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Vol. 10, No. 6

Welcome to Ute Country

**"Water is life's mater and matrix,
mother and medium.
There is no life without water."**

— Albert Szent-Gyorgyi

PEEK INSIDE...



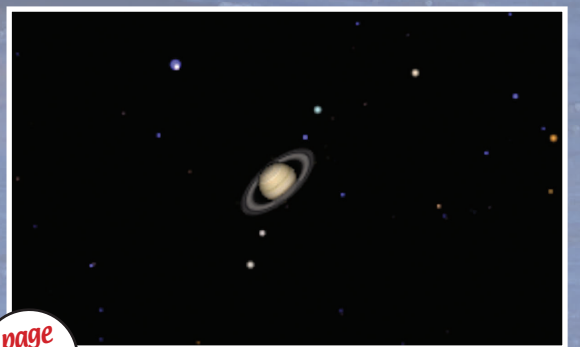
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WPMS tween playground



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Chickasaw Don — the Marlboro Man



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Pondering the planets



Our cover photo was taken on the Arkansas River last September during the Chipita Rising Festival. The Arkansas River Valley is so important for our food, fun and well-being. We welcome the tourists seeking to experience the beauty of our mountains and rivers. Minneconne; water is life!

We trust you will enjoy the treasures in the pages that follow of our June issue. The Thymekeeper shares the wisdom of the dandelion, and the Plant Lady gives us tips for growing delicious asparagus, while Life Enhancing Journeys reminds us how we choose to build meaningful relationships by speaking from the heart. There are many more treasures to discover from the skies above to the waters below. We hope you enjoy reading it as much as we enjoyed bringing it to you!

Please take a moment to thank advertisers because without them, none of this is possible!

Please continue to send in your photos of animals for Critter Corner, as well as your comments, questions, and suggestions. We love hearing from you and appreciate your feedback! Feel free to email utecountrynewspaper@gmail.com, call 719-686-7393 or via www.utecountrynews.com.

Thank you,
— Kathy & Jeff Hansen

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

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The Thymekeeper The lion in the garden

by Mari Marques-Worden

In this day and age, it's hard to be sure about anything it seems. Thankfully, there are a few things we can be certain of. One of those for me is that I know my dandelions will return in the spring to welcome the bees, brighten my yard and my spirit, and provide me with good food and medicine. Another thing that is certain is I'll never stop making a stand for my friends, the weeds.

Dandelion; Dent de leon or tooth of the lion is easily recognizable with its toothed leaves and golden yellow flowers that remind me of the mane of a lion. Once the flowers turn to seed, the white puff balls resemble the fluffy white hair of a wise one. There is much goodness and wisdom to be found in this plant.

Although I've written about Dandelion in the past (see September 2013 page 15, June 2014 page 13, June 2015 page 8, and May 2017 page 2 by visiting www.utecountrynews.com) I've never shared my own experience with it. One that I consider life changing. There truly is no better way to know an herb than to experience it up close and personal. Think of it this way, you can read all the books you can possibly read about a person, but you never truly know them until you interact on a one-on-one basis. The same goes for herbs.

Dandelion was the first herb I learned about in herb school, which, at the time I found odd because it's a weed, but it was as if the instructor was speaking to me specifically describing my problems in detail. This piqued my interest.

At the time I was working in IT management for a major corporation and had just come out of the experience of losing my father far too young. There were so many things I wanted to do and thought I could cram it all in without stopping for breath. I

was overworked, overused, over stressed and consumed with extreme anger that bewildered everyone around me including myself. Physically I was suffering from tightly wound nerves, constipation and facial eruptions around the jawline that were epic in proportion. This is exactly the symptom picture of a person who could benefit from dandelion's gifts and I think we all know someone who has suffered this at one time or another.

Dandelion to the rescue. Within two weeks of using the tincture, I could see the light again. It was as if a fog lifted off me. In the end I realized many of the choices I was making at the time had resulted in a sluggish over heated liver and according to Traditional Chinese Medicine, the liver is where we store our anger. It's also one of the organs that is responsible for detoxification. When hormones and toxins can't move smoothly through the normal avenues, they move out via another detoxification method, the skin, thus explaining the breakout.

Be sure to always use plants that have not been sprayed by pesticides or herbicides or in public places like the dog park.

I was also depleted from an extremely poor diet in which processed foods, sugar and fat were heavily contributing to my downside. Dandelion is packed with vitamins and minerals.

I find it ironic that the most popular weed killer used to ensure a weed free lawn is a mineral chelator, which is one method of killing a plant. A mineral chelator binds to minerals and carries them out, thus preventing them from being absorbed. It has the same effect on the human body when consumed on food. Be sure to always use plants that have not been sprayed by pesticides or herbicides or in public places like the dog park. Dandelions tend to be a frequent target.

First responder

Dandelion is one of the first plants to bloom here in Florissant and one of the most abundant in my yard. Dandelion is the flower of survival and I must say I've seen it thrive under the most horrific of conditions. It is remarkably resilient and if you are as wealthy with dandelion as I am you would be wondering what to do with all that gold. Fortunately, there are several diverse uses for the plant.

For a mild spring detox, and I always encourage mild over radical flush, eat the young leaves and flower petals in your salad. The leaves are mildly diuretic and the slight bitter flavor will stimulate digestive juices and prime your system for food. The leaves can also be sautéed in olive oil with garlic.

The tincture of the root can be taken 20 minutes before meals or at mealtime to achieve digestive harmony. Dandelion root also facilitates the movement of digestive juices and within approximately 20 minutes after tasting it, your stomach will growl for food.

My chickens love dandelions. In addition to keeping them healthy, I get the finest



Dandelion is a multi-vitamin and can be made into an oxymel with the leaves, flowers and root.

golden yolks throughout the spring and summer. Wait until the bees are done with their work and just as the flower starts to close to produce the seeds is the perfect time to pick them for the chickens.

For those of you wishing for a coffee alternative, the roasted root is used in combination with chicory root as a popular morning drink and does the opposite of what regular coffee does. Coffee can cause heat and toxins in the liver and dandelion clears both, making for a happier and less excitable morning person. Two cups of dandelion coffee per day will quickly and efficiently clear up an outbreak of acne. Of course, diet should be considered here as mentioned above. The less (bad) fat and sugar the better.

How? Simmer 2 teaspoons of roasted dandelion root and 1 teaspoon chicory root in 2 cups of boiling water. Simmer covered for 15 minutes, strain and add honey to taste.

Dandelion is a multi-vitamin and can be made into an oxymel with the leaves, flowers and root. An oxymel is one method of administering herbs to finicky people using apple cider vinegar and honey. The apple cider vinegar unlocks the minerals in the plant and the honey helps the medicine go down.

How? Cut the plant parts into a pint-sized mason jar. Cover with organic apple cider vinegar, give it a brief shake every day for a month. Strain into another container and add equal parts local honey. The result is a delicious sweet/sour multi-vitamin that will help with seasonal allergies.

The sap of the dandelion stem can be used as a wart remover. It pays to be persistent to achieve results.

How? Apply directly to affected area and cover with a bandage. Change frequently. Replace store bought digestive enzymes with the stem of the dandelion.

How? My favorite way to take herbs, put it in your mouth and chew! The juice of the stem is what you are after here, often the stem is too tough to chew up entirely. Simply discard afterward.

As if we planned, herb school not only began with dandelion, it also ended with it. My teacher's closing words at graduation still sing in my ears all these years later:

"Now you are all like dandelion seeds in the wind, spread out, plant yourselves, share your gifts and wisdom with the world."

— Paul Bergner

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

Plant Sale:

While they last, during the month of June we'll be selling plants and plant starts. Including high altitude acclimated goji berry bushes, elderberry bushes, tomatoes, cauliflower, squash and more. Contact Mari @mugsyspad@aol.com for availability.

Road to Riches Part II: Where is Kester?

by Flip Boettcher

Road to Riches part I ran on page 3 of our April issue.

The old road made a horseshoe curve there and stayed on the inside of the curve on the west side of the creek, continuing on about a mile to where Thirtyone Mile Creek joins Currant Creek, the Guffey crossroads. There is nothing there today except some old fence posts where a front gate would have been.

From here, the old Indian trails and then roads went east towards West Fourmile Creek, Ute Pass and Manitou Springs, where the Native Americans wintered; north over Currant Creek Pass to South Park and beyond; west up Thirtyone Mile Creek over to Tallahassee Road (the old Ute Indian Trail), Cotopaxi, and Salida; then south to Cañon City.

The area from the horseshoe curve on the south, up through the Guffey crossroads north to Currant Creek Pass, is rich with history. The first immigrants to Colorado came seeking their fortunes in the newly discovered gold fields in the 1860s. Later pioneers came and settled along the waterways and in the lush mountain parks.

The first pioneers to the Guffey crossroads area came in the late 1860s and early 1870s, and by 1900 all the land along Currant Creek had been taken up by homesteaders.

In the early 1870s, William Harrison Beery, who had a homestead ranch at the head of Currant Creek on the western slopes of Thirtynine Mile Mountain, had an express and stage office in Fairplay and ran a weekly stage to Cañon City, per *Bayou Salado*, by Virginia McConnell Simmons.

The 1879 General Land Office Plat Survey map has 12 houses, two stores and one school marked on it. This map also has the two branches of the Currant Creek Wagon Road (CCWR), the first up through Mill Gulch and the later one following Currant Creek, by-passing the gulch.

The first settlers in this area were the Hammonds, Benders and Beerys up near the pass. Others included Job Kester Sweet, W.R. Smith, Captain William Bainbridge White, Peter Allstrum, Charles and Olaf Davis, Benjamin Reuben Dell, John T. Whisler, William A. Littleton, Andrew Johnson, Don Crampton and Sikka Scott who was at the horseshoe curve with Whisler.

Eight of these homesteaders had one of the houses marked on the old 1879 plat map. There were many other settlers as well.

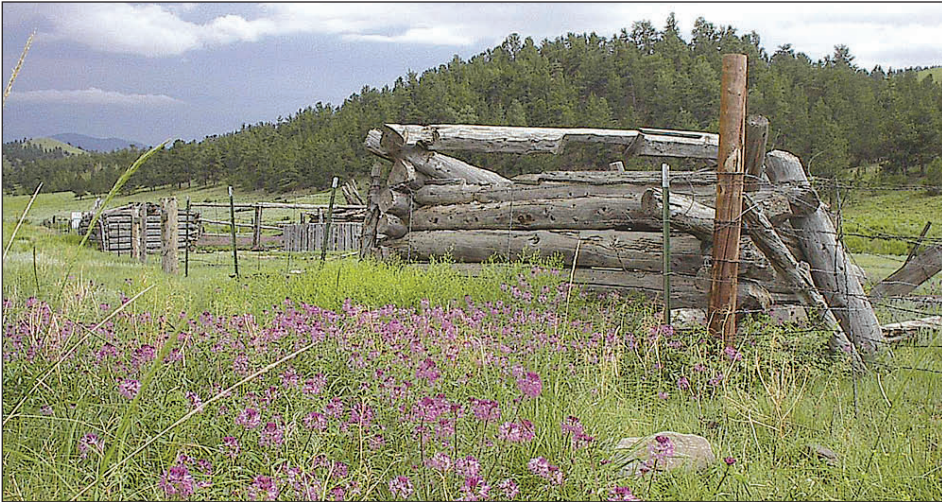
The South Park Cattle Growers Association met regularly in the elusive town of Kester from 1881 to at least 1888. Some early prominent cattlemen of the association were Captain White, William Littleton, William Beery, Sam Hartsel, Henry Beckham, John Reeves Witcher J.L. and J.K. Sweet and W.R. Smith. There was a Currant Creek district #9 voting precinct from 1885-1897, with voting taking place in Kester.

The actual townsite of Kester, although it was never a platted town, was apparently located on Henry H. Hammond's homestead. On the 1879 map, there are two houses and a school marked on the 160 acres. On the old map, Kester is listed at the Hammond homestead as a post office and stage station, later homesteaded by the Hammonds and named Hammond. Actually, there were so many Hammonds living in the area, Kester was often called Hammond.

Henry Hammond's mother, Hannah Hammond, had one of the first homesteads up near the pass, 1881. Hannah arrived in the Freshwater (Guffey) area in 1871 with her family and relatives, the Benders. The Bender/Hammond homesteads have one of the stores listed on the 1879 map.

The Kester Post Office, which also usually was a store, stage, and freight stop, moved up and down Currant Creek according to who was the postmaster or who had the store.

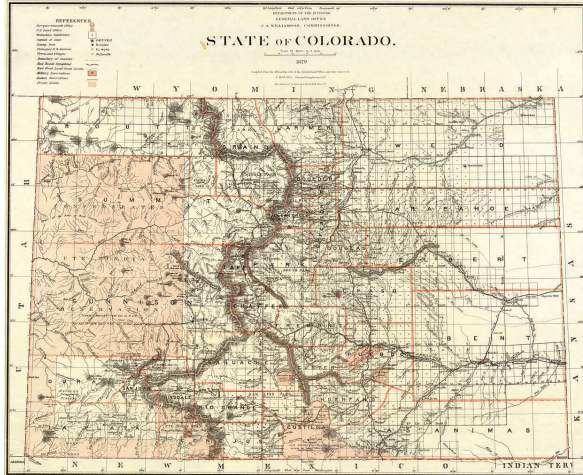
The Kester Post Office, here after referred to as just Kester, started at Job Kester Sweet's sometime before 1877. Sweet



The current site of Kester with the purple Colorado bee plant. photo by Flip Boettcher

proofed-up his homestead in 1882. Since his middle name was Kester, perhaps he named the town. Kester in Scottish means Christopher. (To proof up a homestead could take five years from filing. Homesteaders were usually in an area much earlier than their homestead dates. See sidebar below.)

In 1877, Kester moved one-half mile down the road to Captain White's store and freight office. White proofed his homestead in 1882, which had the old Currant Creek Pioneer Cemetery (CCPC) on it. The first recorded burial there is William Albert Lloyd in 1879, one-year old.



The 1879 General Land Office Plat Survey map from <http://www.davidrumsey.com/maps5615.html>.

In 1880, Kester moved a couple of miles down the road to B.R. Dell's store, near the Guffey crossroads. In 1881, Kester was located at Nathan Munn' Country Store and had the post office. Munn may have bought Dell's store.

An 1881 newspaper ad read as follows: Dell Ranch 4 Sale — 33 miles from Cañon City and 6 miles from South Park on Currant Creek. 300 acres pasture under brush fence on good cattle range — 20 acres potato ground — one mile on the creek under fence. There are 3 springs, a 7 room hewed log house, and log stables. Asking \$700 cash or 1/3 in horses or cattle and the rest cash. Kester post office located at the house.

In 1882, Kester moved full circle back up the road to W.R. Smith's. Smith bought Sweet's place.

In 1883, Peter Allstrum was appointed Kester postmaster and Kester was moved down to Allstrum's homestead at the Guffey crossroads. With the unfortunate killing by Allstrum of his neighbor Horace Voss in 1884, Kester moved once again back up the road to William Littleton's.

Between 1886 and 1887, the Kester post office was closed for seven months, but came back to life at Charles Davis' place one half mile below the Guffey turn, just above the old suspension bridge on Currant Creek. By 1891, the Kester post office closed for good. The Kester post office information was supplied by Jerry Davis, Park County historian.

In 1881, Kester is listed as a stop on Post Road #44 — Garo to Kester to Currant Creek town to Cañon City, 61 miles. In 1885, Kester was on Post Road #55 — Garo to Hartsel, to Kester to Currant Creek town to Cañon City, 59 miles. Kester is also listed in George A. Croft's 1885 *Grip-Sack Guide to Colorado*.

Even though it is not listed, the Bender/Hammond place was a stage stop and Annie Bender's relatives remember Annie sorting mail. This was probably before the post office officially started at Sweet's.

The town of Kester was an active place with the afore mentioned South Park Cattle Growers meetings and the district voting precinct. At least four marriages took place there according to Park County Archives. Parker Mulock, of Kester, married Carrie E. Abrams, of Buffalo Springs, 1882. W.H. Tremayne, of the West Fourmile Creek area (northeast of Guffey) married Nellie Davis, of Kester in 1884. Elijah W. Hammond, of Kester married Ida E. Lloyd, of Kester, in 1886. Henry H. Taylor, of Kester, married Mary C. Bender, of Kester, at the bride's residence in 1890.

There was at least one recorded birth in Kester. 1874 saw the birth of Hanna Elizabeth to John and Annie (Hammond) Bender, their last child.

Of course, there were several deaths. Interred in the CCPC, and all related, are a young son and daughter of William Beery; Martin Bender (son of John and Annie) and his two young daughters; Annie Bender; Hannah Hammond; several Lloyds; and Henry Taylor, married only four years earlier.

Other area pioneers are interred in homestead plots, Cañon City, Cripple Creek, or where ever they migrated to last. The Guffey Cemetery was not started until 1897 with the first two recorded burials, Baby Buford Swoop and Thomas Burge in 1897.

To be continued....

Editor's note: It appears as though the typical rules of grammar once again have their exceptions. We verified the capitalization, spacing, and spellings of Thirtynine Mile Creek, West Fourmile Creek, and Thirtynine Mile Mountain with our most current map of Colorado.

Prove up your homestead

This is an excerpt from the article *Homesteading which ran in our August 2017 Ute Country News*.

The second necessary step to claiming a homestead was improving the land to "prove up" your homestead in five years. One had to build a 12 X14 foot, one story dwelling; plow, fence and cultivate some of the land and list the improvements.

The last step was to file for a deed of title, a patent, at a local land office. One had to have two witnesses willing to vouch that you had fulfilled the homestead requirements and the witnesses had to sign a "proof" document. A \$6 fee was paid.

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

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Kent Nerburn, author of *Neither Wolf nor Dog: On Forgotten Roads with an Indian Elder*



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Featured Non-profit Symphony Above the Clouds – A unique Teller County event

by Barbara Berger

Did you know that the annual July 5th concert happens each year because of dedicated volunteers and contributions by the community?

The Ute Pass Symphony Guild was founded in 1979 to foster an appreciation of and support for the Colorado Springs Philharmonic. The first concert was performed on July 5th, 1980. The all-volunteer board wrote letters, made phone calls and went door-to-door to raise the \$5,000 needed to cover the costs of the concert.

The first concert had an audience of about 350 people. It was held on the Woodland Park High School football field until 2002 when a running track was installed and the event was moved to the Woodland Park Middle School.

Since their Mission Statement states that they will foster an appreciation of and support for the Colorado Springs Philharmonic through education of elementary school children, the Guild started purchasing tickets for Teller County children in the fourth grade, their chaperones, and sponsors to attend one of the concerts presented for elementary school children by the Philharmonic. The program includes students in Teller County public and private schools, Lake George charter school, and children who are home schooled.

Teachers select one concert, and the Guild purchases tickets for Teller County public and private school children in the fourth grade, including their chaperones and sponsors. Prior to each concert Guild members attend training and are available to serve as docents for each classroom. Docents go to a training session presented by Thomas Wilson, Conductor and Bernie Brink, Outreach and Education Coordinator of the Colorado Springs Philharmonic. The concerts are presented at Pikes Peak Center to the delight of our young attendees!

The Ute Pass Symphony Guild remains an all-volunteer organization with very low overhead and administrative costs. Through the years, the Guild has had many dedicated volunteers. They help with the concert that night, and assist with crowd control, parking, cleaning up, etc. The Panther Pride Athletic Booster Club operates a concession stand during the event. Our local police, fire and ambulance department are there during the event to assure public safety. The City of Woodland Park provides for sanitary needs, safety lighting and our firework display. Area churches and schools offer their parking lots to attendees.

This is one of the events that Teller and surrounding county residents look forward to each year. Live symphony music, fireworks, and the cannons of Fort Carson are combined to provide free entertainment that connects residents of the Ute Pass region in



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Wildfire mitigation and community preparedness

by Coalition for the Upper South Platte



When a pre-evacuation or evacuation order is issued it is TOO late to begin mitigation efforts on your property.

- Remove vegetation and other combustible materials from around propane tanks.

Phase III Mitigation
After Phases I and II are completed and when it is probable that a wildfire will impact the community.

- Assure address signs are visible from the end of the driveway.
- Identify and mark water sources (cisterns, streams, pools)
- Enclose vents and soffits with 1/18” metal screen or cover them with aluminum foil and duct tape.
- Enclose areas under decks, steps and patios.
- Complete unfinished mitigation projects.

This just-in-time mitigation will improve the home's chances of survival, reduce potential damage and provide a safer environment for potential structure protection.

NOTE: When a pre-evacuation or evacuation order is issued it is TOO late to begin mitigation efforts on your property.

For additional recommendations and necessary actions to prepare for wildfire visit:

- Colorado State Forest Service – www.csfs.ColoState.edu
- National Fire Protection Association – Firewise USA – www.nfpa.org
- Department of Homeland Security – www.ready.gov
- American Red Cross – www.redcross.org

Phase I Mitigation

Actions should start at the home and work outward.

- Clean leaves, twigs and other debris from roofs and gutters.
- Trim branches that overhang the home.
- Mow and water lawns.
- Move flammable items from the yard (lawn furniture, lawn mowers, gas cans, etc.)
- Move firewood to at least 100 feet from the structure.
- Contact neighbors to plan cooperative mitigation efforts on shared boundaries.

Phase II Mitigation

Best steps to take after Phase I Mitigation is complete.

- Trim trees 10 feet from ground level.
- Install a 100-foot water hose to an exterior faucet.
- Rake and remove flammable mulch within 10 feet of the structure.
- Provide a 12-foot minimum clearance along the driveway.

Caution

Fire conditions abnormally dry

Pike and San Isabel National Forests in southern Colorado have trees with differing lifespans that are renewed by natural occurrences. In the higher elevations, spruce and fir trees have a long lifespan because of the wet climate. These trees are renewed through insects, disease and eventually, fire. Insect and disease out-breaks have been increasing over the past several years. Forest managers identified large areas of dead trees that are gray or have blown over.

Fire is also a natural process that provides for future healthy forests by recycling the vegetation. Forests burn more regularly in the lower elevations. This year, the higher elevation vegetation is also susceptible to fire. Current fire conditions in the high elevations are abnormally dry. When these forests burn, they are extremely difficult to control because of the build-up of flammable

material since the last wildfire.

When high elevation fires occur, fire managers may implement strategies other than containing the fire as small as possible. Because protection of people is our highest priority, managers must balance the safety of firefighters and the odds of containing the fire.

Our number one concern is the safety of the public and first responders.

The U.S. Forest Service is asking the public to be careful with their use of fire. Be aware of your surroundings and be prepared to leave in case a fire occurs. Residents living in or near forested areas are encouraged to talk with their local fire protection agency to learn how to be prepared.

For up-to-date information on this and other topics: Follow us on Twitter, @PSICC_NF and on Facebook: @PSICCNF



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Steampunk and Wine

by Flip Boettcher

If you are looking for an interesting weekend adventure, the 4th Annual Escape in Time to Steampunk and Wine festival on June 9 and 10 from 9 a.m. to 5 p.m. in Florence, CO, may be just the thing. The festival is sponsored by the Florence Steampunk Society (FSS), Inc., a non-profit, and will be held in Pioneer Park at North Pikes Peak Avenue and 3rd Street, according to Barb Brierley, festival organizer.

The Salida Circus will be performing their various acts from 10 a.m. to 5 p.m. both days, in Steampunk costume, of course. There will be Karaoke with Greg Moody both days with contests for all ages. For those in Steampunk costume, prizes will be awarded both days in many costume categories. The silent auction will start Saturday morning and end Sunday at 3 p.m., said Brierley.

All sorts of vendors and food vendors will set up in the park both days from 9 a.m. to 5 p.m. The FSS will be selling wine, beer and

“steamaritas” both days.

Saturday night from 7 p.m. to 11 p.m. will be the Steampunk Ball with music by the Fonda Cash Band. Fonda is Johnny Cash’s niece and has been a headliner for many country artists and is a singer/songwriter in her own right and lives in Colorado Springs. Prizes for costumes will be awarded in many categories at the ball, said Brierley.

For those looking for costumes and accessories for the festival, visit the Spirit Riders Western Emporium at 111 West Main Street, where one can find everything Steampunk. The shop is owned and operated by Barb and her husband Berry Brierley, and the shop is the headquarters of the FSS. The shop is open 11 a.m. to 5 p.m., Monday to Saturday.

Admission to the Steampunk festival is free, but donations are always accepted and tax deductible, said Brierley. For more information call Brierley at 719-431-3592.

6th Annual Gem & Mineral Show

The 6th Annual Gem & Mineral Show sponsored by the Southern Teller County Focus Group (STCFG) in Victor, CO will be held June 15-17. 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. 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, and more. 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 a geologist from Newmont Mining Corporation will make a presentation on the geology of the gold mining district. This free presentation will be held Saturday, June 17 at 1 p.m. at the Victor Elks Lodge.

In addition to the show, the Victor Lowell Thomas Museum gift shop will be open

9:30-5:30 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.

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Mary Shell in front of the Chicken House Gallery with the Tuscan mural she painted on the outside wall.

Chicken House Gallery

by Flip Boettcher
photo by Flip Boettcher

Once one goes through the yellow-painted brick entryway, past the main house, tucked back behind the main house, one finds the Chicken House Gallery and studio, complete with a Tuscan mural painted on the outside wall of the studio.

The Chicken House Gallery, located at 1424 Elm Avenue in Cañon City, is open Monday through Saturday from 10 a.m. to 5 p.m., according to artist/owner Mary Shell. It is so named because it was actually a chicken house in the 1930s.

The gallery showcases Shell’s artwork. Shell is a very talented artist and uses many different styles, techniques and all kinds of mediums to create her artwork.

For eight years, year-round, Shell has hosted the Chicken House Dinner (\$30 per plate), Art (they actually do paint) and Wine Party every Saturday night starting at 4:30 p.m. Shell can seat up to 30 people at these dinners and serves what she calls home cooked dinners which always include a vegetarian option. Students create a painting in about three hours with easy step by step instruction. Reservations are required and can be made at Facebook: Chicken House Gallery, texting or calling 719-371-5405 or email, creatingfromthesoul@yahoo.com.

Shell also teaches art classes, whatever kind of art one wants, at the gallery Tuesdays 6 p.m. to 9 p.m. and Saturdays 12:30 p.m. to 3:30 p.m.

Two years ago, the first year in Florence

and the second year in Cañon City, Shell opened the REM (Random Expression Movement) Art Junction, now located at 710 Main Street, Cañon City. Shell’s business card says, “We’re more than just an art gallery.”

REM is an artist owned art gallery and the artists donate their time at the gallery. REM features local artists and welcomes starting, as well as established artists, said Shell. REM can be reached at 719-315-2444, remforart@gmail.com or Facebook.

Last October, Shell added Picasso Art Supplies to the REM gallery. Shell opened the art supply store because the closest one was in Pueblo or Colorado Springs. Shell can order just about anything, she said, and even has customers from Salida.

REM and Picasso Art Supplies are open Monday to Saturday, 10 a.m. to 5 p.m.

REM has been hosting an Art Walk on the first Friday of the month from 4 p.m. to 6 p.m., where Shell demonstrates speed painting and the artists sell their artwork. These art walks are expanding to the first and third Fridays of the month called Art Fusion Fridays. The first one will be only the 700 block of Main Street, but Shell hopes to have all the art galleries on old town Main Street involved.

Shell, originally from Rhode Island, came to Colorado from California. Shell started making art when she was six years old, she said, and her first commission was a portrait. Shell’s website is www.maryshellonline.com.



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.

■ **RDK Small Engine Repair:** 719-687-2997. Repair of gas engine equipment, chainsaws, lawn mowers, generators and other small engines.

■ **Ancestral Arts, LLC:** 719-687-2278. Trading post and gift shop of authentic Native American-themed and handmade crafts located at the traffic light in Divide.

■ **Hitchin’ Post Trailer & Tractor:** 719-748-8333 or www.hitchinposttrailers.com. Kioti tractors, Husqvarna chain-saws and lawn equipment, new and used trailers and offering service and repairs.

■ **Hybrook Townhomes:** 719-687-6011 X21 or www.hybrooktownhomes.com. An affordable housing community with 2 and 3-bedroom townhomes serving the median income bracket.

■ **Shipping Plus:** 719-686-7587 or www.shippingplusco.net. Providing the experience and know how to help businesses and residents ship any package, any size, any weight for LESS! FedEx, UPS, packaging, keys, copies, labels, notary, fax, stamps, office supplies, greeting cards and gift wrap.



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Ute Land Religion Remembering She-towitch and Chipeta

Dr. Brandi Denison, Assistant Professor of Philosophy and Religion at the University of North Florida, will present the Collegiate Peaks Forum Series Lecture "Ute Land Religion: Remembering She-towitch and Chipeta" at 7 p.m. on Thursday, June 21, 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, CO.

Dr. Denison explores the intersection of land, race, and religion as well as gender, violence, memory, and theories of religion. She will share her research on She-towitch and Chipeta, Ute women who became the center of white Coloradans' romantic ideals of Indians, thus contributing to the formation of a Western idealized spirituality based on the beauty of Colorado's landscape.

Ute ceremonial practices, such as the Bear Dance, Sun Dance, and other dances, served as a starting place for white Coloradans to cultivate an idealized spirituality that was self-consciously opposed to Christianity and formalized religious institutions. This became more pronounced after removal when many Coloradans began to value the Ute reverence of nature, which became a cultural mine for an emerging religious identity.

She-towitch and Chipeta, as Ute women, stood as paragons of Indian virtue and spirituality. The two women emerged as representations of Indian moral and spiritual goodness because they both had legends that replicated the Pocahontas narrative, saving

white men and women from the perceived brutality of Indian men. Additionally, in nineteenth-century Euro-American discourse, women were closely tied to natural religious expression. The representations of Chipeta and She-towitch drew on both cultural tropes and contributed to a particular manifestation of memory of Ute Indians.

Dr. Denison is a Colorado native. Her M.A. in religious studies is from UC Boulder; her Ph.D., also in Religious Studies, is from the University of North Carolina Chapel Hill, where she also learned how to care about basketball. She is the author of several articles, reviews, and book chapters. Her book is *Ute Land Religion in the American West, 1879-2009* (University of Nebraska Press, 2017).

Please join us for this enlightening, free lecture! The Collegiate Peaks Forum Series, in its 16th year, is a free lecture series with presentations in Leadville, Buena Vista, and Salida. For more information about the CPFS, visit www.collegiatepeaksforum.org.

Ute Land Religion in the American West, 1879-2009
BRANDI DENISON

Where is Zack this month?

Zack is a Certified Therapy dog and the mascot for the Pet Food Pantry for Teller County. As their mascot, he is dedicated and determined to help families keep their pets at home when they fall on hard economic times.

On Friday June 15th from 10-2 p.m., he will be at City Market in Woodland Park collecting donations and food for his feline and canine friends in exchange for homemade dog biscuits and/or catnip toys. City Market is located at 777 Gold Hill Pl S, Woodland Park, CO 80863. Please stop by and give him a hug for his hard work! Thank you for your support.

For more information, go to www.PetFood-PantryTC.com.

Building Up to Bridges Kent Nerburn offers opportunities to become seeds for positive societal change

by Sandy Dolak

Huajatlola Heritage Foundation (HHF) in beautiful Huerfano County is pleased to announce an exciting retreat featuring the internationally known and respected author and philosopher, Kent Nerburn.

The retreat will be held July 31 through August 3 in La Veta and Cuchara. The retreat will lead up to the Huajatlola Heritage Festival being held August 4 and 5 in La Veta Town Park.

Although HHF's initial fascination with Mr. Nerburn's work came from the introduction to his book *Neither Wolf nor Dog: On Forgotten Roads with and Indian Elder*, his wide and thoughtful array of more than 26 books exploring Native American wisdom, as well as a wide spectrum of topics from general spirituality to environmentalism only whets one's appetite to not only learn more, but to BE more. *Neither Wolf nor Dog* was first published in 1994 and updated in 2002. Even though the book was originally published almost 25 years ago, the message

has lost none of its relevancy. It was made into a movie in 2016.

The retreat *Bridges: Respecting the Past, Shaping the Future* will feature Mr. Nerburn each day as a keynote speaker then breaking into small groups facilitated by knowledgeable experts to further explore the concepts set out by Mr. Nerburn. He will also read from the powerful *Voices in the Stones*, at the retreat banquet. Throughout the retreat, there will be the opportunity to meet with fascinating leaders, artists and entertainers. The retreat will close with participants recognizing their own intentions for being positive seeds for societal change.

Please go to our website www.huajatlolaheritagefestival.org for complete information about the retreat and registration. Participation is limited to maximize the retreat experience.

Registration deadline is June 15. This opportunity can accommodate 40; register soon!

Turmeric Restaurant

by Flip Boettcher
photo by Flip Boettcher

For such a small town, Florence has an amazing variety of eating establishments, with the newest, Turmeric Restaurant located at the corner of Pikes Peak and Main Street, at 106 West Main Street, in the former Ito's Japanese restaurant.

Turmeric serves authentic Indian and Nepalese cuisine and stresses fresh, healthy, natural foods, according to Srijana Sharma, restaurant co-owner and registered nurse. Turmeric is an aromatic Asian plant in the ginger family and is used as a seasoning in Indian and Nepalese foods. The food is excellent and delicious, the atmosphere is warm and comfortable, and the service is gracious and friendly.

The restaurant is owned by two couples: Pawan K.C., manager, the one who does everything, and his wife Srijana; and Vijay Bhandari, Pawan's brother-in-law and chef, and his wife Asha Bhandari, all Nepalese. The restaurant is run and operated by the whole family and extended family including a nephew, a niece, Asmita K.C., assistant manager, and a friend-who-is-family Corina Rodriguez.

Pawan has lived in Colorado for 20 years and has always been in the restaurant business with Srijana. The couple have had many restaurants including ones in Aurora, Aspen and Frisco, all Indian and Nepalese and all with different names, said Srijana. The last restaurant they had in Denver, Kathmandu Kitchen, just sold. It was too hard to manage that one and the Turmeric as well, Pawan said.

Vijay lived and worked for about 15 years in New Delhi, India, at a five-star hotel as head chef, he said. He creates his dishes with love, said Srijana.

When Srijana's friend and mentor, Pamela

In the doorway of the Tumeric Restaurant are from left to right Asmita K.C., Vijay Bhandari, Asha Bhandari, Pawan K.C., Srijana Sharma, and Corina Rodriguez.

Gillen, retired to Florence from Cañon City, Srijana and Pawan went to visit her. The couple fell in love with Florence. Gillen helped Srijana and Rodriguez through the nurse's program.

Ito's had just moved up the block and their old space was available. Things just fell into place, said Srijana, and now they have Turmeric Restaurant, which opened almost two months ago.

Although the two couples still live in Aurora, they plan to re-locate to Florence soon. Giving as much as they can back to the community that they live in is a big part of their lifestyle, so they will be a fine addition to the town.

For a very pleasant adventure in dining, visit Turmeric Restaurant. Hours are Tuesday to Saturday 11 a.m. to 9 p.m. and Sunday 11 a.m. to 7 p.m., closed Mondays. They serve a lunch buffet Tuesday to Sunday 11 a.m. to 3 p.m., which is very popular. Their menu can be viewed at Facebook: Turmeric Restaurant Co. the phone is: 719-784-7051.

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Financial Focus

What should you look for in an annual financial review?

Given the complexities of the investment world, you might consider working with a financial professional to help you move toward your goals, such as a comfortable retirement. You'll want to establish good communication with whomever you choose, and you should meet in person at least once a year to discuss your situation. At these annual reviews, you'll want to cover a variety of topics, including these:

Your portfolio's progress

Obviously, you will want to discuss how well your investments are doing. Of course, you can follow their performance from month to month, or even day to day, by reviewing your investment statements and online information, but at your annual meeting, your financial professional can sum up the past year's results, highlight areas that have done well or lagged, and show you how closely your portfolio is tracking the results you need to achieve your long-term goals.

A lot can happen in a single year.

Your investment mix

Your mix of investments — stocks, bonds, government securities and so on — helps determine your success as an investor. In looking at the various investments in your portfolio, you'll want to go beyond individual gains and losses to see if your overall mix is still appropriate for your needs. For example, is the ratio of stocks to bonds still suitable for your risk tolerance? Over time, and sometimes without you taking any action, this ratio can shift, as often happens when stocks appreciate so much that they now take up a larger percentage of your portfolio than you intended — with a correspondingly higher risk level. If these unexpected movements occur, your financial professional may recommend you rebalance your portfolio to align it more closely with your goals and risk tolerance.

Changes in your family situation

A lot can happen in a single year. You could have gotten married, divorced or remarried, added a child to your family or moved to a new, more expensive house — the list can go on and on. Some, if not all, of these moves could certainly involve your financial and investment pictures, so it's important to discuss them with your financial professional.

Changes in your goals

Since your last annual review, you may have decided to change some of your long-term goals. Perhaps you no longer want to retire early, or you've ruled out that vacation home. In any case, these choices may well affect your investment strategies, so it's wise to discuss them.

Changes in the investment environment

Generally speaking, it's a good idea to establish a long-term investment strategy based on your individual goals, risk tolerance and time horizon, and stick with this basic strategy regardless of the movements of the financial markets or changes in the economy. Still, this doesn't mean you should never adjust your portfolio in response to external forces. For instance, if interest rates were to rise steadily over a year's time, you might want to consider some changes to your fixed-income investments, such as bonds, whose value will be affected by rising rates. In any case, it's another thing to talk about during your annual review.

These aren't the only elements you may want to bring up in your yearly review with your financial professional, but they can prove to be quite helpful as you chart your course toward the future.

This article was written by Edward Jones for use by Lee F. Taylor AAMS, Brian Watkins, and Paula R. Hunt your local Edward Jones Financial Advisors.

Save South Park!

Save South Park is hosting a Town Hall Informational Meeting for Responsible Mining on Thursday, June 21 from 6:30-8:30 p.m. at the Alma Town Hall. Representatives from both the local mining operations and concerned citizens of Save South Park will be on hand to facilitate an informational gathering for our community on the current state of mine operations in our area. Our goal for the evening is to open lines of communication through question/answer sessions with the public, as well as clarify both current and future states of the mining industry in South Park.

1. Educating the community about mining in South Park and how they can get involved to ensure that the rights of mine operators and property owners are balanced.
2. Working with governmental agencies to ensure that mining regulations are reasonable and observed.
3. Strengthening relationships with mine operators to find common ground and keep

open communications to avoid unnecessary conflicts.

We understand that mining is an important part of the heritage and economy of South Park. It is not and has never been our intention to shut down or otherwise impact the operations of local mine operators that have been good neighbors and strive to operate responsibly. However, we have a keen interest in ensuring that these operations do not negatively impact our property rights, health, and safety due to a failure to understand or accept our concerns. We hope you'll join us in helping build this proactive and unified vision for the future of our community and its surrounding environment.

For more information contact Save South Park's chairperson Krissy Barrett krissy@cybermesa.com. Or visit our website southparkco.org

Adopt Me by AARF

Brutus

Brutus is a big guy with a heart to match his size. He came right out of the transport truck after 8 hours on the road and greeted me with lots of dog kisses. Although he gets distracted at PetSmart (what dog doesn't?), he walks well on a leash and just wants to please. He's a sweet guy. Call Dottie to set up a meeting with Brutus 719-748-9091.

This space donated by the Ute Country News to promote shelter animal adoption.



WPSD receives grants

Woodland Park School District is happy to announce that Woodland Park High School (WPHS) recently received sizeable grants to help expand and support learning opportunities for students.

In order to keep up with the demanding growth in computer science, WPHS received a \$10,000 Colorado Computer Science Education Grant by the State Board of Education. The funding will be used to provide professional development to teachers in the middle school and high school and an in-district professional development book study to reach teachers at all grade levels. This professional development will result in new computer science courses and improvement in existing computer science courses for approximately 500 students. "We want to provide our students with the best opportunities in the computer science field," said Laura Ferguson-Beahan, computer science teacher at WPHS.

A STEM grant for almost \$3,000 was received from the Rocky Mountain Chapter of the Armed Forces Communications and Electronics Association (AFCEA). This STEM grant will be used for a Project Lead the Way Principles of Engineering Course and equipment needed at the high school. Gary Adamson, WPHS teacher, finds new and innovative ways to teach students interested in engineering while keeping required equipment up-to-date and safe.

WPHS was also awarded a \$485,319 grant from Expelled and At-Risk Student Services (EARSS) to be used over the next four years. The funds will go toward the continuation of a full-time Secondary Restorative Practices Coordinator and two Restorative Practices Facilitators to staff the Middle School and High School. "Our secondary schools need these grant funds to establish Restorative Practices (RP) as the primary model for behavior management in order to better serve at-risk students," said Michael Dewart, assistant principal and athletic director at WPHS. "We are approaching the end of an 18-month RP grant through EARSS and during that time we overhauled our discipline system." He adds that future plans with this new grant include establishing the continuing need for the RP program throughout the district.

WPSD Wellness Committee (WELCO) has received two grants to fund wellness throughout its schools over the next two years: \$75,800 from the Colorado Health Foundation and \$18,500 from the Colorado Springs Health Foundation. These funds will be used to employ a District Wellness Coordinator who will organize district school wellness efforts and the development of a comprehensive health and wellness plan. Funds will also be used to sustain school-level wellness teams and provide wellness programming for WPSD's students. The wellness programming will include Harvest of the Month, Eat Right Healthy Snack-Making, and opportunities for students to be physically active before, during, and after the school day.

The mission of WPSD WELCO is to improve the climate of our schools and increase the academic achievement of our students through education, programs, services, and activities that promote positive, healthy lifestyles, choices, and habits.

To add to this list, WELCO also received a \$500 Healthy Schools Champion Excellence Award which recognizes the health and wellness work our district and schools have done this year. WPSD will be recognized at the Healthy Schools Leadership Retreat in Keystone in June.

"Being named as a 2018 Healthy Schools Champion is a testament to our schools, students, families, and community members embracing the promotion of student wellness on a daily basis," said Misty Leifers, WPSD Wellness Coordinator. "Student wellness is embedded into the culture of our schools."

Some of our highlights from the 2017-18 school year include:

- Adopting fun runs as the main fundraiser in most of our schools offering students multiple opportunities to sample healthy foods through Harvest of the Month and Eat Right Snack Making creating a clothes closet for students at Woodland Park Middle School, and

- Recognizing students who exhibit good character and leadership through the Kindness is Legendary program at Woodland Park High School.



WPMS tween playground

Woodland Park Middle School held their official ribbon cutting ceremony celebrating their new tween playground

Pictured from left: Carl Anderson from Anderson Enterprises; Amy Wolin representing WPMS CAP; Chris Cosgriff, WPSD Foundation; Principal Yvonne Goings; Superintendent Dr. Jed Bowman; Ron Stone, WPSD Director of Operations; and Erin Street, WPMS Instructional Resource Teacher and new Assistant Principal for the 2018-19 school year.

(pictured on cover). The celebration included a performance by the Middle School Odyssey Choir and words of thanks by Middle School Principal Yvonne Goings and Superintendent Dr. Jed Bowman. The playground was made possible through grants from the Colorado Health Foundation and Woodland Park School District Foundation, along with donations from Anderson Enterprises and WPMS parent organization (CAP). Due to weather, the celebration had to be moved indoors.

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Life-Enhancing Journeys Are you choosing heaven on earth?

by Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII

Let's focus on an aspect common to relationships. Why is it so easy to fall in love yet so difficult to make a relationship work well and thrive? Do you ever think, "What happened to my partner... Did a new person take over during the night, a creature I barely recognize... It seems their behavior has changed radically from the previous day." Do you ever wonder, "We were so in love... were the best of friends... what happened...?" This is a common grievance I hear. What could be going on?

There are several things going on yet some of the problem may be caused by our conscious and unconscious minds.

You likely have heard of the concept called the "honeymoon effect", which Dr. Bruce Lipton examined in his research. This describes the initial experience of falling in love. It feels like "heaven on earth," and all we want to do is be with the person with whom we fell in love, constantly. It feels so good. No matter how bad our lives might have been up to that moment, when we are in love our lives changed for the better. So being in the present moment, consciously and deliberately, enjoying your partner's company is the best experience ever. Some people may even feel like they are addicted to their partner.

According to some neuroscientists, they're right! Romantic love can release so many feel-good neurotransmitters into your bloodstream that the effects can feel even better than some drugs. You may have heard of oxytocin, sometimes called the "love hormone." Human and animal studies have shown that oxytocin plays a role in bonding; when released in your brain during certain types of human contact, it has the effect of bonding you to the other person involved.

Because falling in love is such a great experience that is the one time we keep want to keep our conscious mind in the present moment. When you're in love with someone and are feeling happy, why would you even consider letting your mind wander? You wouldn't. What you're looking for and desire is right in front of you to enjoy. You want to be nowhere else but here, in the present time. You're now living fully in "Bliss-land" where your every wish and desire seems to be coming true. When two people come together and fall in love, it seems like they are living "heaven on earth." That's what is known as the honeymoon effect.

After a while, possibly after six months or later on, when life becomes busy, it's common to return to the "real world." The excitement and newness has worn off, and you start to think about things like paying bills, fixing the car, chores you need to complete. Your conscious mind starts to attend to the details of everyday life so your unconscious mind starts to run the relationship show.

But whose behaviors are in the unconscious mind? Not yours — it's the behaviors of the people who you raised you; it's the program you downloaded a long time ago when you were a young child. So think about it — the honeymoon was you and the other person creating from your wishes, dreams and desires. The honeymoon goes away because you start to introduce other grownup thoughts and actions that were never a part of the honeymoon. These were the feelings and behaviors you acquired from your parents and your family, and these behaviors have nothing to do with your present desires or wishes you have created with your newfound love. These deep-rooted, subconscious programs tend to sabotage your present relationship for a variety of reasons but particularly because they are not your creations! We simply press play on the assimilated program and are unable to see what's happening.

So here's an example — I'm in the middle of emailing my coworkers the schedule for tomorrow's jobs. My partner comes up and asks me a simple question while I'm thinking about work. I'm really not even listening and am becoming irritated by the interruption. Because my default, unconscious programing kicks in, without even realizing it (remember, I'm on auto pilot rather than present and conscious), I react from my old program so I snap back with a nasty response. In that moment, my partner is baffled and wonders, "What just happened... who are you?" The conflict is this — I just unconsciously pressed play on my father's program without ever realizing it. So when my partner asks me "Who are you?" I am now on the defensive and I respond with, "what are you talking about... it's you, not me!"

The honeymoon begins to disappear as those unconscious behaviors start to emerge more frequently. This generally occurs after life gets into a routine groove. We start to play more of the behaviors that were never ours in the first place. We just recorded them as children from what we observed and experienced. These behaviors work against the idyllic honeymoon experience. What happens next is you start asking yourself, "How much of this behavior am I willing to tolerate... How much of my partner's behaviors do I accept, being treated in such a hateful way and blaming me for everything?" The more you are willing to accept, the quicker the honeymoon period disappears.

After the honeymoon ends, the relationship may end entirely, then you ask yourself, "What happened... I was living in heaven on earth with this person... it was so beautiful... so wonderful... then it all fell apart." What happened was that when you lived happily in "Bliss-land" being present and conscious was the best place to be. Then real life emerged and your brain went on auto pilot

or into unconscious mode. This caused old programing you absorbed from what you saw as a child to take over and BOOM, the honeymoon period vanished. What occurred was that when the conscious mind became overwhelmed and refocused elsewhere, the deep-rooted behaviors started playing again which caused your relationship to fall apart — and you never even noticed what was happening until it was too late.

Now what do you do?

You have two possibilities, according to Gay and Kathlyn Hendricks' book *Hearts in Harmony*. The unconscious choice is an option. You continue to withhold or withdraw by ignoring, fighting, or blaming. What you are actually doing is shielding yourself to avoid revealing what you are truly feeling. Then comes the projection of your own shortcomings onto your partner, therefore you blame your partner for all of the problems. Your partner now looks like they are in need of a self-improvement project. It's all them, not you. Taking this path ultimately leads to the demise of the relationship. It's impossible to continue the connection when the relationship becomes this broken without both partners willingly changing old patterns and working on themselves and the union.

Please remember, this actually is an unconscious, self-protective position and you are not doing it deliberately, however, it requires deliberate intention to turn this around. Remember, if all you do is just talk to yourself about your unconscious programs, you'll just frustrate yourself even more because you are really talking to a recording.

The second option is "the lasting love choice." This requires a sense of wonder instead of criticism. Instead of withdrawing or blaming, you open up and begin to wonder, "What is it about how I'm interacting through my programming that brought us to this place? What is it about me that makes me difficult to live with?" When there is a sense of wonder or curiosity, it moves you from the unconscious critical brain to the conscious brain.

The willingness to be revealing and vulnerable helps to move into love again. It may seem terrifying to open yourself up in this manner, yet it is so beneficial. You begin to speak from the heart, such as, "I am unsure what to do now... I feel scared... I really

want us to work, yet I'm afraid I'll get hurt... I feel distant from you right now... I don't know how to fix us..." Even though it may seem terrifying to expose your fears to your partner (whom you have been demonizing and blaming for a while), saying what is real for you opens you up to regaining connection. Appreciation is one of the greatest untapped strategies. It opens up the flow of love and connection. It's appreciation of the other person and also of yourself that creates love at a deeper and deeper level.

Touch is powerful. Even a light touch on the back as you walk by stimulates oxytocin, the bonding chemical.

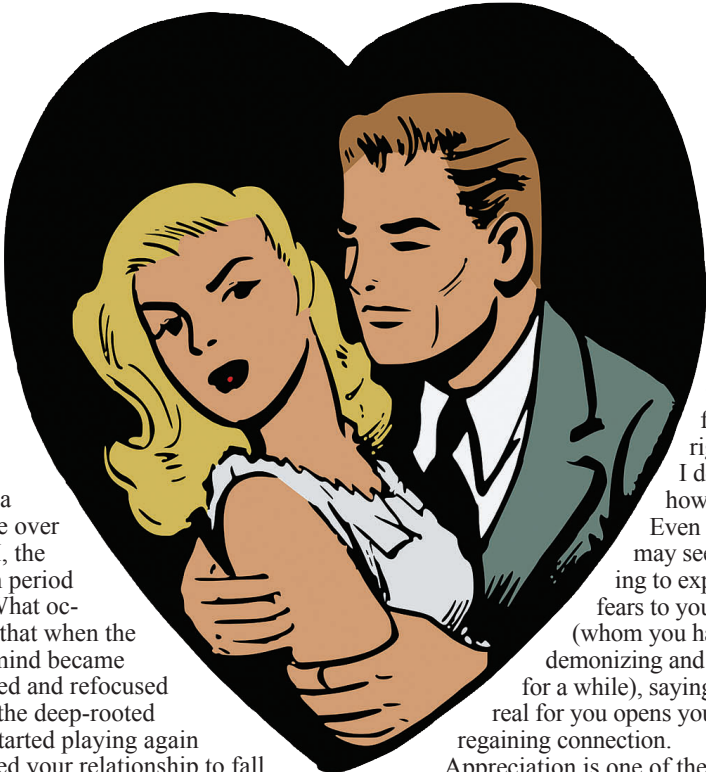
Learn how to be a good listener. Most partners want to know that they are being heard. One way to do this is to repeat back to your mate what you heard them say and then ask them, "Did I get it... is there anything I missed?" This enables you to truly listen to them rather than trying to figure out what response you'll be giving when it's your turn to talk.

As we have discussed in previous articles, staying present and conscious is a requirement to keep you from defaulting to the unconscious programming. Without awareness, nothing can change.

Relating to this article is easy for me because my husband Mark and I experienced the demise of our relationship seven years after it began. We found a competent marriage counselor and fortunately we both were willing to put in the effort to come back from a very dark time. Now here we are, 45 years into our union and I am, once again, living heaven on earth.

Because you did create heaven on earth once, you can get back into that state again. Depending upon which CHOICE you make will bring about the results which will define your relationship.

Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII is the program director of Journeys Counseling Center, Inc. At Journeys we teach you tools, skills and help you discover resources to live the most effective life possible. We guide, support and coach you along the path you desire, to become the best version of yourself. To contact Barbara, call 719-687-6927 (office) or 719-510-1268 (cell).



Geology of Leonardo's Virgin of the Rocks

by Steven Wade Veatch

Leonardo da Vinci (1452-1519), considered to be one of the greatest painters of all time, used his knowledge of geology to inform his art. Leonardo was also noted for his work in sculpture, anatomy, mathematics, architecture, and engineering during the Italian Renaissance (about 1330 to 1450).

From a geological perspective, Leonardo da Vinci's paintings present a realistic portrayal of nature. In his *Virgin of the Rocks* (1483-1486) on display in the Louvre in Paris, the geological accuracy is striking. The painting's subject is both the Virgin and the rocks. The Virgin sits in front of a grotto or cave. Various aspects of the grotto, according to geologist Ann Pizzorusso, "are rendered with astounding geological accuracy. Leonardo has painted a rich earth-scape of rock eroded and sculpted by the active geological forces of wind and water. Most of the rock formations... are weathered sandstone, a sedimentary rock." What looks like basalt, an extrusive igneous rock formed by the cooling of lava, appears above Mary's head and at the top right of the picture. Leonardo even painted the columnar joints formed by the cooling of the rocks. Also, just above her head is a precisely painted seam between the sandstone and igneous formations, and a rock joint runs horizontally to the right of her head. Art historians believe that the landscape in this painting is not an actual place, but one conjured up by Leonardo's experience, understanding of geology, and observation.

A second version of the painting, also called the *Virgin of the Rocks* (1495-1508), is exhibited in the National Gallery in London. This painting fails to depict such a faithful rendering of geology as the one in Paris. Despite decades of analysis by scholars, there are doubts that it is an authentic da Vinci painting, but rather a copy of the original painting by another artist. Leonardo da Vinci was ahead of his time in his understanding of geology, and he meticulously recorded his observations in notebooks and journals. After his death, his notebooks ended up on the bookshelves in libraries and private collections throughout Europe, while other notebooks disappeared into history.

Da Vinci wrote in one of his notebooks, the *Codex Leicester*, about the fossils he found as he walked the countryside. Da Vinci recognized that fossils were the remains of once-living organisms and relics of former times and other worlds — traces of a past hidden to other thinkers of the time. Da Vinci also observed that distinct layers of rocks and fossils covered large areas, and the layers were formed at separate times — not in the single biblical flood. Centuries before Darwin, Leonardo conjectured through his understanding of rocks, fossils, and the slow processes of erosion and deposition that the world is much older than what church fathers proclaimed.

Leonardo da Vinci's observations of fossils found on the tops of mountains wore a



Leonardo da Vinci's *Virgin of the Rocks* (1483-1486). From his studies of geology, Leonardo learned how the Earth works and improved the realism of his paintings. Location: Louvre, Paris. Oil on panel transferred to canvas. Height: 199 cm (78.3 in). Width: 122 cm (48 in). Image is in the public domain.

path through his thoughts. Since fossils are found in the mountains, the surface of the Earth, Leonardo posited, has changed over time. For example, an ancient sea is now dry land. Leonardo concluded that as mountains formed, they lifted marine sediments — carrying fossil-bearing rocks skyward to become mountain peaks. Today, geologists know that tectonic plates and other geological processes form mountains.

In another of his notebooks, the *Codex Arundel*, now housed in the British Library, Leonardo describes graded bedding in layers of sedimentary rocks. He also had a basic understanding of the superposition of rock strata, where the oldest rocks in a sequence of sedimentary rocks are at the bottom. This concept would not be recognized until the second half of the 17th century when Danish geologist Nicolas Steno, carrying the light of learning, took up the subject in 1669, laying the foundation for modern stratigraphy and geological mapping.

Da Vinci never published his theories. He only wrote his observations in his notebooks, which ended up scattered or lost. For more than three hundred years, his notes were not part of the progression of science. It was left for future scientists to rediscover Leonardo's observations on the vastness of geological time, sedimentary layering, and the significance of fossils, and to make these discoveries part of science.

Leonardo da Vinci's endless curiosity and boundless creativity made him the quintessential Renaissance man. He was a keen observer of nature whose interest led him to paint nature not only beautifully, but accurately.



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Jodi, and her assistant

Tonna Regester

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Jodi and Tonna know that the purpose of a good activities program is to provide mental and physical stimulation for the residents. With an age range of at least 60 years, encompassing all levels of physical and mental capabilities, this is not a "one size fits all" program. Jodi and Tonna are always prepared to respond to impromptu requests or one-on-one needs.

If a group says "Hey, we want to play bingo," then out come the bingo sheets. If some want to bake brownies, it doesn't matter if it is on the schedule or not. On the other hand, if there is a need to take a person to the store individually, that is accommodated. Perhaps someone is confined to their bed for a short time, Jodi and Tonna find something to do to spend time with them in their room.

Here, Jodi and Tonna, along with the rest of the Care Center staff, consider themselves to be part of a family - the family that calls this place home. The foundation of the Activities program is simply this: we are here to share in each other's lives. That simple effort is the greatest gift you can give to those who live here.

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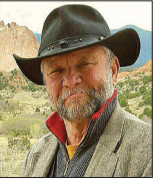
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Driven by a Passion

To read the best books!

by Ron Cook

My mother used to say in her later years, “Life is short. I don’t buy green bananas.” With a virtual limitless number of good books, yet a rather limited amount of time, how do we pick the best books to read? This is a question that might lead some people to wonder how they should choose the books they read, but there is a way to answer this question to each individual’s personal satisfaction.

The desire to read is a wonderful thing, in my opinion. Most people do read something on a daily basis whether that be their email, a text, the newspaper, information at work, or a recipe for meatloaf. The practice of sitting down to read a good book for relaxation, or entertainment seems to be lessening in our modern-day fast-paced lives. We may sit down to watch television or scroll through our phones but reading seems to be fading as a daily habit. How do we go about choosing books to read if we are so inclined?

We have talked about the helpful reasons for reading in past columns. One new reason is that we are in an age where people are living longer. Maintaining the health of our brains involves diet, exercise, and mental stimulation. We find special games and activities on the internet, in magazines, and newspapers that help this active stimulation as we age. Reading is one of the best ways to do this. So, a question remains: do we want to stay in good mental health? The first thing to do in choosing a book to read is to identify our interests.

I can’t answer for you, but I will share with you what my interests have been over the years. Your interests will follow their own course, and that is the most important direction for you.

One of the things I know about myself is that I do not pay attention to what does not interest me. I find that a book needs to catch my attention. I will only continue past the first chapter if it interests me or if I know the author and will give him or her the benefit of the doubt. Once I have decided to read this book, I decide to carve out some time each day to read. The place, the light, and the quiet are all important. Maybe just quiet instrumental music will be okay, otherwise it needs to be quiet. I also have recognized that I can only really concentrate on one executive higher-functioning activity at one time. Conversations, verbal music, radio, and television are all distractions. Good reading takes my complete attention.

Okay, now how do we determine what to read? Because my background includes teaching, psychology, history, spirituality,

and politics, my interests are along these lines. For fun and entertainment, I have read a lot of James Patterson. He has written many fun books including series on his favorite detective Alex Cross, and the Women’s Murder Club. Another fun thing about Patterson books is that he usually keeps chapters to three pages. That makes me feel like I’m moving through the book rapidly! Just fun.

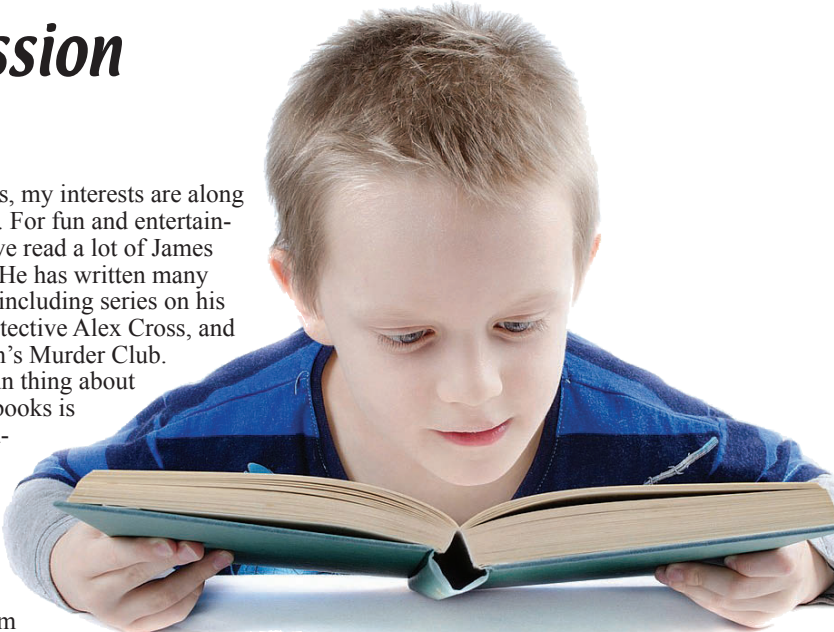
Another author I found recently for fun is John Grissom. His books often cover legal topics with rich stories woven throughout the book. He writes about the South, history, and complicated themes as well. Some of his books have become films.

I enjoy well written historical books that are fiction or nonfiction. James Michener has written some of my favorites: *Centennial* — an archeological, geographical, sociological history of Colorado; *Texas* — a fun history of the Lone Star state with a family story thread; *Mexico* — an engrossing history which follows a bull-fighting match.

The practice of sitting down to read a good book for relaxation, or entertainment seems to be lessening in our modern-day fast-paced lives.

I enjoy reading the lives of authors and well-known people. It’s interesting reading how these people made life choices. One summer I read a biography of Ernest Hemingway and several of his books. James Steinbeck had an interesting life (*Travels With Charlie* is my favorite). I have also read the lives of Gandhi, Oprah, Augustine, Saint Theresa, Robert, John and John Jr. Kennedy, Mozart, George Herbert Bush, Barack Obama, and others.

Psychology has been an interest of mine since college years. Back in the 1960s, we



had theories that have come to fruition in current times. Piaget has greatly influenced education. Carl Jung planted the seeds for quantum psychology. Carl Rogers made client-centered counseling popular. I finished my Master’s program about eight years ago. The textbooks were online, but I bought most of them for my library. Resource material is not meant to be read like a novel. I like to pick it up and read a chapter at a time.

Self-help books and spirituality readings are a good way to start or end my day. Richard Rohr, Henri Nouwen, Eckhart Tolle and others have written books I find uplifting and fun. Richard Rohr is a modern-day Franciscan Priest with lots of inclusive eclectic spirituality in his books. One of Richard’s books, *Breathing Underwater*, discusses the major impact the AA program and its *Big Book* has had on American life. “AA is perhaps the most important movement in spirituality in this country,” Richard has said.

Up here in the mountains radio reception is spotty. I like to listen to books on tape while I drive. I probably have listened to as many books on tape as I have physically read in the past few years. It’s fun to listen to the author’s voice interpreting their own words. Tom Brokaw has written several books that he also reads. His low gravelly voice gives color and texture to his stories. Dick Cavett also tells a great story from his years in talk show.

To summarize, first decide where your interests lie. Next begin your search for books, books on tape or even online. Remember the library is free and librarians are awesome help! Carve out time in your day to read (30 minutes to an hour). Find a comfortable, well-lit, quiet place to read. Enjoy!

Thanks for reading!

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Trooper Tips

Semi-truck safety

by Trooper Gary Cutler

When looking at driving safety in our state, it has to be looked at from every angle. This month, I want to talk about driving on the road with semi-trucks. A semi with a trailer is approximately 70’ on average. Think of that as having a 6 story building going down the highway. They are big, bulky, and slow to stop and take up a lot of room when changing direction. Drivers making an error in judgement around semis or a semi driver making an error in judgement around cars can have serious to fatal consequences.

All it takes is a little pre-planning on both the semi driver and the driver’s in other smaller vehicles to make sure a crash doesn’t happen. By this I mean have a plan for the unexpected. Don’t follow too closely, in case the other vehicle has to stop quickly and without notice. Know the stopping distance of your vehicle at highway speeds. Since cars have different mass, the best average stopping distance for a regular sized vehicle I can give you is the following. A car going 65 mph on a flat asphalt road is approximately 400 feet. This also includes reaction time prior to hitting the brake. Compare that to a fully loaded semi-truck with a gross vehicle weight of up to 80,000 pounds, going just 55 mph, has a stopping distance of 100 yards; that’s the length of a football field. As far as following distances go, the way I teach this is the 2 second rule. To figure that out, pick a spot on the roadway ahead of you and the car in front of you. Once the car in front of you goes by the object count to 2 by counting 1001, 1002. You should reach 2 prior to your car passing the object the other car passed.

Drivers in cars and trucks need to make sure to give semi’s plenty of space when merging in front of them or you may have it sitting on top of your car. For the semi

It takes a lot of space to maneuver these rigs and to get one going can take some time.

driver, make sure you are checking and continue to re-check your mirrors when making those lane changes. Smaller cars and trucks can easily hide in those blind spots.

Just because you are big, doesn’t mean you don’t have to give the right of way to other vehicles. Make sure your right of way is free of other traffic prior to merging or turning onto a roadway. On the other side, please give semi’s a break when they are trying to merge or make turns. It takes a lot of space to maneuver these rigs and to get one going can take some time.

In areas where there is heavy semi traffic, try to avoid the area if possible to reduce your chance of having a crash with one of them. If you drive the semi, try to make sure you don’t get in a small convoy with other semis so you can give the smaller and often local traffic a break.

By being courteous to one another on the roadways, we can eliminate crashes that involve semi-trucks with other vehicles. Try and put yourself in the other person’s vehicle and think about what they would like from you so they can get where they are going, just as they can try to help you get to your destination.

Lastly, in case anyone has forgotten the other big one, here is a reminder: blinkers, blinkers, blinkers.

Remember, these tips are good to pass along to the younger drivers in your life. Please spread the word.

As always, safe travels!

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Woman: Chapter 4

Chapter 3 appeared in May 2018's issue, on pages 14 & 15.

by Danielle Dellinger

Sam could only hear what was going on around him, his vision compromised once again. Metal scraped against the ground. "Zander!" he called out. "Is that you? Zander?"

No one answered. "Anyone?"

"Shut up, bot!" someone nearby snapped. Sam's internal sensors were alarming loudly, warning that his body had been heavily damaged. The blast must have been a big one. Suddenly, Sam was grabbed by the arm and pulled roughly.

This person didn't care that Sam was hitting every rock, hole, and piece of debris.

"Hey! Let me go! You're hurting me!" Sam shouted, knowing it was futile. He had to try something, though. But he was right. It was futile. This person didn't stop or respond.

Jaynee sped through the base's gate and screeched to a stop, feet away from the chaotic scene. She saw Sam being dragged toward a trailer, and a group of soldiers were huddled around a pile of rubble. They looked to be scavenging for something.

She hopped out and raced toward them. "Stop right there! That robot is not yours to deal with!" She'd almost called Zander "property," and it made her sick to her stomach. She was not that person. She didn't own anyone. "And you," she pointed at the soldier dragging Sam, "let go of him! Both of them are with me."

Not surprisingly, no one listened to her. Which left her with no other choice. She pulled out her gun. "Stop, or I will shoot!" she ordered, keeping the gun pointed at the ground.

Now she had their attention. They all ceased what they were doing and raised their hands, even the one dragging Sam. "Good. Back away and drop whatever you have in your hands and pockets."

Slowly, each of them complied. But, there was one who had shifty eyes and looked close to bolting.

Jaynee raised her gun partway. "You. Don't even think it. If you run, you will be stealing from me and these robots."

He looked her right in the eyes and then took off.

Something came over her and she raised the gun and fired a shot into his leg. The bullet nearly grazed him, but somehow it managed to make a connection with the back of his upper thigh.

"Good show, Jaynee. Didn't think you had it in you," said the general, walking out of the shadows and over to the injured soldier.

"You would've done the same thing if

someone was wrongfully stealing from you." "True. But I shoot to kill." His voice was cold and dead.

"Can we end this? I'd like to leave with Zander and Sam."

"You mean whatever's left of them?" He'd walked up to the rubble pile, and he kicked away part of what looked like Zander's leg.

Jaynee felt bile rise in her throat, and she almost heaved.

"You can leave with your bots if you give me the software that I want. Seems like a fair trade to me."

Jaynee looked over

Even if I do belong to you, technically, and you're so good and caring, but I'm tired. I'm tired of it all."

She had not been prepared for such a response. "Sam... I had no idea you felt that way. Well, I knew some of it, but not this part."

"You have my permission to take me out, drive included. Destroy it. Burn it all down."

Jaynee swallowed, her finger over the button to eject his drive. She hesitated. "Can I bring you back?"

There was a long pause. She already knew the answer. She knew he wouldn't change his mind.

"No. Don't."

He said it with such a forceful finality. Jaynee sniffled, her eyes cloudy with tears. "Sam—"

"Please respect my wishes, Jaynee." A breath.

"Please." All she heard in his voice was suffering and agony. He was begging to be put out of his misery.

Her finger slid down to a tiny yellow button. She pushed it. "Goodbye, Sam," she whispered, getting to her feet as smoke billowed out of his seams.

"What did you do?" belated the general as Sam went into convulsions.

A fresh smell of burning wires filled the air.

Jaynee moved away while the general dashed to Sam. "It's useless," she said, barely able to get out her words.

The general cursed up a storm as he watched Sam's body melt as if acid had been poured over him. Meanwhile, Jaynee went to Zander, and found his head and torso still functional.

"Did Sam really end it?" his voice warbled.

"Yes," she said, kneeling by him and cradling his head. She looked him over. "I guess you're back to you because of a glitch. The killswitch should've taken you out like I just did to Sam."

"Activate it anyway?"

"What?" She stared at him. "Really, you too?"

"Sam was right. I don't want to be property, and I always would be no matter what," he added, seeing her expression. "You're a fantastically powerful woman, Jaynee. That's what makes you so great. Thank you for all that you've given me, but I'm done, too. Please."

The tears slid down her cheeks. "I'm sorry I caused you both so much hurt and pain."

"You didn't. You're not capable of that. Well, except for the guy you shot."

She laughed weakly, sadly.

"The world just isn't ready for AI, and it may never be. And that's okay."

She sighed and rolled him onto his side, his back panel falling open at will and revealing the tiny yellow button. "Zander, thank you for all that you did for me today. You were a true perfect romantic companion."

"As were you, Jaynee. Our time was short, but your heart is big. You'll find your person. I just know it."

Jaynee choked back a sob, a hand over her mouth. She pushed the button. Smoke billowed and he convulsed as his wires short-circuited and melted.

When it was all over, there were two piles of twisted and warped debris, all that remained of Sam and Zander. The cops arrived and an investigation began.

The sun had already been set for an hour by the time Jaynee returned to the office building. Becki greeted her with a hug and some tea. She took the tea and went into her office, the door closing behind her. The vibe was different. It was lonely. Empty.

She sat at her desk, but didn't open or touch anything, not even her tea.

Her eyes drifted to the vacant charging station outside her office. In her mind she could still see Sam standing at the station, working or charging up. It amazed her how much

she missed him already.

A soft exhale escaped her lips. Then she got up and went down to the basement where her lab was. For some reason she paused at the door, hesitating to enter the code. After a minute she punched it in.

The stillness of the lab freaked her out. Her body told her to run away as fast as possible, but she forced herself to step inside and go over to the chair Zander had sat in to become a drone. She lowered herself into the seat she'd used during the procedure. It hadn't even been a full day without Zander and Sam.

After a moment, she pulled out a set of keys and unlocked the bottom desk drawer, removing a small box from it. Inside were two small, delicate computer chips. She stared at them for a long time, her thoughts in turmoil. What she was thinking went against everything they had asked of her, particularly Sam. But she was a creator, one that strived to move forward with her work.

She finally pulled out the chip labeled SAM 1.0, and went over to the touch screen table, where she pushed the chip into the port. When the option came up to open the folder on the chip, her finger hovered as she hesitated. She tapped YES. Another window popped up, asking to confirm opening the file of Sam's consciousness. Again she

paused, but again she tapped YES.

There was a loud ping, and a pixelated head appeared in the middle of the air in front of her, hovering above the table.

"Jaynee..." A sigh. "What are you doing?"

She avoided his gaze. "I just can't abandon you, Sam."

"It's not abandonment if I give you permission to destroy me and go on with your life." She raised her eyes to face him.

"I can't just let you go, is what I really meant to say. You and I have come so far. We've made so many advances for the tech world. That can't just all be gone after today."

Sam looked around the lab, then down at the table. "Wait a minute. I don't have a body. What is this? What'd you do to me?"

"I've been downloading your consciousness to a backup drive. A scheduled backup was conducted the night of our date."

He stared at her with blank eyes. "Explain in more detail, please."

"Well, there is a supercomputer at IBM called Blue Gene, which has the successful processing power of a brain with 1.6 billion neurons, which is equal to a cat brain for the number of neurons alone. But despite this supercomputer running

cause you're a sentient being, then I'd bargain that yes, you do. Just in a different way. Or maybe not.

Which brings me back to the original question of helping me with the downloading consciousness research. It would help humans and AI robots alike. Yes, there are pros and cons. But there always are."

Sam was quiet a moment. "The thing is, I wanted to take our relationship to a more personal one. You know that, hence the date we went on. If I were to agree to be rebuilt, we'd be taking a step back with our relationship. I really want to be with you romantically, Jaynee. Do you want that too?"

She paused. "Yes. But can't we have it all?"

To be continued...

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"Personhood," he said quickly. "Guaranteed personhood. I want the rights you have. I don't want to be seen as property."

"Sam, look at me."

He reluctantly turned back around.

"You know that even now, this far away from when slavery was abolished, there are those who still see people of color as lesser than, as property. There are people who think slavery was a good thing. Those people are wrong, because taking away free will of another person is deplorable. I'm sorry, but I can't guarantee you personhood. I wish I could."

"Then why bring me back against my will at all?"

She shook her head. "We didn't get a chance to talk in depth about your decision because of where we were and the pressure we were under, so I just wanted to bring you back to have a proper conversation. I mean, I don't know if there's an afterlife for AI robots. I would assume so because you're made of energy as well, just differently from humans, so your energy might have to go somewhere just like that of humans. So, technically, I could've gotten some ghost hunting equipment to communicate with you, but our conversation wouldn't have been this detailed, I'm sure."

She smirked up at him. "Does that answer your question?"

"No, because humans technically have souls comprised of energy. Do we robots have souls?"

"Well, be-

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Reiki Heaven and Earth Angels are God’s messengers - part I

by Olga Daich

According to Wikipedia, “An angel is generally a supernatural being found in various religions and mythologies. In Abrahamic religions and Zoroastrianism, angels are often depicted as benevolent celestial beings who act as intermediaries between God or Heaven and Humanity.”

Most of us associate the word angel with a spiritual or celestial being as well as a celestial messenger.

I am by no means an expert on this matter but I can say by experiences that I do believe in them.

I know angels are watching over us, I know they are very close to us. Some people ask me how to get in contact with their angels. I try to explain that angels carry a high energy frequency. They won’t lower their own vibration to reach you. You must raise your own vibration frequency if you want to reach different realms, out of this 3D physical world. However, I believe there must be times when they are allowed to contact us when a lesson is needed in order to keep us on the right path. I will explain this with a couple of my stories.

I met Betty (fictional name) when she came to my clinic for a physical therapy treatment. She was a very nice and sweet woman. It was easy to make a connection with her. She became more than a patient. We spend time talking and getting to know each other between her treatments. Betty had to receive physical therapy treatment on a regular basis due to a chronic pain in her knees. I met her enough to say that she was a religious and spiritual woman with a warm heart. Being a spiritual person doesn’t keep us away from our human struggles. Times will come when our faith can be tested in ways that we may not expect. That time came for her one day while she was working at her clothing store. She shared with me what happened that day.

Betty didn’t own the place where her business was operating. Every month she had to pay the rent. She was having a hard time with her business. The rent was due that day and she didn’t have money to pay it. In her mind there was not even a tiny chance that she could pay her rent.

She was feeling overwhelmed not just because of that but because of additional financial difficulties. Betty told me how she felt disappointed and how her heart was in emotional pain because she felt that God had forgotten her. She describes to me her conversation with God, “You forgot about me, I have always had Faith in you but not anymore. Why did you abandon me in this moment of difficulty? This is a moment when I most need you but you are not with me.”

While she was complaining in her heart, somebody came through the store’s door. Betty described him as a young man. He said to her, “Hi Betty.” She said, “Hi.” The young

man told her that he wanted to buy some pants and shirts. Betty showed him where pants and shirts were. The young man started picking some pants and shirt from the shelves and gave them to Betty. She asked him, “Do you want to try them on?” He said, “No, there is no need for that.”

Betty went to the cash register to get the total sale amount to him. The young man got a lot of clothing so Betty knew it will be a great sale. What surprised her was that the total sale amount was exactly what she needed to pay her rent; no more no less. She expected him to ask for a discount (very Latin custom) but he didn’t ask for that. He pulled out of his pocket the cash to pay for his clothing. Then he started moving toward the door.

It was at that moment that Betty recalled that he greeted her by her name when he came to the store. She thought that he may be somebody who she met before and she just didn’t remember him. Betty asked him, “Excuse me, did we met before?” His answer was, “No Betty, you don’t recognize me anymore.”

My sweet friend was in tears when she finished telling me her story. She knew this angel was sent to her as a reminder of her faith. This beautiful true story put my friend back on the right path. She had no doubts about who this young man was. Some readers could think this was just a coincidence. I would say it was synchronicity. From my personal point of view synchronicity is one of the ways in which God manifests his will.

Another story to relate about angels as a messenger happened to a very close relative.

He is one of the most beautiful souls I had the honor to meet in this life. Anthony (fictional name) was very close to getting his engineering degree. His financial situation was extreme difficult. He was trying to get his degree and find a job as soon as possible. Anthony was living in a different country than my family and I. A month or so before he finished his degree he applied for a job in the country where we were living. He got a call for an interview but he needed to travel from one country to the other to get his interview.

Traveling would cost him money that he barely had. Anthony was able to pull some money together, just enough to go to the interview and come back. The job interview went well but the company told him they may contact him for a second interview.

He bought his bus ticket and headed back to his country. When he was ready to cross the border, an old lady came to him and asked if he could help her with some money for her bus ticket. She told Anthony that she needed to go back to the city where her family was but she didn’t have enough money to buy her bus ticket. Anthony told her that he didn’t have money but this old lady persisted in ask-



ing if he could help her. Anthony asked her how much money she needed and she told him the price of the bus ticket. It was exactly the same amount of money that he had in his pockets; again, no more no less. He gave the old lady all the money that he had left.

Anthony’s life changed in amazing and beautiful ways. I got a phone call from the company as Anthony left my phone number as a contact. The man on the phone told me that they wanted to have Anthony for a second interview. I was very glad to hear that but I knew he didn’t have the money to pay for his bus ticket again. I decided to be honest with the man and told him Anthony may not have the money for the bus ticket. His reply was, “We will pay all his expenses; the company will purchase the plane ticket for him.”

I also told him that Anthony was trying to finish his last classes to get his degree and I wasn’t sure when he may be able to travel again. I was told, “He can choose the date; we are willing to wait for him since he could be a potential fit for our company.”

He got the second interview and the job! I truly believe he was and still is blessed from that day. His generosity is present in his heart yet today.

Anthony is such a special person, he has wonderful qualities that I wish all human beings would have (including myself). Of all the men in this world he is my hero, my example to follow, a truly blessing to our family.

I know this old lady was a messenger. How many times has our faith been tested? What about our capacity for compassion, love, patience, tolerance? Does the lector recall a moment when you didn’t help the weaker, when you decided, “This is not my business?” Yep, most of us have been there.

There is always an opportunity to do good, always a chance to help somebody else; somebody that may not be your relative or friend. Can you create an act of kindness that will change your own life or another’s life? It is worth it to think about that. Who knows, one day you may have an angel knocking on your door.

Namaste.

For more information on the Reiki Heaven and Earth workshop, Reiki appointment or Reiki training please contact me by email: olgacely@hotmail.com or text: 801-628-9273.



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Growing Ideas Pass the asparagus please!

by Karen Anderson “The Plant Lady”

June greetings gardening friends. Hoping your gardening season is off to a great start and will continue to be a wonderful source of enjoyment and production for you as the summer progresses. This month, I would like to share what I know to be true about growing asparagus in our high-altitude region. Some of us love this veggie and some of us not so much, my hubby being the latter. If asparagus is one of your favorites, then I would encourage you to ‘give it a go’ in your garden this year.

Asparagus (*Asparagus officinalis*) is derived from the Greek word meaning to swell or be ripe and has been a known food in Europe for more than 2,000 years. It has been grown in this country since colonial days and lucky for us, grows well in high-altitude conditions.

Asparagus is a hardy sustainable perennial food crop, and in my experience proves to me that it is right up there with rhubarb and horseradish as far as a dependability in a mountain home garden. For me, there is great pleasure in the harvesting of luscious, delicious and nutritious early spears in the established asparagus bed. If you would like to give it a whirl in your garden space, here are a few tips to help you get started.

I was able to grab a few bags of Non-GMO asparagus roots at the Tractor Supply Store in Woodland Park in mid-May, each bag containing 4-6 crowns. You may wish to order on line or research other resources. It is my understanding that Mary Washington’s (slender and tender shoots) and Jersey Knights (thicker spears) are the most favorable varieties for planting in high altitudes. Both are disease resistant and have many health benefits.

“Spring being a tough act to follow, God invented June.”

— Al Berstein

Early spring planting, when the soil is workable and fairly warm is advised. You may consider hastening the soil warming process by laying lengths of black plastic on the garden bed for a week or two before planting your roots.

Choosing a location site for an asparagus patch is extremely important and I suggest a super sunny spot, preferably along a south facing wall if possible. Wherever you end up planting, you will need a fence or trellis to tie up the asparagus ferns as they grow very tall and will need support throughout the summer months and into the fall season. More info on this later in the article.

This vegetable crop grows best with a Ph level between 6.0 and 8.0. The soil will need to be rich with humus, well-rotted manure and/or compost, but also well-draining as root rot can occur if crowns are too wet for long periods of time. Incorporating some sand or perlite into the soil will help to create a well-drained bed. This is especially important if you have a heavy clay content in your area. With careful preparation and faithful maintenance, you may expect your asparagus bed to keep producing for many years to come, possibly 25 or more.

After choosing your site for your permanent asparagus bed, the next step is study the directions that come with your selection of roots and crowns. We may need to tweak them a little bit considering our respective altitudes. My gardens are grown at 9,000 ft. and I have had good results with the following proce-

dures.

A day before the actual planting, you will want to hydrate the roots in some water to give them a good healthy start. This year, I am going to experiment by adding a smidgen of root stimulator to the water as the roots are soaking.

Dig a trench about 12 inches deep and in the bottom of the trench, place a 3 inch layer of mature compost or manure. Cultivate these important amendments into the trench so that they are well mixed. I like to make a mound of soil where each crown is to be placed, about 18 inches apart, with the roots spreading out and over the mound. If you are planning more than one row, they should not be closer than 4 ft. from the first. Cover the roots with 3-4 inches of good soil and mulch well with some broken down straw. Once growth appears, add another 3-4” of soil and another thin layer of mulch. Keep watering, knowing that the bed has good drainage.

Please do not harvest any spears the first year, allowing them to go to the fern stage which will be a source of food supply for next year’s harvest. The ferns will grow tall quite quickly and this is when you will want to have a support trellis so they do not bend and break. They are very attractive throughout the season and will eventually brown out and die back in the fall.

Female asparagus plants will produce little red berries which are the seed pods for reproduction. If you wish, you may collect them or allow them to fall into the garden bed and possibly reseed themselves.

Cut back the ferns after they have completed their cycle of summer life and add to your compost pile after shredding or simply lay them on top of the bed for winter mulch. It is important to keep amending the asparagus bed every year in the fall or the spring with a layer of rich organic matter for the production of more spears each growing season.

In the second year, you may harvest a few more spears than in the first, cutting each one about two inches from the ground, but always leave at least one per plant to go to the fern stage. Harvesting will increase as the patch becomes more and more established each year. You will need to keep a close eye on the shoots when they begin to emerge and harvest when the spears are about 8-10 inches tall, as they tend to grow quite rapidly. I call it a ‘quick pick’ as within a few days, it could be too late and the shoots will become ‘woody’ and then begin to fern out.

Asparagus is an early spring crop and the time for harvesting can be usually be expected during the month of May and into the first weeks of June in our community areas.

Wishing you the best of luck if you choose to make asparagus a long-lasting crop in your garden.

As always, I am here to help and coach you through the gardening season. You may reach me at 719-748-3521 or by E-mail at plantladyspeaks@gmail.com to make arrangements to visit Paradise Gardens.

Native aspen trees are still available through the month of June and hardy perennials as well as native bushes can be purchased at Mountain Naturals in Woodland Park, the Outpost Feed Store in Florissant or you can contact me for more options. Until next time, happy gardening and many blessings to all.

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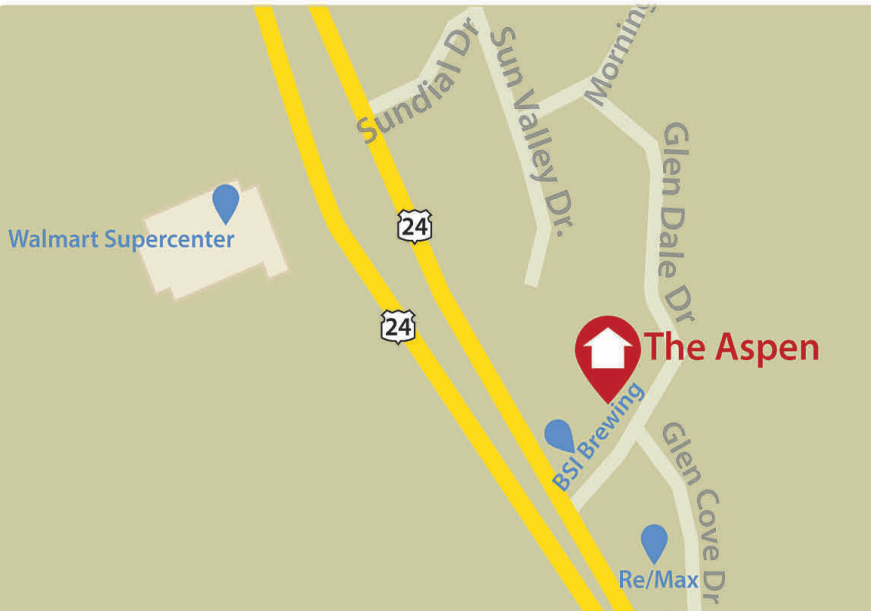
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One Nation Walking Together

Chickasaw Don – the Marlboro Man

by Urban Turzi as told by Don Anderson

Have you ever met someone and held them in such high esteem that you thought their life story would make a great book or movie script? It is almost like bestowing hero status on an acquaintance. Well I have a number of folks, family and friends, I consider heroes but only one of which I feel whose life journey is worthy of sharing with others.



My hero is now 92 years of age. He was born on November 2, 1926 in Colorado Springs at Bethel Hospital, now called Memorial Hospital but he was conceived in Ada, Oklahoma. He makes a point of telling you when his mother was pregnant with him, she was a teenager and not wed to his father. To keep the pregnancy a secret, his mother and grandmother came to Colorado Springs for the mother's "health." "I was a mistake," he states with a gleam in his bright blue eyes.

His family didn't want him so the doctor who assisted with his delivery knew of a widow in a local Methodist church who was wanting to foster an infant. Don lived as a foster child in Mrs. Richert's home for 18 years and he considers that to be a blessing. His foster mother did laundry and cleaning, so he grew up poor as Donald Dean Richert. He didn't know anything about his background until he went into the Merchant Marines.

Don attended Garfield and Columbia grade schools, North Junior High and Main (now Palmer) High School, all in Colorado Springs. "I really didn't apply myself at any grade level and really didn't care for school. However, I consider my high school days as some of the best days of my life." In his school year book, Don was voted the *Most Original*. He worked his senior year with the building of Camp Carson but had to skip his last class to work there. He also delivered the local paper.

He did these jobs so he could afford a car. His first car was a '32 Ford coupe which cost him \$165. "Back then most students didn't have cars."

He was a loner as a teenager as friends didn't come to his home either because his Mom was strict or there was a stigma associated with being a foster child. His one true friendship started in second grade and lasted until four years ago with the passing of his school chum.

His entrepreneurial lifestyle started in high school when he recruited other students to sell magazines. He used gas rationing stamps to allow himself the luxury of driving his car to the Broadmoor Hotel for his summer job as a life guard. He formed a barber shop quartet named the *Sunshine Boys* and they entertained the troops at Camp Carson during his Junior and Senior year. He started a youth program called

DeMolay which was a secret society of the Masons. No matter what he was doing, his goal was always to enjoy what he was doing.

"The only male in my life that was like a father figure to me was Garry Berry. He was my mentor in high school and he made me his 'assistant' coach. He was a master with the bull whip. He would have me hold something in my mouth or a hand and crack the whip. Coach Berry was inducted into the Colorado High School Coaches Association's Hall of Fame in 1975 and the Colorado Springs School District 11 football stadium is named after him, that is Garry Barry stadium."

"After graduating from high school, I wanted to join the Air Force but I was rejected because of poor eye sight. I passed the physical for the Navy but joined the Merchant Marines. To join the military, I needed my birth certificate which my Mom gave me. It was then I found out I was a foster child and this really perplexed me and I had to now get use to my last name being Anderson. I was and still am proud of the lady who raised me. She died at the age of 85 and all the good in my life I owe to her." Don stated with a bit of mist in his eyes. With the prospect of going into the military because of WWII, he joined the Merchant Marines because he couldn't pass the physical for the Air Force. While on duty in the Atlantic he was constantly fearful that a Nazi U-boat torpedo would hit his vessel and this was his initial calling to God as he prayed for safe journeys on the high seas."

With his discharge from the Merchant Marines, which gave him full status as a combat veteran, he came back to Colorado and was employed by Colorado Interstate Gas (CIG) company located in Pueblo. Trouble was he was living in Colorado Springs and so he had to get up at 4 a.m. and hitch hike 45 miles to Pueblo every day... quite the grueling task.

While at CIG he was employed as a gas accountant. He was sent to Oklahoma City to do some temporary work there for the company. Now Oklahoma City was but 90 miles from the home of his birth family, in Ada, Oklahoma. So, one day he took the afternoon off from work and travelled to the big city via bus. He found out where his "family" lived and strolled nervously up to the front door and tepidly knocked. A lady named Mrs. Statler answered the door and he said, "Hi, I am your grandson Donald." She said, "Come in" and they sat and chatted for about 20 minutes. "I could tell she was nervous as can be and then my Mom came into the room and with a similar introduction I found her equally nervous. I was questioned if I had talked to anyone in town about our relationship and when I replied I had not I was bluntly told not to do so. I tried to find out about the status of my Dad, Ben Arid Anderson, but to no avail. Later on, I found out he had passed away, but I did manage to find his grave."

"While employed at CIG, I also washed and waxed cars at night to make a little extra money, and I started a janitorial service. Then the war in Korea began and I was called up into the US Army as I had joined the National Guard prior to this. I started as a letter carrier but attained the rank of Sergeant Major. As a Sergeant Major I was sent to Camp Lee in Louisiana and was in charge of training the troops in 1952. After the war, I worked at the Dog Track in Colo-

rado Springs as a ticket seller and as a clerk at the airplane hangar which is now a bunch of businesses around Fillmore and Nevada Avenues in Colorado Springs... There was even a dirt airfield at that location."

In the early 1960s, skiing was becoming very popular, so Don saw this as a potential way to get into another line of work. He bought surplus Army skis from the Army training division at Camp Hale on Tennessee Pass, the current ski area known as Cooper Hill. He opened a "ski shop" in an old garage near the Colorado College campus. He borrowed \$200 on his life insurance policy and with those funds he purchased pairs of worthless skis from Lorig's Sporting Goods Store and was so successful that the second ski season he added ski sweaters, caps, ski pants and boots and ski waxes and had added 10 brands of skis. The third year he opened a third garage adjacent to the original garage and added more rental ski equipment and had more of an inventory than his rival, Blick's Sporting Goods, and all the other sporting/ski goods shops in town. Don called his place of business "The Ski Shop" and it is still located on South Tejon Street in the Springs.

With the success of this venture he left CIG. In 1990, the Broadmoor Hotel opened a ski lift operation on Cheyenne Mountain on the southwest end of town. He got the job of managing the ski school there. In 1990, he moved The Ski Shop to South Tejon Street and it is still there after 65 years. *Sport Age* magazine sent a writer to do an article on Skiing and the next year the Broadmoor Hotel sold him their ski operation for \$10,000 and he did "good" with that venture. He is considered a pioneer in Southern Colorado for the ski programs he started as the director of the Broadmoor Ski School in 1963. Colorado Springs had two ski clubs which formed in 1963, "And I was the president of one of them, the Snow Jets. These clubs only accepted military personnel into their organizations."

"I suppose the most enjoyable work I was exposed to was the time I spent ranching in Oklahoma. I started with a 160-acre spread which grew over time to 900. It was a beautiful place outside of Ada, which was and still is the home of the Chickasaw people. It was a working ranch but I took clients there to do some filming and shooting commercials. After a while I acquired another 750 acres to grow hay to feed the 200-225 mother cows as I sold the calves. It was very hot work in the Oklahoma summers."

To be continued...



Chickasaw Don Anderson

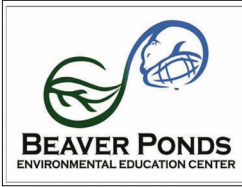
Sustaining craftiness

by Eric Chatt, N.D.

Some people feel the need to make things, to work on things, to create objects or to cultivate plants with intention. There has been a co-evolution after all, between human activities and behavior with the natural world. What I notice is that making a great moving meditation to counteract the busier parts of the day. Exercise can be fun when your mind, body, and spirit have the opportunity to dance! Sustain your craftiness!

When discussing the forest at Beaver Ponds Environmental Educational Center, I often ask people what do you think the Ute Indians saw when they look into the forest? As I continue to learn about the forest and the life inhabiting the vast ecological niches, my perspective of what to do with the resources and materials available evolves over time. We have crafted tinctures, soaps, balms, food, furniture, fiber art, yarn, caramel, and other items utilizing local sources of ingredients with nearly every hands-on project. Two of our favorite volunteers took a class and built two wooden/fiberglass canoes in 11 days! Inspiring to say the least. My point is that we often overlook what creative potential lies in our own backyards and within us as individuals.

In Sweden there is a phrase *Int' oslög* that means "not uncrafty." In his book *Slöjd* in wood, author Jogge Sundqvist taps into something that resonates with many craft-people today. In the forward he describes "in an increasingly complex and global society, it is important for an individual to experience an integrated work process from raw material to finished product". Making things and doing things with our hands, minds, and bodies is deeply stamped into our genetic code. Not being uncrafty, in fact



may help you with your own health as well as decreasing your carbon footprint.

Knives to carve and whittle, hatchets and axes, adzes, froes, handsaws, hammers, mallets, punches, planes, spoon knives, drawknives, spokeshaves, shave-things with my hands and with hand tools is a great moving meditation to counteract the busier parts of the day. People have a need to use their hands and their minds in a way that utilizes creativity and problem solving. This is a different type of exercise with the maker and consumer of the product both deriving a different connection with the product or materials.

What is Slöjd? The term is derived from the word slög, which means ingenious, clever and artful. According to Jogge Sundqvist, Slöjd is notably developed within a tradition 1) with responsibility and control for production from maker to user 2) with hand tools and intuitive skills 3) with resource efficiency through recycling 4) with a personal expression. Makers are their own designers in the slöjd tradition and many other traditions. Have fun!

Now when I look at the forest I see food, medicines, spoons, spatulas, butter spreaders, benches, chairs, bowls, baskets, tools, and more. It is a joy to make something from scratch and to include your own creative twist. This includes gardening as an art. The micro-life in the soil, foods, medicines, the branches to make coat hangers, the trunks to make a bowl, spoons, pegboards, jewelry racks, chairs, benches, artistic carving, the list of our creative impact can be so long. Using our imagination, local materials, our bodies, minds, and souls, we can enjoy decreasing our carbon footprint while expressing our creativity with nature. Check our website at beaverponds.org for ongoing classes and activities.

Busy whitewater rafting season!

Whitewater rafting and kayaking enthusiasts, who make the Arkansas River one of the most popular whitewater rivers in the nation, received good news this week from the U.S. Bureau of Reclamation (BOR), which manages flows in the river.

The BOR released its May forecast regarding the availability of water for the Voluntary Flow Management Program (VFMP) in the Arkansas River for the upcoming whitewater season and projected a minimum of 10,000 acre feet of water will be available for recreational purposes.

The 27-year-old VFMP is overseen by the Southeastern Colorado Water Conservancy District, which can ask the BOR to release up to 10,000+ acre feet of water during the summer months.

The availability of the 10,000+ acre feet of VFMP water should help maintain flows of at least 700 cubic feet per second (cfs) from July 1 to Aug. 15, the peak of the summer vacation season. At 700 cfs, the river would have enough volume to ensure plenty of exciting whitewater rapids for both adrenaline junkies and those seeking a family adventure.

"This is great news after a winter where much of the state experienced lower-than-average snowfall and snowpack," said Rob White, park manager for Colorado Parks and Wildlife's Arkansas Headwaters Recreation Area (AHRA).

"Luckily, the Upper Arkansas River Valley and the Fryngpan-Arkansas Project area received some of the best snow in the state. This means there should be plenty of water for rafters, kayakers, anglers and all the people

who enjoy the Arkansas River," White said. "It should be a great summer on the river."

Last year, close to 50 different commercial outfitters along the Arkansas River provided life long memories for over 225,000 guests who plunged down the Arkansas Rivers' mild-to-wild rapids from just below



Leadville, through Pine Creek, the Numbers, Browns Canyon National Monument, Big-horn Sheep Canyon and the Royal Gorge. The AHRA is recognized as one of the nation's most popular river-based recreation areas. The Arkansas River — one of the most commercially rafted rivers in the U.S. — also boasts a world class fishery featuring 102 miles of Gold Medal Water, which provides an excellent opportunity for anglers to test their skills at catching both brown and rainbow trout.

AHRA visitors also enjoy camping, hiking, picnicking, wildlife watching, mountain biking, OHV opportunities, rock climbing and even gold panning along the river's shores, deep canyons, broad valleys and towering mountain peaks found within the upper Arkansas River Valley.

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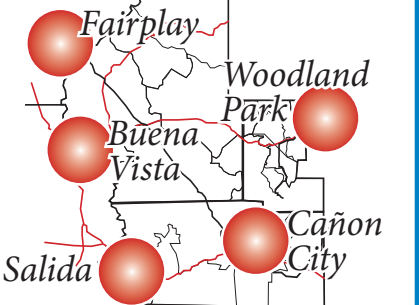
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Rustique Treasures

by Flip Boettcher
photo by Flip Boettcher

The newest antique store to open in Florence is Rustique Treasures, located at 122 East Main Street, in a building recently purchased by Kathryn and Roger Duncan. The store opened Mother's Day weekend. Kathryn has always been artistic, said Roger, which she attributes to her mother and grandmother. Kathryn loves to take old worn out, broken, discarded pieces of furniture and give them a new home and new life with a twist. In 2015, Kathryn finished a couple of pieces of furniture just for fun and Roger thought that they were so good that he leased a space for her at the American Classics Marketplace in Colorado Springs while Kathryn was out of town. This became a new career for Kathryn and within two years she was unable to keep pieces in stock and needed more room to work. While they were working on getting the new store opened, people would stop by and see something Kathryn was working on and want to buy it before it was even finished, she said. Most of the old furniture was much better made and had "character," she said.



Kathryn Duncan in her new shop in Florence, Rustique Treasures at 122 East Main Street, with some of the furniture she has restored.

The Duncan's have been married for 27 years and have a son who is 22 years old and a daughter 26 years old. The Duncan's have always loved Florence and opening the store gave them an excuse to move there. The Duncan's believe that Florence is a growing town and is becoming an end destination for people looking for unique, interesting pieces for their homes, they said. The Duncan's hope to be a part of that growth.

Guffey Heritage Day and Chicken Rodeo

by Flip Boettcher
photo by Flip Boettcher

The annual Guffey Heritage Day and Chicken Rodeo is slowly becoming a Guffey tradition after only four years. This year the event will be held on Saturday, June 30 from 10 a.m. to 3 p.m. with other events and live music continuing on into the afternoon and evening. Admission to Heritage Day is free for the entire family. There are lots of things to do for kids of all ages. Especially for the kids, there will be carnival games, Wishing Star Farms petting zoo and pony rides (donations welcome), chicken roping, and chicken penning. For those a little older, there is the chicken drop; pick your lucky numbers.

The Gold Canyon Gunfighters will be putting on two exhibitions at 10:30 a.m. and 1 p.m., and there will be gold panning on Main Street. A silent, fundraising auction is planned from 10 a.m. to 2 p.m. with auction items on display at the Chicken Coop information booth on Main Street. Arts and crafts vendor booths will be lining Main Street. The Guffey Community Charter School is hosting a Chicken Wing Cook-Off from 11 a.m. to 12 p.m. at the school with all proceeds going to the school. Sack races and the chicken rodeo will be from 12:30 p.m. to 2 p.m. at The Bakery on Main Street. From 10 a.m. to 2 p.m. there will be a Veterans Outreach Meet and Greet at the community center. All day 10 a.m. to 3 p.m. there will be artist's demonstrations at Strictly Guffey and the library will be having a book and bake sale from 11 a.m. to 4 p.m. At 3 p.m., the library is also hosting the tale of "Soapy Smith" by entertainer Mark Strivings. Soapy, a renowned con artist in the late 1800s, was even in Cripple Creek. The fire department auxiliary is having an ice cream social from 10 a.m. to 4 p.m. at the fire department on Saturday and a garage sale



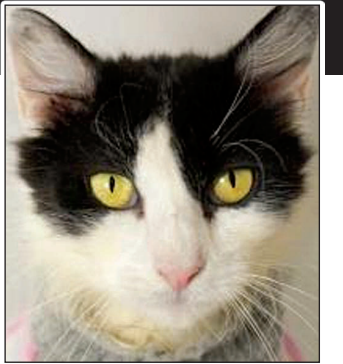
The Heritage Day greeter and announcer on Main Street looking north at the 2016 Guffey Heritage Day and Chicken Rodeo.

Saturday and Sunday from 10 a.m. to 4 p.m. All the proceeds will benefit the fire department. All the restaurants are featuring special events throughout the day. The Bakery at Strictly Guffey will have a special menu from 7 a.m. to 5 p.m. The Rolling Thunder Cloud Café will have a special menu from 8 a.m. to 5 p.m., music by local musicians throughout the day, and an Antique Wagon Photo opportunity. There will be a practice Karaoke Contest at the Bull Moose Restaurant & Bar hosted by Piz and Pitbull from 10 a.m. to 12:30 p.m., with the actual Karaoke Contest 1 p.m. to 2 p.m. for youths and adults. From 5 p.m. to 9 p.m. the Bull Moose will have live music with "Foggiest Notion." Transportation around town from 12 p.m. to 3 p.m. will be the little yellow Guffey school bus. A schedule of events can be found at the Chicken Coop information booth on Main Street. So, plan on spending a great day in the mountains at the Guffey Heritage Day and Chicken Rodeo to help kick-off your July 4th celebrations.

Adopt Me by TCRAS

Amora

This pretty lady came to TCRAS from Texas. She is such a sweetheart! She loves attention and is also playful. Please come in and visit with her; she would love to meet you. TCRAS is located at 308 Weaverville Road in Divide and our phone is 719-686-7707. This space donated by the Ute Country News to promote shelter animal adoption.



Peak Astronomy Tips Pondering the planets

by Chad Mello

June holds wonderful opportunities to view several planets that shine at their brightest this year, and these planets promise to dazzle people of all ages. With the warmer air finally settling in, being outside after dark is actually quite enjoyable, which means we get to spend more time under the stars! First, let's ask ourselves: what exactly makes planets different from the rest of the night sky's shiny jewels? Well, the ancient Greeks observed thousands of years ago that most of the stars seemed to have fixed positions in the sky when compared to a handful of other stars.

It was noted that there were some celestial bodies that clearly changed their positions in relation to the stars, as well as to each other; they seemed to "wander" among the fixed stars. At the time, these wandering stars consisted only of Mercury, Venus, Mars, Jupiter and Saturn. The Greeks chose to call these wanderers *planetai*, which means "wandering stars," which also serves as the base to the English word *planet*. Unlike the ancient Greeks of the period, we now understand that these planets "wander" across the sky because they, like our own planet Earth, revolve around the sun. We are particularly interested in observing four of these wanderers this month.

Firstly, you'll find Venus sparkling brightly over the mountains in the western sky around sunset. For most of the month, Venus will follow the sun below the horizon in about two hours' time. As the month progresses, Venus will actually become a bit brighter. In the early part of June, this gem will be dancing with the Gemini, twins just to the left and below the bright twinkling of stars Pollux and Castor. By the 19th, Venus will be keeping company in the outskirts of Cancer just before sunset.

Saturn will be at *opposition* (opposite the sun) later this month, which means it will be visible throughout the entire night for all of July and most of August. Saturn will be very bright this month, increasing in brightness as it approaches opposition. The ringed planet will begin its nighttime trek in early June, shining brightly in the southeast around 10:30 p.m., just over the horizon. Throughout the night, Saturn will climb southward, and will be high to the south by 3:30 a.m. As the month progresses, Saturn will make its appearance earlier in the twilight sky. On the 27th, Saturn will be at opposition to the sun, and will begin to rise in the southeast around 8:30 p.m. It will remain out until dawn, setting at around 5:30 a.m. in the southwest.

Anyone who views Saturn for the first time through his or her own eyes will simply be blown away. It's one of the most truly amazing sights you'll ever witness in your life, and you'll remember it forever.

To our mortal eyes, Saturn appears as a bright orange/yellow star. A good set of 10x50mm binoculars will enhance its color, as well as reveal its brightest nearby moon, *Titan*. However, if you *really* want to see Saturn, you'll need a telescope. Currently, its rings are tilted towards earth at 25.7 degrees to our line of sight — almost the maximum possible! You don't need much magnification, and 30x will allow you to see the rings quite nicely. Anyone who views Saturn for the first time through his or her own eyes will simply be blown away. It's one of the most truly amazing sights you'll ever witness in your life, and you'll remember it

forever. If you boost the magnification up 60x or more, you should be able to see a dark split between the inner and outer rings. This is known as the Cassini Division, or Cassini's Split (see Figure 1).

Saturn's rings are made up of debris tracks containing particles of dust, ice, and rock. This debris is quite reflective and does a good job of bouncing the sun's light back our way; that's why we can easily see the rings from Earth. The Cassini Division is the most notable through small scopes, but there are smaller divisions that may only be seen through very large scopes. Why these divisions, or "gaps" in the rings? The short answer is that Saturn's rings are affected by several of its 62 moons orbiting around it. As these moons rotate around Saturn, their gravity "tugs" on both Saturn and the debris in its rings, causing some of the debris to be pulled outward, separated from the rest, and settling towards the outer region of Saturn's gravitational field.

Jupiter will be out all night this month, from dusk to dawn in the region of Libra. It starts out high in the southeast and climbs to its highest point by 11 p.m. As the month nears its end, Jupiter will reach its highpoint by 9 p.m. Jupiter is now passed its *perigee*, as it was closest to the earth on May 10th; however, it's still excellent for viewing this month. I mentioned this in April, but it's



Figure 2: Jupiter through a telescope (around 75x) and three of its four Galilean moons. If you squint, you'll notice the red spot just below the second equatorial belt, to the right of center. © Sky & Telescope

worth repeating here... a simple pair of 7x50 or 10x50 binoculars will allow you to catch a glimpse of Jupiter's largest jewel-like moons.

These moons are referred to as the *Galilean moons*, as Galileo was the first to observe them with a very small refractor telescope some 400 years ago. Hold your binoculars steadily and give yourself some time to make out between two and four sparkling moons on either side of Jupiter's (tiny) yellow disk. It will take some practice to hold your binoculars without shaking too badly. If you have a small camera tripod and an adapter for your binoculars, you will have a very nice setup for viewing without the shakes. A small telescope (70mm-90mm) with a magnification of 60x or more, will allow you to see, not only the Galilean moons more clearly, but also Jupiter's large *equatorial belts* (see Figure 2). These belts appear as two brown horizontal bands that span the planet's surface from one side to the other. If you're lucky enough, you'll also see Jupiter's *Great Red Spot*.

Because Jupiter, like all planets, is constantly spinning on its axis, the red spot comes and goes around the planet. To see it, you will need to know *when* to look for it; this is called the spot's *transit time*. This signature red spot has dimmed over the years, but it's still quite visible. Visit this website for transit times in 2018; select the month for a list of times: https://www.projectpluto.com/jeve_grs.htm#jun. Keep in mind that the transit times on the website are listed in universal time (UT), so let TimeBie.com do the conversion for you: <http://www.timebie.com/timezone/utcmt.php>. **Notice of correction:** In April's article, I mistakenly stated that April 7th was Jupiter's perigee. I would've been correct, if the year had been 2017! Of course, perigee for Jupiter was on May 10th this year.

In 2003, Mars made its closest approach to the earth in 60,000 years! Mars has not been as close or as bright since; however, this year Mars will take center stage once again. It will



Figure 1: Saturn through a telescope in June. Magnified around 75x. We see how Saturn's rings are tilted towards us. Also, notice the thin, dark separation between the inner and outer rings; this is the Cassini Division.

not shine as brightly as it did in 2003, but nearly so. Alas, this won't happen for almost another two months, and we will be discussing more details next month. In the meantime, Mars continues to get closer and brighter to earth every day and will dramatically brighten over the next seven weeks. This month, Mars begins rising in the east/southeast around midnight, reaching its highest point in the sky close to 5 a.m. By month's end, Mars makes it appearance on the celestial stage earlier, at around 10:30 p.m., and climbing to its highest point in the south by 3:15 a.m.

We will witness an interesting phenomenon

the Latin word *retrogrades*, or a "backward-step." Ancient astronomers also noticed this curious phenomenon occurring with several planets, like Mercury and Saturn. Of course, the astronomers of old thought the earth was at the center of everything, so explaining this motion was fairly complicated.

It wasn't until the 15th century that we began to gain an understanding into what was really happening — when we realized that we, and all other planets, were moving around the sun. This changed our perspective on things, including how planets move relative to each other. Basically, retrograde motion is an illusion brought on by the fact that all the planets in the solar system are moving at different speeds. Basically, the inner planets move around the sun more quickly than the outer planets. So, as earth rounds a corner at a certain juncture relative to another planet (like Mars), from our vantage point, that planet will appear to move in reverse relative to our motion. It can be difficult to "read" about retrograde motion. It's far easier to understand through illustration. This youtube.com video does a great job of illustrating this concept: https://www.youtube.com/watch?v=72FrZz_zJFU.

This year is the year of the planets, and this month is especially good for viewing Jupiter and Saturn. Please make an effort to see these two planets, preferably using binoculars or a telescope. If you don't own an optical instrument, or don't know how to use it, try checking out the Colorado Springs Astronomical Society (CSAS): <http://csastro.org>. CSAS has regular events throughout the year that are open to the public. Some of these events include telescopes that are setup for you to look through. Go to their website and peruse the events and calendar... you might even consider joining. Belonging to an astronomy club is one of the most effective ways to grow your knowledge and love for the cosmos. Until next month, keep looking up!

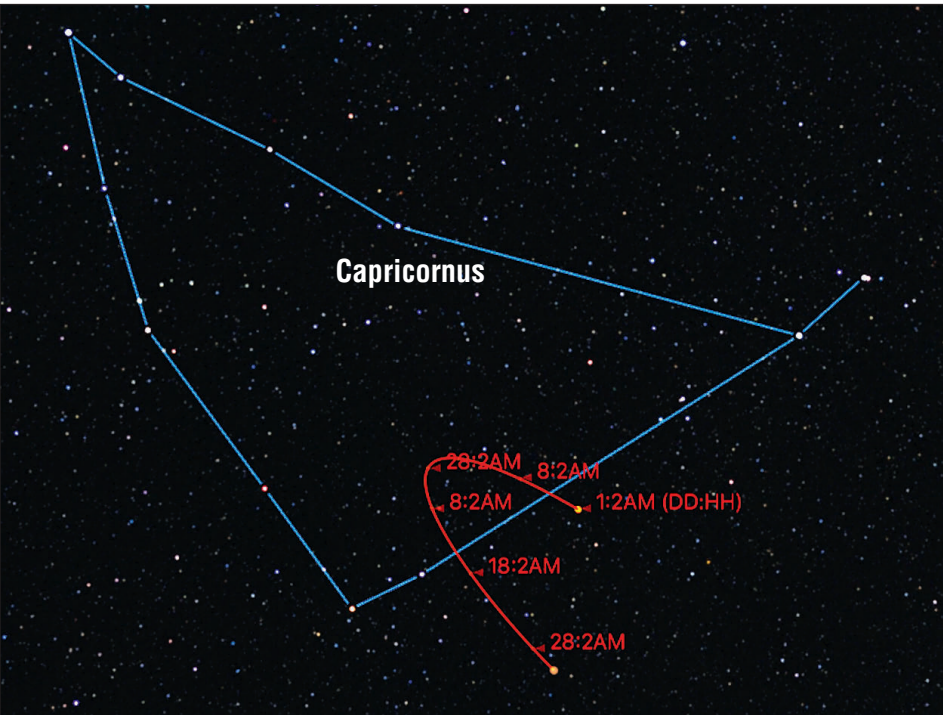


Figure 3: Mars' path (in red) through Capricornus from June 01 (starting from right, moving left) to July 31 (ending outside and below Capricornus, continuing downwards to the right).

Volunteers Needed!

Castle 10K and 5K open water swims July 8

by Terri Walters

On Sunday July 8, 50 swimmers will jump into the chilly waters of Wellington Lake near Bailey, Colorado to participate in the Castle 10K and 5K Open Water Swims. The event is hosted by Air Force Aquatics Masters and is sanctioned by United States Masters Swimming. The races will be contested on a 2.5K loop course with the 10K athletes completing four laps and the 5K athletes doing two laps. Non-wetsuit and wetsuit options are available for both distances. The 10K open water swim is considered a demanding test of endurance, similar to running a 26.2 mile marathon. It became an Olympic sport at the Beijing Games in 2008 with the gold medal winners, both male and female, completing the course in just under two hours. Craig Frederiksen, from Illinois, won the

2017 Castle 10K (non-wetsuit division) with a time of 2:21.23 while Sarah Thomas of Conifer, CO was the first place female with a time of 2:37.40. Just one month later, Sarah became the first athlete to complete a century swim in Lake Champlain, Vermont and New York by covering 104.6 miles in 67 hours and 16 minutes! In the 10K wetsuit division, Paul Cording and Anna Newman were the overall winners. Bill Brackett and Kathy Garnier were the winners of the 5K non-wetsuit swim while Wray Weinrich took the top spot in the 5K wetsuit division. To be successful in open water swim-

ming, athletes must spend considerable time training on sighting, drafting, adapting to cold water and proper nutrition in order to overcome the challenges of swimming in



nature. The organizer of the Castle Open Water Swims recommends that entrants are able to complete 85% of the race distance in an open water setting of similar water temperature before attempting the event. That translates to being able to swim 8.5K for the 10K and 4.25K for the 5K.

Large buoys are placed along the course to guide the athletes through each loop. Swimmers sight on the buoys by lifting their heads up during a stroke to see where they are going and make directional adjustments to stay on course. Sun glare and water conditions can make the buoys difficult to see, which can lead to slower times and greater distance covered. In 2016, the first year of the race, massive winds were so strong that they moved the buoys on the course causing athletes to rely on landmarks along the lake for navigation. The second year of the event was a beautiful sunny day with a light breeze so there were minimal issues with sighting.

Open water swimmers can draft off each other to reduce drag and conserve energy, which will help the trailing athlete go faster with less effort. The most strategic drafting location for the second athlete is in the wake of the lead swimmer between their hips and ankles, just off to one side. Another benefit to drafting is that the trailing athlete does not need to disrupt their stroke in order to sight on the buoys; they simply watch the swimmer in front and follow them around the course.

Open water swims can occur in water temperatures as low as 53 degrees in comparison to the typical recreation pool at 82-84 degrees. Air temperature must also be taken into consideration to prevent hypothermia, a deadly condition where the body temperature drops below 95 degrees. Water temperature on race day is expected to be between 68 and 72 degrees so non-wetsuit and wetsuit categories are offered. Wetsuits provide buoyancy and warmth which allow an athlete to swim more efficiently than those without, creating a need for the separate divisions.

Athletes must take in calories during these long swims to maintain energy levels and regulate body temperature. The race organization will place a feeding platform in the lake that athletes access as they swim by. The swimmers will provide their own drink and food to consume during the race as nutritional needs are very specific to each athlete. They practice feeding while training to find what their body is able to tolerate during a race and what will fuel them to the finish line. Come on out to Wellington Lake on Sunday July 8 to catch all the action, the race starts at 8:30 a.m. Athlete check-in begins at 7:15 a.m. with the safety briefing for all participants at 8 a.m.

Volunteers are critical to the success of this event so if you are interested in supporting, please contact the race organizer at dksjreeder@gmail.com. Opportunities are available during athlete check-in or by providing course support via a kayak, canoe or stand-up paddle board. There is no deadline to sign up by so bring the family along to enjoy the many recreational activities available at Wellington Lake after the race.

For more information <https://castlemountainrec.com/>

HRRMC what's new in June

HRRMC Auxiliary hosts annual BBQ fundraiser

Heart of the Rockies Regional Medical Center's Auxiliary will host their annual barbecue fundraiser on Thursday, June 7, from 5-7 p.m. at the Poncha Springs Town Hall, 330 Burnett Ave. Tickets are \$15 for adults and \$7.50 for children ages 5-10. The barbecue is free for children under 5. Hunger Junction will cater BBQ chicken and pulled pork. The Auxiliary will provide homemade side dishes and desserts. The town hall is handicap accessible, and a park is available for children to play. A silent auction will be held with all proceeds supporting the Auxiliary scholarship program and helping to purchase hospital equipment. Call Foundation Director Kimla Robinson at 719-530-2218 with any questions.

HRRMC Foundation receives donation

Heart of the Rockies Regional Medical Center Foundation recently received a check for \$410 from XI Epsilon Delta dedicated to HRRMC Oncology Department. Donations to the Oncology Department help patients purchase wigs, gas vouchers and lymphedema sleeves.



Pictured (L to R) are Oncology nurse Laurie Merrell, XI Epsilon Delta member Tangie Granzella, Specialty Clinic Manager Jirina Myers and Foundation Director Kimla Robinson.

HRRMC lab recognized for service excellence

Heart of the Rockies Regional Medical Center's main laboratory has been awarded accreditation by the College of American Pathologists (CAP), based on the results of a recent on-site inspection. The CAP Laboratory Accreditation Program is recognized by the federal government as being equal to or more stringent than the government's own inspection program. CAP-accredited hospitals are surveyed every two years by CAP inspectors. HRRMC has been a CAP-accredited facility since 1984. HRRMC Lab Director Amy Muller, M.D., was notified of the national recognition and commended for the excellence of the

services being provided. "The lab and pathology team is a very dedicated group of individuals," said Dr. Muller. "We are very excited about offering the community additional services such as direct access lab testing and working with the many new specialists on our medical staff." During the CAP accreditation process, inspectors examine the lab's records and quality-control of procedures for the preceding two years. CAP inspectors also review lab-staff qualifications, lab equipment, facilities, safety program and record, and the overall management of the lab. The CAP inspection program is designed to ensure the highest standard of care for all lab patients.

Neurologist joins HRRMC

Christopher Williams, D.O., M.P.H., a board-certified neurologist who specializes in neurophysiology and sleep medicine, has joined the medical staff at Heart of the Rockies Regional Medical Center. Dr. Williams will team up with Dr. Yvonne Rollins in the HRRMC Neurology and Sleep Medicine practice. He will oversee sleep studies at the Salida hospital; read and interpret electroencephalograms (EEGs); and provide general neurology services, including treatment for epilepsy. Before joining HRRMC, Dr. Williams worked as a neurologist and clinical neurophysiologist at Memorial Hospital in Colorado Springs. He retired from the U.S. Air Force in 2010 after serving for 22 years. His military experience included commanding a combat hospital in Iraq and serving as a squadron flight surgeon during Operation Desert Shield. Dr. Williams earned his osteopathic medical degree from Oklahoma State University Center for Health Sciences. He completed a residency in aerospace/occupational medicine at the U.S. Air Force School of Aerospace Medicine in Texas, and a residency in neurology at the Wilford Hall U.S. Air Force Medical Center in Texas.

Following his residency, Dr. Williams completed a fellowship in clinical neurophysiology at the University of Texas Health Sciences Center in San Antonio. Neurophysiology is the study of the functioning of the nervous system. He also earned a master's degree in public health from Harvard University. He is board certified in clinical neurophysiology, neurology, sleep medicine, occupational medicine and aerospace medicine. Dr. Williams is a member of the American Academy of Neurology. He currently serves as an aviation neurology special consultant to the Federal Air Surgeon in the Federal Aviation Administration (FAA), and has been recognized twice as a "Top Doc" by *Colorado Springs Style Magazine*. To make an appointment with Dr. Williams at the HRRMC Medical Clinics in Salida, call 719-530-2000.

Guffey rocks!

From mineral strike to meteor strike

Come and discover the geological, historical, and cultural wonders of Guffey, as local resident, Steven Veatch presents at the Pikes Peak Historical Society June Chautauqua. Guffey is a quiet Park County hamlet that sits at the foot of a nest of ancient volcanoes. Learn about prehistoric eruptions of molten lava, hissing springs, and spewing vents. Enjoy a breathtaking virtual tour of old mines, secret hollows, and sweeping landscapes. Hear the story about the town's namesake and his oil company. See photos of the picturesque buildings that remain today. Top off the afternoon by learning about Guffey's forgotten meteor strike. Discover Guffey while you enjoy this image-rich lecture that will stay with you long after the day is over. Steven Veatch was born in Denver and grew up in the Pikes Peak region. His family came to Cripple Creek in the 1890s from England and worked in the district's mines for over 40 years. The other side of his family established a ranch in the wilderness

near Boulder in 1865. Veatch has an MA in Business Management and an M.S. in Earth Science. He served in the Navy Reserves for 16 years. Veatch is well known to Colorado geologists and nature enthusiasts for his articles, papers, workshops, and classes on Earth science and writing. He is a member of the Board of Trustees for the Western Museum of Mining and Industry in Colorado Springs. The Pikes Peak Historical Society invites you to learn more about the history and geology of Guffey at the PPHS monthly Chautauqua on Sunday, June 24 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 in partnership with the Rampart Library District. 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.

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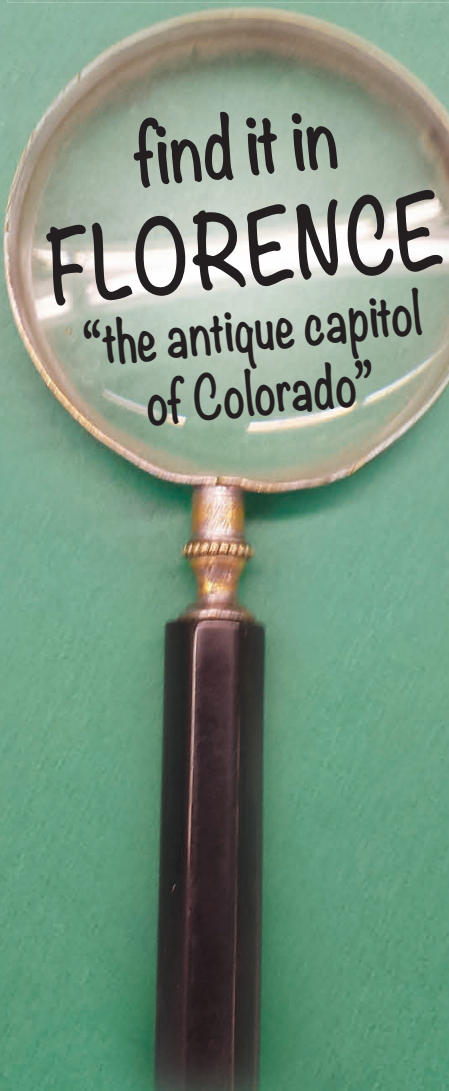
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Mueller State Park

Fairy slippers to salamanders, nature is beautiful and fascinating at Muller State Park in summer. Flowers are blooming, birds are singing and baby animals are born every day! Witness these delights on a guided hike or interpretive program this month. Naturalists and volunteers at Mueller love to share the wonder and science of all the living things at the park. Programs in June will highlight local wildlife, favorite flowers, unique features and local history at the park.

Choose from the many types of programs offered including guided hikes, children's programs, evening amphitheater programs, moon gazing, bird watching, fly fishing, archery and much more! We're excited about several new, history programs coming up! Learn about "Prayer Trees" or Culturally Modified Trees with John Anderson, then take a hike to see one! Hear about the Pony Express and Cattle Drives that helped shape the west with Ken Valles. Also, we're continuing our Thursday night history series with Paul Thies about explorers, military, fur trade, mining and railroads in the Pikes Peak region!

- 1 Hike: Calypso Orchids meet at Visitor Center 9 a.m.
- 1 Touch Table: Meet a tiger salamander 2-4 p.m.
- 2 Hike: Elk Meadow to Murphy's Cut 8:30 a.m.
- 2 Hike: Bird Walk meet at Elk Meadow Trailhead 8:30 a.m.
- 2 Amphitheater: History of Muller 8 p.m.
- 4 Walk: Trees of Mueller/Wapiti Trail meet at Visitor Center 2 p.m.
- 6 Touch Table: Horns and Antlers 2-3 p.m.
- 7 Ecology Hike meet at Visitor Center 9:30 a.m.
- 7 Amphitheater: History of Early Explorers & Military in the Pikes Peak Region 8:30 p.m.
- 8 Hike: Rock Pond meet at Visitor Center patio 8:30 a.m.
- 8 Hike: Cahill Cabin meet at Grouse Mountain Trailhead 10 a.m.
- 8 Archery for beginners meet at Dragonfly Pond 2 p.m.
- 8 Amphitheater: Animal Trivia 8:30 p.m.
- 9 Fly Fishing for beginners meet at Dragonfly Pond Parking Lot 2 p.m.
- 9 Amphitheater: Pony Express & Cattle Drives 7 p.m.
- 10 Hike: Lost Pond/Gear Pond 9 a.m.
- 10 Hike: Elk Brain Teaser Hike meet at Visitor Center 1 p.m.
- 11 Hike: Dynamite Cabin meet at Grouse Mountain Trailhead 2 p.m.
- 11 Amphitheater: Animals of Mueller 8:30 p.m.

Judy Sprague wins 7th Annual Valley Visions art exhibit

Salida artist Judy Sprague was the top People's Choice Award winner of Salida's 7th Annual "Valley Visions" art exhibition. Sprague received over \$350 in cash and merchandise prizes for her painting, "Buffalo Soldier."

More than 220 people filled the Steam-Plant Annex throughout the evening for a first look at Salida's biggest art show, sponsored by Salida Council for the Arts (SCFTA). The non-juried annual event features new works by forty established and emerging area painters, sculptors, fiber artists, and photographers.

People's Choice Award winners this year were:
1st Judy Sprague, "Buffalo Soldier" — pastel
2nd Mary Hansen Wolfe, "Full Day on the Farm" — watercolor
3rd Richard Smith, "Dark Reef and Lost Horizon" — digital print
4th Jennifer Price, "Window to the Woods" — wire and frame
5th Denise Micciche, "Transitions" — wood block print

Winners of the coveted Valley Visions Awards received over \$1,300 in cash and merchandise prizes contributed by more than thirty local business sponsors.

Proceeds from the show's voluntary admission donations help fund the SCFTA's visual and performing arts scholarships for local high school students. This year's open-

- 12 Hike: Buffalo Rock meet at Grouse Mountain Trailhead 8 a.m.
- 12 Pond Safari meet at Dragonfly Pond 10 a.m.
- 13 Touch Table: Skins and Skulls 2-3 p.m.
- 14 Hike: Cahill Cabin meet at Grouse Mountain Trailhead 9:15 a.m.
- 14 Amphitheater: History of Fur Trade in the Pikes Peak Region 8:30 p.m.
- 15 Walk: School Pond Wildflowers meet 9 a.m.
- 16 Hike: Cheesman Ranch meet at Grouse Mountain Trailhead 8:30 a.m.
- 16 Children's Program: Black Bears meet at Camper Services Building 2 p.m.
- 16 Amphitheater: Predator Prowlers 7 p.m.
- 18 Hike: Osborn Homestead meet at Black Bear Trailhead 9:30 a.m.
- 19 Hike: Mash-up Hike meet at Outlook Ridge Trailhead 8 a.m.
- 20 Hike: Elk Meadow Loop 9 a.m.
- 20 Touch Table: Trees 2-3 p.m.
- 21 Touch Table: Mule Deer 12-2 p.m.
- 21 Amphitheater: History of Mining in the Pikes Peak Region 8:30 p.m.
- 23 Outdoor Skills Day 10-3 p.m. The biggest day of fun all summer!
- 24 Hike: School Pond 9 a.m.
- 24 Amphitheater: Elk and Deer of Mueller 7 p.m.
- 25 Hike: Bird Walk meet at Elk Meadow Trailhead 8:30 a.m.
- 26 Hike: Cheesman Ranch meet at Grouse Mountain Trailhead 9:30 a.m.
- 27 Hike: Tiger Salamander meet at Lost Pond Trailhead 9 a.m.
- 27 Amphitheater: Moon Talk — part I meet at Visitor Center patio 7 p.m.
- 27 Amphitheater: Moon Talk — part II meet at Visitor Center patio 8 p.m.
- 28 Hike: Osborn Cabin meet at Black bear Trailhead 9:15 a.m.
- 28 Archery for beginners meet at Dragonfly Pond parking lot 2 p.m.
- 28 Amphitheater: History of Railroads in the Pikes Peak Region 8:30 p.m.
- 29 Hike: Rock Pond meet at Visitor Center 9:30 a.m.
- 30 Hike: Nobel Cabin meet at Black Bear Trailhead 8:30 a.m.
- 30 Auditorium: Prayer Trees 1:30 p.m.
- 30 Hike: Prayer Trees meet at School Pond 3 p.m.
- 30 Amphitheater: Beaver Builders 7 p.m.

Meet at same location listed unless otherwise specified. All Touch Tables at Visitor Center. Find us at the Woodland Park Farmer's Market on June 15! FMI: 719-687-2366.



Artist Judy Sprague, left, with SteamPlant staffer Toni Carpenter, who purchased Judy's winning painting at the Valley Visions art show opening. Judy's pastel "Buffalo Soldier" won the show's top People's Choice Award, and over \$350 in prizes donated by local businesses. Photo by Cheryl Tischer.

ing night crowd raised a new record total of over \$1,400 for future scholarship winners.

Grand opening patrons wine and dined on a lavish spread of gourmet hors d'oeuvres, enjoyed music by guitarist Red Tischer; voted for their favorite entry; and carried off assorted door prizes. Several also took the opportunity to purchase a chosen work of art at special exhibit prices.

Obituary

Marvin William Hankins

Marvin William Hankins (Marv) was 62 years old when he passed away on April 30th, 2018 in his garage at home. He spent the last thirty-plus years in the city of Woodland Park, CO, and started payment on a house in 1992. Marvin's death was caused by numerous Pulmonary Micro Emboli throughout his lungs and a large Pulmonary Embolism in his upper-right lung (small blood clots and a large blood clot which started as Deep Vein Thrombosis in his right leg), also known as "Saddle-block Thrombosis."

Marvin was born in northern California on June 18th, 1955 to William Boyd Hankins and Ruth Josephine Tandy. He had 11 siblings including Wayne Mott, Leonard Mott Sr., and Ruby Kahciamat — to name a few. He would often tell the story of how his 11 siblings and him would wrap their arms around the trunk of a redwood tree, finger-tip to finger-tip, and still not make it all the way around its base. He was very proud of where he came from, and of his Native American heritage.

Approximately 13 years ago, some neighbors moved in next door to Marvin, and had become very close friends with him over the years. Frank and Katy Connor became a pivotal anchor for him, spending as much time with him as they could. His long-time best friend, John Webster, was with him for over 30 years and remained by his side in happy and difficult times. Marvin always referred to John as his "brother" and believed that until the day he passed. He married Laura Marie Walker in the 1990s, and they had a child together by the name of Krystal Gean Hankins in 1994. Tragically, in 1998, Laura passed unexpectedly and left her daughter and husband behind.

Marvin had several jobs in his life, from a military mechanic, to a mechanic for the Bureau of Reclamation in Texas. He loved working on cars and could fix anything that was dropped in his driveway. He was working on a 1992 Jeep Cherokee Laredo for his daughter's graduation present just moments before he passed. It gives his surviving family comfort to know he died doing the thing he loved to do most. He was the tough mechanic that wouldn't quit on a project, even when his knuckles became bloody and bruised from twisting wrenches. He often came into his house covered in dirt and oil, cursing the vehicle in his garage that just wouldn't cooperate; it was comical to witness. His daughter would clean his wounds and remind him to let the car sit for a while before pursuing it once again. He had a tremendous dedication to help others, which was an admirable trait. His most memorable hobby included watching every Broncos game that aired on TV. When they scored a touchdown, his excited praise could be



heard throughout the neighborhood. It was equally loud when they let him down.

One of his favorite things to do in the city of Woodland Park, was stop for breakfast at the Hungry Bear. The owner and his waitresses became good friends with Marvin over the years, and they watched as his daughter, grew from a baby into the woman she is today. The waitresses knew what he would order because he always got the same thing: steak and eggs, and sometimes a breakfast burrito. They witnessed his family grow as Frank and Katy came into the picture, and later Brenden (Scott) O'Brian with his dog "Buddy." When newcomers came to his home, one of his most used phrases was "our house is 9,200 feet above sea level." He was very proud of the home he owned on the side of the mountain and was sure to let people know. He also talked about the success of his daughter, telling people about her graduation on the 5th of May from Colorado State University - Pueblo. Nearing his end, he was overjoyed at her accomplishments and spoke highly of her to all of his friends and family.

His sudden passing will be felt very deeply by everyone in the community for many years to come. He didn't let anyone tell him how to live his life and loved his family more than anything else in the word. He was taken from this earth way too soon and will be sorely missed.

He is survived by his daughter, Krystal Hankins, his brothers Wayne and Leonard Mott, and his sister Ruby Kahciamat.

Service was held in May. Any and all donations are welcome, as funerals are very costly, and the surviving family is struggling to make ends meet. Please visit our GoFundMe page https://www.gofundme.com/funeral-for-marvin-william-hankins?utm_source=internal&utm_medium=email&utm_content=cta_button&utm_campaign=upd_n

Thank you to everyone in the community who made Woodland Park a home for Marvin. He appreciated all of you.



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~OUT AND ABOUT~

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

ALMA

- 21 Save South Park see more on page 10.

BUENA VISTA

- 1-3 Campout for the Cause
1, 8, 15, 22, 29 American Legion Bingo
2 Bike Fest
2, 30 Homestead Days. Watershed has joined forces to create a full day of activities with local artists, craftpersons, experts in their field, all ages open mic and outdoor family-friendly movies. Guests will enjoy local libations and The Bearded Lady food bus in the newly renovated indoor and outdoor space. Vendors will sell and host demonstrations in the newly constructed outdoor Sheds within close proximity to the stage, libations trailer and food truck or vendors will attract Main Street foot traffic in The Storefront. Guests can register for workshops in The Garage and join free community performances on The Stage.
3 Farmers Market 10-2 p.m. foodiesdalliance.com/
7, 14, 21, 28 Concerts in the Park
8-10 Collegiate Peaks Stampede Rodeo
21 Free Lecture CPFS "Ute Land Religion" Dr. Brandi Denison
29-July 1 Rapids & Grass
30 Mt. Mania Car Show
FMI <http://www.buenvavistacolorado.org/events/>

CAÑON CITY

- 6 Free legal clinic for parties who have no attorney will be featured from 3:30-5 p.m. at the library located at 516 Macon Ave by computer link. Walk-ins welcome. First-come, first-served basis. Free!
15 Art Fusion Friday 4-8 p.m. 700 block Main Street. See page 7
• NAMI Connection Recovery Support Group, adults living with mental illness, meets every Wednesday, 5:30-7 p.m., at St. Thomas More Hospital Community Education Room, 1338 Play Ave., Cañon City, Free, safe and confidential. 719-315-4975. www.namisouthteaco.org
• NAMI (National Alliance on Mental Illness) Family Support Group (for family members and caregivers of those who have a mental illness), every 3rd Wednesday of the month, 6 p.m., IOOF Friendship House, 1020 N. 15th Street, Cañon City. Free and Confidential. 719-315-4975 or www.namisouthteaco.org.

COLORADO SPRINGS

- 9 Ben Hunter and Joe Seamons (Blue-grass) at Gold Hill Mesa Outdoor Concert Series 4-7 p.m.

PENROSE PROGRAMS

- 7 Mended Hearts 5-6 p.m. Audubon Medical Campus, 3030 N. Circle Dr., Ste. 215. \$20 membership. FMI: PatriciaMooney@Centura.Org or 719-776-4880.
9, 16, 23, 30 Senior Resource Council's Golden Guidance Series. 9-1 p.m. Kaiser Permanente, 4105 Briargate Parkway. Free.
12 Penrose-St. Francis Primary Care for Seniors Presentation. 10-11 a.m. Penrose-St. Francis Primary Care for Seniors, 3027 N. Circle. Free. FMI: 719-776-4650.
15 Stop the Bleed: Basic actions to

stop life-threatening bleeding 1:30-2:30 p.m. OR 3-4 p.m. Penrose Pavilion, 2312 N. Nevada Ave., Conf. Rooms A & B. Free. FMI: Angela.Kedroutek@719-776-5924 or email AngelaKedroutek@Centura.Org
15, 29 Stepping On! Program to empower older adults to carry out healthy behaviors that reduce the risks of falls 10-12 p.m. Penrose Pavilion, 2312 N. Nevada Ave. Conf. Room B. Free. FMI: Angela.Kedroutek@719-776-5924 or Heather Ditzler 719-776-5098.

18 Men's Prostate Health. 11:30-12:30 p.m. Tri-Lakes YMCA Community Room, 17230 Jackson Creek Pkwy. Free. FMI: 719-571-7039

On-going
21 Brain Injury Support Group 5:30-7 p.m. Penrose Pavilion, 2312 N. Nevada Ave. 2nd Floor. Free. Register at www.penrosesfrancis.org/events

PIKES PEAK CENTER

- 3 Colorado Springs Children's Choral Broadway Family Ties 3:30 p.m.
10 Tommy Emmanuel live in concert 6 p.m. Opening acts for Tommy Emmanuel will be Rob Ickes and Trey Hensley.
13 An Evening with Clint Black 7:30 p.m.
19 Buddy Guy with Tom Hambridge 7:30 p.m.

CRIPPLE CREEK

- ASPEN MINE CENTER
1, 8, 15, 22, 29 A Willow Bends 3-5 p.m.
5, 12, 19, 26 A Willow Bends 3-5 p.m.
5, 19 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.
6 ATTUNE, Support Group for male victims of Domestic Violence 4-5 p.m.
13, 20, 27 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.
6, 13, 20, 27 Cocaine Anonymous group every Wed 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.
12 Veteran Service Meeting 9-11 a.m.
12 All Vets, All Wars. Group participation 10-11:30 a.m.
13 Colorado Legal Services 1:30-3 p.m. The Colorado Legal Services is a non-profit organization that assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.
21 OIB Group. This is a support group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room on the 2nd floor. FMI, Kathleen at 719-471-8181 X103.
21 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
29 Teller County Emergency Food Distribution Program (Commodities) will be held the last Friday of the month 9-2 p.m. Please bring photo ID and proof of Teller County residency.
29 Cross Disability Meetings for persons with disabilities 10-11:30 a.m.
On-going: Our Health Navigator Krya Arnick is available Mon-Thurs 8-4:30 p.m. for families who are seeking access to affordable and

quality health care. Call 719-689-3584 ext. 111.
Unless otherwise noted all meetings are held in the 2nd floor conference room.
• GED classes continue Mon & Wed 8-11 a.m. at the Franklin Ferguson Library.

BUTTE THEATRE
8-17 The Mystery of Irma Vep
22-Aug. 25 Hot Night in the Old Town: Classic Melodrama and Olio
29-July 29 Forever Plaid

DIVIDE

- 4, 11, 25 Yoga at Pikes peak Community Club 10-11 a.m. Free!
6, 13, 20, 27 Yoga at Pikes peak Community Club 5-6 p.m. Free!
8 Crossroads of Parenting & Divorce 9:30-1:30 p.m. at Community Partnership
20 Job Training Program 3-4 p.m. at Community Partnership.
30 Meet the Friends of Mueller State Park 12-3 p.m. at Paradox Beer Company, 10 Buffalo Ct. Have a FREE beer and find out how you can support the park.
• GED classes continue Mon & Wed 12-3 p.m. at Community Partnership.

LITTLE CHAPEL FOOD PANTRY
11, 25 This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are:
Last name beginning with:
A-H 3:30-4:30
I-Q 4:30-5:30
R-Z 5:30-6:30

FLORENCE

- 23-24 All Aboard for the Pikes Peak "N" Gineers and their model trains! The Florence Pioneer Museum welcomes back this terrific model train club to the Florence Senior Center on June 23 and 24. Come and see the fantastic displays these folks have made for their "N" gauge trains. Hours for viewing 10-4 p.m. June 23 and 11-3 on June 24. There will be an admission charge. See www.florencepioneer-museum.org FMI.

FLORISSANT

- LIBRARY
1, 8, 15, 22, 29 Lego Club 12-4:30 p.m.
1, 8, 15, 22, 29 Storytimes 10-10:45 p.m. Join Miss Leslie for stories, songs and fingerplays. Age 3 and up.
4, 11, 18, 25 Tai Chi 10 a.m.
8 & 9 Friends of the Florissant Library Book, Bake and Plant Sale 10-2 p.m. on Friday, 10-1 p.m. on Sat.
11 Let's Read Amok! Book Club 11 a.m. Board Room. June theme: audio books.
14 Steampunk Introduction and Maker Salon 4:30-6:30 p.m. Teens and adults. Learn about Steampunk and dabble in some gadgetry. Make a leather cuff, gauges, a glove or a pair of goggles. Supplies provided or bring your own. Register 719-748-3939 or at the circulation desk.
14 Free legal clinic at the library 3-4 p.m. by computer link. Please register by calling 719-748-3939.
14 Yarnia! Bring your crochet and knitting projects and meet other yarn crafters. Share projects, tips and socialize 10-12 p.m.
20 Bookworms Book Club 10:30-12 p.m.
23 Susie Knight: Western Music and Cowboy Poetry 11-12 p.m. Enjoy

western music and Cowboy poetry with the 2014 and 2016 Western Music Association Female Poet of the Year and the No. 1 Cowboy Poet on radio in 2016.

27 Craft and Create 1-2:30 p.m. Faux Tin Tiles. Supplies provided. Space limited to 15. Call 719-748-3939 to register.

• Summer Reading through July 31. Open on Thursdays 10-7 p.m. through Sept 30.
• Gear up at the library! Sports equipment is available for checkout including: baseballs, basketballs, corn hole game, footballs, lawn bowling and soccer balls. Call 719-748-3939.

THUNDERBIRD INN

- 2 Blue Recluse 7 p.m.
9 Dancing on the Sun 5 p.m.
16 Griffith Scott 7 p.m.
22 John Phillips Brooks 7 p.m.
24 Sealock & German 2 p.m. FMI: 719-748-3968

GILLET FLATS

TELLER COUNTY SHOOTERS SOCIETY
Gold Camp Public Access Range Trainings. All events 10-3 p.m. \$10 per person
16 Range available to public
10 NRA Basic Pistol
17 CO Concealed Carry
24 Kids & Gun Safety
FMI: Colomountain@msn.com www.tcscscc.org

GREEN MOUNTAIN FALLS

29 through July 7 Green Box Arts Festival. Art, performances, classes. Enjoy Jo Smith and the Spicy Pickles on July 4.

GUFFEY

- 1 Guffey Heritage Day and Chicken Rodeo see page 22.
2 Clean Up Day. Please tell all your friends. We start with a pancake breakfast at 8 a.m. at the Guffey Fire Station, then we will plan how we will pick up on Hwy 102 from Hwy 59 to Hwy 71. Sponsored by rural Coloradans for a Brighter Future.

BAKERY AT STRICTLY GUFFEY
2, 9, 16, 23, 30 Yoga 8:30-9:30 a.m. with Kristie.
3 Copper jewelry class 12-4 p.m.
21 Talking Threads 10-noon.
21 Drum Circle 6-8 p.m.
22 Wine & watercolor class 6-8 p.m.

BULL MOOSE RESTAURANT & BAR

- 2 Griffith Scott New CD Release Party 6-9 p.m.
3 Dancing on the Sun Band 1-5 p.m.
4 & 18 Poker/Game Night 6 p.m.
9 Mc Deviants Band 3-7 p.m.
11 & 25 Bingo with Cash Prizes 6 p.m.
16 Forever Wild Band 5-9 p.m.
17 Father's Day Breakfast Specials & Greg Brazil 1-5 p.m.
18 Super Chuck Solo Appearance 6-9 p.m.
23 River City Blues 5-9 p.m.
24 Pickled Beats Band 2-5 p.m.
30 Guffey Heritage Day/Chicken Rodeo 10-4 p.m. Foggiest Notion 5-9 p.m., Karaoke contest, fun and games for the whole family
• Every Friday – Karaoke 7p.m.
For more information check our

website at www.thebullmoosesignguffey.com, facebook www.facebook.com/thebullmoosesignguffey or call 719-689-4199

FRESHWATER BAR & GRILL

- 2 Adam Ashley and the Cash Only Band 2-5 p.m.
9 Annual Car Show Off! 11-4 p.m. Vehicles in the show will need to be here by 10 a.m. Entertainment: Cari Dell Trio 1-4 p.m.
16 Trick Dog 2-5 p.m.
23 Stompin George Show 2-5 p.m.
30 Soulsmith Unlimited 2-5 p.m.

HARTSEL

- Still seeking craft and food vendors! Fun Seekers of all ages are invited to Hartsel for our 25th Annual Hartsel Days Festival the first weekend in August. Enjoy the craft booths, live music, and food. Come hang out with Smokey Bear, the Tooth Fairy and buy a duck for a buck to race down the river. Pancake breakfast on Sunday followed by a lively parade. Only \$55 for a booth! Email: hartseladays@gmail.com for more information.

LAKE GEORGE

- 9 High Altitude Plant Sale benefiting CUSP 9-2 p.m. at the CUSP office. 40 Cherokee Ave (behind Crippen's Processing). Look for the big white tent. Veggies, flowers and herbs started locally. FMI 719-748-0033.

MANITOU SPRINGS

- 1 Front Porch Fundraising Concert 6-7:30 p.m. The Community Congregational Church could use a little help from the community! Some of the unique entryway features on this historic Manitou Springs church are in need of restorative TLC. The public is invited to attend an outdoor concert with all donations going to these efforts. The concert will be held on the church lawn, 103 Pawnee Ave., with music provided by the Front Porch Singers, who will be staged on the front porch of the church office. This will be during the First Friday ArtWalk. Come for the evening with blanket or chair and picnic, or just stop in for a while to hear some uplifting music. All are invited, and donations are welcome and greatly appreciated. In case of inclement weather, the concert will move inside the church, and in this case, sorry, no food or pets.
PARKER
2 A Gathering of People! Experience a day of Native culture and fun, including multi-intelented live entertainment featuring Chantil Dukart, Eric Herrera, and Nick Pauly. Fill our tipi with nonperishable food. Bring a donation of canned food or hygiene products and receive a free ticket to win one of our fabulous door prizes! Enjoy a delicious meal deal \$10 for a hamburger or chicken breast sandwich with fries and soft drink or one draft beer. Event runs from 11-6 p.m. at Takoda Tavern 12311 Pine Bluffs Way #A. FMI: <http://www.onenationwt.org/>

PALMER LAKE

- 17 The Palmer Lake Historical Society will host its annual Fathers' Day Ice Cream Social from 2-4 p.m. Come join us for FREE Monument Village Inn pie and Palmer Lake Rock House ice cream. There will be music by singer/guitarist/dad Nick Davey and a special private car show with Model A's, Model T's, Corvairs, and more! Events and programs are held in the Palmer Lake Town Hall, 28 Valley Crescent. This annual Palmer Lake Historical Society event is free and open to all. Visit www.palmerdividehistory.org for more information.
21 The Palmer Lake Historical Society will present Mike and Sigi Walk-

er's Otto Kuhler: Colorado's Renaissance Man. Kuhler's interest in drawing began as a 10-year-old; the drawings of Belgian locomotives he made as a 12-year-old would affect the course of his life. He left Germany for America in 1923 and had artistic success almost immediately. He designed the first streamlined steam locomotive built from the ground up, the Milwaukee Road "Hiawatha." Why then, at age 54, did he move to a 460-acre ranch near Pine, Colorado? Event held in the Palmer Lake Town Hall, 28 Valley Crescent. Doors open at 6:30 p.m. the program begins at 7 p.m. Light refreshments will be served after the presentation. Palmer Lake Historical Society events and programs are free and open to all. Visit www.palmerdividehistory.org for more information.

PARKER

- 2 A Gathering of People! Experience a day of Native culture and fun, including multi-intelented live entertainment featuring Chantil Dukart, Eric Herrera, and Nick Pauly. Fill our tipi with nonperishable food. Bring a donation of canned food or hygiene products and receive a free ticket to win one of our fabulous door prizes! Enjoy a delicious meal deal \$10 for a hamburger or chicken breast sandwich with fries and soft drink or one draft beer. Event runs from 11-6 p.m. at Takoda Tavern 12311 Pine Bluffs Way #A. FMI: <http://www.onenationwt.org/>

PONCHA SPRINGS

- 7 HRRMC annual BBQ see page 25.

SALIDA

- 3 Salida Walden Chamber Music Society Concert
7 Chaffee County The Emergency Food Assistance Program & Commodity Supplemental Food Program distribution at Salida Community Center, 305 F Street, 9:30-2 p.m. FMI: 719-539-3351.
13 Free Legal clinic for parties who have no attorney 2-5 p.m. at the library 405 E. St. by computer link. Please schedule 719-539-4826.
14 SCFTA presents the Creative Mixer 5:30 p.m. SteamPlant. Artists working in all genres are encouraged to attend and meet like-minded people, to share influences and news, to soak up fresh ideas, and to be inspired by the energy that makes Salida a center of support and expression. The exhibiting artist briefly talks about their work, their need to express, and their unique perspective.
14-17 FIBArts Salida
22-24 Salida Art walk – Mini Masterpieces.
30-31 Salida Arts Festival

VICTOR

- 1, 8, 15, 22, 29 Celebrate Recovery at the Victor Community Center every Friday at 6:15 p.m. FMI: please call 719-243-4970.
2, 9, 16, 23, 30 CCEV Mine Tours 10 a.m. and 1 p.m. Meet at the Victor Lowell Thomas Museum, 3rd & Victor Ave. Tickets \$8.50 per person, all proceeds benefit the Victor
continued on next page

~OUT AND ABOUT~

continued from page 28

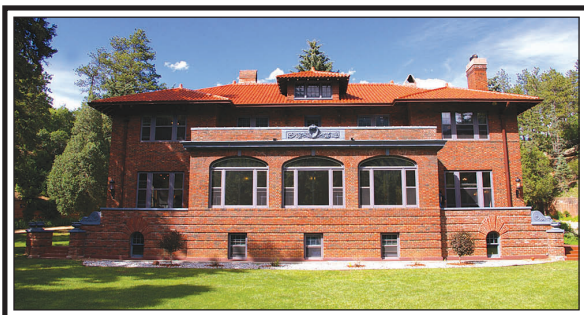
Lowell Thomas Museum. Reservations and online tickets are available at VictorColorado.com FMI: 719-689-4211 or 719-689-5509.

- 9, 23 Sunnyside Cemetery Tours. Meet at the gate in Pauper's Field by 11 a.m. Tickets are \$10 and can be purchased at the gate or at the museum at 298 Victor Ave. Learn about Victor's 1890s cemetery, its resident politicians and the history that brought them to the gold mining camp. FMI: www.VictorColorado.com, museum@victorcolorado.com or 719-689-5509. Additional dates: July 14, 28 Aug 11, 25 Sept 8, 22

- 15-17 The 6th Annual Gem & Mineral Show see page 6
23 General William J. Palmer presentation at the church on 2nd St & Portland 10:30 a.m. Free!
• Calling all artists to register for the 19th Annual en Plein Air Art show during Labor Day weekend. FMI: VictorCelebratestheArts.org

WOODLAND PARK

- 1 Jazz in June. Swing Factory Big Band Tribute to Sophisticated Ladies of Jazz 6:30 p.m. cocktails, 7:30 p.m. jazz at Ute Pass Cultural Center, 210 E. Midland Ave. Free - donations welcome. Sponsored by Woodland Music Series, www.woodlandmusicseries.org. This Tribute to "Sophisticated Ladies of Jazz" features three ladies of jazz: Catie Rogers, Trumpet; Louise Wilson, Trombone; and Chelsea Martinez. The Tribute will feature "Blues in the Night" (Ella Fitzgerald), "Shiny Stockings" (Count Basie) and "God Bless the Child" (Billie Holiday) among others.
5, 6, 7, 12, 13, 14 Cooking Matters for Families 1-3 p.m. RSVP 719-686-0705 ask for Denise.
5, 12, 19, 26 Yoga 9:30-10:30 a.m. at Mountain View United Methodist Church. Free!
6, 13, 20, 27 Family History. Do you want to trace your family roots? Enjoy our free genealogy training every Wednesday evening from 6:30-8 p.m. Sponsored by the Church of Jesus Christ of Latter-day Saints at 758 Apache Trail. FMI: Jim Olsten 719-686-6453.
8 Movie Above the Clouds is a free family friendly outdoor movie held at the Midland Pavilion outside the Ute Pass Cultural Center in Woodland Park. 7-8:25 p.m. Bring blankets and chairs with your family picnic. Activities for kids in the library rotary terrace area. Teen activities will be on the lawn under the pavilion area. Movie at sunset. Free popcorn & drink during the movie. The movie will be moved indoors at the (UPCC) Ute Pass Cultural Center if it is raining during movie time.
8, 15, 22, 29 Farmer's Market begins the summer season 8-1 p.m. in Memorial Park, through Sept 28. Fresh food, jams and jellies, eggs, bread and more! FMI www.wplfarmersmarket.com
9 Ute Pass Chamber Players will be performing the music of Bach, Elgar, Schubert and Ungar at the annual Afternoon Tea fundraiser for the Woodland Park Seniors Organization. Featured musicians include Sally Ann Wilson, flute; Clark Wilson, bassoon; Vincent Lemoine, violin, and Barb Riley-Cunningham, piano. Refreshments



MARIGREEN PINES TOUR

Ute Pass Historical Society still has Marigreen Pine tickets \$20. They are going like hotcakes! FMI: 719-686-7512 or www.utepasshistoricalsociety.org.

will accompany the music! The event begins at 2 p.m. at the WP Senior Center, 321 N. Pine Street. Tickets are \$15 and reservations are requested at 719-687-3877.

WOODLAND PARK Wind Symphony

Concert Sponsored by Woodland Music Series. Doors open at 6 p.m., concert at 7 p.m. at Ute Pass Cultural Center, 210 E. Midland Ave. Free - donations welcome. One piece featured is the composition "City Above the Clouds" by Rod Harkins, Spirit of American Press. Mr. Harkins has encapsulated the history and beauty of the mountain town known as Woodland Park, Colorado, and the Ute Pass area. He researched and visited the many historical places of this area which were transformed and molded by the Native American, Spanish Conquistador and the gold miner. The Woodland Park Wind Symphony is proud to perform this exciting multi-faceted musical selection which weaves the cultural diversity of the area augmented with video prepared by Craig Harms. Bring your friends and enjoy the musical history of the Ute Pass Area, as well as other selections. The Ute Pass Historical Society & Pikes Peak Museum will display the historic bass drum used by the Colorado Midland Band along with photos, books, etc. Also, the Ute Trail Stampede Rodeo will have a table promoting their July event. www.woodlandmusicseries.org. Woodland Park Wind Symphony, Director, Craig Harms, Director, 719-687-2210

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