



UTE COUNTRY NEWS

Putting the "unity" back in community

POSTAL CUSTOMER

PRSR STD
U.S. POSTAGE
PAID
DIVIDE CO
PERMIT NO. 487

FREE

June 2017

P.O. Box 753, Divide, CO 80814 • 719-686-7393 • utecountrynews.com

Vol. 9, No. 6

Welcome to Ute Country

**"Perhaps travel cannot prevent bigotry,
but by demonstrating that all peoples cry,
laugh, eat, worry, and die, it can introduce
the idea that if we try and understand each other,
we may even become friends."**

— Maya Angelou

PEEK INSIDE...



page
6

Tommy Knockers Consignment



page
11

BPEEC: Summer's in full swing



page
21

Mountains out of molehills



On Deck

This month's cover is of the train track on Boreas Pass, west of Como, Colorado. The photo and quote seemed fitting for June because so many of us take vacations during June, and tourists flood our area. It creates the perfect opportunity to broaden your horizons, whether you are going on an adventure, or happen to meet someone during theirs. Let's open our minds and our hearts to what lies ahead as we round that bend.

Our June issue is chock full of adventures for our readers to explore. The *Thymekeeper* helps us to think outside the pillbox, *Seeds to Sprouts* has some hints for tummy troubles, and *Just the Facts* reminds us to be aware of the footprint we make on our beautiful planet.

As for meeting new people, we are happy to introduce Erica Gilmore, our newest Business Ambassador who will be serving the corridor from Breckenridge to Buena Vista, to Salida. Erica has multiple talents and a fabulous personality with a witty sense of humor. We trust you will enjoy meeting her (and Zinnia) as much as we have.

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 via email: utecountrynewspaper@gmail.com or send via postal service to *Ute Country News*, POB 753 Divide, CO 80814.

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

Thank you,
— Kathy & Jeff Hansen

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.

Publishers:
High Pine Design
Jeff & Kathy Hansen
POB 753
Divide, CO 80814
719-686-7393

www.Utecountrynews.com
utecountrynewspaper@gmail.com

Sales:

Feel free to call 719-686-7393 so we can find the sales representative in your area to best serve your needs.

Flip Boettcher 719-429-3361
Erica Gilmore: 361-510-3986
Linda Karlin 719-748-3449
Bill Sinclair: 719-351-0549

Writers:

Karen Anderson, Sean Beharry, Janet Bennett, Linda Bjorklund, Flip Boettcher, Coalition for Upper South Platte, Olga Daich, Danielle Dellinger, Michelle Dukette, Maren Fuller, Caleb Green, James Hagadorn, Kathy Hansen, Jessica Kerr, Mari Marques-Worden, David Martinek, Steven Wade Veatch

Contributors:

Ark Valley Humane Society, Marji Ackermann, Chaffee County EMS, Amy Elmont, Larry Ingram, Jeanne Gripp, Linda Groat, Emily Haynes, Deborah Maresca, Jessica McMullen, Deborah Plonkey, Lisa Robertson, Stacy Schubloom, Jack Shimon, Dave Ray Sigala, Sellars Project Space, TCRAS, Christine Whittington, William Wray, Ruth Zalewski

Critter Corner:

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

Publishers Emeritis:
Carmon & Beverly Stiles

Cover Photo: Jeff Hansen

The Ute Country News is not responsible for the content of articles or advertising in this issue. Limit one copy per reader, please share with others. Back issues available at www.utecountrynews.com. ©Copyright 2017 Ute Country News, all rights reserved. Material may not be reproduced without written permission from the publishers. Please address any comments to the publishers at utecountrynewspaper@gmail.com or POB 753 Divide CO 80814.

First Class subscriptions are available for \$36 for 13 issues.



The Thymekeeper

Think outside the pillbox

by Mari Marques-Worden

If I had a dollar for every time someone asks me how to use herbs...you know the rest. It is one of the most frequently asked questions I get as an herbalist. The other is, "Can you make me capsules/pills like the really expensive ones I'm currently buying online?"

The fact of the matter is, you can accomplish far more with an herbal tea or tincture than you can with a capsule or a pill. Americans have become accustomed to taking pills for everything and it isn't necessarily the best practice. What's the difference between taking an herb and taking a pill?

Sight, smell and taste matter

If I tell you to imagine biting into a lemon, what happens? I'll bet your mouth is watering at the mere suggestion. If I tell you to imagine taking a pill, what happens? Not much. The same reason your local bakery makes sure all the sights and smells are readily available to their customers or your favorite steakhouse advertises a nice slab of meat sizzling on the grill. Yep, they are selling you the sizzle, not the steak. While food companies seem to understand that certain bodily functions need a mere prompting to put things in action, the average person is blissfully unaware of this tactic. This phenomenon has to do with a part of your brain called the Reticular Activating System or RAS which responds to stimuli like food. You can stare longingly at a pill forever and never get this type of reaction. In that sense, taking pills is somewhat of a foreign concept to your body. Your bodily systems are far more familiar with plants than they are pills. You actually smell and taste herbs when taken in tea form.

Five flavors

In traditional Chinese medicine, there are five flavors. Bitter, sour, pungent, sweet and salty. When tasted on the tongue, each one of these flavors gives your body an idea of what's coming down the pike and how to deal with it as each one corresponds to a specific organ of the body.

For example:

Bitter — Heart
Sour — Liver
Sweet — Spleen (Not referring to processed sugar here)
Spicy — Lung
Salty — Kidney

Keep in mind it all goes hand in hand.

Administration

In my experience, the primary reason people think herbs don't work is due to improper administration.

When considering which method to use when taking herbs, I encourage everyone to use a little common sense. For example, if you were to come to me seeking kidney support it would make a whole lot more sense for me to administer herbs using water knowing they will reach their destination in a matter of minutes as opposed to having to digest a pill and hope to assimilate the ingredients. I would either suggest a tea or a tincture in water to deliver it straight where it needs to go in the shortest amount of time, quite possibly adding a pinch of salt for encouragement.

Recently I received a call from someone who was having problems with digestion and gall bladder pain. She informed me that she had been taking dandelion and milk thistle, two good liver herbs, yet she was seeing no

results. Liver and gall bladder function are essential for optimal digestion. Knowing she worked for a company that makes herbal supplements, I inquired as to how she was taking the two. Her response was no surprise. She had been taking them in tablet form. Upon further investigation, I found those tablets were costing her 76 cents per tablet at the suggestion of two tablets per day. Crunch the numbers and you come up with a whopping \$545.40 per year for a product that doesn't do the job. Interesting to note that two of the three herbs in that "unique" blend are weeds; common, plentiful and free. The reason her pill wasn't producing the desired results is that dandelion must be tasted on the tip of the tongue. The slight bitter taste triggers a nervous system response to get things moving! Bile production and digestive enzymes kick into gear. Within 20 minutes your stomach will growl indicating your body's response and readiness for food.

Another interesting fact is that these herbs have never killed anyone, yet for some it seems they are the bane of their existence.

You may think herbal training is necessary to know this. It helps of course, but the act of eating the plant and having the experience is just as important and any herbal training. I would also point out it's as much an issue of de-programming from the mainstream method of administering medicine. We have always put things in our mouth and chewed them up; we haven't always had pills to pop down our throats.

The easy way to make herbal tea

Yet another wonderful side of herbs is they are multi-talented. I don't know a single herb that doesn't have a multitude of uses. The only product I can say that about from the grocery store would include baking soda and duct tape and I really can't think of much else. As I mentioned, you can get a lot more bang for your buck with an herbal tea than an herbal supplement or pharmaceutical pill. If you know how to make an herbal tea, you have a head start on poultices, compresses, mouthwash, hair rinse, steams, soaks, surface cleaners, remedies for your pets and wherever else your imagination takes you!

Typically, herbal teas are made using dried plant material. Leaves and flowers are very delicate and require no boiling in order to make tea. The method I use to make tea requires no tea bags or tea balls. I simply add the leaves and flowers to a one quart mason jar and fill with boiled water. One quart is equal to 4 cups. The rule of thumb is to use one heaping teaspoon of herb per cup of water. Steep and pour through a strainer into another container and you will have 3-4 cups that can be enjoyed hot or cold.

Most people steep their tea for approximately 15 minutes. With a little experimentation, you will learn which herbs require less or more time. Using chamomile as an example; 2-5 minutes will give you a nice tasting tea, any longer and it will become somewhat bitter. Not that there is anything wrong with bitter, in fact bitter is essential for proper digestion. Most people simply don't like it. However, if you were trying to tackle gall stones, the more bitter the better.

There's a difference between enjoying a nice cup of tea and a nourishing infusion. If you really want to get medicinal with your tea it requires more herb per cup and steeps at least 4 hours making it more concentrated. An infusion results in a stronger, darker tea. To make a nourishing infusion add one ounce of herb to one quart mason jar. Steep and strain into another container. Most teas will last about five days in the fridge or three days on the shelf. Once it becomes funky simply water your plants with it. They won't mind the funk and they'll love you for it. Roots, barks, berries and seeds require a decoction when a stronger or medicinal tea is desired. In this case, the rule of thumb still applies, one heaping teaspoon per cup. Start with twice as much cold water you want to end up with and bring the herb and water to a low boil. Simmer until the water is half the amount you started with, strain and enjoy.

If you are simmering a particularly fragrant herb you'll want to put a lid on immediately after simmering to keep some of the volatile oils in.

Water is the best way to extract minerals from plants so if it's minerals you're after, tea is the best method next to putting it in



your mouth, chewing it up and swallowing!

Make an herbal steam with tea

Why? Because bacteria and virus cannot live above 99 degrees. You may say my core body temperature is 98.6 but your respiratory tract is constantly taking in air thus cooling it down. Not only are you heating up the respiratory tract when you steam with antimicrobial herbs, you're coating the mucous membrane with the volatile oils of the plants making it harder for bacteria or virus to take hold. The steam will absorb through the skin, and as an added benefit you will sweat. Sweating is a method of detoxification.

Simply boil a pot of water, remove it from the heat and throw in a handful of sage, thyme, rosemary, oregano or any other anti-bacterial/anti-viral herbs you have in the kitchen. Using a pillow case or cloth, cover your head while leaning over the pot of herbs and breathe in the vapors for 3-4 minute intervals. You can also build a blanket tent with the kids and have a steam party with the whole family as a preventative. Unlike pharmaceutical anti-biotics, the herbs mentioned here are also immune boosting. When pharmaceutical anti-biotics are used as a preventative, they only contribute to an unhealthy gut flora and bacterial resistance.

When you're done steaming, strain and enjoy a cup of anti-microbial tea. Wipe down your countertops or other surface areas with the remaining liquid, or put it in a spray bottle and mist the air, clearing the room of airborne germs. Everyone wants their house to smell like my herb shop; this is one way to accomplish that.

Number crunching

Now I'm not typically a number cruncher but sometimes I just can't help myself when I see the exorbitant amount of money being spent on meds and herbal supplements. Using a respected organic ginger tea as my test subject, my research concluded the following:

- One box of pre-bagged tea will typically cost you anywhere from \$3.88-\$5 for 16 tea bags. Remembering the rule of thumb, there is probably about a teaspoon of herb in each bag for a total of 1.12 ounces of herb per box. By the way, you have no idea how long that tea sat on the shelf, speaking to its potency or lack thereof.
- The next step in my investigation led me to the herb company StarWest Botanicals. Here you can buy 4 ounces of pre-bagged ginger tea (approximately 45 bags) for \$8.83 or \$2.20 per ounce.
- If you drink a lot of ginger tea, which some people do, you can get a pound of pre-bagged tea (approximately 182 bags) for \$23.08 or \$1.44 per ounce.
- You could also decide to go completely rogue and make your tea with no tea bags or tea balls like mentioned above for the best deal of all. Purchasing 1 pound of cut and sifted ginger root brings your total down to \$18.42 per pound or \$1.15 per ounce. The last option is to grow and dry your own for pennies on the dollar. If you do grow your own or buy it dried by the pound you can also use it to cook with. You can reach StarWest Botanicals using the link <http://thethymekeeper.com/bulk-herbs/>

If you're reading this article, I hope I've convinced you that a shovel is more beneficial to your health than a supplement; and there are far more options available in the herb world than pharmaceuticals could ever offer. You just have to think outside the pillbox.

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

Lake George

Continues to survive

by Linda Bjorklund

photos from the Park County Local History Archives

George W. Frost built a dam on the South Platte River in 1891 and established a town nearby that was originally called George's Lake. Frost planned to use the lake to cut ice, a much-needed commodity. The Colorado Midland railroad had been completed through the area in 1887 and became a convenient carrier for the product.

But Frost had more grandiose plans in mind. He built a mansion beside the lake and, in 1894, laid out a town site with some 1,200 lots, which were offered for sale. The new town was named Lake George and it was going to be a popular resort. As throughout that area, it was hoped that gold would be found. Nearby Cripple Creek was to score that bonanza later, but Lake George remained barren of gold finds.

An elaborate process of extracting gold from the lake consisted of a six-inch pipe that extended some three hundred feet into the lake and attempted to siphon sand and gravel from the bottom of the lake. The sand and gravel that came through the pipe was sent to a flume and then an amalgamator. Alas, there was little gold to be had in Lake George.

Frost lived in fine fashion in his mansion, with a staff of servants. The town now boasted of three blacksmith shops, a hotel, a dance hall, two stores, a number of residences and three saloons. The lake became a favorite recreation spot as people gathered to skate on it during the winter.

The Colorado Midland Railroad took advantage of the beautiful scenery and sponsored excursions that featured such fun tourist attractions as broncho-busting, swimming races across the lake and taming the wildest outlaw horses that could be found. Balloon rides were featured as well, as advertised in the *Colorado Springs Gazette* in 1904.

Frost passed away in 1906 and his mansion was left vacant. An incident in 1911 caused quite a stir in Lake George. Two men were quarrelling and another, Herbert Rockefeller, stepped between them to try to keep them apart. A gun was discharged and Rockefeller was wounded in the stomach. His father immediately took him aboard a Colorado Midland train to Colorado Springs to get medical attention.

"Gink" Johnson, was the owner of the gun, a single-shot .22 caliber. Johnson claimed that he was in the process of taking off his coat, when the gun fell out of a pocket and accidentally discharged. Although Rockefeller did not survive, a trial found Johnson not guilty of a crime.

In 1913, it was announced that the Great Western Hotel at Lake George would open for business at the old Frost home. Special attention would be given to auto parties, fishing parties and the tourist trade in general.

Early in 1915 it was announced that a new excelsior manufacturing plant would be erected in Lake George. Excelsior is defined as, "fine curled wood shavings used especially for packing fragile items." The new company expected to build an 1800-square foot plant using a boiler, engine, saw, and four excelsior cutting machines. They would employ 10 men and claimed they had contracts for their product for the first six months of operation. The Colorado Midland offered them special rates for shipping. Unfortunately, that one article was the only mention of the industry, and plans appeared to have fallen by the wayside.

The town of Lake George grew like many of the other towns along the railroad line. A mercantile store was established by Henry M. Rockett, who lived there with his wife and two sons. In 1915 A town pump was installed to be paid for by popular subscription. A local rancher, Thomas Mullican, insisted that Rockett had not paid the full amount for his share of the pump and attempted to keep him from using it by removing the pump handle.

An argument ensued in Rockett's store and Mullican was charged with causing a disturbance. The hearing was set, but neither witnesses nor prosecuting attorneys showed up, so the judge threw the case out of court. The *Fairplay Flume* called it the "Case of 'Pump Handle Tom'." This was not the end of the argument, however.

Late in November Mullican went to Rockett's store, still harboring a grudge. A heated argument began and Rockett ordered Mullican to leave. Rockett later claimed that Mullican reached back to his hip pocket as though to draw a gun. He responded by pulling a .45 caliber revolver from his own



Henry Rockett and his wife in front of their store in the 1900s. Source: Steve Plutt

pocket and shot Mullican, who managed to turn around and walk out of the store into the street before he collapsed. The December 10, 1915, issue of the *Fairplay Flume* reported that Mullican had been laid to rest.

Henry Rockett was charged with murder and his trial came up in May of 1916. After two days of deliberation the jury announced his acquittal. Rockett and his wife continued to run the mercantile in Lake George.

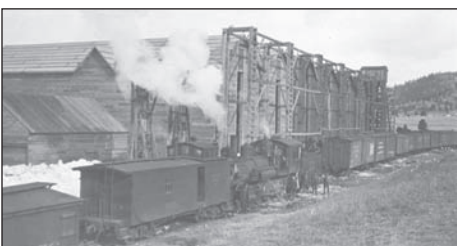


Lake George Hotel in 1919. Source: Dorothy Miner Ford Collection: Lake - William Norton Family

In July of 1922 a rancher named Steve Van Dyke received a cryptic letter through the mail. It said, "We find your presence in the immediate vicinity of Lake George is detrimental to our initiatives and conclave. Therefore, move to your farm or some other location or suffer the consequences." The letter was signed: K.K.K.

A few weeks later Mrs. Van Dyke found another note from the same mysterious source, pinned to their pump handle. It said, "You have been notified to move. Start before we do." Soon afterward she found a pan of beef liver in front of the house, and, fearing that it was poisoned, turned it over to the sheriff of Fairplay. The meat was then sent to experts at the university in Boulder for analysis.

One of the other ranchers took his bloodhounds to the Van Dyke place and tried to discover whether the dogs could pick up a scent. They did, but it stopped at the main road. It was noted that there had been several instances of stock poisoning in the area and a connection was suspected.



Lake George Ice Company about 1910-loading ice in cars. Source: South Park Historical Foundation

Things were quiet for a few months, until a band of mountaineers declared that, under the leadership of a pretty young girl who ranched locally, they would be running the place. They vowed that they had formed "to run a wide-open town if they can get the law-abiding citizens out of the way."

There was a dispute about who actually did run the town. Charles Hoodwin, the state forest ranger on duty in Lake George, claimed the responsibility, as did Edwin Reed, who was acting as a deputy sheriff. Meanwhile, the pretty girl sought the office

of postmistress, in spite of the fact that Mrs. Rockett, wife of the mercantile owner, was already filling that position.

More rangers appeared and the troublemakers were ordered to leave town.

No further incidents were reported. It was significantly noted that all the local ranchers had telephones that were on a party line arrangement. For a while, every time the phone rang, everybody in the neighborhood raced to answer it, hoping for some exciting news.

In December of that year the hotel, which at that time was occupied only by two state rangers, caught fire and was destroyed. The fire was declared to be incendiary in origin, starting in an oil-soaked shed adjoining the west part of the hotel.

During World War I, the government took over control of the railroads. Only a few were designated to remain in operation and the Colorado Midland was not one of them. The tracks that went

down Eleven Mile Canyon were removed in 1918 and an attempt was made to make it a state highway. It was not wide enough for a workable road, so the highway was re-routed generally on the route that Highway 24 now runs, from Wilkerson Pass to Hartsel.

In 1931, the Eleven Mile dam and reservoir were built. A recreation area was created which continues to be popular among fishermen, campers and tourists. The turn-off at Lake George is now the back road to the Eleven Mile Reservoir. There are campgrounds and picnic areas along the way and there are still railroad tunnels to drive through.

Lake George, unlike many of the towns that came and went, continued to survive. The town has a fire district, a charter school, a post office, restaurants and other businesses. A town park located at the west end of town has picnic tables. There is also a bit of history there. Several years ago, a rancher's cabin, known as the Snair cabin, was moved to the park, refurbished as it used to be and opened for public visits.



WE SELL GOLD CUBE PRODUCTS AND ALL YOUR GOLD PANNING SUPPLIES

www.GOLDSUPPLIES.com

Located in the
SYS Resale Mall
110 W. Midland
Woodland Park
719-505-2015



resale mall

FILL UP SPECIAL VOLUME DISCOUNTS

Global Propane

\$1.299
Gallon
Limited Offer

(303) 660-9290
Family Owned Business

GOLD MINE TOURS

Guided Van Tours of the Newmont Mining Corporation Cripple Creek & Victor Gold Mine Through Sept. 4

Daily Except No Tours Thursdays
(See website for full schedule)
Only \$8.50 per person
Limited Seating - Reserve Today!
(Safety Conditions Will Apply)

Reservations Online at VictorColorado.com Or by Phone 719-689-5509

Tour Vans Leave from the Victor Lowell Thomas Museum 3rd & Victor Ave., Victor, CO

All Proceeds Benefit The Victor Lowell Thomas Museum



NEWMONT

BENCHMARK MORTGAGE
"Your Lender For Life!"
Conventional, Jumbo and FHA VA and Rural Development Loans — No Money Down.
 300 Sunnyglen Court (Re-Max Building)
 Woodland Park, Co. 80863

Diane Beaumont
 LMB100019059
 NMLS ID: 247026

Specializing in Mountain Property Financing for Teller, Park, Summit and El Paso Counties.

719.687.2112

Ark-La-Tex Financial Services, LLC dba Benchmark Mortgage NMLS ID: 2143

ON THE TRAIL OR ON THE ROAD WE'RE THERE WITH YOU

USGS Quads: Paper & Waterproof
HuntData • MyTopo • BLM
Plus Colorado & USA Travel Maps & Wall Maps
Map Tools • Street Atlases
Online & Special Orders. Welcome!

MACVAN MAPS .com

633-5757
 1045 Garden of the Gods Rd.

M-F 8:30-5:30 | SAT 9-5 | macvanmaps.com

Beat the heat ... and high summer bills

► Set your thermostat as high as comfortably possible. The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill.

► Keep your house warmer than normal when you are away, and lower the thermostat setting to 78°F or lower only when you are at home and need cooling.

► If you use air conditioning, a ceiling fan will allow you to raise the thermostat setting about 4°F with no reduction in comfort.

► Avoid setting your thermostat at a colder setting than normal. It will not cool your home any faster and could result in excessive cooling and unnecessary expense.

IREA provides no-cost energy audits to members. Following the audit, our energy efficiency specialist will provide you a set of recommendations for making your energy use more efficient.

Vist www.IREA.coop/energy-audits for more information or to schedule an audit.

IREA Intermountain Rural Electric Association
 @IREAColorado
 IntermountainREA

Hospital Auxiliary awards two scholarships

The Heart of the Rockies Regional Medical Center Auxiliary announced that Bari Beasley of Salida is the 2017 recipient of a four-year college scholarship. Beasley will receive \$1,000 each year for up to four years, for a total of \$4,000. She plans to attend Colorado Mesa University in Grand Junction and will study exercise physiology. Her goal is to pursue a doctorate in physical therapy.

A second scholarship was awarded to Berlin VanNess of Buena Vista. VanNess will receive a total of \$1,500 due to a previously awarded scholarship that was left unclaimed.

To be eligible for the Auxiliary scholarship, the applicant must have a grade-point average of B or better; be a resident of the Salida Hospital District; be a senior that has attended Salida High School, Buena Vista High School, Cotopaxi High School, or Dar-

ren Patterson Christian Academy for the entirety of their senior year; and intend to pursue a career in a field related to health care.

Both students are required to reapply each year with their grade report and a letter explaining what they have been involved in throughout the year aside from academics.

The HRRMC Auxiliary has awarded over \$400,000 in the form of scholarships, programs and equipment since their inception in 1960. To learn more about the Auxiliary, visit hrrmc.com



Scholarship winner
Bari Beasley

Social Security 101

The Pikes Peak Area Council of Governments Area Agency on Aging is pleased to announce an extension of the traditional Medicare 101 series. PPACG is partnering with Social Security Administration to provide Social Security 101.

These educational presentations are for people approaching retirement age, adult children and interested people. These sessions cover many of the common retirement questions including:

- Eligibility for retirement
- How age affects retirement benefit
- How work affects retirement benefit
- How non-covered pensions (PERA) can

potentially affect your Retirement and Survivor benefits.

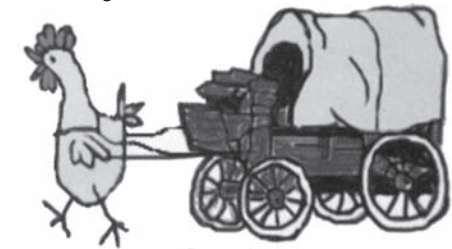
Also discussed:

- Spousal benefits
- Children's benefits
- Survivor benefits
- A brief explanation of Medicare

The next Social Security 101 presentation is scheduled for June 27 from 5:30-7 p.m. Classes are free of charge and will be held at PPACG Area Agency on Aging, 14 South Chestnut Street, Colorado Springs. Call 719-471-2096 to reserve your space.

Guffey Heritage Day and Chicken Rodeo

by Flip Boettcher



Guffey Heritage Day on Saturday, July 1, from 10-4 p.m., promises to be a fun, old-time, outdoor, family festival this year. Many interesting events are planned throughout the day, with something for everyone.

There will be the ever-popular chicken wing cook-off with all proceeds going to the Guffey Community Charter School. Remember, the wings go fast! Twice during the day, gunfights will erupt out in the old west town by the Bakery lasting about a half hour each. The silent auction is featuring some great items from sponsors throughout the area, including Cañon City and Woodland Park and places in between. Many vendors will be set up around town, too. There is a panning for gold station and old-time potato sack races.

For the kids, there is the Chicken Rodeo featuring chicken roping, chicken penning and chicken races with prizes. Also, there will be the petting zoo with a goat, a sheep, a mini-pony, a mini-donkey, a llama and a bunny to pet and brush. The petting zoo will also have a pony for pony rides and a pony to decorate. Kids' games will include Tin Can Alley, Pin the Tail on the Chicken, and the Bottle Ring Toss, all with some great prizes.

The Guffey Library will be having its annual Bake and Book Sale from 11-4 p.m. The Southern Park County Fire Protection District

will have its annual garage sale, ice cream social and open house all day July 1 and 2.

To help you plan your day, programs are available and there will also be the large chicken "town crier/announcer" roaming around the festival. The little yellow Guffey School bus will be shuttling people around town.

All the restaurants in town will be having special events going on plus great food all day. The Rolling Thunder Cloud Café will be having an open mike, live local music. Mark Johnson and some of his wolves from the local Rocky Mountain Wildlife Foundation wolf rescue will be in town. The Freshwater Bar and Grill will have live music on their deck from 2-5 p.m. The Bull Moose Restaurant and Bar will also have live music in the afternoon on their deck. Strictly Guffey, featuring local artists and The Bakery at Strictly Guffey will be celebrating one year of business.

Come and spend the entire day in a beautiful, outdoor, mountain setting for the Guffey Heritage Day and Chicken Rodeo on July 1, from 10-4 p.m., and enjoy all the festivities, entertainment, and food.



Live in Ute Country part time but want the mountain living all the time?

Take us with you!

Fill out this form and mail it back to us with your payment of \$36 for your 1 year (13 issues!) first-class subscription.

Name: _____

Address: _____

Phone: _____

Email: _____

Mail to:

Ute Country News, PO Box 753 • Divide, CO 80814



Green's Fitness Go To Supplementation

by Caleb Green

Supplementation. This is a word that is highly controversial within the fitness community. Some people claim huge results with combinations of certain chemicals or herbal remedies while others claim that nothing works and supplements are no better than a placebo. But what does the science say? The truth is somewhere in between. There are some supplements that can be used to get faster results although everything has to be used correctly to get there. This month we're going to explore the fact vs fiction of the supplement trade.

Everywhere you look, you see supplements. You hear ads on the radio claiming to burn stubborn fat, give you tons of energy, and increase your sex drive. In stores everywhere there are pills claiming to be your one stop fix for belly fat or low energy. After a while it's hard to separate the fact from the fiction. Almost every supplement on the shelves has "scientific" studies to back its results attempting to add validity to its claims. Brands will also use celebrity and endorsements to promote their product.

The supplement industry is massive. It's estimated to be about a \$32 billion industry by Forbes. For an industry this size, it can be easy for a snake oil salesman to hide. As a consumer, you have to ask yourself a few failsafe questions.

The first is, how long has this particular supplement been around? Most supplements that don't work will only be around for a little while, usually tapering off once people realize it doesn't work.

The second question you have to ask is who funded the study determining the success of the supplement? More often than not, the company responsible for creating the supplement is also funding the study, which lends an obvious bias to the results. Look for multiple third party studies over time to determine validity as well as credible authorities backing the studies.

Also, be aware that the supplement industry is not regulated by the FDA meaning that supplements could claim to increase energy

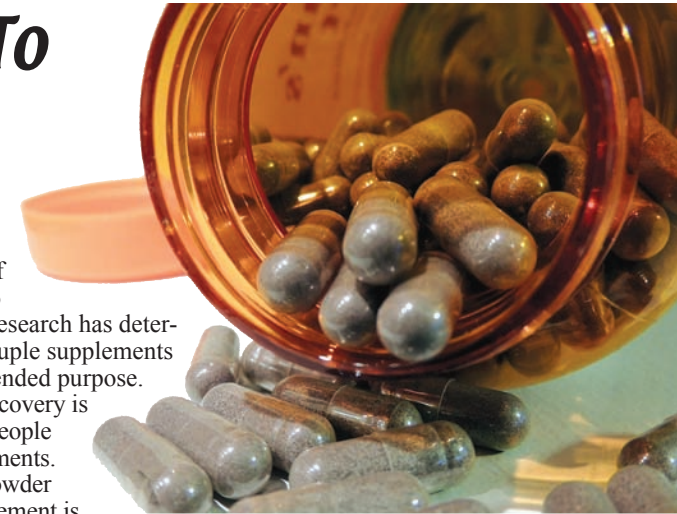
and literally be a sugar pill. Read the ingredients and know what they are if you're going to put it into your body. My personal research has determined there are only a couple supplements worth taking for their intended purpose.

First, if your diet and recovery is on track, the majority of people do not need to use supplements. Yes, that means protein powder as well. Protein as a supplement is overused. For any new readers, protein needed for an average person on a moderately active lifestyle is only about 0.35 grams per pound of body weight (<https://www.acsm.org/docs/default-source/brochures/protein-intake-for-optimal-muscle-maintenance.pdf>) good for further reading on the subject.)

Another common supplement that is overused is creatine. This one I want to dive into a bit more as its one of the few that can be beneficial to the right exercise program. What does creatine do? In short, creatine is a molecule that your body uses to make adenosine triphosphate (ATP) which is what your muscles use for energy production and strength among other things. Creatine essentially helps rapidly make ATP. This means that part of the benefit of creatine is that it can help make you stronger particularly on short bursts of heavy lifting or sprinting as your muscles recover faster.

Creatine naturally occurs in eggs, meat, and fish and most people get enough of it to not need supplementation. Creatine is especially beneficial for high intensity athletes. Note that for endurance athletes, creatine has shown very little in the sense of helping to increase endurance. By high intensity athletes, I mean competitive lifters, people that work out multiple times a day, or people that work a very physical labor job and still work out 4-5 times a week. In this sense, it's easy to see how it could be overused.

Creatine is relatively safe, just be aware that it does cause your muscles to suck water into them, leading to moderate weight gain



and some dehydration if enough water is not consumed to counter the effects.

The next supplement that actually has some validity is Glutamine. Glutamine is an amino acid that tends to be produced naturally in the body. The majority of people do not need to supplement glutamine. It can be beneficial, again to high intensity athletes. Glutamine is very important for muscle recovery. Many people that end up taking it do so needlessly, as their body creates enough to stay healthy. It tends to be most beneficial to people under high stress like marathon runners and endurance athletes. It can be used for people that have very physical jobs that also work out 3-5 times a week to help recover fast enough so the body doesn't cannibalize its own muscle to repair what's been damaged. There aren't any negative side effects to taking glutamine other than the waste of the money.

Most of the other supplements on the market are just empty promises. Creatine can be used for short term heavy physical activity such as powerlifting successfully, and Glutamine can be used successfully in endurance recovery. Other than that, most supplements are just empty promises. Always remember to do your research and take most claims with a bit of salt.

Next month we will dive into one of the most important building blocks of a healthy lifestyle, albeit one of the most underestimated: recovery. Thanks for reading, any comments or questions can reach me directly at cgreen.cchs@gmail.com

Cup and Cone
 Open Daily
 Celebrate Father's Day!
 Blue Bell is Back!
 Blue Bell Ice Cream
 Hwy 50 at 4th St
 Downtown Canon City, CO
 719-275-3434

We've Been In Business 8 years!
THE DUNGEON INC.
Body Art Studio
 Best studio award in 2010
 by The National Tattoo Association
 TATTOOS • PIERCINGS
 JEWELRY • CLOTHING
 503 Main St. • Cañon City, CO
719-275-5050

AMERICAN OVERHEAD DOOR
 Fremont, Park, and Chaffee Counties contact Gary DeJong:
 719-530-3000 • gary.AOD@hotmail.com
 Teller and El Paso Counties contact Andrew Sample:
 719-538-9900 • andrew.AOD@hotmail.com

www.WeDoGarageDoors.com

Commercial and Residential
New Construction
Replacements and Repairs
Doors, Openers and Gate Operators

Celebrating 30 Years!
 Excellent Service with Affordable Prices

4336 N. Nevada Ave., Colorado Springs, CO 80907
Intersection of Garden of the Gods Rd. and Austin Bluffs Pkwy
136 W. Highway 50, Salida, CO 81201

Visit Our Showrooms



Pro Tech RV
MOBILE SERVICE & CUSTOMS

Collision Center

Emergency Service

Full-Service Shop

Our Place or Yours

Diagnostics, Repairs, Maintenance, Parts, Collision, Roofs, Chassis, Electrical, Solar, Batteries, Extended Warranty, Insurance

CERTIFIED & DEPENDABLE

Service • Body Shop
Propane • Detail
Parts • Renovations

719.634.MYRV (6978)
www.634MyRV.com

MOBILE RV REPAIR

719.634MYRV (6978) • www.634myRV.com
2330 Naegele Rd. • Colorado Springs, CO 80904



WOODLAND COUNTRY LODGE
Serving Food 4-8pm Daily

Book your Party Today.
Call 719-687-6277

JUNE ENTERTAINMENT SCHEDULE

1.....CARI DELL	10.....KARAOKE	22.....6 STRING DAVE
2.....MARK EDENS	14.....MIKE SUNKA	23.....MARK EDENS
3.....KARAOKE	15.....CARI DELL	24.....KARAOKE
7.....OAKLEY	16.....6 STRING DAVE	28.....RICH CURRIER
8.....TRICIA PARISH	17.....KARAOKE	29.....MARK EDENS
9.....HOWIE	21.....OAKLEY	30.....TRICIA PARISH

HAPPY HOUR EVERYDAY FROM 3PM-5PM
SPECIAL: \$1 OFF BEER, WINE, AND WINE BEVERAGES

723 U.S. Highway 24 West • Woodland Park
For more info call (719) 687-6277
www.woodlandcountrylodge.com

STAR IN THE BAR!
EVERY TIME YOU SING, WE PUT YOUR NAME IN THE HAT FOR LODGE PUB GIFT CERTIFICATE. DRAWING EVERY SATURDAY 7-11PM!


YOUNG ADULTS

NEXT STEPS


16 - 24

HELPING YOU ACHIEVE YOUR EDUCATION & CAREER GOALS!

Visit us in the
Aspen Mine Center
166 E. Bennett Ave.
Cripple Creek, CO 80813
(719) 689-3584
Hours: Monday through Thursday, 9 a.m. to 3 p.m.




FUTURE



PIKES PEAK WORKFORCE CENTER
A proud partner of the American Job Center network

- Career exploration & guidance
- Job search assistance
- Funds for education & training
- Paid internships
- Job readiness workshops
- Résumé writing assistance

719.667.3860  **ppwfc.org**

Tommy Knockers Consignment Giving Lake George a pulse

by Kathy Hansen
photos by Jeff Hansen



There are many photos from Elvis to Johnny Cash, and of course John Wayne, as well as everything western.

Knock, knock. Who's there? Tommy Tommy who? Tommy Knocker

What's that? You've never heard of a Tommy Knocker?

Well there are the Tommyknockers of folk lore; mischievous pranksters who live underground, particularly in mines. It's been said if they took a liking to a miner the Tommyknocker would give warning prior to a shaft collapse, and in turn, the miner would leave a portion of his lunch for the Tommyknocker. An amicable agreement comes to pass. It's no wonder Tom Carroll decided to name his recently opened business in Lake George, Colorado, Tommy Knockers Consignment.

Tommy Knockers Consignment is the perfect place for prospectors, treasure hunters, and ill-prepared travelers — we have all forgotten something at some point, no matter how far ahead we plan for an adventure — and seekers of all things strange, like Sasquatch.

The prospector might find picks, pans, shovels, candles, backpacks, and maybe even a bit of advice. Some lucky miners have even returned to TKC to show off their finds while Tom checks for pricing on the internet. It can be fun to know the value of your cache even if you plan to keep it.

Locals and tourists alike will enjoy poking around all of the treasures that seem to find their way into TKC. There are many photos from Elvis to Johnny Cash, and of course John Wayne, as well as everything western even a drawing by local artist, Gerald Sloan. There are buck-knives, beer steins, and a blue-glass collection. There are antlers, shot glasses, jewelry and a beautifully carved clock. Inventory is constantly changing.

Have you made your list, checked it twice, and still found yourself closer to your destination than your home when you realize you have forgotten something? Perhaps you didn't realize you might need that extra layer of warmth on the water, at your campground, or hiking the forest because temps are a little cooler up in the mountains. TKC has you covered, literally, as they carry a variety of quality ladies' jackets, hats, and purses as well as extra T-shirts for the man of the party.

Was it gear you needed for camping, hiking, or maybe realized a bit of tread on your soles would make for a surer footing? TKC may have just what you need.

TKC could be the perfect alternative plan when the weather prohibits time outdoors. There are quite a few books to choose from in case that storm hits after the local libraries have closed. Tom plays vinyl albums all day and is happy to take customer requests as you chat about musical artists, the weather or Sasquatch.

Tom's ear for music is as keen as his ear for listening to that request for a hard to find item. He does his share of browsing, both on the web and in person so if he comes across an item a customer has been searching for, he'll do his best to make the connection happen.

Tom has made many connections since he moved here a bit over a year ago now. He actually began knocking on his neighbor's doors to introduce himself and meet them. He enjoys people and learning about their adventures. Word has it, the locals have received Tom well and enjoy having a place to stop in, grab a cup of hot coffee and shoot the breeze. Besides, you need to have a place to go to share your recent Sasquatch sighting.



Tommy shows us his rings and a collection of gold flakes.

Stop in to see what's happening at Tommy Knockers Consignment, located at 38334 Hwy 24 in Lake George. TKC is currently seeking used mountain bikes, historical signs, outdoor apparel in good condition, prospecting equipment, and antiques. If you are ready to part with any of these, please consider texting a photo to 719-838-0521.



The prospector might find picks, pans, shovels, candles, backpacks, and maybe even a bit of advice.

Mary Belle Hardin Witcher Woods

by Flip Boettcher

The reader interested in tracking historical pieces may wish to review our May 2016 issue and may note some similarities, as well as some differences. A challenge inherent to historical research is that accounts of events are by nature a re-creation of the events as each person's perspective, lens of the world, and subjective experience lend their way to the account in the first place. We are grateful that Flip is willing to endure the mental gymnastics required to continue to bring history alive for our readers by pouring through research.



Old blacksmith building, possibly the 32' X 32' T. built for Belle.

By the time Mary Belle Hardin married Taliaferro (pronounced Tolliver) Witcher on May 30, 1880, in Fremont County, Colorado, she had already had a pretty full life by today's standards.

Belle was born February 15, 1860, in Blue Township (later Lee's Summit) Missouri. Her brother William Joseph was born two years later, January 14, 1862. Their parents were Joseph P.L. Hardin and Sarah Isabelle Stokes, who was the daughter of Lamira Young (presumably Younger, as Sarah's children called her Grandma Younger). Perhaps Lamira dropped the "er" as was done in those days, to escape recognition as belonging to the infamous Younger family, according to a 2002 account of Dorothy Houts, Belle's granddaughter and Nancy Thompson, Belle's great-great niece, as remembered from stories they were told and research.

February 8, 1863, near Independence, Missouri, Belle's father Joe was killed while in winter hiding with Cole Younger's guerilla fighters. Houts "feels that he [Joe] is buried in an unmarked grave in the Younger plot, next to Cole."

Without a husband or means of support and two young children, Sarah went to live with Grandma Young. At that time, Grandma Young had another woman living with her named Auntie Dickie Hylton. Auntie Dickie did the outside chores and Sarah was supposed to do the inside work, as some days Grandma was unable to get out of bed; perhaps because of arthritis, added Houts.

According to Houts, Belle remembered the Younger boys and the James boys coming to visit, and as Belle grew older she was given the job of lookout for them.

Belle's mother Sarah did not seem quite normal after her husband Joe's death. In fact, according to Belle, she seemed no longer able to defend herself or her children. So, Jesse James taught Belle how to shoot.

In 1870, when Belle was 10 years old, the family moved back into town, Lee's Summit, where Sarah took in boarders. Interestingly, among the boarders was Esther Young (Younger?). She had lived next door to the Young family before Joe's death.

A short time before 1875, the nearby home of Zelenda Samuel (the mother of Jesse and Frank James) was bombed. Their half-brother Will James was killed and Zelenda lost half of one of her arms.

Because of the bombing, and the fact that her husband Joe had supposedly found gold in Colorado while there on a hunting trip, Sarah decided to move to Colorado in 1875. Shortly before Belle left for Colorado, Jesse James gave her a Smith and Wesson just like his. "He told her to keep it near her always and she did." Houts still has this gun today, 2002 (year of the interview).

By 1880, Sarah decided Belle should

marry Taliaferro Witcher, one of her boarders in Cripple Creek. Sarah also had a small ranch on Cottonwood Creek in Fremont County where she, Grandma Younger, Belle and Belle's brother William lived. Sarah also had property in Cañon City.

Taliaferro Witcher, also known as T., was born in 1842 in North Carolina and later moved with his family to Georgia. After serving as a Confederate Private in Company C of the 1st Regiment of the Georgia Cavalry under General Forrest in the Civil War, T. arrived in Colorado in 1867. T. stayed with his older brother John Reeves Witcher and family at 8-Mile Park at the entrance to Phantom Canyon and Beaver Creek, northeast of Cañon City.

By 1872, T. had purchased other property in west Fremont County, north of Cotopaxi, but he also had bachelor quarters at the west 4-Mile Ranch; known today as the Teaspoon Ranch on County Road 102, northeast of Guffey.

The marriage took place in May, 1880 even though the two were very different. T. was 38-years old, 17-years older than Belle; almost twice her age. Belle was 20-years old. T. was short, 5'4" and Belle was just about 6'. T. was a republican and Belle was a democrat.

Also, T. and Sarah were very strict church goers. Not sure what religion they were, but Belle remembers that from sundown on Saturday until sundown on Sunday, no fires were allowed in the house no matter how cold the weather was. No hot food was allowed and most definitely no visiting. They were only able to play Bible games, read from the Bible and pray.

After the marriage, the couple moved to T.'s bachelor quarters on west 4-Mile, where they lived until early 1881. As a large rancher, T. was gone a lot of the time, so Belle decided to stay with her mother Sarah for the birth of their first child, son Otis, on February 27, 1881.

While Belle was in Cañon City, T. built what he called a 32-X 32-foot square commodious house for Belle, two miles north of Cotopaxi on Bernard Creek. It was on farm land he wanted to homestead. Belle moved there, known as the lower ranch, in 1881.

Apparently, according to *From Trappers to Tourists*, by Rosemarie Wells Campbell, 1972, Belle was "not enthusiastic about the four room, one-story box house made of lumber salvaged from old buildings near a sawmill."

Houts recounts the fact that Belle was out

in the middle of nowhere by herself most of the time with only a small child and a lady, Indian or Mexican, who helped with the birth of her second son, Taliaferro Lee August 20, 1883. The only other neighbors in the area were Russian speaking Jewish immigrants who got tricked into coming to the area, but that is another story. After T. Lee's birth, T. left a couple of hired hands at the ranch so there would always be someone nearby.

It was a wild and remote place to live and raise a family. Houts relates how one summer day, Belle was working in the kitchen and the two boys were playing in the back yard under a huge old cottonwood tree, when she noticed the cottonwood leaves rustling but there was no breeze. Belle picked up her gun, probably the one Jesse James gave her, and shot into the tree, killing a large, male mountain lion and his mate. The male mountain lion's skin was on display in the Denver Museum as late as 1949 as the largest lion ever killed in the state.

There is also an account of eight or nine Indian bucks ransacking the house in 1886, when Otis was five-years old. Apparently, Otis hid behind the corral fencing.

Being a rancher's wife, Belle was left for long periods of time with only the boys, the Indian lady and the two ranch hands for company. It was a one-week wagon trip to Canon City, so that wasn't done often. According to Houts, Belle noticed the hands playing cards and asked them about it. They were probably playing poker, but taught Belle how to play Whist, an early form of bridge.

They would sit on the porch in the afternoons while the boys took their naps and play cards. One afternoon T. came home unexpectedly, found them playing cards, blew up and fired the hands. T. made life so miserable for Belle that she left the ranch in 1887 and moved to Canon City, ostensibly so Otis could go to school. 1887 was the same year T. got title to the 140-acre lower, or home, ranch.

Belle refused all T.'s offers to return calling him "avaricious, penurious, and morose." From *Trappers to Tourists*. Dictionary definitions of: avaricious — a pathological driven greediness for money or other valuables and usually suggests miserliness; penurious — extremely stingy, parsimonious (frugal, mean, miserly), miserly; morose — gloomily or sullenly ill-humored, moody, sour, sulky.

To be continued...

LAKE GEORGE

THRIFT

—AND—

TRADING POST

New & Used

Buy • Sell • Trade

38283 Hwy. 24
Lake George, CO
719-351-3896



**Got Propane?
Get Glaser!**



**MAKE THE
SWITCH TODAY!**

Divide
650 County Rd 5
(719) 687-1180

No Hazmat or Admin Fees
Referral Program = 50 Free Gallons

Free Routed Deliveries

Online Bill Pay (Starting June 5th)

Offices in Divide & Colorado Springs



Anderson & Hughes, P.C. Attorneys At Law

- ◆ Accidents & Personal Injury, Wrongful Death
- ◆ Insurance Bad Faith
- ◆ Real Estate, HOAs, Water Law
- ◆ Contracts & General Business Law
- ◆ Domestic Relations, Divorce, Child Custody
- ◆ Criminal Defense, DUI, Felonies, Traffic, DOW Cases
- ◆ Estate Planning & Probate
- ◆ Non-Profits and Charitable Organizations
- ◆ Drone Law—Start-up Businesses, FAA, Privacy Cases

For More Information or a Free Consultation call:

Anderson & Hughes, P.C. 719-539-7003

www.anderson-hugheslaw.com

7385 W. Highway 50, Salida, CO 81201

PET BOARDING

Big Sky Ranch Bed and Biscuit

Where your pets are treated like family.



Pet boarding in a home environment.

On 35 acres next to National Forest for exercise and exploring.

Daily hikes and plenty of playtime.

Or/and plenty of zzz time in a sunny spot.

Ranch visits where we come to your home to feed your horses and/or other livestock.

BigSkyRanchBedandBiscuit.com

BSRBandB@gmail.com

970-333-0277



Find out for yourself why Teller County calls C.W's Plumbing for all their plumbing needs!

Now Offering Boiler & Hot Water Heat Service!

C.W's Plumbing LLC

Master Plumber ~ 39 Years Experience
Licensed & Insured
USMC Vietnam Vet

719-687-4122

Service & Installation

- Water Heaters
- Tankless Water Heaters
- Boiler Installation
- Gas Pipes - Old & New
- Kitchen Remodel Plumbing
- Bathroom Remodel Plumbing
- Tubs / Showers
- Frozen Pipes & Sewers
- Winterizing Guaranteed

Residential Commercial

Alpine Firearms

Local Gunsmith has over 50 Years Experience & Great Prices

NRA Conceal/Carry Classes
Target & Hunting Weapons
Ammo • Accessories
Military Surplus
FFL Transfers
Tactical Insured

687-3900

102 West Midland
(across from Hungry Bear)

WE BEAT MAIL ORDER PRICES EVERY DAY
Send 'em... Ship 'em... Buy 'em here!

UTE TRAIL STAMPEDE RODEO

June Events in Woodland Park

Mutton Bustin' Tournament

June 3rd, 10th, & 17th

~ Qualifying Rounds • Noon Start ~
Semi-Finals ~ July 7th, July 8th
Championship Night ~ July 9th

Spectator Admission \$5/person

For more information call 316-210-6618 or 719-687-9688
email: thecowhand65@gmail.com

AMERICA'S MOUNTAIN BARREL RACING SERIES

June 17 Woodland Park

July 1 • Lake George | July 15 • Woodland Park | July 29 • Lake George
September 2 • Finals • Woodland Park

For further info and registration form, please contact
Steve Plutt at 719-748-3949
or Merry Jo Larsen at 719-687-9688

Ute Trail Stampede Cowboy Classic Golf Tournament

Saturday, June 24th, 2017
8 a.m. Shotgun Start

Shining Mountain Golf Club, Woodland Park, CO

Scramble Tournament - 18 Holes
Hole Sponsorships Available

Registration Deadline: June 10, 2017

(Friday, June 23 • 6-8 p.m. "Cow Cutta" Golf Tournament Auction! More info: 719-357-1725)

For more information and registration form call 316-210-6618 or 719-687-9688 • email: thecowhand65@gmail.com

Sponsored by



HRRMC Foundation offers \$2,500 scholarship

Heart of the Rockies Regional Medical Center Foundation is offering up to two annual scholarships of \$2,500 each for college students planning to pursue a career in health care.

The scholarship is available to any college student who lives or has lived within the Salida Hospital District, which encompasses all of Chaffee, western Fremont and northern Saguache Counties.

Applicants must be attending college in the fall of 2017, have a minimum college GPA of 3.2, and already have earned at least 24 college-credit hours. Applicants may not

be related to an HRRMC Foundation board member. HRRMC employees using the tuition reimbursement benefit are also not eligible.

Deadline for application is Friday, June 16, 2017. To download the complete guidelines and one-page application form, go to www.hrrmc.com and click on the "Foundation" tab at the top of the page.

Applications should be sent to HRRMC Foundation Scholarship Selection Committee, P.O. Box 429, Salida, CO, 81201.

For more information or to request a paper application, call the Foundation office at 719-530-2218.

Obituary Harlan Eugene Long

Harlan Eugene Long (Captain, USAF, Retired), 74, of Guffey, CO, passed away peacefully on Monday, May 8, 2017 at his home with his wife, Anita and her dear friend, Amy at his side. He was born on January 14, 1943 in Chicago, IL to Clarence and Gladys (Dunlap) Long.

He lived most of his formative years in Monticello, IL (Class of '61), got his BS and MBA from the University of Illinois in Champaign, IL and joined the U.S. Air Force in 1967 to serve in Vietnam as an F-4 fighter pilot.

He married Linda Sue Paustian at Clark AFB in the Philippines in 1970. Upon his discharge in 1975 they moved to Colorado Springs, CO where Harlan worked for the IRS. He started his own business in 1983 on Colorado Avenue working as a CPA, certified tax accountant and financial advisor until he retired in 2013.

His first wife died in 1994 and in 2000 he married Anita Wrench Hayes (Class of '64), who he first met in 1960 at Monticello High School. In 2005, they moved to Guffey, CO into their newly-built house in the mountains.

Harlan loved to read and learned to do almost anything he wanted from books. He renovated his office building with its three rental units and did almost all of the construction on his house in Guffey, including a large workshop where he could tinker to his heart's content. He enjoyed genealogy and researching his family's history. For a short time, he was a volunteer (and the Treasurer) for the volunteer fire department in Guffey. He loved to ride his motorcycle and take his convertible out for a spin. He enjoyed photography and had his own studio for a few years.

He was a member of the VFW and a long-time member of Elks Lodge 309 in Colorado Springs. He was a proficient pool player and enjoyed the Elks' pool leagues and RV camping. He dreamed of building a small

airplane from a kit but became ill before he could fulfill that dream. He didn't have any children of his own but helped his nieces, nephew and others whenever he could.

He was an intelligent, thoughtful, caring man who chose to lead a very quiet and private life in his final years. He will be missed by all who knew him.

Harlan is survived by his wife: Anita Long of Guffey; sister: Linda (Bob) Bowlby of Cerro Gordo, IL; step-siblings: Clarence Lang, Cheryl Jensen, Rebecca Paul, Sandra Abendshein and Patricia Richey, all Texans; nieces and nephew: Kordelia Love of Las Vegas, NV, Stacy (David, Mitchell, Marshall) Pike of Colorado Springs, CO and Jeffrey (Jennifer) Mitchell of Montrose, CO; Anita's children and grand-children: David, (Donna, Ashley, Joshua) Hayes of Lake Worth, FL and Debbie (Emily, John) Fudge of Harker Heights, TX; two aunts: Betty Sheneman of Loveland, CO and Marjorie Dixon of Omaha, NE; an uncle: Roger Long of Holbrook, NE; and many cousins. He was preceded in death by his parents; his younger brother, Keith; his first wife, Linda; six aunts and five uncles. Per Harlan's request, there will be no funeral services; however, two memorial services will be held: one in Colorado Springs, CO (mid-June) and the other in Monticello, IL (August 6, 2017). In honor of his memory, donations may be made to any of the following: Southern Park County Fire Protection District Auxiliary, PO Box 11, Guffey, CO 80820-0011; Fremont Regional Hospice, 1439 Main St., Cañon City, CO 81212; the diabetes, kidney disease or heart disease foundation of your choice.

HSDA thanks Mike

On behalf of the Honorary Deputy Sheriff's Association, we want to thank Sheriff Mike Ensinger for putting Teller County citizens first during his tenure in public office. Crime has been reduced and protection of our families and businesses has been strengthened due to his leadership. His dedication to his law enforcement team, who put their lives at risk to protect others every day, has resulted in enhanced quality of life initiatives further increasing personnel retainability and morale.

His efforts to protect the citizens of Teller County and his support to the HSDA speaks volumes of the kind of person he is — dedicated, caring and results-oriented. He served us all with distinction and honor. He will be missed. We wish him the best of luck in his new endeavors.

EXPECT MORE & SAVE MORE.

Get a harder working mailbox at The UPS Store®.



- A Street Address
- Package & Mail Receipt Notification
- 24-Hour Access
- Call-in MailCheck®
- Access to the KEY SAVINGS CARD

Visit your local The UPS Store to sign up for a mailbox today.

1067 E US Highway 24 Mon 7:30am - 6:30pm 719.687.3023
Woodland Park, CO Sat 9am - 5pm theupsstorelocal.com/1374

The UPS Store

What is EMS Strong?

What matters more — the stuff on the outside of a uniform, or the stuff on the inside?

Next time you're getting dressed for work, take an extra moment for a good look in the mirror. What — and whom — do you see looking back at you? Look that person in the eye, take a deep breath, and ask some tough questions:

- *What if today's shift brings me face-to-face with a mother whose teenage son has hanged himself in the basement? This is a moment she's going to remember forever. The way I break the news, the look on my face, my body language — those all matter as much as my words. Am I ready for that?*
- *What if today I find myself with a partner who cuts corners, who drives irresponsibly, whose personal triage system involves treating people differently based on the color of their skin, the shade of their religion, the hue of their sexual orientation? Am I prepared to do what I know is right?*
- *What if today's shift brings nothing but mundane, routine calls that don't use my skills or challenge me? Will I be professional and courteous, but nothing more? Or will I find or make opportunities to be the best part of someone's day?*
- *What if today is the worst shift of my career? What if I find myself utterly exhausted, annoyed, sore, uncertain, discouraged or afraid? Where will I look for strength when mine is used up?*

Now, are you ready for a shock? The answers to these questions don't really matter. What matters is that you're willing to ask them honestly and reflect on what they mean. What matters is acknowledging that sometimes you're going to come up short, sometimes you're going to be unsure of yourself, and sometimes even your best isn't going to be enough, and you're going to fail. In fact, if you answered those questions easily and with confidence, you're probably fooling yourself.

What matters is acknowledging that the stuff on the inside of the uniform will never live up to the stuff on the outside. The stuff on the outside is a legend, a myth, a façade. The stuff on the inside is human.

What matters is how you face that realization, and how you balance the human you are with the superhuman the rest of the world expects you to be.

Where the two come together, you'll find EMS Strong.

EMS Strong is what draws a special few together to do incredibly important work, often under difficult circumstances, and many times with little thanks.

EMS Strong is the bond you share with fellow first responders. Sometimes that bond is expressed in a silent nod of recognition, and other times it takes the form of war stories shared for the umpteenth time, but it's always there.

EMS Strong is the knowledge that you're part of something very special. It's the belief in something bigger than yourself — bigger than your level of certification, bigger than the color of the patch on your shoulder or

the union card in your wallet.

EMS Strong is the well from which you draw the fortitude to maintain your composure when the going gets tougher than most people can imagine.

EMS Strong is the willingness to keep learning and growing, as an individual and as part of a profession that's evolving into a true partner in the healthcare continuum.

EMS Strong is what allows people to trust you with their secrets, with their nakedness, with their safety, with their very lives or the lives of their loved ones. It's also what makes you able to accept the burden of that trust.

EMS Strong is what draws you to help, what empowers you to face danger when others are running away. It's there in those moments, big and little, when you find out what you're made of. It's what makes you proud. It's what keeps you humble.

EMS Strong is precious, but it doesn't belong to you. It's on loan to you, and you need to pay it back with interest for future generations.

It's about so much more than lights and sirens. It's about giving the most of ourselves in the name of helping others. It's about being there for people when things go wrong — and doing our part to help make sure things go right. It's about supporting each other when things get tough, and being there for our communities when they look to us for help. It's about being in service to others, every day.

Every day, you're called upon to help others through one of the most frightening times of their lives. Every day, you're called upon to provide a sense of security and relief during chaotic and challenging situations. Every day, you're called upon to do the work that only a select few can do. You've chosen to answer the call of a career that demands passion, purpose and heart — from all those that wear the uniform, day in and day out.

The EMS Strong campaign seeks to celebrate, unify and inspire the men and women of our nation's emergency medical services. Created by the American College of Emergency Physicians (ACEP) in partnership with the National Association of Emergency

The Until Help Arrives program

The American College of Emergency Physicians (ACEP) is excited to help announce the *Until Help Arrives* program, which was developed to educate and empower the public to take action and provide lifesaving care before professional help arrives. We hope that you will find this information helpful in preparing to act when the need arises.

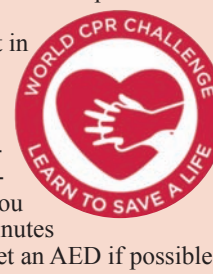
The Until Help Arrives program encourages the public to take these five steps in situations where someone may have a life-threatening injury due to trauma:

- Call 9-1-1
- Protect the injured from harm
- Stop bleeding
- Position people so they can breathe
- Provide comfort

CPR saves lives

Check for responsiveness, if you find an adult that does not respond:

- Call 911
- Push hard and fast in the center of the chest until help arrives
- If others are available, switch compressors before you tire or every 2 minutes
- Tell someone to get an AED if possible



Medical Technicians (NAEMT), EMS Strong brings together associations, EMS services, sponsors and national media to honor the dedication of EMS practitioners nationwide.

EMS Recognition Week was May 21-27. EMS professionals deliver urgent and essential care, and often do it under immense pressure with little thanks. On EMS Recognition Day, honor local EMS heroes and those who regularly go above and beyond what is expected. Give gratitude to other responders for their unwavering commitment to serve their communities.

Serpent and staff

The serpent and staff in the symbol portray the staff of Asclepius, an ancient Greek physician deified as the god of medicine. Overall, the staff represents medicine and healing, with the skin-shedding serpent being indicative of renewal.

The "Star of Life" has become synonymous with emergency medical care around the globe. This symbol can be seen as a means of identification on ambulances, emergency medical equipment, patches or apparel worn by EMS providers and materials such as books, pamphlets, manuals, reports, and publications that either have a direct application to EMS or were generated by an EMS organization. It can also be found on road maps and highway signs indicating the location of or access to qualified emergency medical care.



THE BUSINESS CONNECTION

Building Season is here again

Attention Contractors / Homeowners:

All your office & advertising needs Including! Large format Copies (also Scanning & Email)

Messenger Service: P/U & or delivery of plans from Building Department for duplication

Conference Room	Notary
Graphic Design	Postcards
Business Cards	Laminating
Color Copies	Newsletters
Fax Service	Public Internet
Fedex/UPS	Office Supplies
Brochures	Secretarial Service
Invoices	Scanning for Email
Flyers	Large Format Copies

(719) 836-1919

1150 Castello Ave, Fairplay, CO
thebizconnection@yahoo.com
Open Mon-Fri 8am-5pm

We all win by shopping local!

FATHER'S DAY SALE

All June Long

25% Off
Tools, Hunting, Camping, Fishing Equipment

Woodland Park Pawn And Loan
421 E Hwy 24, Woodland Park, CO

A FOUNDING SON OF COLORADO!

Richard Sopris in Early Denver

by Linda Bjorklund

From Gregory's Diggings prospector to Denver mayor, Richard Sopris left an indelible mark on the Mile High City and Centennial State. Read more of the unsung life and accomplishments of this Captain, Mayor, and Colorado Fifty-Niner. E-book available through Barnes & Noble and Amazon. Hardcopy is available at both the Museum and the Ranger Station in Fairplay or visit www.lindabjorklund.com

We're on the web



www.utecountrynews.com

SCHUMACHER'S Alignment & Tire Center

Most Major Tire Brands Now Available

- Mufflers & Custom Exhaust
- Wheel Balancing
- Brake Service
- General Automotive Repair
- Cars ~ Trucks ~ 4x4's ~ Motor Homes

\$15 OFF Any Service Over \$100 with coupon

Jamie Schumacher Justin Schumacher
719-687-2446 Mon-Fri 8-5:30
220 S. Burdette, Woodland Park, CO

3rd ANNUAL TOUGH TRUCK COMPETITION

Enter your vehicle or just come and watch!

TELLER COUNTY FAIRGROUNDS CRIPPLE CREEK, CO

TROPHIES & CASH PRIZES • OPEN TO STREET LEGAL & MODIFIEDS

FOR DETAILS AND RULES GO TO WWW.TCAFAS.ORG



Lenore Hotchkiss

Real Estate Broker
(719) 359-1340

What's Really Going on with Real Estate Sales?

Woodland Park, the most popular sales area in Teller County, has had approximately 125 sales through the PPAR MLS since the beginning of the year.

44% of the sales are under \$300K

29% of the sales are between \$300K - \$400K

15% of the sales are between \$401K - \$500K

12% of the sales are over \$500,000

Higher end homes are doing better statistically right now with under contracts & pendings, with 16% of the homes ready to close over \$500K.

Questions about any stats for our area? Just email or call me at 719-359-1340



LenoreHotchkiss@gmail.com
509 Scott Avenue, Suite 101 / P.O. Box 526 / Woodland Park, CO 80866

Do you suffer from kidney disease?

Heart of the Rockies Regional Dialysis Center now provides inpatient and outpatient dialysis at the hospital in Salida.



Dr. David Kanar, a board-certified nephrologist, is medical director of the dialysis center. He provides comprehensive care for adults with kidney disease at two convenient locations.



David Kanar, M.D.

HRRMC Internal Medicine
1000 Rush Drive, Salida, CO
HRRMC Buena Vista Health Center
28374 County Road 317, Buena Vista, CO
719-530-2204



To learn more about HRRMC's specialists, visit hrrmc.com.



A Mountain Seed: The grumpy old man

by Jessica Kerr

June first is the real start of summer. For most schools, classes officially end somewhere in the middle of May. Still, the word "May" carries with it leftovers of school. June, however, is when the calendar is wiped clean and there is nothing but pure summertime to be had. By the first of June, we were free.

If I were to describe June, without telling you its name, it would be dandelion yellow. The wind breezes through the trees and your feet are pricked softly by the green grass below them. The sun slowly warms your skin and kisses it a deeper shade. In the evenings, the mountains sigh and blow cool air down to the valley below. Your ears hear the mighty rushing of the Arkansas River as it polishes smooth the boulders. Cotton sticks in your hair and litters your car as it floats down from the tops of the cottonwood trees.

It is a quiet month. When I was a child, it was the time to unwind from nine months of book-learning and dig our roots deep into mountain-learning. June was the time for books filled with adventure. June was for lemonade stands, rodeos, and heritage. June was for biking.

My best friend and I rode everywhere. Mine was a hefty, burnt-orange bike and hers was a tall red one. Our houses were three miles from town, and we would sometimes make a day trip to explore our world.

The ride into town by car took five minutes. By bike, it took 10 to get there and 120 to get back. The elevation was our worst enemy. Home was at the foot of Mt. Columbia and the closer we got to home, the steeper the climb was. That's why we spent all day in town when we went.

On these long excursions, we would pack backpacks. During the school months they held books. When June came around, books were replaced with lunchboxes, softball gloves, water bottles, and a change of clothes. Sometimes we would ride to softball practice. Then we would cruise around. The duck park (as known by the locals), was our favorite haunt.

At the duck park we would fish, swim, or simply watch the birds the park got its name for. Around four in the afternoon, we would pack up and head uphill, sometimes stopping to taste the honeysuckle or Indian paintbrush.

If we didn't ride to town, we would go to the buffalo.

There are remnants of the Old West in the Upper Arkansas Valley. Indian paintbrushes, old mineshifts, and rodeos are some. When I moved to Oklahoma, my roommate asked what region Colorado was considered. I didn't really know what to say. A few nights later, over dinner, she randomly remarked, "You are from the Wild West." I had never thought of that before, but that is true in a way.

The history of Buena Vista is rich: the Ute people lived in the crags of Sleeping Indian and hunted in the valley. BV was known for its gun fights and saloons (at one time there

were 68). Miners, cowboys, and myths lived and thrived between the Mosquito Range and the Continental Divide.

Among these symbols stands the buffalo. Scientifically, it is a bison, but many things in the American West are misnamed or mispronounced (the name of my hometown being a prime example). Regardless of what it is called, the buffalo are mighty and proud animals, and are a perfect symbol of the Old West. They are one of my favorites.

Sometimes we would ride to the buffalo instead of town. It was easier. The trek was only half a mile from home and on even ground. We would leave with our lunches and ride the short distance to the curve in the road, park our bikes under the giant ponderosas, and hike up the small hill to the Mesa. There was a family that owned a handful of bison. There was always a new calf this time of year, and always one old, grizzled, grumpy bull.

We rode our bikes and parked them below the trees. Around us stood ponderosa pines easily 100 feet tall. In their shade grew blue gramma and brown pinecones littered the ground. On the Mesa, as we called it, there were few trees. It was an open plain, and at the top of the hill, there was the tall and sturdy electric fence. Normally, we would sit below the dwarfed pine near the fence and watch the small herd of bison from a distance.

Cresting the hill, I looked forward and 10 feet from me stood one of the most massive animals I've ever stood next to. As it tore grass with its teeth, brown fluff jostled to and fro. The crown of fur on his skull did little to hide his thick horns. A cloven hoof kicked at the flies and it stomped back down, kicking up the brown dust. His willowy tail swooshed back and forth. This was the Grumpy Old Man.

We were close enough to smell him. If a horse had never had a bath and wallowed in a cow's manure all the time, that's what he smelled like. My friend and I stood as motionless as the pine trunks. He swung his head to look at us, chewing on his grassy lunch.

A dark brown eye peered into us. The whites slowly grew as he turned toward us, studying the strange, small pines we had become. A snort erupted from his wet nose and kicked the dust up at us. Another hoof stomped, a short ear flicked.

One more moment we stood there, in shock and in awe of the beauty in front of us, before we turned to leave. That day we had our lunch by our bikes instead (since one can never be sure how secure an electric fence really is), but my mind's eye was still on the Grumpy Old Man. Today, I can only imagine what it was like to see and hear those incredible beasts rumble across the plains. If you sit very still and close your eyes, the cool June breeze might bring it back to you, if only for a moment.

Adopt Me by TCRAS

Baby Bop

Hello. My name is Baby Bop or Baby for short. I am a tiny girl looking for a forever home. I can be shy at first, but once we get to know each other, I will be a great lap warmer. I have lived with other cats. I know my house manners. All I need now is a home and family. Please come meet me so we can start our new lives together. I'm at TCRAS 308 Weaverville Road in Divide, Colorado. Feel free to call for me at 719-686-7707.



BPEEC: Summer's in full swing

Beaver Ponds Environmental Education Center located at 2234 Busch Run Road on Sacramento Creek near Fairplay is ready for a summer packed with programs where learning is fun!

Volunteer Clean-Up Day

Join us June 3 between 11-3 p.m. for Volunteer Clean-Up Day. "From trail and barn maintenance to organizing and dusting the classroom and office, Beaver Ponds is looking for some extra-helping hands to get the facility and property all spruced up in anticipation of a very busy summer of visitors," explains Program Coordinator Krissy Barrett. "Many hands make light work and with 70+ acres to cover, we will have jobs available for a great number of volunteers."

Appropriate for adults or older children with adult supervision. Light refreshments will be available throughout the day. Volunteers should come dressed in weather-appropriate clothing and shoes and should bring work gloves if they have them.

Fiber Workshops

We are offering a number of fiber programs this summer and fall. The first workshop is on June 10 from 1-5 p.m. is Rug Yarn: Weaving Creations. "Gather up natural and found objects for this fun workshop. We'll be creating natural art from beautiful alpaca and llama rug yarn as well as found items," explains Program Coordinator Kristin Barrett. "Bring twigs, rusty cans, bits of fabric, photos, etc. Basically, anything you want to include in your weaving. Jane encourages us that *the crunchier the better!*" Can't make it that day? The same workshop will be presented on Saturday, June 17th from 5-9 p.m. Space is limited and the workshops are expected to sell-out, so please reserve your space today.

The Drop Spindle workshop is being offered from 4-8 p.m. on June 15. 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 comically 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."

At the end of the Drop Spindle 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.

The Fiber Workshop Series, The Ancient Art of Weaving 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.



Learn spinning techniques at the fiber workshops.

The public is invited to attend as many or few as they would like. Unless otherwise noted, the fee is \$25 per workshop and pre-registration is required by contacting Program Coordinator Kristin Barrett at kbarrett@beaverponds.org or calling 719-838-0143. Save the dates for the rest of the Fiber Workshop Series, The Ancient Art of Weaving. They include learning Solar Dying (8/19-20 or 9/19-20) and crafting Hand-Made Felted Boot Liners (9/30 or 10/7).

River Watch Volunteer Days

We are looking for volunteers to help monitor the health of Sacramento Creek in partnership with River Watch. Upcoming monitoring events are June 12, July 6 and August 7th with more to be scheduled. Free training is provided. Expand your knowledge of water quality and be part of a great thing! 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.

"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



River Watch Volunteer Days

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.

Spish, Splash, Buzz

We are offering a free program called "Spish, Splash, Buzz" for children ages 4 and older with a parent on June 24 at 11 a.m. Visitor's Day is open to individuals and families alike.

"This is going to be a great time for families with kids who are active, love the water, and learning about bugs," shares Program Coordinator Kristin Barrett. "We'll answer questions like — What kind of aquatic insect builds its own house from tiny pebbles? What does a baby dragon fly look like? What insect has a lightning fast, expandable jaw to capture its prey?" Parents and kids should plan to get wet while learning all about bugs and water and should bring water shoes.

This event is taking place during Beaver Ponds open visiting hours scheduled for June 24th. Staff will also be providing guided tours of the property on the hour between 11-3 p.m. 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 sub-alpine 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.



Grannys' High Altitude Super Hemp

The Purple Building in Lake George

Colorado's Only Industrial Hemp Cultivation and Retail Store

No High, Just Health!

CBD Whole Plant Extract
CBD Pain and Skin Salves
Hemp Tea
CBD Trans-Dermal Cream
CBD Vaporizers



Hemp Clothing
Bath and Beauty
Nutritionals
And Much More!

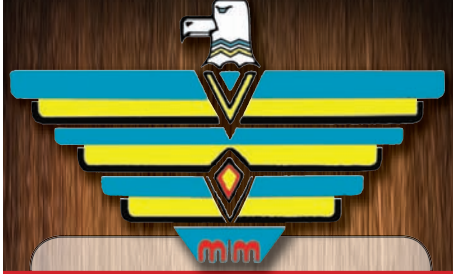
All of our industrial hemp is grown organically right here in Lake George and WE SHIP ALL OVER THE COUNTRY

719-748-4736 grannyshemp.com

Open Mon – Sat 9am – 5pm – closed Sundays

At Grannys' High Altitude Super Hemp we are "Growing the Future...."

Thunderbird Inn



Live Music

SUN. JUNE 11 • 2PM

SEALOCK & GERMAN

SAT. JUNE 17 • 2PM

STOMPIN GEORGE

SAT. JUNE 24 • 2PM

RIVER CITY BLUES BAND



SATURDAY, JULY 1 • 4PM

BLUE RECLUSE

TUESDAY, JULY 4 • 1PM

HORSESHOE TOURNAMENT

14th Annual

Bluegrass at the Bird

Fri. & Sat.

July 14 & 15

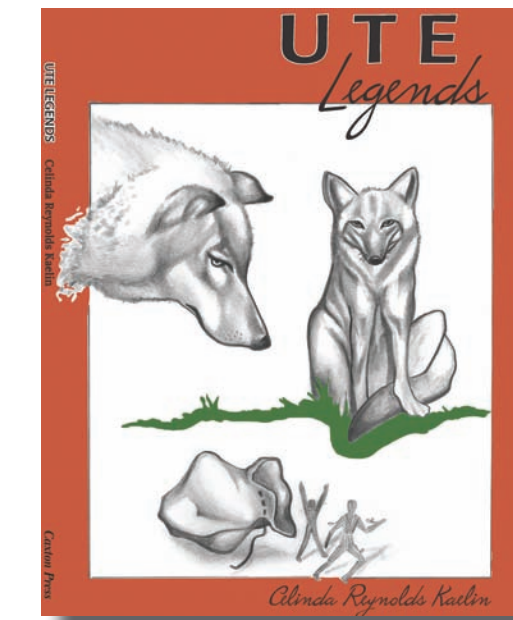


ENJOY THURSDAY NIGHT OPEN MIC JAM 7PM!

• BEER GARDEN
• HORSESHOE PITS
• GREAT FOOD

Home of the Famous Thunder Burger!

Florissant, CO
719-748-3968



Ute Legends

Ute Elders say that Great Spirit created the Four-Leggeds (animals) first so that they could show Two-Leggeds (humans) how to “walk” on this earth. In *Ute Legends*, author Celinda Kaelin has delved deeply into the ancient animal stories of the Ute Nation to find all they can teach us. Native oral tradition is too often dismissed as irrelevant, even though at least one story can be traced back over 1500 years. As *Ute Legends* shows us, these compelling stories teach everything from how to build a fire to ancient aspects of actual history. No wonder the Elders told them over and over, insisting that the children learn them verbatim.

Celinda Reynolds Kaelin is a poet, author, lecturer, and ethnohistorian who is privileged to work and study with indigenous Elders and spiritual leaders from over 70 First Nations. She is a member of the World Council of Elders, and has traveled extensively with these traditional spiritual Elders, performing Earth healing ceremonies in North and South America. Kaelin is the author of six books, including, *Journey Song: A Spiritual Legacy of the American Indian, Pike as Peak Backcountry, American Indians of the Pikes Peak Region, and Ute Legends*.

Celinda has dedicated her life to the healing of the Sacred Hoop and follows the Lakota spiritual traditions as a Pipe Carrier and a Sun Dancer. She has completed 15 Sun Dances with the Lakota. She is proud to be an adopted member of both the Lakota Nation and the Ute Nation.

Ute Legends is available from Caxton Press, book stores and also on Amazon for only \$16.

No Joker

by Flip Boettcher
photo by Flip Boettcher

Mary Belle Hardin Witcher got in trouble for playing cards with the two hired ranch hands when her husband, Taliaferro (pronounced Tolliver) Witcher better known as T., came home unexpectedly one afternoon to the ranch house north of Cotopaxi in 1887. But where did playing cards come from and what did they look like in the 1800s?

Actually, the origin of playing cards is another of those many things shrouded in mystery. Most authorities agree though, that playing cards were first used over 800 years ago in China. Playing cards may have arrived in Europe with the Crusaders returning from the Holy Land.

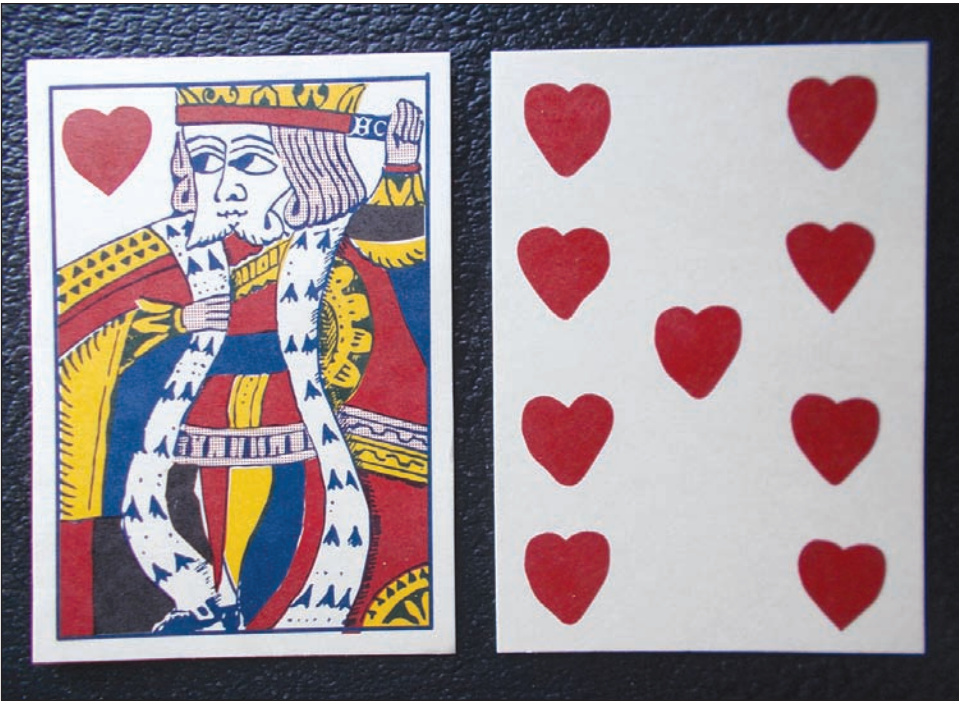
Cards appear to have been popular from the first, and the 52-card deck was soon standardized. There were no jokers or aces. Aces were just a one-spot card. By the 1400s, playing cards were found in England and then migrated to the New World colonies.

By the mid-1800s, people of all classes were increasingly playing cards for fun and many of our popular card games were invented during this time. With the invention of the gas burning light, many people played cards as a pastime in the evenings, according to *A History of Cards*, by Historical Folk Toys, LLC, Nashville, IN.

Early American playing cards were printed on one side with nothing on the backs, on non-coated heavy cardstock. There were no numerals on the cards. For example, a seven of diamonds, had seven diamonds arranged in a specific pattern, but no numeral 7. The designs for the cards were taken from old wood engravings.

Faro was a popular gambling game in the 1890's, and Harry Epperson in *Colorado As I Saw It*, tells of a Faro game in Cripple Creek between the dealer and early Guffey-area rancher Henry Clay Beckham.

Beckham was born in Missouri in



Two reproductions of old playing cards; the king and nine of hearts.

1846 and came to Colorado in 1862, first settling in Fremont County and then ranching in the Guffey district. Beckham's half-brother Charlie came to Colorado at about age five in 1872 after the death of his mother, to help Henry on his ranch, the Half Circle Six, located southwest of the Teaspoon Ranch, northeast of Guffey. (It is now located on the Nash Ranch).

Faro is a “gambling game in which players place bets on a special board or layout, betting on each series of two cards as they are drawn from a box containing the dealers’ or bankers’ pack,” Random House Dictionary.

According to Jan MacKell in *Cripple Creek District – Last of Colorado’s Gold Booms*, Faro is a very fast paced game and the Faro dealers were highly respected. Number cards were laid out on a board. The Faro dealers’ hands almost seemed to fly over the cards and they had to count the money very fast. Faro didn’t last long, as it was a very easy game to cheat at, MacKell added.

In 1892, when Epperson was 12-years old, his family lived in Cripple Creek and young Epperson sold newspapers on the streets. Epperson tells of one morning he decided to sell papers in front of

Johnny Nolan’s (it is still there) Saloon and Gambling Hall when he was drawn inside by all the commotion. Inside there was standing room only to watch “old bachelor cowman Henry Beckham” playing Faro.

Johnny lifted all the limits, Epperson said and the game went back and forth; with first a large stack of chips in front of Beckham and then a large check signed by Beckham in front of the dealer.

They played for 40 hours with house shift changes every eight hours. In the end, Beckham walked away with \$2,000, according to Epperson. It must have been quite an exciting game.

“Card playing is widely acknowledged to be the most popular game activity of all time,” stated History of Playing Cards. Today an average of 175 million decks of playing cards are made every year in just the United States.

“Life is a pack of cards
Childhood’s best cards are hearts;
Youth is captured with diamonds;
Middle age is conquered by a club,
While old age is raked in by the insatiable spade.”
— *History of Playing Cards*.

American Pickers to Film in CO

Mike Wolfe, Frank Fritz, and their team are excited to return to Colorado! They plan to film episodes of the hit series *American Pickers* throughout the region in July 2017!

American Pickers is a documentary series that explores the fascinating world of antique ‘picking’ on History Channel. The hit show follows Mike and Frank, two of the most skilled pickers in the business, as they hunt for America’s most valuable antiques. They are always excited to find sizeable, unique collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast, Mike and Frank are on a mission to recycle and rescue forgotten relics. Along the way, the Pickers want to meet characters with remarkable and exceptional items. The pair

hopes to give historically significant objects a new lease on life, while learning a thing or two about America’s past along the way.

Mike and Frank have seen a lot of rusty gold over the years and are always looking to discover something they’ve never seen before. They are ready to find extraordinary items and hear fascinating tales about them. *American Pickers* is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through, send us your name, phone number, location and description of the collection with photos to: americanpickers@cinetflix.com or call 855-OLD-RUST. Facebook: @GotAPick.



Remember Hilltop Market for your backyard get togethers!

Father's Day • Summer and other holidays • And any time in between!

SUMMER GRILLER'S SPECIAL

5 Lbs. Lean Ground Beef Patties

3 Lbs. Tri-Tip Steak

3 Lbs. Country Style Spareribs

4 Lbs. Deli Beef Franks

Total Weight 15 Lbs. • \$5.42 Per Lb.

\$81.30

Approximate Total

Hilltop MARKET

719-275-2822 • hilltopmarket.net • 1409 South 9th Street • Cañon City

Please call a day or two ahead of time to place your order.

Rocky Mountain Cannabis

by Flip Boettcher
photo by Flip Boettcher

There is a lot of controversy swirling around medical marijuana/cannabis, but there is evidence to support its use. Jeremy Johnson started Rocky Mountain Cannabis in 2009 on Main Street in Cañon City. Since then the store has grown to three locations, two recreational marijuana stores and one medical marijuana store, each independently owned, according to J.T. Wessel, store staff. RMC, medical marijuana only, is now located in the old Reddy Ice building at 200 Water Street in Cañon City by the Royal Gorge Railroad Depot. Mike Schirado is the current owner/partner.

The reason for the controversy is that cannabis is a Drug Enforcement Agency Schedule I controlled substance and it is extremely difficult to get approval to legally do research. Therefore, most of the cannabis-related research is on components and chemicals in the plant rather than on the whole plant.

There seems to be a widening gap among the medical associations within the United States. Many oppose cannabis for medical use; yet others feel that cannabinoids (compounds in cannabis) may have a potential for medical use for certain conditions. More research is needed; some call for removing cannabis from the DEA Schedule I list so more research can legally be done on it.

The legalization of cannabis in some states provides an opportunity for more research and investigation into wider medical cannabis use, according to the American Society of Addiction Medicine.

A cannabis plant has more than 400 different chemicals with about 70 of those chemicals being cannabinoids — chemical compounds that interact with cannabinoid receptors in the brain and body. These receptors are a part of almost every bodily function from appetite and digestion to neural firing and pain relief, according to Wessel.

The most common cannabinoids are THC (delta 9-Tetrahydrocannabinol — the psychoactive component) and CBD (Cannabidiol — the “healing”, non-psychoactive cannabinoid). The different ratios of THC to CBD in pharmaceutical and botanical preparations determines the therapeutic versus psychoactive effects of cannabis products, stated a 2014 review.

Cannabis was used in China 10,000 years ago. Ancient humans used hemp seeds as food, so it was natural for them to discover the medicinal properties of the plant as well, said Chinese botanist Hui-lin-Li. Pharmacologist and Emperor Shen-Nung wrote a book in 2737 BCE on treatment methods which included the medical benefits of cannabis. The Emperor recommended cannabis for many ailments, including constipation, gout, rheumatism and absent-mindedness, according to Wikipedia. In fact, “cannabis is one of the 50 fundamental herbs in traditional Chinese medicine,” said Wikipedia.

A papyrus text (ca 1550 BCE) from ancient Egypt describes medical cannabis. Ancient texts from India note cannabis’ psychoactive properties as well as its use to treat illnesses and ailments including insomnia, gastrointestinal disorders and pain. Ancient Greeks used cannabis for wounds and sores on their horses and in humans, dried leaves were used for nose bleeds and the seeds were used to rid one of tapeworms. Medieval Arabic physicians made use of cannabis’ “diuretic, antiemetic, antiepileptic, anti-inflammatory, analgesic, and antipyretic properties... and used it extensively as medication from the 8th — 18th centuries,” stated Wikipedia.

Each state in the United States that has legalized medical cannabis regulates its use, who can use it and how it is distributed within the state, according to www.mayoclinic.org. It is still illegal federally.

In Colorado, there are eight qualifying conditions for which a doctor may recommend the use of cannabis. They are cancer, glaucoma, HIV/AIDS, Cachexia (general ill health with emaciation), persistent muscle spasms, seizures and severe nausea or pain, said Wessel. Some believe this is just the tip of the iceberg and claim that cannabis has helped with asthma, ADHD, insomnia, phantom limb syndrome, depression, PTSD and more, added Wessel.

Some have seen the benefits of cannabis use for domestic pets. It seems that most pets react well to a high CBD — low THC treatment for condition like arthritis, anxiety, and digestive problems, said Wessel. Always be sure to consult your veterinarian before administering any hemp or cannabis product to your pet, stressed Wessel.

Medical cannabis can be administered in many ways. These include liquids, tinctures, salves, vaporizing or smoking dried buds, ingested in almost any kind of food or drink, pills, lozenges, dermal patches or oral/skin sprays.

In Colorado, cannabis sold legally has to undergo rigorous testing to verify its safety and efficacy. The most basic product, the flower, has to be tested for mold, mildew, residual pesticides and cannabinoid content of five cannabinoids — CBD, CBDa, THC, THCa, and CBN, said Wessel.

If a cannabis facility then uses the flowers to make oil, food or a concentrate, further, new testing must be done on the manufactured product. All cannabis sold is subject to Colorado sales tax. “This tax revenue has been used for things like road repairs, infrastructure upgrades and scholarships for local High School graduates,” according to Wessel.

Schirado’s wife Rhonda has fibromyalgia, a condition which leads to widespread chronic pain. Schirado’s goal is to “grow the best, freshest, safest medicine available to help treat Rhonda’s condition and many more like it,” said Wessel. The whole staff at RMC feels the same way and many of them are medical marijuana card holders themselves and want the best, freshest product. Every employee at the facility has helped in growing the medical cannabis and they just completed their first harvest since opening



In front of Rocky Mountain Cannabis from left to right are J.T. Wessel, Amanda Coulter, Rhonda Schirado and Mike Schirado.

the new facility this year, said Wessel.

RMC is open seven days a week and has

a friendly, knowledgeable staff to help. One does need a Colorado Medical Card from a doctor to make any purchases.

SATELLITE INTERNET

available just about anywhere

LIBERTY PLANS:
Friendlier data caps!

Internet Colorado

(719) 838-0964

Colorado's Internet Experts!

LIBERTY 12	LIBERTY 25	LIBERTY 50
PRIORITY DATA 12 GB	PRIORITY DATA 25 GB	PRIORITY DATA 50 GB
INCLUDES Liberty Pass 1-5 Mbps download speed Morning/daytime after priority data used + Free Zone 3 am to 6 am daily	INCLUDES Liberty Pass 1-5 Mbps download speed Morning/daytime after priority data used + Free Zone 3 am to 6 am daily	INCLUDES Liberty Pass 1-5 Mbps download speed Morning/daytime after priority data used + Free Zone 3 am to 6 am daily
\$50/mo	\$75/mo	\$100/mo

NEW! Add wireless with the Exede WiFi Modem

Only **\$5/mo**

Reliable, fast wireless networking to connect all the devices in your home.

Satellite TV

- Bundle with Exede Internet and save **\$10/month** for 12 months.
- Get great service and channel lineups from a top satellite TV provider.

EasyCare

AN EXTRA LEVEL OF SUPPORT

- Includes any required service calls and priority access to customer phone support
- FREE** for your first 3 months!
- Add to any plan: **\$5.99/mo**

Exede Voice

HOME PHONE SERVICE

- Bundle with Exede Internet and save **\$10/month** for 6 months.
- Unlimited local and long distance!
- Add to any plan: **\$29.99/mo**

LIBERTY PASS

If you go over your monthly data allowance, you'll get the Liberty Pass, which will allow you to use more data at download speeds of up to 1 to 5 Mbps in the morning/daytime. It's fast enough to allow you to continue to use the internet, with better speeds during daytime hours.

AFFORDABLE, PREDICTABLE PRICE

With plans starting at just \$50/mo, you can afford the internet service you deserve — and get a price that's locked in for 3 years, guaranteed. Price Lock applies before any promotional discounts.

Visit www.exede.com and enter your ZIP code to check for offers in your area. One-time standard installation fee may be charged at time of sale. Minimum 24-month service term. Taxes apply. Equipment lease fee \$9.99/mo. Speeds are "up to," are not guaranteed, and will vary. Boost 25 only applies to data used within customer's data allowance or other data threshold. Liberty Pass speeds are slower than Priority Data speeds and will vary greatly based on time of day and network traffic in area. Speeds may be very slow when network is busy. Heavier users of Liberty Pass may experience slower speeds than lighter users. See Data Allowance Policy at www.exede.com/legal for details. Price lock guarantee applies to standard monthly internet service fee and equipment lease fee before promotional discounts and excludes taxes and surcharges. Cancellation of EasyCare within 90 days after purchase may result in charges for EasyCare Services previously received. Re-enrollment may be restricted for up to 180 days after cancellation. Extra charges for Exede Voice calls outside of the 50 United States, the District of Columbia and Canada. Service is not available in all areas. All offers may be changed or withdrawn at any time. Exede is a registered service mark of ViaSat, Inc.

Anthony Bott

The founding of Colorado City

by David Martinek

This story is partly about the founding of Colorado City, now called the “Westside” of Colorado Springs, but mostly about one of its founders, Anthony Bott. Together, both parts tell of the first settlements at the base of Ute Pass and why they became so important to early Americans rushing to strike it rich at the new gold discoveries in the Colorado Rockies.

At the young age of 23, Anthony Bott joined a wagon train of 51 people (50 men and only one woman) leaving Westport, Missouri in August 1858, under the guidance of Captain John Price. Their destination was Colorado and the Pikes Peak region. Their goal was to prospect for gold.

Upon arriving at the base of Pikes Peak in the early fall, the group discovered that two other prospecting parties had already reached the area in the spring and early summer — the Greene Russell party from Georgia and a group from Lawrence, Kansas. Undaunted, they settled in and not only prospected for gold in the area, but also began searching for sites to build a town.

When gold discoveries were confirmed in the Colorado Rockies in 1859 in Boulder Creek Canyon, Clear Creek Canyon and South Park, the real gold rush to Colorado began. The trouble was, the only route for prospectors to reach the South Park regions, namely Tarryall, Fairplay and Buckskin Joe (and later Leadville), was through Ute Pass. For this reason, Bott and others quickly platted a town site at the base of the Pass in the later days of 1858. They called it El Dorado, located in the same general area as present-day Colorado City. A few cabins were built.

However, due to competition from Auroria (Aurora), Denver City and others to the north, El Dorado did not survive for very long and dissolved in the spring of 1859. But the idea of a town at the base of Ute Pass still lingered. Bott, George Bute and several other promoters met in Denver City and, after finding some investors, organized the Colorado City Town Company on August 11, 1859. Several days later, they also formed the El Paso Claim Club whose purpose was to serve as a civil government, to record mining and real estate claims, settle disputes and provide “vigilante justice” for the new town.

The Colorado City Town Company immediately sent two men from Denver City to locate the town site: M. S. Beach and R. E. Cable. They claimed the present site of Colorado City on August 12, 1859. Later, Colonel Henry M. Fosdick staked out 1,280 acres, two miles long and one mile wide, astride Fountain Creek. The present boundaries of Colorado City remain exactly as they were originally platted by Col. Fosdick.

Although Ute Pass was the only route through the Central

Rockies to the mining camps of South Park, the Pass was only a Ute Indian trail. In 1860, the Colorado City Town Company hired Bott to lead (as foreman) a construction crew to build the first wagon road through Ute Pass, compensating the workers with town lots.

Throughout his life, in addition to founding Colorado City, Anthony Bott engaged in a variety of businesses, including road building, real estate, farming, cement manufacturing, limestone mining and quarrying.

Within two years of the founding of Colorado City, Bott built the first stone building in town, perhaps to promote his fledgling stone business. He obtained his building stone and limestone from quarries located south of Fountain Creek in the present area of Red Rock Canyon Open Space. On the east face of the Dakota hogback, the highest ridge in the canyon, Bott quarried Dakota sandstone which was used in the coming years to construct many buildings in the area.

Later, in 1875, the quarry areas were homesteaded by John Langmeyer who soon became Bott’s brother-in-law and business partner. Some of the structures constructed from the stone provided by the Bott and Langmeyer Building Stone Company include: the Colorado Midland Roundhouse, General William J. Palmer’s Glen Eyrie Castle, a church and the original Cog Railroad Depot.

According to some oral histories, Bott’s original log house



Anthony Bott (1836–1916)
from history.oldcolo.com



The Ute Pass Wagon Road. from Denver Public Library.

still stands on St. Anthony Street in Colorado City. They say there were notches cut in the walls for shooting through should there be a need for protection from Native American attacks. Anthony Bott was a member of Company G, 3rd Colorado Cavalry and fought in the battle of Sand Creek (November 29, 1864). He and his wife, who proceeded him in death, had no children.

Bott died at the age of 80 in 1916 after playing a major role in the organization and development of western El Paso County. He is buried in Fairview Cemetery, 43 acres that he donated for that purpose in 1895. He is remembered as the ‘father’ of Colorado City.

Sources: history.oldcolo.com from research compiled by LaDonna Gunn and David Hughes; and www.redrockcanyonopenspace.com



Reiki Heaven and Earth

The torment of a soul

by Olga Daich

As a Physical Therapist, I had the opportunity to work in different settings, from big hospitals to a small facility. I started working at this Holistic Center in Merida, Venezuela where the owner was a wonderful holistic doctor. She knew the family who was living next to her wanted to sell their house. I guess she saw that as an opportunity to buy it and make it into a Holistic Center, so she bought it.

When I started working there I didn’t know anything about the family who used to live there. This was a big house; each room had enough space for the doctors who worked there to practice their holistic specialties in a comfortable way. The Holistic Center opened their door to the public around two years ago.

I saw the previous owner of the house a couple of times when she was going to get the monthly payment from the new owner. She always looks to me like a shadow, always dressing in black and with big sadness energy around her. That is all that I knew about her by that time.

I had a physical therapy room, big enough to treat two patients at the same time.

The first months working there ran “normal” for me but, then things started happening.

After dropping my daughter at her school, I used to be the first or second to get to the Holistic Center each morning. I will try to recall the events that started happening there.

The first strange event happened a morning around 10 a.m. It was a busy morning for me. I had two patients in the PT room and a few more waiting in reception.

I went to the kitchen to get something I needed. The secretary, housekeeper and laboratory worker were there. They told me something strange happened. The house keeper found the bathroom located close to the kitchen complete wet, it looks like if somebody took a shower. The house keeper assured us that the shower was dry 10 minutes ago.

I was busy so I didn’t pay too much attention to them and came back to my PT room. After few minutes, I had to go back again to the kitchen, the group was still there, they looked at me with wide-open eyes and told me “It happened again while we were still here trying to find out who could possibly use the shower, we heard running water in the bathroom but when we opened the door there was nobody there, however the shower faucet was completely turned on and the shower was wet.”

There was not a logical explanation, the shower faucet was manual, not electrical. I forgot about the “small” incident, but a few days after this happened the owner of the center who was living at the house right next to the holistic center, told us that they had been waking up at night because they heard the electrical garage door opening and closing when nobody was there at those times.

I personally though it may be an electric short.

I started to think something “strange” may be happening at the Holistic Center a few days later.

Pat was a very nice woman who had been my patient in different opportunities; she became a friend of mine. That morning she was scheduled for a PT treatment at 7 a.m. I was using a device called TENS on her back. Pat was lying down on the table with the TENS and hot pack on her back.

The two treatment tables that I had in my room were separated by a curtain. Pat was the only patient at that moment, not just at the PT room but at the Holistic Center. I told her “I will be back, I wanted to make some coffee.”

When I came back to the room she told me, “Olga you may want to check your equipment, I heard from here that some equipment you must have behind of the curtain is clicking on and off.”

Since she was lying down on her stomach, she couldn’t see what equipment was there.

I told her I didn’t have any electrical equipment there except an old ultrasound. The ultrasound has a tiny breaker to be turned on/off. I turned the ultrasound ON (she was still at the other side of the curtain) and she yelled, “That is the sound that I heard”. There was not a chance it will move on/off by itself.

A few days after this I was doing a treatment for an old sweet woman. It was very early in the morning, nobody was there but my patient and me. I heard the doorbell and came out to give some information to a customer.

When I went back to the PT room this lady told me “I don’t know if you are going to believe me or not but I have to tell you something. While I was here, I heard the steps of somebody coming. I knew it was not you because I could hear you talking with a customer. I thought it was a new patient. Then I heard how he or she was lying down on the treatment table and moving around. Since I was able to reach the curtain between the two table treatments I opened the curtain but nobody was there. I don’t want you to be scared but there is something going on in this building”.

Well, at this point I really started thinking that something strange was happening at the Holistic Center.

I shared with the housekeeper what happened with my two patients. She asked me if I knew the history about the daughters of the previous house owner. I told her I didn’t. She told me two of her daughters committed suicide, one of them killed herself at the house where we were running the Holistic Center, the other one killed herself in the house where they moved after selling the house.

After this conversation things started to make sense for me. I also began to feel “a presence” close to me. It was kind of a spooky feeling. I remember feeling somebody “breathing” on my neck. It seemed like being conscious about the fact that we may be facing the presence of a ghost, opened the door to “feel her” in a most vivid way.

She kept “playing” with different therapy equipment, turning on and off devices even when they were being used on patients at that moment.

I could feel her presence on the room; I knew she was there.

I didn’t have experience helping tormented souls moving to the “other planes” so I decided to share these events with my friend Mary who did have experience with those situations.

As I mentioned in my previews articles Mary has a gift; she was and still is my spiritual partner.

I asked her if she could do something about this soul. She agreed to help me since events kept happened. We talked about making an appointment to meet me at the PT room soon.

Before we set an appointment something else happened that made me call Mary for help as soon as possible.

I came to work; my patient wasn’t there yet. I decided to lay down on one of the treatment tables while I was waiting for my patient. I felt “the presence” I knew she was there but I didn’t care, I was feeling sleepy so I just closed my eyes. Then I got this strong feeling that somebody was looking at me, staring at my face very close. I opened my eyes and I saw her face. For a tiny fraction of time I saw her big brown eyes, her long black hair, she was a beautiful young woman. She disappeared as fast as she appeared.

I thought “ok this is enough, I do need to call Mary and try to help this woman today.”

Mary came at the end of that day. I asked her, “How can I help?” She told me to light up some incense and candles, she would do the rest. I went to the kitchen and when I was coming back I heard Mary talking with somebody. I asked her “who are you talking with?” She said she was talking with the woman who killed herself, she was trying to convince her to leave, but this woman was afraid of being punished for what she did.

This was home for her, it was her place.

Mary told me “Don’t worry, Olga. She is going to leave”.

Mary asked me to sit down and try to do a meditation while she does the job.

I sat, and closed my eyes. After maybe 10 minutes I started to feel this woman’s energy (the ghost). I felt in my heart the need to say good-bye to her, so I did it. In my heart and my mind, I was telling her “You can go now, you will be ok.” At that moment I heard Mary’s voice, she said, “Olga she wants you to say good-bye to her.” My answer was, “I know, I am doing that right now”. Then I saw a beautiful golden ray and I felt the most divine love coming to me, it was so powerful that brought me tears.

I knew that love was coming from her. Mary’s voice brought me back, she said, “It is done Olga, she is gone.”

She also told me “She wanted to hug you before she went, she was feeling a lot of gratitude and love for you Olga.” Yes, I felt her love, the love of a soul who found peace.

The Holistic Center went back to normal. No strange events happened again.

Around a year after this happened I moved to a different facility. Mary and I found a beautiful place where we had more room for PT treatments and also would allow us to do Reiki and the workshop “Heaven and Earth.”

A few months after we moved to the new facility, my secretary told me there was a woman who wanted to talk with me.

I went to the reception. I recognized the woman, it was the owner of the Holistic Center where I was working before. She needed therapy and want to know if I could see her. I said “Yes, of course.”

She turned around to ask the person with her, to wait for her. I looked in that direction also and I saw a young beautiful woman, long black hair, brown eyes. It was a choked moment since I recognized that face as my “friendly ghost.”

It was difficult to do the physical therapy for her; my mind was wondering what was going on. I thought the woman in the reception must be another daughter who looked so much like the one that was trapped in this world. I couldn’t help myself, after I was done with the treatment I told her “I am so sorry but I need to ask you a question, who is the young lady waiting for you at the reception?” She said, “She is my daughter.” Then I said, “She looks like the one who died at the Holistic Center.” She answered me, “Yes, they were twins.”

I couldn’t keep to myself what happened at the Holistic Center, I had the need to share that with this woman, so I did.

I told her exactly what happened over there and also how my friend help her to move on. The woman’s eyes filled with tears. When I finished talking she asked me, “Do you think God forgave her?”

I told her “God forgave her before you did.” I prayed sharing the events with her would bring peace to her heart.

I didn’t choose this to happened, this young lady somehow new I could help her. We don’t choose to get in contact with spirits; they choose you because they KNOW.

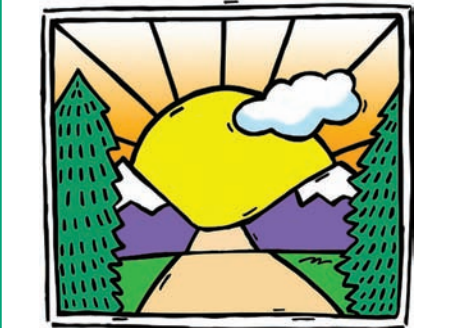
If you have any question or want to contact me for a Reiki appointment you can reach be my email: olgacely@hotmail.com. Please write REIKI as the subject in your email. Namaste.



A place to gather, to browse, to explore, to reach out, to find great literature and good reads!

Dies Librorum / Day of Books
Sat., June 10th • Noon-6:00 PM
Meet and Greet 8 authors! Enjoy 15% off their books! Refreshments and Appetizers

135 F Street in downtown Salida, CO
719-539-9629
www.thebookhavenonline.com

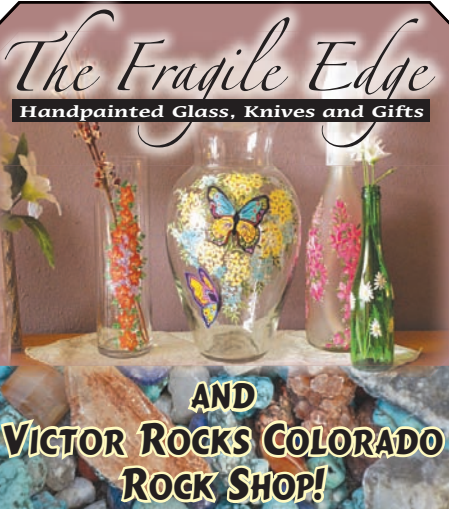


DayBreak

An Adult Day Program

Love ♥ Patience ♥ Acceptance
Respect ♥ Humor ♥ Community

404 N. State Highway 67
PO Box 4777, Woodland Park, CO 80866
719-687-3000 • www.daybreakadp.com
Open Monday-Friday 9am-5pm



AND VICTOR ROCKS COLORADO ROCK SHOP!
New Hours!
Open 7 days a week:
Mon. - Sat. 9 to 5 | Sun. 12 to 5
318 Victor Ave. ~ Victor, CO
windwhisperer2@yahoo.com
719-689-3444



HOURS:
MONDAY-WEDNESDAY-FRIDAY
1 PM UNTIL 4 PM

108 North Park
Woodland Park
719-687-2388

RANCH

Sunday, July 16th 11:00am

RODEO

Featuring the Sweethearts of the West Drill Team

Jackpot Event - Mad Scramble Format

Cash prizes and belt buckles awarded to Champion and Reserve Champion Teams

Belt buckle awarded to Top Hand of the Rodeo

Events may include: Branding, Doctoring, Trailer Loading, Team Sorting, and Rescue Race (Mad Scramble Format). Four person teams – \$200 Entry Fee per Team (\$50 per Person). Pre-entries are welcome, or you may enter at the fairgrounds on the morning of the event. Please fill out the pre-registration form online at parkcofair.com or contact Dave Wolfe at (719) 371-0440 to register by phone or for more information on Rodeo format. Be sure to enter the competition by 10:30am on the morning of the event. Cash prize amount awarded will be dictated by the number of teams entered. Park County Fair: 880 Bogue Street, Fairplay www.parkcofair.com

Woodland Park Home For Sale!

\$325,000



706 N Elm Street
Call with questions 719-659-8955
Pre-Qualified Buyers call for an appointment
See the listing on realtor.com

OLGA DAICH



REIKI MASTER
 SPIRITUAL COACH

801-628-9273 | olgacely@hotmail.com | ASHA
 Facebook Reiki heaven and earth

Divide Playgroup

Children 0-5 years

****FREE****



Community Partnership
 Family Resource Center

Mondays and Wednesdays
Time: 9:30-11am

- Meet and connect with other parents
- Prepare children for preschool and kindergarten by providing a similar school environment
- Learn about your child's development and fun activities to do at home
- Learn about other resources available in the community
- Encourage confidence building in your child
- Social and developmental screenings offered to celebrate growth
- Monthly enrichments featuring special guests, field trips, and activities

Check our Facebook page for the calendar of events

Community Partnership Family Resource Center
www.cpteller.org • 719-686-0705

Facebook www.facebook.com/playgroupndivide

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



Seeds to Sprouts Tummy troubles

by Maren J. Fuller, MSM, CPM, RM

Real information on everything from conception to age two

Most women will experience nausea at some point in their pregnancy and more than half will also experience vomiting. We aren't exactly sure what causes nausea in pregnancy but it may be related to high levels of hormones, blood sugar fluctuations and lots of physical changes that occur, especially in the first trimester. Some women experience this nausea in the morning or throughout the day but for most it goes away by 12-15 weeks of pregnancy. However, other women may experience very severe nausea and vomiting throughout their pregnancy.

Nausea can be very emotionally and physically draining, especially if it is severe. It may interfere with normal daily activities and make it harder to do the things you used to. However, as long as you were healthy before you got pregnant, your baby can draw on nutritional reserves in your body. Nausea is rarely physically harmful to mother or baby but your midwife or doctor will watch for signs.

A very few women (about 1%) will suffer from "hyperemesis gravidarum" or excessive vomiting in pregnancy. In these cases, the mother and baby have an extreme lack of food, fluids, and essential nutrients and the mother must be treated. Usually this consists of IV therapy to replace fluids and nutrients and prevent dehydration and may warrant the use of medications.

What can I do for the nausea?

Keep your blood sugar level

Eat small, frequent meals and carry snacks with you when you leave the house. Keep snacks by your bed so you can eat when you wake up in the night and before you get out of bed in the morning. Don't be afraid to eat what you crave (as long as it's a relatively healthy food!) getting some nutrients to your baby is key.

Concentrate on carbohydrates and protein

Proteins will sustain your energy and your blood sugar level, especially through the night so try to include a protein food with each meal. Try different foods that may relieve your nausea. Some women prefer carbs like crackers, dry toast or oatmeal while others may be better off with proteins like nuts or cheese.

Flavors, smells, and textures

Try smelling or tasting something sour (like citrus) but try not to eat citrus on an empty stomach. Avoid spicy, fatty, and fried foods. Try to eat many foods cold as the smells and flavors are not as strong in cold food. Try to cook foods that don't have strong smells or ask someone else to do the cooking. The smell of red meat and coffee can be nauseating for many women.

Focus on fluids

Drink small amounts of water and fluids at a time but try to consume 2-3 liters per day as dehydration may make nausea worse. Try ginger tea, natural ginger ale or anything bubbly to reduce nausea and count toward your fluid intake.

Tips and tricks

- Don't take vitamins or other supplements on an empty stomach
- Try a prenatal vitamin without iron as this supplement can make nausea worse. Try to get your iron from foods rather than your vitamins.
- Try digestive enzymes with each meal (papain or bromelain) or eat fresh pineapple and papaya for their digestive enzymes.
- Most women feel more nauseous when they are tired. Go to bed early, take an afternoon nap, and rest throughout the day when possible.
- Women also feel more nauseous when they are emotionally or physically stressed. Some women may need to cut down their hours at work or seek help with other



- children during this time.
- Avoid getting too warm as this physical stress can increase nausea.
- Seek counseling or emotional support to help ease emotional stresses.
- Try massage, chiropractic or acupuncture to help ease physical stress and nausea.
- Light exercise like walking and swimming can help with nausea. It's hard to start but worth it if you can get out there!
- Try exercising in fresh air and try to be outside when it's cool.

Natural Medicine

Always check with your midwife or doctor and ask for their recommendations or cautions when it comes to using natural medicine. Here are some remedies that work for many women:

- Ginger capsules (250mg) up to 3 times per day or 3-4 cups of ginger tea per day. You can also try ginger candies or naturally brewed ginger ale.
- 25mg of Vitamin B6 — up to 2 times per day can be very helpful for reducing nausea.
- Homeopathic Nux Vomica — 3 pellets every 15 minutes until nausea subsides.
- Lavender, peppermint and/or citrus essential oils can be helpful. Try a diffuser or put some on a cotton ball in the room where you are spending time.
- Acupuncture! Find a practitioner who is familiar with working with pregnant women. Also ask if they perform Gua Sha treatments for nausea.
- You may find relief from Sea Bands — a small band you wear on your wrist that presses on an acupressure point that reduces nausea.

Medication

If nausea and vomiting becomes severe and your care provider is concerned about the amount of nutrients you are able to give your baby, you may be given a prescription medication to help. Talk to your midwife or doctor about any concerns you may have about these medications.

Resources and suggestions for further reading and support:

- Dr. Sears on Morning Sickness: www.drsearswellnessinstitute.org/blog/15-tips-on-how-to-manage-morning-sickness/
- Morning Sickness and Warning Signs: www.webmd.com/baby/tc/nausea-or-vomiting-during-pregnancy-topic-overview#1

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.

UPCP select beneficiary

The Ute Pass Chamber Players are very pleased to announce that the beneficiary of their annual benefit concert is the Community Cupboard of Woodland Park. The concert will be presented on September 24, 2017. We invite our Teller County community to help support the work of this exceptional nonprofit organization! Anyone interested in being a co-sponsor of this event is asked to contact Barb Riley-Cunningham (brileycunningham@gmail.com).



Teacher Feature: Mr. Shannon Daly

June 2017 Teacher Featured:
Mr. Shannon Daly

Grade/class: Woodshop, Lifeskills
School: Canon City Middle School
Ca on City, Colorado

Submitted by:
2016-2017 School Year
Class Members

"When I took Mr. Daly's class he always was a fun and helpful teacher. He helped all the students and when anyone was down he would cheer them up." — Aylie Horn, student

"He helps me understand my learning." — Ali Sturgeon, student

"I like working with wood. Mr. Daly is funny. He takes his job seriously." — Josh Rinue, student

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 ute-countrynewspaper@gmail.com or call 719-686-7393.

YOU LOVE THE MOUNTAINS
 but sometimes they don't love you back.

So we'll be ready!

Any time, any season – a health care emergency can happen. Let the Emergency Center at Pikes Peak Regional Hospital be your first stop. Our fully equipped Center offers easy access and the shortest wait times. Our team of board certified physicians has the tools and technology available to provide the expertise you need.

- Easy access to mountain communities
- Immediate, comprehensive care
- Inpatient Services
- Diagnostic Imaging

719-686-5759
www.pikespeakregionalhospital.com

PIKES PEAK REGIONAL HOSPITAL AND SURGERY CENTER

16420 West Highway 24
 Woodland Park, Colorado 80863



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

Featuring Popular Christian Singer/Songwriter 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

July 8th, 2017

Divide COLLISION CENTER
42 Years of Quality Work!
Auto Body and Paint Repair • Insurance Claim Estimates
WE DO IT ALL!
Hundreds of Satisfied Customers
Boat Repairing & Refinishing
Plastic & Fiberglass Repair
RV Body & Frame Repair
All Insurance Companies
All Types of Painting
Hail Damage Repair
Auto Glass Service


FREE Estimates!

**178 Weaverville Rd., Divide
(719) 687-7683**

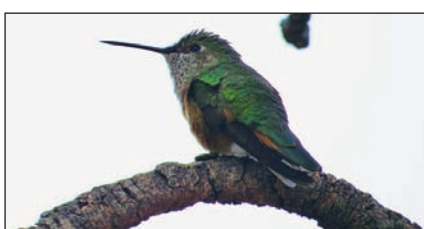
The Sudsey Pup Grooming Salon
719-313-1755
BIG or SMALL... We Do Them All!
180 N. Hwy 67 • Woodland Park
(behind Big D Motor Sports)
Hours: Tue-Fri 9-4 • Sat 9-2
Sherice Sanchez Owner/Stylist

\$5 Nail Trim
Shed the winter hair - make an appointment for your best friend!
Walk-ins Welcome


Critter CORNER



Female Bobcat (note one of her kits' legs directly in front)



Broad-Tailed Female hummingbird

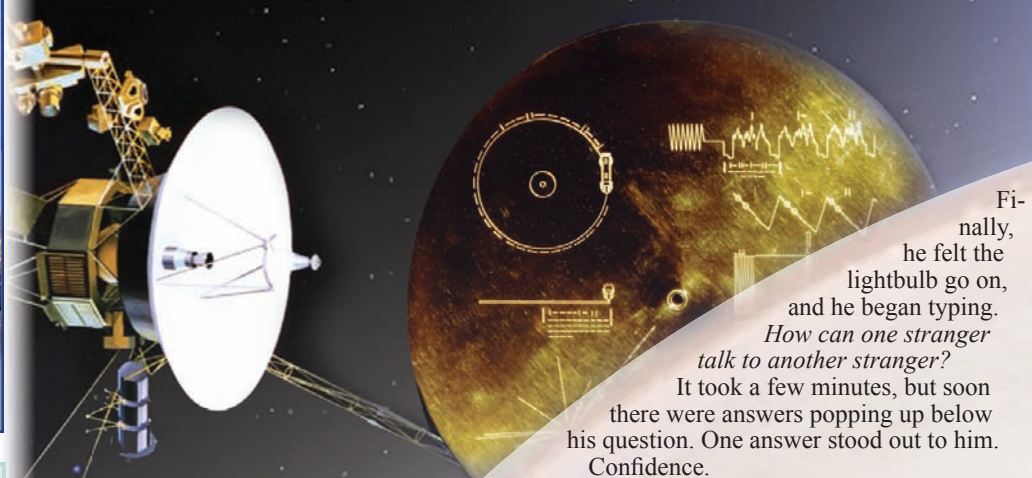


My girl Bella - Deanna C. Thuesdale, Florissant, CO

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 1

by Danielle Dellinger



Even when surrounded by large crowds, the world can still feel like a lonely place for some people. Marik was one of those people. He stood in the mall's food court waiting for his mom, and he felt like he didn't even exist. People kept bumping into him without so much as a mumbled apology. Yeah, he was the one in the wrong. He bowed his head and moved to a table, sitting down and watching his mom's back as the line slowly progressed toward the counter. He watched as a stranger struck up a conversation with her. How could people do that? How could they just start talking to a random person? He was awed by people who had the ability to do that. For him at least, it would probably help if he weren't mute. He'd been born that way, due to a gene mutation involving a faulty protein that halted the development of his vocal chords. His vocal chords couldn't be fixed. He was okay with that. Sometimes. Marik's eyes tracked his mom's movements, as she said goodbye to the stranger and placed her order, as she moved down the line to pick up their order, as she walked over to the table and sat down across from him. He must have had a funny look on his face because she asked, "Are you okay, sweetheart? Is something wrong?"

He shrugged and pulled his food from the tray. He stared at the table as he ate, mulling over what it took for someone to have the ability to speak to someone they'd never met before. Later that night, he logged onto a mute support group forum. He'd never posted anything, only read through other people's thoughts and feelings. But now, he was feeling brave. He was feeling like he should ask something. He clicked on the blank space and stared at the cursor, slowly composing what he wanted to say in his mind first. More than 10 minutes went by, and he'd mentally revised his question at least five times already.

Finally, he felt the lightbulb go on, and he began typing. *How can one stranger talk to another stranger?* It took a few minutes, but soon there were answers popping up below his question. One answer stood out to him. Confidence. Okay, he thought to himself. Seems logical. That's the "how" part, but what was the "why?" *Why would a stranger want to talk to another stranger?*

Several painstakingly long minutes ticked by this time. There were only a couple vague theories, and one sarcastic remark. But then a more plausible response appeared: Humans are social animals, unless they have the disposition to be a loner. Those without the disposition to be loners don't thrive. They may not even survive. Do you have the disposition to be a loner, a mute loner, at that?

Marik sat back in his chair, eyes focused on the question posed to him. Until recently, he'd thought he was okay with being alone. He'd started high school a couple months ago. It had been a transition that had taken away the few friends that he had somehow managed to make in elementary and middle school. His friends had grown as people, and he'd been unable to keep up and had lacked the confidence to do so. Now, things at school were tough. Bullies were targeting him and everyone else steered clear of him. Marik closed his eyes, forcing himself not to think about it. He had to remind himself that being alone was okay, that he was good at it.

He leaned forward and clicked on the commenter's username, which was a bunch of zeros and ones. It brought up a separate chat window. *What's your name?* They call me Helix. Yours? *Marik. Where do you live?* Not in America. Someplace you've never heard of. *How do you know that I've never heard of where you live?*

Trust me. It's a tiny place way out in nowhere. *Sounds like you live in the country.* Not quite. *Are you mute?* Not really. But my speech isn't normal. *Are you mute?* Yeah, born this way. *No cure.* Do you want there to be a cure? Marik had to stop and think about that one for a moment. *I'm not sure . . . Haven't given it much thought.* It was true, Marik hadn't thought about it much. He hadn't seen the point. However, with what had been going on recently . . . Maybe he would start to give it more thought.

But he hadn't known anything else besides being mute. What would his voice sound like? Would he hate the sound of his own voice? Though, more importantly, who would he talk to, and what would he even say? His eyes were drawn back to the chat box as another message appeared.

You're perfect the way you are. Marik stared at the words. Not even his mom had said that to him. It wasn't that she wasn't a compassionate, loving person. It was just that she wasn't always warm and fuzzy with her emotions. He knew she loved him. Her actions spoke louder than her words. *You don't know that.*

Yes, I do. Being alive and in good health is all you need to be perfect the way you are. It took Marik a minute to figure out what to say back. *Thank you.*

A few minutes later, Marik logged off for the night. He ended the note there and tucked it into a secret compartment in his backpack. The last thing he needed was for his bullies to have more ammunition to torment him with. He knew they would definitely make his life a living hell, and it would only escalate until he was forced to leave school forever. He knew he should tell his mom about the bullying, and the lack of friends. But he just didn't know how to bring it up. Her actions spoke louder than her words, but he didn't need her to march to war over this. He told himself he'd handle it on his own. Marik thought back to the last line he'd written. Had anyone ever hoped to be abducted by aliens so they could be saved from their bullies or their cruel planet? Did aliens hope to be abducted by other aliens, and if so, for similar reasons? Maybe all creatures to ever exist are driven forward by the hope of there being something better, even if their current circumstances are good.

After school, he hurried home and got on his laptop. His web searches carried him far into the science of spaceships and the history of Area 51. As he researched, he kept an eye on the forum's chatbox, hoping Helix would sign in. Time ticked ever closer to his bedtime, and his hope of talking to Helix before bed started to fade. Just as he started to close his laptop, it dinged. He nearly dropped the thing in his excitement to get it back open. His eyes darted to the flashing message. Marik?

I'm here. Hi. How're you? Fine. How was your day? *I learned about the Voyager Golden Records in school. Do you know them?* Can't say I do. Marik went on to explain the records, and how he really wanted to figure out a way to do something similar. *I wrote a note during lunch that maybe one day I'll be able to send into the cosmos.* What did you write? *That I don't feel accepted for being mute . . . or for being bisexual. Bisexual men are thought to not exist, that it's fake. #Forever-*

At lunch, he sat on the steps outside, as far away from everyone else as he could. He started thinking of a message that he would send into space if given the chance.

Helix, I'm Marik. I live on Earth in a country

called America, in a city that's too big for me. I'm mute, so writing is my main way of communicating. A gene mutation caused my muteness. Are you mute? How do you communicate? I am alone, but I don't want to be anymore. I just don't know how to make friends since everyone is more into talking than writing. I'm starting to have more things to say, just no real way to say them. I guess I could get into art and say what I need to that way, but then I run the risk of being misunderstood. I don't want to be misunderstood. I want to be heard. I wish I was telepathic. Are you telepathic? Can it be taught? Or, more specifically, can it be taught to humans? I don't know what it's like to fall in love. But I do know what it's like to have crushes on people, both boys and girls. They call that bisexuality. There are people who don't accept me for being bi, or for being mute. Would you accept me for me? If you want to come bring me to your planet, I'd really appreciate it.

He ended the note there and tucked it into a secret compartment in his backpack. The last thing he needed was for his bullies to have more ammunition to torment him with. He knew they would definitely make his life a living hell, and it would only escalate until he was forced to leave school forever. He knew he should tell his mom about the bullying, and the lack of friends. But he just didn't know how to bring it up. Her actions spoke louder than her words, but he didn't need her to march to war over this. He told himself he'd handle it on his own. Marik thought back to the last line he'd written. Had anyone ever hoped to be abducted by aliens so they could be saved from their bullies or their cruel planet? Did aliens hope to be abducted by other aliens, and if so, for similar reasons? Maybe all creatures to ever exist are driven forward by the hope of there being something better, even if their current circumstances are good.

After school, he hurried home and got on his laptop. His web searches carried him far into the science of spaceships and the history of Area 51. As he researched, he kept an eye on the forum's chatbox, hoping Helix would sign in. Time ticked ever closer to his bedtime, and his hope of talking to Helix before bed started to fade. Just as he started to close his laptop, it dinged. He nearly dropped the thing in his excitement to get it back open. His eyes darted to the flashing message. Marik?

I'm here. Hi. How're you? Fine. How was your day? *I learned about the Voyager Golden Records in school. Do you know them?* Can't say I do. Marik went on to explain the records, and how he really wanted to figure out a way to do something similar. *I wrote a note during lunch that maybe one day I'll be able to send into the cosmos.* What did you write? *That I don't feel accepted for being mute . . . or for being bisexual. Bisexual men are thought to not exist, that it's fake. #Forever-*

At lunch, he sat on the steps outside, as far away from everyone else as he could. He started thinking of a message that he would send into space if given the chance.

Alone. Haha. I ended it with hoping an alien race would come get me and take me to their planet. I'm sorry you feel that way. Please know I accept you for just the way you are.

How can you say that so easily? Don't know. Just can.

Marik felt the tears pricking the corners of his eyes. It only takes one, he thought to himself. He decided to change the subject. *Do you think alien life has already listened to the Golden Records?*

For a couple minutes, there wasn't a response, and Marik began to panic that he'd lost Helix's interest, or maybe said the wrong thing. Just as he started to type out an apology, the little dots began to bounce, indicating that Helix was typing as well. Marik froze. His heart raced and his palms turned into rivers. Then the dots disappeared, and Marik almost broke out into full-blown panic. Why had he stopped typing? Had he changed his mind about talking with him? What had he originally been going to say? That's always the more honest version than whatever replaces the original thought. It was almost a full minute before the dots reappeared, and then a second later, a message popped up.

There's something I need to tell you. Ice formed in Marik's veins at the sight of those seven words. They could mean anything. Good. Bad. Indifferent. Pretty. Ugly. He had to know. Even if the outcome was horrendous, he still had to know. Curiosity killed the cat, and hopefully satisfaction will bring it back. He swallowed, his fingers on the keys.

What is it? The dots appeared immediately after his message was sent. A minute ticked by. Then two. Then three. Finally. There was the answer.

I'm not human. As for the Golden Records, yes, one of them has been found, and it has been listened to and studied. Right now, it resides in the Otherworld Studies building. It's in Earth's archive on the top floor. My species, called vailors, live 1.2 light-years away from Earth, and we've been watching your planet for thousands of years now. We don't have genders like your species, and our roles within our small community are ever-changing. We've also never had a war. We're a peaceful species. However, we've brought a few earthlings to our world at their special request. They are doing well. Despite bringing humans to our world, we've never been to Earth, haven't even seen it in person. But we would like to.

Marik couldn't wrap his mind around what he was reading. He couldn't even fully comprehend the first sentence.

Is this a prank? No. This is as real as you. You really want to come to Earth? Yes. Will you take me back with you if you come here? Yes, I will.

"This Voyager spacecraft was constructed by the United States of America. We are a community of 240 million human beings among the more than 4 billion who inhabit the planet Earth. We human beings are still divided into nation states, but these states are rapidly becoming a single global civilization.

We cast this message into the cosmos. It is likely to survive a billion years into our future, when our civilization is profoundly altered and the surface of the Earth may be vastly changed. Of the 200 billion stars in the Milky Way galaxy, some--perhaps many--may have inhabited planets and spacefaring civilizations. If one such civilization intercepts Voyager and can understand these recorded contents, here is our message:

This is a present from a small distant world, a token of our sounds, our science, our images, our music, our thoughts, and our feelings. We are attempting to survive our time so we may live into yours. We hope someday, having solved the problems we face, to join a community of galactic civilizations. This record represents our hope and our determination, and our good will in a vast and awesome universe."

— President Jimmy Carter
July 29, 1977

...to be continued

Debut novel: *Dating the Grim Reaper* available for purchase at Amazon.com, Barnes & Noble, Googleplay, and ibooks.

Twitter.com/ZepherSang
Facebook.com/storyrealism

Trust your hometown Realtor



David Martinek
719.687.9656 (office)
719.213.9335 (cell)

FLOOD REALTY

Web: www.davidmartinekco.com
Email: dave@floodrealty.net
400 W. Hwy 24, Ste. 207, Woodland Park, CO 80863

When you need a Realtor® you can trust to represent you in either the sale or purchase of a home, ranch or land, **You can depend on me!**

VISIT MY WEBSITE FOR CURRENT LISTINGS AND MUCH MORE INFORMATION

Laura Owens
719.689.5501 Direct
719.210.3950 Cell
LAURA@SADDLEUPREALTYCO.COM
www.saddleuprealtyco.com

Specializing in Rural Mountain Property in Park County & Teller County

Where you're always treated like a neighbor and a friend!

The Thymekeeper



Mari Marques
1870 CR 31 • Florissant
719-439-7303
mugsyspad@aol.com
thethymekeeper.com

Herbs & Oils • Folk Remedies
Private classes available.

Always Something New!

TWIN CREEK TRADING CO.



FLORISSANT, COLORADO

The place to find unusual items

- Antiques
- Furniture
- Home and cabin décor
- Gift shop
- Rocks and crystals
- Lotion Candles
- Try your skill at the new ol' time shooting gallery

Always something New

Open 10 to 6
Closed Mondays

2651 Hwy 24 • Florissant, CO
719-641-6404
twincreektradingco@gmail.com

TOMMY KNOCKER CONSIGNMENT



ANTIQUE TO ANTIQUITIES
MAN CAVE GOODIES
COLLECTIBLES
LADIES HANDBAGS & JACKETS

We buy Gold Nuggets and Raw Gems!
Prospectors' Accessories

38334 HWY 24 LAKE GEORGE
719-838-0521
PHOTO/TEXT



UTE COUNTRY NEWS
Putting the "unity" back in community

Live in Ute Country part time but want the mountain living all the time?

Take us with you!

Fill out this form and mail it back to us with your payment of \$36 for your 1 year (13 issues!) first-class subscription.

Name: _____
Address: _____
Phone: _____
Email: _____

Mail to:
Ute Country News, PO Box 753 • Divide, CO 80814

Tumbling Trout
Fly Shop

38283 Hwy 24
Lake George



Women & Wine
fly tying classes
Wednesdays - 5 p.m.
(720) 363-2092

54th Annual
**PIKES PEAK
GEM, MINERAL
& JEWELRY
SHOW**
Featuring Pyrite

Fri. & Sat., June 2-3, 10-5
Sun., June 4, 10-4

Adults \$5.00 / \$8.00 All 3 Days
Kids 12 & Under FREE

MORTGAGE SOLUTIONS
FINANCIAL EXPO CENTER
3650 N. Nevada Ave.
Colorado Springs, CO 80907
(From I-25 go east on W. Garden of the
Gods Rd., Turn south on N. Nevada Ave.,
1 mile on right)

Over 50 Vendors!
- Colorado, US, & International
Minerals & Gems - Fossils
- Petrified Wood - Meteorites
- Sculptures - Metaphysical
- Jewelry - Cabochons
- Faceted Gems
- Lapidary - AND MORE!

PRESENTATIONS 2:00-3:00 DAILY!
KIDS ACTIVITIES! AUCTIONS!
EXHIBITS! DOOR PRIZES!

Colorado Springs Mineralogical Society
Newmont Mining Corp/Cripple Creek &
Victor Gold Mining Co
www.csms1936 pggmjshow@gmail.com

Old Time Baptist
TENT
Meeting

June 25-28
Sunday at the church at 11:00 a.m.
Monday-Wednesday at 6:30 p.m.
Special singing each night


Special Preacher
Bro John Morgan


Special Preacher
Bro Eric Brown

11984 CR 1 Florissant CO 80816
Across from La Montana Mesa

Pastor Teddy Angel

4 Mile Community Baptist Church
6503 CR 11 • Florissant Co 80816

For More Info:
719-748-3037



Growing Ideas

June is busting out all over!

by Karen Anderson “The Plant Lady”

“Quality never goes out of style”

— Levi Strauss

Greetings mountain gardeners. I would like to start by thanking the fine folks of Guffey for coming out to participate in our Garden Chat at the Library last month. We were all met with a nice spread of snacks, punch and other refreshments, compliments of Rita and the Guffey Library in honor of Mother’s Day. It was nice to meet everyone and share our knowledge and experiences in the high altitude gardening world. I personally learned a lot from the gardeners at the gathering. We truly are all teachers and students at the same time. A big ol’ *Thank You* to my good friend, Paula Bennett for helping me with the presentation and all other tasks involved. Thanks again Guffey-ites for your gracious hospitality and hope to cross paths with you again in the future.

We’re getting closer and closer to being able to embellish our gardens and landscapes with all the colors of the rainbow! The time has finally arrived to get ‘jiggy with it’ and plant more vegetables, hardy perennials, shrubs, trees and flowering annuals. We are also about to be dazzled by Mother Nature’s Magic with the natural beauty of our Rocky Mountain Region.

There is a ‘Quickening’ that happens this month which means plant life begins to grow rapidly (along with the ‘weeds’ and grasses) seemingly before our very eyes. The moisture in May was a great gift indeed, which drastically helps us in the month of June to get a happy and healthy start to the growing season. It is what I call the “honeymoon stage” of the season, when it is still fairly moist, the weeds and grasses are not terribly overgrown, and the weather is ideally comfortable.

Let’s talk a little bit about onions this month. The *Allium* Family is a sturdy bunch of plants. This hardy genus of vegetables and herbs include chives, garlic, leeks, onions and shallots. Lucky for us, we are able to grow most of these with relative ease. There are also several ornamental species which bloom big clustered balls of purple flowers. They bloom fairly early in spring and are absolutely gorgeous.

Onions in general, like soil that is rich and fertile, but reasonably well drained with a pH level of 6.0 to 7.0 (most vegetables grow well in this neutral zone). Reasonably priced soil testing kits are available for purchase at almost any nursery.

Dry soil will cause the onion bulbs to split into two smaller bulbs instead of producing normal growth. I suggest planting onion sets rather than planting seed as it takes a long time (over 100 days) to grow a good size onion and as northern gardeners, we simply don’t have that long of a season.

The best onion sets are not necessarily the biggest ones. The suggested size is about 1/2” in diameter, as smaller ones will tend to lack in vigor, and the larger sets may often ‘bolt’ and go to seed. Plant onions in the fullest sun you can find. They need long daylight hours to mature even to a medium size in our part of the woods. Please don’t set your expectations too high for super-size onions if you are growing outdoors, but add-

ing compost to the onion patch several times during the season will help tremendously in the growth process. The average garden grown onion is relatively free from disease and insect pests. This is why members of the *Allium* Family are good companion plants for many other vegetables.

Harvest time is in the late fall after the foliage has died back. Carefully dig up your bounty and clip leaves back to 2” from the onion bulb. Allow to cure by air drying (without threat of freezing) for a week or so and store in a dry cool place for winter use. This is where a root cellar comes in handy.

Chives

Must for all Northern gardens even if you are not an onion lover, as they are easy to grow, early spring risers, spreads readily and the purple flowers give us the color we have been longing for all winter. If you do like the flavor of onions, the flowers are totally edible and are a great additional ‘pop’ to any salad or side dish. Most years, I am able to get them to bloom twice in one season, using the cut and come back method. Double the pleasure — double the fun!

Egyptian or spring onions (*Allium Cepa-Aggregatum*)

I have grown these trouble free perennial onions in my garden for nearly 40 years. They resemble leeks and send up welcome green shoots in very early spring, which are entirely edible. As the plant grows, the stalk becomes hollow and baby bulbets begin to form. The greens are no longer palatable at this point, but are necessary for the propagation process. You may harvest the small-ish onions that are underground periodically during the season, but make sure that you plant some of the baby bulbs back into the garden for next year. I have them planted all around the perimeters of my veggie garden as I feel it helps to deter some critters. The small bulbets are great for creamed peas and onions or to flavor soups and stews, if you have the patience to peel them.

Native nodding onions

These cute little guys are found all over the wild lands and can easily be incorporated into your vegetable or ornamental gardens. More delicate looking and tasting than chives, but grow strong in our altitude. They can successfully be transplanted with the right methods and at the right time.

Leeks and shallots

Honestly, I have never grown these, but the basics are the same. They take a very long time to mature, but I’m confident that with season extenders, the high altitude gardener can have some success with these crops. Note: the Egyptian onions are very similar to leeks and shallots and much easier to grow.

Garlic

Garlic has long been held to have insect repellent powers and is a great companion



Egyptian or spring onions (*Allium Cepa-Aggregatum*)

crop, requiring rich, well-drained soil fortified with an abundance of organic matter. The pH range should be between 5.5 and 6.8 and for sure needs full sun. Here again, maturity takes 90-100 days, so many northern gardeners plant bulbs in the fall, mulching heavily for extra early growth in the spring and harvesting in the next autumn season. You can also snip the greens for tasty, mild garlic chives.

Ornamental Alliums

LOVE THESE! Big, bold and beautiful, these sun-loving perennials borne from bulbs are the *stars of the show* in mid-spring. You may want to order from catalogues as you will rarely find them at the stores.

After June 15 — you have a green light. Go for it! Let your Gardening Spirit soar! Have a blast. Plant to your heart’s desire! If required, water deeply, madly and passionately, using your magic mulch to hold that moisture in the ground. Embrace this time of “Garden Quickening” and express your gratitude to the Earth Mother for providing the beauty and bounty of the season.

Invite birds into your Sacred Space to help balance your individual and personal eco-system. Many are insect eaters...and the simple joy of observing their little bird lives, eating and nesting habits, waiting patiently for the fledgling to fly the coop, the sweet and special way in which they court each other and take care of their young is fascinating to watch. In those rare moments when I allow myself to *just be* present and open to the peace and serenity of my surroundings, I find great happiness and the sense that *all is right with the world*. The universe is unfolding as it should. My heart sings a soothing song and I am forever grateful for my blessings. I am so happy to be a gardener and am honored that I have the opportunity to share my experiences with others through the *Ute Country News*. Thanks to Kathy and Jeff and for the support of the readers.

Organic, non-gmo and heirloom veggie starts will be available at the Outpost Feed Store in Florissant and Mountain Naturals in Woodland Park as long as they last, through the month of June. They will be ready to ‘plug in’ to your garden after you harden them off and after the last frost. My High Altitude Seed line and hardy ‘Power Perennials’ will also be at the Outpost all summer long. You may wish to contact me soon if you are interested in getting hooked up with native aspen and spruce trees. Please feel free to call me at 719-748-3521 with any other inquiries as to what’s happening, what is available and where. You may also wish to make an appointment for a personal landscape consultation. Wishing you peace and *Happy Gardening!*



Just The Facts

Mountains out of molehills

by James W. Hagadorn, Ph.D.

What’s the fastest growing mountain in Colorado? It’s near DIA and it’s not a volcano.

It’s a mountain of trash, dozed into a 250-foot tall pyramid that towers above the nearest prairie dog. Mantled with frosting-like layers of dirt, this amazing pile of rubbish reminds me of Vegas’ Luxor Hotel.

Yet this landfill is only one of 60 such facilities around Colorado, all of which are aimed at taking care of our waste, and boy do we generate some waste.

At home, each of us generates about 2-4 pounds per day. Depending on the mix of dense to fluffy stuff in our trash, our waste could be small enough to fit in a shoebox, or might be as big as a yoga ball.

Even more mind-blowing, though — we generate between two to four times this amount outside of our homes.

We produce it at our workplaces, schools, and at restaurants. The rest of it is somewhat hidden because it’s generated from construction and maintenance of our “built environment” and products we consume. For example, construction and demolition materials like concrete, asphalt, drywall, and roofing are major contributors to landfills. Our energy also generates a colossal amount of solid waste, whether it be the fly ash

generated from coal-burning power plants, or waste lime from gas-fired power plants, or drilling muds and byproducts from production and refining of gasoline. Ditto for non-compostable agricultural waste, not to mention the sludge that comes from wastewater treatment facilities.

Coloradans are “middle of the pack” waste generators, compared to the rest of the nation. After adding up all our direct and indirect waste, we generate 10-15% more waste on average per capita than people in other states.

Where does all this go? Most of it is deposited on the surface, often not too far from where we live. As our cities and towns spread, sometimes we’ve even grown right over our waste piles. Telltale signs let us know where this has happened. For example, few hikers passing by the white pipes sticking up from the ground in Red Rock Canyon Open Space know that the pipes vent decomposition gases from the former Gypsum Canyon Landfill. In Denver’s red-hot Belcaro neighborhood, visitors wonder why the asphalt roads have so many bumps and dips. Underneath lies a lurching landfill.

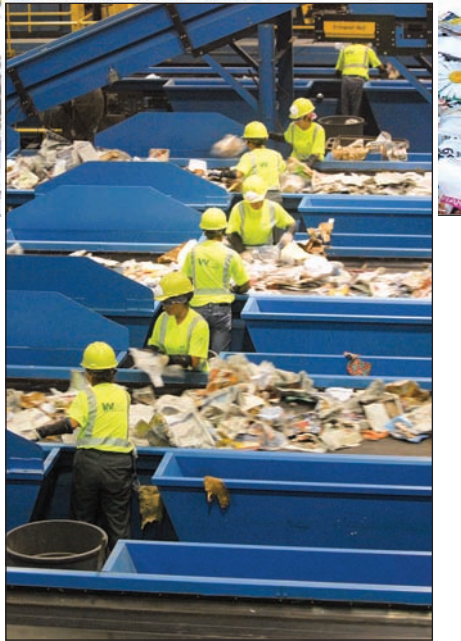
Every year, Coloradans get better at minimizing the impact of this waste, in part by recycling or repurposing some of it. New technology is helping, too. Household

waste, for example, is increasingly sorted both by people and by robots. Such as the plastic-zapping robotic blowguns that ricochet plastics from our recycling conveyor belts or the spider-like carton-grabber that pulls old juice and milk boxes out of the waste stream.

Some of our waste even helps fuel our infrastructure, like the tires burned to fuel formation of cement



Post-consumer lifecycle of paper. Loading, separating, sorting, and baling paper for recycling. (Images: Waste Management)



near Pueblo. Elsewhere, our old trash powers homes, like in Aurora where fermenting gases from buried trash are harnessed to generate electricity.

Solid waste management is big business here — as big as the marijuana industry. This billion dollar enterprise employs thousands, and handles our most visible environmental footprint. Not to mention that its personnel are often the eyes and ears for our communities. Like the trash hauler who helped save a house in Aspen when he reported a gas smell in the driveway. The owners were gone and a falling icicle had severed the home’s gas line.

Despite all our progress, Coloradans have a long way to go to get up to national standards for recycling waste. For example, Americans living in cities recycle 35% of their household waste, but with the exception of outliers like Ft. Collins, in Colorado’s cities we only recycle upwards to 20% of our waste. In part, our recycling rates are low because we’ve never had a landfill crisis like some tightly-packed coastal cities, and because waste management in Colorado is largely privatized, with recycling often only available as an optional service with an added fee. Also contributing to this perfect storm are Colorado’s extremely low landfill

usage costs, mediocre commodity prices that make recycling less attractive, and extra shipping costs to export some of our recyclables to coastal distribution centers.

Solid waste’s costs and impacts aren’t always direct — most of them come from the infrastructure of our lives. Whether we recycle, compost, buy less, or just raise our awareness, each of us can help a little bit. Maybe it starts with a wink or a wave to our friendly trash truck driver. Whatever steps we take, collectively let’s avoid making any more mountains out of molehills.

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

Summer Hours Are Here!

Come visit us about modern gold mining

Hours: Friday-Wednesday 10-4 (Closed Thursdays)



CC&V Visitor Center

371 E. Bennett Avenue
(B.P.O.E. Elks Building)
Cripple Creek, CO 80863
719-689-2341

9TH ANNUAL COLORADO SPRINGS
POWWOW

Saturday, June 10, 2017

Doors open at 9:30am Grand Entry at 11:00am

Mortgage Solutions Financial Expo Center
3650 N. Nevada Avenue

General Admission: \$4

Dancers children 12 and under FREE

Contact Al & Rhetta Walter
at 719-559-0525 or 703-798-4320

(please leave a message if no answer)

Visit: www.ColoradoSpringsPowwow.org

www.OneNationWT.org





**1050 Becky Dr.
Colorado Springs, CO**
Sale Price: \$399,000
Days to Under Contract = 1
Realtor fees charged: 4%
Realtor fees **SAVED: \$7,980**
Lower Fees = Better Results

Sold

List your home for Less!
Most of my clients pay only 4%
Chris J. Clark, Broker/Owner
719-464-5839 - Chris@PPHAL.com

Pikes Peak Homes and Land.com

CELEBRATING OUR 25TH YEAR!



Organic Foods | Local Produce | Gluten-Free | Grass-Fed Beef | Pet Food

719-687-9851
790 Red Feather Lane • Woodland Park
Hours: Mon-Fri 9am-7pm • Sat 9am-5pm • Sun 10am-5pm

WE HAVE ORGANIC NON GMO SEEDS!

BLOWOUT
Re-Furbished
Hot Tub & Swim Spa
SUMMER SALE!

WE will MATCH and/or BEAT any competitor for a comparable tub, New or Re-Furb.!

NO REASONABLE OFFER REFUSED!

Get a SMOKING HOT DEAL, CASH SCREAMS better price, June 14-24

Over 35 models in stock. 6 mths std warranty, up to 2 year warranty available. Over 50 NEW models in stock & over 300 Manufacturer's OverStock ready to be delivered! We offer 5 Manufacturers, 81 different models, with over 3 million combinations!

**6480 N. Academy Blvd.
Colorado Springs
719-264-0112
www.Arctic-COS.com**

BLISS BY ARCTIC SPAS
Arctic Spas
COLORADO SPRINGS

WE GIVE SPECIAL DISCOUNTING TO MILITARY, POLICE, FIREFIGHTERS, EMERGENCY PERSONNEL & TEACHERS.

One Dog at a Time Foxtails

by Janet Bennett



Every pet parent loves to see their dogs run in the grass. However, there are some wild grasses that dogs should stay away from. Foxtails (sometimes called spear grass) are grasses with seed awns that are extremely dangerous to dogs. The awns of the foxtail are barbed, razor sharp needles designed to burrow into the ground with a seed. However, they can also burrow into your dog's skin and enter soft tissue where they can cause serious injury, infection and sometimes death. They can penetrate any part of a dog's body and are most commonly found in a dog's nose, ears, underbelly, rear end and paws. Long haired dogs are particularly susceptible as the barbed foxtails stay attached to the long fur and are difficult to spot.

Once a foxtail penetrates the skin, it can migrate throughout the body, traveling through tissue and organs. A foxtail in a dog's ear can penetrate the eardrum. In a paw, it can lacerate the pad and move into the limb. In the nose and mouth, foxtails can eventually migrate towards the lungs.

The bacteria carried by an awn can also

cause infection and abscesses. Removing foxtails almost always requires an anesthetic and surgical procedure by a veterinarian.

Symptoms to look for

Excessive sneezing (foxtail in the nose), a lump on the skin that is painful to the touch, violent head shaking (foxtail in the ear), pawing at the eye, pus discharge from an area on the skin, visible abscess or bacterial infection.

If you take your dog into an area where foxtails are present, make sure you thoroughly check him/her over after being outdoors. Pay attention to the area between the toes, around the ears, eyes and nose and underbelly.

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

WPHS artists

Woodland Park High School students recently participated in the 55th Annual Pikes Peak Regional High School Young People's Art Exhibition held at the Imagination Space at Citadel Mall. Congratulations to the following winning WPHS artists:

- Beth Brown, junior, 1st Place Commercial Art/ Honorable Mention Digital Art
- Cody Dodge, sophomore, 3rd Place Mixed Media
- Lauren Houghland, sophomore, 2nd Place Printmaking
- Sara Proffett, senior, 1st Place Altered Photography

Several students were also awarded scholarships based on the work they submitted to the show: Lauren Mellinger, junior; and Christian Cox and Savana Baylee-Wilson, both seniors.



WPHS Senior Ashley Evanoika was one of the artists who participated in the Pikes Peak Regional High School Young People's Art Exhibition.

HRRMC adds oncologist to staff

Wendy Oatis, M.D., J.D., has been added to Heart of the Rockies Regional Medical Center's medical staff and will provide

general oncology services at the hospital. Dr. Oatis is board-certified in medical oncology, hematology and internal medicine. She will join fellow HRRMC oncologist, Francene Mason, M.D., and physician assistant, Carol Johnson, PA-C, in the Specialty Clinic at the hospital, 1000 Rush Dr., Salida.

Dr. Oatis has been providing coverage at HRRMC since August 2016, but only recently became an active member of the medical staff. Prior to her time with HRRMC, Dr. Oatis was in clinical practice at the University of Colorado Memorial Hospital in Colorado Springs.

Dr. Oatis graduated with honors from Virginia Commonwealth University School of Medicine in Richmond, Virginia. She completed a residency in internal medicine

at the University of Maryland in Baltimore, and a fellowship in medical oncology and hematology at Northwestern University



Feinberg School of Medicine in Chicago. In addition to her medical training, Dr. Oatis has a law degree from Georgetown University Law Center in Washington, D.C. She practiced law for 11 years before attending medical school. "We've seen an increase in the need for oncology services locally," said CEO Bob Morasko. "Dr. Oatis has been a great addition to our oncology team for the last nine months, and we are thrilled to have her on staff so we can better serve the patients in our area."

Patients seeking oncology services may call the HRRMC Oncology/Hematology Clinic at 530-2302 or visit hrrmc.com for more information.

Explore Nature at Mueller State Park

Explore Nature is the theme for programs at Mueller State Park in June! Delicate wildflowers will be bursting out of the ground, elk and deer will be having their young and birds will be migrating back to their nesting territory, all in the coming warm, summer days. Naturalists and volunteers at Mueller love to share the beauty and fascinating science of all the living things at the park. Programs in June will highlight local wildlife, favorite flowers and unique features within the park.

Mueller programs include guided hikes, children's programs, evening amphitheater programs, star gazing, bird watching, fly fishing, archery and much more. A new program on June 9th will be a Picnic Potluck! Visitors are encouraged to bring their favorite camping meal to share. We want everyone to show off their creative cooking methods they use camping. We will demonstrate a foil oven, Dutch oven, tin foil dinners and others, and have fires available for others to cook on.

1 Hike: Cheesman Trail meet at 9 a.m. at Grouse Mountain Trailhead. Hear about the rich history of Mueller State Park as you see the sights, breathe in the mountain air and look for wildlife. 5-mile moderate trail.

1 Touch Table: Seats and Tracks 2-4 p.m. at Visitor Center. Learn to ID different poop and paw prints for animals of Mueller with Naturalist Penny. Make your own track ID card to take on the trail with you.

2 Hike: Noble/Osborn meet at 8 a.m. at Black Bear Trailhead. Wander through fields and forest full of wildlife and flowers to see two very historic cabins.

2 Touch Table: Skins and Skulls 2-4 p.m. at Camper Services. Touch and examine the skins and skulls of animals that call Mueller State Park home, something that you cannot do on the trail! Come talk with Naturalist Russ about native animals including mountain lion, coyote and beaver

2 Amphitheater: Those Sly Foxes. Foxes run free in our imagination, folktales and legends. Get to know the real fox with Interpretive Naturalist Penny.

3 Hike: Elk Meadow/Murphy's Cut meet at 8 a.m. at Elk Meadow Trailhead. Join Naturalist Nancy on this 3.5-4-mile hike. Travel to the cut made for the Midland Terminal Railroad tracks and loop back to see Peak View Pond.

3 Hike: Calypso Orchid meet at 10 a.m. at Rock Pond Trailhead. Calypso Orchids, also known as Fairy Slippers, bloom for only about 10 days. The special fungus it requires makes for a scant distribution. The magenta blooms make it a treasure to find. Photographing them may require crawling through the junipers on your belly.

3 Amphitheater: B.L.T. Beetles, ladders (fuels) and thinning is an entertaining introduction to forest management around our homes and here in the park.

4 Hike: Lost and Geer Pond meet at 10 a.m. at Lost Pond Trailhead. Watch for water loving wildlife such as beaver, muskrat and red-wing blackbirds with Naturalists Jeremy and Sylvia. 2.5-mile hike.

4 Archery for Beginners 2-4 p.m. meet at Livory. Learn how to shoot a bow and arrow. Lots of fun! Adults and kids 8 years and up will be able to give it a try.

4 Amphitheater: Echoes of the Historical Sites. Learn about the history of Mueller

State Park from Naturalists Sylvia and Jeremy. See photos and hear stories of many historical sites.

5 Patio Talk: Prey and Predator at 10 a.m. at Camper Services. Much can be learned from the skull of an animal. Was it a prey or predator, is it healthy, did it live a long life and what was its preferred diet?

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

6 Hike: School Pond. 9 a.m. at School Pond Trailhead. Take a gentle hike with Naturalist Rose on a 1.5-mile hike.

6 Touch Table: Skins and Skulls 10-noon at Visitor Center. See description above.

7 Bird Walk at 8:30 a.m. at Elk Meadow Trailhead. Enjoy a leisurely hike to watch and listen for the birds of Mueller with Naturalist Linda.

7 Children: Peter Packrat Interviews the Animals at 10 a.m. at Visitor Center. Peter Packrat finds out interesting facts about some of the animals that make their homes in the meadows and forest of Mueller State Park. This puppet show entertains 1st-5th grade.

7 Touch Table: Skins and Skulls 1-3 p.m. at Visitor Center. See description above.

7 Hike: Outlook Ridge at 4 p.m. at Outlook Ridge Trailhead. Explore with Naturalist Sharon, the flora and fauna of this trail. You will be able to see beautiful vistas, a variety of habitats and Lost Pond on this 2-mile loop.

8 Children's Story Time: Owls 10-noon at Visitor Center. Colorado is home to many species of owls, some of whom we have seen at Mueller State Park. We'll read a story, eat snacks, and make a simple craft while learning about these mysterious and beautiful birds! Ages 3-5.

9 Hike: Turkey Cabin Overlook at 9 a.m. meet at Black Bear Trailhead. Travel a trail not often visited, but well worth the hike for the view. This will be about a 3.5-mile hike.

9 Picnic Potluck 11-1 p.m. at Outlook Ridge Picnic Area. Join us for our first ever picnic potluck! We will be cooking a couple dishes to sample and we encourage you to bring/share recipes of your own. We will have a few grills available to cook on, or you can bring something prepared. We will provide paper plates and utensils. You bring something to pass around and your taste buds!

9 Hike: Full Moon Hike at 8 p.m. at Outlook Ridge Trailhead. Join Naturalist Russ and enjoy the awesome view of the full moon rising over Pike's Peak. We will be returning in the dark. It is a moderate 2 miles.

10 Hike: Calypso Orchid Hike at 10 a.m. at Rock Pond Trailhead. See description above.

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

11 Touch Table: Skins and Skulls 1-3 p.m. at Visitor Center. See description above.

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

12 Children: Make a Pot/Plant a Seed at 10 a.m. at Visitor Center. Learn with Naturalists Terri and Wayne to make a

biodegradable pot and plant a seed to put in your garden.

12 Hike: Dynamite Cabin 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. Easy to moderate 1.8-miles long.

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

14 Children: Peter Packrat Interviews the Animals at 10 a.m. at Visitor Center. See description above.

14 Touch Table: Skins and Skulls 1-3 p.m. at Visitor Center. See description above.

14 Hike: Outlook Ridge at 4 p.m. at Outlook Ridge Trailhead. Explore with Naturalist Sharon the flora and fauna of this trail. 2-mile loop.

15 Hike: Wetland Wildflowers at 10 a.m. at Dragonfly Trailhead. Rich soil and clear flowing water create a unique habitat for some delicate, and often overlooked, wildflowers.

16 Hike: Cheesman Trail at 8 a.m. at Grouse Mountain Trailhead w/Cindi. See description above.

16 Hike: Lost and Geer Pond at 10 a.m. at Lost Pond Trailhead. See description above.

16 Archery for Beginners 2-4 p.m. at Livory. See description above.

16 Amphitheater: Bear Aware. Welcome to bear country! Join Naturalists Jeremy and Sylvia for an informative chat about one of our elusive, but beautiful, creatures of the forest. Learn about the role bears have in the ecosystem and how we can live with them with a minimum of conflict.

17 Hike: School Pond/Stoner Mill at 9 a.m. at School Pond Trailhead. Watch for wildlife, flowers and scenic views on this combined 3-3.5 trail with Naturalist Nancy.

17 Hike: Cheesman Trail at 10 a.m. at Grouse Mountain Trailhead w/Russ.

17 Touch Table: Owls 1-3 p.m. at Visitor Center. Have you ever wondered what an owl pellet is or how to identify owl feathers? Naturalist Rose will share with you a variety of owl knowledge. Stop by anytime.

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

18 Touch Table: Flowers of Mueller 2-4 p.m. at Visitor Center. Come celebrate "nature's fireworks" with Naturalist Penny. Come by anytime.

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

19 Hike: Cahill Loop at 9 a.m. at Grouse Mountain Trailhead. Join Naturalist Penny on this moderate 2.5-mile hike, exploring the flora and fauna of Mueller along the way.

19 Touch Table: Birds 2-4 p.m. at Visitor Center. Learn about the birds of the Pike's Peak region up close. The feathers, skulls and nests of Red-tailed Hawks, Golden Eagles and Broad-tailed Hummingbirds are just a few of the bird biofacts that will be on display.

21 Hike: Peak View Pond at 10 a.m. at Elk Meadow Trailhead. Peak View Pond is home to a variety of wildlife, including the Tiger Salamander! Join Natural-

ist Karleen on this leisurely 2-mile hike as you explore one of Mueller's most beloved trails.

22 Hike: Trains and Lost Towns at 9 a.m. at Peak View 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.

22 Children: Life of the Ute at 1:30 p.m. at Visitor Center. Investigate the lives of the Native People who lived here long ago.

23 Hike: Buffalo Rock at 2 p.m. at Grouse Mountain Trailhead. Join Naturalist Penny for this 4-mile hike through aspen and pine forest, meadows and see Cheesman Ranch.

23 Amphitheater: Friends in the Night. Explore some facts and myths surrounding the only flying mammal. Come and learn about these interesting creatures.

24 Children: In an Ant Hill at 2 p.m. at Visitor Center. Join Naturalist Penny as we explore the amazing facts about ants through stories, hands on activities and games.

24 Concentrating on the Constellation at 4 p.m. at Visitor Center. Want to be able to really see the constellation in the sky? Join Naturalist Pat and learn to connect the dots and distinguish the constellations in the summer sky.

24 Amphitheater: Lynx, Lion and Bob. 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.

25 Hike: The Golden Eagle Trail at 1:30 p.m. at Black Bear Trailhead. Golden Eagle is the name of this infrequently hiked trail. Journey to the border of Dome Rock and view interesting rock formations on this 4.5-mile hike.

25 Amphitheater: Nocturnal Animals. Although the night seems peaceful as though everyone is sleeping, there is actually a LOT going on. Learn more about the animals that go "bump" in the night.

27 Hike: Dynamite Cabin at 9 a.m. at Grouse Mountain Trailhead. Savor the immense variety of wildflowers, trees and wildlife as you hike with Naturalist Lori. Easy to moderate 1.8-miles long trail.

27 Pond Safari at 1:30 p.m. at Dragonfly Pond. Grab the kids, or bring out your inner child for a program teaming with critters who call our ponds home.

29 Touch Table: Beneficial Bugs! 10-noon at Visitor Center. Did you know that some creepy crawlies do a great job of protecting you, your plants, food and the earth as a whole? Yes, there will be live bugs to see/touch, so be ready to get your hands dirty!

30 Hike: Rock Canyon at 8 a.m. at Rock Pond Trailhead. Join Naturalist Cindi on this trip through many montane micro-environments. This is a moderate 5-mile hike. This trail is a favorite at Mueller.

30 Amphitheater: Digital Outdoors. A nature photographer for over thirty years, Naturalist Russ creates images for both personal enjoyment and profit. Learn some tricks of the trade as you view some of his amazing photos in this presentation.

• All Amphitheater events are at 8:30 p.m. Dress warmly.

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.

Where outdoor adventure awaits you to many of Colorado's finest recreational and outdoor opportunities!

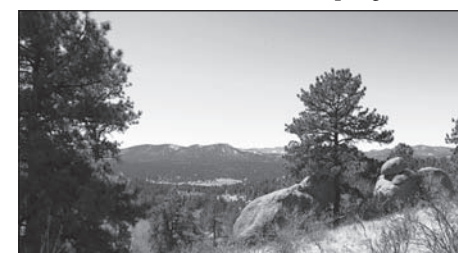
Pike National Forest, Eleven Mile Reservoir, Spinney Reservoir, the South Platte River, Mueller State Park, world-class fishing, hunting, biking and hiking...a mountain paradise! Minutes from the town of Lake George, Florissant, Guffey, Cañon City and 60 minute commute to Colorado Springs.



MLS # 7766163 8 • 40 Acres in Lake George County 333 Road

Dramatic "painted" rock foothills and snow capped peaks combine to create the high mountain setting for this spectacular Lake George home site with awesome views of the Collegiate Range, Eleven Mile Reservoir and backs to Pike National Forest with dramatic rock formations and wildlife abound!

Gayle Nichols 719.331.3769
gaylenichols@yahoo.com • www.gaylenichols.com



MLS# 3999948 • 5.3 Acres in Florissant 195 Navajo Trail

Beautiful lot Valley High Mountain Estates with fabulous panoramic views, fabulous rock outcroppings. Located on a well maintained country road with electrical service found at the lot line... the land has numerous building sites just waiting for your Colorado mountain home or dream cabin.

SHOREWOOD
REAL ESTATE

ROCKY MOUNTAIN CANNABIS

ESTABLISHED 2009

200 WATER ST. - CAÑON CITY, CO
(719) 275-4513 • WWW.ROCKYMOUNTAINCANNABIS.COM



We have a wide range of Topicals, Edibles, Transdermals, Flower and Concentrates. We also have daily member deals and a World Weed Tour.

~ Open 7 days a week ~

Sasquatch investigations of the Rockies

Michael Johnson is the driving force behind Sasquatch Investigations of the Rockies. Michael came to Colorado in 1977 from northern Kansas. He instantly fell in love with the mountains and Colorado and has spent countless days and nights exploring its majesty.

Michael got started in this endeavor in the 1990s after finding 17" footprints in the snow at Rampart Range during Thanksgiving break. In the same location, Mike had a Class 1 Bigfoot sighting when he saw a male Sasquatch in person. This sighting was investigated by the Big-foot Field Researchers Organization (BFRO).

Being very comfortable in the woods, Michael is well adapted to search for the legendary creature in the most remote areas of Colorado, in all four seasons. Mike is a family man and is very spiritual, whether it be his religion or his search for his Indian heritage. He is painfully honest, which has been his biggest challenge in this field, much to his surprise. Mike is interested in both the scientific side and spiritual side of the Sasquatch Equation, which makes him a unique individual in the field today.

The Pikes Peak Historical Society invites you to learn more about Sasquatch Investigations of the Rockies at their monthly Chau-



taqua (free program) on Sunday, June, 11 at 2 p.m. at the Florissant Library. The Library is located adjacent to the Florissant Community Park on 334 Circle Drive in Florissant. This program is presented as a public service of the Pikes Peak Historical Society. Admission is free and refreshments are served. No reservation is required but arrive early, seating is limited. For more information call 719-748-8259 or 719-748-3861.

Rampart Library News Free library curse

by Michelle Dukette

Recently, a friend sent me the following Newspaper clipping on Facebook:

Free Libraries a Curse. Free public libraries are becoming a curse to the nation. They are making women lazy by novel reading; by novel reading women all become, in imagination, persecuted heroines-and the cooking goes wrong! — London Express

Book clubs, book discussions, literature circles, whichever name you know them by, have a long and strong tradition, mainly in women's circles and the Women's Rights Movement. Once seen as frivolous and time-wasting, fiction was vigorously read in book clubs, and these clubs evolved into a tool that allowed women to reflect on the pages, exercise and liberate their minds and form firm opinions and beliefs about the world around them. Where there were no opportunities for their gender to conduct lively discussions — women created them.

In the early 1750's, the Blue Stockings Society was formed by Elizabeth Montegu, a British social reformer and patron of the arts. Consisting of mainly privileged women of society, but accepting the occasional man, the Blue Stockings mainly discussed literature, while prohibiting the topic of politics. The group was significant as prior to its formation, intellectual salons were mainly the realm of men.

The longest running book club is generally known to be the Women's Reading Club of Mattoon Illinois. Started in 1877 with the goal of discussing issues and expanding horizons, the club is still active and going strong. Many public libraries throughout the

country can find their roots in literary circles. In my hometown of Niagara Falls for instance, the LaSalle Public Library formed as a concerted effort of the primarily female LaSalle Literary Society, which formed in the early 1900's.

Jump ahead to the year 2017 and the tradition of discussing books and literature lives on but has, in many ways, evolved in purpose and format. While traditional book clubs still exist, at Florissant Public Library the "Who Picked this Book" Book Club is far from the traditional book discussion circle. This is a very nontraditional club. Do not expect any intellectual discussion and literary analysis here. The club is just a great laid back group of people who love to talk about reading in all shapes and forms. May's topic, for instance, was "You can't judge a book by its cover". During the program we shared some truly outrageous book covers and had tons of laughs. On June 12 at 11:30 a.m. the club will meet and discuss graphic novels. All are welcome.

If you are looking for a more traditional book club, both the library locations offer great ones. The Woodland Park Public Library book club meets on the first Tuesday of the month at 10:30 a.m. The pick for June 6 is Jodi Picoult's *Small Great Things*. In Florissant, the "Bookworms" book club meets at 10:30 a.m. on the third Wednesday of the month. On June 21 the club will discuss Mary Doria Russell's *A Thread of Grace*.

Men, by the way, are very welcome and encouraged to attend.

Something for everyone at the library

Remember to sign up for the Rampart Library District Summer Reading Program beginning May 25. The program is open to all ages, and this year we are offering

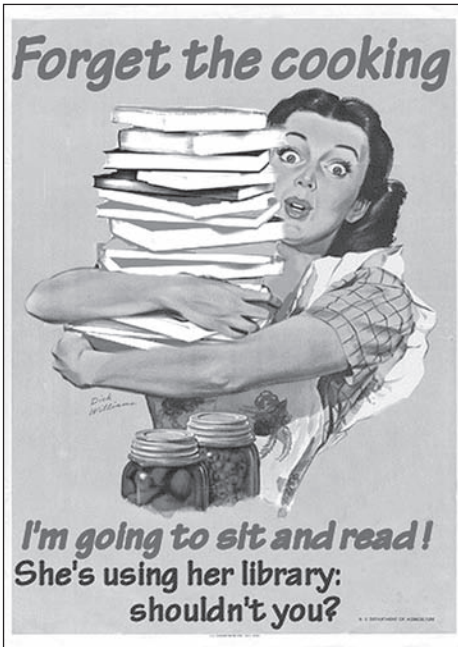
A Ditch in Time: The City, the West, and Water

Dr. Patty Limerick, Colorado State Historian and founder and Chair of the Board of University of Colorado's Center of the American West, will present the Collegiate Peaks Forum Series Lecture "A Ditch in Time: The City, the West, and Water" at 7 p.m. on Thursday, June 22, 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.

According to Dr. Limerick, "Water is too important to fight over; it is for cooperating, negotiating, and sharing." She examines the growth and development of the Denver Water Department within its historical context, revealing the relationships among cities, suburbs, and rural areas. She explores the unexpectedly fascinating roles of engineers, government bureaucracies, contention, negotiation, and litigation in the control of the West's water. Her book, *A Ditch in Time: The City, the West, and Water*, was published in 2012.

Dr. Limerick has dedicated her career to bridging the gap between academics and the general public and to demonstrating the benefits of applying historical perspective to contemporary dilemmas and conflicts. She was born and raised in Banning, California, and graduated from the University of California at Santa Cruz. She received her Ph.D. in American Studies from Yale. In 1984, Dr. Limerick moved to Boulder to join the History Department of the University of Colorado, where she is now Professor of History. In addition to *A Ditch in Time*, Limerick's books include *Desert Passages: Encounters with American Deserts* (University of New Mexico, 1985), followed in 1987 by her best-known work, *The Legacy of Conquest: The Unbroken Past of the American West* (W. W. Norton), an overview and reinterpretation of Western American history that has stirred up a great deal of both academic and public debate. In January 2016, she was appointed to the National Endowment for the Humanities advisory board, the National Council on the Humanities. She is currently the President of the Organization of American Historians.

Please join us for this enlightening, free lecture! The Collegiate Peaks Forum Series, in its 15th year, is a free lecture series with presentations in Leadville, Buena Vista, and Salida. For more information about the CPFS, visit www.collegiatepeaksforum.org.



several grand prizes for participants. The Clarion Winds Musical Group will be performing Saturday, June 24 at WPPL 11 a.m. The Bhutan Book, the world's largest book, is currently on display at the Woodland Park Public Library.

Annual Summer Book Sales

The Annual Friends of Florissant Book, Bake and Plant Sale takes place at the Florissant Public Library Friday, June 2 from 10-2 p.m. and Saturday June 3 from 10-1 p.m. The Annual Giant Book Sale at Woodland Park Public Library will be held Friday, June 23 from 12-4 p.m. and Saturday, June 24 from 10-3 p.m. The library has hundreds of great books that will be of interest to all the book enthusiasts-bibliophiles-bookworms out there. We also will be selling music CD's and DVDs. Come check it out, and all proceeds stay right here in Teller County.

Adults

2 FOFL Book, Bake and Plant Sale at FPL

- 10-2 p.m.
- 3 FOFL Book, Bake and Plant Sale at FPL 10-1 p.m.
- 7 Word I at WPPL 10-noon
- 7 Free Legal Self Help Clinic at WPPL & FPL 3-4 p.m.
- 12 Who Picked This Book? Book Club at FPL 11:30 a.m.
- 14 Word II at WPPL 10-noon
- 14 Adult Coloring Group at FPL 10:30-11:30 a.m.
- 15 Computer Basics at WPPL 10-11:30 a.m.
- 21 Excel I at WPPL 10-noon
- 23 Giant Book Sale at WPPL noon-3 p.m.
- 24 Giant Book Sale at WPPL 10-3 p.m.
- 28 Excel II at WPPL 10-noon

Teens

This summer, the Teen Room at the Woodland Park Public Library has some fun, relaxing activities teens can enjoy. Get crafty and creative on Tuesdays, play the Wii on Wednesdays, and settle in for a good movie on Thursday afternoons. Of course, stop in anytime to find the latest YA fiction and Graphic Novels, or enjoy some quality time with your friends.

Children

1 Ann Lincoln's 'Build a Better You!' Comedy Magic and Juggling Show at WPPL 10:15-11 a.m.

14 Kritter Karavan at WPPL 10-11 a.m.

21 The Amazing Elstuns Magic Show! at WPPL 10-11 a.m.

7, 8, 15, 22, 28, 29 Children's Story Time at WPPL 10 a.m.

2, 9, 16, 23, 30 Story Time at FPL 10 a.m.

2, 9, 16, 23, 30 Lego Club at WPPL All Day

6, 13, 20, 27 Books & Babies at WPPL 10 a.m.

FILL UP SPECIAL VOLUME DISCOUNTS

Global Propane

\$ 1 299

Gallon

Limited Offer

(303) 660-9290

Family Owned Business

Salon Hair Stations for Lease

Start your own Business

682.472.5077

Spirit Soul & Hair Salon

In the Gold Hill North Shopping Center

One Nation Walking Together Art is in the blood

by Dave Ray Sigala (Sicangu Lakota)

The following essay was written by Dave Ray Sigala a few years ago for a high school (St. Francis Indian School, Rosebud Indian Reservation, South Dakota) writing class. Dave Ray has a rare relationship with both his parents, but especially with his father. Ever since he was very young, this Native American youngster posed many questions to his Dad, most of which showed a special level of maturity. "Why is there prejudice towards Native Americans; why is there so much poverty on the rez; why is Native art so different than the art of the white man, etc.?" Over the years, a special bond developed between this young man and his father that was partially influenced by their mutual artistic talent.



Art is a big part of my life. It also plays a big part in my father's life as well. We both have grown up in a world where art seemed to be our only remedy. He has learned and used art in many different places and situations. My father uses it for everything, it's his own therapy.

During a conversation with my father, I asked him what his memory could gather of his first art encounter. He told me that he remembered his first encounter was with his grandfather, drawing detailed old cars on a hill side. My father grew up in a time when South Dakota was still slow and brand new. So his days were spent dearly doing things to pass time as much as possible. He told me that art was his biggest past time. Learning from his grandpa's detailed drawings, he began to develop his own style in drawing. Now he is a skilled ledger drawer, but that is not the only art he is skilled in. My father is very traditional and is a great Lakota drummer and drum maker. He then went on to tell me how his grandfather, Noah Kills in Water, taught him to make his first drum, soaking and stretching the hide around a wooden

keg. My father tells me "art is a therapy, a past time, and just fun, use it well." We take those words very seriously.

According to an article, "Today's Native Americans" written by the *Global Nomads Group*, "The Native American culture and tradition is best manifested through the artistic world. The traditions of Native American jewelry, clothing and basket making are a way to express history, emotions and even denote tribal affiliation. Native American artists create works that are unique to their own understanding of his or her identity. Identity is an individual perception of culture, leaving room for interpretation, and creating differences even among those in a single community."

My father always states, "Art is the key to decolonization," which he would probably presume the article is stating. He currently works on old ledger paper Lakota pieces. He seems to pour his heart and soul into his work, making sure it's perfect; he truly believes in his work. He has made over nine pieces that represent the old ways of our people, such as horses being stolen from the Lakota by the US Calvary, or people on horseback riding through a hillside scenery. He tells me that it took many ledgers to make his current ones as beautiful as they are. With a lot of practice, he says the image becomes more perfect in time.

I remember one time he told me art was the only one thing there for him when he needed it. My father was 14 years old at the time; it was the summer of 1975, when this particular incident occurred. He had gotten into some trouble and had to spend some time in a juvenile center. The way he described it was like a miniature prison: grey walls, grey doors and grim grey bars. He did not like it at all, until one day the town hall allowed the juvenile center inmates to paint murals over the graffiti below bridges. He was astounded to do this. The murals they painted consisted of different types of birds. His were ones that lived close to the water, so he recalled. My father told me that day saved his life in many ways. He is a calm,

kind-hearted person; I believe it is because of his art, that day of getting to perform art as punishment was the best therapy for him.

According to an article found on the Psychcentral.com website, written by famous art therapist Cathy Malchiodi, "Art therapy asks you to explore your inner experience — your feelings, perceptions and imagination. While art therapy may involve learning skills or art techniques, the emphasis is generally first on developing and expressing images that come from inside the person, rather than those he or she sees in the outside world." Her statement generalized the idea of how my father tries to explain the way he does his art. With a lot of feelings, it becomes so therapeutic. I remember at one of his art lessons a person asked him where his art skills come from. He simply told the person, "from the heart." Art is his personal therapy in itself; he always gets in some sort of passionate mood when he does his art. I can honestly say his determination for art is the cause of my own determination.

The importance of art as therapy as a way of dealing with the everyday life where my father grew up and the situations he was in, watching him as I grew up, drawing or painting, always creating, has helped me use art the same way. My father's personality is probably the best way to see how art can help with anything stressful or hurtful. The Lakota traditions about art that my father taught me and his grandfather taught him are very important to learn. We should pass them on. Knowing how many Native Americans use art as a way to depict who they are, what they believe in and mostly a way to deal with life is very important to keep our cultures alive. My father is a very talented individual indeed. I am proud and grateful to say that art is in the blood.



The artwork of Dave Ray's father adorns many of the t-shirts sold by One Nation Walking Together used to finance our various programs.

Please consider donating to One Nation Walking Together to keep our mission moving forward to help the Lakota and other Native People throughout Colorado and seven other western states served by One Nation Walking Together. For more information on how you can help please visit www.onenationwt.org or email, office@onenationwt.org or call 719-329-0251. Thank you very much for your generosity.

Law Office of Kirk Garner

Family Law Attorney and Mediator

- Divorce
- Child Custody
- Child Support
- Relocation

General Civil Practice

- Contract Disputes
- Landlord/Tenant

Office located in the Pikes Peak Credit Union

719-687-6869

720 W. Midland, Suite 201

Woodland Park

find it in

FLORENCE

"the antique capitol of Colorado"

ANTIQUE WAREHOUSE

Vintage Lighting & Western Accoutrements

Virginia Lindley-Brunn • Michael Brunn

110 E. Main Street • Florence, CO 719.372.1016 • mvh876@gmail.com

royal CONTEMPORARY

Fine Art

120 East Main Street, Florence 303.717.1977

www.royalcontemporary.com

Earth Art & Lapidary

719-784-1957

119 1/2 W Main, Florence, CO

Rock Shop

Beads • Stones

Fossils • Findings

Custom Jewelry & Silversmithing

Blue Spruce Gallery Art and Antiques

"The Best of Both Worlds"

Fine Art and Crafts, Select Antiques in a Victorian Setting

205 West Main, Florence, CO 719-784-1339 bluespruceart.com

RIVIERA INN

Florence, Colorado

136 East Front St. Florence, CO 81226 719-784-6716 Fax 719-784-6570 Weekly Specials Loyalty Program

BARN & BARREL

farm fresh to barrel aged

Antiques, Art & Architectural Salvage

115 West Main Street Florence, CO 81226 719-784-1172 [facebook.com/barnandbarrelflorenceco](https://www.facebook.com/barnandbarrelflorenceco)

Florence Consignment Corner

Where you can find almost anything

Facebook: Florence Consignment Corner Find it in Florence, Find it at FCC

Open 7 days 10 - 6 719-784-7660 202 E. Main Florence, CO 81226

Heartland Antiques & Gifts

We Buy And Sell Antiques

122 W. Main St 719 784-0777 303 888-8917 hrlndranch@msn.com

SALVAGE Antiques VINTAGE ETC

Architectural Salvage | Vintage | Mid-Century Modern Antiques | Collectibles | Upcycled Furnishings

208 W Main St. Florence, CO 81228 (719) 821-3263 info@saveinflorence.com www.saveinflorence.com [#saveinflorence](https://www.facebook.com/saveinflorence)

Florence Antiques

Specialist in Asian Antiques

132 East Main St. & 103 West Main St. • Florence, CO orientalia@msn.com 719-338-1628

Renewable Energy Outfitters



ENERGY BY DESIGN

Solar Power * Generators * Batteries

Trusted Since 2008

www.reosolar.com 719-221-5249

CERTIFIED Solar PV Installer

2016 Solar Reviews

RockinPotz

A perfect gift for the gardeners in your life.

RockinPotz are fine stone decorative planters perfect for adorning your home and garden. These unique planters are made in **Woodland Park, Colorado** by talented crafters. Each planter is constructed using varieties of stone mined directly out of **Southern Colorado**. RockinPotz has a unique style that brings you back to nature.

Now located at:
Buzzsawbusby Chainsaw Arts
(Right next to Swiss Chalet Restaurant)

Please visit RockinPotz to find out the different sizes:
www.RockinPotz.com



Factory Direct Flooring & Cabinets

20845 E. Hwy 24, Woodland Park • (719) 687-8800

SUPER SPRING CLEARANCE!

Remnant Granite \$10^{sf} and less

Medium Grade Carpet 67¢^{sf}
Great for rentals! Starting at

Game Changer Carpet 79¢^{sf}
several short rolls

Carpet • Hardwood • Vinyl • Laminate • Tile
Stone • Countertops • Cabinets

Complete Kitchen & Bath Remodeling
(Contractors Available)

• • • SPECIAL BUYS • • •

5" Real Acacia Hard Core \$2.79 sf
Snap Lock - EASY TO INSTALL

LVP Distributed by US Floors - Green Product SmartCore - Springer Oak \$2.59 sf
Snap Lock - EASY TO INSTALL • Needs no pad and is waterproof!

Rustic Hickory solid pre-finished - BELOW COST AT \$4.89 sf



5th Annual Gem and Mineral Show

The 5th Annual Gem & Mineral Show sponsored by the Southern Teller County Focus Group (STCFG) in Victor, Colorado will be held June 16-18. The event will be held in downtown historic Victor and is open and free to the public.

The show will include vendors from across the state selling Colorado dug minerals, as well as New Mexico vendors. Items for sale will include polished gems, hand-crafted jewelry, rough slabs, specimens, cabochons, geode breaking, Cripple Creek & Victor Mining District gold ore specimens, Burtis Blue Cripple Creek turquoise, Richard Fretterd Legacy Gems, and more. Meet the stars of the *Prospector's* TV show who will be on hand selling their finds. There will also be gold and gem panning at the Victor Lowell Thomas Museum. Show hours are from 9 to 5 p.m. each day.

This year representatives from the Bureau of Land Management, Florissant Fossil Beds National Monument, and Newmont Mining Corporation will make a presentation on the geology of the region. This free presentation will be held Saturday, June 17 at 1 p.m. at the Victor Elks Lodge. Learn about volcanoes, gold mining, fossils, dinosaurs, and more.

In addition to the show, the Victor Lowell Thomas Museum gift shop will be open from 9:30 to 5:30 p.m. with its collection of rocks, gems, minerals, rhodochrosite and



aquamarine jewelry, geodes and gold panning for the kids. The museum also houses a mineral collection as well as historic mining equipment, photos, and historic displays. In addition, guided tours of the modern gold mine are available through the museum — see VictorColorado.com for reservations.

The Victor Elks Lodge members will be grilling burgers on the lodge porch as a fundraiser. Victor's many shops and attractions will also be open, including Victor's Gold Camp Ag & Mining Museum, antique, art and gift shops, the old-fashioned soda fountain, German Bakery, the local bar and eatery, Victor Hotel, as well as the local parks and Trails of Gold where you can explore the historic gold mining country.

For more information on the STCFG or this event, visit VictorColorado.com, email stcfg@victorcolorado.com, or call 719-689-2675.

WPSD 5th Grade Field Day



It was a perfect day for the 18th Annual 5th Grade Field Day held at the Woodland Park High School track. This event brings all Woodland Park School District 5th graders, from Columbine, Gateway, and Summit Elementary schools, together for a day of competition, fun, and collaboration before they join as one 6th grade class at Woodland Park Middle School in the fall.

CENTER OF THE KNOWN UNIVERSE

DIVIDE CHAMBER OF COMMERCE

Spotlight on the Divide Chamber

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

- **Hitchin' Post Trailer & Tractor Sales:** 719-748-8333 or www.hitchinposttrailers.com. Kioti tractors, chainsaws, lawn equipment, new and used trailers, also service and repairs.
- **Newmont/Cripple Creek & Victor Mine:** 719-689-2977 or www.ccvgoldmining.com. Large-scale gold mining operation with tours offered throughout the summer.
- **The House Wizard:** 719-649-9151. Handyman, appliances, HVAC, plumbing and electrical.
- **Waste Management:** 719-216-0543. Refuse and recycling services.
- **Advantage Log Homes - Above Treeline Construction:** 719-687-0680. General Contractor, modular home sales and excavation.

The mysterious blue orbs of K2 granite

by William Wray



A view of K2, summer 2006. At 8,611 meters (28,253 ft) this mountain is ranked second largest in the world. photo by Svy123. This image is licensed under the Creative Commons Attribution 3.0 license.

K2 granite, with impressive splashes of blue circles or orbs on its surface, is a rock from a rarely visited site in the Himalayas. The blue circles are azurite inside of white K2 granite rock. The white granite is fine-grained and composed of these minerals: quartz, feldspar, muscovite, and biotite. The azurite stained parts of the granite, making blue dots, which range from a couple of millimeters to about two centimeters. Azurite has a relative hardness of 3.5-4 on the Mohs hardness scale, but assumes the hardness of the white granite because the azurite is only a stain. The azurite formed after all the other minerals in the granite had cooled and hardened. With a hand lens or microscope, azurite spheres reveal that the azurite appears along the edges of mineral grains, in tiny fractures in the granite, and in feldspar grains.

Since azurite and white granite are rarely found together, people don't think the blue orbs are azurite, and commonly think of it as simply a blue dye added to make the rock a novelty. Scientific tests have not been made, so the jury is still out on the blue orbs in this interesting rock. There is lively debate on mineral forums, including Mindat.org, about the nature of the blue orbs.

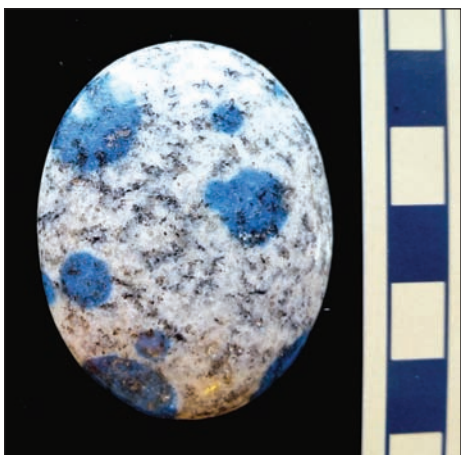
K2 granite is found near the base of K2, the mountain it is named after, in the Himalayas. K2, also called "Mount Goodwin Austen" is the second highest mountain in the world, rising up at 8,611 meters (28,253 feet). K2 got its name from the British surveyor T.G. Montgomerie. The "K" comes from the Karakoram mountain range and the "2" means that it is the second tallest peak recorded.

K2 granite is an excellent lapidary material. It cuts and tumbles well because of its high feldspar amount, and it can be easily shaped on a diamond wheel. K2 is durable in jewelry because the feldspar has a hardness of 6. K2 granite will scratch over time and is not suitable for bracelets or rings. K2 granite is not very pricey, and excellent specimens can be bought for about \$30 to \$40 at gem shows and other venues. K2 granite is a colorful specimen, and its bright blue azurite orbs will make it a nice addition to your collection of curiosities.

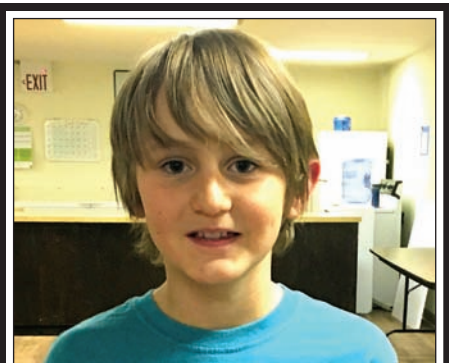
For further reading

- K2 Granite: A white granite with azurite - AKA K2 Jasper. (n.d.). Retrieved from <http://geology.com/gemstones/k2/>
- Nicholas Varnay and K2 — The Practi-

cal Gemologist. (n.d.). Retrieved from <http://www.thepracticalgemologist.com/gemstones-2/2015/5/22/pick-of-the-week-nicholas-varnay-and-k2>.



An oval cabochon made from K2 Granite found on K2, a mountain between Pakistan and China, revealing several bright blue azurite stains. The blue azurite stains formed after the granite cooled and hardened. photo by the author. Specimen from the William Wray collection.



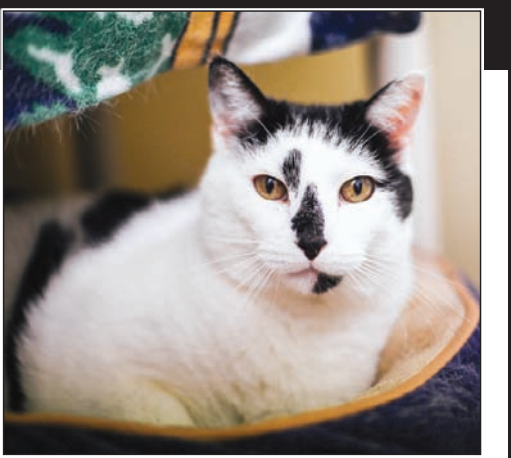
Meet the author

William Wray is a fifth grader at Lake George Community Charter School. He is a prolific reader with a love of all things nature related — from rocks and fossils to animals and plants. He attends the Pikes Peak Pebble Pups in Lake George, Colorado and participates there as an Earth Science Scholar.

Adopt Me by Ark-Valley Humane Society

Zoey

Zoey is a 5-year-old female Domestic Shorthair mix. Zoey loves to play with toys almost as much as she loves to nap! She's a sweet girl who likes to split her time between being social and sleepy. Zoey has been with us for some time now so it's definitely time for her to find her family! Stop in and see Zoey at Ark Valley Humane Society 701 Gregg Drive in Buena Vista, Colorado or call us at 719-395-2737.



The 27th Annual Woodland Park **FARMERS' MARKET**
Teller County Farmers Market Association

SITE CHANGE!

Fridays: June 9th - September 29th • 8am-1pm
Location: Memorial Park and Henrietta Avenue

FEATURING OVER 100 VENDORS

Fresh farm vegetables, eggs & local garden produce • Fruit from Western Slopes
High-altitude nursery plants • Bakery-fresh bread, cheese, salsa, jams and pasta
Natural meats including bison and grass-raised chicken
Miscellaneous garden supplies & artisan crafters
Something different every week

www.WPfarmersmarket.com • 719-689-3133 or 719-648-7286 • info@wpfarmersmarket.com

Colorado Farmers Market Association - Farmers Market Coalition

ANDERSEN PACK N SHIP

PACK • SHIP • PRINT • PLUS

ARE YOU TRYING TO FIND
A PLACE OTHER THAN
COLORADO SPRINGS TO HAVE
YOUR PRINT WORK COMPLETED?
STOP BY OUR STORE TO HAVE ALL YOUR
PRINTING SERVICES COMPLETED!

LOCATED AT:
743 GOLD HIL PL.
WOODLAND PARK CO. 80863

WHILE YOU WAIT
FOR YOUR PRINT JOB,
YOU CAN TAKE A LOOK
AT OUR COLLECTION OF COLORADO ITEMS!

CALL OR EMAIL US AT:
INFO@ANDERSENPACKSHIP.COM
719-686-5577

ASK US ABOUT OUR MAILBOX PRICES TOO!

BIG O TIRES
www.bigotires.com

Enjoy The Road This Summer

Buy 4 Get \$70 Via Mastercard Reward Card
Offer Valid 5/22/17 - 6/18/17

Buy any set of four Michelin® or BFGoodrich® passenger or light truck tires and get \$70 via Mastercard Reward Card after submission.

SPRING SERVICE SPECIAL

- ✓ 5 qt. Oil & Filter Change
- ✓ Test Battery/Alternator
- ✓ Top Off Fluids
- ✓ Inspect Brakes
- ✓ Rotate Tires
- ✓ Check Belts & Hoses

All 6 For Just \$26⁹⁵ Hurry! Offer good thru 6/30/17

FREE 4-Tire Rotation or Standard Flat Repair
Offer good for most vehicles through 6/30/17.

\$15 OFF Any Full Synthetic or Diesel Oil Change
Offer good through 6/30/17.

\$54⁹⁵ All Wheel Alignment Service
Offer good for most vehicles through 6/30/17.

\$50 OFF Any Auto Service of \$250 or More
Offer good through 6/30/17.

\$20 OFF Transmission Flush or \$15 OFF Radiator Flush
Offer good through 6/30/17.

Buy 3 Shocks/Struts Get the 4th FREE
Installation required. Good for most vehicles thru 6/30/17.

WOODLAND PARK Highway 24 & Chester 687-6682 **SOUTH NEVADA** S. Nevada 2 Blocks S. of I-25 ... 473-7089

POWERS CENTER Powers & Palmer Park 550-1840 **AUSTIN BLUFFS** Austin Bluffs & Barnes 599-4555

WOODMEN RD Woodmen & Rangewood 268-9988 **FOUNTAIN/WIDEFIELD** N. of Walmat on Camden ... 392-4203

FILLMORE Fillmore & Prospect 520-0722 **MONUMENT** Safeway Center 488-2299

THE TEAM YOU TRUST™

UTE PASS TRADING CO.

- UHAUL DEALER - ABOVE GROUND WATER TANKS
- CARRY THE FINEST FEED FOR YOUR PETS AND LIVESTOCK
- PROPANE SALES • CHAINSAW SHARPENING
- OPEN SEVEN DAYS PER WEEK

GIFTS & GEMS

LARGE SELECTION OF CHAINSAW CARVINGS, ROCKS AND GEMS

- rocks and gems
- gold panning supplies
- metal art
- gifts
- handcrafted art
- custom signs
- outdoor furniture and aluminum animals

8785 W. HWY 24-CASCADE
(719) 687-6371

www.utepasstrading.com

UTE COUNTRY NEWS

Putting the "unity" back in community

FREE

Welcome to Ute Country

"If you love someone then tell them right away, because after missing the train there is no use of yelling that you had a ticket!" — Wisconsin State

Advertise in the local paper that actually gets read...

- 16,000 papers printed each month
- Average 95% pick-up rate
- 7,000+ direct mailed in Teller & Park Counties
- Over 170 distribution points in over 4 counties

Your advertising dollar goes further in the paper that gets read "cover-to-cover".

- most commonly heard feedback from our readers.

Call or Email for more information on how to get your word out!

719-686-7393

utecountrynewspaper@gmail.com



Max Ruppeck wins 6th Annual Valley Visions exhibit

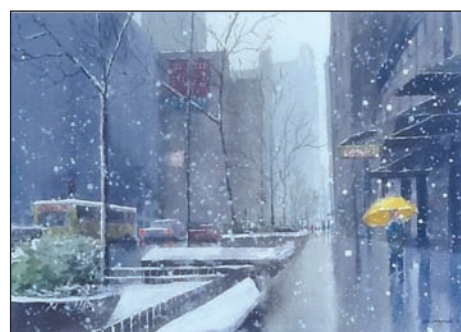
Salida artist Max Ruppeck was the top People's Choice Award winner at the Grand Opening of Salida's 6th Annual Valley Visions art exhibition. Ruppeck won for his painting, "Michigan Ave. Chicago" depicting a snowy day in the Windy City. His painting was derived from a photo by Kris Urbonas.

A premiere-night crowd of about 200 people jammed the SteamPlant Annex for a first glimpse of the popular exhibit, sponsored by Salida Council for the Arts (SCFTA). The non-annual event featured new works by 40 established and emerging area painters, sculptors, and photographers.

People's Choice Award winners chosen by the opening night crowd this year were:

- **1st Max Ruppeck**, "Michigan Ave. Chicago" — transparent watercolor
- **2nd Wanda Lee Dammeyer**, "Serious Fun" Rodeo Clown — bronze sculpture
- **3rd Mary Hansen Wolfe**, "Morning Sun On Vermillion Cliffs" — oil painting
- **4th Cary Carlson**, "Bosque Birds" — oil painting
- **5th—Erica Kinsella**, "Dahlia Cafe" — photograph on metal

Winners of the coveted Valley Visions Awards received over \$1,200 in cash and/or merchandise prizes contributed by more than forty local business donors. This year's Opening Reception was sponsored by: Pinon Real



Max Ruppeck's "Michigan Ave. Chicago", transparent watercolor

Estate, Marquez & Herrick-Stare Law Offices, Salida Dental Hygiene, Liz Petersen State Farm Insurance, and Janet & Michael Varnum.

Proceeds from the show's voluntary admission donations help fund the SCFTA's visual and performing arts scholarships for local high school students. Current grant recipients Greta Hooston and Reya Sunshine were introduced at the reception. This year's donations raised a record total of over \$1,000 for future scholarship winners.

Salida Council for the Arts is an all-volunteer organization working to enrich the arts and artists in Salida. For more information visit salidacouncilforthearts.org.

All aboard!

by Dave Martinek

The 8th annual Midland Days Symposium is over, and it was a great day to celebrate the history of the "Midland" railroads once again. A huge thank you to our co-sponsors, the Divide Chamber of Commerce and the Teller Historic & Environmental Coalition!

Of course, we would not have just finished our 8th consecutive yearly event if it were not for the enthusiasm, support and generosity of those who attend. My gratitude goes out to each one, particularly those who keep coming back year after year, as well as to those regulars who couldn't come but sent donations.

Onward to next year - will be held on Saturday, May 19, 2018!



The presenters for 2017 included (l to r), Dwight Haverkorn, who spoke about "The Wilcox Train Robbery"; Mel McFarland, who spoke about the Wildflower excursions in Teller and Park Counties;

Dave Martinek, who was emcee and gave an overview of the Midland Route; Tom VanWormer, who showed numerous slides of excursion trains west of Leadville; and Fred Zobel, who spoke of his first-hand experiences with the Midland as a boy.

Yappy Hour at Woodland Country Lodge

by TCRAS

"Woof! Hey there, Rex, how ya doing today, buddy?"

"Arrrr! Ah, not so great Fido. How 'bout you?"

"I'm good, Pal. But what's going on? What's wrong?"

"Well, you know, I think I'm just... bored. I feel like my person and I have kicked all the same trails, seen all the same pups, smelled all the same smells — there's just nothing new, you know?"

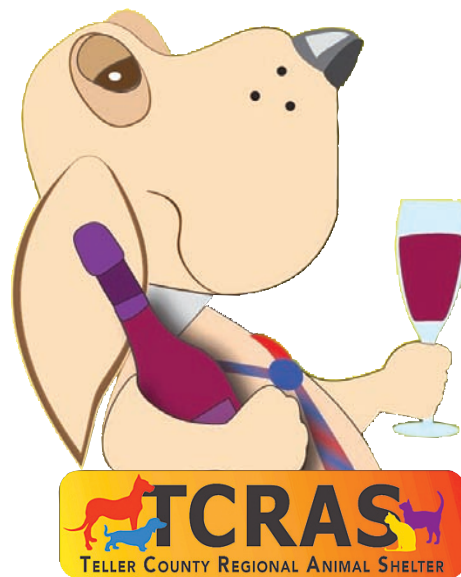
"Ruff! I hear ya, Fido, and I had been feeling the same way. But then I heard my human talking about something he called 'Yappy Hour' at the Woodland Country Lodge — you know, that cool place in town that lets pooches like you and me come in and check things out? Well, I guess it's happening soon because my human is not good at planning ahead. He used words like 'Sunday, June 11 from 2-5 pm', whatever that means. But then I heard him say "dogs" "treats" "fun" and "cheap." All words I know both of us like very much!"

"Woof!!, Rex, I'm so excited, that sounds very good indeed! Wait just a moment while I wiggle and bark to show my excitement!"

"You got it buddy. We will find a way to let your human know too. They both seem to like to do things like "hang out", "check out the ladies" and "go to the bar." Our humans are so silly, aren't they Fido? If they could just sniff each other like we do, they wouldn't need to spend so much time making all those weird sounds with their mouths. Oh well, they sure can be hard to train!"

"I hear ya, Rex, but I just gotta chase my tail while I think about going to this Yappy Hour you heard about. I can't wait!!!"

Don't disappoint your furry friend — give



them a new experience they will love and you will too! Join us at Yappy Hour - A FUND-raising event for our furry friends at TCRAS on Sunday, June 11, 2017 from 2-5 p.m. at the Woodland Country Lodge Pub & Patio Bar at 734 US Hwy 24, Woodland Park.

Admission is just \$10 for adults, \$5 for children ages 12 and under. Well behaved, leashed pets are welcome for free! Enjoy yummy yappytizers, delicious drink specials, and treats for all furry friends. Have your photos taken with your fuzzy friend at Peggy's Fun Photobooth. Digital photos will be emailed to you — 4 poses with your pet for a suggested donation of \$10. A 50/50 Raffle, auction, and other contests are planned. All proceeds benefit the animals at the TCRAS — the Teller County Regional Animal Shelter located in Divide.

For more info or to purchase tickets, please go to www.tcrascolorado.org, call us at 719-686-7707 or visit the shelter behind the Sheriff's office in Divide!

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

2 through October 6 Farmer's Market every Friday from 3-7 p.m. at Town Square at South Main.

3 Bike Fest

6 through August 29 Paddle on the Pond every Tuesday from 4-7 p.m.

9 Collegiate Peaks Stampede Rodeo Dance. Call 719-539-8345 for more information.

10 -11 Collegiate Peaks Stampede Rodeo. Call 719-539-8345 for more information.

6, 13, 20, 27 Free Concert in the Park 6-8

22 A Ditch in Time: The City, The West, and Water see page 24.

30 Rapids & Grass Beer Fest

• Running all summer: Buena Vista Geocaching Journey. For more information go to www.buenavista-colorado.org



9 Pamela Hughes, Singing Harpist and Sound Therapist—Sound Bath and World Peace Meditation at Cottonwood Hot Springs from 7-8:30 p.m. Pamela Hughes, international harpist and sound therapist, is offering Cottonwood Hot Springs guests to "Soak In" the Luxurious Vibrations of Harp, Voice, Tibetan bowls and Solfeggio Tuning Forks. The vibrations from these sound tools create a catalyst for change clearing negative energy in our minds and bodies. Pam assists attendees in raising their vibration through their own voices and through the use of these sound tools. Through this sound experience we can raise our consciousness, lifting our spirits out of fear and raising our vibrations through love to create peace within ourselves and our world. Tickets are \$25 each. Call 719-395-6434 for reservations, or pay at the door.

13 All Vets, All Wars Group participating for all vets, of all wars 10-11:30 a.m.

14 Colorado Legal Services 1:30-3 p.m. assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.

15 OIB Group for individuals with blindness or other sight issues meets 10-11 a.m.

16 Teller County Honors Veterans, 12-3 p.m. Luncheon for all Teller County Veterans and their families

30 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.

30 Cross Disability meetings for persons with disabilities 10-11:30 a.m. Meetings are held in the 2nd floor conference room, unless otherwise noted. Call 719-689-3584 for more information.

30 Butte Theater with a new show created by a collaboration between Cripple Creek's favorite playwright, Chris Sorensen, and TATC Music Supervisor and Composer, James Mablin. A Cripple Creek Ragtime Revue will feature some of the most memorable Ragtime music performed by the talented Thin Air Theatre Company actors, including local favorites Kevin Pierce and Nick Madison. Come join in the fun for this uplifting walk down memory lane to the early days of Cripple Creek's theater scene. Throughout July A Cripple Creek Ragtime Revue will alternate with the classic melodrama After Dark as well as the musical Annie Get Your Gun. Thin Air Theatre Company (TATC), entering its 11th year as the Resident Professional Company at the Butte Theater, has been building a dramatic success story past and is thrilled to start off its second decade in Cripple Creek with this expanded season and staff. For more information and to make online reservations, visit ButteTheater.com. To make phone reservations, call 719-689-3247.

7, 14, 21, 28 NAMI Connection Recovery Support Group. Adults living with mental illness. Every Wednesday 5:30-7 p.m. Thomas More Hospital Community Education Room. Free, safe, and confidential. 719-315-4975 www.namisontheeastcoast.org

16 Grand Opening of our Gift and Rock Shop 10-5 p.m.

We have Ghost Walk Tours every Saturday beginning June 3 at 1 p.m. and Cemetery Tours every Sunday starting June 4 at 1 p.m.

PARK & REC

17 Indoor Archery Tournament 1-3 p.m. or 3-5 p.m. only \$10 CTR

17 Topaz Hunt Trip 7-3 p.m. only \$15 CTR

24 Outdoor 3-D Shoot (with 2-D targets) 10-2 p.m. only \$10 CTR

24 Renaissance Festival Trip 8 a.m. - 8:30 p.m. only \$25 CTR

On-going

• SK at 10K Walk/Run every Thurs start anytime between 8-6 p.m. FREE

• Aikido for Adults (Martial Arts), Mon & Wed 6-7 p.m., Tues 11-noon, only \$5

• Archery Classes most Saturdays

• Bible Study for Women Only, every Wed 5-6:30 p.m., FREE

• Effects makeup, a study in EDM (electronic dance music), dancing and acting. With the continuing growth of our Music and Drama programs at CC-V, we are excited to match our students' enthusiasm for the arts by offering this very fun and educational event! For more info call Annie at 719-722-9248.

17 Gold Camp Victorian Society Cripple Creek Trolley Tour. Tour includes City of Cripple Creek, Newmont Gold Mine, and City of Victor. Trolley departs Cripple Creek Information Center (next to District Museum) at 10 a.m. and 1 p.m. Tour last 1 1/2 hours. For more information call 719-689-3315.

8 Gold Camp Christmas Planning meeting for Cripple Creek and Victor at 4:15 p.m. at the Aspen Mine Center or call Kathi Pilcher 719-659-3599.

ASPEN NINE CENTER

6, 20 TBI Group participation meetings regarding Traumatic Brain Injury 10-11 a.m.

7, 14, 21, 28 AMC Community Luncheon is held each Wednesday between 11:30-1 p.m. All community members are welcome, particularly seniors, persons with disabilities, volunteers, low income individuals and families.

14 Teller County Resource Group Meeting is held the second Wednesday of every month. Resource Agency Professionals from Teller County and the State meet and share information and resources for client services.

7, 21 ATTUNE support group for male victims of Domestic Violence meets 4-5 p.m.

13 All Vets, All Wars Group participating for all vets, of all wars 10-11:30 a.m.

14 Colorado Legal Services 1:30-3 p.m. assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.

15 OIB Group for individuals with blindness or other sight issues meets 10-11 a.m.

16 Teller County Honors Veterans, 12-3 p.m. Luncheon for all Teller County Veterans and their families

30 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.

30 Cross Disability meetings for persons with disabilities 10-11:30 a.m. Meetings are held in the 2nd floor conference room, unless otherwise noted. Call 719-689-3584 for more information.

30 Butte Theater with a new show created by a collaboration between Cripple Creek's favorite playwright, Chris Sorensen, and TATC Music Supervisor and Composer, James Mablin. A Cripple Creek Ragtime Revue will feature some of the most memorable Ragtime music performed by the talented Thin Air Theatre Company actors, including local favorites Kevin Pierce and Nick Madison. Come join in the fun for this uplifting walk down memory lane to the early days of Cripple Creek's theater scene. Throughout July A Cripple Creek Ragtime Revue will alternate with the classic melodrama After Dark as well as the musical Annie Get Your Gun. Thin Air Theatre Company (TATC), entering its 11th year as the Resident Professional Company at the Butte Theater, has been building a dramatic success story past and is thrilled to start off its second decade in Cripple Creek with this expanded season and staff. For more information and to make online reservations, visit ButteTheater.com. To make phone reservations, call 719-689-3247.

7, 14, 21, 28 NAMI Connection Recovery Support Group. Adults living with mental illness. Every Wednesday 5:30-7 p.m. Thomas More Hospital Community Education Room. Free, safe, and confidential. 719-315-4975 www.namisontheeastcoast.org

16 Grand Opening of our Gift and Rock Shop 10-5 p.m.

We have Ghost Walk Tours every Saturday beginning June 3 at 1 p.m. and Cemetery Tours every Sunday starting June 4 at 1 p.m.

PARK & REC

17 Indoor Archery Tournament 1-3 p.m. or 3-5 p.m. only \$10 CTR

17 Topaz Hunt Trip 7-3 p.m. only \$15 CTR

24 Outdoor 3-D Shoot (with 2-D targets) 10-2 p.m. only \$10 CTR

24 Renaissance Festival Trip 8 a.m. - 8:30 p.m. only \$25 CTR

On-going

• SK at 10K Walk/Run every Thurs start anytime between 8-6 p.m. FREE

• Aikido for Adults (Martial Arts), Mon & Wed 6-7 p.m., Tues 11-noon, only \$5

• Archery Classes most Saturdays

• Bible Study for Women Only, every Wed 5-6:30 p.m., FREE

• Effects makeup, a study in EDM (electronic dance music), dancing and acting. With the continuing growth of our Music and Drama programs at CC-V, we are excited to match our students' enthusiasm for the arts by offering this very fun and educational event! For more info call Annie at 719-722-9248.

17 Gold Camp Victorian Society Cripple Creek Trolley Tour. Tour includes City of Cripple Creek, Newmont Gold Mine, and City of Victor. Trolley departs Cripple Creek Information Center (next to District Museum) at 10 a.m. and 1 p.m. Tour last 1 1/2 hours. For more information call 719-689-3315.

8 Gold Camp Christmas Planning meeting for Cripple Creek and Victor at 4:15 p.m. at the Aspen Mine Center or call Kathi Pilcher 719-659-3599.

ASPEN NINE CENTER

6, 20 TBI Group participation meetings regarding Traumatic Brain Injury 10-11 a.m.

7, 14, 21, 28 AMC Community Luncheon is held each Wednesday between 11:30-1 p.m. All community members are welcome, particularly seniors, persons with disabilities, volunteers, low income individuals and families.

14 Teller County Resource Group Meeting is held the second Wednesday of every month. Resource Agency Professionals from Teller County and the State meet and share information and resources for client services.

7, 21 ATTUNE support group for male victims of Domestic Violence meets 4-5 p.m.

13 All Vets, All Wars Group participating for all vets, of all wars 10-11:30 a.m.

14 Colorado Legal Services 1:30-3 p.m. assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.

15 OIB Group for individuals with blindness or other sight issues meets 10-11 a.m.

16 Teller County Honors Veterans, 12-3 p.m. Luncheon for all Teller County Veterans and their families

30 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.

30 Cross Disability meetings for persons with disabilities 10-11:30 a.m. Meetings are held in the 2nd floor conference room, unless otherwise noted. Call 719-689-3584 for more information.

30 Butte Theater with a new show created by a collaboration between Cripple Creek's favorite playwright, Chris Sorensen, and TATC Music Supervisor and Composer, James Mablin. A Cripple Creek Ragtime Revue will feature some of the most memorable Ragtime music performed by the talented Thin Air Theatre Company actors, including local favorites Kevin Pierce and Nick Madison. Come join in the fun for this uplifting walk down memory lane to the early days of Cripple Creek's theater scene. Throughout July A Cripple Creek Ragtime Revue will alternate with the classic melodrama After Dark as well as the musical Annie Get Your Gun. Thin Air Theatre Company (TATC), entering its 11th year as the Resident Professional Company at the Butte Theater, has been building a dramatic success story past and is thrilled to start off its second decade in Cripple Creek with this expanded season and staff. For more information and to make online reservations, visit ButteTheater.com. To make phone reservations, call 719-689-3247.

7, 14, 21, 28 NAMI Connection Recovery Support Group. Adults living with mental illness. Every Wednesday 5:30-7 p.m. Thomas More Hospital Community Education Room. Free, safe, and confidential. 719-315-4975 www.namisontheeastcoast.org

16 Grand Opening of our Gift and Rock Shop 10-5 p.m.

We have Ghost Walk Tours every Saturday beginning June 3 at 1 p.m. and Cemetery Tours every Sunday starting June 4 at 1 p.m.

PARK & REC

17 Indoor Archery Tournament 1-3 p.m. or 3-5 p.m. only \$10 CTR

17 Topaz Hunt Trip 7-3 p.m. only \$15 CTR

24 Outdoor 3-D Shoot (with 2-D targets) 10-2 p.m. only \$10 CTR

24 Renaissance Festival Trip 8 a.m. - 8:30 p.m. only \$25 CTR

On-going

• SK at 10K Walk/Run every Thurs start anytime between 8-6 p.m. FREE

• Aikido for Adults (Martial Arts), Mon & Wed 6-7 p.m., Tues 11-noon, only \$5

• Archery Classes most Saturdays

• Bible Study for Women Only, every Wed 5-6:30 p.m., FREE

• Effects makeup, a study in EDM (electronic dance music), dancing and acting. With the continuing growth of our Music and Drama programs at CC-V, we are excited to match our students' enthusiasm for the arts by offering this very fun and educational event! For more info call Annie at 719-722-9248.

17 Gold Camp Victorian Society Cripple Creek Trolley Tour. Tour includes City of Cripple Creek, Newmont Gold Mine, and City of Victor. Trolley departs Cripple Creek Information Center (next to District Museum) at 10 a.m. and 1 p.m. Tour last 1 1/2 hours. For more information call 719-689-3315.

8 Gold Camp Christmas Planning meeting for Cripple Creek and Victor at 4:15 p.m. at the Aspen Mine Center or call Kathi Pilcher 719-659-3599.

ASPEN NINE CENTER

6, 20 TBI Group participation meetings regarding Traumatic Brain Injury 10-11 a.m.

7, 14, 21, 28 AMC Community Luncheon is held each Wednesday between 11:30-1 p.m. All community members are welcome, particularly seniors, persons with disabilities, volunteers, low income individuals and families.

14 Teller County Resource Group Meeting is held the second Wednesday of every month. Resource Agency Professionals from Teller County and the State meet and share information and resources for client services.

7, 21 ATTUNE support group for male victims of Domestic Violence meets 4-5 p.m.

13 All Vets, All Wars Group participating for all vets, of all wars 10-11:30 a.m.

14 Colorado Legal Services 1:30-3 p.m. assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.

15 OIB Group for individuals with blindness or other sight issues meets 10-11 a.m.

16 Teller County Honors Veterans, 12-3 p.m. Luncheon for all Teller County Veterans and their families

30 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.

30 Cross Disability meetings for persons with disabilities 10-11:30 a.m. Meetings are held in the 2nd floor conference room, unless otherwise noted. Call 719-689-3584 for more information.

30 Butte Theater with a new show created by a collaboration between Cripple Creek's favorite playwright, Chris Sorensen, and TATC Music Supervisor and Composer, James Mablin. A Cripple Creek Ragtime Revue will feature some of the most memorable Ragtime music performed by the talented Thin Air Theatre Company actors, including local favorites Kevin Pierce and Nick Madison. Come join in the fun for this uplifting walk down memory lane to the early days of Cripple Creek's theater scene. Throughout July A Cripple Creek Ragtime Revue will alternate with the classic melodrama After Dark as well as the musical Annie Get Your Gun. Thin Air Theatre Company (TATC), entering its 11th year as the Resident Professional Company at the Butte Theater, has been building a dramatic success story past and is thrilled to start off its second decade in Cripple Creek with this expanded season and staff. For more information and to make online reservations, visit ButteTheater.com. To make phone reservations, call 719-689-3247.

7, 14, 21, 28 NAMI Connection Recovery Support Group. Adults living with mental illness. Every Wednesday 5:30-7 p.m. Thomas More Hospital Community Education Room. Free, safe, and confidential. 719-315-4975 www.namisontheeastcoast.org

16 Grand Opening of our Gift and Rock Shop 10-5 p.m.

We have Ghost Walk Tours every Saturday beginning June 3 at 1 p.m. and Cemetery Tours every Sunday starting June 4 at 1 p.m.

PARK & REC

17 Indoor Archery Tournament 1-3 p.m. or 3-5 p.m. only \$10 CTR

17 Topaz Hunt Trip 7-3 p.m. only \$15 CTR

24 Outdoor 3-D Shoot (with 2-D targets) 10-2 p.m. only \$10 CTR

~OUT AND ABOUT~

Band 6:30 p.m. cocktails and appetizers with Swing Factory rhythm section, 7:30 p.m. big band jazz at Ute Pass Cultural Center, 210 E. Midland, Woodland Park
Free - donations welcome.
Sponsored by the Woodland Music Series (woodlandmusicseries.org) and Woodland Park Wind Symphony (woodlandparkwindsymphony.com)
6 Join Mountain Top Cycling Club for our monthly meeting at Carmen's Restaurant at 609 W. Midland Ave at 6:30 p.m. for social time, meeting is from 7-8 p.m.. Teri Pitman will be our guest speaker. Teri has a BS in Exercise Physiology, NSCA Certified Strength & Conditioning Coach and ISSN Nutritionist, 17 years of Coaching, Personal Training and Instructing experience. Teri teaches classes: Strength and Cycling at Woodland Fitness and runs an online Coaching business helping everyone from endurance athletes to the post-partum mom. Come and learn about short and effective cross-training techniques to make the most of your time and fitness in this busy world! Enjoy talking with fellow cyclists and have a chance to win a door prize. For more information contact Deb-bie 719-689-3435.
7, 14, 21, 28 Family Discover Day continues classes every Wednesday evening from 6:30-8 p.m. (or by appointment) at The Church of Jesus Christ of Latter-day Saints, 758 Apache Trail in WP. For further information call Joy Ward 719-748-5087.
9, 16, 23, 30 Farmer's Market - see ad on page 27.
9 Movie Above the Clouds 6-10 p.m. FIRST OUTDOOR MOVIE: OF THE SUMMER! Admission is free...bring your friends. Free popcorn & drink during the movie,



CRYSTOLA
10 The annual Pig Roast and Silent Auction has been a traditional fundraiser for American Legion Post 1980 for as long as anyone can remember. The Pig is slow roasted for nearly 12 hours. The members take two hour shifts making sure the charcoal is hot and the pig doesn't burn. All of the condiments and side dishes are donated by the members and their families. The goodie baskets and other special prizes for the Silent Auction are donated by the companies and business in the community of Teller County and Woodland Park. Every year the value of the items changes but it is usually in the thousands of dollars. This Year the Pig Roast will be held at the Crystola Road House on Saturday, June 10, 11-3 pm. Adults \$12, 6-12 years \$6, 5 and under free. Boy & Girl Scouts in uniform free.



donations received. We can't say what movie we are playing due to licensing.... but we will always post an image on our announcements. Find us on Facebook: Woodland Park Roots Project The movie will be moved indoors at the (UPCC) Ute Pass Cultural Center if it is raining during movie time.
11 Yappy Hour - see page 28.
16 Parkinson's Group meets at the Mountain View Methodist Church, 1101 Rampart Range Road. Woodland Park at 10 a.m.
17 Senior Center Pancake Breakfast - Pancake Breakfast at the Woodland Park Senior Center SE corner of Pine and Lake Streets, 8-11 am. We are busy cracking eggs and mixing up batter. Join us for a fresh, all you can eat breakfast of fluffy pancakes, scrambled eggs, sausage, the best biscuits and gravy around, topped off with a seasonal treat. Your home town seniors will be flipping the pancakes and serving them up with juice and coffee or hot tea for only \$8. Kids 6 and under eat for \$2. Everyone is invited to enjoy great food and friendly conversation. This open to the public fundraising event helps to support the programs and activities of the Woodland Park Senior Center. We appreciated the support of each one of you! Mark your calendars and plan to join us on the 3rd Saturday each month throughout the year.
17 The 8th Annual Afternoon Tea and Serenade 1-2:30 p.m. Tickets: \$20. Please join us at the Senior Center as we celebrate 44 years of providing Seniors a home away from home where they can participate in activities and programs designed especially for them. Enjoy sweet and savory delicacies along with a hot cup of tea while listening to the musical sounds of Ute Pass Chamber Players. Your support helps us prevent social isolation and enhance the quality of lives. This event is sponsored by Newmont Mining Corporation and Brookdale Senior Living, Pikes Peak Regional Hospital, and Tweeds Fine Furnishings. *Clothes Closet offers free food and clothing on Mondays, Wednesdays, and Fridays from 1-4 p.m. Donations accepted. Call 719-687-2388 for more information.

DINOSAUR RESOURCE
10 Outdoor Family Fun Day 10-3 p.m. Join the DRC for a day full of outdoor family fun! There will be Food Vendors, Gold Panning, Chalk Painting, Fire Truck and Military Vehicles, Children's Activities and crafts, Face Painting, Hedgehogs, Wolves, Balloons, Science Activity Tables, Shale Splitting, and much more! Check our website for more details. Most outdoor events are free. Call for museum admission pricing.
18 Dad's and Dinos 10-5 p.m. Father's get in free with 1 paid adult or child admission.
24 Viva La Vacation 1-2 p.m. Where would you like to go for your summer vacation? To the ocean, the zoo, the circus, fishing or maybe hiking in the mountains? You can do all these activities and more when you join Cathy Kelsey and her puppet friends for a wild summer vacation adventure. If you have something special you want to take on your vacation with you, (like a hat or a book about where you want to go), bring it along and share it with the other visitors who come to the show. What fun this is going to be! Included with museum admission. Call for pricing.
Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO www.rmdrc.com Location: Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO



WOODLAND PARK
UTE PASS HISTORICAL SOCIETY
Free tours of the Ute Pass Historical Society History Park begin June 3rd, and run every Saturday through September 2nd. (Excluding August 5th). The walking tour of historic downtown Woodland Park begins at 10:30, and meets at the Museum Center, 231 E. Henrietta Avenue, W.P., next to the Woodland Park Public Library. Tour the historic buildings of History Park from 11-1 p.m. The exhibits in the buildings are constantly changing, so check them out again! All tours are weather permitting. For more info, call 719-686-7512 or check our website: UtePassHistoricalSociety.org. photo by Judy Perkins.

TEEN CENTER
5 Archery with Ms. Roshek at the High School. Meet at the TC at 12:30 to walk over! \$2.
7 Bike Rodeo at Meadow Wood Sports Complex 10-noon Free.
8 TAB Meeting 3-4 p.m. If you're on the committee, please plan on attending.
9 Movie Above the Clouds. Activities and food available before movie starts. Check the Woodland Park Roots Project FB page for details!
12 Nerf Gun Wars at WPMS with Ms. Roshek. Meet at the TC at 12:30, \$2.
12 Plant a Teen Center vegetable garden at the Woodland Park Community Church. Meet at the TC at 3:30 p.m. to walk over.
14 Odyssey Curiosity with Ms. Wiley! Meet at the TC and head over to Memorial Park for some experiments and fun! 14 max. 1-3 p.m.
14 TC Closes at 5:30 p.m. for Memorial Park Grand Opening Ceremony!
16 Meet at the Teen Center at 12:30 p.m. to get a bus to the Catamount Center and Explore Summer activities we have available at the Teen Center! \$2.

• Woodland Country Lodge entertainment schedule see ad on page 6.
• Free Legal Clinic - See Rampart Library News page 24.



John C. Fremont Library

by Sean Beharry and Deborah Plonkey

Summer Reading Programs

The library is the perfect place for children and families to become empowered to build a better world! All children, ages 0 to 17, are invited to join John C. Fremont Library's summer reading program, "Build A Better World," which makes use of creating, repurposing, and building.
The summer reading programs are free and open to children of all abilities. Events occur from June 1st through July 26th. Come to the library and enjoy guest speakers, entertainers, and Growing Readers Together Story Time with crafts or go to Farmers Market Story Time in Pioneer Park on Thursdays. Event attendance is optional, but don't miss the fun!
Register, pick up a reading log and then keep track of the amount of time spent reading this summer. Fill out the log sheets and turn them in for weekly prizes and entries into the Grand Prizes drawing. The last day to turn in filled logs is Wednesday July 26. Participants who complete summer reading program will earn a customizable T-shirt and pool party.
The public library cares about all children and has planned programs to keep them reading and learning all summer. Young people who join the summer library program keep their minds active and enter school in the fall ready to learn and ready to succeed.
The John C. Fremont Library also has an Adult Summer Reading Program, where we are encouraging parents to count their time they read to their children. Adults also have opportunities to fill their log sheets with audio and visual material and earn points for program attendance.
Read to your children and ask them to read to you. Your librarian will be happy to help you find books that are just right. There are a variety of ways to fill-up a reading log. We hope that you and your family enjoy reading together and discovering the treasures of your library.
Check jcfld.org, call 719-784-4649 or stop in at the library for more information and a

schedule of events.

Through books, games and many STEAM (science, technology, engineering, art, and math) activities, participants will discover new ways of looking at the world around them. They'll have the opportunity to challenge themselves, try new things, and work together to make positive change in the world. Just as skyscrapers are built to great heights, one brick at a time, participants will find themselves reaching for the stars through hands-on learning experiences this summer. Go forth and build a better world!

June's Featured Artist

The John C. Fremont Library is hosting Sandra Dalton's photo series *My Life, My Love, and What was Here Before*. Sandra is a photographer based in Westcliffe who captures the beauty of the wildlife in the West Mountain Valley and rescued pets. There will be a reception for the artist on June 10 from 2-4pm.

Adult Programs

1 Fremont Adventure Recreation with Ashlee Sack at 7 p.m. Join Fremont Adventure Recreation for an introduction to the Royal Gorge Region's local trail systems, outdoor recreation events and group adventures. Attendees will be treated to an updated Recreation & Trail Guide, which includes area maps, a recreation calendar, and other helpful local information.
2 Movie: *La La Land* at 5 p.m. Winner of six Academy Awards including Best Director for writer/director Damien Chazelle, and winner of a record-breaking seven Golden Globe Awards. Emma Stone and Ryan Gosling star as Mia and Sebastian, an actress and a jazz musician pursuing their Hollywood dreams — and finding each other — in a vibrant celebration of hope, dreams and love.
10 Button Button Maker Time 11-12:30 p.m. Do you have a great idea for a campaign slogan? What about a witty pun that will

make your friends groan? Here is your chance to show off your creativity! The library will have a button making kit provided by the Colorado Library Consortium with all supplies, free for everyone to use.
15 Saturn in Opposition at the Smokey Jack Observatory at 9:30 p.m. Join us at the Smokey Jack Observatory in Westcliffe to view the astronomical event "Saturn in Opposition." This night is when Saturn will be at its brightest and closest to us. Also see Jupiter and its moons, star clusters, nebulae, galaxies, and other wonders of the night sky. The Smokey Jack Observatory is located at 115 S Adams Blvd, Westcliffe, CO 81252.
20 Sandy Dexter presents, *Dall DeWeese: The Man, His Women, His Legacy* at 7 p.m. Come along as we explore Dall DeWeese's impact on Cañon City, his life, his triumphs, his dark side, and his lasting legacy to a town he chose to call home. This fascinating talk will be presented by local history buff Sandy Dexter.
22 Geology of Cañon City and the Gold Belt Byway with Kelsy Zabrusky of BLM at 7 p.m. Cañon City and the surrounding area are home to some of the most spectacular and varied geologic features in Colorado. Take a tour of the Cañon City basin and the many geologic wonders on the Gold Belt Byway. Learn how the forces of mountain building, erosion, and geologic time have shaped our unique landscape. This talk will cover some basic geologic history of the Cañon City area, including the stratigraphy (rock layers), rock types, formation of geologic features and mineral resources.
23 UCCS Student Short Film Festival at 7 p.m. UCCS's long running annual student short film festival is coming to Florence this summer. Come celebrate and support their cinematic visions, and be uniquely entertained! This viewing is held at the Bell Tower Cultural Center.
27 The Harvey Girls with Jane Milne and

Kathy DeHerra at 7 p.m. Find out about the Harvey Girls, the waitresses who civilized the West. Learn about their work, in the (Fred) Harvey House Restaurants along the Santa Fe Railroad from the 1880s into the 1950s. Hear about the role they played in the history of dining in the Southwest.
29 Connections Job Support Group at 7 p.m. Connections is hosting a three-part job support group throughout the summer at the library. Connections will help with job searching skills, resume and application reviews, interview practice and feedback. No preparation is necessary, but please come with any resumes and other job search materials you already have for feedback.
Clubs
6, 20 Vegan Book Club at 11 a.m. The Vegan Book Club discusses veganism and topics related to veganism. Club President: Harriet Balhiser, harrietbalhiser@bresnan.net
7, 14, 21, 28 Wool Gatherers at 10 a.m. The Wool Gatherers meet every Wednesday to yak, knit (or crochet or quilt), and have lunch! The group is BYOP: Bring Your Own Project. All levels welcome.
7, 21 Adult Coloring Night. The John C. Fremont Library is partnering with the Florence Brewing Company to host Adult Coloring Night. Everyone is welcome to come and color in our adult coloring books. The Florence Brewing Company is located at 200 S Pikes Peak Ave, Florence, CO 81226.
All programs and clubs are free and at the John C. Fremont Library, 130 Church Ave., Florence CO 81226, 784-4649 ext. 3 unless otherwise noted.

Noxious weeds

by Coalition for the Upper South Platte

Noxious Weed Season is upon us and recent precipitation is likely to hasten early blooming. Annually, non-native species aggressively threaten natural resources such as riparian areas, rangelands, native plant communities, and wildlife habitat throughout Colorado.
Since 2003, the Coalition for the Upper South Platte (CUSP) has implemented an integrated weed management approach that focuses on prevention and early detection, management with eradication goals, monitoring, education and collaboration with partners and participants. In a dozen years, CUSP's noxious weed program has helped treat over 2400 acres of public and private lands within and near the Upper South Platte Watershed.
CUSP partners with the Colorado Department of Agriculture (CDA), the US Forest Service (USFS), and local conservation and weed management groups to help property owners control noxious species with the goal of eradication. To



Canada Thistle Cirsium arvense



Musk Thistle Carduus nutans



Scentless Chamomile Matricaria perforata

accomplish this, identification, appropriate treatment, and a plan for future management are keys to success.
Some of the most prolific noxious species in and around the Upper South Platte Watershed are Canada thistle, musk thistle, scentless chamomile, yellow toadflax, common mullein and varieties of knapweed. The following are a few websites that can help you identify these weeds and give you options on treatment methods.
• http://cusp.ws/weeds
• https://www.colorado.gov/pacific/agconservation/noxiousweeds
• http://www.tellerparked.org/noxious-weeds.html
• http://www.cwma.org

Canada Thistle Cirsium arvense

- Grows 1 to 4 feet tall
- Flowers are lavender to purple in color
- Prickly leaf edges with hairy stems
- Spreads by seed and creeping roots

- Tilling/breaking roots propagates growth
- WEAR GLOVES, LONG SLEEVES with both species

Musk Thistle Carduus nutans

- Grows 4 to 6 feet tall
- Flower heads nod in the breeze
- Flowers are purple to rose color up to 3 inches in diameter
- Long sharp spiny leaf edges with hairless stems
- Spreads by seed, has single tap root
- Bag blossom heads

Scentless Chamomile Matricaria perforata

- An escaped ornamental also known as corn chamomile
- Resembles dog fennel before blooming
- Grows 1 ½ to 2 feet
- Showy white flowers
- Leaves are finely divided into thread-like segments
- Reproduces by seed which can remain

- alive for years
- Can cause blistering of muzzles and skin rashes in livestock

For a full list of our state's invasive species go to https://www.colorado.gov/pacific/agconservation/noxious-weed-species
Improve property, resources and habitat by actively fighting and reporting populations of Colorado's noxious weeds.
Did you know Colorado's state law CRS 35-5.5 requires property owners to control noxious weeds on their land?

For more information on noxious weeds in your area or cost share programs that may be available, contact CUSP at 719-748-0033 or email chris@cusp.ws with your inquiries.



Heart of the Rockies Radio Group — Winner of 13 Awards for Broadcast Excellence from the Colorado Broadcasters Association!

Salida 2015 Business of the Year!



Listen online! Take us with you wherever you go!

Brewed up in Chaffee County, served around the world!

Locally owned.

Colorado Proud. Colorado Strong.

Heart of the Rockies Radio Group and Media Center
719-539-7600 | CR 120, Salida CO 81201 | gbuchanan@threeeagles.com



TIMBERLINE

Spraying & Mitigation Services

SAVING THE FOREST ONE TREE AT A TIME

We will match or beat any written competitor's pricing

Time to schedule your spraying for Western Spruce Budworm, Fir and Spruce Beetles!



We also spray for:

IPS and Mountain Pine Beetles

Dwarf Mistletoe control

Aphids and Mites

and perform Deep Root Fertilization services



We offer a variety of Mitigation Services as well:

Tree Trimming or Removal, Spring Cleanup, Chipping,

Raking and Removal of Pine Straw, and Yard Maintenance

719-687-6811

Richard@SavingTheForest.com

91.5 KRCC THE 11TH PRESENTS ANNUAL

BLUES UNDER THE BRIDGE

SAT. JULY 29TH 2017

GATES OPEN AT 1 PM

FEATURING BLIND BOYS OF ALABAMA

THE PALADINS

BOB CORRITORE & BIG JON ATKINSON

ERICA BROWN WITH THE MOVERS & SHAKERS

MIKE CLARK & SUGAR SOUNDS

TICKETFLY

TICKETS ON SALE NOW!

UNDER THE BRIDGE 218 W. COLORADO AVE. COLORADO SPRINGS 80903

BLUESUNDERTHEBRIDGE.ORG



THE MINING EXCHANGE
A Wyndham Grand Hotel & Spa



BRISTOL BREWING COMPANY



WHOLE FOODS MARKET



Sovereignty Wines
WINE • BEER • SPIRITS

PRE-FESTIVAL PARTIES:

JULY 26 IVY WILD SCHOOL
JEREMY VASQUEZ & THE SURVIVORS

JULY 27 THE GOLD ROOM
THE PALADINS

JULY 28 THE GOLD ROOM
BOB CORRITORE

~ UTE COUNTRY BUSINESS ~

A GENTLE HANDS MASSAGE AND BODYWORK

- Deep Relaxation Massage
- Therapeutic Massage
- Ortho-Bionomy®

Schedule by appointment only
719-459-5949

300 West Lake #4 Woodland Park, CO
Karen Swanson

EVEN in the end

HIGH ALTITUDE SPIRITS

Hangovers Installed and Serviced

Main Street Fairplay Jake & Jennie
Ph. (719) 836-3155

BUCKSTITCH SADDLERY

Handmade Saddles, Tack & Other Gear

RICK FAVINGER Phone: (719) 660-4488
40025 Hwy 24
PO Box 220 Lake George, CO 80827
Email: buckstitchsaddlery@hughes.net

MOUNTAIN LIGHT REAL ESTATE

Geri Salsig, Broker, e-PRO®
Box 46/43 CR 102, Guffey, CO 80820
Bus 719-689-2008 Fax 877-376-6980
WWW.ZLANDLADY.COM
geri@zlandlady.com

MLS green

Brown's Septic Pumping
"Protect the environment"

P. O. Box 303
Lake George, CO 80827
(719) 748-8095 • Tom Brown, Jr.

Ellen McCallum, Agent/Owner
551 Front St / PO Box 177
Fairplay, CO 80440
PH: 719-836-2980
FAX: 719-836-1417

SOUTH PARK INSURANCE SERVICES

CELEBRATING 21 YEARS IN THE HIGH COUNTRY!

Visit our website to request a FREE, no obligation quote:
www.insurance-southpark.com
HOME • AUTO • BUSINESS • HEALTH

PROPERTY MANAGEMENT SPECIALISTS LLC

Earn Cashflow Every Month

48% Increase Since 2005

You're in good hands with the local experts

Average rental prices in Woodland Park have increased 48% since 2005!

Now is the time to get on board with this growing trend.

We have a proven system for finding quality tenants.

Call today to discuss your situation, goals, and option.

MAGGIE & MIKE DUNTON
OWNER, BROKER & PROPERTY MANAGER
719-686-8138
PMSPECIALISTS.COM
800 W. HIGHWAY 24 STE 110
WOODLAND PARK, CO 80820
SALES too!

Reach over 37,000 readers in Teller, Park, Fremont, Chaffee, Summit, and El Paso counties every month!

Your Ad Here

for as little as **\$22.50 a month***

Call 719-686-7393 or
email: utecountrynewspaper@gmail.com
for more information and advertising deadlines.
**pre-paid one-year contract rate.*

gardens INC

Hydroponics • Seeds • Nutrients/Fertilizers • Plant Starts (Seasonal)
Soil/Growing Media • Lighting & Controls • Starter Trays and Pots

741 Gold Hill Square • Woodland Park, CO
719-687-1800

Shannon Lemons, DVM

Teller Park Veterinary Service
Elevate your Veterinary Care.

Large and Small Animal Medicine and Surgery, Specializing in Dentistry

719.687.2201

1084 Cedar Mtn. Road • Divide • www.tellerparkvet.com

Accepting Care Credit

WOODLAND PARK GARAGE DOORS

291-1088 / 684-8888

MICHAEL BROWN
REPAIRS / INSTALLATIONS
Family Owned & Operated

Griggs Vacuums

WE WANT TO BE YOUR VACUUM STORE!

Vacuum Repair, Sewing Machine Repair & New Vacuum Sales

Sanitaire Miele RICCAR MAYTAG

1706 W. COLORADO AVE
COLORADO SPRINGS, CO 80904
(719) 475-9216

16 OAK STREET
BUENA VISTA, CO 81211
(719) 395-2202

WWW.GRIGGSVACUUMS.COM • GRIGGSVACUUMS@YAHOO.COM

Custom LOG HOME RESTORATION

LOG CHINKING • LOG STAINING • LOG RAILINGS • LOG REPLACEMENTS • CORN COB BLASTING

Brad Kosanovich 970.390.6150 www.customloghomerestoration.com
customloghomerestoration@yahoo.com

The Insurance Center, LLC

Julie A. Matthews
Owner/Agent

105 Sundial Drive
Woodland Park, CO 80863
juliem@wpinsurancecenter.com
719-687-3094
Fax 687-6160
www.wpinsurancecenter.com

Trusted Choice®

Compassion ANIMAL HOSPITAL

GREGORY S. COOPER, D.V.M.

(719) 687-6000

312 W. Hwy. 24 • Box 5999
Woodland Park, CO 80866

gcompassionanimalhospital@gmail.com
mycompassionanimalhospital.com

Mike McCartney

— M.G.M. Arms —
Specialized Reloading

P.O. Box 242
Florissant, CO 80816

By Appointment
1-719-748-3521

Basic Handgun Safety & Proficiency Classes • Concealed Carry Training
Certified Instructors • Group or Individual Classes • Call for Times

Classic or New Domestic Foreign 4 - Wheel Trucks Jeeps

Home Town Garage

711 Gold Hill Place
Woodland Park, CO 80863
(719) 687-0001
"Home Town Service You Can Trust"

ASPEN & SPRUCE TREES
HERBS & VEGGIES
HEIRLOOM SEEDS
POTENTILLA BUSHES
HOUSE PLANTS
CUSTOM ORDERS
HARDY PERENNIALS
CACTUS GARDENS
LANDSCAPING CONSULTATIONS

Paradise GARDENS

EST. 1977

Karen Anderson
"The Plant Lady"

SPECIALIZING IN LOCAL HIGH ALTITUDE ORGANIC GARDENING

719.748.3521
PO Box 242 • Florissant, CO

MUSIC LESSONS

Violin, Beginning Guitar and Mandolin

FLIP: [719] 429-3361
flip@ghvalley.net

Did you enjoy what you read?

Please thank our advertisers!

Active Life Chiropractic

808 W. Browning Ave
Woodland Park, CO
719-687-7600
Dr. Cheryl Steen, D.C.

June Special! **\$20 OFF** NEW PATIENT VISIT THIS MONTH

~ UTE COUNTRY BUSINESS ~

HAY RANCH
www.ForSaleRanch.com
131 acres / 3 water rights
South West of Divide
719-221-8619 *Brokers 3%*

Jim Wright, DVM
ANIMAL CARE CLINIC
 (719) 748-3048
 (719) 337-9822

Veterinary Practice
 Small Animals • Equine and Livestock
 Small Animal Surgical & Hospitalization Facilities Available

39609 Hwy. 24 • Lake George, CO 80827
 Serving Teller, Park, Douglas, & El Paso Counties

ACCESS SOLAR ENERGY INC.
303-986-6521 & 719-837-2275
WWW.ACCESSOTOSOLAR.COM

SALES, SERVICE, DESIGN & ENGINEERING
 ELECTRIC, THERMAL, LIGHTING, SECURITY, HEATING,
 COMMUNICATIONS, YOU NAME IT, WE DID IT.
 35 YEARS EXP. SOLARJGB@YAHOO.COM

K & A Excavating
 Kelly Brock (719) 649-3407 | Chuck Brock (719) 649-3408
 kellybrock500@gmail.com

Commercial & Residential Excavating
 Haul Scrap
 Install & Repair Sewer/Storm Sewer
 Install & Repair Waterlines
 Driveways

BB Painting
Quality Interior Painting

Call Bert Barta For Free Estimate **303-905-0422**

Dad and Daughters Team
 Local & Insured 20 years experience Quality Interior Painting

NEED TRUCK OR CAR REPAIR?

J.R. is our new auto mechanic
 with years of experience.

Give us a call to schedule.

Hitchin' Post Trailer & Tractor Sales

719-748-8333
 www.hitchinposttrailers.com

*The Local Experts for all
 Your Computer Needs*

COLORADO DATA SERVICES

307 Main Street
 Cañon City
 (719) 276-2591

Monday - Friday
 8 a.m. - 5 p.m.

JOHN'S WELDING

AWS - CWI
 ASNT-ACCP Level II

Insured
 AWS Certified
 Pipe & Structural

JOHN KRAMER

P.O. Box 858
 Cañon City, Colorado 81215 719.371.6576

**Did you
 enjoy what
 you read?**

Please thank our advertisers!

HARDCASTLE
HEATING & AIR
719-686-6742
KING OF COMFORT

1212 1/2 W. Hwy 24
 Woodland Park, CO 80863
 719-686-6742
 chris@hardcastleheat.com

Carrier

We are a Carrier dealer, however we
 repair and service all makes and models.

www.OhGetMeAHome.com

Homes
 Cabins
 Land
 Ranches

Serving
 Teller & Park
 Counties
 Since 1999!

719-748-1099

HIGH COUNTRY REALTY
 John Lloyd Magoon, Broker 2717 W Hwy 24 Florissant CO

**PEAK REALTY
 & CONSULTING LLC**

Barbara Asbury
'Your Mountain Living Specialist'
 MRE, ABR, CRS, SFR, CIPS, BPO, CMAA

400 W Highway 24 Ste 217 PO Box 28
 Woodland Park CO 80863

Cell 719-337-7033 Ofc 719-687-0630
 Fax 719-646-0200 e-mail bgasbury@gmail.com

LAMININ CONSTRUCTION

16 years of experience in the building industry. General Contractor,
 Licensed and Insured. Offering quality services with a focus on
 integrity-driven remodeling and home repair services.

Call Us Today For Your Full Home Renovation Or:

- Bathrooms (Upgrades or Additions) • Kitchen (Indoor & Outdoor) • Fencing
- Garages • Sheds • Patio Covers • Basement Finishes • Custom Woodworking
- Painting • Finish Trim Work • Custom Mantels • Countertops • Tile • Decks

Call Jarrod For A Free Estimate 719-270-0766
 jarrod@lamininconstruction.com

Reach over 37,000 readers in Teller, Park,
 Fremont, Chaffee, Summit, and El Paso
 counties every month!

Your Ad Here
 for as little as **\$22.50 a month***

Call 719-686-7393 or
 email: utecountrynewspaper@gmail.com
 for more information and advertising deadlines.
 *pre-paid one-year contract rate.

PHONE (719) 687-9645
 CELL (719) 291-4731
 www.woodlandroofing.com

WOODLAND ROOFING COMPANY
 COMPLETE ROOFING SERVICE
 50 YEARS OF SERVICE

STEVE BARRINGTON: OWNER P.O. BOX 9002
 E-MAIL: steve@woodlandroofing.com WOODLAND PARK, CO 80866

ALPINE
Towing & Recovery

Storage lots by
 appointment only
 3 locations

Buena Vista
 Salida
 Lake George / Woodland Park

719-395-8556
 719-539-6634
 719-748-3331

**DRIVEWAY
 GRADING
 & REPAIR**

Trucking Available for Road Base

719-839-1422

Black Wing
Blasting
 Over 40 Years of
 Explosive Experience

Drilling/Blasting • Rock Stabilization • Soil Nails

Rick Batista • PO Box 998, Divide, CO 80814
 (719) 687-6170 • (719) 687-7090 Fax

Andy Davison Design
 970.389.6233
Complete Home Services
"Serving Teller County"

General Maintenance & Repairs
 Carpentry & Drywall Work
 Other Handyman Services

Interior & Exterior Painting
 Siding, Staining & Chinking

**EVERY MILE, EVERY MILESTONE,
 WE'VE GOT YOU COVERED.**

**CALL FOR A NO-OBLIGATION FREE
 QUOTE.**

AMERICAN FAMILY INSURANCE

Frank W Gunday Agency, Inc.
 101 Sundial Dr Ste B2
 Woodland Park, CO 80863
 (719) 687-9292
 fgundy@amfam.com

Shipping Plus Your Full Service
 Shipping &
 Business Center

Making it easier to live & work in the mountains

email: lisa@shippingplusco.net
 Mon - Fri 9:00 - 5:30 • Sat 9:00 - 1:00
 52 County Road 5 719-686-Plus(7587)
 Divide, CO 80814 Fax 719-686-9176

The Subaru Outback

GET FAMILIAR WITH THE UNFAMILIAR

2017 SUBARU OUTBACK 2.5i

*2017 Subaru Outback, not as pictured

2017 SUBARU CROSSTREK 2.0i PREMIUM

2017 SUBARU FORESTER 2.5i

2017 SUBARU LEGACY 2.5i

2017 SUBARU IMPREZA 2.0i

SUBARU
 Confidence in Motion

**COURTESY DELIVERY AVAILABLE
 TO ANYWHERE IN COLORADO**

Family Owned and Operated for Over 45 years
 (719) 475-1920 • 1080 Motor City Drive • Colorado Springs
 BestBuySubaru.com • /heubergermotors

Heuberger
 MOTORS
 QUALITY & ECONOMY

Are you looking for full service at a discounted rate??

Call Merit Co today for a no obligation consultation.

CALL US TODAY!



MERIT CO
REAL ESTATE

family owned and operated

Open 7 Days a Week!
Over 50 Agents & 4 Branch Offices



Nancy Pykerman



Rodney Ulferts



Melissa Berger



Jordan Yost



Steve Cutter

Mountain Property Specialists • Serving the Region Since 1969

510 W. Hwy. 24 • Woodland Park, CO • 719-687-1112

★ Residential ★ Cabins ★ Horse Property ★ Vacant Land ★ Ranches ★ Rentals ★ Property Management

NEW PAINT SUPPLY STORE!!

GRAND OPENING

COMING SOON





116 W. Midland Ave.
(Highway 24 next to Center St.)

www.CentennialStatePaintCenter.com

Woodland Park's New Paint Supply Store

