November. Join Dr. Eric Chatt for an easy hike along our beautiful Sacramento Creek and nearby forest. Eric, who is a trained naturopathic physician, will show you how to identify local, native plants and understand their fascinating medicinal properties. The walks start at 9:30 a.m. and last about an hour.

Expand your knowledge of plants while enjoying Beaver Pond's 70-acre high altitude property between Alma and Fairplay. Pre-registration is not required. Participants should bring plenty of water and dress for rapidly changing weather conditions. The terrain is relatively flat and the walk will be

paced slowly, but sturdy shoes are a must. Please contact Kristin Barrett at kbarrett@beaverponds.org or 719-836-0123 for more information.

"This is a great opportunity to learn about the many plants one can harvest sustainably in the mountains for their medicinal properties," explains Dr. Eric Chatt. "Beaver Ponds is situated along the banks of Sacramento Creek where many native plants grow. Later this year, we will be teaching a workshop on making balms and tinctures from the medicinal plants you will see along the way."

Fiber programs

The Drop Spindle Spinning workshop is being offered from 1-5 p.m. on July 8. It was very popular in 2016 and will sell-out, so please sign up early. "Come and learn the ancient art of hand-spinning natural fiber. The process is meditative, sustainable, practical, and some say cosmically inspired," says Barrett. "You will learn about the history and sustainable aspects of spinning including the charkha, Gandhi's invention to promote freedom for the Indian people. You will experience and learn through over two hours of hands-on spinning in a small class where you will get very individualized attention."



Hike along our beautiful Sacramento Creek and learn how to identify local, native plants and understand their fascinating medicinal properties.

Fiber Workshop Series: Ancient Arts of Spinning, Weaving, and Felting Creations with Natural Materials is being facilitated by fiber extraordinaire Jane Wunder who has been spinning for over 40 years and will be accompanied by Beaver Ponds staff. In addition to learning all about the art of weaving, participants will also learn about keeping fiber animals and processing raw fiber. They will also get to meet and interact with the alpacas, goats, and a llama who annually contribute their fiber to the Beaver Ponds Sustainable Agriculture Program.

At the end of the Drop Spindle Spinning class, participants will have their own 2-ply luxury fiber yarn, a drop spindle, amazing newly acquired spinning skills and some new friends in fiber. The class is geared for beginning spinners but participants with any level of expertise are welcome.

Save the dates for the rest of the Fiber Workshop Series: Ancient Arts of Spinning, Weaving, and Felting Creations with Natural Materials. They include learning Solar Dying (8/19 and 9/16) and crafting Hand-Made Felted Boot Liners (9/30 or 10/7).

Beaver Ecology on Public Day

We are offering a FREE program on Beaver Ecology for children ages 4 and older with a parent on July 22 from 1-2



Learn all about the art of weaving, as well as tips on keeping fiber animals and processing raw fiber.

p.m. Beaver Ponds is open between the hours of 11-3 p.m. to individuals and families alike to come and enjoy the property and guided hikes for free.

"Learn about the fascinating lives and engineering skills of our furry friends the beavers, shares Program Coordinator Kristin Barrett. "Kids ages 6 to 10 will dress up in beaver adaptations and build a beaver lodge. Older kids and parents will learn about beaver ecology and how they create important ecosystems. Prepare to get muddy and wet and to have a totally RAD time learning about beavers!"

This event is taking place during Beaver Ponds Monthly Public Day scheduled for July 22nd. Staff will also be providing guided tours of the property to any visitors who would like to experience this gorgeous environmental center located at 10,200 feet on 70-acres.

Visitors can expect to learn about subalpine ecology, beavers, alpacas, llamas, goats, and chickens. They can also visit the greenhouse and learn how to keep a year-round garden, as well as learning about micro-fodder systems. In addition, visitors will learn about five types of renewable energy, fire mitigation treatments, and will learn about the very-old Bristlecone pines in our area — some are nearly 2,000 years old! Most importantly, visitors will have the opportunity to get outside and hike around on a beautiful property in Park County.

Go to www.beaverponds.org for more information. The mission of Beaver Ponds Environmental Education Center is to provide environmental education that gives individuals of all ages the tools and knowledge to become better stewards of the earth.



Kids ages 6 to 10 will dress up in beaver adaptations and build a beaver lodge.

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