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Vol. 11, No. 8

## Welcome to Ute Country



**"Live every day as if it is a festival.  
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— Shri Radhe Maa

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On Deck

This month's cover photo was taken early May of this year as we were distributing in Cañon City. We felt it appropriate for August, because the state fair is typically in August as well as many other county fairs. We were drawn to the lights, the sounds and the only thing missing was the smells of carnival food because they were just setting up the midway. We trust you will be drawn to reading the ample articles of our August issue. We have a wide variety of topics, from the *Five myths about Alzheimer's Disease*, to the Plant Lady's perennial Egyptian onions, to *Current Creek Characters* for the history buff, to the Thymekeeper's tips for staying hydrated in what is often our hottest month of the year. You will enjoy what we have inside these pages and you might learn something, too! Have you taken any recent photos of your indoor or outdoor critters? We love to see and print your critter pics! You may mail photos to *Ute Country News* POB 753 Divide, CO 80814 or email them to [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com). We love to hear from you! Feel free to share your comments, questions or requests to us at the email above or if you prefer, you can find us Monday through Friday, 9-5:30 p.m. at Shipping Plus in Divide as we are the new owners! Our number is 719-686-7587. The deadline for our September issue is August 26; we'll need all ads finalized by August 28.

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 heat is on!

by Mari Marques-Worden

photo by Mari Marques-Worden

Springtime's brief appearance this year left some of us wondering when winter would end. Although the weather seems harder each year to predict, make no mistake about it, summer is here and with it comes the usual seasonal issues. Fortunately, there are steps we can take in preparedness and with some easy home remedies we can help alleviate the challenges that come with the season.

The heat of the summer sun can deplete you of your moisture very quickly. Staying hydrated, especially at higher altitudes is of utmost importance and nothing can take the place of water. My own experience with heat exhaustion and dehydration at 11,000 feet in elevation taught me a valuable lesson. If I had been alone that day, I would have surely been found dead in my car. Drenched in my own sweat, I urged my friends to go on without me as a sudden debilitating weakness came over me and I knew any attempt at walking would result in a face plant. Suffice to say we don't make the best decisions when teetering on the edge of death. As the voices around me faded, all I knew was I was going to sleep very fast and I could do nothing to stop it.

Fortunately, there was one quick thinker and a cooler full of ice in the back of the car. The next thing I felt was ice melting across my forehead and down the sides of my face that quickly awakened me from my deadly slumber. To this day I go nowhere without water and am vigilant about drinking it.

Having previously run out of water on a hike in the Arizona desert, I knew the importance of staying hydrated, so my experience at high altitude took me by surprise. It occurred to me after I was restored that my water bottle was nearly full. It's not enough to carry water; paying attention to how much you are actually drinking is equally important. Dehydration and heat exhaustion can come on so suddenly that even the most experienced hikers and gardeners can fall victim to it.

Sassy water

Although water may seem boring to people, especially children, you can sass it up a bit with a few slices of cucumber, lavender flowers, a slice of lemon and a sprig of mint.

C~~x~~orrection

by Kathy Hansen

It all comes down to a "T". I misspelled the name Lentz in last month's article on the Book Nook. The correct spelling is Kathy and Owen Lentz. Have you had a chance to visit the Book Nook at 127 S. San Juan in Buena Vista? You'll be glad when you do!

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You've heard the expression *cool as a cucumber*, considered a refrigerant, there is no doubt about cucumber's cooling abilities inside and out. After you've finished your sassy water, whiz those cukes up in the blender and use the juice and pulp as a poultice for sunburn or any hot skin condition. Traditionally cucumber slices were used to relieve puffy or tired eyes. A facial mask is also soothing and hydrating for dry skin.

Most people don't think of cucumbers as a nutritional powerhouse but the truth is, they are a low-calorie nutrient. Most people also consider the cucumber a vegetable when in fact, it's a fruit. Equipped with powerful polyphenol compounds, they are anti-oxidant and naturally slow the aging process. They also have a detoxifying and cleansing effect on the body helping to eliminate constipation and water weight. Since they consist of approximately 95% water, they do a good job of filling you up without weighing you down contributing to any attempts at weight loss.

Although water may seem boring to people, especially children, you can sass it up a bit with a few slices of cucumber, lavender flowers, a slice of lemon and a sprig of mint.

### Cooling, calming lavender and mint

If I learned anything from my 7-year stint as a shopkeeper in a tourist town, it was that heat with no relief can make a person downright cranky. Summertime is the busiest time of year in Manitou Springs when tourists crowd the town slowing movement considerably. I playfully referred to this spectacle as the Manitou cog clog, but hot and hungry people in a hurry never makes for a calm situation. Thus, inspiring me to create what is known today as *Chill Out Mist*. A few drops of peppermint and lavender essential oil in a spray bottle with water proved to be so effective at bringing instant relief that it earned a permanent position on my front counter.

Always within arms-reach it served as a life saver for both tourist and shopkeeper alike. Feeling the mist of cooling, calming essential oils fall gently over your face and neck is like your first drink of water after a hike in the desert. Folks with hot flashes, sunburn or just hot heads can all benefit from the mist. With peppermint's cooling aspect and lavender being beneficial for calming and its ability to heal a burn you

can't go wrong with this combination. One extra benefit is, bugs don't like either one! Peppermint is also considered a refrigerant and cold peppermint tea is another way to cool down from the inside out. It can also be frozen in ice cube trays and added to your favorite drink. Mixed with a little honey would make great popsicles to beat the heat. Gardeners can dip a bandana or cloth into the tea and place around the neck or across the forehead for immediate relief.

Although I don't recommend commercial sunscreens due to toxic ingredients that don't belong on skin, I urge people to use caution when working outdoors on sunny days. There are natural sunscreens available for those who are sensitive, and umbrellas make great sun shields. If by chance you do get burned, those peppermint ice cubes will come in handy applied topically. The gel from an aloe vera plant can also be frozen in ice cube trays and used in the same manner. To make lavender aloe ice cubes add 6 drops lavender essential oil to 2 tablespoons aloe vera gel. Freeze in ice cube trays.

This year has July as the hottest ever recorded in this country. If that's any indication, we are likely in for a scorching hot August. Stay cool people, get misty with me and chill out!

**Make your own chill out mist**

In a spray bottle mix 4 ounces of water with 8 drops peppermint essential oil and 15 drops lavender essential oil. Shake well before using and avoid contact with your eyes.

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

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Another attraction at the Lake George Community Park is a good ol' fashioned Antique Tractor Pull on Saturday, 10-5 p.m.

## Visit Lake George August 16-18

by John Rakowski  
photo by Jeff Hansen

The third weekend in August is always a good time to be in Lake George, Colorado, but for gem and mineral aficionados, that's the traditional weekend of the Lake George Gem and Mineral Show. Whether you are an amateur rock hound, a hobbyist, a professional geologist, or just looking for a great deal on some gem stone or wire gold jewelry, this is the place to stop Friday, August 16 through Sunday, the 18.

Located on U.S. Highway 24, next to the Lake George Post Office, the show is free to the public. Hours are from 9 a.m. to 5 p.m., weather permitting. Free parking is located adjacent to the show. According to Richard Kawamoto, President of the Lake George Gem and Mineral Club, 30-plus vendors from around the country will be exhibiting mineral specimens, fossils, jewelry and even meteorites. We will have mineral and crystal hunts for kids who can keep the treasures they find and dig out of the sand where they hide.

The event is a fund raiser for the club, which offers several thousand dollars of scholarships each year from the proceeds. Any Park or Teller County student heading to college with a major in the earth sciences or geology is encouraged to apply. "Some years we have no applicant" for the scholarship, Kawamoto noted. "When that happens, we assist in support of a summer intern at the Florissant Fossil Beds National Monument and interns at other earth science locations." In 2019 we are providing \$3000 in support to interns.

This is the 20<sup>th</sup> year for the event, which can see from three to five hundred visitors on a sunny day. Club members will be on hand to answer questions, such as mineral or gemstone identity, value or even suggest cutting techniques for any specimens you might have, so bring them along. The club, which currently boasts about 320 members, consists of members with a PhD in geology to people who barely know which end of the hammer to use.

Club members participate in one to three field trips each month from about April to

September, when they move indoors for meetings and hold presentations or have guest speakers. Ages range from teens to 70-plus, with the club looking to start a program specifically for kids. Club activities also include the superb collection they maintain at the Pikes Peak Historical Society Museum in Florissant, which includes the largest smoky quartz crystal found on the North American continent. Also of interest is the club's website, www.lgmmclub.org, which gives meeting info and showcases their field trips and specimens. For more information, please contact Carol Kinate at 719-648-9015 or John Rakowski at 719-748-3861.

### Spaghetti Dinner

The Lake George Fire Department will hold its annual Spaghetti Dinner 4:30-6:30 p.m. Donations accepted. Support your local Fire Department! Weather permitting there will be a Flight for Life Helicopter and the new Fire Trucks on site the evening of the dinner.

### Extravaganza Craft Fair/ Flea Market

Visit the Lake George Community Park on the other side of Highway 24 to find treasures at the Extravaganza Craft Fair/Flea Market. Booth space is available for only \$5, call Kim 719-748-3949.

### Arkansas Valley Flywheelers Antique Tractor Pull

While you are at Lake George Community Park enjoy a good ol' fashioned Antique Tractor Pull 10-5 p.m. Call Ed for more information 719-748-8383.

### Fred the Shed

The Lake George Library is having their annual Book Sale. Used books can be found in Fred the Shed from 10-2 p.m. on Saturday and 10-noon on Sunday. Hard backs are \$1, paperbacks are \$25, movies are \$1, and children's books are 25 cents.



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## Art Scene The power of dance by Mary Shell

Why do people dance? A simple question with a list of reasons. We dance to mourn, to celebrate, to heal, to give thanks, to preserve cultural heritage and treasured legends, to demonstrate physical prowess, to assert individuality, to provoke and to entertain.

According to studies, dancing was a way for our prehistoric ancestors to bond and communicate, particularly during tough times. Early humans might have danced to attract a mate, as far back as 1.5 million years ago, and I don't think that has changed since then.

Researchers examined the DNA of a group of dancers and non-dancers and found that the dancers shared two genes associated with a predisposition for being good social communicators. In addition, the dancers were found to have higher levels of serotonin, known to boost moods in humans and mice.

We are drawn to dance to the beat of music and when we do it stimulates our brain's reward centers. Also, coordinated movements activate the cerebellum, at the base of the brain, which is involved in the coordination and timing of movement. In addition, the cerebrum, auditory cortex and limbic system are also stimulated by music.

Although dance has been around ever since we stood up as a species, it varies and evolves with the changes in culture. But not all dance changes with cultural needs. Some dances are to preserve old cultures, such as the Hawaiians, whose dance is a language, a story of their past. Hands move creating the shape of mountains and waves in the water in the air

## Go fly a kite The Great Divide Kite Flight is August 24

by David Martinek

First, you let out a little string. Then you try to help your kite catch the wind and let out some more string. Keep the string taut. More string and the higher it rises until finally your kite is dancing in the windy sky like it was made to do. Flying a kite is an "any age" sport, but the Divide Chamber of Commerce's annual Great Divide Kite Flight is meant for the young. For 28 years, the Chamber has been sponsoring their annual kite flying day geared towards elementary school-aged children. Parents and grandparents, aunts and uncles can come, too, though.

Scheduled for Saturday morning, August 24, from 9-1 p.m. at the Hayden Divide Loop Trailhead on South Hybrook Road in Divide, the skies will be open to all kinds of fun as young boys and girls try their hand at putting a kite in the air and keeping it soaring. A few bring their own kites, but most will be given one by Lee Taylor from Edward Jones in Woodland Park. At the end of the event, a new bicycle will also be given away to one lucky kid, courtesy of Real Estate by Dave Martinek. TCRAS will be there with some four-legged friends seeking a forever home. The Masons will be clowning around the grounds. We hope to see the Sherriff's Posse, as well as the Divide Fire Department.

The Divide Chamber of Commerce makes no money from the Great Divide Kite Flight and there is no charge. It is and always has been a free event, focusing on bringing families together for a morning of fun — just flying kites. Everyone is welcome, so mark your calendars for Saturday, August 24, beginning at 9 a.m. Light refreshments are often available for the children.

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

as they dance. There was no written language in ancient Hawaii; dance was the language.

Except for the classics and historical importance, dance, like style and music, changes with each generation. I remember doing the jitterbug as a child and the boogaloo as a teen. People laugh at me when I do those dances now because they show a time in our past.

But there's much more to dance than that. Dance, like art, comes in many forms and styles. I asked several dancers why they dance, and the answers were as individual as they were. The one thing that remained consistent with their answers was that they enjoyed the feelings they get when they dance, the feeling of empowerment, grace, a show of strength, talent, and most of all a sense of joy.

Professional dancers are like athletes; they are required to dedicate most of their life to dance with diet, exercise and practice. It demands most of their time to be



Professional dancers are like athletes; they are required to dedicate most of their life to dance with diet, exercise and practice.

structure. Every finger has a place it must be. Every step is choreographed to precision and these things must be considered when painting a ballerina.

One ballet dancer I met in California told me, "Dance makes me whole. It's a drug that I welcome to take over my mind and body. The world disappears when I dance. It's like making love to the music, interpreting the music through movements. I am constantly reminded that I am a dancer with everything I eat, drink and do. It totally controls my life, and I love it. It is my life."

To me, dance is stimulating, a show of passion and connection to the beat of the music. You get hot, you sweat, lose your breath, and can't wait for the next song to play.

When was the last time you danced to a song on the radio? Perhaps we should all get a taste of that passion and joy and do a little dance every now and then.



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## Life-Enhancing Journeys

### Am I good enough?

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

We human beings can be so peculiar. We tend to criticize and disapprove of ourselves no matter what we do or who we are. There can be a nagging voice inside our heads which sends a continuous message of “You’re not good enough!” When we listen carefully to our self-talk, it’s often-times rather brutal. Would you ever say to a friend any of the negative, internal dialog you’re having with yourself?

For decades of my life, I spent a good portion feeling “not good enough.” No matter how I behaved, what I accomplished, or how I looked, I was “never enough” not smart enough, rich enough, lovable enough, attractive/thin enough, etc. I would look for evidence to confirm that I was worthless, that I didn’t deserve to be loved, or that I wasn’t living up to my full potential. I used to tell myself that once I achieved my (external) goals, whatever they were, I’d be enough. Well, it never happened. I felt so crippled by my faulty beliefs that when I was 28 years old, I experienced a major meltdown. I suffered with so much anxiety and depression yet I kept a smile on my face merely to make it through my day. I had no idea what was going on with me. It was at that time that I sought out a therapist who helped me figure myself out and enabled me to heal (even though I, too, was a therapist I was oblivious to what was going on with me). Reaching out to Donna, a very competent therapist, was one of the best decisions I ever made. The information and resources (tools and skills) I learned then continue to serve me well to this day, many years later. The painful memory of that time in my life has remained yet the suffering has significantly diminished. The concept of “not enough” seemed worth probing this month.

Repeatedly I have heard others talk about their belief that they are “not enough...” According to Dr. Ramani Durvasal, when someone tells her they are not good enough, her response is, “For whom? By whose standards? Yours? Or mine? When is enough truly enough? And how good is good?” Can you really define what makes a person “enough”? Can you really define what makes you “enough”?

Have you wondered where that message of “I’m not good enough” came from? How does the message “I’m not good enough” get internalized? A useful way to begin this topic is to consider how, as young children, we were all so impressionable. Children absorb experiences and paradigms from those who are raising them. They learn and understand the world around them from their role models. So much of your emotional education happens in childhood. Even when you’re raised by compassionate, loving parents, there are hurtful messages that get imparted during childhood. If you’re treated badly by your parents (or people of authority) you will carry that into your adult life. If your parents never communicated that

you’re a person of value and worth, then that’s the lens through which you’ll view yourself and the world. A child will take in these negative messages and convert them to how everyone must view them. Instead of developing a healthy self-concept, they develop a sense of self that is always critical and questioning of their abilities. Ultimately, they feel that they are not deserving of love or respect. Does this sound familiar?

To children, the most important thing is gaining love and affection from their caregivers. Understanding human behavior or what causes people to behave in certain ways remains a mystery to a young person. They are vulnerable to the perceptions of whoever is caring for them. Their main goals are to be loved, connected and survive. This is what every child deserves yet they don’t always get what they need. When Mommy and Daddy are content, the child will be more contented too and will likely get more of that love they need: “When Mommy is happy, she will spend more time with me.” “When Daddy is pleased, he will be nicer to me.” Kids want peace, love and harmony in their lives and need it to thrive emotionally. When this is missing in their lives, they will attempt to fix whatever is causing their parent’s distress. What can a five-year-old do? They have very little life experience; have very few skills, wisdom or knowledge so they usually try whatever they can as a young child; they try to be a better kid. Sometimes they may try the opposite approach and act out to get their parents attention (attention for acting badly is better than no attention at all). But they are learning and concluding that no matter what they do, they cannot fix their parent’s problems, but they don’t know that yet. Based on my experience, children keep trying and rarely give up even though it is futile. It is common for parents in a dysfunctional family to blame the children or project onto their kids their own bad feelings, their unhealed hurts that the parent is feeling inside. This is usually done unconsciously, without awareness on the parent’s part. The parent perceives that it is because of you, their kid, that their life is such a mess. How irrational! The thing about perceptions is that they belong to the perceiver. It is NOT the child’s fault.

The idea of not being “enough” is usually driven by influences outside of ourselves. Do you think that you are not good enough for your mother and that makes you unlovable? You may believe this to be true, however, allow yourself to recognize that it is quite unreasonable. Could it be that your mother might see a painful reflection of herself in you that makes her feel uncomfortable about herself? Just asking... Your mother is usually your first teacher and influences how you feel about yourself. If your mother was critical, emotionally unavailable, self-centered or anything but loving and compassionate, this will impact your

sense of yourself, likely creating a sense of “not good enough” or low self-esteem. Your mother may actually be seeing her own failures and projecting them on to you. You may be unable to live up to how she wants you to be, act or look. Though we seek the approval of our mothers especially, we must remember, it’s impossible to be responsible for her emotions. She is not responsible for yours. The unfair perception may seem like a malignant tumor inside you. In order to remove this tumor, you will need to do so with precise skill; slow and steady to assess how it is connected to all aspects of your life.

There are some platitudes that make us feel bad or unloved. I call them “garbage messages.” Here is a list of some common ones:

1. **Don’t say anything if you have nothing nice to say...** (*Hide your true feelings*)
2. **Work first, play later** (*What you do is more important than who you are*)
3. **Boys don’t cry** (*Men should always be strong and hide their emotions*)
4. **You made your bed now lie in it** (*There is no room for mistakes*)
5. **You can do better** (*What you are doing is not good enough*)
6. **I told you so...** (*should have listened to me (I am right and you are wrong)*)
7. **Blood is thicker than water** (*Family loyalty comes first whether it is deserved or not*)
8. **Women shouldn’t get angry** (*Women better cover up their feelings, especially anger*)

Do any of these garbage messages sound familiar? I heard all of these as I was growing up. Unlearning these took effort, yet it was worth it.

At this point, I do what I can to be aware of when I’m treating myself in an unkind, self-deprecating, or demeaning manner. I’ve been trying harder to recognize when I feel an unhelpful, cruel thought coming on. My ability to detect when it is happening comes more easily now that I’ve been practicing it for a while. Occasionally a disapproving thought may slip through, however, I give myself a pass because I’m only human. Do your best to be kind to yourself. Keep practicing and never give up.

Next month will focus on how to end the destructive pattern of “not good enough.”

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).



## Pharmgirl Uprooted

### Rite of passage

by Peggy Badgett

The trail of railroad ties stretched toward the sky, like a gigantic python poised to attack. Along it, tiny human figures edged upwards like colorful dots in an abstract painting. Black turkey vultures glided on the updrafts, hovering gracefully above nearby rocky slopes. Were they waiting for lunch? Would it be me? I was mortified to find myself already winded from the short bus stop walk to the trailhead’s wooden shelter.

The Manitou Incline is an old train track touted as the best cardiovascular workout in the Pikes Peak Region. Past efforts to discourage use of the treacherous trek didn’t keep folks from flocking to its steep slope. So, the town rebuilt it. In less than one mile, over 2,700 steps, including one nasty little false summit, rise 2,000 feet in elevation.

Had I overestimated my fitness level? Possibly. In the six months since my move from Northwest Illinois to the mountains, I’d explored lots of local trails with a wonderful meet-up group, Teller County Hiking. Sure, Pancake Rocks had me huffing and puffing through the beautiful aspen and ponderosa forest. Lizard Rock was certainly no picnic in the park at the summit’s final scramble. But neither made me curl up in the fetal position beside the gravelly trail, begging for mercy. The Incline looked to have that capability. Micro-spikes, snacks and water were nestled inside my purple backpack. According to the warning signs plastered all over the trail head, I would need them, “Ice. Snow packed. Only attempt if in good physical shape.”

Steeling my resolve, I shouldered that pack. Fellow shuttle passengers already scattered above me like seeds in the wind. I lost track of the railroad ties after silently counting to 98, and stopped to remove a layer of clothes. The view behind me was already

amazing, but was dizzying. Onward. Step. Breathe. Right foot. Left foot. Bend over to prevent tumbling backward. A raven chortled nearby, no doubt making fun of my lack of wings.

My muscles screamed for oxygen. I stopped and choked on some water. Looking upwards, the stairs grew longer before my eyes, just like in a horror film. How much farther? My spirits plummeted. I just focused on the step immediately before me. One at a time, just like everything else in my life. Midway, after several heart-stopping icy slips backwards, I sat on a rock and pulled micro spikes over my soaked hiking boots. The slope had become incredibly steep. After watching one child climb using all four appendages, I decided to try his method. The rhythm of moving arms and legs helped me focus, even though I felt ridiculously like an ape-girl. Just when it appeared I had reached the top, another whole segment of stairs ahead taunted me; the false summit. I sat down heavily on a snowy rock, not caring if the wetness seeped through my leggings.

Several people bounded by me, powered by young limbs and loud music leaking from their headphones. Ok, it was time to call on the old “I’ve been through labor three times; I can do anything.” I trudged onward. Right foot. Left foot. Stop. Breathe. Sip. Repeat. Finally, after what felt like forever, I let out a war whoop on the last stair. It actually came



out as a winded squeak, but I had done it!

After a celebratory snack on a sunny rock, I grinned. The journey up hadn’t been pretty, but the reward was a hike down the beautiful Barr trail. It was secluded and peaceful, broken only by the occasional runner who sped by me. Endorphins swam through my body. I was hooked. Now, at least once a month, I welcome the Incline’s challenge. Pride fills my soul as fellow hikers announce “Run-ner” and stop to let me pass on the downhill. Another Colorado peak conquered.

Peggy Badgett is a recent transplant to Guffey Colorado. She is a retired pharmacist, writer, artist and avid adventurer. Her website is [coloradopharmgirl.com](http://coloradopharmgirl.com), email is [coloradopharmgirl@gmail.com](mailto:coloradopharmgirl@gmail.com).



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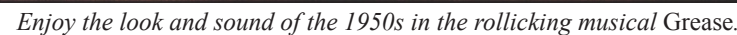
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**Grease!**  
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duck-tailed, hot-rodding 'Burger Palace Boys' and their gum-snapping, hip-shaking 'Pink Ladies' in bobby sox and pedal pushers. Evoking the look and sound of the 1950s in this rollicking musical. Head 'greaser' Danny and new (good) girl Sandy try to relive the romance of their *Summer Nights* as the rest of the gang sings and dances its way through such songs as *Greased Lightnin'*, *It's Raining on Prom Night*, *Alone at the Drive-In Movie* recalling the music of Buddy Holly, Little Richard, and Elvis Presley that became the soundtrack of a generation. Rated PG-13 for adult content and mild language.

**The Andrews Brothers**  
*Written and created by Roger Bean*  
**Playing Aug 30 - Sept 15**

A USO performance from the Andrews Sisters is in jeopardy of cancellation when they fail to appear shortly before curtain. Thankfully three earnest stagehands are determined to go on with the show! *The Andrews Brothers* is filled to the brim with 30 songs made famous by the Andrews Sisters and other top artists of the era, including the showstoppers *Boogie Woogie Bugle Boy*, *Slow Boat to China*, *Don't Sit Under the Apple Tree*, and *Ac-Cent-Tchu-Ate the Positive*. Mistaken identities and madcap adventures — imagine Bing Crosby and Bob Hope in a road movie of *Some Like It Hot* — along with the music of an entire generation highlight this wonderful valentine to the heroes of World War II.

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If seeing the amount of cancer-linked Roundup and glyphosate that's used in your state has you worried about the safety of yourself and your family, you're not alone. For years, environmental and public safety advocacy groups have been urging local, state and federal regulators and lawmakers to take steps to remove this dangerous herbicide from the marketplace, and while Roundup is still in wide use, many cities and businesses have heard the concern from their local communities.

In more than a dozen cities and counties around the United States, local governments have halted their use of Roundup on public spaces, such as parks and sports fields, and some stores have pulled the product from their shelves. But still, far too many communities are still at risk.

What can you do to make a difference?  
Here are steps you can take to make sure  
glyphosate is not used in your community:

1. Find out if your state or local governments list glyphosate as a potential danger. California officially lists glyphosate as a probable carcinogen, and legislation has advanced in Hawaii that would restrict glyphosate and similar chemicals, but few other state legislatures or regulators have taken action.
2. See contact information for federal, state, and local government officials below.
3. Let them know about your concerns over glyphosate. Regardless of how your state lists or regulates glyphosate, remember that so far, no state outright bans the use of the chemical, so call, write and/or email your elected representatives and let them know about your concerns over glyphosate and Roundup and that you urge the state legislature and your Congressional representatives and senators to propose legislation that would restrict or ban Roundup and other glyphosate-based products.
4. Contact your city, town or county representatives. Find out if Roundup or other glyphosate-based herbicides are used to control weeds in public spaces or if your community has any other restrictions on such chemicals. Ask for a special hearing of the board that makes determinations on what chemicals can be used in public spaces, or ask for time on the agenda of the next meeting of that board. Cite the research on this page and any other research you've done on the topic when you are in front of the committee.
5. Write letters to the editors of your local papers and other trusted publications, TV stations or radio stations. Inform your friends and neighbors of the local ordinances governing Roundup. Contact your local school board members and school superintendent or administrator and find

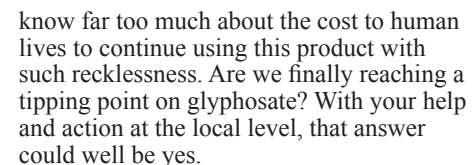
out if Roundup or any other glyphosate-based product is used on any school grounds and if so, urge them to immediately halt its use.

6. Ask to speak with the manager of any hardware or garden-supply stores in your community. See if they would be willing to remove Roundup and any other glyphosate-based products from their shelves. While it's unlikely the local manager of a large chain home store would be able to make that decision, many smaller stores are locally owned and you could have a larger impact there.
7. Don't give up. Changing people's minds on this topic is a challenge. Monsanto, the company that makes Roundup, spent about \$17 million trying to discredit the International Agency for Research on Cancer's determination that glyphosate was linked to cancer, and the company has very deep pockets when it comes to defending itself in court. It's crucial that you keep up pressure on your local, state

and federal elected officials. If your state legislators fail to pass a bill to regulate glyphosate, make sure they bring it up at the next session. If your local councils and boards decline to give you a hearing, continue pressing them on this issue; remember that they actually work for you and not the other way around.

8. Make sure that your home is free of Roundup and other glyphosate-based herbicides. Be sure that any landscaping contractors you hire do not use glyphosate-based products. Talk to your neighbors and convince them to use alternative products or solutions for killing weeds. Get your friends and other family members to do the same.

Glyphosate is so widely used because it's incredibly effective at killing weeds and raising agricultural yields. But we now



*Michael Bennett is Editor-in-Chief of WeedKillerCrisis. Since 1999, he's worked across a multitude of areas of consumer protection including defective products, environmental issues, identity theft, predatory lending and more.*

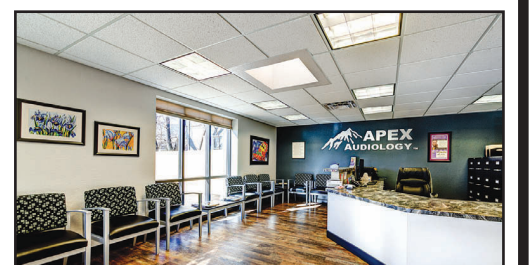
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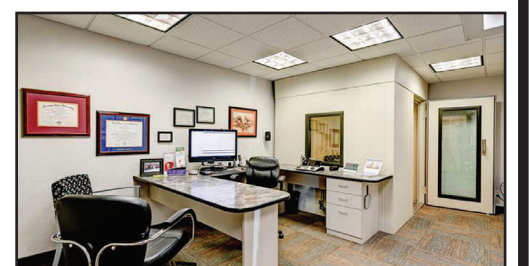
Recent research by John Hopkins and the National Institute on Aging suggests that people with untreated hearing loss are more likely to develop memory problems. The strain of decoding compromised sound and isolation of hearing loss increase the risk for dementia and other cognitive disorders.



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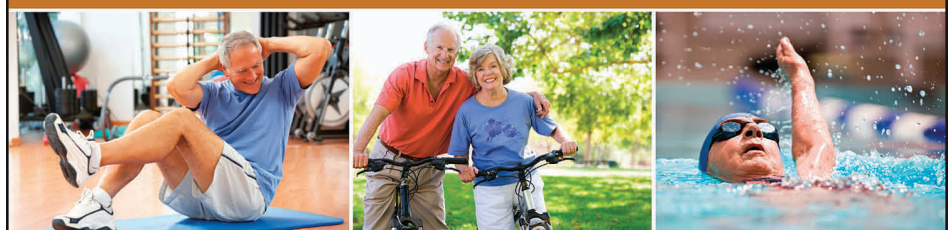
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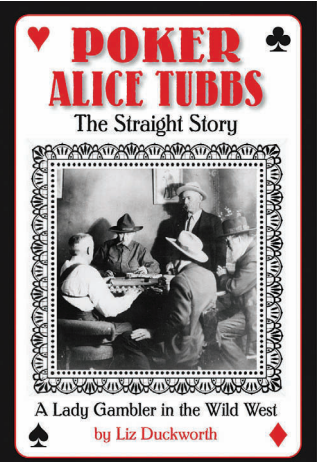
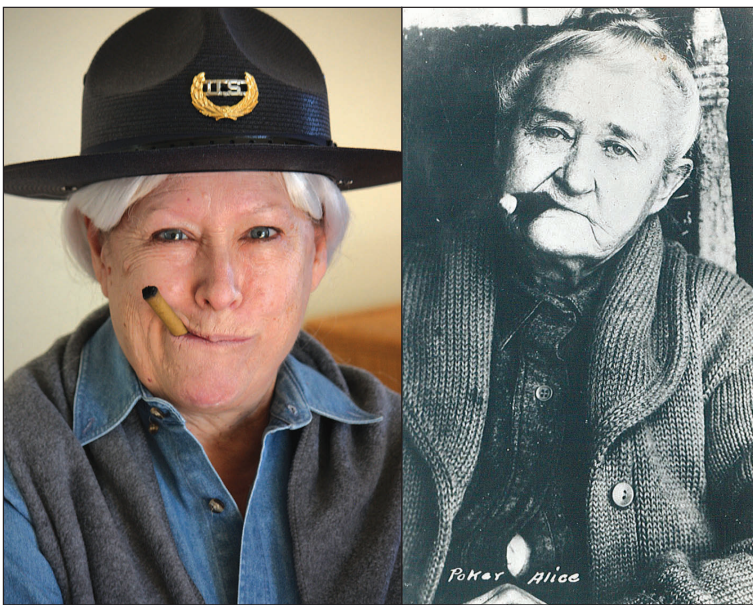


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## Poker Alice

The Pikes Peak Historical Society invites you to see Liz Duckworth as Poker Alice at their August 18th Chautauqua at the Lake George Charter School. Liz Morton Duckworth's new book, *Poker Alice Tubbs: The Straight Story*, was recently released by Filter Press. Liz performs as Poker Alice in a costume reflecting the Victorian era in which Poker Alice made her living as a professional gambler — a woman in a man's world. Alice often dressed in a fancy suit with stylish jewelry and button shoes as she lived and worked in the roughest mining towns of the 1880s and 1890s. Renowned for smoking big, black cigars, she determined she would never cheat, but was able to win on her own terms. As a self-proclaimed religious woman, she also was known to never play cards on a Sunday! Poker Alice Tubbs was a true adventurer who traveled to boomtowns throughout the wild west in the late 1800s, and she left a legacy. Her stories of adventure, risk, and reward bring a fresh look at mining towns like Creede, Buena Vista, Leadville, and Central City in Colorado, Silver City in New Mexico, and Sturgis and Deadwood in South Dakota. A lot of tales that "ain't entirely free. No reservation is required. FMI, call 719-748-8259 or 719-748-3861.

Alice's real story is even better than the myths frequently encountered. Come and learn more about this fascinating woman on Sunday, August 18 at 2 p.m. Liz will have copies of her book available



Professional gambler *Poker Alice* (above right), is portrayed by Liz Duckworth (above left). The cover of Liz's book shown at left.

for purchase and refreshments will be served. The Lake George Charter School is located four minutes west of Florissant, on the south side of Highway 24 (2/10 mile west of the Ferrell Propane lot). This program is presented as a public service and admission is

## HB19-1176

by Dr. Madeleine Jacobs

There were a lot of healthcare related bills passed in the Colorado State legislative session this year. Most of these were band aid solutions to a systemic crisis: Now folks needing insulin will pay "only" \$100 per month for the insulin they require to survive. But what about all the other outrageously expensive medications people need? Asthmatics will continue to end up on ventilators when they can't afford their steroid inhalers. One out of four cancer patients still must choose whether to die or leave their families with crippling medical debt if they choose further treatment. Four bills would allow access to mental health care to specific populations — but what about everyone else? The problem is that all of these bills further complicate an already fractured system that is not sustainable. One successful initiative, HB19-1176, will actually address the runaway costs of healthcare. It calls for a bipartisan commission to study the cost and coverage of three health care systems: The multi-payer, profit driven

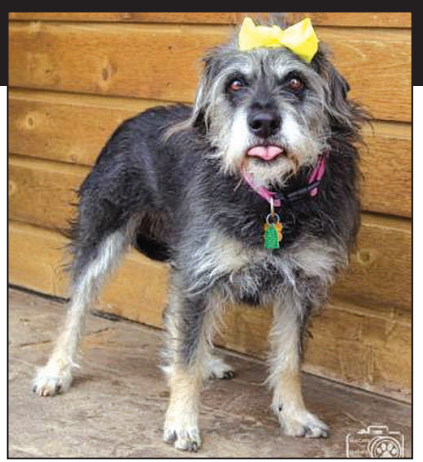
system we have now, the Bismarck system (regulated nonprofit insurance systems, such as they have in Germany) and single-payer (which is the public funding of private providers). Another study bill sponsored by Representative Dylan Roberts addresses the inequitable coverage of rural Coloradans by including a public option (allowing people to buy Medicare or Medicaid in lieu of private insurance). With the completion of these studies, the legislators will have real data to sculpt true health care reform in Colorado. HB19-1176 will evaluate the real costs of healthcare without the interference, propaganda, and well financed lobbying of the healthcare industrial complex. The Colorado State legislature will have the tools to design a system that provides health care to everyone. The Japanese did this in the 19th century. Taiwan, under a conservative government, did this in the 1990s. We'll see if our lawmakers have the moral fiber to take the next step.

## Adopt Me by TCRAS

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Ivy is looking to luck out and find her forever home. She takes her job seriously on guarding her home and family. Ivy is housebroken and easy to keep. She is a Terrier/Schnauzer Giant, about 5 years old and is spayed. Please call 719-686-7707 to set up a time to meet her; you'll be glad you did. TCRAS is located at 308 Weaver-ville Road in Divide.

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



## Hartsel Days begins with Fire-fighter Appreciation Breakfast

### Great way to begin Hartsel Days

The Hartsel Fire Auxiliary is hosting a Firefighter Appreciation Breakfast Saturday, August 3. Join us at Fire Station #1 at 86 Valley Ave in beautiful downtown Hartsel for a community breakfast. This is our way of thanking our local firefighters and their families. Breakfast will be served 9-11 a.m. and will include eggs, pancakes, sausage, coffee, juice or water. Join us for a great cause within our community. The Hartsel Fire Protection District (District 7) has an Auxiliary team of folks that will support the fire department on incidents within the fire district. Stop in and see our incident response equipment! We will also have a booth within Hartsel Days with some giveaways, fun ladder games for all ages, free popcorn and T-shirt Art, along with some information on what the HFPD Auxiliary is all about. Come to meet a few of our volunteers! Hang out with Hartsel's firefighters and learn how you can get involved.

**Hartsel Library Book and Bake Sale**  
Every year we coordinate our annual book and bake sale with the Hartsel Days week-end celebration. Saturday August 3 from 9-4

p.m. and Sunday, August 4 from 9-2 p.m. This is a major fundraiser for our library. We have many hard cover books, both fiction and non-fiction for \$1 each or 6 for \$5. We have a large selection of paperbacks; all paperbacks are 25 cents each or 5 for \$1. We also have a large selection of children's books, hard cover and paperback. Stop by and be amazed at all of the great books that are available. Our annual bake sale features many fabulous bakers in the South Park area. This is a great time to buy some delicious brownies, cookies, cakes, pies and breads to either snack on during Hartsel Days or take them home to be enjoyed a little later. **Period costume contest**  
This year a highlight for Hartsel Days will be a 'period costume' contest with prizes. Come to Hartsel Days dressed in clothing representing the old days of Hartsel. The Hartsel Library is an all-volunteer library ran by our staff. Your donations are greatly appreciated.

**Flea market**  
We will have a flea market at 86 Valley Ave. Early birds will be put to work!

## Pike and San Isabel National Forests MVUM planning update

### Background

The Pike and San Isabel National Forests (PSI) published motor vehicle use maps (MVUMs) in 2009. MVUMs display routes on National Forest System lands that are open to motorized travel. Following MVUM publication, the Wilderness Society, Quiet Use Coalition, Wildearth Guardians, Rocky Mountain Wild, and the Great Old Broads for Wilderness filed suit against the PSI. The suit alleged the PSI added motorized routes that were not analyzed under NEPA and that the forest authorized motorized access in Management Areas identified in the Forest Plan Management as non-motorized. The parties eventually reached a settlement agreement on November 14, 2015. The agreement described the analysis requirements and methods the PSI agreed to follow and set a decision date of November 14, 2020, five years following settlement. Over the last several months, the PSI reviewed internal and external scoping comments. The result of this review is a better refined proposed action that balances environmental protection, motorized access, and natural resource management.

### Current Status

Forest Service employees and contractors are working on the Draft Environmental

Impact Statement (DEIS) updates resulting from the internal input described above.

### Next Steps

The DEIS will be released for a 45-day public comment period via the publication of the Notice of Availability in the Federal Register in August 2019. During this comment period, all interested or affected parties will be notified of the availability of the DEIS.

### Public Comment Period and Public Meeting Schedule

The public comment period for the DEIS is scheduled for August 2019. A series of public meetings will be held to gather public feedback and are scheduled as indicated below. A separate notification will be issued once the times and specific locations for these meetings are confirmed:

- Salida August 27
- Pueblo August 28
- Denver August 29
- Colorado Springs August 30

Visit our Motorized Travel Management page for the latest information. Questions regarding this planning effort should be directed to John Dow, Forest Planner, john.dow@usda.gov, 719-250-5311.


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[www.telligenqinqio.com](http://www.telligenqinqio.com)- **CHCA Nurse of the Year Congratulations!** to Kellye Nelson, our Assistant Director of Nursing, for her selection as the 2018-19 Nurse of the Year by the Colorado Health Care Association. She is proud to represent the commitment and dedication of our entire team.

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## When life changes, review.



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## Financial Focus

### Life events can lead you to see a financial advisor

Over the years, you'll experience many personal and professional milestones. Each of these can be satisfying, but they may also bring challenges — especially financial ones. That's why you may want to seek the guidance of a financial professional. Here are some of the key life events you may encounter, along with the help a financial advisor can provide:

#### New job

When you start a new job, especially if it's your first "career-type" one, you may find that you have several questions about planning for your financial future, including your retirement. You may have questions about how much you should contribute to your employer-sponsored retirement plan. What investments should you choose? When should you increase your contributions or adjust your investment mix? A financial advisor can recommend an investment strategy that's appropriate for your goals, risk tolerance and time horizon.

#### Marriage

Newlyweds often discover they bring different financial habits to a marriage. For example, one spouse may be more of a saver, while the other is more prone to spending. This holds true for investment styles — one spouse might be more risk-averse, while the other is more aggressive. A financial advisor can help recommend ways for you and your spouse to find some common ground in your saving and investment strategies, enabling you to move forward toward your mutual goals.

#### New child

When you have a child, you will need to consider a variety of financial issues. Will you be able to help the child someday go to college? What might happen to your child, or children, if you were no longer around? A financial advisor can present you with some college-savings options, such as an educa-

tion savings plan, as well as ways to protect your family, such as life insurance.

#### Career change

You may change jobs several times, and each time you do, you'll need to make some choices about your employer-sponsored retirement plan. Should you move it to your new employer's plan, if transfers are allowed or, if permitted, should you keep the assets in your old employer's plan? Perhaps you should roll over the money into an IRA? A financial advisor can help you explore these options to determine which one is most appropriate for your needs.

#### Death of a spouse

Obviously, the death of a spouse is a huge emotional blow, but it does not have to be a financial one — especially if you've prepared by having the correct beneficiary named on retirement accounts and life insurance policies. Your financial advisor can help ensure you have taken these steps.

#### Retirement

Even after you retire, you'll have some important investment decisions to make. For one thing, you'll need to establish a suitable withdrawal strategy so you don't deplete your retirement accounts too soon. Also, you still need to balance your investment mix in a way that provides at least enough growth potential to keep you ahead of inflation. Again, a financial advisor can help you in these areas.

No matter where you are on your journey through life, you will need to address important financial and investment questions, but you don't have to go it alone — a financial professional can help you find the answers you need.

*This article was written by Edward Jones for use by Lee F. Taylor, AAMS, your local Edward Jones Financial Advisors.*

## Guffey Community Charter School 2019-2020 Registration

It's almost that time again!

The school will be hosting registration for all new and returning students on August 15th and 16th from 9-3 p.m. daily. Kindergarten-8th graders are welcome. The first day of school will be Monday, August 19th beginning at 8 a.m.

New students will need the following for registration:

- The child's social security number or card
- The child's birth certificate or other proof of age
- An up to date record of immunizations
- Addresses and phone number(s) of the child's doctor and dentist as well as emergency contact info

Back to school supplies are communal, so families are asked to plan on contributing \$30 for each child to help cover these costs.

If you would like to donate supplies, this year we particularly need:

- Dry erase markers - all sizes and colors

- Small dry erase boards
- Highlighters
- Quart and gallon Ziplock bags
- Packing tape, masking tape, and duct tape
- Kleenex
- Post it notes
- Healthy snacks

If your family can't make it to registration, please call or email our school so that a registration packet can be sent to you and plans can be made with your child's teacher.

Bus information will be available at registration.

Lunch prices are \$2 for students and \$3 for adults. Students may pack or purchase a lunch.

We are anticipating a very full enrollment this year and are excited for this upcoming school year and look forward to seeing you soon!

Please contact the school with any questions: 719-689-2093 or [mwalker@guffey-school.org](mailto:mwalker@guffey-school.org)

## Adopt Me

by Ark Valley Humane Society

### Augie

Augie is an 8-year-old male Akita mix, who is sweet, loyal and still playful at heart! He has a heart of gold and is ready to find his forever home! Come meet Augie today at 701 Gregg Drive in Buena Vista or give us a call to learn more 719-395-2737.

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



## Beware:

### Insurance industry's new online ad opposing Medicare for All

by Wendell Potter

*Wendell Potter had been a Cigna executive, now an advocate for Improved Medicare for All. His turning point was when a 17-year-old girl died when Cigna denied and delayed a liver transplant. He was the keynote speaker at the Colorado Foundation for Universal Health Care Annual Conference July 6, 2019.*

Recently, Big Pharma, insurance companies and private hospitals formed a non-profit called Partnership for America's Health Care Future (PAHCF). They have already spent over \$143 million in 2019 lobbying legislators to oppose Medicare for All. They also produced their first of many misleading online ads to further confuse the American public. They put a lot of money behind this ad to intentionally gaslight the public and media. Here's a little breakdown of what the ad says, (in italics):

*"Today over 180 million Americans with employer-based coverage have access to affordable and quality healthcare."*

It's true that 180 million Americans get health insurance from their employer, just under half the country. But, employee contributions to their plans have gone up an average of 21% over the past 5 years, far outstripping average wage growth. This is not really "affordable".

Also, it's not clear that the quality is great. If you look at comparable wealthy countries, we have a lower life expectancy, higher rates of infant mortality, the highest rates of hospitalization for preventable diseases, and the highest rates of death from medical conditions. In 2019, the U.S. ranked 35th in quality outcomes for health, according to the World Health Organization (WHO).

*"Most people get their care from employer-sponsored plans."*

This is minor, but 49% isn't most people.

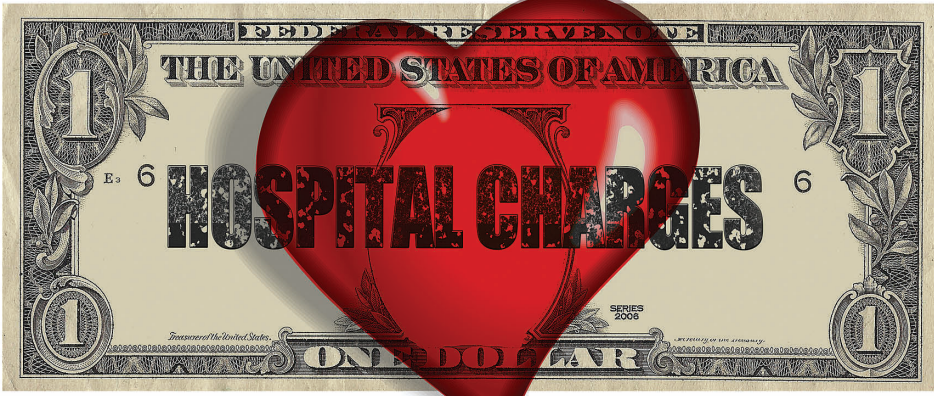
*"Some people are proposing we start over and eliminate employer-provided insurance."*

Technically, we're proposing that we eliminate all commercial, for-profit insurance.

*"Whether it's called Medicare for All, Single-payer or a public option."*

Two out of three is correct, but pretending that Medicare for All is a public option is an intentionally confusing lie.

Public options keep commercial insurers in place and allow them to "cherry pick" the healthiest patients, thus maintaining their profits while moving the least healthy, high-risk patients onto government programs.



It would be an improvement over what we have now, but public options wouldn't help control costs that are built into a single-payer plan.

*"A one-size fits all healthcare program means that Americans would have less choice and less control over their doctors, treatments and coverage."*

This one is a bold-faced lie. Right now, if you have the luxury of being able to afford to go to a doctor, you are restricted to "in-network" doctors, and receive treatments that your insurance company approves. Under Medicare for All you'd have the ability to go to any doctor of your choosing and would eliminate the profit incentive that insurance companies have, which is often why they deny treatment.

*"It will also mean trillions of dollars in higher taxes for hardworking families, lower quality of care and longer wait times for patients."*

We already mentioned how our quality of care is actually much worse than what patients receive in single-payer countries. With regards to taxes, it's true that there would be some new taxes, for individuals and businesses to fund the improved Medicare for All system. But they ignore the fact that a single-payer system would save us trillions of dollars over the next 10 years, and that as a result, the vast majority of workers and employers would be paying significantly less than they currently pay in premiums and out-of-pocket costs. Perhaps employers could finally afford to offer higher wages.

Now let's address "wait times," a favorite industry talking point. There's no evidence that improved Medicare for All would lead to longer wait time for patients. In reality, very few people in the US receive the preventative care and the screenings they need, and they ignore the fact that Americans already wait longer than 9 out of 11 developed countries in the world, to see a doctor for needed medical care. This is often

due to costs, including people with private insurance who have such high deductibles they can't afford to actually use it.

*"And, healthcare decisions would be shifted from patients and their doctors to politicians and bureaucrats."*

Right now, when your doctor decides that you need medical attention, you have to hope that your insurance company will decide to pay for it. Since the insurance company's only responsibility is to their shareholders, they will look for any way they can to ignore your doctor and deny the claim. If we take the profit motive away from healthcare financing, doctors will be able to provide the treatment they know you need, and you won't have to worry about drowning in medical debt like over 1.4 million Americans are doing right now. One third of GoFundMe pages are filled with people begging to receive life-saving care, and most of them have health insurance. Real people, with real diseases should not have to beg, borrow or steal to control their disease.

*"America could work to improve what's working."*

What we have now is absolutely NOT working. It's the most expensive and bureaucratic system in the world. Nearly 30 million people are uninsured and we have the worst healthcare results of the industrialized countries.

So please be aware that we will keep being barraged with these propaganda-filled ads for the next few years, as national improved Medicare for All gains traction with frustrated, angry and bankrupt Americans.

<https://www.facebook.com/watch/?v=2207112386205880>

Business Initiative for Health Policy (BHHP) and Wendell Potter, former insurance industry VP.

<https://www.youtube.com/watch?v=6QzfQ1YU4H8&feature=youtu.be>

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**Packing fun in Victor Burro Race**

Experience a day of fast and furious (sometimes furry) racing that must be seen to be believed. Load up the kids of all ages and come to historic Victor Saturday, Sept. 7 for a day of four-footed races packed with old-time fun.

The annual Victor Pack Burro Race will kick off at noon in downtown with racers from across the region competing for cash prizes. The furry four-footeds are historically dubbed the Rocky Mountain Canary for their role in underground mining; the burros were used above ground during the gold rush era for hauling heavy loads, but also underground in the mines for the same tasks.

Today the burros are beloved symbols of days gone by and are, along with their trainers and human counterparts, the centerpiece of this event.

From 12:30 to 1:30 p.m. Victor's Gold Camp Ag & Mining Museum will host Susie Knight, cowgirl poet and musician, live in the Pinnacle Park Plaza and tractor-churned ice cream made by the museum will be on sale.

Knight lives in Conifer, CO and performs as a singer and cowgirl poet for kids of all ages from classrooms to campfires to concert halls. She presents ranch life, rodeo, and romance from a woman's viewpoint. Audiences from Canada to Arizona and from Washington to Missouri have enjoyed her enthusiastic stage presence and professional delivery.

Knight has worked on both dude ranches and horse-and-cattle operations in Illinois, Wisconsin, South Dakota, and Colorado. When she's not on stage, Knight is the President of the International Western Music Association Colorado Chapter. She sells saddles at Colorado Saddlery and is a wrangler at Bear Creek Stables in Morrison.

Her all-original CD, *Fillin' Tanks* won the 2016 Western Music Association Cowboy Poetry CD of the Year. Also, this CD was number one on radio in 2016 for Cowboy Poetry bumping Knight to be the top performer of cowboy poetry on radio worldwide. Knight's additional awards include 2014 and 2016 Western Music Association Female Poet of the Year, 2013 Academy of Western Artists Cowgirl Poet, and 2013 Cowboy Idol Poet.

The Victor Elks Lodge #367 on north Third Street will have its bar open and provide live music after the race. Local musician Greg Brazil will perform starting



Cowgirl poet and musician, Susie Knight, will entertain folks at the Victor Gold Camp Ag & Mining Museum.

at 2 p.m. at the Elks where there will also be a cash bar, barbecue, race awards (including the Nicest Ass Award), and the presentation of the carrot cake to the winning donkey.

Proceeds from the burro race entries benefit the Southern Teller County Focus Group (STCFG), a non-profit that maintains the Trails of Gold and assists with historic preservation and mining education.

The race will begin and end in downtown so you can spend the day surrounded by the historic buildings from the gold rush era. During the day while racers are running trails you can look for unique treasures in Victor's shops, eat and drink at four local establishments, pan for gold at the Victor Lowell Thomas Museum, check out the old-time tractor display at the Ag & Mining Museum, or hike to the top of Battle Mountain for a superior view of the area.

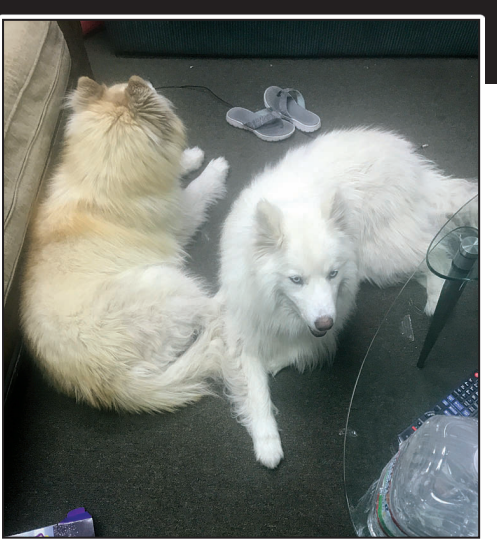
The race is sanctioned by the Western Pack Burro Association and sponsored by the Southern Teller County Focus Group and event sponsor Newmont GoldCorp.

FMI visit VictorColorado.com, STCFG.com or email info@stcfg.com.

## Adopt Me by AARF Tacoma and Natalie

These two sweet girls were found wandering together. They are about 2 years old, vaccinated and spayed. They are good with children and do not jump fences. Ideally, we are looking for a forever home that would accept them both. Would you like to meet them? Give Dottie a call to set an appointment 719-748-9091.

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



## New Devil's Playground Trail in the works

photo by Ling Li

In May of 2019, the Rocky Mountain Field Institute (RMFI), in partnership with Mile High Youth Corps, broke ground on a major project to realign and construct a new Devil's Playground Trail. The popularity of this summit route to Pikes Peak is growing, but gullies, erosion and loose rock are creating safety hazards for hikers and jeopardizing the habitat of rare alpine plants and wildlife. The new trail is designed to be less steep, more enjoyable as a hiking trail, and sustainably aligned in order to significantly reduce negative environmental impacts to the surrounding ecosystem. The project is expected to take 4 to 5 years to complete.

This first season of work on the project will culminate on the weekend of August 17-18, 2019 with an overnight camping community volunteer project collaboratively hosted by RMFI, Friends of the Peak, the Colorado Mountain Club, U.S. Forest Service, and supported by the National Forest Foundation's "Find Your Fourteener" campaign. Volunteers who join for the weekend will assist with this exciting project for two full workdays and enjoy reserved group camping and meals.



Work similar to what we see here will take place at Devil's Playground Trail on the weekend of Aug 17-18.

The project work for the weekend will take place at the lower elevations of the Devil's Playground Trail re-route, close to the Crags Trailhead and Campground. No prior experience is necessary. FMI: <https://www.rmfi.org/civirm-event/1890>.

## Colorado hunting access expands for 2019 season

The Colorado Parks & Wildlife (CPW) Commission today unanimously approved a multi-year expansion of the Public Access Program that will include up to 100,000 acres added to the program by the fall 2019 hunting season. The Public Access Program provides limited, seasonal hunting and fishing opportunities on Colorado trust land across the state.

"I congratulate the Parks and Wildlife Commission and the State Land Board for expanding access to Colorado state lands," said Dan Gibbs, Executive Director of the Department of Natural Resources. "The expansion of the Public Access Program passed by CPW today and the State Land Board earlier this month will grow the program by more than 20% to 585,000 acres over the next year. Colorado is a growing state with increased demand for recreation, hunting and angling throughout Colorado. In the coming years, Governor Polis and the Department of Natural Resources will continue to seek additional access opportunities to encourage Coloradans to experience, explore, and enjoy the outdoors."

Today's vote is the first step in a multi-year effort to double the size of the Public Access Program from 480,000 acres to nearly one million acres. This is the first major expansion of the program since it began in 1993.

In August, CPW will announce the locations of the new lands enrolled in the Public Access Program for fall 2019's hunting season. The Public Access Program currently includes 480,000 acres, the majority of which are located in Northwestern Colorado where there is prime big game hunting. CPW will enroll lands in the plains of Eastern Colorado where bird hunting and small game hunting is popular to provide a broader array of opportunities on trust lands.

"Colorado is known for our incredible natural beauty, and I'm committed to expanding the public's access to and enjoyment of our treasured state and federal land. CPW's Public Access Program for sportsmen and women is growing just in time for the upcoming 2019 hunting season. We will continue looking at more opportunities to increase access and help relieve overcrowded areas," said Governor Jared Polis.

The Public Access Program is one of several ways hunters and anglers can get out in Colorado. Colorado spans 66.6 million

acres and 23 million acres of public land is available for hunting.

Additionally, three million acres of land in Colorado are called trust lands and have been held in a trust since statehood in 1876 for the purpose of funding public schools. The State Land Board earns money for schools from trust lands by leasing the land for a variety of purposes, including hunting and recreation. Trust land leases have earned \$1.4 billion for Colorado public schools in the past decade and have been the primary funding source for the Department of Education's Building Excellent Schools Today program.



Public access for wildlife-related recreation on trust lands is made possible through the Public Access Program, a lease agreement between the State Land Board and CPW. CPW funds its 1-million-acre lease through hunting and fishing license fees and the 'Future Generations Act' approved by the 2018 legislature.

"I'm thrilled that hunters and anglers will have more access to state trust lands in Colorado this season," said Dan Prenzlow, CPW director. "Hunters and anglers are a critical foundation to wildlife conservation. They make significant contributions to our local economy, especially rural economies. It's an added benefit that our Public Access Program helps fund Colorado school kids."

Trust lands enrolled in the Public Access Program are open to a variety of wildlife-related uses, primarily hunting and fishing. For hunter safety, wildlife protection, and the integrity of the land, the public must follow the rules and regulations at each property enrolled in the program. Unauthorized activity on trust lands is subject to enforcement.

The public may view land enrolled in the Public Access Program using CPW's Hunting ATLAS, visit <https://ndismaps.nrel.colostate.edu/index.html?app=HuntingAtlas&keyword=public&value=Agate%20Mountain%20STL>.

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I also had sinus issues which I found out that Mark makes an Up Your Nose Sinus Spray. I sprayed two shots in each nostril and it took only 1 hour for my sinuses to open and they have not felt that good in years.

I drive out three times per year from Arizona to take classes at the college and in the past always suffered with low energy headaches and multiple sinus problems. I now look forward to coming to Colorado no matter what the season, knowing I can depend on these wonderful products.

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# GUARDIAN ANGEL CHRONICLES

## FINAL ENTRY: ARDAM & DANIELLE

by Danielle Dellinger  
Entry 2 appeared in July 2019's issue on pages 18 & 19.



Ardam walked into Ms. Hycrest's office for the first time ever. She looked up from her computer and peered over the top of her glasses at him, taking in how young he was.

"You must be part of our new recruit program," she said, leaning down and digging a file folder out of her bottom desk drawer. "Have a seat. What's your name?"

"Ardam," he answered, his tone soft and nervous.

"Hmm," she hummed, licking her finger and thumbing through some pages. She pulled out his profile page and skimmed over it. "You were 19-years-old when you died?!" she exclaimed, lifting her eyes to him in shock. It wasn't like her to show this much emotion, but for some reason this got to her.

Ardam simply nodded, unable to maintain eye contact with her.

"I'm so sorry," Ms. Hycrest said. "You're our first teenage recruit to come through the program." She went back to reading his profile.

Ardam remained quiet as he watched her read.

"It says here you died from lung cancer." She took off her glasses and leaned back in her chair.

He shifted, crossing his legs before he spoke. "Lung cancer in young adults is more common than one might think, but not for the reasons most think. In 2014, it was estimated that around 21,000 young adults, ages 15-24, would die from lung cancer." He paused a moment, reliving a troubling memory. "It's often diagnosed when it's highly advanced because the majority of the people are healthy, non-smokers, so doctors typically don't think of cancer right away. Instead, young people are often diagnosed with bronchitis, asthma, and sometimes even allergies."

"So, what's your story? Were you a smoker?"

Ardam smirked in annoyance, looking down and shuffling his feet. "See that question immediately puts the blame on me and says it's my fault for getting cancer and dying. In reality, I would've had to have been a heavy smoker inside my mom's womb for that to be how I got cancer. Unfortunately, I had a genetic mutation develop after birth known as epithelial growth factor receptor, or EGFR, which in simple terms means a certain protein got too much juice and the cancer cells rapidly grew and spread. There are therapies available to deal with this mutation and others, but I was just unlucky and ended up dying."

Ms. Hycrest let out a long breath, shaking her head and leaning forward. "I'm sorry to hear that. So, why did you want to join this program?"

Ardam smiled gently. "Unfortunately, I left behind my best friend. We met on the internet, and because we lived in different countries we used an instant messenger to talk. Sadly, we never got to meet in person. I just feel I need to watch out for her. She didn't know entirely what was going on with my health. So one minute I was there for her, and the next I was gone. I don't know what it was, but she helped me fall asleep most nights. We didn't have super deep conversations or anything, but just knowing she was there was enough to relax me to sleep, I guess."

"Well, we typically don't let prospective guardians choose who they want to protect, due to conflict of interest and objectivity issues, but I feel inclined to make an exception."

She tapped away briefly on her computer, then looked at Ardam. "What's her name?"

Ardam's face lit up for the first time since

entering the office. "Her name's Danielle."

Ms. Hycrest nodded and tapped again at her keyboard for a minute. Then came the sound of something printing. She reached behind her and grabbed a piece of paper fresh off the printer, and passed it to him. "This is everything you need to know about her."

Ardam took some time to look it over. "Any questions?" Ms. Hycrest soon asked.

"Just one." He looked up at her. "How do I get to her?"

"You have wings now, so fly."

Ardam grinned and jumped up. "Thanks!" he called as he ran out of the office.

He was jittery as he stood outside of her house. It felt wrong, yet right, at the same time. He wondered if Danielle would ever be able to see him. The lady hadn't really explained how any of it worked, and he'd forgotten to ask in his excitement. He was about to walk up to the front door when the garage door opened and a car backed out into the driveway and then on down into the street. Ardam caught a glimpse of Danielle as the car passed him. He smiled and flew into the air, following her down the street.

It brought a smirk to his face when he realized that she was a bit of a speed demon. She swiftly yet safely navigated around slower drivers, always using her turn signal.

But, as she neared an intersection, Ardam felt a strange sensation in his gut. He quickly dove down in front of Danielle's car, letting her drive through his body just as a bigger car sped into the intersection in front of Danielle, cutting her off. She slammed on the brakes and came to a screeching halt, narrowly missing the other car's mirror as they crossed in front of her. Ardam came around from behind her car to see if she was okay. He stood a few feet from her window, watching. After a moment, she looked toward him, and then drove away. A warm tingle went down his spine, which he didn't understand. Had she actually seen him?

That night, after the stress of the day had been washed away with a hearty dinner while watching some reality TV, Danielle went into her office and sat at her computer. Ardam followed her in and stood just behind her shoulder, watching. She opened her web browser and typed in a question: "Do guardian angels exist?"

Ardam's jaw went slack, and he stepped closer.

A page full of links, headlines, and pictures came up. Danielle slowly scrolled, skimming over the contents. It appeared that the belief in guardian angels went back thousands of years, even as far back as the Babylonians and Assyrians. When she clicked on the images, thousands of pictures of glowing winged beings filled the screen. Ardam looked down at his hands. To him, he appeared like a regular person, but he wondered if that's how Danielle would see him if she could. He lifted his eyes back to the screen and saw that she'd moved on to a page about angels that walk among humans. It was mainly about other humans doing extraordinarily selfless acts toward others.

Danielle closed out of the tab and sighed. Ardam watched her with curiosity, then suddenly he heard a voice.

*Man, I really miss you. I wish we could still talk.*

Ardam looked around the room, wondering

where the voice was coming from. But then he realized it was Danielle's thoughts he was hearing.

*I haven't been able to find the same friendship I had with you with anyone else.*

"But I can hear you," Ardam said to the empty silence in the room.

Danielle didn't react.

*Someone ran a red light today and I almost hit them. That could've killed me. But it felt like something was looking out for me.*

She leaned her head back on the chair, shutting her eyes.

Ardam walked up next to her and put a hand on her shoulder.

"It was me," he said. "I'm still here with you. I miss you too."

Danielle didn't move. He left his hand on her shoulder for a

minute, then slowly pulled away, backing up toward the door. Suddenly, Danielle sat up and turned to look over her shoulder. She was looking right at him, but he could tell by her expression that all she saw was an empty doorway.

"I can feel you," she said to the room. "Who's there? What do you want?"

Ardam's heart pounded in his ears. How was this possible? "It's me!" he exclaimed. "I'm here! I'm here!"

Her expression remained blank, and soon she turned away toward the computer.

"Danielle, please. It's really me," he said, softer. He knew it wasn't her fault, but there was still a sting of hurt. His eyes drifted over to the opposite side of the room where he saw two people standing, a man and woman. They were older, and had their arms around each

other. His eyes met theirs. "Who're you?" he asked.

"We're her maternal grandparents. We've been watching over her too."

"Are you part of the recruitment program?"

The grandmother smiled. "Archangel Michael tasked us with looking after her the minute she was born. The archangels oversee the HR department that Ms. Hycrest runs, and they have the final say in what goes on."

"Do most people have multiple guardian angels?"

"Yes," she replied. "We take turns if one of us needs a break. It can be very tiring. But, she's a good kid," she nodded toward Danielle. "A bit of a speed demon, though. We'll let you handle flying after her while she's driving." The woman chuckled and looked up at the man beside her, who smiled down at her.

"So, can she really feel us?" Ardam asked.

"It seems that way," said the grandfather. "She has a strong connection with the spirit world."

"I really want her to see me so we can talk," Ardam admitted, looking back to Danielle.

"You must be the one she talks about all the time. She's been reaching out to you for over a year now," said the woman.

Ardam blinked. "But I just died the other day . . . How can it have been a year already?"

"Time moves differently on this side. If you die suddenly, it takes some time for your spirit to recognize and accept what's happened."

"I don't think I died *that* suddenly . . ." Ardam thought about the doctor telling him that things looked to be improving. They'd been hopeful, even though they knew full remission was questionable. But then one day he woke up struggling to breathe. He was dead by sundown. Ardam exhaled. "Well, maybe I did."

"If you want to talk to her that badly, try tonight when she's sleeping. Her dreams are sometimes open to us. That might be a good way to start to let her know you're here," the woman said gently.

"Thanks for the help," he said, turning his eyes to them, but they had disappeared. With one last glance at Danielle, he left the room to go outside. He needed some time to himself for a little bit. He sat on her front step, breathing in the humid night air. The crickets chirped loudly from the bushes beside him. An owl hooted off in the distance while two dogs barked a couple streets over. It was all around a peaceful night in the city.

An hour later, Ardam went back inside. All the lights were off, and he could hear a white noise machine coming from Danielle's bedroom upstairs. He quietly climbed the stairs and peeked in her room. She tossed and turned, not in a deep sleep yet. Ardam sat in the doorway to wait. After two hours had passed, he could tell she was finally in a deep sleep. He got up and stood next to the bed. Her back was to him, and he was grateful for that. Without thinking, his hand reached out and lightly cupped the back of her head. In a split second, he was being physically pulled into her mind. His vision grew hazy, and for a moment he blacked out.

When he came to, he was standing in a grey mist with faint white light filtering in the background. He turned in a circle, realizing he was alone. At least until he spotted a dark figure walking toward him through the mist. As they came closer, he realized it was Danielle.

"Hey, what're you doing here?" she

laughed when she recognized him.

He grinned a bit shyly. "I came to say hi."

"It's good to see you!" she said, spreading her arms for a hug.

They embraced and then sat down on the ground, the mist parting for them.

"I've missed you so much!" Danielle said. "Same. That's why I had to reach out to you."

"I have so many questions. Like, for one, how long were you sick for? You never said anything to me, just that you were tired all the time."

"Over a year," he admitted sheepishly.

"A year! You knew for that long and didn't tell me?!"

"I'm sorry. I didn't know how. And I didn't want you to worry."

"I could tell something was wrong, but not even your friends said anything to me until afterwards."

"I asked them not to." He chewed on his lip, nervously watching her.

Danielle shook her head. "I can't believe you." A long silence filled the space between them.

Ardam finally reached out and took her hands in both of his. "I really am sorry."

"Is it true it was cancer?"

He nodded. "Lung cancer. Some gene mutation thing."

"That's awful. I'm so sorry that happened to you."

He smirked. "Same."

Danielle leaned forward and hugged him again, giving him a good squeeze. It lifted Ardam's spirits to be hugged by her. "I'll always have your back," he said softly, squeezing her as well.

She pulled away just enough to look into his eyes. "Are you my guardian angel or something?"

He lit up, grinning happily. "Yeah, I am."

"Yey!" She went back to hugging him, then gasped and pulled away again. "Was that you today with the car I almost hit?"

"Yes, it was me."

The mist began to drift in around them and between them. Danielle frowned at the mist. "What is this?" she asked.

Ardam shrugged. "It's like it's trying to separate us."

"I didn't know there was a time limit," she laughed.

"There must be," Ardam chuckled.

Danielle smiled at him. "I'm so glad we could talk."

"We can talk anytime. I'm always listening."

The mist enveloped Danielle until she vanished from view. Ardam sat there until the mist thickened around him and cast him out into the living world. His heart had expelled a weight that he hadn't realized he'd been carrying.

Sunlight filtered into the room through a space in the curtains. Danielle stirred and sat up, smiling at the sun warming her bed. Ardam noted the peaceful smile on her face. She even carried herself differently as she walked down to the kitchen. It wasn't like her, but she decided to have breakfast out on the backyard patio. Ardam sat in the chair beside her, enjoying the calm morning. As the sun shone through the leaves onto him, there came a flash of light that made Danielle turn her head toward the chair.

"Thanks for the visit, friend," she said, smiling.

— The End —

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## 5 Myths about Alzheimer’s Disease

by Alzheimer’s Association of Colorado

Despite being the number six killer of Americans, and despite being the single largest risk to the health of our Medicare system, Alzheimer’s disease is not widely understood. Even some of the people most clearly at risk will go to great lengths to maintain a distance from the illness.

“Callers to our Helpline sometimes won’t even give us their name,” said Danelle Hubbard, director of Health Systems and Family Services for the Colorado Chapter of the Alzheimer’s Association, which operates the Association’s free multi-language Helpline that is accessible 24/7, 365 days a year to provide information and counsel to individuals who have questions or concerns about their own or a loved one’s mental health.

“For some, acknowledging their concerns about memory loss may be an admission of their worst fears — that they have Alzheimer’s disease,” said Hubbard. “For that reason, many people don’t want to address the subject.”

Yes, Alzheimer’s deserves its fearsome

reputation. It kills more people annually than breast and prostate cancers combined. Every 65 seconds, someone in the U.S. is diagnosed with the disease for which there is no prevention, no treatment and no cure. In addition, caring for people with Alzheimer’s and other dementias is currently taking 1 of every 5 Medicare dollars — a total expected to rise to 1 of 3 dollars by 2050 if a cure is not found.

The Alzheimer’s Association is the largest non-governmental source of funding for research to find a cure for the disease. That research is ongoing. Until a cure is found, people should be aware of some common myths regarding Alzheimer’s:

**Myth 1: Memory loss is a normal part of aging.**

**Reality:** It’s normal to have occasional memory challenges as we age, such as forgetting names of someone you just met. The frequent memory loss that is part of Alzheimer’s disrupts your daily life, such

as needing to rely on memory aids or family members for things that one previously handled on their own.

**Myth 2: Alzheimer’s is not a fatal disease.**

**Reality:** Alzheimer’s disease is America’s sixth-leading cause of death — ahead of breast and prostate cancers combined. It slowly destroys brain cells, ultimately leading to the loss of body functions and death.

**Myth 3: Alzheimer’s only affects the elderly.**

**Reality:** Nearly six million Americans are living with Alzheimer’s, including people in their 50s, 40s and even 30s. An estimated 200,000 people in the U.S. under age 65 are living with Alzheimer’s.

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**Myth 4: The risk from Alzheimer’s is the same for everyone.**

**Reality:** While the main risk factor for Alzheimer’s is aging, there are population groups that are at greater risk. African-Americans are twice as likely as whites to be diagnosed, and Hispanics are 50 percent more likely, and as a group, two-thirds of Americans with Alzheimer’s disease are women.

**Myth 5: I can ignore the symptoms of Alzheimer’s and get by.**

**Reality:** Some people are able to temporarily work around the memory loss and other symptoms of Alzheimer’s, compensating in other ways, but delaying diagnosis is detrimental because it also delays access to medications, supportive services, planning and other resources that help both the person with Alzheimer’s as well as caregivers and loved ones. Delaying the diagnosis does not delay the progression of the disease.

To learn more about Alzheimer’s disease and services available through the Alzheimer’s Association of Colorado, call 303-813-1669, go to [www.alz.org/co](http://www.alz.org/co) or call the free 24-hour Helpline at 800-272-3900. All programs are available to Colorado families at no charge.

### Obituary

Edward G. Berkhof



Edward G Berkhof, 63, resident of Colorado, previously from Canada and South Florida, went to the Lord on Saturday, June 29, 2019.

Ed was born in St. Thomas Canada in 1955. Ed was a huge fan of all music and played the bass guitar for over 40 years, starting at the age of 13. Ed was a well-known bass player in South Florida, where he lived for many years. Additionally, Ed was involved in satellite, cable, and telecommunications since 1976 installing satellite uplinks in nine different countries. Ed was also a pioneer in the development and distribution of the C-band satellite for mass consumer use. But most of all, Ed was loved by many and will be greatly missed.

Edward was preceded in death by his father, Gerrit Berkhof. He is survived by, his wife Teresa DeSimone; his mother, Melia Berkhof (Van de Beek); his daughter, Kaley Berkhof; his brothers Henry Berkhof and Gary Berkhof; his sister, Caroline Berkhof-Mackeen; and his grandchildren, Tahlia Berkhof and Keenan Berkhof.

Ed’s final wish was a Life Celebration/Fundraising event with the proceeds benefiting St. Jude Children’s Research Hospital. You can contribute through the Edward Berkhof go-fund-me page. There will be a Life Celebration fundraising jam at the Thunderbird in Florissant, Colorado on September 1st from 3-7 p.m. There will also be a friends and family memorial event on September 2nd — contact Teresa DeSimone for details.

Events in Florida and Canada will be announced at a later date.

## Musings Along the Way

Art, light and perceptions  
by Catherine Rodgers

“Art enables us to find ourselves and lose ourselves at the same time.”

— Thomas Merton

August begins with the fourth and last Celtic fire festival of Lughnasa, three days of revelry for Lugh, the god of sun, light, and harvest. Light shapes our perceptions. In England I was introduced to this celebration along with collecting magic mushrooms or liberty caps found in cow patties, which definitely altered my perceptions. The Aztecs of Mexico referred to the mushroom as *teonanácatl*, or “God’s flesh” in homage to its believed sacred power. Now some scientists are researching its use as an anti-depressant, otherwise a gateway to joy. I meandered down to a small lake where friends were reenacting the pre-Raphaelite painting *The Lady of Shallot* by John William Waterhouse.

As I looked down at the scouring rushes, I fell to my knees in awe of this primordial plant, *Equisetum*. The tall male spears are accented by large and small triangles along the nodes which are said to have inspired John Napier to invent logarithms. They certainly inspired countless pottery designs the world over. The female aspect sports lacy skirts in whorls, giving it the name Maretail or Horsetail. Medicinally, the silica in supplements is found to lubricate painful joints. Considered a living fossil that reproduces by spores, *Equisetopsida* is evinced by the 100-million-year-old stumps 30 ft. across at the Florissant Fossil Beds which were once 100 ft tall reeds. Ever wonder where coal and oil or “fossil fuels” come from? You got it!

Currently, the focus may be more on harvesting gold by rock farming behind Battle Mountain than the myriad of wildflowers, quakes (aspens) and pines which clamor for our attention on any hillside stroll. Now I may alter my perception by the high mountain light alone, struck by the sharpened shadows, the vastness of the sky, the panoply of clouds. Recent articles suggest we can save the planet by planting trees, billions of trees, to act as a carbon sink. I am doing my part! There is a wonderful symmetry to planting trees to absorb carbon dioxide from burning fossilized trees. I always appreciate our symbiosis with plants breathing in CO2 and exhaling oxygen. I like breathing. I am looking forward to reading *Overstory* by Richard Powell, the history of the world from the perspective of trees or Sam Sacks’ *Wall Street Journal*, reminding us to open our eyes to the idea of *plant personhood*.

Bewildered and perhaps bewitched describe the end of August when Victor Celebrates the Arts. VCTA is a plain air extravaganza drawing local and national artists, professional and amateur, to paint their insights of this historic district and win cash prizes. C.J. Chadwell began this talent showcase 20 years ago and each year reveals new wonders. Starting August 23 this year, scattered over a 10-mile radius from Victor City Hall, easels are set up EVERYWHERE to reinterpret the land and our community anew.

“The principle of true art is not to portray but to evoke.”

— Jerzy Kosinski

Carl Ortmann won 1st Place Professional last year with a dynamic impression of sunset behind Grouse Mountain and the Continental Divide. He brought friends and students from

Salida, and one, Shawn Vrooman, won 1st Place Amateur with a pencil sketch of *Broken Structure*. Chris Alvarez from Colorado Springs elevated a vintage auto amongst the weeds from junk to art and took 2nd Place Professional. The colors of Bridget O’Hara’s dawn in *Saturday Morning* are breathtaking, and Curt Gillespie captures the alpine glow in *Victor Moonset*. Then 19 years old, Jared Brady won our hearts with *Theresa Mine* seen along one of our many trails. Ken Hartman blew everyone away with his interior of the rainbowed, beveled entrance to the Victor Elks Club. Heather Jones went eyeball to eyeball with a larger than life portrait of a Big-horn Sheep. Sofia Balas invoked the magical dimension of Cripple Creek with her blue and magenta vortex and raven messenger. You can see these works of art and get more details at [www.victorcelebratesarts.org](http://www.victorcelebratesarts.org).

Truly, I get lost in these wondrous and varied visions, and I find myself centered in beauty. This art show has stimulated other creative endeavors in town. Terry at The Fragile Edge hand paints glass. Joe Harris teaches people interested in learning to play with paint one evening a month. The Artists Co-op at the AG Museum offers all sorts of crafts, metal work, watercolors by Ken Keegan and oils by Rita Cirillo. So, mark your calendar for Labor Day Weekend in Victor to join us in celebrating the arts and the town’s 125th Anniversary. Maybe you’ll take home a special evocation of a sacred place outside of time, or find yourself grabbing a brush and trying your hand at expressing the joy which imbues the light of this mountain top.

“Every artist was first an amateur.”

— Ralph Waldo Emerson

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## Currant Creek Characters William Harrison Beery part I of II

### A slight case of mail fraud

by Flip Boettcher

On the windswept southwestern slopes of Thirtynine Mile Mountain, at the head of Currant Creek, William Harrison Beery had his JI Ranch on the 160-acre homestead, which he proofed up in 1890. Although not the first pioneer in the area, the 1880 United States Census shows Beery, a stock raiser, living in Park County on Currant Creek with his wife Mary Julia Castello and four children; James C., born in Missouri in 1870; Leslie Lovejoy born in Colorado in 1873; Julia A. born in Colorado in 1875; and Frank Ferdinand born in Alma in 1878.

William Harrison Beery is the great-great grandson of Nicholas Beery, who was born in Switzerland in 1707, and immigrated to the U.S. in 1727, settling in Pennsylvania. Nicholas left Switzerland because of religious persecution and after a four-month journey with 200 other passengers on the sailing vessel Friend Ship, settled in William Penn's religious and politically tolerant Pennsylvania.

The Beery family eventually moved to Virginia and then Ohio, where William Harrison was born over 100 years later, in 1838. William was the first of 12 children, born in Ohio and Missouri, of John and Mary Beery.

Of the nine sons John and Mary Beery had, five were named after U.S. Presidents — William Harrison, George Washington, Thomas Jefferson, who died at 3 days, and twins, Millard and Fillmore, who both died at two days.

By 1848, John and Mary had moved to Missouri where they had eight of their children and died there, John in 1896 and Mary in 1904.

In his own words, Beery said, "I worked on the family farm until March 8, 1860, and then went by wagon train to Summit County, Colorado Territory, probably arriving in Denver in May or June."

Interestingly enough, Sam Hartsel arrived by ox train in Denver in May 1860 and went on to the Tarryall diggings in Park County. Hartsel then went on to become a prominent South Park rancher and founded the town of Hartsel.

Also, John Reeves Witcher and his older brother William arrived in May 1860 in Denver. The Witcher's continued on to the mining town of Montgomery above Alma, also in Summit County. JR Witcher went on to become a cattle baron with a vast empire on West Fourmile Creek and Fourmile Creek.

Did any of these four men know each other? No way to know, but a later entry in JR's ledger mentions William Beery in 1886 and a check written to Beery in 1887.

Probably lured, like most, by the Colorado gold, Beery tried his hand at mining for a year. Beery took out a year mail contract carrying mail from Hamilton to Bridgeport to Lincoln City to Parkville and Delaware City (old mining towns). Four months of the year the job was on snowshoes and the rest of the year was by wagon. Beery was also an IRS collector in Summit and Lake counties for nine years.

By 1863, Beery was a Wells Fargo agent and drove express coaches from Hamilton, the first mining town in South Park, to Fairplay. Beery was a teamster on the Ute Pass Wagon Road, built in 1862, from Colorado Springs, as well.

In September 1864, Beery enlisted as a Union private with Company K of the Colorado 3rd Cavalry. Company K con-

sisted of 21 men commanded by Lt. W.E. Grinnell. The Colorado 3rd Cavalry known as the "bloody third" only lasted 100 days, participating in the Sand Creek Massacre in southeast Colorado on November 29, 1864. Beery was mustered out December 31, 1864. He later filed for a Civil War Pension as an invalid in March 1908.

On August 1, 1867, Beery married Mary Julia Castello in Fairplay and by 1869 had proofed up 160 acres a little northwest of Fairplay. The 1870 census shows Beery living near Fairplay with Mary and James C., 2 months old. Beery is living next to Judge James Castello, his father-in-law, who is listed as receiver for the land office located on Front Street and appointed by the president.

Beery's occupation is listed as a "county trimmer." Presumably that is county treasurer, an office Beery held for six years.

Beery was an 1870 census enumerator in Park, Summit and Lake Counties. Beery's younger brother John Taylor Beery, 21 years, is a near neighbor in 1870, living with his wife, Nettie, 19 years. John T. is a farmer by trade. John was born in Summitville, Missouri in 1848 and died in Kansas City, Missouri in 1918.

John and Janette, "Nettie" are back in Jackson, Missouri by 1880, with two children, Nola, 9 years and Viola 7 years. John is a railroad hand.



Probably the last remains of the Beery homestead cabin at the head of Currant Creek looking southwest. photo by Flip Boettcher



Looking northeast toward the slopes of Thirtynine Mile Mountain from the Beery homestead cabin site. Beery had 10,000 acres of public land on those slopes fenced. photo by Flip Boettcher

In 1900, John is a railroad agent with four teenage children living at home: Maud, Oscar C., Artis, and Richie.

James Michael Castello was born in 1814, went to Wisconsin in 1838, then to St. Louis, and finally came to Colorado in 1860. Castello died in 1878. Castello went first to Gregory Gulch in Central City and then to Fairplay in 1863. He built and ran the log Castello Hotel from 1863-1870 when he sold the hotel and moved to Twin Creek.

Castello homesteaded 160 acres at the confluence of east and west Twin Creeks. It was also the area where several Native



Mary Julia Castello and William Harrison Beery in their later years. Beery was known for his red curly beard. Photo courtesy Park County historical archives.

American Indian trails converged and a battleground, the site of many tribal battles. Castello built a ranch house for overnight guests, had a trading post and started a post office there named Florissant (French for flowering) after his hometown in Missouri. Florissant was the first white settlement in the Pike's Peak region.

By the early 1870s, Beery ran one stage per week to Cañon City and a coach over Hoosier Pass once a week. His express and stage office was in the same building as postmaster A.M. Janes' post office and store. Beery wanted the contract for carrying gold out of Oro City, Lake County, by express, but H.A.W. Tabor, Oro City postmaster, insisted on sending gold nuggets and dust with the regular mail dispatches.

One such dispatch with \$1000 of gold dust and a letter with \$40 in it arrived from Oro City to Fairplay while Beery was in the store. Janes received it and stashed it away for the morning dispatch.

A little later, on the spur of the moment, Beery decided to organize a dance for that evening at which Janes and his store clerk attended. Unfortunately, Beery had forgotten some refreshments for the dance and had to leave for a time.

While out Beery entered the store through a small window in the back and took the gold and letter. Beery hid it all in Fairplay's favorite spot to hide purloined gold, under a manure pile.

It seems that in 1864 during the Reynolds Gang affair when the gang was robbing stagecoaches and express offices, Beery had driven the express coach to safety from Fairplay to Hamilton. He hid the gold dust he was carrying at the time under the manure pile, the safest place he knew.

In 1869, Mr. Farnum, a mail carrier from Oro City to Fairplay, stole two bags of gold and some letters and hid them under a manure pile, too.

The next morning when Janes found that the gold was missing, Beery heartily joined in the search for it and even conveniently found bits of the newspaper the gold had been wrapped in, in Janes' cellar. Nothing else was found.

The case remained unsolved until that fall when a special agent came to Fairplay to investigate. The agent came to suspect Beery after following various leads and suspects. When the agent searched Beery's stable he found incriminating bits of string and newspaper under the manure pile.

Beery confessed to the crime. Whether Beery wanted to get back at Janes over the gold contract, or settle his grievance with Tabor, some of the gold was missing. Beery repaid the total amount and because of his good reputation and family connections (his father-in-law, after all, was Judge James Castello), the case was dismissed.

In September 1873 Fairplay's business district on Front Street pretty much burned to the ground, but was soon rebuilt of brick.

To be continued...



## Growing Ideas Perennial food gardens

by Karen Anderson "The Plant Lady"

August greetings friends. Hoping your 2019 gardening season is going well for you. The rain this year has been a huge factor in the success and happiness of plant life here at Paradise Gardens. We made it through a pretty rough heat wave in July and then Mother Nature provided the relief we needed to keep the gardens healthy and thriving. Much gratitude!

Many of us have been harvesting some of our quickly growing veggies and are delighted in the process of plucking fresh home-grown radishes right out of the ground, picking purple chive flowers to embellish our organically grown greens, and maybe even an early tomato or pepper from the greenhouse too. Now in August, the last full month of frost-free weather, we can look forward to reaping the benefits of planting our root crops, like potatoes, beets, turnips, carrots and others. A treasure hunt, if you will.

**"People who face life with passion encourage others to live their lives with Spirit."**

— Maya Angelou

So, what I would like to share with you this month is the possibility of establishing a perennial food garden which can be sustainable for many years to come. The edible food and medicinal plants in this category include asparagus, rhubarb, horseradish, Egyptian onions, Jerusalem artichokes, strawberries (domestic and native), raspberries, currant berries, Goji berries and

gooseberries. In addition, there are power perennial herbs that grow very well here at high altitude and the list is comprised of chives, garlic chives, catnip, cat mint, spearmint, lemon balm, thyme, oregano (most success with this one is in a greenhouse) and many others including natives.

Of course, if we are avid gardeners, we will always be sowing annual crops as well. But it's really special to have some tried and true power perennial food plants to rely on here in our challenging mountain region. An enclosed garden area is ideal for protection from the critters, but not always essential. We can manage without that luxury if we need to.

For this article, I am choosing two perennial veggies to expand information on. One is the Egyptian or Spring Onions and the other is horseradish. If you like your vintles to be on the spicy side, these plants will suit your palate well. Egyptian onions *Allium Cepa-Aggregatum* are extremely hardy and practically trouble free. One of the first sightings of life is the perennial garden are these guys, sending up welcoming green shoots in very early spring, which are totally good to eat! As this plant grows throughout the season, the stalks will become hollow and bulblets will begin to form. Therefore, the tender and tasty onion greens will be best harvested in early spring. The bulblets are the plants propagation system and they can certainly be enjoyed in soups, salads or maybe some creamed peas and onions!

Be sure to plant some of these 'babies' right back into the garden for next year's harvest. You may also harvest the 'mother' onion later in the season, but always replant some bulblets.

Horseradish, *Armoracia rusticana* is a must in the food garden for me. Strong in

Egyptian or Spring Onion bulblets. photo by Jeff Hansen



growing ability and in flavor, it is rich in vitamin C and a health food in every way. There's nothin' like some freshly picked and prepared horseradish to liven up the spirits and clear the sinus cavities!

It is easily and vigorously grown with very little fuss and will eventually spread itself far and wide throughout the area. When first planting some horseradish roots, you will want to allow them to become well established for at least a year before harvesting. Amend the soil with some well composted manure or other organic fertilizer every year for healthy management. Harvest the more slender roots for eating and after cutting those away from the crowns and thicker, possibly pithy root, put the tops of the plant right back in the ground to re-establish for next season. To prepare, clean and scrape the little fibers, cut into pieces and pop them into the blender with a little vinegar and grind away, but please be aware that the potency is hard on the eyes, so I prefer to prepare my horseradish outside for less irritation to my eyeballs! You may also gather a good crop of roots in the late fall and store them in plastic bags with a little bit of soil as they will keep fresh in the fridge and for several months.

If you wish to obtain just about any of the plants suggested for a power perennial food garden, I am able to provide organically grown, born and raised at 9,000 ft. plants to get you started. Give me a call at 719-748-3521 or email plantladyspeaks@gmail.com for more information. I am also available for personal landscape consultations to help you with your gardening endeavors.

**Special note:** The Harvest Center organizes an annual Garden Tour and you are invited to visit Paradise Gardens on Sunday, August 25 from 10-3 p.m. as a part of that community wide tour. If you are interested, please go to [wpharvestcenter.org](http://wpharvestcenter.org) or their Facebook Page for all the info you need to participate in this awesome experience! (See box in Out & About section.)

As always, throughout the year growing hardy perennials are available for adoption at Mountain Naturals in Woodland Park and at the Outpost Feed Store in Florissant. You may also contact me directly if you wish. So, that about wraps it up for this month folks! See you in September and in the meantime, happy gardening!

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## Rampart Library's 2019 Love of Learning

The Rampart Library District Foundation's "Love of Learning" fundraising campaign for 2019 is to raise the money needed to update and upgrade the Children's Area in the Woodland Park Library. This area has never been updated and is getting vastly more use year by year. The Children's Area is a high use, high traffic area, with about 7,500 children just attending its programs last year.

An average 108 children attend Storytime each week, up from seven or eight children in 2005. The Youth Services Team hosts multiple Storytimes. They are held in the Children's Area in Woodland Park on Tuesday, Wednesday, Thursday and Saturday mornings at 10 a.m., and there is Lego Club on Fridays. The Florissant branch library hosts a Storytime at 10 a.m. on Fridays. In addition, many parents bring their children to simply spend time in the Children's Area each week.

This year, as part of this campaign, the RLDF has created three "butterflies," which library patrons and other supporters may purchase for \$1, \$5, or \$20. The butterflies will adorn the wall in the Children's Area. These can be purchased at either library branch or from a member of the foundation board.

Plans for the Children's Area upgrade include a puppet theater (to accompany our marvelous puppets which are just waiting



Youth Services Team Member Beth Woods hosts a Saturday morning Storytime at the Woodland Park library recently.

for children's arms), a sensory wall and toys for "sensory play" for our youngest patrons, a storyboard easel, and new tables and chairs appropriate to our various age groups.

Donations are welcome at Rampart Library POB 336 Woodland Park, CO 80866.



## Trooper Tips

Motorcycle safety  
by Trooper Gary Cutler

According to the meteorologists it is now officially summer. That means there will be a lot more motorcycles on our roadways; this month's topic.

I was a motor officer for the State Patrol for 11 years, so I have a few insights when dealing with this topic. No matter what angle or side you pick on the subject, it always comes down to one important item: safety for everyone involved is paramount.

When it comes to motorcycles, they are smaller and quicker than other vehicles and have ways of hiding in the blind spots of drivers. When driving, do a double look of your blind spots to make sure a motorcycle has not slipped into that hidden area. Motorcycle riders make sure you aren't hanging out in the blind spot. Remember if you can't see them, they can't see you.

At intersections it's important for riders to make sure they have eye contact with other motorists so you know they are aware you are there. This is especially true when making left turns.

Drivers make sure you maintain an adequate following distance behind motorcycles. Rear-ending a motorcycle can be deadly to the rider. Motorcycles are legally entitled to their own lane of traffic. In no situation are you allowed to drive or pass a motorcycle while in the same lane. The same goes for the motorcycle rider. Just because you are smaller, does not mean you get to pass a car in the same lane.

From my experience of riding I know it's fun to really come in fast and low on the lean when navigating tight curves, but it is dangerous. If you're in the curve and run

across an animal or object in the roadway, odds are you are going to hit it or at least go down hard. Use caution when riding in the hills. One of the most common reasons for single motorcycle crashes that I investigated is going too fast around curves.

### Here are a few quick tips for motorcycle riders:

- Follow traffic rules, this means go the speed limit, don't pass on solid lines.
- Ride defensively; limit lane changes just to get around traffic. Watch for oncoming cars and obstacles on the roadway. Leave room for an escape route.
- Keep your riding skills honed through education: Take advanced motorcycle riding courses. It's easy to get a motorcycle license, so learn the skills needed to stay safe.

Lastly, I personally recommend wearing a helmet. I know Colorado does not have a mandatory helmet law, but all it takes is one mistake on your part or others that can be the difference between life and death. Live to ride another day, wear a helmet, safety glasses, and leather gloves.

Remember that there is no such thing as a fender-bender for a motorcycle rider. They are completely exposed. As always, safe travels!

**Editor's personal note:** The first words the doc said to me in the Emergency Room after we had our motorcycle accident in 2006 were, "Because you chose to wear your helmet today, you are here instead of the morgue. Thanks for wearing your helmet."

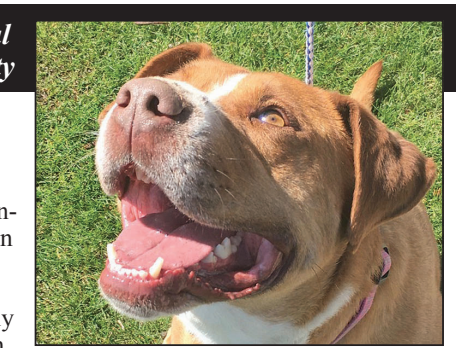
## Adopt Me

by SLV Animal Welfare Society

### Rocky

Looking for a great mountain dog? We have had Rocky for 5 years. He is sweet, affectionate and has a sense of humor! Rocky loves to run and hike. He is neutered, current on all vaccinations and weighs about 80 pounds. He is a Staffordshire Terrier. Rocky would be best as an only dog as he is food protective. He does better with medium to large dogs. Rocky is not a beginner's dog; he needs to know his best-friend human is in charge! If you are interested in meeting Rocky please call 719-587-9663 (woof).

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



## Heart of the Rockies Regional Medical Center news

### HRRMC contracts with Pueblo Cardiology Associates

Heart of the Rockies Regional Medical Center has expanding its heart program under a professional services agreement with Pueblo Cardiology Associates, as of July 1. Four physicians from Pueblo Cardiology Associates will provide services at the clinic in Buena Vista as well as in Salida at the newly constructed HRRMC Outpatient Pavilion next to the hospital.

The practice will be managed locally by HRRMC and known as HRRMC Cardiology. Dr. Kenneth Wool of Colorado Springs Cardiologists will also continue to provide cardiology services at HRRMC.

"We are absolutely thrilled with the addition of the Pueblo cardiologists to the HRRMC family of providers. According to the CDC, heart disease is responsible for one in every four deaths in the United States. Consequently, the growth of cardiology services couldn't be more meaningful to the residents of Chaffee County," said HRRMC Vice President of Business Development Peter Edis.

The board-certified, fellowship-trained cardiologists are Laurence A. Berarducci, M.D., FACC; George Gibson, M.D., FACC; Stephen Mac Kerrow, M.D., FACC; and Kathleen Brown, M.D.

Dr. Berarducci earned his degree in medicine from Wayne State University in Detroit. He completed a residency in internal medicine at Sinai-Grace Hospital in Detroit and a three-year fellowship in cardiology at the University of Illinois in Chicago. He also served as a major with the United States Air Force Medical Service Corps at Scott Air Force Base in Illinois.

Dr. Gibson earned his medical degree from Hahnemann University School of Medicine (now Drexel University College of Medicine) in Philadelphia. He completed his residency in internal medicine and fellowships in interventional/advanced cardiology procedures and then core clinical cardiology at the University of Colorado Health Sciences Center in Denver.

Dr. Mac Kerrow earned his degree in medicine from the University of California in Davis. He completed a residency in internal medicine and a fellowship in cardiology at the University of New Mexico in Albuquerque.

Dr. Brown received her medical degree and completed a residency in internal medicine at Rush University in Chicago. She completed fellowships in cardiology, electrophysiology and physiology research at Rush University.

For more information about HRRMC Cardiology or to make an appointment, call 719-395-9048 in Buena Vista or 719-530-2000 to be seen at the Salida location.



Christopher Merrick, M.D.

### New pulmonologist provides services

Christopher Merrick, M.D., of Pulmonary Associates, PC will provide pulmonology services at the HRRMC Outpatient Pavilion, 1000 Rush Dr., Salida, beginning Sept. 1. Dr. Merrick will provide services along with Drs. Rains and Suckling.

"We are so fortunate to have such a high-quality-medical staff at Heart of the Rockies Regional Medical Center and the pulmonologists are no exception. While we are sad to see Dr. Ruff go, we are pleased to welcome Dr. Christopher Merrick to the HRRMC medical team," said HRRMC Vice President of Business Development Peter Edis. "With the prevalence of such devastating diseases of the lungs and respiratory tract, such as asthma, COPD, lung cancer and pulmonary hypertension, offering pulmonology services locally couldn't be more meaningful to our community."

Dr. Merrick earned his degree in medicine from the University of Arkansas for Medical Sciences in Little Rock.

He completed a residency in internal medicine at Duke University Hospital in Durham, North Carolina, and a fellowship in pulmonary and critical care medicine at Vanderbilt University Medical Center in Nashville, Tennessee.

Dr. Merrick is board certified in pulmonary disease and internal medicine by the American Board of Internal Medicine.

"I greatly look forward to partnering with local doctors to enhance the respiratory health of individuals in and around Chaffee County," said Dr. Merrick.

For more information or to make an appointment, call 719-530-2000.

### HRRMC Foundation awards three \$2,500 scholarships

HRRMC Foundation recently gave scholarships valued at \$2,500 each to Claire Zwann and Riley Johnson of Salida, and Emily Foreman of Buena Vista.

Zwann is continuing her physical therapy doctoral program at the University of Colorado Anschutz Medical Campus. She received her undergraduate degree in integrative physiology from the University of Colorado Boulder.

Johnson will be entering her fourth year of medical school at Michigan State University College of Human Medicine Upper Peninsula Region. She recently completed an international rotation in an impoverished area of Ulaanbaatar, Mongolia.

Foreman is currently attending Seattle Pacific University where she is majoring in nursing. She will enter her final year of the nursing program this fall. She has traveled to Arusha, Tanzania, three times to volunteer at the Neema House where she provided care for babies who are awaiting adoption.

The HRRMC Foundation scholarship is

available to any college or university student who lives or has lived within the Salida Hospital District, which encompasses Chaffee, western Fremont and northern Saguache counties. Applicants who plan to enter the healthcare field with a minimum of 24 college-credit hours and a minimum grade point average (GPA) of 3.2 are encouraged to apply.

Applications for the 2020 scholarships will be available next May and will be due June 12, 2020. For more information, call Foundation Director Kimla Robinson at 719-530-2218.

### New Outpatient Nutrition Program

HRRMC recently launched its Outpatient Nutrition Program, which focuses on improving patients' nutritional status and is facilitated by HRRMC's registered dietitian nutritionists.

Nutritionists meet with patients one-on-one to focus on heart disease, diabetes, malnutrition, digestive issues, weight loss and/or prep for weight-loss surgery, or any matter that involves nutrition needs.

The process includes a 30-60 minute initial consult and follow-up appointments either in person or via a video conference call. During the consult and appointments, nutritionists help with meal planning, portion control, label reading and making healthy food choices.

"Nutrition affects all parts of the body. The body does not work as well if one is not well nourished," said Dietary Manager Devon Moughan-Phillips, a registered dietitian nutritionist.

A referral from a provider is required. Once the nutritional team receives a referral, a nutritionist will call to schedule an appointment.

Some insurance companies, depending on the diagnosis, will cover the consult and appointments. Cash pay is also available for \$50 for 30 minutes and \$70 for 60 minutes. FMI 719-530-2293.

### General surgeon joins HRRMC

Jian-zhe Cao, M.D., FACS, joined Drs. Johnson and Smith in the HRRMC General and Trauma Surgery practice at the hospital in Salida as of Aug. 5.

"Dr. Cao, who is known as Dr. Jian by his patients, comes to HRRMC as a well-trained, skilled, personable and highly motivated surgeon who will add significant value to our organization as well as for the patients we serve. We are so fortunate to have him join our community of excellent medical

### Salida hospital exhibits photography by Bill Mehaffey

Buena Vista photographer Bill Mehaffey captures the outdoors in a collection of photographs on display at Heart of the Rockies Regional Medical Center through Sept. 30.

"This collection of my work is comprised of images that are both real and some imagined. Some were constructed from two or more images to obtain the desired result, while others were processed to present the beauty of the scene," said Mehaffey.

Mehaffey pursued his interest in photography during his career in medical sciences. He took elective photography courses and had his own darkroom where he enjoyed processing prints. At one point, he took a break from photography and then returned to his passion during the industry's transition from film to digital photography. He is self-taught in digital photography and uses the art of printing as a way to enhance the expression of an image.

All of his photos in the hospital exhibit are for sale, and 25 percent of the proceeds are donated to the HRRMC Foundation.



Jian-zhe Cao, M.D., FACS

providers," said HRRMC Vice President of Business Development Peter Edis.

Dr. Cao earned his degree in medicine from the University of Colorado Health Sciences Center in Denver.

He completed a residency in general surgery at Exempla Saint Joseph Hospital in Denver. Dr. Cao also holds a master's degree in medical sciences from Boston University School of Medicine.

Dr. Cao is board certified in general surgery by the American Board of Surgery and is a Fellow of the American College of Surgeons (FACS).

"I believe in doing what is in the best interest of the patient. My approach is to educate the patient about his/her disease process and help the patient make the best decision. I am really looking forward to returning to Colorado to practice medicine, raise my family and enjoy the outdoors," said Dr. Cao.

FMI 719-530-2000.



### AEDs donated

HRRMC Clinic Manager Linda Epp (left) and Clinic Nurse Manager Lori Rucker (right) donated three automated external defibrillators (AEDs) to Chaffee County Search and Rescue on June 27, 2019. An AED is used to help someone experiencing sudden cardiac arrest. Epp said HRRMC decided to standardize all the defibrillators in the hospital and clinics and wanted to donate the former devices. Chaffee County Search and Rescue — South President Evan Brady (center) said they plan to install one on each of their primary response vehicles.

### HRRMC Foundation awards \$5,000 scholarship

HRRMC Foundation recently awarded a \$5,000 scholarship to Taylor Hadley of Poncha Springs. Hadley is currently a certified EMT. She plans to continue her education this fall at the University of Colorado, Colorado Springs to pursue her nursing degree. Applicants for HRRMC Foundation EMS to RN scholarship are required to be a certified EMS technician/paramedic who lives within the Salida Hospital District or Saguache County, and attending college in the fall of 2019 or spring of 2020, and pursuing an associate degree in nursing.




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## Spotlight on the Divide Chamber

*Below are all the new and renewing members of the Divide Chamber of Commerce and their phone numbers:*

<ul style="list-style-type: none"><li>■ <b>Aion Insurance Consultants</b> 719-593-2466</li><li>■ <b>AllianceShield Insurance Group</b> 719-687-3094</li><li>■ <b>Ancestral Arts Trading Post &amp; Gift Shop</b> 719-687-2278</li><li>■ <b>Andersen Enterprises, Inc.</b> 719-687-1179</li><li>■ <b>Big Sky Automotive</b> 719-686-7390</li><li>■ <b>Black Dog Excavating</b> 719-684-5762</li><li>■ <b>Black Mountain Pump Service, Inc.</b> 719-687-7212</li><li>■ <b>Coalition for the Upper South Platte</b> 719-748-0033</li><li>■ <b>Chaney Pest Elimination</b> 719-650-0246</li><li>■ <b>Colorado Health Foundation</b> 303-322-4576</li><li>■ <b>Community Partnership</b> 719-686-0705</li><li>■ <b>Cripple Creek &amp; Victor Gold Mining Co.</b> 719-689-2977</li><li>■ <b>DayBreak – An Adult Day Program</b> 719-687-3000</li><li>■ <b>Divide Collision Center</b> 719-687-7683</li><li>■ <b>Divide Feed</b> 719-687-8708</li><li>■ <b>Divide Timber Inc.</b> 719-687-0781</li><li>■ <b>Edward Jones</b> 719-687-9541</li><li>■ <b>Golden Bell Camp and Conference Center</b> 719-687-9561</li><li>■ <b>Hitchin' Post Trailer &amp; Tractor Sales</b> 719-748-8333</li><li>■ <b>Home Town Garage</b> 719-687-0001</li></ul>	<ul style="list-style-type: none"><li>■ <b>HooRay! Home Improvement</b> 719-687-6825</li><li>■ <b>Hybrook Townhomes</b> 719-687-6011 ext. 21</li><li>■ <b>John Wesley Ranch and Retreat Center</b> 719-687-2148</li><li>■ <b>Little Chapel of the Hills</b> 719-686-1234</li><li>■ <b>Mountain Top Cycling Club</b> 719-689-3435</li><li>■ <b>Mueller State Park</b> 719-687-2366</li><li>■ <b>Park State Bank &amp; Trust</b> 719-687-9234</li><li>■ <b>Peak Vista Community Health Center</b> 719-687-4460</li><li>■ <b>Prospect</b> 719-687-0549</li><li>■ <b>RDK Small Engine Repair, LLC</b> 719-687-2997</li><li>■ <b>Real Estate by Dave Martinek</b> 719-687-9056</li><li>■ <b>Shipping Plus</b> 719-686-7587</li><li>■ <b>Stop N Save</b> 719-687-6343</li><li>■ <b>TCRAS (Teller County Regional Animal Shelter)</b> 719-686-7707</li><li>■ <b>Tweeds Fine Furnishings</b> 719-687-7373</li><li>■ <b>United Country Timberline Realty</b> 719-687-3678</li><li>■ <b>Ute Country News</b> 719-686-7393</li><li>■ <b>Ute Pass Historical Society</b> 719-686-7512</li><li>■ <b>Ute Trail Stampede Rodeo</b> 719-687-9688</li><li>■ <b>Vectra Bank</b> 719-687-3013</li><li>■ <b>Waste Management</b> 719-216-0543</li><li>■ <b>When Nature Calls Pest Control, Inc.</b> 719-689-2320</li></ul>
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*We are grateful to have so many, and such diverse businesses to support our community of Divide! Please consider joining Divide Chamber and you can see your name listed here in the future — [www.dividechamber.org](http://www.dividechamber.org).*

## One Nation Walking Together 11th Annual Intertribal Powwow August 10

by Kathy Hansen  
photos by Jeff Hansen

There are some annual events that are worth attending each and every year and the Intertribal Powwow that One Nation Walking Together presents in Colorado Springs, Colorado is one of them. This is truly an amazing experience for young and old alike.



Held at the Norris Penrose Equestrian Center 1045 Lower Gold Camp Road near South 8th Street and Highway 24, as it is the perfect venue for an event with so many activities. The day begins at 11 a.m. with the Grand Entry; the Native American Color Guard present the Flags of our Nation and the procession of dancers begins! We continue to be awestruck with each group that enters. Elders first, dancing to the beat (song) of the drums, showing their colorful hand-made costumes as they circle around. The audience can feel the momentum build with each new entry, as we witness each tribe's variation of dress, dance and energy. The youngest dancers are last to enter and really worth the wait; their adorable faces reflect their discipline and focus as they dance in the garment they probably took at least a year to create.

What really builds is a sense of appreciation and acceptance of each group's uniqueness. As the room fills and the colorful costumes blend, we begin to feel a connection to each other as different expressions of a similar theme. The drums beat out any negativity and unify our hearts. We are one

— the feeling is palpable! While the Grand Entry sets a tone of community and acceptance, there are many activities to observe and partake in. There are Native American crafters to offer their wares, as well as a variety of Native American food to satisfy your appetite. In addition, there are a number of exhibits and even live wolves and birds of prey to see up close and personal! We found the exhibitors and crafters were happy to answer any questions we had or to simply engage in pleasant conversation. We can feel the unity in this community and it feels fantastic!

If you are looking for a fun-filled day with opportunity to see how various tribes celebrate their uniqueness while respecting each other, to learn more about a culture perhaps different from your own, to try a new food or meet an animal you may only see from afar, or to buy a hand-made gift for someone special, then the 11th Annual Intertribal Powwow is the place for you to be August 10, 2019.

Doors open at 10 a.m., Grand Entry begins at 11 a.m. and the event runs until 6 p.m. General admission is \$5. Children under 12 and Dancers in Regalia are admitted for free! Donations of non-perishable food items



*It is great to see traditions passed on to and embraced by the young dancers.*

will be graciously accepted by the One Nation Walking Together food pantry. FMI 719-329-0251, [office@onenationwt.org](mailto:office@onenationwt.org), [www.coloradospringspowwow.org](http://www.coloradospringspowwow.org) or [www.onenationwt.org](http://www.onenationwt.org).

Family, friends, and other compassionate individuals can be paid caregivers for those over 60 or disabled.



If interested, contact [envida](mailto:envida@envidacares.org) at (719) 301-6870 or [infohome@envidacares.org](mailto:infohome@envidacares.org) or online at [www.envidacares.org](http://www.envidacares.org)



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**Saturday, August 24**

**The 21st Annual Great Divide Kite Flight**

**9:00am - 1:00pm**  
**at Hayden Divide Community Park**

**FREE FAMILY FUN!**  
**DRAWING FOR A FREE KID'S BIKE!**

Healthy Snacks and Drinks  
Free Kites Provided to Children under 12 who come to fly a kite!  
Sponsored by: Divide Chamber of Commerce and Edward Jones Investments (Lee Taylor)



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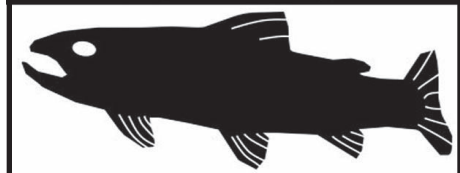
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## Junior Achievement of Teller County

August is here and that means it's almost time for the beginning of another new school year! Junior Achievement volunteers will soon be back in the classroom as well.

What's Junior Achievement (JA) you ask? It's a school-based, classroom program, led by community volunteers, presenting specialized curriculum on work-readiness, entrepreneurship and financial literacy skills to students in grades K-6, here in Teller County.

JA's educational materials and activities enable students to develop the skills they need to experience the realities and opportunities of work and entrepreneurship in the 21st-century global marketplace.

For the past 10+ years, JA of Teller County has been making a difference in the lives of our youngest students supported by the county's business community, providing both financial resources and volunteers. In fact, more than 75 local business people and service club members, plus retired teachers, parents, grandparents and neighbors volunteer annually to present the JA programs.

JA of Teller County is thankful to have received monetary support from companies and organizations like the Newmont Mining Company, the City of Woodland Park's Community Investment Fund, VECTRA Bank, IREA, Ute Pass Kiwanis Club, the Mountain Top Cycling Club and individual donors, as well.

Getting involved is easy and JA provides all the necessary volunteer training and curriculum materials. For more information on how to volunteer in the classroom, contact Sherri L. Albertson at 719-650-4089 or via email to [sherri.albertson@ja.org](mailto:sherri.albertson@ja.org).



JA volunteer, Mark Czelusta, discusses the ins and out of doughnut production with students at Columbine Elementary.



JA volunteer, Lee Ann Friedrich, leads a discussion with 2nd grade students about how business and government jobs help a community.



Students at Gateway Elementary interact with JA volunteers Diana Allen and Barb Waas as they learn about the variety of careers people have in a community and job skills.

## Hot, Dry and Smoky What is the future of Colorado's Forest in a Changing Climate?

Dr. William Anderegg, assistant professor of biology at the University of Utah, will present the Collegiate Peaks Forum Series lecture *Hot, Dry, and Smoky: What is the Future of Colorado's Forests in a Changing Climate?* at 7 p.m. on Thursday, August 1, 2019, at the Salida Steam Plant Theater. The lecture is free to the public. Refreshment will be served and a cash bar will offer beer and wine. The Salida Steam Plant Theater is located at 220 W. Sackett Ave., Salida, CO 81201.

The fate of the forests of the western United States in the 21st century with rapid human-caused climate change is largely unknown. In the past 20 years or so, climate change — supercharged fires, droughts, and beetle outbreaks have prompted concern that forests might die off en masse across the West. Dr. Anderegg grew up in Cortez, Colorado, and still spends his time hiking, backpacking, hunting, and fishing across the Colorado Rockies. His research centers on the intersection of ecosystems and climate change, especially the future of Earth's forests in a changing climate. He has studied western forests for more than a decade and his investigation seeks to shed light on the future of Colorado's forests. He has published dozens of journal articles on



forest drought. The aim of his research is to develop predictive tools to help forecast and manage the fate of western forests in this century. Dr. Anderegg received his B.A. and Ph.D., both in biology, from Stanford University. He is an Early Career Fellow of the Ecological Society of America and a Packard Foundation Fellow for Science and Engineering.

Please join us for this enlightening, free lecture! The Collegiate Peaks Forum Series, now in its 17th year, is a free lecture series with presentations in Leadville, Buena Vista, and Salida. For more information about the CPFS, visit [www.collegiatepeaksforum.org](http://www.collegiatepeaksforum.org).

## State honors Cup and Cone

The State of Colorado granted Cup and Cone Premium Cost Containment Certification for a second year. "It is simply good business to nurture a safe workplace and teach the value of cost containment. The State's program reinforces and honors this," said Jeri Fry, owner of Cup and Cone at 331 Royal Gorge Blvd, downtown Cañon City.

The State of Colorado reviews certification each year to ensure risk management is routinely practiced by the entire staff. "We deal with temperature shock, sharp equipment, hot equipment, cross contamination, cleaning chemicals and potential slip and fall situations," said Fry. "When an employee has completed our training, they can make working at the shop look easy, but they know and assist with the hard work behind the scenes that our customers don't see," said Fry.

Nearly 60 young people have been through Cup and Cone's program in the past seven years. Fry is not just a business owner; she is an employer and creates six to eight seasonal jobs yearly for local youth who learn powerful customer service. "I hope to ignite the entrepreneurial spirit in these young people. I owe much of my success so far to the support I've gotten through Colorado Enterprise Fund. The extensive business coaching by their experts in building small business and the funding customized to my seasonal needs has been a real tipping point for me. Also, my insurance underwriter, Arthur J. Gallagher, offers an array of support that I am tapping into," said Fry.



Bianca Pennington marks the completion of her Cup and Cone training. She attends Cañon City High School and is active in Tiger Ladies, speech and debate, National Honor Society, Thespian Society, and serves on student and choir councils.

The Cup and Cone is a locally owned ice cream parlor, soda fountain and espresso bar, featuring soda jerks, baristas and sugar artists on duty daily and seasonal gingerbread bakers and chocolatiers during the holidays. To escape or celebrate, come to the Cup and Cone.

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Upcoming Shows at The Butte!

For the misfits. The troublemakers. The rule breakers.



June 21 - Aug 18



July 5 - Aug 17



Aug 30 - Sept 15

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Deathtrap ~ My Partner ~ Grease! ~ The Andrews Brothers ~  
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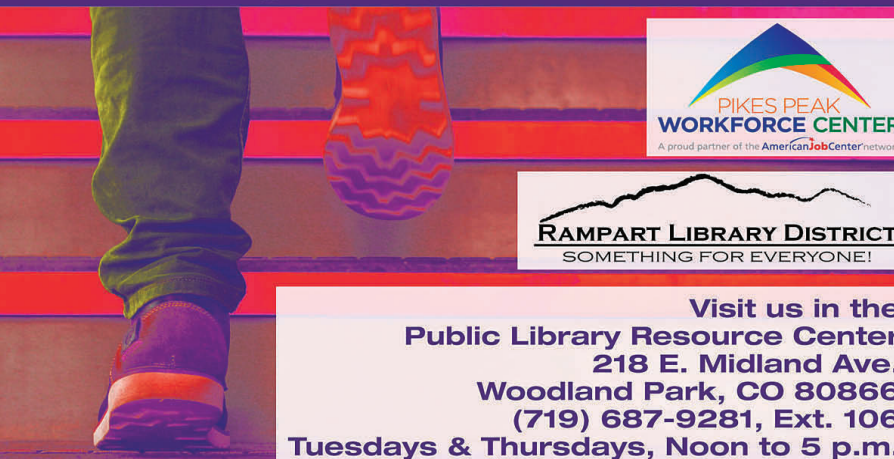


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**As Christians, we must rally together to restore faith, family, and freedom to our communities and to our government in Colorado!**

Learn how to make a real difference in the state we call home. Rally with others to activate, network, and mobilize Christians and conservatives to turn Colorado back to God.

Hear from insightful speakers: Dr. Lance Wallnau, State Senator Dennis Hisey, State

Representative Mark Baisley, Pastor Mark Cowart, and Andrew Wommack. This free, one-time-only event will be held at The Auditorium of Charis Bible College in Woodland Park, Colorado, on Saturday, September 14, 2019, with doors opening at 11:30 a.m.

We look forward to seeing you there!

For more information and to register, go to [InGodWeTrustRally.com](http://InGodWeTrustRally.com)

RESTORING FAITH, FAMILY, AND FREEDOM IN COLORADO

Sponsored by the Truth & Liberty Coalition





## ~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 719-686-7587 or email us at [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com).

### BUENA VISTA

- 1 Colorado Day – free admission to Heritage Museum
- 2, 9, 16, 23, 30 Classic Car meet 5:30-7:30 p.m. North Railroad parking lot/town hall
- 2, 9, 16, 23, 30 BINGO 7-9 p.m. American Legion Post 55.
- 2, 9, 16, 23, 30 Free Friday night concerts at the Beach 701 Front Loop
- 3 Trap Shoot 10-11:30 a.m. Sportman's Clubhouse FMI 719-395-2964.
- 4 Coral Creek Newgrass band 6-9 p.m. River Runners
- 4, 11, 18, 25 Farmer's Market 10-2 p.m. in South Main Town Square.
- 8 Taming Tech Trouble 3:45-4:45 p.m. at the library
- 8-11 Gold Rush Days all day at McPhemley Park
- 11 Cont'n-Tail Gem & Mineral Show 9-6 p.m. at Rodeo Grounds
- 9 Intro to Glass Blowing 6-8 p.m. at Vulcan Glass Art Studio
- 13 Celtic & Old-time music jam 6:30-8:30 p.m. at Creekside Gathering Place
- 15 BV HOPE meeting 7-8:30 p.m. at BV Chamber of Commerce
- 17 Chaffee County Quilts of Valor 9:30-3 p.m. at Bev's Stitchery
- 17 Forgotten Show provides the music of the Grateful Dead followed by a silent disco 5-11 p.m. at River Runners Browns Canyon
- 17 Novel Nomads/Tenderfoot Trio at the Watershed 11-1 p.m.
- 23 Game Night free 6:30-9:30 p.m. at Creekside Gathering Place
- 30-Sept 1 Seven Peaks Annual Music Festival all day at The Meadows

### CAÑON CITY

- 2 First Friday Art Walk along Main St. Art Galleries and most of the shops are open until 8 p.m. REM Art Gallery will have Mary Shell speed painting and giving her creations away beginning at 7 p.m. Come join the fun each month!
- 7 Free Legal Clinic for parties who have no attorney 2-5 p.m. at Cañon City Library 516 Macon Ave. Please schedule 719-269-9020.
- 16 Third Friday Art Fusion at REM Art Gallery/Picasso Art Supplies presents FREE face & rock painting for kids of all ages. Open mic, poetry reading, book reading by the authors, meeting place. Every third Friday 710 Main St. 5-8 p.m. FMI 719-371-5405.
- NAMI Connection Support Groups for those living with a mental health condition meets every Friday at 1 p.m., Community Education Room of St. Thomas More Hospital 1338 Phay Ave. These meetings are free and confidential. No reservations required. FMI 719-315-4975 or go to [www.namisotheastco.org](http://www.namisotheastco.org)
- Yoga with Bill O'Connell at River Lotus Yoga Mondays 9 a.m., Wed 6:30 p.m., studio fees apply.

### COLORADO SPRINGS

- 4 Pikes Peak Posse of the Westerners 4th Annual rendezvous 11-3 p.m. (lunch 11:30-12:30 p.m.) at Union Printers Home from courtyard 101 South Union Ave. Mix and mingle with hellowesterners, authors and like-minded history buffs. Enjoy a catered Dickey's Barbecue Pit luncheon, live music, mini historical presentation by Ed Bathe, drawings for prizes. \$20 per person payable in advance by Aug 2 <https://squareup.com/store/pppw>. No pets, please.
- 10 TCRAS will be at the Adoption Fair at the Southgate PetSmart.

- PIKES PEAK CENTER
- 8 In This Moment at 7 p.m.
- 15-16 Oddville: A love story? 7 p.m. Thurs., 5 p.m. Fri.
- 24 & 25 Paw Patrol LIVE! The Great Pirate Adventure 10 a.m. and 2 p.m.

### CRIPPLE CREEK

- 16-18 The 27th Annual Salute to American Veterans Rally & Festival. The oldest Veteran's ride and rally in the west, honoring America's brave heroes since 1987. The weekend includes the POW/MIA Remembrance Ceremony (Saturday noon at City Park), Parade (Saturday on Bennet Ave starts at 10 a.m.) Vietnam Traveling Memorial Wall (at the High School Athletic Field), Re-dedication of the Pikes Peak Region's Memorial Wall (Sunday

- 1-30 p.m.) Wild West Gun Fighters, Veteran' Poker Run, Vendors, Veteran's Parade, and Aircraft Flyovers. Live music and fun all weekend long FMI 719-487-8005 or [www.theveteransrally.org](http://www.theveteransrally.org).
- Alcoholics Anonymous meets at St. Andrew's Episcopal Church at 367 E. Carr St. Thursdays at noon and Sundays at 4 p.m.
- Markets at the Museum, a vendor-based event featuring items which are home-grown, home-made and hand-made each Saturday at the CC District Museum. FMI director@cripplecreekmuseum.com or 719-689-9540.

#### ASPEN NINE CENTER

- 1 Southern Teller County Housing Task Force 8:15 a.m.
- 1 Southern Teller County Childcare Task Force 10 a.m.
- 1, 8, 15, 22, 30 Cocaine Anonymous group every Thursday 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.
- 6, 20 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.
- 7 The 10 Warning Signs of Alzheimer's 1:30-3 p.m. Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources. Free! RSVP 800-272-3900 or [www.alz.org/co](http://www.alz.org/co).
- 7, 14, 21, 28 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.
- 13 Veteran Service Meeting 9-11 a.m.
- 13 All Vets, All Wars. Group participation 10-11:30 a.m.
- 14 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.
- 15 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.
- 30 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.
- 30 Cross Disability Meetings for persons with disabilities 10:11-30 a.m.
- 30 Cooking Matters in Your Community 10-11 a.m. Find out how to get the best use from your commodities box items. Food demonstration and snack provided. FMI Denise 719-689-3584.
- 30 GED Orientation 11:30-2 p.m. FMI Katy 719-686-0705 or Katy@cpteller.org.
- A Willow Bends every Thurs 4-7 p.m., every Fri 4-8 p.m., every Wed in the shack.
- On-going: Our Health Navigator Krys Arrick 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.

### CRYSTOLA

- Crystola Roadhouse 20918 E Hwy 24 free live dance lessons with Shell 6:30 p.m. Beginners on up. Every Thursday.

### DIVIDE

- 2 Cripple Creek Masonic Lodge meets first Friday every month 5:30 p.m. at 75 Buffalo Ct in Divide. FMI 719-687-1457.
- 12, 26 Little Chapel Food Pantry distribution 3:30-6:30 p.m. This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are: Last name beginning with: A-H 8:30-9:40 a.m. I-Q 4:30-5:30 R-Z 5:30-6:30
- 24 Kite Flight 9-1 p.m. TCRAS will be there. See page 5.

#### COMMUNITY PARTNERSHIP

- 9 Crossroads for Families that Co-Parent 9:30-1:30 p.m. Registration fee required. RSVP michelle@cpteller.org or 719-686-0705.
- 10 Saturday Playgroup 10-11:30 a.m. at Women's Forest Trail 357. Come for a kid-friendly walk and tree rubbings, located off of County Road 511. FMI jessica@cpteller.org or 719-686-0705.
- 28 GED orientation 10-2 p.m. RSVP to Katy 719-686-0705.
- Begins Sept 4-25 Active Parenting:** First Five Years 9-noon for parents with children age 0-5. This workshop will show you: What your baby's cry means; Building a strong bond; Effective discipline your child understands; Using mindfulness to keep your cool; Choices and consequences; Preparing your child for school success. FMI 719-686-0705.

### EVERGREEN

- 1 Free Legal Clinic for parties who have no attorney 3:30-5 p.m. at Evergreen Library 5000 County Road 73. Please schedule 303-2235-5275.

### FAIRPLAY

- COME TO CELEBRATE SOUTH PARK CITY MUSEUM'S 60TH ANNIVERSARY!**
- 1 Colorado Day – surprises all day long.
- 2 After Dark Tour focusing on the 7 original buildings, reservations required, ages 13 and up.
- 10 & 11 Living History Days with skits and demonstrations, sarsaparilla, ice cream, and hot dogs.
- 18 Music Education by Randall McKinnon 12-2 p.m.
- 30 Tunes and Tales a living history presentation in story and song. FMI 719-836-2387 or southparkhistorical@gmail.com.

### FLORENCE

- JOHN C. FREMONT LIBRARY**
- 2, 6, 9, 13, 16, 20, 23, 27, 30 Story Time 10:30 a.m.
- 7, 14, 21, 28 Wool Gatherers 10 a.m.
- 14 Author Talk with K.A. Ray 2 p.m.
- 15, 22, 29 Teen Group 3:45 p.m.
- 15 Art reception for Cyndi Pink 6 p.m.
- 17 Family Movie: *Dumbo* 2:30 p.m.
- 21 Museum of Colorado Prisons by Stacey Cline 4 p.m.
- 23 The 4th Friday Film: *On the Basis of Sex* 5 p.m.
- August artist of the month is Cyndi Pink.

### FLORISSANT

- 3 Four Mile Fire Protection District's Open House 10-4 p.m. 8437 Teller County Road 11. Come down and meet the firefighters of your community. We will have live demonstration of vehicle extraction, live car fire, "Flight for Life" helicopter will be landing, educational trailer for the kids and adults, ambulance from Cripple Creek, Deputy Sheriff and all the apparatus on display. We will also have hamburgers, hot dogs, side dishes and refreshments.
- 18 Old Time Gospel Sing-A-Long at 4 Mile Church 1-3:30 p.m. We're located at the intersection of CR 11 and High Park Ranch Road. All food and drinks are provided. BBQ by award winner Jerry Sparkman! Great Country Gospel singing by quartets, solos and musicians. Activities available for the kids! Come have lunch with us right after your church service, meet our new pastor and check out our Open House. Everybody is welcome! FMI 719-315-2647.

#### FOSSIL BEDS

- 17 Aug 50th Anniversary Celebration 10-1 p.m. Take part in a ceremony with keynote speakers and panel guests including scientists, people who lived here, people who fought to make it a Monument, and people who worked here. Enjoy refreshments and community.
- 20 August Coffee and Cake with a Park Ranger 10-3 p.m. Grab a cup of coffee or tea and a piece of 50th Anniversary Cake and celebrate the 50th Anniversary of the signing of the bill that made Florissant Fossil Beds a National Monument. Throughout the day, a variety of rangers, interns, volunteers, and former staff will be serving up coffee, tea, and cake. This drop-in opportunity offers a chance to learn about the different people and jobs that are involved in operating the Monument. You will also have an

- opportunity to sign the 50th Anniversary Card.
- 25 August Fee Free Day. Celebrate the 103rd Birthday of the NPS and the 50th Birthday of Florissant Fossil Beds National Monument. Fees are waived all day at Florissant Fossil Beds National Monument and all other NPS areas that charge fees. Florissant Fossil Beds has a daily entrance fee of \$10 per adult (15 and younger are free). Interagency passes are accepted. Florissant Fossil Beds National Monument offers 15 miles of beautiful, yet lesser-known, hiking trails to explore, a free Junior Ranger Program, three short self-guided trails, a park video and museum exhibits, and bookstore. During the summer a variety of ranger guided programs are offered. For additional information, please call 719-748-3253 or visit our website: [www.nps.gov/fflo](http://www.nps.gov/fflo) or on Facebook or Twitter at /FlorissantNPS

### EVERGREEN

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- 30 Tunes and Tales a living history presentation in story and song. FMI 719-836-2387 or southparkhistorical@gmail.com.

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- opportunity to sign the 50th Anniversary Card.
- 25 August Fee Free Day. Celebrate the 103rd Birthday of the NPS and the 50th Birthday of Florissant Fossil Beds National Monument. Fees are waived all day at Florissant Fossil Beds National Monument and all other NPS areas that charge fees. Florissant Fossil Beds has a daily entrance fee of \$10 per adult (15 and younger are free). Interagency passes are accepted. Florissant Fossil Beds National Monument offers 15 miles of beautiful, yet lesser-known, hiking trails to explore, a free Junior Ranger Program, three short self-guided trails, a park video and museum exhibits, and bookstore. During the summer a variety of ranger guided programs are offered. For additional information, please call 719-748-3253 or visit our website: [www.nps.gov/fflo](http://www.nps.gov/fflo) or on Facebook or Twitter at /FlorissantNPS

### EVERGREEN

- 1 Free Legal Clinic for parties who have no attorney 3:30-5 p.m. at Evergreen Library 5000 County Road 73. Please schedule 303-2235-5275.

### FAIRPLAY

- COME TO CELEBRATE SOUTH PARK CITY MUSEUM'S 60TH ANNIVERSARY!**
- 1 Colorado Day – surprises all day long.
- 2 After Dark Tour focusing on the 7 original buildings, reservations required, ages 13 and up.
- 10 & 11 Living History Days with skits and demonstrations, sarsaparilla, ice cream, and hot dogs.
- 18 Music Education by Randall McKinnon 12-2 p.m.
- 30 Tunes and Tales a living history presentation in story and song. FMI 719-836-2387 or southparkhistorical@gmail.com.

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Make the most of summer at Mueller State Park

You are invited to come to Mueller State Park and make the most of your summer! A wide variety of programs are offered to get you out hiking, looking, learning and playing! Guided hikes all over the park help visitors to see and experience the beauty of Mueller State Park. From the parade of wild-flowers all summer, to the stories behind the homesteaders who built the log cabins, there's something of interest for everyone! For more interactive fun, try a program about fly-fishing, archery, pond safari, bird watching or children's programs. For history buffs, come to our Thursday night series of amphitheater programs about the history of the Pikes Peak region or check out our full line up of amphitheater programs on many topics. A special event this month will be Western Heritage Day on August 24th! The Mueller family raised cattle and horses here — a true picture of the American West. Before that, the park was originally settled by homesteaders who lived off the land, farmed, raised livestock and made moonshine whiskey! We will celebrate our western heritage with activities from the old days! Taste a sample of food cooked in a Dutch oven, make butter from cream, see leather works, play old-time games, meet live animals and much more! Come on up to 9600 feet at Mueller, join in the activities and you won't be disappointed!

- 1 Hike: Homestead Trail meet at Grouse Mountain Trailhead 9 a.m.
- 1 Hike: Bacon Rock meet at Homestead Trailhead 1 p.m.
- 1 Touch Table: Mystery Box at Visitor Center 3 p.m.
- 1 Amphitheater: Colorado Statehood 8 p.m.
- 2 Hike: Elk Meadow to Murphy's Cut meet at Elk Meadow Trailhead 8 a.m.
- 2 Touch Table: Trees of Mueller at Visitor Center 2 p.m.
- 2 Amphitheater: Bats, Creatures of the Night! 8 p.m.
- 3 National Hike a Summit Day!
- 3 Hike: Grouse Mountain Overlook meet at Grouse Mountain Trailhead 9 a.m.
- 3 Watercolors meet at Outlook Ridge Trailhead 2:30 p.m.
- 3 Hike: Raven Ridge Overlook meet at Out-

- look Ridge Trailhead 5 p.m.
- 3 Amphitheater: 14ers of Colorado 8 p.m.
- 4 Hike: Peak View Pond meet at Elk Meadow Trailhead 9 a.m.
- 4 Touch Table: Skins and skulls at Camper Services 1:30 p.m.
- 5 Geer Pond Hike meet at Lost Pond Trailhead 9 a.m.
- 6 Nature Walk: Wapiti Trail meet at Visitor Center 9 a.m.
- 6 Junior Ranger Program meet at Dragonfly Pond 2 p.m.
- 7 Kids: Make your own Animal Track at Camper Services 1:30 p.m.
- 7 Amphitheater: Harmonica Man 7 p.m.
- 8 Hike: Bird Walk meet at Elk Meadow Trailhead 9 a.m.
- 8 Program: Owl Pellets! Meet at Camper Services 10 a.m.
- 8 Archery meet at Dragonfly Pond Parking 2-4 p.m.
- 8 Amphitheater: Early Man in the Pikes Peak Region 8 p.m.
- 9 Hike: Rock Pond and Canyon meet at Rock Pond Trailhead 8 a.m.
- 9 Hike: Lost Still meet at Grouse Mountain Trailhead 9 a.m.
- 9 Pond Safari at Camper Services 2 p.m.
- 9 Amphitheater: Mountain Lions 8 p.m.
- 10 Hike: Black Bear Trail and Geer Pond meet at Outlook Ridge Trailhead 8 a.m.
- 10 Hike: Preacher's Hollow meet at Preacher's Hollow trailhead 9 a.m.
- 10 Fly Fishing meet at Dragonfly Pond 10 a.m.
- 10 Touch Table: Antlers and Horns at Visitor Center 2 p.m.
- 10 Amphitheater: Coyote Tails 8 p.m.
- 11 Touch Table: Aspen at Visitor Center 10 a.m.
- 11 Hike: Dynamite Cabin meet at Grouse Mountain 3 p.m.
- 13 Hike: School Pond meet at School Pond Trailhead 9 a.m.
- 13 Touch Table: Mammals of Colorado at Visitor Center 2 p.m.
- 14 Hike: Rock Pond meet at Rock Pond Trailhead at 9 a.m.
- 14 Touch Table: Mystery Box at Camper Services 1:30 p.m.
- 15 Hike: Wapiti Nature Trail at visitor Center 3 p.m.
- 15 Trees of Mueller Touch Table at Visitor Center 2 p.m.

- 15 Amphitheater: Native Americans in the Pikes Peak Region 8 p.m.
- 15 Hike: Full Moon Hike meet at Outlook Ridge Trailhead 8:30 p.m.
- 16 Fly Fishing: Learn the Basics meet at Dragonfly Pond 10 a.m.
- 16 Pond Safari meet at Dragonfly Pond 5 p.m.
- 16 Amphitheater: What goes bump in the night? 8 p.m.
- 17 Hike: Buffalo Rock Trail meet at Grouse Mountain Trailhead 8:30 a.m.
- 17 Nature Walk: Wapiti at Visitor Center noon.
- 17 Plant Prints at Camper Services 2 p.m.
- 17 Amphitheater: What's Wild about Mueller? 8 p.m.
- 18 Watercolors meet at Outlook Ridge 9 a.m.
- 18 Hike: Bacon Rock meet at Black Bear Trailhead 2 p.m.
- 19 Hike: Outlook Ridge meet at Outlook Ridge Trailhead 9 a.m.
- 19 Touch Table: Mammals of Colorado at Visitor Center 2 p.m.
- 20 Hike: Homestead meet at Homestead Trailhead 9 a.m.
- 20 Kids Crafts: Animals at Visitor Center 2 p.m.
- 21 Amphitheater: S'mores and Scary Stories 8 p.m.
- 22 Hike: Preacher's Hollow meet at Preacher's Hollow Trailhead 9 a.m.
- 22 Touch Table: How long does trash last? Camper Services 2 p.m.
- 22 Amphitheater: History of early explorers & military in the Pikes Peak Region 8 p.m.
- 23 Hike: Cheesman Trail meet at Grouse Mountain Trailhead 8 a.m.
- 23 Hike: Cahill Loop meet at Grouse Mountain Trailhead 10 a.m.
- 23 Archery meet at Dragonfly Pond Parking 2 p.m.
- 23 Amphitheater: Bears in Colorado 8 p.m.
- 24 Western Heritage Day 10-2 p.m. at Visitor Center and Livery
- 24 Hike: School Pond and Stoner Mill meet at School Pond Trailhead 8 a.m.
- 25 Mystery Box meet at Visitor Center 10 a.m.
- 25 Hike: Lost Still meet at Grouse Mountain Trailhead 3 p.m.
- 27 Hike: Grouse Mountain Overlook meet at Grouse Mountain Trailhead 9 a.m.
- 27 Touch Table: Trees of Mueller at Visitor Center 2 p.m.
- 29 Bird Walk meet at Elk Meadow Trailhead

- 8:30 a.m.
- 29 Fly Fishing: Learn the Basics meet at Dragonfly Pond 10 a.m.
- 29 Mammals of Colorado Touch Table at Visitor Center 2 p.m.
- 29 Amphitheater: History of fur trade in the Pikes Peak Region 8:30 p.m.
- 29 Hike: Dark Sky at Outlook Ridge Trailhead meet at Outlook Ridge Trailhead 8:30 p.m.
- 30 Hike: Nobel Cabin meet at Black Bear Trailhead 8 a.m.
- 30 Hike: Cahill Loop meet at Grouse Mountain Trailhead 10 a.m.
- 30 Archery meet at Dragonfly Pond Parking 2 p.m.
- 30 Amphitheater: Did you know that...? 8:30 p.m.
- 31 Hike: Dynamite Cabin meet at Grouse Mountain Trailhead 9 a.m.
- 31 Watercolors meet at Outlook Ridge Trailhead 2:30 p.m.
- 31 Amphitheater: What's wild about Mueller? 8 p.m.

Mueller events are free, however an \$8-day pass or \$80-annual pass per vehicle is required to enter the park. FMI 719-687-2366.

Mueller State Park 2020 Calendars now available



Now available at the Mueller Park Visitor Center and on-line at [www.FriendsofMuellerSP.com](http://www.FriendsofMuellerSP.com).

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