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Vol. II, No. 6

Welcome to Ute Country



**"Always focus on the
front windshield and
not the review mirror."**

— Colin Powell

PEEK INSIDE...



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Guffey Roots - Currant Creek - part II

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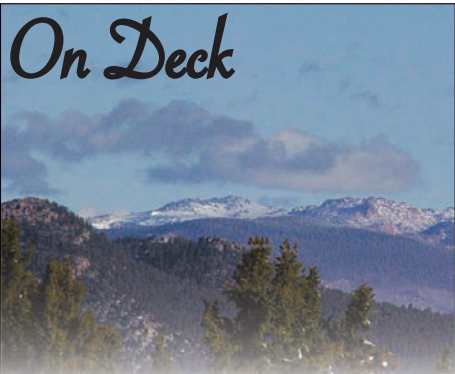
This event is free, but registration is required for youth and children. Spend this summer vacation in a community of believers, and enjoy quality time together as you encounter God like never before!

On July 4 at 6 p.m. Mountain time, be sure to catch our patriotic musical, *In God We Trust*, which celebrates one people, one nation, one flag. It's great for older kids because of all the U.S. history! If you can't catch it in person, watch it by live-stream at live.awmi.net.

Registration:
summerfamily.org
Call the AWM Helpline:
719-635-1111

*Speaker lineup is subject to change

On Deck



The car photographed on the cover was taken at Florissant's Heritage Day, a few years ago. It was a beautiful sunny summer day, the kind of weather we've been aching for this year with such a cold and snowy May. We felt the quote to be fitting as re-hashing the past is kind of like spinning your wheels in the mud; all that leads to is infurination and a big mess! When we have looked back long enough to see the error of our ways, then it is time to move forward through a clean lens and a new opportunity for a different skill set.

As you read our June issue, you'll see many opportunities to move forward in new ways with a clear view. Learn how to eat prickly pear cactus and how to avoid the glochids as you read the *Thymekeeper*. Gain a deeper understanding of the art of writing through Art Scene. See if you can see yourself as *Life Enhancing Journeys* helps us understand what it means to be an empath. Find out what can make a child afraid to sleep in their room and what can be done to put the child at ease in *Heaven and Earth*. Check out the Out & About section to learn about the various car shows in the area.

Please share pics of your indoor or outdoor critters for *Critter Corner*. Send them to us at utecountrynewspaper@gmail.com or snail mail POB 753 Divide, CO 80814.

The deadline for our July issue is June 24. Just like in June, we'll have to accommodate the holiday schedule for the printer. Thanks for understanding!

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
Walking in two worlds
by Mari Marques-Worden
photo by Mari Marques-Worden

Of the most amazing discoveries I've made since returning to Nature several years ago is that simultaneously I can have one foot in the desert, and one foot in mountainous terrain. I found this out on a camping trip to Sedona with herb school, where we camped in the forest and hiked in the desert learning the plants that grew there. Sedona is the epitome of living on the edge of an eco-system; Manitou Springs is another. The first time I hiked the Waldo Canyon trail, I met the edge once more.

One characteristic of the desert, high or low is, it has plenty of prickly things that most would be inclined to keep their distance from and rightfully so. There are many plants that are well-armed with thorns both large and small. One might cringe at the prickly plants and creatures that inhabit the desert but the truth is, the desert holds as many treasures as it does dangers.

Prickly pear AKA nopal, beaver-tail, devil's tongue and tuna

Prickly pear is one of those treasures and most people in Ute Country have encountered it and possibly cursed it at one time or another. A low-lying fleshy cactus with flat pads, the prickly pear grows nearly everywhere but is especially common in the south and southwest. Considered traditional food in Mexico, it has also been used for thousands of years to treat a number of broad-ranging conditions.

Recent studies have shown in the case of adult-onset diabetes, the use of this plant has a clear hypoglycemic effect for those with high blood sugar, and at the same time lowering "bad" cholesterol and triglycerides. What a wonderful alternative considering the side effects of pharmaceutical hyperglycemic medications. Although it lowers the blood sugar levels in those with hyperglycemia, it will not lower the blood sugar in those with normal levels speaking to the great balancing act herbs often perform.

The juice from the plant is used as an anti-inflammatory diuretic where there is pain upon urination and afterward. Although it does not resolve bacterial issues related to urinary tract infection, it relieves the inflammation that often accompanies one. Being strongly anti-inflammatory, the inner flesh or the juice from the plant can be used in any inflammatory condition including contusions, bruises and burns. Small sections can be held between the gum and cheek to lessen pain from gum infections and mouth sores.

The dried flowers of the prickly pear are high in flavonoids and are useful for the treatment of capillary fragility or put in simpler terms, for people who bruise easily or break veins frequently. Because the flowers help to strengthen the capillary beds, it enables tissues to regenerate more effectively especially when there has been stress and

inflammation to the mucous membranes over an extended period of time. A few examples of conditions that would benefit from the prickly pear flower are chronic colitis, vaginitis, asthma, and diverticulosis to name a few. Although it won't reverse these conditions, it will assist in tissue regeneration.

The pads, flowers and fruit of the plant are edible and are an excellent source of Vitamins C and A, calcium, potassium and fiber. If you were stranded in the desert, this plant would provide enough water and carbohydrates to keep you alive.

Native Americans used the pads to purify water when the only source of it was murky. The pads were cut open, spread and stirred into the muddy water. After about a half hour, the thick scum that formed on top would sink to the bottom taking the dirt with it. (*The Milagro Herbal Guide*).

Just because something is prickly on the outside, what lies within could be juicy nutritious goodness!

The fruit is deep red inside and will stain making it useful as a dye. They can be peeled and eaten like any fruit but each one will contain numerous seeds that are also edible but quite hard. Once dried, the seeds can be ground into flour. The pads can be grilled, sautéed or eaten raw; however, uncooked prickly pear resembles aloe in that they are slimy inside. The pads can be simmered in water and used as hair tonic and softener.

Beware the glochids!

Harvesting prickly pear is where the challenge lies. There is a spineless variety of prickly pear however, you'll never escape the glochids. Glochids are little spiny hairs the easily penetrate the skin and are somewhat hard to remove. Nearly invisible to the naked eye, they are transparent and needle like with retrorse barbs that are brittle and easily broken off.

Since you can ruin a good pair of gloves



The prickly pear grows in many parts of Ute Country.

trying to harvest prickly pear, tongs and a torch or lighter are necessary tools for harvesting the fruits and the pads of the plant. The fire will burn off the glochids and thorns and the fruit and pads are easily twisted off with tongs. The flowers must be harvested with greater care because glochids are everywhere! I would pick one petal at a time. Glochids can also be removed from the pads with a file knife. Make sure to cut off the edges of the pad in addition. If by chance you do end up with a hand full of glochids, the filleted pads of the plant are a wonderfully effective drawing poultice. When purchasing the pads and fruits from the produce vendors, it's recommended to have as little contact with the skin as possible.

Nature has a way of providing what we need when and where we need it if we would strive to deepen our relationship with her beyond what our eyes are showing us. As my wise Teacher Paul Bergner puts it, "If you want to know what herbs you need, walk out into your own backyard." Who would guess the desert, where water and shade are often scarce, would provide such a plant that could keep a person alive and relieve sunburn?

Prickly pear teaches us that things aren't always as they appear. Just because something is prickly on the outside, what lies within could be juicy nutritious goodness! As I close this article, two sayings come to mind:

When we enter into the world of plants, we must go not as a human who knows everything but as a seeker who has come to learn.

Sacred plant medicine:
Stephen Harrod Buhner

"I never ask God to give me anything, I only ask him to put me where they are."
Old Mexican folk saying

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



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Tourist And Locals Can Breathe Again

Thanks to Mark and Nancy, Owners of Whole In The Wall Herb Shoppe.

I went to the store to pick up the amazing Aquagen liquid oxygen supplement-Says Marti. This took away all my high altitude symptoms the first day using the product. While I was there I received a free sample of the Gold Mini Tabs. (Whole Food MultiVitamin).

This helped me with energy and mental focus.

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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Voices from the past:
Quilts and soddies

The Pikes Peak Historical Society welcomes this “trunk show” from the Rocky Mountain Quilt Museum in Golden, Colorado for the June 23 Chautauqua. Presented by Scotti McCarthy, in costume, the program reveals the sod house experience through the journals of the women who homesteaded in the American West. Scotti has been a volunteer, a docent and a member of the Board of Directors of the museum since 2000. She has also been a quilter for nearly 20 years. Quilts from the collection will be passed throughout the audience during the program.

The Rocky Mountain Quilt Museum (RMQM) began with a gift of 101 quilts from the personal collection of Eugenia Mitchell, the museum’s founder. When it opened in 1990, it was only the third quilt museum in the United States. Now there are 11. The museum collection has grown from the original donation to over 850 quilts today. RMQM has two galleries, each of which hosts eight

exhibits per year, showcasing more than 250 quilts, historical and contemporary art quilts from the museum collection, as well as quilts by national and regional quilt artists. The mission of The Rocky Mountain Quilt Museum is to collect, preserve, exhibit, and educate the public about quilts; honor quilt-making traditions; and embrace the evolution of the art and craft of quilting.

The Pikes Peak Historical Society invites you to see and learn more about the history of quilts from the past Sunday, June 23 at 2 p.m. at the Lake George Charter School. The Lake George Charter School is located 4 minutes west of Florissant, on the south side of Highway 24 just 2/10 mile west of the Ferrell Propane lot. This program is presented as a public service of the Pikes Peak Historical Society. Admission is free and refreshments are served. No reservation is required. For more information call 719-748-8259 or 719-748-3861.

6th Annual Heritage Day and Chicken Rodeo

by Flip Boettcher
photo by Flip Boettcher

The 6th Annual Heritage Day and Chicken Rodeo, June 29, from 10-2 p.m. in Guffey, looks to be a fun-filled family day in the mountains. All day, there will be children’s games, including the Chicken Rodeo, crafts and vendors, panning for gold, and face painting by Peggy. Costumes from the late 1800s are encouraged.

Special events will include the Chicken Wing Contest from 11-12 p.m., with all proceeds going to the Guffey Community Charter School. New this year is a Chili Cook off sponsored by the Van Egmond’s from 12-3 p.m. There will also be gunfights at 10:30 a.m. and 1:30 p.m. and a live auction at 3 p.m. There will be live music at the Corona’s at Freshwater from 4-8 p.m.

As an extra special treat, Guffey singer/songwriter Lissa Hanner will be performing as a kick off for her Tiny Town Music Tour of small Colorado towns this year. Hanner will be performing from her motor home stage early in the day and finish by 2 p.m.

The Heritage Day committee is still looking for vendors for the event; the booth space is free. Also, more volunteers are needed before the event and during the event, said Dana Peters, owner of The Bakery at Strictly Guffey, event organizer and originator.

Sponsors are needed as well, and there are many levels of sponsorship. Auction items are needed too. The event costs from \$1800 to \$2500, said Peters. The Heritage Day committee donated \$1000 last year to the school from event proceeds. The committee by-laws say funds raised at Heritage Day goes to benefit non-profits, Peters added.

For a great day in the mountains, plan on coming to the 6th Heritage Day and Chicken



The Heritage Day and Chicken Rodeo chicken from 2016’s event.

Rodeo on June 29, where your first stop might be the Chicken Coop — Heritage Day information center where one can find site maps, t-shirts and novelty items.

Also the same day, the Southern Park County Fire Protection District auxiliary will be having their annual garage sale and ice cream social.

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Unleashing dog walking solutions
by Janet Bennett

Walking your pup is supposed to be relaxing and fun for both of you. But sometimes it can be quite a struggle. Here are some helpful training hints:

My dog goes crazy when he sees the leash!
Your dog jumps all over you when you approach with the leash. Sometimes it is impossible to even attach it to his collar. Training tip: Spend a week or two taking the leash out at various times but not going for a walk. Reinforce your dog with a treat and praise when your dog is near the leash and remains calm. Then repeat this training with the leash draped over the dog and finally, attach the leash and remove it several times without going for a walk. Work up to having your dog sit in front of you before putting on the leash. Finally, it is time to actually go for a nice, calm walk.

My dog pulls on the leash.
Getting your arm pulled out of the socket is no fun. Your dog doesn’t mean to pull you around. They want to walk faster than you, sniff or just want to have fun. Start by teaching your dog to stay by you while walking. Practice inside by heeling with your dog at your side. Use small treats and praise as they walk along with you. Then work up to the outdoors and continue your practice.

My dog wants to sniff everything!
Dogs are a nose with a body attached. Some people start off with a brisk walk and don’t allow their dog to sniff. Then you can stop midway and walk slower, allowing a little bit of sniffing. Some people will reverse this and begin with a little sniffing

period and then tell their dog that it is time to stop sniffing and get to walking.

My dog overreacts to other dogs.
This is a big topic. It can be very frightening to observe and unfortunately a very common occurrence. If your dog is going to extremes and barks, lunges and doesn’t listen to you, a professional trainer is definitely needed. Punishing a reactive dog is not a solution and can make things worse. Reactive dogs typically react out of fear. We need to teach them they are free from harm. Counter conditioning is taught from a safe distance. A quick way to explain counter conditioning is to reframe what the dog feels on the inside about a threat or trigger. You want to teach that the trigger can cause food to fall from the sky. The dog sees another dog coming (a trigger). That dog brings bits of cheese or treats and lots of praise. When the trigger is out of sight, the treats stop. It’s very important to do counter conditioning correctly and timing is very important. Don’t hesitate to call in a professional.

My dog doesn’t pay attention to me.
Your dog minds you at home, but out in public, it’s a completely different story. It

sounds like a broken record, but training starts at home in a controlled environment. Play a focus game. Sit in a chair with some yummy treats and call your dog’s name. When he comes to you and looks at you, give him a treat. Keep your dog on a leash and have him sit in front of you. Say his name, when he looks at you, give a treat. Repeat this several times at each training session. Once your dog is good at looking at you in the house, move to the outdoors. Practice while sitting outside and then practice while walking.

Our dog’s attention is not always a given. They love us but they also want to explore the world. The more we train with high value rewards to reinforce the behaviors we want, the more those desired behaviors will occur. With some training at home, you and your dog can learn to walk nicely together and both enjoy your daily walk and your time together.

This article is brought to you by Victory Service Dogs. Victory Service Dogs is based in Colorado Springs and serves veterans in Teller, El Paso and Douglas Counties. Please visit our website at www.victorysd.org.

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Noxious weeds

by Coalition for the Upper South Platte

Spring showers bring... May flowers! We are all enjoying the burst of spring this year, but unfortunately, those spring showers also bring weeds. Many of those weeds may be classified noxious weeds. What is a noxious weed? *A weed that is considered to be harmful to the environment or animals.*

Property owners are required by Colorado State Law to control noxious weeds on their property. The law enacted in 1996 "...finds and declares that certain undesirable plants constitute a present threat to the continued economic and environmental value of the lands of the state and if present in any area of the state must be managed." The law further states, "Noxious weeds have become a threat to the natural resources of Colorado, as thousands of acres of crop, rangeland, and habitat for wildlife and native plant communities are being destroyed by noxious weeds each year."

Prevention, early detection, and eradication are key to controlling weeds. Prevention begins with recognition of sources of weed seeds, such as hay and mulch, domestic animals transporting weeds in digestive tract or seeds in fur, and transport of seeds from one location to another via vehicles or clothing. Early detection involves identifying newly introduced weeds before they spread. Eradication is employing appropriate eradication methods to prevent and remove infestations, including preventing the reproductive potential of weed species in the area.

One key to managing weeds is correct identification of the species. For example, thistles may look similar, but are actually very different. Canada thistle will spread through a creeping root system, so attempting to dig the plant out may result in the plants spreading. Musk thistle, on the other hand, can be killed by severing the root below the soil surface. Bull thistle is not as prevalent in the area, but has been identified by the Extension Service as a significant weed.

Canada Thistle Key ID Points

- Purple to white flowers form in clusters of



Canada Thistle



- 1-5 per branch.
- Floral bracts are spineless.
- Small flower heads have a strong vanilla scent.

The key to effective control is combining control methods. This weed needs to be continually stressed, forcing it to exhaust root nutrient stores and eventually die. Due to the extensive root system, hand pulling is not a viable option. Mowing can be effective if done every 10 to 21 days throughout growing season.

Musk Thistle Key ID Points

- Broad, spine-tipped bracts located under the flower.
- Flower heads are terminal (tallest branch), solitary, and usually nodding.
- Grows up to 6 feet tall.



Musk Thistle

The key to effective control of Musk thistle is to prevent the plant's seed production. Any mechanical or physical method that severs the root below the soil surface will kill the plant. Proper disposal of the flower head is vital, as the seeds can mature and become viable after the plant has been cut down.

Bull Thistle Key ID Points

- Flowers arranged in a raceme (unbranched and single stem axis); flower is gum-drop shaped.
- Base of leaves clasp the stem and extend down the stem to the node below.
- Top surface of leaves have stiff, rough hairs. Tilling and digging to sever the roots below soil surface are best for small infestation. Mowing and deadheading stimulates more flower production, requiring consecutive years of season-long treatment. Flowers



Bull Thistle

and buds must be collected, bagged, and destroyed to prevent seeds from maturing.

The Colorado Department of Agriculture has some great information on their website, including fact sheets for noxious weeds with identification and control information. The main site is: <https://www.colorado.gov/pacific/agconservation/noxiousweeds>

Local weed control agencies (check with your county) have identified the most significant noxious species in the Upper South Platte Watershed area —

- Orange Hawkweed
- Black Henbane
- Bull thistle
- Canada Thistle
- Dalmatian Toadflax
- Diffuse Knapweed
- Hoary Cress
- Leafy Spurge
- Must Thistle
- Oxeye Daisy
- Scentless Chamomile
- Spotted Knapweed
- Yellow Toadflax

Great resources for information on noxious weeds in our area -

- <http://www.tellerparkcd.org/noxious-weeds.html>
- <http://www.chaffeecounty.org/Weed-Control---Weed-Photos>
- <http://www.fremontco.com/weed-control/fremont-county-weed-management>
- <https://extension.colostate.edu/topic-areas/agriculture/noxious-weeds-invasive-plant-species/>

Since 2003, the Coalition for the Upper South Platte (CUSP) has implemented an integrated weed management approach that focuses on prevention and early detection, management with eradication, monitoring, education, and collaboration with partners. CUSP's program has helped over 2,500 acres of public and private land in the watershed area. Contact CUSP at 719-748-0033, Chris@cusp.ws or <http://cusp.ws/weeds>



Heaven and Earth

The Master in you

by Olga Daich

I want to start this article by sharing Tim's story (fiction name here).

Tim's mom called me, asking me if I could help her 8-year-old son. He didn't want to sleep in his room. He said that something bad was around him when he was in bed. She tried to talk and explain to him that everything was ok, and nobody was in his room. This situation went on for months and nothing seemed to help him. Tim was just terrified of being by himself at bedtime. I agreed to see him at their home.

My approach to a child is different than with adults. For example, I can talk with them about angels but can't explain anything about energies, chakras, fields, etc. When I got to my friend's house, she called her son. He was sitting at the table playing with some toys. She told him that I wanted to meet him and talk with him. We went to his room and I asked him to lie down on his bed. He looked at his mom and I could see in his eyes that he was afraid.

It is not unusual to hear a mom complaining about her child who doesn't want to sleep in their room (many times the kids just want to sleep with dad and mom) but sometimes there is something else going on. Kids can be bothered by low energies; they can perceive a different range of energies. Their yet fresh connection with other realms may open a door to high, as well as low energies. I told Tim that his mother will be right next to him.

I started to talk with him about Angels and asked him if he wanted to meet his Guardian Angel. He immediately said yes. I didn't have a plan at that moment, I was not sure how the session would unfold but I prayed for guidance. I told Tim that I wouldn't touch him and that he could close his eyes only if he wanted. He closed his eyes while I was talking to him. I could see that he was nervous. I placed my hands close to his eyes (without touching him), as soon as I did that, he tightened his yet closed eyes and moved his head side to side. It was obvious that something bothered him. I asked him, "Are you ok?" His answer was, "It is too bright!"

I asked him while I still had my hands near his eyes, "What is too bright?" "The colors!" was his answer. I asked Tim what colors he was seeing, and he answered "red, yellow, blue, green." Tim was describing to me the aura's colors. I knew at that moment that the healing process had just begun, and I would be guided through it. I've described in past articles that sometimes during a healing session I would say words, but I wasn't sure where they came from. Now, I know where these words come from.

This is what happened during Tim's healing session. The words guided him through a peaceful place, up on a hill where Tim met his Guardian Angel. I saw tears rolling down his cheeks; this little boy was weeping while he was saying, "He is here! He is telling me I don't have to be afraid anymore! I know now that I won't be afraid anymore because he is always near me!"

When we finished the healing session Tim's face was lit up. You could see how different his energy was before and after the session. I asked Tim's mom to keep me update about Tim's sleep pattern. She called me a few days after the Reiki session and told me that Tim was going to bed without problems; he was not afraid of sleeping alone anymore.

It always amazes me how connected the kids are with higher energies and realms. How the memories remain in their souls until we start poisoning them (emotional and spiritually). A quote attribute to Ignatius Loyola and Aristotle said, "Give me a child until he is 7 and I will show you the man." How true and powerful this quote is.

Today science is telling us that we have been programed since we were in our mom's womb. The emotions and feelings from the pregnant woman will be passed to the baby and will be part of the information that this new human being will hold in his/her own life and Field. Once s/he is born, the

baby will keep downloading data from the mom's Field, as well as from the rest of the family and his/her environment. This will leave a blueprint on the baby's life. I pray this awakening moment reaches this new generation of moms and dads in a way that can make a difference not just for their own kids, but for our entire human species.

We educate the conscious mind but not the subconscious mind. Unfortunately, the subconscious mind runs the program coming from our parents, family, community and even further from our past lives. According to science, the subconscious mind is 99% more powerful than our conscious mind. What do you think, my dear mom and dad, is filling your kid's minds (which is going to dictate his/her behavior) when your kids spend hours playing violent videogames, watching war movies, scary movies, or when s/he witnesses a violent situation from

their parents? We need to take responsibility for that. We need to remember that the nucleus of the society is the family.

Different countries have different problems. I have traveled around the world and I can say that no one country is a perfect country but, (I must leave this reflection to the lector), what is going on in the USA with all these shootings? What is the real reason for these heartbreaking situations? Please don't make this a political flag. It is time to wake up and recognize that we are doing something wrong. This is the first step to take if we want to help change our kids' future lives.

Finally, I would like to share with the lector some scientific facts that have a lot to do with this article.

- We are made of energy (quantum particles).
- Energy communicates.
- We are energy fields, broadcasting energy constantly.

"The field is the sole governing agency of the particle"

— Albert Einstein

- Nothing is separate, we are interconnected.

I talked about science and spirituality in my past articles. The information that I have shared for over two years is not voodoo, religion or a new age thing. Science gives us the tools to understand our spirituality.

I keep offering to share this beautiful information through my workshops Heaven and Earth. For those who are interested in a Reiki session or training please contact me by e-mail olgacely@hotmail.com (subject: Reiki or Heaven and Earth workshop).

As I see the need to take a step forward, I am gathering a group of people who no matter their belief system, want to get together to talk and share experiences, questions, practices (meditation), etc. Please contact me if you'd like to be included.

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WPHS teacher honored

Nathaniel Owen selected as Claes Nobel Educator of Distinction

Woodland Park High School (WPHS) teacher Nathaniel Owen was recently selected as a Claes Nobel Educator of Distinction by The National Society of High School Scholars (NSHSS). Owen was nominated by one of his students for outstanding dedication and commitment to excellence in the profession.

Just finishing his 7th year at WPHS, Owen received his Bachelor's and Master's Degrees from Evangel University, Springfield, MO. He currently teaches AP Calculus AB & BC; AP Physics 1 & 2; Honors PreCalculus; AP Physics C; Mechanics (Calculus based) as well as sponsors Key Club and rock climbing activities.

Each year, student members of NSHSS are invited to nominate the educator who has made the most significant contribution to their academic career for the Claes Nobel Educator of Distinction award. This honor recognizes exemplary educators whose passion and devotion inspire their students to grow and develop as scholars, leaders, and citizens.

"I believe that my greatest success as a teacher is not my own, but it is the accomplishments of my students. I not only want my students to succeed, but to surpass my own success," Owen said. "I owe it to my students to bring a passion to the classroom that makes learning exciting and accessible to all students. I am accountable to foster a love of learning and a deeper understanding in my classroom. What I do every day matters to my students, so I make sure that I have a positive impact on them."

NSHSS seeks to advance the goals and aspirations of high-achieving students through unique learning experiences, scholarships, internships, international study, and peer networks. From attending the annual Nobel Week festivities in Stockholm, to internships with major corporations and government agencies, precollege summer study program, and more than \$2 million in exclusive scholarships awarded annually, NSHSS is continually seeking new ways to provide lifetime learning and growth opportunities for academically talented



WPHS Principal Kevin Burr (right) congratulates teacher Nathaniel Owen for being selected as a Claes Nobel Educator of Distinction by The National Society of High School Scholars. Congratulations Mr. Owen!

and accomplished student leaders, and the educators who support them.

"Dedicated educators who exhibit a commitment to excellence deserve our highest praise and appreciation," NSHSS President James W. Lewis said. "Through our Educators of Distinction program and the grants we provide to support professional development and enrich classroom instruction, we hope to acknowledge and encourage the vital work of the teachers, counselors, and administrators who are shaping the intellect and character of our young scholars."

holding workshops for clinical oncologists interested in using genomics in their cancer research. Since 2014, he has taught an annual, week long workshop in cancer genomics to medical oncologists from around the country for the American Association of Cancer Research (AACR). A collection of his previous lectures and courses can be found on his YouTube channel, "Michael Edwards Bioinformatics." Dr. Edwards' Collegiate Peaks Forum Series lecture will summarize the current state of genetic research and explain how all this information will completely change the way we do science and medicine in the future.

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.

cost of determining this genetic code for the average person has previously been prohibitive, but recent scientific advances have now made it feasible for many U.S. citizens to know their genetic makeup.

Dr. Edwards is the founder and CEO of the data analytics company, Bioinfo Solutions LLC (<https://www.bioinfosolutions.com/>), where he specializes in extracting wisdom out of a sea of information. He has over 17 years' experience working with array-based genomic studies and analyzing next-generation sequencing data from both plant and animal species. Recent projects have included phenotyping cannabis strains based on gene expression and assessing cancer risk based on both genetic and clinical markers.

Dr. Edwards is active in teaching science and math at all levels, from instructing high school students in 'big data' analysis to

Huajjatolla Heritage Festival

by Sandy Dolak

Huajjatolla Heritage Festival is happening again in beautiful La Veta, Colorado June 8 and 9 on the museum grounds of Francisco Fort. Two days of celebration of the Native American and Hispanic cultures through art, education and presentation.

World class performers, Shelley Morningsong and Fabian Fontanelle will be the headline performers on stage during the day at the museum plus doing a fund-raising concert Saturday evening at the La Veta Mercantile. Vendors cover the gamut of fine art to great food. Educators and Artists Sean Wells and Jason Younis y Delgado will share insights on being 5th generation

Spanish Colonial Artisans; David Behrens will speak about the importance of art in telling the story of Native Americans. Celinda Kaelin will share insights from her books regarding Indians of the Pikes Peak Region and Utes of Mesoamerica. Norberto Valdez, PhD, retired professor of Ethnic Studies will address the rich cultural history of the Cuchara Valley. It is everything a festival should be and all events at the museum are free!

The latest details can be found on www.hhfoundation.org plus information on the Kent Nerburn Workshop/Retreat September 14 and 15 to be held in Cuchara Colorado.

One Nation Walking Together

Culture matters

by Kelli Herr

Like no two snowflakes will ever be exactly the same, no two people will be either. This is not just in terms of appearance. Our thoughts, emotions, experiences, and backgrounds vary immensely from person to person. We each have a unique story, one that started long before the day we were born. Our stories are a part of our ancestor's legacy and will continue on in the future we create for the generations to come.



Understanding who we are, where we come from, what we believe in, and how we view the world requires looking both inward at ourselves and outward at the societies that sculpt us. Our stories are shaped by our culture and in turn our culture is molded from our narratives. Culture is all around malleable, yet grounded in tradition. It is often so ingrained into our understanding of the world that we rarely question or understand its implications. Because of this, we must challenge ourselves to step outside of our comfort zones and learn about other cultures and traditions. Not only will this provide us with a broader understanding of the world and the people within it, but it can also provide us with a chance to learn something new about ourselves.

Fortunately for us, the United States has ample opportunities to explore numerous cultures. We are the melting pot that combines the flavors of diversity into a stew of overarching American culture. We are soup and salad at the same time. As a lush bowl of greens, we recognize that each culture is nutritious on its own. Each community provides its own unique taste, and when tossed together we are a wholesome, delicious meal. One that wouldn't be possible without each other. But this delicious two for one deal is only available when we allow communities to hold onto their cultural identities.

This means holding space for culture events and gatherings. Within the Pikes Peak community, such space is held at the Annual Colorado Springs Intertribal Powwow — an event of One Nation Walking Together. The powwow is an amazing opportunity for people of all backgrounds to gather and celebrate Native American cultures, arts, food, and traditions. It is a transformational, educational, and often times, spiritual experience for people. Open to the public, the powwow is a great opportunity for individuals to learn more about the beauty and resilient cultures of the people whose land we now reside. This celebration of cultures would not be possible without the hard work of many. One Nation Walking Together would like to specifically thank all of those who make the powwow a success year after year.

First and foremost, we would like to thank our indigenous community members who add so much wisdom and value to our vibrant community. Secondly, we would like to thank all of the Native American vendors who travel far distances to share their stories and artistic talents with us. We are also grateful to Spiritual Advisor Lee Plenty Wolf, Master of Ceremonies Cordell Kill-Crow, Arena Director Sid Whiting, Honor Guards-Native American Women's Warriors and Native American Veterans of Colorado, Host Northern Drum, Plenty Wolf Singers, Host Southern Drum, Slice of Southern, Invited Drum, Colorado Crew, Head Man Dancer Brad Bearsheart, and Head Woman Dancer Rhyia JoyHeart. Lastly, we would like to give a special thank you to Rhetta and Al Walter who started the powwow over 10 years ago. Their respect for indigenous cultures, commitment, diligence, and organizational skills are what makes this event a reality. We cannot thank you enough for your contributions to the community.

Come out to the powwow and listen to the

As a lush bowl of greens, we recognize that each culture is nutritious on its own.

stories of our Native American neighbors. Admire the traditions woven throughout their regalia. Appreciate the sincerity of the dances passed down through generations. Listen to the drum, the heartbeat of the people. Learn about yourself and others. Write your story. Keep culture alive.

We invite you all to join One Nation Walking Together at this year's 11th Annual Colorado Springs Intertribal Powwow. The event will be hosted at the Norris-Penrose event center, 1045 Lower Gold Camp Rd, Colorado Springs on Saturday, August 10 from 10 a.m. to 6 p.m. General admission is

\$5. Dancers and children 12 and under are admitted free. Grand entry is at 11 a.m.

If you would like to be a sponsor of the 11th Annual Colorado Springs Powwow or volunteer your time at this event, please contact One Nation Walking Together at 719-329-0251 or email office@onenationwt.org. For powwow vendor information please contact Rhetta Walter at 719-559-0525 or Rhetta.Walter@hotmail.com To learn more visit us at www.onenationwt.org or www.coloradospringspowwow.org ONWT is a 501 (c) (3) charitable nonprofit located at 3150 N. Nevada Ave., Colorado Springs, CO and open Tuesday through Friday from 9-3 p.m.



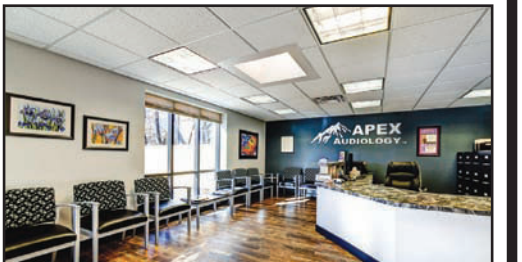
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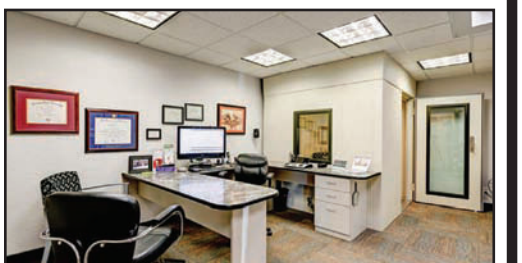
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Pharmgirl Uprooted Amber Eyes

by Peggy Badgett

“Do one thing every day that scares you.” Eleanor Roosevelt’s inspirational quote is one of my favorites, but I was worried she was leading me astray this time. Gravel crunched beneath my wheels on the narrow, winding road. Deep, rock-filled ditches yawned on either side as I aimed my car carefully between them. Ponderosa pines towered into the clear blue Colorado sky as an eerie chorus of howls drifted through the air. What was I getting myself into?

I parked in a small lot, took a deep breath, and forced my shaky legs to walk toward what appeared to be an office. Metal groaned as large bodies leaped against chain link fences. I called a tentative “Hello?” Silence descended. Glowing amber eyes followed my every move.

Rap rap. No answer. I tried the door handle. It turned, and I poked my head inside. Hunched over a keyboard, a gentleman glared at a blue screen. He sighed heavily, then turned toward me and grinned. “You the new girl?”

I nodded. We introduced ourselves and he gave me a brief overview of the facility. I signed the waiver Mark provided, then followed him outside into the brisk wind. Our first stop was a small building filled with freezers and refrigerators. A woman chopped chicken breasts and formed ground meat into small balls on a wooden bench. We smiled at each other in lieu of shaking hands; I didn’t want *eau de hamburger* enticing the animals to view me as lunch.

After he explained the rules, the owner led me through the outer gates of the first enclosure. I didn’t make eye contact with the occupants, but sat down cautiously on a large rock. The old wolf dog ambled over and rubbed against my knee. I patted her thick fur. Suddenly a cold nose snuffled

through my hair. I froze. Drool oozed down my neck. I shivered, doing my best to control the panic threatening to rise. The young animal rubbed his snout against my head a few times, then wandered off to lift his leg on the fencing. The breath I had been holding escaped with a relieved sigh. I had survived my first encounter.

As I met each rescued occupant, their tragic stories saddened me. Cigarette burns, duct tape, baseball bats: the litany of suffrage was horrifying. Through the patience and kindness of staff and volunteers, they regained their trust of people. Each animal was different; some playful, some guarded. My morning moisturizer was licked away by several. The last pair I met was a full-blooded-male wolf and his she-wolf-dog companion. I lingered in their enclosure. A raven chattered from a tall tree above us as Kiska bounded around me and then begged for a belly scratch. The full-blooded wolf approached slowly. I remained still as he sniffed my shoes, then worked his way up to my face. His hypnotic eyes were wise and knowing. In my return visits, I was always drawn back to Lakota and cherished our time together. His jaws had the power to crush elk bones, but he always greeted me with a gentle wolf kiss. I was honored to be his friend.



Kiska the wolf-dog gives Peggy a kiss.
On the cover: Peggy Badgett with Thor.

Volunteering for Rocky Mountain Wild-life Foundation (website www.rmwf.org) is an amazing experience. Sometimes I am elbow deep in chicken livers, sometimes I lead tours, and other times I just sit with the animals and let their amazing spirit wash over me.

Peggy Badgett is a recent transplant to Guffey Colorado. She is a pharmacist, writer, artist and avid adventurer. Her website is coloradopharmgirl.com, email is coloradopharmgirl@gmail.com.

Road Trips


by Catherine Shepherd, Florissant Public Library Manager

Despite the spring weather, I have been thinking about traveling and road trips. I am hopeful for summer and warmer weather. Whether it has been a day, a week-end or a longer excursion, I have always enjoyed exploring the places I’ve lived. There have been random road trips with an unknown destination and road trips with set destinations, maps, and everything carefully planned. There was the trip I spent too much time taking pictures of all the decorated goat statues in a particular town. There were over 15 goat statues. On one trip I was able to tour the home of author Thomas Wolfe, who wrote one of my favorite books, *Look Homeward Angel*. I remember the tour guide being incredibly boring. After the tour of Wolfe’s house, I spent time searching, in the Oakdale Cemetery in Hendersonville, North Carolina, for the marble angel statue referenced in *Look Homeward Angel*. I found the angel statue and took many pictures.

I should have stayed home

The Worst Trips of Great Writers

Edited by Roger Rapoport and Marguerita Castanera



Road trips with my children make me smile. I have so many good memories of those trips and tend to forget the chaos, crying and meltdowns. One of the road trips with my children that stands out is touring the Rheinfels Castle ruins in Germany. Rheinfels is along the Rhine River and overlooks the town of St. Goar. The best part of touring the ruins was using the flashlights to walk through the pitch-black tunnels. My oldest child liked to briefly turn off the flashlights and make scary noises.

Another memorable trip was visiting the Pacific Grove Museum of Natural History in Pacific Grove, California. There is a large sculpture of a gray whale, named Sandy, in front of the museum. I have lots of pictures taken with Sandy. The museum itself is small but holds amazing exhibits of animals, birds, plants, Native American artifacts, photographs, and rocks from the surrounding area. I remember spending hours looking at all the fascinating items.

In April, I read several articles about Bookstore Crawls in honor of Independent Bookstore Day. The idea is to make a list of the independent bookstores in the area, create a route, and visit each bookstore. It is recommended to bring friends, stay hydrated and have snacks, and most importantly to bring at least one bag (probably two or three) to carry all the books. I think this is a brilliant idea. I love visiting different bookstores and discovering treasures. Used bookstores are my favorite. Each bookstore has its own unique atmosphere. The architecture of some bookstores is often as interesting as the books found inside. I did not go on a Bookstore Crawl in April. However, I don’t think you only have to go on a Bookstore Crawl for Independent Bookstore Day. You can celebrate independent bookstores all year. A road trip centered on book stores is on my list for this summer.

Another road trip adventure I am inter-

Of course, I could always forget about pie and visit the “Mike the Headless Chicken” sculpture during the Mike the Headless Chicken Festival in Fruita, Colorado.

ested in is a Pie Tour. It seems there are a lot of places claiming to have the “Best Pie” or the “World’s Best Pie.” This is a matter of opinion and extremely subjective. I think it would be fun to visit diners, restaurants, even truck stops and sample varieties of pie. Since there are so many kinds of pie, setting limits such as searching for the best fruit pie or the best chocolate pie might be necessary.



Of course, I could always forget about pie and visit the “Mike the Headless Chicken” sculpture during the Mike the Headless Chicken Festival in Fruita, Colorado. To be inspired for your next road trip

adventure, visit the library and check out our travel books and our real-life travel stories display. My favorite title from our display books is *I Should Have Stayed Home: The Worst Trips of Great Writers*.

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Cori Freed new Postmaster in Divide

by Kathy Hansen

Congratulations to Cori Freed, the 8th Postmaster of Divide since 1945. She was sworn in on May 24, 2019 at a brief ceremony at the Post Office. It was 2004 when Cori began her career at the Divide Post Office as a clerk.

Cori has held a variety of positions at the Post Office including Acting Postmaster in Lake George, Acting Customer Service Supervisor in Woodland Park, and Acting Postmaster in Divide. The Divide community welcomes Cori into her new position. Cori said, "I feel like I've come home. I started my career in Divide and I love it here."

Tim Rioux 35 years of service

On Monday, May 13, 2019, Postmaster Cori Freed presented Clerk Tim Rioux with a 35-year service pin. Tim's wife, Dorease, serenaded him with John Denver's *Annie's Song*. Retired Postmaster Monica Deluca shared the lighter side of Tim by reading a "ransom note" Tim left her in place of her musical Christmas displays. Numerous customers and community members were present for the presentation.

Tim began his adult life by serving four years in the United States Air Force then becoming a Deputy Sheriff with Maricopa County Sheriff's Office for three years. He was then hired as a city mail carrier in Phoenix, AZ. Tim transferred to Prescott, then Scottsdale, then North Dallas, TX before going to Fayetteville, AR for a few years. In 2007 Tim and his wife moved to Colorado and Tim was transferred to the Divide Post Office as a Sales, Service, & Distribution Associate.

Tim and Dorease enjoy hiking, fishing,



Tim receives a hug from newly installed Postmaster Cori Freed of the Divide Post Office.

attending Scottish Festivals and being members of their church. They made their home in Teller County along with their four dogs and three horses.

MTCC bike donation

At only 10 years old, Alexander Stotts rode in the Quaker Ridge Mountain Bike Race, *Race the Ridge* in September of 2018, organized by Mountain Top Cycling Club. Alex took First Place in the boy's 9-10-year-old category.

MTCC Executive Director, Deborah Maresca explained to Alexander's mother, Carol Stotts, how the MTCC has six bikes that were donated to the High School Mountain Bike team. Last year MTCC purchased a new bike that the Woodland Park High School Mountain Bike team, student Nathan Estep is riding this year. After three years of unsuccessfully trying to find a coach for the Cripple Creek /Victor High School team, Deborah offered a bike to Alexander. "We want to see kids out riding and this was a perfect opportunity to give back to the community" says Maresca.

MTCC has reached out to Cripple Creek and Victor School Principle and Staff, Cripple Creek Parks and Recreation and various cyclists in Teller County in hopes of finding a coach to for the Cripple Creek and Victor High School team. If anyone is interested, please contact Deborah Maresca 719-689-



Pictured are Alexander, Deborah Maresca and Carol Stotts. photo by Mark Stolls

3435 (leave message). You can visit https://coloradomtb.org/ for more information.

The Woodland Park High School Team is being coached by Dorothy Cothran and can be reached by emailing tellermountaineers@gmail.com.

Ride the Rockies in BV!

The tour that *Outside Magazine* called a "celebration of fitness" now celebrates its 33rd year as a beloved Colorado institution sponsored by the Denver Post Community Foundation. Ride the Rockies embraces not only cyclists but the towns, sponsors, volunteers and Colorado residents who enjoy following the annual day event on June 10. Buena Vista is a 2019 overnight stop for the tour! Come out and enjoy a town-wide celebration and cheer on participants as they

ride into town. FMI or to sign up: https://signup.com/group/5470306407348440113.

Roads and highways will NOT be closed as cyclists will be spread apart as they ride the 83 miles from Gunnison to BV. Cyclists will ride over Monarch Pass, head north on Hwy 285 to Hwy 24, then E. Main to the River Park soccer field. Early riders will arrive around 11 a.m. and the rest arriving in the late afternoon. They depart early morning on Tuesday, June 11 at 5:30-9 a.m. from the River Park soccer field.

Adopt Me by TCRAS

Luna

Hi! My name is Luna. I am a very happy and lovable girl and I love to go for walks! I know some of my manners and some commands and I look forward to learning more. I like to play with other dogs and I also love to chew on kongs in my kennel. You can meet me at TCRAS 308 Weaverville Road in Divide or call to learn more about me 719-686-7707.

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



Financial Focus

Why should recent graduates care about retirement planning?

If you've graduated from college in the past year or so and started your first job, you're no doubt learning a lot about establishing yourself as an adult and being responsible for your own finances. Thoughts of your retirement are probably far away. Yet you have several good reasons to invest in your 401(k) or similar employer-sponsored retirement plan.

First of all, by contributing to your 401(k), you can get into the habit of regular investing. Since you invest in your 401(k) through regular payroll deductions, it's an easy way to invest.

Furthermore, your 401(k) or similar plan is an excellent retirement-savings vehicle. You generally contribute pre-tax dollars to your 401(k), so the more you put in, the lower your taxable income. Plus, your earnings can grow on a tax-deferred basis. Your employer might also offer a Roth 401(k), which is funded with after-tax dollars; although you can't deduct your contributions, your earnings can grow tax-free, provided you meet certain conditions. With either a traditional or Roth 401(k), you generally have a wide array of investment options.

But perhaps the main reason to start investing right away in your 401(k) is that, at this point of your life, you have access to the greatest and most irreplaceable asset of all — time. The more time you have on your side, the greater the growth potential for your investments. By starting to invest early in your plan, you can put in smaller amounts without having to play catch-up later.

Suppose, for example, you begin investing in your 401(k) or similar plan when you're 25. For the sake of simplicity, let's say you put in \$100 a month, and you keep investing that

same amount for 40 years, earning a hypothetical 7% rate of return. When you reach 65, you will have accumulated about \$256,000. (Your withdrawals will then be taxable, unless you chose the Roth 401(k) option.) But if you waited until you were 45 before you started investing in your 401(k), again earning that hypothetical 7%, you'd have to put in almost \$500 per month — about five times the monthly amount you could have invested when you were 25 — to arrive at the same \$256,000 when you turn 65.

Clearly, the expression "time is money" applies when it comes to funding your 401(k) — there's just no benefit in waiting to contribute to your retirement plan. This isn't to say that you have a lot of disposable income, especially as you may be paying off thousands of dollars in student loans. As mentioned above, the money for your 401(k) is taken before you even see it, so, in a sense, you won't miss it. You can certainly start out with small amounts, though you'll at least want to put in enough to earn your employer's matching contribution, if one is offered. As your career progresses and your salary goes up, you can steadily increase the amount you put into your 401(k) or other retirement plan.

When retirement is decades away, it can seem like more of an abstract concept than something that will one day define your reality. But, as we've seen, you have plenty of incentives to contribute to your 401(k) or similar plan — so, if you haven't already done so, get started soon.

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



Trooper Tips

In a perfect world

by Trooper Gary Cutler

In my perfect world there will be no more crashes involving injury or death. There will be no more crashes on our roadways, period.

In this perfect world of mine, distracted driving will be a thing of the past. No more will we see people driving while texting. Drivers will not eat while traveling. Drivers will focus more on watching the cars around them, and less on the conversation they are having with passengers.

There will be no more speeding. Drivers will read and obey the speed limit signs. Drivers will give themselves enough time to get to work in the mornings and understand that others will be on the road at the same time also trying to get to work. They also won't be upset when there are construction delays because they have planned for it.

There will be no more following too closely. There will always be enough space between cars so when something causes the vehicle in front to suddenly stop, the vehicles won't hit each other. Drivers will let others merge into the lane in front of them. The driver merging will always use their turn signal, and not force their way into the lane. They will also always wave a "thank you" to the other driver.

On two lane roads, drivers going slower than the speed limit will occasionally pull

over to let traffic pass safely.

Road rage will disappear due to the increase of respect for fellow drivers.

Bad weather will be observed by good driving. Drivers will slow down to speeds appropriate for the conditions. When it rains, hails, or snows, drivers will make sure not to endanger themselves or others by driving carelessly for the conditions and stay home when it was too bad to drive.

Vehicles will have tires that always have enough air pressure, and correct tread depth to help stay on the road because they have been checked at regular intervals throughout the year. Windshield wipers will be new, and have the ability to wipe the water off for better visibility. In snow storms, all of the snow on the vehicle will be cleared off prior to leaving the driveway.

Seatbelts will always be used and used correctly. Child safety seats will be new and installed properly. When unsure, drivers will have them checked out by a professional.

In my perfect world, driving will once again be an enjoyment and a way to get from point "A to B" safely and not something that ends in crashes with property damage, injury, or death.

In my perfect world and this world, this is an attainable goal!

As always, safe travels!

Call for Vendors!

The 5th annual "Escape in Time to Steampunk and Wine" is now accepting vendors in Florence, Colorado. The dates are October 11th and 12th, 2019. The location will be the former Florence High School that was built in 1919 and has now been purchased by Unbridled Holdings. It is one block from Main Street (Maple Ave.) and just off of Hwy 115 that goes through Florence. The vendor fee is \$85 for two days for a 10X10 space. There will be a contest for the best Steampunk booth: 1st place \$85, 2nd place \$50 and 3rd place \$25. The event is organized by the Florence Steampunk Society, Inc., a non-profit organization. Membership is open to the public. Contact Barb at 719-431-3592 or email steampunkwine@yahoo.com. FB page Florence Steampunk Society, Inc.

College or retirement?
Find out how to afford both.



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When you're outside this summer ...

Please remember these important electric safety tips:

- Keep a distance of at least 10 feet from power lines and equipment. Never trim trees or other vegetation near either.
- Call 811 at least three business days before you begin any project that includes digging.
- Do not approach a downed power line. Stay at least 10 feet away, and call (800) 332-9540 immediately.
- When landscaping, avoid future issues by planting trees and other vegetation so that they will not grow to interfere with power lines. All trees should be planted at least 20 feet from poles and utility structures.
- New sheds, fences and other structures should be built outside IREA's easement.
- Do not post fliers to utility poles.

Visit www.IREA.coop for more info on safety and vegetation guidelines.



www.IREA.coop
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Golden Meadows Dog Park

A Girl Scouts goal

by Kathy Hansen
photos by Jeff Hansen

Bianca Bryant was proud as a peacock on May 16, 2019, the date of the ground breaking at Golden Meadows Dog Park because it's taken two years to make this dream come true. She hopes you will attend the ribbon cutting ceremony on June 1 at 9 a.m.

Bianca has been a Girl Scout for 11 years. The idea came about in an effort to achieve a Gold Award from the Girl Scouts which requires the scout to identify an issue within the community and solve it in a permanent way. The issue Bianca identified was a large number of seniors who have dogs that need to be taken for walks, and the seniors also need social time with their dogs and other dog-walkers. Creating a dog park opens up opportunity for people of all ages to walk their dogs within the community at a place where they have water and resting spots available, as well as a trash facility.

In order to solve the problem in a permanent way, Bianca needed to secure the land,

assure sustainability through making doggie-do bags and bear-proof trash cans available at the site, as well as a water fountain for both humans and dogs, and benches for a rest. There will be two benches for the small dog area and three benches for the large dog area.

Bianca began two summers ago with a petition she walked around the Farmer's Market in Woodland Park to get signatures, which would help to demonstrate the need as well as show community support. She then needed to meet with Parks 'N Recreation to convince them the undeveloped portion of the park would work well.

The City of Woodland Park approved her plan about six months ago. Bianca praised the community for all of the support she received. She had to raise a lot of money and found creative ways to go about raising the funds, aside from simply asking for donations — the girl worked her way to her goal. Fundraising included a "Smooch a Pooch" campaign at



Starbucks at Walmart; a school event with Mr. Panther, and giving speeches for sponsorships at a Business After Hours event held at the Woodland Park Professional Building. The City of Woodland Park will sustain the bear-proof trash cans, cutting the grass in the park and the water for the fountain.

Bianca's public speaking skills shone through at the ground breaking where she gave a brief history of the inception of the park and read a very long list of *thank yous* to the community for all of the volunteers

and support she had received.

When asked what it feels like to see your goal come to fruition, Bianca replied, "It's amazing!"

We hope you will stop by Golden Meadows Dog Park at 2000 Evergreen Heights Dr. on June 1, 2019 at 9 a.m. for the ribbon cutting ceremony. Those who would like a "goodie bag" should show up at 8:30 a.m. There will be an agility course and a Ninja themed casual dog walk. The cost is \$25 per person (includes 1 dog/\$5 for each additional dog), vendor booths including TCRAS for those seeking a four-legged friend, and the Pet Food Pantry will be accepting donations. The event runs until 2 p.m.

It may be worth it to keep an eye on this one. Bianca was only 12-years-old when she took on her first project of sending 200 pair of shoes to a church mission trip.

Obituary

Sandra Ann Bowman
Chapman



Sandra passed at 52 years of age at her home in Cripple Creek, CO on Wednesday April 10th 2019.

After a long fight with cancer, she was finally called home to be at peace.

Sandra was born in Colorado Springs, CO on December 14, 1966 to Fern Gray and John Bowman. She was the second of three children, older brother Todd Bowman, and later, younger sister Brenda Bowman (Hawkins). Sandra graduated from Cripple Creek Victor High school and remained in Cripple Creek for most of her life. She worked as an administrative assistant for the High School for many years, where she cared for and affected the lives of countless kids. Sandra also served on the Cripple Creek City Council for two terms. After leaving the school she was the co-founder of Marigold Valley Hops with husband Jim Chapman, as well as co-owner of the Coffee Barn, which served as a community hub for many people. Sandra was actively involved in many facets of this small community and her absence will be felt by many.

She is survived in life by husband, Jim Chapman; kids: Steven DiCamillo, wife Cede DiCamillo, and Mike DiCamillo; grandchildren TJ Sexton, and Blake DiCamillo; brother Todd Bowman, sister Brenda Hawkins; several aunts, uncles, cousins, and other people that considered her to be family.

Sandra requested in lieu of flowers that donations be made to the Triple Negative Breast Cancer Foundation. Donations can be made online at <https://www.tnbcfoundation.org/support-us> or by phone at 646-942-0242.



Growing Ideas

Container gardening

by Karen Anderson "The Plant Lady"

Greetings mountain gardeners. June is a fun month for us folks who love to grow stuff. It's what we have patiently been waiting for. We finally get the green light around mid-June for planting our beloved, colorful annuals and pretty much anything else we wish to grow. Let the garden embellishments begin!

For those who embrace the gardening spirit, but do not have the luxury of well tilled and amended traditional garden plots to

grow fresh organic vegetables, herbs and flowers, there is a great alternative which can be quite successful with some helpful knowledge.

We can adapt and improvise our growing endeavors by exploring the idea of container gardening. There are many advantages with this method.

Containers can be super versatile, decorative, somewhat portable and easily maintained under the right conditions. Receptacles for this type of gardening can include 1/2 whiskey kegs, horse troughs. Good sized plastic planter pots, old deep wheelbarrows and even worn out boats! Why not? Recently, I have found resin-based planters that look like real whiskey kegs which are lighter in weight and less expensive with the added bonus of not smelling like whiskey. I also have an old canoe that doesn't hold water any longer and I plan to grow squash and cucumbers in it. Smaller containers may be utilized for herbs and shallow rooted veggies like lettuces and other greens.

Tipi type trellises can be positioned in the bigger pots to support peas, beans and other vertical growing plants or you may want to entertain the idea of growing cascading plants, such as strawberries in hanging baskets. Maybe try one of those 'topsy turvy' tomato bags where your plants hang upside down instead of right side up to save space in the greenhouse or outdoors.

There are some basics to be aware of when we work with container gardening. Good drainage is essential, so I recommend placing a few inches or more of pebble rocks or pea gravel in the bottom of any planter that you decide to use.

Soil mixes will vary depending on what you are wanting to grow. For instance, carrots, onions, radishes and potatoes will require a more sandy medium, where heavy feeders such as Swiss chard, greens of all kinds, squash, cucumbers, peppers and tomatoes need a richer soil mix.

All vegetables, with the exception of fast-growing greens, require at least six hours of daily sunlight for healthy and vigorous growth, so the location of container garden is very important. Leafy greens would appreciate some afternoon shade, so you may want to plan accordingly.

Since containers are above ground, they will dry out more quickly than in ground garden plots, therefore will need more frequent watering and as always, I recommend mulching to help preserve that precious and vital moisture. Because we are watering more periodically, the initial nutrients in the soil are leaching out rapidly, so we will want to replace those nutrients by fertilizing regularly, every few weeks, with compost tea or other organic plant food

"A garden is a place of peace and contentment wherein one finds refreshment for the Spirit."

(unknown)



Almost anything can be used for your container gardening project!

for vegetables. I use the Happy Frog products for vigorous, productive, healthy growth and am very pleased with the results.

As far as location, sunny decks and alcoves protected from 'wild' winds are ideal, but are not the only choices. You may need to provide some type of shade cloth ramadas or the like if you find that the sun is too intense and your plantings are constantly wilting during the heat of the day. Close groupings or little communities of planters will help with watering and maintenance chores. 'Safety in numbers' is a good practice when planting individual pots.

Please don't forget to apply some organic critter repellent as the deer, chipmunks, bunnies and other hungry creatures will delight in eating the goodies right out of the containers.

Chicken wire domes work well too. Flowering edibles can be incorporated for color and culinary delicacies. So, as you can see, it is possible for those gardeners with non-existent beds or who have very limited space to work with have the opportunity to grow fresh, organic, delicious veggies and herbs for the fine, healthful dining we all deserve in an alternative fashion.

I hope these tips will encourage and inspire you to experiment with the joy of container gardening. There may be a trial and error period until you figure out your particular 'micro climate' and how things work in it. We can always create more suitable scenarios as well.

Native aspens, spruce trees and shrubs are available for 'adoption' and June is a perfect time to plant them. There is still a great selection of organic, non-gmo and heirloom tomato, pepper and other veggie starts as well to choose from on display for purchase at Mountain Naturals in Woodland Park and The Outpost Feed Store in Florissant or contact me personally for other arrangements. Hardy Power Perennials, born and raised at 9,000 ft. are also obtainable. Please call me at 719-748-3521 or e-mail plantladyspeaks@gmail.com for more info. Remember that I am able to provide a professional, experienced landscape consultation at your home if you need assistance in that area. Hope to meet you this summer and happy gardening!

Updated Teller County website

The Teller County Assessor's website has been updated to assist citizens and property owners with ease of access. Please go to <http://www.co.teller.co.us/Assessor/default.aspx>. The website consists of updated links, videos, and appeal process information. If you have questions / comments, please call 719-689-2941 or visit the office at 101 W. Bennett Ave., Cripple Creek, CO 80813.



CRIPPLE CREEK CARE CENTER

Your Colorado Mountain Home

Love of the Colorado mountains does not fade with age!

What you do makes a difference!

Rex Bishop has been volunteering at Cripple Creek Care Center for 5 years. He was recognized as volunteer of the year during our National Skilled Nursing Care Week. He started out as a Chaplain with hospice and has been coming in ever since to visit with our residents.



Pictured left to right: NHA L. Cowan, Resident W. Loop and Rex Bishop



Pictured left to right: Chief Rulo, NHA Cowan Ofc. Lucero, Sgt. Kibble and Sgt. Bright

Officer Lucero of the Cripple Creek Police Department received recognition for going above and beyond his duties and improving the quality of life for our residents. Officer Lucero has been visiting our residents for the 4years he has served on the CCPD.

Making memories and having fun!

Cripple Creek Care Center strives to be a family like community. What would a family be without fun, games and celebrations?

In addition to our normal activities we added some outdoor fun to celebrate National Skilled Nursing Care Week.



Staff competing in wheelchair races.



Cheerleaders and spectators during the wheelchair races

Residents were there to cheer staff on during the outdoor games. It was a great time for all of us celebrating how to "Live Soulfully" everyday. Its all about being happy, having fun and making memories!

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NOW OPEN!

GOLDEN MEADOWS DOG PARK

GRAND OPENING DAY

FREE Community Event

SATURDAY, JUNE 1ST 2019

FROM 9-2 PM

MEADOW WOODS SPORTS COMPLEX

2000 Evergreen Heights Dr, Woodland Park

Ribbon Cutting 9AM

"Ninja" themed casual Dog Walk from 9-11 AM

Registration & Fee Required | With FUN Agility Stations!

\$25 PER PERSON / INCLUDES ONE DOG (\$5 for one add'l dog)

PLEASE PRE-REGISTER BY MAY 28TH FOR PARTICIPATION IN THE DOG WALK (INCLUDES A GOODIE BAG)

CHILDREN UNDER 12 FREE, MUST BE ACCOMPANIED BY A REGISTERED ADULT

PREREGISTERED PACKET PICKUP - AND DAY OF EVENT SIGN-UP BEGINS AT 8:30 AM

Day of event registration available (goodie bag not guaranteed)

ALL PROCEEDS FROM THIS EVENT WILL BENEFIT GOLDEN MEADOWS DOG PARK

DOGS MUST BE ON A LEASH IN ALL DESIGNATED AREAS

food & fun... live music... agility demo... vendor booths

Be sure to visit these booths that support our community!

TCRAS will have an information booth with dogs available for ADOPTION! PET FOOD PANTRY will be accepting cat & dog food donatons!

REGISTRATION AVAILABLE AT THE FOLLOWING LOCATIONS:

- Woodland Park, Parks & Recreation (204 w. south ave)
- TCRAS (308 weaverville rd, Divide, CO)
- Stephenie Kaufmann DDS (400 w. midland ave)

FOR MORE INFORMATION CALL 719.687.5225

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Critter Corner



**Mother moose and her baby
passing through our yard -
Mike & Lori Hernandez,
Jefferson, CO**



**Pancho enjoys a swim - Linda
& Dave Karlin, Florissant, CO**

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



GUARDIAN ANGEL CHRONICLES

ENTRY 1: TOMAS & JERRY

by Danielle Dellinger

He sat in front of the desk, the chair uncomfortable from its flattened cushion. Bleak fluorescent lights buzzed and flickered overhead. It was a windowless room, amplified by the stagnant air and suffocating atmosphere. The door creaked open on its decades-old hinges, and a plump woman with a hardened, no-nonsense expression walked in and around behind the desk. She dropped a thick file folder on the wood surface with a sharp smack.

"Alright, Guardian Toomas," she began. "Uh, it's Tomas," he interjected.

She looked at him, unblinking and unmused.

"My name is Tomas," he went on. "Like Thomas but without the H."

She unceremoniously flipped open the folder, not once breaking eye contact.

Tomas cleared his throat and looked down at his fidgeting hands in his lap. "Sorry, Ms. Hycrest."

Ms. Hycrest's eyes lingered on him for a moment longer before moving down to the papers in front of her.

"You're going to be assigned to District 8: Zone A. Your charge is a seven-year-old boy named Jerry. You'll be his third guardian."

Tomas leaned forward slightly to see the small photo of the boy wearing the biggest mischievous grin he'd ever seen.

"Why am I the third?" he asked, looking up from the photo to Ms. Hycrest.

She only replied with a knowing, you're-screwed type of smirk.

"Okay then . . ." he said slowly, getting up to leave.

She slid a piece of paper across the desk to him. At the top was Jerry's address, followed by a list of his likes and dislikes.

He glanced at the paper, then gave a nod and thanked her. Just before the door closed behind him, he heard her laugh and say, "Sucker."

A few hours later, Tomas stood on the sidewalk in front of a three-story house. A white fence separated the front yard from the sidewalk. From a distance, the lawn looked nicely kept. However, as Tomas started up the front walk, he saw it was pitted with large holes. Some were empty, some had toy cars in the them while others were filled with water and the remains of Barbie dolls.

Noises coming from the behind the house caught his attention, and he carefully made his way around the side to the backyard, which turned out to be mostly dirt and rocks. A grand oak tree was toughing it out in the middle of the yard, its thick branches and leaves sheltering a large wooden playset.

That's when Tomas saw Jerry for the first time. The boy was crawling on a branch out toward the roof of the playset. His sister was standing at the base of the tree yelling for him to come down. Tomas knew where this was going. Jerry reached a weaker part of the branch and it curved downward under his weight with a popping sound. Then the predictable thing happened; the branch broke.

Out came Tomas' wings and he flew forward. Jerry passed through his body before hitting the ground. By passing through his body, Tomas' protection rubbed off on him and decreased the likelihood of serious injury or death. Tomas heard the air leave Jerry's lungs, but also the snap of his wrist as he tried to catch himself. He deflected the branch just enough so it wouldn't land on Jerry or hit his sister. The sister was standing there screaming. Tomas leaned down and whispered in her ear, "Go inside and get your parents. Hurry."

She couldn't actually see or hear him, but she'd feel a strange sense of what to do. It took her a minute, but she finally took off running to the house, yelling for their mom.

Tomas sighed and looked down at Jerry, who was bawling his eyes out. He could tell that the break in Jerry's wrist was clean. It would heal fine. He looked up right as Jerry's mom came running out with the sister in tow.

"Jerry! Jerry! Oh my God, Jerry! Not again!" She gathered him up in her arms, booking it to the garage and stuffing both kids into the car.

Tomas followed them to the hospital, flying overhead. Jerry's mom chastised him the whole ride there. Tomas watched over them as they parked, checked in, waited a long time in the waiting room, were seen by the doctor, and as Jerry finally had a cast put on. Hours later, the family returned home, exhausted. They had a quick dinner and then went to bed.

Tomas sat in the tree outside the parents' bedroom window, listening as Mom filled Dad in on what had happened.

"It could've been so much worse, David. The branch barely missed him. Somehow, he didn't clip the playset on the way down. Someone or something was looking out for him."

David sat on the edge of the bed and sighed. "We've got to enroll him in something, Kate. He's making me go bald prematurely."

"It has to be something with low risk but will tire him out and keep him focused."

"Well, pick a sport, then."

"But he's so competitive, David. He'll kill himself trying to prove he's the best."

"Fine. Martial arts?"

"Oh, so he can come home and practice his moves on Jenny? Nope. Out of the question."

Tomas smiled as they went back and forth, discussing every available option. It seemed they would make a safe choice.

He was wrong.

Tomas sat in the bleachers watching Jerry's first game of the season. Football? Seriously? He had a knot in his stomach, indicating something serious was about to happen. Now that he'd been around Jerry and his family for a few months, he'd grown attached. He winced as Jerry collided with another player. It wasn't that hard of a hit, but small, repeated blows add up and become just as serious as a concussion.

Football players are diagnosed with a brain disorder called Chronic Traumatic Encephalopathy, or CTE. This disorder is caused by the routine tackles and plays. It can lead to lifelong depression, memory loss, dementia, aggression, anxiety, and even suicide. The highest quality of helmet will never stop a player from developing CTE because small hits still cause the brain to stretch and smash into the skull. No matter what level of football someone plays, which includes kids, they will likely develop CTE.

Tomas grit his teeth each and every time Jerry ran into another player. The feeling in his gut gradually worsened. Then it happened. Jerry ran full speed ahead and someone came out of nowhere and knocked his feet out from under him, making him do half of a flip. Tomas rushed toward him before he hit the ground, just barely making contact with him in time. He stood by Jerry as everyone huddled around him. Jerry complained that his head hurt and it was hard to breathe. Tomas exhaled with relief when the medic and coach agreed to sideline Jerry for the rest of the game.

The crowd cheered as he slowly got up and walked off the field. Tomas looked up at Jerry's parents, and was glad to see they appeared to be questioning letting Jerry continue with football.

As time passed, each day was filled with Jerry doing something even more dangerous than the previous day. It had become so stressful for Tomas that he now carried around a flask everywhere he went.

Jerry really liked fire; like a lot. One of Jenny's dollhouses had fallen victim to Jerry's fascination with fire. Tomas was so sick of

putting out the flames that was he was considering just sitting back and watching Jerry's world burn. But there was still a small part in him that held out hope and refused to give up on Jerry, even though the odds were stacked against him.

Then came the day for Jerry to learn how to drive. Kate had put it on David to teach him. So one afternoon, father and son piled into dad's squeaky-clean and polished car. Tomas slid into the backseat. Jerry started the car and shifted into reverse. The car began to move. Tomas noticed that both he and David were secretly holding onto anything they could as Jerry backed down the driveway at a slightly high speed. David was just about to relax as the back tires touched the street pavement, but a loud crash stunned everyone and Jerry stomped on the brake, causing his passenger to be jerked around a little.

Tomas stayed in the car while David and Jerry got out to inspect the damage. Both men bent out of Tomas' sight and he could hear metal trash cans being righted. He caught snippets of the conversation.

"It's fine, dad, barely a scratch," Jerry huffed.

"That's just it, Jerry, what if that hadn't been trash cans and had been the neighbor's kid. You have to be aware all of the time. There is no room to slack when driving."

Tomas couldn't see him, but he knew Jerry had just rolled his eyes.

They finished picking up the spilled trash, fussing at each other the whole time. Finally, they got back in the car and buckled up. Jerry finished backing out onto the street, switched the car into drive, and pressed too hard on the gas pedal. The car lurched forward and then took off down the street. David was immediately yelling at the top of his lungs for Jerry to slow down.

Tomas took a drink from his flask just as they came to a screeching halt at a stop sign.

"What the hell were you thinking?" David snapped. "That was unacceptable. Put the car in park and get out now. You're not ready to drive." He unbuckled himself, preparing to switch seats.

"Geez, give me a chance. We're alive, aren't we? Nothing bad happened."

"Put the car in park and get out. Now!"

Jerry let out a typical teenager sigh, rolled his eyes, and put the car in park. He got out, cursing under his breath.

"Keep it up and you'll never drive again!" David yelled as he got out as well and walked around the car.

The whole minute and a half ride home was quiet and extremely awkward. Tomas took another drink from his flask as they all exited the car. He followed David and Jerry into the house, but split off to the living room while the two went to the kitchen and relayed the whole incident in raised voices to Kate. From that day forward, Kate took over driving lessons.

Jerry finally got his driver's license, after many close calls, yelling matches between him and his parents, and one rogue squirrel. Tomas got into the front seat of the car the very next day after Jerry received his license in the mail. He took two swigs from his flask and braced himself. They were only going to pick up Jenny from mathematics club. Jerry pulled away from the curb and stepped on it with his lead foot. The takeoff was only slightly smoother than the first day he was learning how to drive.

Tomas looked straight ahead out the windshield, his mind elsewhere. A week ago, he'd been summoned to the HR office. He'd sat across from Ms. Hycrest, who wore her usual unamused expression.

"You've been called in here to discuss your attitude toward the job at hand, and your sometimes-purposeful lack of inaction when Jerry finds himself in a dangerous situation."

Tomas had stared blankly back at her, saying nothing.

"The higher ups fear that you've become too hardened and desensitized to the job. They would like me to have you removed from Jerry's case and suspended. They know about your flask." Her eyes had narrowed as she gazed sternly at him.

Tomas hadn't meant to sigh in exasperation. "Jerry's graduating soon. Give me until then. I've put a lot of time in with this kid. Someone else can take over his adult years. I'd like to see him finish out his teen years."

The ear-splitting sound of screeching tires cut through Tomas' thoughts, and his eyes focused on the road and the truck that was stopped in front of them because traffic on the highway was at a standstill.

They plowed into the back of the truck. The airbags deployed and the seatbelt locked to keep Jerry from flying forward. All Tomas had time to do was stick out his arm in front of Jerry's chest. Tomas' wings carried him out of the car right as someone else plowed into them from behind. Debris flew everywhere and glass shattered. Jerry's compact car was totaled.

Tomas looked down at his shaking hands.

He'd been too late to save him completely. His brief touch had been enough to keep Jerry alive long enough until the paramedics got him to the hospital in time for his parents to say goodbye to him.

A week later, Tomas stood among tombstones, watching Jerry's funeral from a distance. Periodically he'd take sips from his flask. Jerry's mother's mournful wail rang in his ears, even though she was far away. He felt someone come up beside him.

"Ms. Hycrest told me to come find you."

Tomas looked over to see Jerry's soul standing next to him. He was a bit surprised to see him. "Yeah. Why's that?"

"She said you and I need to talk."

"What about?"

Jerry shrugged. "Everything, I guess."

Tomas tapped a dandelion with the toe of his shoe. "I owe you a big apology. I fell down on the job and it cost you your life. I am so sorry." He looked up at Jerry.

Jerry, amazingly, was smiling at him. "It wasn't your fault."

Tomas' eyes went huge and his jaw dropped. "What?! How can you say that? I was supposed to protect you and I didn't!"

"I was the one texting and driving, not you. Besides, there's only so much anyone can do for someone else, including you. Ms. Hycrest showed me all your incident reports about all the times you had to save my ass. I kept you pretty busy," he chuckled.

"Yeah, well, a bit." Tomas hid the flask in his pocket.

"Look, I'm sorry for all that I put you through." Jerry held out his hand to him.

Tomas shook his hand. "I really was just doing my job . . . until I wasn't. God, I am so sorry." He watched as Kate and Jenny laid flowers on Jerry's coffin.

"Dude, seriously, it's life. I take responsibility for my death. None of it's your fault. You did the best you could with what you had to work with. I'd say we had a good run." He clapped Tomas on the shoulder. A few moments of silence passed between them. "Who's gonna look out for Jenny?"

"I think that's gonna be on you," Tomas said, turning around and pulling out his flask. Good luck!" He chuckled, finished the flask, and dropped it on the ground as he walked away.

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WORKFORCE CENTER



Life-Enhancing Journeys What does it mean to be an empath?

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

Lately I've been taken aback by a surprising and unforeseen trend that has been occurring with the people with whom I come in contact. What I've been noticing is that many more individuals are exhibiting attributes that are commonly associated with *empaths*. A recurrent refrain I'm hearing is, "...what's going on with me?...I'm trying really hard to keep myself from getting overwhelmed...I feel like I need to shut down or be by myself... people in pain are drawn to me and I feel the need to help them... sometimes I feel like the life is being sucked out of me" What seems to be occurring is that, by living in such uncertain and complex times, empaths are picking up on the tension in the world. This can be distressing for such highly perceptive and compassionate folks.

Calling oneself an empath means that you are a person who has an exceptionally sensitive neurological system who has difficulty filtering or blocking out stimulation. Along with that trait, they seem to just know what those around them are thinking and feeling. Empaths are naturally helpful and try to resolve whatever problems they may detect. Having the ability to be incredibly observant, they notice details that others miss. They behave in a compassionate and empathetic manner, sometimes to the point of taking on the pain of others without consciously meaning to.

How might I know if I'm an empath (you might ask)? Here are some questions that can offer some insight into the answer:

1. Am I able to just know how others (even those unfamiliar to me) are feeling?
2. Do I sometimes struggle with boundaries because it's difficult to know where I end and others begin? How can I be sure that what I'm experiencing is coming from me or coming from others?
3. Have I noticed that people are attracted to me; that they tend to trust me quickly, confide in me and feel comfortable around me, even strangers?
4. Have I experienced feeling as if someone else's viewpoint may have "rubbed off" on me, that I absorb the perspective of others?
5. Have I been told that I am "extremely sensitive" or "thin-skinned" because I feel every emotion very deeply?
6. Am I able to easily know if a person is being truthful or not, as if I have a built-in lie detector?
7. Do I find it difficult to see someone in pain to the point where I feel compelled to help them; that I really have a difficult time detaching from others when I notice them suffering?
8. Do people frequently seek me out to listen to or pay attention to them?
9. Can I quickly change from feeling comfortable and happy to being overcome with discomfort or anxiety merely because I noticed someone troubled coming into the room?
10. Have I noticed that acquaintances turn to me more than others for advice and guidance?

If you think you are an empath or have someone in your life who is, you likely recognized that it can be both a difficult way to exist in the world or it can be perceived as an amazing gift. Being this sensitive to other people's emotions, energy, and the environment can be challenging especially as an inexperienced or untrained empath. Like most other things in life, there are both positives and negatives to having the ability to more acutely detect and directly experience the feelings of others. There are negative aspects to being so receptive to others especially when you are unaware of how to keep yourself safe and protected. On the positive side, when you know how to securely use and control this gift, the ability to feel other people's emotions can be an awesome skill.

You may notice when someone is feeling anxious, you can pick up on that more quickly and intensely than the average person. This enables you to be able to provide support, if



you choose. However, directly experiencing the emotions of those around you — without the ability to pick and choose what you feel — is difficult and can be exhausting, both emotionally and psychologically, leaving the empath struggling and confused.

When someone is experiencing fear, an empath can recognize it immediately then assist the person to calm their panic. If there is a perceived threat, empaths can get out of a potentially dangerous situation faster than most.

Your ability to convey to others that you are a safe and trustworthy person is incredibly beneficial. An empath truly understands the saying "to know what it's like to walk in another person's shoes" because they regularly experience it.

Most empaths have the ability to notice even the most insignificant social cues. This means that most empaths pick up on someone's true intentions even if there may be minimal evidence as to what the person really wants. An empath can sense it. Empaths are truly gifted people in many ways because they sense the feelings of others as if it were their own. They are great problem-solvers. Empaths are experts in understanding human nature which enables them to figure out the motivation of others.

Methods to Prevent and Manage Emotional Fatigue End a relationship if necessary

Be discerning of the people with whom you spend time. As an empath, your relationships with the people around you are essential. When a friend or a partner is in need, you know very well how to be compassionate, acting as an advisor or shoulder to cry on. However, people who are constantly in crisis can drain you and take advantage of your benevolence. Even though you likely will feel compelled to help most people, listen to your own gut and end any relationship that may feel toxic. This protects you from being sucked dry.

Notice what drains you then rejuvenate yourself

If you notice you're experiencing sensory overload, it can be beneficial to slow everything down then disconnect from all stimulation. You may find it useful to retreat to a room without sound or light and sleep or meditate. Consider taking short walks. Go barefoot in nature. Touch the earth. Play in the dirt.

When it becomes necessary to take care of some of life's obligations, there are methods which can support you. For example, when you go to the supermarket, avoid peak hours and plan on shopping off hours. If you decide to go to the movies, sit as close to the aisle as possible rather than sitting in the middle of a crowd of people. When your friends ask you to join them for a night out, consider hooking up with them at a time when you haven't worked all day. Recognize and be prepared for experiences like these.

Prioritize time for yourself

Always build in some time for you to sit quietly. Taking a break to sit outside for a few minutes can be rejuvenating. Consider using the bathroom as your refuge when you need an escape from events. Most people will respect your privacy when you tell them you need to use the bathroom (I hope).

Turn off the computer and phone. Sit or

lie down in a comfortable position and give yourself several deep breaths. It's unnecessary to do anything other than focusing your attention on your breath. Notice how when you inhale, your lungs expand to allow the fresh air in. When you exhale, notice how your body releases and comes to rest. Keep the focus on your breathing until you feel a calming, comfortable sensation. If you choose, allow yourself to visualize a strong tree extending down the center of your body from head to toe. Now sense the tree's roots growing from the bottom of your feet connecting deep into the earth, enabling you to feel so solid, balanced, and centered. Notice how stable you feel. This can be a useful practice to revitalize yourself.

Trust your gut

Always listen to your intuition. You may notice "red flags" which are warning signs that there is something to which you need to be watchful. When you find yourself uncomfortable with a person, place, or situation, pay attention. If you are unable to move away from the person, for example, consider turning your body on an angle so you avoid facing them directly. Preventing your chakras from lining up with theirs, keeps them from "stealing" your energy. How about visualizing putting up a shield? Another option is to visualize yourself surrounded in a bubble of light which envelops you in a warm, golden glow. Then let the energy that's coming toward you bounce off the skin of the bubble right back to where it came. Nothing can get in unless it's invited. These are protective methods. The more you practice them the quicker and easier it becomes available.

Create clear and consistent boundaries

Empower yourself by developing and utilizing strong boundaries. (See July, August and September 2018 articles on Boundaries in *Ute Country News*). I've seen far too often that truly compassionate and caring individuals forget to employ boundaries in their relationships, then become unhappy when they are taken advantage of. Remember to construct solid boundaries.

On a personal note, I'm quite familiar with the gift as well as the challenges of being an empath. I live it every day. When I was young, it was perplexing and troublesome because I felt so weird, so different from others. At present, I've learned to honor myself as an empath. I am far more secure in myself since I learned ways to live comfortably with who I truly am. I use a variety of skills I have learned along the way which help shield my sensitivities while still being available to others.

"With great power comes great responsibility..." Spiderman's Uncle Ben told him. Being an empath demands more of you than most. Retreating into isolation may be necessary for a while yet you're here for an important purpose. It's essential you learn how to avoid feeling overwhelmed. Use your gifts wisely and help the world.

Barbara Pickholz-Weiner, RN, BSN, CACII, 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).

Guffey School Spring Program

by Flip Boettcher

Once again, the Guffey Community Charter School presented a wonderful spring program, which started off with a song about going to the Guffey School that the students and Guffey singer/songwriter Lissa Hanner wrote. Hanner accompanied the students on the guitar.

As part of the school's 100-year celebration, long time Guffey resident and teacher at the school, Peg Larson, told the story of the Black Mountain Elementary School with great pictures.

In 1980, Guffey was a quiet place. There were no phones except in Guffey town. The Guffey School had been closed since the 1960s and the students were bused to Cañon City. Bob and Peg Larson were both teaching in Cañon City.

The Larson's decided to approach the Park County school board about re-opening the school in Guffey, but for lack of funds, the board said no. Undaunted, the Larson's opened the private Black Mountain Elementary school in their own small home located in the Pike Trails subdivision east of Guffey.

Charging a small tuition, the Larson's ran the school for a year, starting with 12 students and six families. Everyone helped.



Several students demonstrating messy science.

In 1980, Guffey was a quiet place. There were no phones except in Guffey town.

Seeing that a school in Guffey was practical, the Park County School board approved the opening of the schoolhouse in Guffey a year later. After some upgrades and remodeling, the Black Mountain Elementary moved to the Guffey School in December 1981.

The audience was then divided into five groups that toured the five stations set up around the school and outside showcasing the school's special classes they had this year. Yoga was the first station with several students demonstrating yoga poses and routines they had learned this year.

Station 2 was called Messy Science and several students demonstrated some interesting, but messy, chemical reactions and properties of magnetic fields of energy.

Station 3 showed the art and cooking classes. Of course, the cooking class was serving deviled eggs and funnel cakes they had made. The art students had a display with their carved cakes of soap and dried, decorated paper towels that had been pressed wet into a mold.

Station 4 was all about the Park County library's monthly STEAM program that the school hosted and which culminated in 13 Park

County students talking to the orbiting astronauts. Six of those 13 picked were from the GCCS.

The last station, 5, demonstrated some things about the environment the students learned from the Catamount Institute classes. We all played a game called Predator or Prey and learned what happens when there are too many predators or too many prey. We also learned about abiotic, non-living, and biotic, living parts of the environment, by making a list of each. We learned about making a shelter from natural items in the



Singing the Guffey School song with Lissa Hanner, on far right.



A couple of students demonstrate how to make a shelter from natural materials in the environment. They learned this from the Catamount Institute classes.

environment.

Catamount Institute in Colorado Springs is a non-profit whose "mission is to develop ecological stewards through education and adventure," states the website catamountinstitute.org.

Refreshments and viewing the middle school artwork culminated the program.

School graduation was May 30 at 11 a.m. and the Guffey Steampunk Society's "Steam into Summer" party followed. The 100-year school celebration was May 31 at 12:30 p.m. with a fish fry picnic, outdoor and lawn games, and a fundraising commemorative tile wall event. One could purchase a tile and make designs on it to put into the tile wall.

There are three sisters from Wyoming who will be attending the celebration. The sisters went to the Guffey School with long-time Guffey resident Pat Ownbey in 1946. Eighth grade presentations were May 20-23 with one eighth grader making their hour-long presentation at 11 a.m. each day. Troy Dabney on Monday, Havannah Van Egmond on Tuesday, Kaden Gates on Wednesday and Xander Stone on Thursday. Everyone enjoyed it.

School Principal Martine Walker announced that the school is looking for a school nurse and bus driver for next year.

Save the date

June 15, Rural Coloradans for a Brighter Future are again sponsoring Guffey Clean Up Day. Breakfast starts at 8 a.m. at the fire station, and clean-up of the Park County 102 roadside will start at 9 a.m., with snacks following.

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Art Scene

Russell Chase, writer, author
by Mary Shell

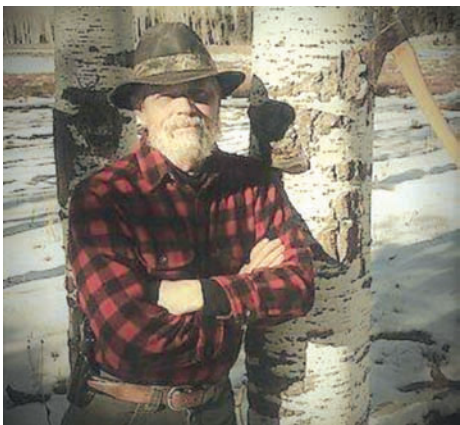
In the categories of art where would you put the category of writing? Most people may have writing on their list, but probably not in the top of the list of creative disciplines. Painting would be assumed as first, sculpture somewhere in the run for first place and often put together with paintings. Then there comes music, or perhaps dance, theater, singing and so on. Somewhere on this list writing may appear only when great thinking is necessary.

To me, writing must be excessive in creative thinking. A dancer studies dance, balance, grace and steps. An artist studies brushes, paints, techniques, theme, medium and style; all for the sense of sight, as does dance. Music is all about our sense of sound. Each art medium touches our psyche. But then there is writing. Words, symbols and characters all the same size, color, repeated in a variety of order that makes words and with nothing that dilates our pupils by its beauty, movement or sound. Writers have a harder job creating all scenes and scenarios that causes the reader to create a picture or a movie of what's happening. Unlike painters, a writer has to use all our senses in describing a person, place or thing. But they don't just blurt this information out, they give information little by little, building a character, explaining what he or she looked like, how they thought, what they ate, how they laughed. When does one can see a complete person in your mind.

A writer's life consists of constant research. They must know what it's like to be a dancer, a murderer, construction worker, waitress and whatever character they are creating.

I asked this month's featured artist a few questions with these responses:

"I Started writing in the 80's for outdoor publications. Alaska Magazine, Hunting and Fishing News, Voice of the Trapper and KIAK Radio station in Fairbanks Alaska. I write about what I lived while



growing up in Alaska. Over the years, I wrote the occasional op-ed article for newspapers and such. Major life changes occurred, and my writing ceased. I produced nothing. But I always had this book idea in the back of my mind that would assert itself occasionally. About 15 years ago, I gave in and started writing it, just to get it out on paper.

I have a basic concept of the characters when I begin, but as the story develops the characters take on their own personality.

What inspires me to write? Well, I like history. I like to please people. If I can teach a little history while pleasing people with a good story revolving around things I've done and the unique area I grew up in, so much the better."

The process of creating books is pretty much the same as in all disciplines of art: The need to inspire others, to seep into their souls and stir emotions, to feel life and what it's all about, and Russell does it so well in his writing.

You can find Russel Chase's books at REM Art Gallery, 710 Main St., Cañon City or go to his Facebook to find out more about him at: My authors Facebook page is www.facebook.com/RussellMChase.

Musings Along the Way

Busy bees

by Catherine Rodgers

My potting shed has gradually been transformed into a bee hive. Since reading Barbara Hand Clow years ago, I have respected bees as sacred messengers who teach us how to live on this planet. They provide all that they need through their own bodies, transforming pollen and nectar into hexagonal waxcombs, royal jelly, honey, and cooperating. It's the bees' knees!

Bees also are crucial as pollinators for the continuation of human life as we know it. In fact, Environment America has started a campaign *No Bees, No Food* (FMI 1-800-401-6511 or 303-801-0581). I have sheltered successive colonies but with holes in the roof and mold spreading weird designs down the walls, I called Mr. Natural (really!) to remove this charm of bees to make repairs. Numerous men offered to poison the pests or vacuum them out of the walls but that's not what I had in mind.

Paying attention to what shows up in my space is an important spiritual practice for me, whether it be people, car repairs, falling sheetrock, bees, birds, plants or rainbows. This grist of bees put a bee in my bonnet, so to speak. I remember a visit with my grandmother (who never left the house without her white gloves) to the milliner. Even when I was a child, these were rare; although true to form, Victor still has a milliner of sorts. Mona Campbell at Gallery 80860 can embellish a Victorian extravaganza of organza for Kanzans and locals alike, as well as the odd fascinator. I digress. My grandmother and I chose a straw boater and garlanded the band with a meadow of wild flowers. The final touch was a bee in her Easter bonnet (all artificial of course!).

That hat has now sprung to life in my backyard. There are all sorts of wildflowers and so-called weeds struggling to survive against the invasive grass the mine sprayed down the hill as so-called reclamation.

When I first moved into my house, sticky gumweed or *Grindelia squarrosa* was the bane of my existence, sticking to my hands and oozing everywhere I wanted to plant iris or daisies. Later I learned this plant may be good medicine for coughs, bronchitis, and possibly even cancer. Spiderwort or *Tradescantia virginiana* began showing up which has several medicinal uses, as well as the three-petal flower being a symbol of body — mind — spirit balance and spiritual protection. Eliot Cowan has a fantastic book on plant allies that I highly recommend for further research: *Plant Spirit Medicine*.

"Weeds are flowers too, once you get to know them."

— Winnie the Pooh

Back to research in the great Bee-yond! In ancient Egypt bees were considered tears from the eye of the sun, RA, or sunlight materialized in earthly form. In Greece bees were seen as the soul, emblems of the Mother Goddess. When Cybele's priestesses ate honey and other herbs to enter an ecstatic trance, their transfused consciousness is called "enthusiasmos" or "within is a god." The ancient Druids also saw the bee as symbolizing the sun, the Goddess, celebration and community. The Irish fermented honey to make mead and make merry.

However, there was little "hunny" to harvest here. Pity poor Pooh and me! Turns out there were multiple hives in the shed. One swarm decamped when we began to smoke the other nest and took their honey with them to feed at their new locale. I learned that bees do not have lungs — hence three boxes of bees survived the fire on the roof of



Notre Dame — but rather have muscle openings along their abdomen. The humming we hear along the F major scale — unless they're upset and it drops to G — is from the beat of the wings but they can detach those muscles from the circling of their four wings. Honey and bumble bees adapt to the thin air at high altitudes not by beating their wings faster, but by swinging their wings through a wider arc: they bring the wings closer up to their nose and farther back towards the tip of abdomen (research by Michael Dillon, University of Wyoming, found bees can fly as high as 28,000 feet or Mt. Everest!). What really fascinates me is that bees communicate not only with vibration but through DANCING! The foragers do the round dance and the waggle dance — twitch that bum up and down, side to side, do-si-do — and when one becomes too enthusiastic about an inappropriate new locale, the other workers head bump her! We all need friends like that.

Mr. Natural removed over 30,000 bees from the ceiling of the shed. He didn't count them each and all but figures 12,000 bees to the pound. He also salvaged four virgin queens that he can introduce to other hives that have lost their queen, and divided this

hive with the two queens he found ruling companionably (totally rare). I am helping to save the planet by doing nothing aside from simply allowing bees and green growing things.

One reason my garden is such a haven is that I inadvertently have been practicing "natural sequence farming." This is a concept developed by Peter Andrews in Australia to counter the severe drought by slowing the flow of water using weeds along the banks and temporary leaky weirs of invasive blackberry branches. This forces the water back into the bed and spread along the banks to rehydrate the floodplain, trapping sediment and improving soil. Natives can also be used, as well as rock chutes, to burble the creek. (Or to make it hum like honeybees!) In my yard this has taken the form of letting what wants to thrive here do so! Resisting the Native Nazis, I have cultivated drought resistant plants where needed, regardless of provenance. Some shaping by the dear deer pruning, and some with my trusty pink secateurs keep the wilderness somewhat integrated with paths to my house and car parking needs.

As my mom quipped, "May all your weeds be wildflowers!"

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Ark Valley Pride

Ark Valley Pride names Peter Mossman Grand Marshal for this year's Ark Valley Pride festivities, including leading in the 3rd Annual People Powered Pride Parade and speaking at the Ark Valley Pride Picnic on Saturday, June 1st, enceeding the screening of *Hedwig and the Angry Inch* on Friday, the Ark Valley Pride After Party at Benson's on Saturday evening, and the HotDish: A Drag Brunch on Sunday.

This year's event in the park will host speakers from a variety of organizations as well as community members including Solvista, Chaffee County Public Health, Salida High School and Horizons Exploratory Academy GSA, Chaffee County High School GSA, Leadville GSA, Family and Youth Initiatives, Stephany Rose Spaulding, KHEN Community Radio, ONE Colorado

and the Salida United Methodist Church. A schedule of appearances is posted on the Ark Valley Pride website.

2019 will include the first Ark Valley Equality Network Pride Awards. Awards are being given to area youth for Youth Leadership Awards, Rising Star Award, and Youth of the Year. Awards are also being given to community members and businesses for the Business/Organization of the Year, Person of the Year, Ally of the Year, and the Elevation Award. The elevation award is given to individual(s) or organization that through mindfulness and faith lifts not only the members of our LGBTQ+ Community but the Community as a whole.

For more details on individual events visit <http://www.ArkValleyPride.com>.

Call for Artists and Craftsmen

2019 Art in the Park

Now accepting applications for the 45th Annual Art in the Park held Sunday, July 28 at the Legion Park located on Hwy 50 in the heart of Gunnison, CO. Sponsored by the Gunnison branch of the American Association of University Women, the event brings together diverse artists and craftsmen displaying their original works and buyers. There is no fee for application and screening. An \$80 registration fee is due upon acceptance. Call 970-641-4230 or email aauwartinthepark@yahoo.com to request information.

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Guffey Roots Currant Creek - part II

by Flip Boettcher
photos courtesy of Doug Stiverson,
great, great grandson of Hannah Hammond

Besides the post office at Truro northeast of Guffey on West Fourmile Creek, there were two other small communities with a post office and small store on Currant Creek. The town of Currant Creek started in 1868, and Kester started in 1871. Kester seemed to move up and down the creek depending on who was postmaster, but the town site, sometimes called Hammond, seemed to be centered at Benders or Hammonds near the pass.

Freshwater-Idaville-Guffey soon became the supply center for the area after a little gold was found in Spring Creek in Freshwater Gulch by Scott Philips in 1892. The town was platted in 1896.

Early settlers along Currant Creek in the late 1860s and 1870s included the Benders, Hammonds and Beerys near Currant Creek Pass, William Bainbridge White, Job Kester Sweet, William Lloyd, Olaf and Charles Davis, John T. Whistler, Sikka A. Scott, Pete Allstrum and Benjamin Reuben Dell.

Johannes "John" Bender was one of the first landowners along Currant Creek and a big part of the cattle history in the area. The Bender Ranch is one of the oldest ranches in Park County and has been in continuous operation up to the present day.

John Bender was born in Germany in 1837 and arrived in the United States in Wisconsin in 1842. Bender came to Colorado seeking gold in 1859, but settled on Currant Creek about 1871, after returning to Wisconsin to marry Annie Hammond in 1868.

Annie Hammond was born in England in 1844 and immigrated to the United States on the ship Marmion from Liverpool in 1849 with her father John and mother Han-



Anne Hammond Bender

nah. Hannah was 27 years old at the time. Hannah later settled near John and Annie on Currant Creek in 1871 or 1872, after her husband died, presumably in Wisconsin. Hannah has the first land patent in the area, 1881 with John Bender following in 1882.

John and Annie's third child, Elizabeth, was born in Kester in 1874.

With more and more friends and relatives arriving in the area, the Bender/Hammond homesteads stretched some two miles along Currant Creek, from the pass southeast along the old stage/wagon road toward Guffey.

In a 1978 family history, Annie's oldest grandchildren remembered Annie handling incoming and outgoing mail. Annie was a "very pretty small-framed woman that never walked, rather she trotted!" John was tight with his money and Hannah's eyes were an unusual blue.

John was tight with his money and Hannah's eyes were an unusual blue.

Harry Epperson says that John Bender had a habit of putting his hands in his pockets; a habit Annie tried to discourage. Epperson also noted that Hannah had rosbud cheeks, and everyone wanted to be Annie Benders cat. Also, the upper Currant Creek area was known for floods and pretty girls.

In 1895, at 75 years of age, Hannah is listed as the postmaster at the mail/stage stop on the Bender Ranch. She passed away in 1897 and is buried in the Currant Creek Pioneer Cemetery (CCPC) along with Annie who died in 1910, John who died in 1902 and several more relatives and friends.

Continuing down Currant Creek is the 1882 homestead of William Bainbridge White, whose homestead included the CCPC. The Captain was born in Pennsylvania in 1813 and he died in Cañon City in 1899 at 86 years of age of stomach cancer. His son Henry Lewis also died of stomach cancer. White married Sabina B. Rowan, who was born in 1822 and died in Cañon City of cerebral softening in 1901. Both are buried in the Greenwood Cemetery in Cañon City along with other relatives.

White was well traveled, and even visited Australia in the 1850s, before arriving in California Gulch (Leadville) in 1861. The 1870 United States census shows White residing in Lake County, Colorado Territory. In 1873, his son William Delos White married Mary Jane McCandless, daughter of Florence founding father James McCandless, in Leadville.

By 1877, at 64 years of age, White is running the freight office and post office at Kester. A January 13, 1881 *Flume* article



Bender Hammond group photo with the ranch house in the background, 1895. Hannah Hammond is the older woman in the middle of the pic and Annie Bender is 3rd from the right and her husband John is second from the right. The fellow holding the horse is their son Martin.

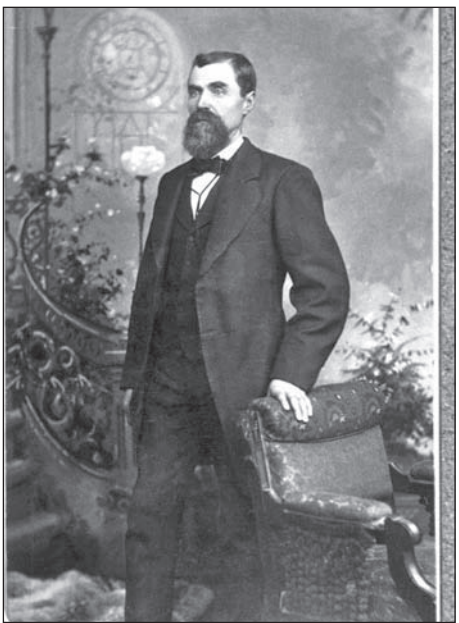
mentions that Henry Lewis White, 30-year-old son of William B. White, got a silver pocket watch from his mother Sabina at a Christmas party hosted by James B. Murford of Thirtyone Mile Creek.

In 1890 at 77 years old, White moved to Cañon City where he lived next door to David Robinson, wealthy Cañon City pioneer. In 1891 White helped incorporate the Cañon City and Cripple Creek Toll Road (Shelf Road) which ran north of Garden Park east of Cañon City, up Fourmile and Wilson Creeks to Cripple Creek with a half-way house at Eldred.

White apparently made money in Leadville and Cripple Creek, but lost most of it through poor investments.

Benjamin Reuben (BR) Dell was born in Michigan in 1842 and married Mary G. Campbell there in 1861. Mary Campbell was born in Canada in 1843 of Scottish parents.

In 1873, BR is in Kansas where his fifth



John Bender

child, Calhoun Burris, is born. BR arrives in Cañon City and the Guffey area about 1877. The 1880 US census lists BR, 38 years old, living in Park County with an occupation of a farmer and freighter to Leadville. BR also bought a ranch on Currant Creek near Guffey, which also housed the Kester post office in 1880 and has an 1885 land patent on the creek.

An 1881 newspaper for sale ad said that the Dell Ranch consisted of a mile on the creek, a 300-acre fenced pasture with good cattle range, 20 acres of potato ground and three springs. There was a seven-room hewn log home and log stables.

In 1887, the town of Howbert, currently under 11-mile reservoir, petitioned and got a post office and BR was the first postmaster. In fact, Howbert had been called Dell's Camp previously and Dell had the post office with his grocery store and a second story hall in Howbert.

Since the Dells were all musical, and their son-in-law Bill Hammond was a square dance caller. The Dells often provided the entertainment for functions at the hall.

At this time the Dells resided on Currant Creek where BR had a sawmill. A November 22, 1888 *Flume* article stated, "The family of BR Dell has lately moved into his handsome residence on Currant Creek. It is newly furnished throughout and is one of the most comfortable homes in the mountains."

In the 1900 US census, BR is in Eldred, the half-way house on Shelf Road. The census says he is a sawmill manager and has been married for 38 years. In 1910, BR is in Cripple Creek where he died in 1914 and is buried in the Mt. Pisgah cemetery. His beloved Mary died there of heart failure in 1915.

BR's obituary says he was in the sawmill business for 30 years and lived in the Guffey area for 40 years. He is survived by his wife and several children. Indeed, the Dells' were one of Guffey's pioneer families and descendants still live in the area, but that's another story.

There are many, many other interesting pioneers and homesteaders and their stories in the area.



Barn Dance

by Flip Boettcher
photos courtesy Tom Evans from last year's camp

The Nighthawk Ranch fundraising Barn Dance is scheduled for June 1 at 5 p.m. this year. There will be a silent auction, BBQ dinner, and dancing with music by Guffey's own singer/song writer Lissa Hanner.

The Nighthawk Ranch is located a couple of miles north of Guffey on Park County Road 102 and it is a special place. It is a summer camp for kids, 10-17 years old, "who have been dealing with cancer to experience a week of joy," said Tom Evans, ranch co-owner, in an email.

While the 320 plus acres and all the buildings are paid for, the summer camp sessions are solely dependent upon donations to operate. The kids pay nothing for the camp, which includes all transportation costs, food, housing and activities at the camp. That is why the fundraising Barn Dance, silent auction and BBQ are so important.

Activities abound at the camp and revolve around the natural mountain environment. Activities include the equine therapy program, where each camper gets their own horse for the session to care for, feed and learn to ride. There are other ranch animals for the campers to take care of, as well as swimming, archery, art, music, star gazing, camping overnights, a wildlife viewing pond, ropes course and a game room to keep them busy.

Tom and Dorothy Evans started purchasing property for their camp in 1997 and in 2012 the couple started their first camp sessions. The Evans' "encourage achievement and renewal through good nutrition, exposure to animals and wildlife, good camaraderie and the



A treat for one of the ranch's cows (top). A new friend at camp (inset).

spiritual uplift that nature provides." It is a place for kids to be kids.

So, put June 1 on your calendar and come on down to the Barn Dance at the Nighthawk Ranch and kick up your heels, or just enjoy a good time.

The silent auction and delicious BBQ dinner prepared by Guffey's own Gary Hanner will start at 5 p.m., \$15 per plate, although you can come a little earlier to peruse the auction items.

Entertainment by Lissa Hanner will start at 5 p.m. and the silent auction will close at 7 p.m. with the winners announced. Admission to the event is free. All proceeds go to the Nighthawk Ranch and its wonderful summer program for kids.

Anyone with items they would like to donate to the silent auction, contact the Evans. The Guffey Community Charter School will again be the drop location for auction donations.

For more information about the Nighthawk Ranch, contact info@nighthawkranchcolorado.org or www.nighthawkranchcolorado.org.

Order Palisade Peaches!

Jefferson Community Civic Association (JCCA) will once again be selling peaches provided by C&R Farms near Palisade, CO. Orders will be taken from June through July. A 10-pound box will sell for \$25 and 18-pound boxes will sell for \$38. All proceeds will benefit the operation and maintenance of the historic buildings in Jefferson.

Order blanks will be available at businesses in Jefferson or you can call Helen Baker 719-836-0173, Deb Elsner 303-838-7491 or Carol Smusz 719-836-1430 to place an order. Peaches will be available for pickup at the Jefferson Community Center on a designated date and time. You can also mail your order and check to: JCCA, Box 166, Jefferson, CO 80456.

ARISS

by Flip Boettcher
photo courtesy school principal
Martine Walker

For the past eight months, over 200 students of all ages county wide have participated in the library's monthly STEAM program, learning about "the physics of radio signals, different frequency bands and technology, radio propagation, antennas, equipment and proper operation of amateur (HAM) radios," stated Rita Mick, head librarian Guffey Library, in an email.

This effort culminated in talking via HAM radio with astronaut Nick Hague orbiting overhead in the International Space Station on April 15 at 11:15 a.m.

Thirteen students out of all participating students in the HAM program were picked to actually talk to Hague. Six of those thirteen chosen were from the Guffey Community Charter



Some of the Guffey School students at the talk to the astronaut ARISS/STEAM ham radio operations program in Fairplay.

School! The GCCS students were Chevy Walker, Sammy Satterly, Logan Stone, Grace Grosch, Xander Stone and Havannah Van Egmond. Congratulations on all your hard work to get chosen for such a great opportunity.

This was a combined effort of Dan Kern, president Park County Radio Club, Park County libraries, ARISS (Amateur Radio on the International Space Station), and South Park High School who provided their gymnasium for the transmission.

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Do you live in a human body?

by Madeleine Jacobs, MD

Health care is not a partisan issue. Regardless of our political affiliations, we all live in a human body that will get injured, will get sick and will age. That is a biological fact.

Many universal health care systems around the world have been implemented by conservative governments. The oldest is in Germany, and was implemented by Bismarck in the 19th century. The Japanese implemented theirs in the same century.

One of the newest systems is in Taiwan. The conservative government appointed a commission to choose the best options being used around the world for universal health care. That commission chose a single payer system analogous to Canada's, and passed a law to adopt it in the 1990s. The original roll out was to be over four years, but the conservative government had it in place in nine months so it would be up and running before the next election.

These governments made the moral, as well as political, decision that this was the right thing to do. A healthy population costs less, works more, and is more productive. If the people are happier, they are more likely to support your government.

Those who dismiss universal health care as "socialist" have a misunderstanding of the definition of "socialism," which is a system where the providers are hired by the government, to work in facilities owned by the government and paid for by the government. The purest socialized medicine systems in the world are the Veterans Administration (VA) and the Indian Health Care system right here in the USA. In addition, the US has socialized police, socialized military, socialized firefighters, socialized libraries

and schools.

Most systems that provide universal health care are not socialism by this definition. Germany, Japan and Switzerland have systems with non-profit insurance companies regulated by the government that can't charge more than a certain percentage of a person's income. Insurance companies compete on benefits provided, not cost. Single payer systems, such as Canada and Taiwan, have private providers and facilities paid by a government entity. Traditional Medicare is a single payer system.

The point is to have the best healthcare system, for the least cost that covers the most people. Universal health care systems around the world have shown that they do that and have superior health outcomes than does the US.

The sad thing about the American "system" is that it does not provide health care. In fact, its goal is to NOT provide health care, so it can maximize profit. The health outcomes in the US bear out that fact. The US has dropped from 43rd to 64th in the world for life expectancy¹ (see link below, Smithsonian). Infant and maternal mortality continue to climb as it decreases in countries with universal health care² (see article below, *The Lancet*).

We don't need to reinvent the wheel. We need only ask ourselves, what is more important to us, corporate profit or human life?

¹https://www.smithsonianmag.com/smart-news/united-states-drops-21-places-global-life-expectancy-rankings-180970585/

²Global, regional, and national levels of maternal mortality, 1990–2015: a systematic analysis for the Global Burden of Disease Study 2015" *The Lancet*.

3rd Annual Armed Forces Art Show

by Flip Boettcher

photo by Flip Boettcher

The 3rd Annual Armed Forces Art Show in Florence May 11, 2019 was a huge success, according to Virginia Lindley-Brunn co-owner of The Antique Warehouse, organizer of the event, with 20 exhibitors this year. The artwork was on display in 12 businesses along East and West Main Street. The Fremont Victory Quilters donated 10 quilts to be given to the exhibitors.

The FVQ are a group of quilting women who honor veterans with a handmade quilt. FVQ is a non-profit group depending solely on the community for support. If you would like to make a donation or have a veteran you would like to honor with a quilt, visit their Facebook page: Fremont Victory Quilters or write to 712 Ohio, Cañon City, CO 81211.

One of the artists in the show was Wanda Percival. Wanda was in the army from 1983-2003, when she retired for medical reasons after being diagnosed with MS and breast cancer. Wanda also has a rare eye disease and recently has had both corneas replaced; one just three days prior to the show.

Originally from Oregon, Wanda lives in Cañon City. On her many tours of duty, Wanda visited 13 countries and bicycled through six countries. Her first tour of duty was in Germany, and she was in Korea and Desert Storm, as well. Wanda worked in personnel and on one of her German tours she was a journalist.

After retiring Wanda taught school until her health got too bad. Wanda took care of her parents in Oregon for the last seven years of their lives and volunteered at the veteran's hospice there. After her parents



Wanda Percival in front of her quilt hanging in the window of Rustique Treasures for the 3rd Annual Armed Forces Art Show in Florence.

died, Wanda moved to Cañon City. Wanda has a sister in Cañon City, but also thought she might like to live in Colorado.

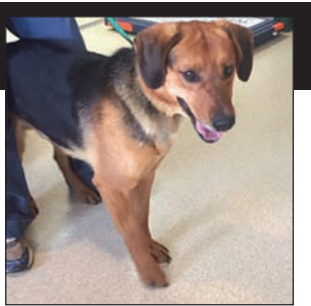
Needing some indoor activity to occupy her time, Wanda took up quilting, which she really enjoys. Wanda has a friend in California who is a professional quilter, who taught Wanda the fine art of quilting.

Wanda has made three quilts so far. The quilt on display at the Armed Forces Art Show, features emblems, awards and badges from all of Wanda's tours of duty and countries she visited while in the army.

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Elder Group

by Flip Boettcher

photo by Flip Boettcher

Guffey area elders, 55 years and older, are forming a senior support group under the guidance of long-time local resident Pascha McKeough. The elder group is planning on a monthly get together with a free lunch graciously provided by Dana Peters, owner of The Bakery at Strictly Guffey, and Jodi and Damien Corona, owners of The Corona's at Freshwater Saloon.

The luncheon will provide a time for elders to socialize, play cards and games, or whatever else. The group is also compiling a list of people and any services they would be willing to provide for a senior in need, like shopping, pet care, housekeeping, preparing meals and driving to appointments.

There were almost 30 elders at the get together at the Corona's at Freshwater May 15. Local resident Peggy Badgett gave a short presentation on nutrition, very impor-



After the elder get together April 17 outside the Bakery at Strictly Guffey from left to right are Dana Peters, Sarah Van Egmond, Pascha McKeough, and Jodi Corona.

tant for elders.

The next luncheon is scheduled for June 12 at noon.

The Corona's at Freshwater now have a back room with a television screen for meetings and many other things. The elder group will be meeting there from now on.

Watch Guffey Shares for more information. Guffey Shares is the local email grapevine.

Calling All Artists for Explore Colorado

The Bell Tower Cultural Center in Florence, CO, will be hosting Explore Colorado show through July 9. The multi-media show will use the great state of Colorado for inspiration for their art. Both 2D and 3D are accepted.

Artists may submit up to three entries for \$30, non-members and \$25, members. A brochure is available at the Bell Tower or online at www.florenceartscouncil.com.

Gloria Jean Countryman is the judge. She is known throughout Colorado as a gifted art instructor, juror, art coach and critique leader. She is an active participant in the promotion of arts through civic art organizations. FMI 719-784-2038.

Amber to the rescue!

by Urban Turzi

At an elevation of approximately 8,100 feet above sea level, 10 miles or so from the small town of La Veta, Colorado, about a mile from US Highway 160 on La Veta Pass, is the residence of a mixed breed 2-year-old female dog named Amber James, and yes, James is not her last name but her middle name... it's a long story how she



Amber James taking a well-deserved break.

We adopted her as a puppy from the Humane Society of the Pikes Peak Region. It was almost two years since we "lost" our last dog and I needed another four-legged companion. This creature turned out to be a God-send. She is smart, extra-friendly, very active, a great communicator and a comedian. Her short hair and sleek body remind me of a small greyhound as she loves to run... A lot!

We are blessed to be living in a beautiful area that has to be the best kept secret in the state of Colorado. Okay, its early May 2019, and as is typical for our state, we receive a snow storm and a half that is measured in feet not inches with accompanying freezing temperatures. The winged migrating creatures such as the humming birds and the evening grosbeaks have returned from their southern winter retreats to enjoy another season in the Spanish Peaks region. Luckily, we have our humming bird feeders already outside filled to the brim with sugar water for the nutritional needs of the humming birds.

The morning after the first day and night's snow storm is reminiscent of an Arctic environment. We awaken the first morning and let Amber out to do her "business." Well lo and behold, I see her with something in her mouth which she willingly brings to me.

It appears to be the body of a deceased humming bird. I asked her for the bird and she willingly complies. I take the bird into our home where my wife and I decide to attempt to save this tiny creature's life.

Having never taken a Bird First Aide course, we came up with a plan just the same. We fill a small saucer with sugar and

warm water. My wife is gently holding the bird and I fill an eye dropper with the liquid mixture and we insert the bird's beak into the eye dropper and gingerly squeeze the fluid into the mouth of the patient. After a dozen attempts of trying to get the mixture into the bird's mouth, I see its eyes open, its small lungs start to inhale/exhale and its water clear long tongue all start to work in unison to consume the "medicine."

The second night of this Spring-Time-in-the-Rockies-unsuitable-weather-for-magnificent-winged-wonders, it continues to dump mega inches of the white stuff obliterating access to the bird feeders. The time to awaken from my night's snore-fest makes me think about the plight of the little creatures. Sure enough, as soon as I let Amber James out to find a suitable spot, in at least two feet of snow, she finds four more environmentally traumatized hummers. Again we assemble our Emergency team, we repeat our life saving techniques and we are again successful in releasing four more of the Creator's feathered friends to enjoy a second chance at life.

Besides the attributes I listed about our dog, we now include: proud parents of a Bird Rescuer. I wonder if they sell bumper stickers for that?

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Sentimental Journey for Steve Pflug

by Kathy Hansen
photos by Jeff Hansen

Steve Pflug's dying wish was to see the Eric V. Dickson Memorial in Woodland Park. Steve grew up with Eric, went to school with Eric, served our country and was a pallbearer for Eric. Steve's brother Barry was also a pallbearer for Eric. Steve was unable to attend the unveiling ceremony because he was hospitalized with bone cancer.

When you grow up in a small community

and graduate from Woodland Park High School class of 1966 (class size about 30) it can be easy to stay in touch with friends and classmates. Steve Pflug stayed in touch with his friend Steve Plutt (one of the organizers of



Steve Pflug gets understandably emotional after seeing the memorial dedicated to his friend and classmate.

Heart of the Rockies Regional Medical Center news

HRRMC Health Fair now available

The Heart of the Rockies Regional Medical Center Health Fair is coming Saturday, June 1, 7-12 p.m. to the hospital's main campus, 1000 Rush Dr., Salida.

Online registration is now available for anyone who would like to preregister for the fair's low-cost screenings. Lab screenings include blood chemistry (\$35), B12/folate panel (\$35), PSA (\$30), hemoglobin Alc (\$30), blood count (\$20), vitamin D (\$45) and testosterone (\$45).

These lab screenings are offered year-round at the same low cost through HRRMC's Direct Access Laboratory Testing program at the hospital, HRRMC's Buena Vista clinic, and the Custer County Medical Center in Westcliffe.

Free screenings including blood pressure, body in balance, body composition, cardiopulmonary, nutrition, oral health, skin and more, will also be offered at the fair.

To preregister for the low-cost lab screenings, go to hrrmc.com and click on the "HRRMC Health Fair" button on the home page. A representative from HRRMC's Patient Financial Services Department will contact you once registration is complete regarding payment. Preregistration is not required, but will save participants the time required to register on the day of the fair.

To ensure accurate results for the blood chemistry test, a 12-hour fast (no food) is recommended prior to the blood draw. Fasting is not necessary for the other low-cost screening tests. Diabetics should not fast. All participants should drink water and take their regular medication.

Attending the HRRMC Health Fair does not replace a regular checkup with your physician, and participants are advised to make an appointment with their primary care provider to interpret test results. For questions about the health fair, contact Jon Fritz at 719-530-2057 or visit hrrmc.com.

\$2,500 scholarship

HRRMC Foundation is offering up to two annual scholarships of \$2,500 each for college students planning to pursue a career in health care.

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

Applicants must be attending college in the fall of 2019, have a minimum college GPA of 3.2, and already have earned at least 24 college-credit hours. Applicants may not be related to an HRRMC Foundation board member.

The application deadline is June 14, 2019. To download the guidelines and one-page application, go to hrrmc.com, click on the HRRMC Foundation tab and then click on the Foundation Scholarship tab. A link to the guidelines and application is also available on the HRRMC Facebook page.

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

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



Xi Epsilon Delta raises \$3,214 for cancer patients

The Xi Epsilon Delta chapter of Beta Sigma Phi raised \$3,214 for the HRRMC's Oncology Department at Bingo Night, a fundraiser held at Salida Elks Lodge last month.

Attendees played 14 games of bingo with an opportunity to win cash or gift prizes. Xi Epsilon Delta served dinner, and the HRRMC Oncology Department hosted a bake sale to collect additional donations for patients.

The monies raised will be deposited in an oncology fund administered by the HRRMC Foundation. All proceeds will benefit local oncology patients. Funds may be used for wigs, medications, gas cards, massage services, or equipment needed to care for oncology patients.

For more information about the HRRMC Foundation or Oncology Department, visit hrrmc.com.



Steve Pflug arrives at the Memorial with the help of AMR's Sentimental Journeys program.

Steve Plutt addressed the crowd thanking all who helped to make this moment happen, including Candy Shoemaker, Veterans, Veteran organizations and AMR. It was a very moving moment as Steve Pflug said, "Thank you — from the bottom of my

heart!" The reunion was referred to as Homecoming, to which Steve Pflug added, "It is! America's Mountain is our back-drop!"

Editor's note: We should all be so lucky to be blessed with modest friends like Steve Plutt and Candy Shoemaker, and of course, Steve Pflug. It was rather interesting how neither Steve Plutt or Candy Shoemaker wanted to accept any credit for making this happen. It is also understandable that Steve Pflug didn't care to speak about his service.

Outpatient Pavilion opened

The new HRRMC Outpatient Pavilion opened to patients on Monday, May 20. The pavilion is located adjacent to the Salida hospital on the main campus, 1000 Rush Drive.

To access the pavilion, use the main entrance to the hospital campus and take the first left. Take the campus drive around to the three-story pavilion building. Parking is available in front of and behind the pavilion.

All outpatient services previously located at the HRRMC Medical Clinics on Hwy. 50 are moving to the pavilion.

Services available on the pavilion's first floor include allergy and immunology, gastroenterology, gynecology, internal medicine, neurology and sleep medicine, pulmonology, and urology.

The second floor houses cardiac rehab, physical therapy, occupational therapy, speech therapy and wellness.

The third floor is home to orthopedics, pain management and psychiatry.

Each floor has a registration area near the elevators for the services located on that floor.

The pavilion will open in two phases, with phase one on May 20 and phase two slated for later this summer.

In phase two, cardiology will move from their current HRRMC Specialty Clinic into a suite on the pavilion's first floor. The allergy clinic will move from the pavilion's first to third floor; and audiology and ear, nose and throat will relocate from 920 Rush Dr. to the pavilion's third floor.

A retail pharmacy will open on the first floor and a Wellness U gym will open on the second floor during phase two.

In addition to the new pavilion, the café and the infusion and oncology departments are currently undergoing expansion. The café will gain 42 new seats as well as an outside seating area. Infusion will increase from five to eight stations.

Maps of the pavilion are available online at hrrmc.com and in the main lobby of the hospital. A grand opening with public tours of the pavilion is slated for Saturday, June 1, 7 a.m. to noon.

For questions about services offered at the pavilion, call 719-530-2217.

HRRMC Foundation urges women to get screened

The HRRMC Foundation encourages women to schedule preventive screenings.

Concerto Festival benefit for 88.7 KCME FM

Each year the Ute Pass Chamber Players dedicate one regular season concert for the benefit of a local charitable organization. Previous beneficiaries have included Teller Senior Coalition, Habitat for Humanity of Teller County, the Mountain Top Cycling Club, the Woodland Park Senior Organization, VFW Post 11411 and Auxiliary, and Community Cupboard of Woodland Park. Last year the ensemble's annual gift was to the entire community by presenting the Founders' Concerto Fest concert as a free event open to the public, drawing a sizeable audience despite bad weather.

The Concerto Fest was so enjoyable to musicians and audience alike that Concerto Fest Part II will be presented at 3 p.m. on June 1, 2019 at High View Baptist

Church, 1511 Rampart Range Road in Woodland Park. This extraordinary program will feature works by Vivaldi, Vaughan Williams, Hummel, Chaminade and Beethoven, performed by 35 amazing professional musicians from the Pikes Peak Region in support of KCME's mission to enhance the quality of life through music. A small number of tickets will be available at the door for \$15, \$5 for students with a valid school ID. However, since seating is very limited, online advance ticket purchase is highly recommended by visiting the KCME website (www.KCME.org) and clicking on the "Ticketed Events" button.

FMI utepasschamberplayers.org and on the air at KCME 88.7 FM.

Calling All Young Artists

Children's Summer Art Camp and Theater Camp is again being offered by the Bell Tower Cultural Center, Florence, Colorado.

Art Camp is offered this June and is a four-week camp (Tuesday, Wednesday, and Thursday) from 10-3 p.m. with an hour lunch break in the park. Children of all skill levels may participate for one week up to all weeks. The junior class accommodates ages 7 through 10 and the senior class is for ages 11 and up. The camp classes are being taught by outstanding area artists and is a wonderful opportunity for children to experience various art techniques.

Week one runs June 4, 5, 7; week two runs June 11, 12, 13; week three runs June 18, 19, 20; and week four runs June 25, 26, 27. Cost per week: members \$20/ non-members \$25. The second child is member

\$15/non-member \$20 per week. There is a maximum of 15 students per class. The students are asked to provide their sack lunch and snacks will be provided.

Theater Camp is a two-week camp, running the week of July 22 and July 29. The camp is two hours per session, 9:30-11:30 a.m. The show performance will be on August 2. Students must enroll in both weeks. The cost is members \$40/non-members \$45 for the two-week camp. The second child is members \$35/ non-members \$40.

Scholarships are available upon request.

For more information, call the Bell Tower at 719-784-2038 or check www.florencearts-council.com for details. Registration is at the Bell Tower Cultural Center, 201 E. 2nd Street, Florence, Colorado.

Obituary

Lynn Fowler



Lynn Fowler of Waynesville, NC, 59, formerly of Divide, CO and Chattanooga, TN passed away on January 7, 2019. She was a 1976 graduate of Notre Dame High School. Lynn loved living in the mountains, traveling, scuba diving, sailing and her dog, Scruf. She was a biker and former treasurer of ABATE of Colorado. She was preceded in death by her parents, Dr. William R. Fowler and Gladys H. Fowler and her brother, Clay Fowler. Survivors: Jim French of Waynesville, NC., her son, Kristopher Fowler of Arden, NC., and her brother, Rob Fowler of Chattanooga, TN. A Celebration of Lynn's Life was held graveside in the Forest Hills Cemetery. The family received friends at the East Chapel of Chattanooga Funeral Home. In lieu of flowers donations can be made in Lynn's memory to The McKamey Animal Center in Chattanooga; www.mckameyanimalcenter.org. Arrangements are under the care of Chattanooga Funeral Home Crematory and Florist East Chapel, 404 South Moore Rd. East Ridge, TN 37412. Please share your thoughts and memories at www.ChattanoogaEastChapel.com. Her friends met at the Thunderbird in Florissant, CO to celebrate her life.

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~OUT AND ABOUT~

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

BUENA VISTA

- The 21st BV Bike Fest.
- 9, 16, 23 Foodshed Alliance Famers Market 10-2 p.m. in South Main Town Square.
- Historic Walking Tours 10-11:45 a.m. Buckskin Tom will lead groups on a 1.5 mile journey into the past. Tours begin at Heritage Museum and ends at Watershed. FMI 719-395-5786. Tours run most Thursdays, Fridays and Saturdays.
- The Hartsel Fire Auxiliary is having their first ever Dinner and Bingo Night at the BV American Legion. There is dinner, bingo, prizes and fun. It all starts at 5 p.m. for \$5 dinner and Bingo at p.m. for \$13. Support Hartsel Fire Auxiliary while enjoying and evening with friends and helping the local fire department and the American Legion – two good causes! RSVP for dinner at 316-312-5766 or griffin0998@gmail.com.
- 14, 21, 28 Classic Car Meet 5:30-7:30 p.m. North Railroad parking lot/town hall.
- 9 The 98th Collegiate Peaks Stampede Rodeo all day at Rodeo Grounds CR 321.
- BVECD Qof Show 10 a.m. at Watershed.
- 11 Ride the Rockies comes to town see page 12.
- Chaffee County Quilts of Valor 9:30-3 p.m. Bev's Stitchery.
- Educational session on full spectrum hemp extract 6 p.m. Buena Vista Drug.
- 20, 27 Free concert at McPhelym Park 6-7:30 p.m.
- Diabetes and Your Teeth 6 p.m. BV Drug Free.
- BV HOPE monthly meeting 7-8:30 p.m. Help prevent human trafficking.
- Understanding your DNA see page 8.
- American Legion Bingo 7-9 p.m. at American Legion Post 55.
- 28-30 The 3rd Annual Rapids & Grass Beer Festival all day South Main Town Square where you can enjoy craft beer, bluegrass and river festival.
- Foodshed Alliance Farmers Market 10-2 p.m. temporary location change to East Main & North Railroad.

PIKES PEAK CENTER

- Les Miserables Theater League 7:30 p.m.
- Les Miserables Theater League 7:30 p.m.
- Les Miserables Theater League 8 p.m.
- Les Miserables Theater League 2 p.m. & 8 p.m.
- Les Miserables Theater League 1 p.m. & 6:30 p.m.
- Glenn Miller Orchestra 3 p.m.
- The Male Intellect: An Oxymoron? 7 p.m.
- The Male Intellect: An Oxymoron? 5:30 p.m.
- C.S. Lewis Onstage: The Most Reluctant Convert 4 p.m.

CRIPPLE CREEK

- Alcoholics Anonymous meets at St. Andrew's Episcopal Church at 367 E. Carr St. Thursdays at noon and Sundays at 4 p.m.
- CC District Museum announces Markets at the Museum, a vendor-based event featuring home-grown, home-made and hand-made items. Saturdays through September. FMI: director@cripplecreekmuseum.com or 719-689-9540.

ASPEN MINE CENTER

- TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.
- 12, 19, 26 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.
- 13, 20, 27 Cocaine Anonymous group every Thurs 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.
- Southern Teller County Housing Task Force, 8:15 a.m.
- Southern Teller County Childcare Task Force, 10 a.m.
- Veteran Service Meeting 9-11 a.m.
- All Vets. All Wars. Group participation 10-11:30 a.m.
- 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.
- OIB Group. This is a support group for individuals with blindness or other sight issues

CA ON CITY

- 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.namisontheeastcoast.org
- Yoga with Bill O'Connell at River Lotus Yoga Mondays 9 a.m., Wed 6:30 p.m., studio fees apply.

LIBRARY

- Free Legal Clinic for parties who have no attorney 2-5 p.m. by computer link. Please schedule 719-269-9020.
- Summer Reading Program for all

FAIRPLAY

- South Park City Museum is open! Come on in or call to see what is new this year 719-836-2387.

FLORENCE

- Blue Spruce Gallery is proud to host an exhibition of Diane Delduca and Suzie Popkess' latest work. Diane and Suzie have put together a diverse and entertaining multi-media show. The opening reception is June 8 during Second Saturday 5-7 p.m. These two talented artists have a 'not to be missed' beautiful show with sculptures, paintings and jewelry. Visit us at 205 W. Main St. The exhibit runs through July 9. FMI 719-784-1339.
- Florence Pioneer Museum and Research Center is open for tourist season! Drop in and see our new Bill and Diana White Room with farm/ranch display, Rockvale and Coal Creek displays, women's display and remodeled car display. FMI: www.florencepioneermuseum.org.

JOHN C. FREMONT LIBRARY

- Summer Reading program begins! "Reach for the Stars" and "Magicians" Mr. Ed & Kyle Groves" 10:30 a.m.
- 12, 19, 26 Wool Gatherers 10 a.m.
- Orphan Train presented by Jane Milne 5 p.m.
- 13, 20, 27 Farmer's Market Story Time 10:30 a.m.
- 14, 21, 28 Story Time 10:30 a.m.
- Summer Reading program "Butternut Farms" 10:30 a.m.
- Kids! Come learn to water color with Jeanie Truitt 11 a.m.
- Family movie: *Bumblebee* 2:30 p.m.
- Summer Reading program "The Origami Connection" 10:30 a.m.
- The 4th Friday Film: *Apollo 11* 5 p.m.
- Summer Reading program "Summer constellations" 10:30 a.m.

CRYSTOLA

- 8 American Legion Pig Roast & Silent Auction 11-3 p.m. Everyone welcome! Adults 412, 6-12 years \$6, 5 and under or boy/girl scouts in uniform free! At Crystola Roadhouse.
- Ongoing Crystola Roadhouse 20918 E Hwy 24 free line dance lessons with Shell 6:30 p.m. Beginners on up. Every Thursday.

DIVIDE

- 24 Little Chapel Food Pantry's drive-up distribution 3:30-6:30 p.m. See Woodland Park for June 30 Gift.

COMMUNITY PARTNERSHIP

- Saturday Playgroup 10-11:0 a.m. at Divide community Gardens at Summit Elementary.
- Crossroads for Families that Co-Parent 9:30-1:30 p.m. Registration required.
- Teller Talks: Car Seat Safety 9-10:30 a.m. Learn about car seat laws, recommendations and how to safely secure your child in the car seat. Free childcare available with RSVP cory@cpteller.org.
- Parent Advisory Committee 5-7 p.m. Caregivers of all ages welcome to provide input. Childcare available with RSVP cory@cpteller.org. FMI: 719-686-0705.

MASONS

- Cripple Creek Masonic Lodge meets first Friday every month 5:30 p.m. at 75 Buffalo Ct in Divide. FMI 719-687-1457.

EVERGREEN

- Free Legal Clinic 3:30-5 p.m. for parties who have no attorney at Evergreen Library at 5000 CR 73. Please pre-register 303-235-5275.

LAKE GEORGE

- Quilts and Soddies at Lake George Charter School 2 p.m. See page 4.

LIBRARY

- Friends of the Florissant Public Library: Book, Bake and Plant Sale Friday 10-2 p.m., Sat 10-1 p.m.
- Free Legal Clinic for parties who have no attorney 3-4 p.m. Pre-register by calling 719-748-3939.
- Leao Club Fridays 12-4:30 p.m.
- Storytime Fridays 10-10:45 a.m.

LITTLETON

- The 36th Annual Colorado Concours d'Elegance & Exotic Sports Car Show. A sea of remarkable vehicles will fill the lawn at Arapahoe Community College 9-3 p.m. Live music, food, vendors help make this outdoor car show fun for the whole family. Gate admission \$10. FMI: ColoradoConcours.org.

PALMER LAKE

- Annual Father's Day Ice Cream Social 2-4 p.m. at Palmer Lake Town Hall and Village Green 28 Valley Crescent St. Free ice cream and pie, music by Nick Davey, special car show (Model A's, Model T's, Corvairs, and more!). Bring your lawn chairs and relax on the village green. Free and open to the public. Thanks to Palmer Lake's Rock House and Monument's Village Inn for their support!

SALIDA

- Ark Valley Pride see page 20.
- 1, 8, 15, 22, 29 Foodshed Alliance Famers Market 8-1 p.m. at Alpine Park.
- Walden Chamber Music Society Concert 3 p.m. SteamPlant.
- Chaffee County's TEFAP & Commodity Supplemental Food Program 9:30-2 p.m. at 305 F St. FMI 719-539-3351.
- For Kids' Sake: 16th Annual Fund-raiser & Silent Auction 6-9 p.m. Chaffee County Fairgrounds.
- Free Legal Clinic for parties who have no attorney 2-5 p.m. at Salida Regional Library 405 E St. Please schedule 719-539-4826.
- SCFA's Creative Mixer 5:30 p.m. at Paquette Gallery in the lobby of the SteamPlant 220 West Sackett Ave. Meet like-minded people, share influences, and soak up fresh ideas.
- 16 FIBArk — America's Oldest Whitewater Festival at Riverside Park.

GUFFEY

- Barn Dance see page 23.
- Car Show Off at The Corona's at Freshwater Saloon.
- Guffey Clean-up Day see page 19.
- The 6th Annual Heritage Day and Chicken Rodeo see page 4.
- Yoga with Bill O'Connell 10-noon Sundays and 5 p.m. Tuesdays at Guffey Community Charter School. Donations appreciated.

BAKERY AT STRICTLY GUFFEY

- Yoga every Friday morning from 8:30-9:30 a.m. with Kristie.
- Talking Threads the 3rd Thursday from 10-12 noon.
- Drum Circle the 3rd Thursday night from 6-8pm.

HARTSEL

- The Hartsel 2018 Committee donates a portion of their event profits to a good cause each year. They have named The Park County Sheriff's Deputy Sam Johnson as the recipient of the Shield 616

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

continued from previous page

WOODLAND PARK

- Concerto Festival see page 27.
- Thru June 2: Registration for MADD Camp (Music, Art, Drama, Dance). Camp runs June 10-14, M-R 9-4 p.m. and after church on Sunday. Impact Christian Church 27400 N. Hwy 67. Cost \$65. FMI 719-235-7144.
- Little Chapel Food Pantry will be hosting a golf tournament fundraiser. Sponsorships of holes and teams are available. Dixon Golf, a preeminent organizer of golf tournaments, will be assisting in hosting the events. There will be prizes for longest drive, straightest drive, closest to the pin, hole-in-one, winning team and more. Lunch golf carts and 18 fun-packed holes of golf are included in your registration. No experience required. FMI 719-322-7610.
- Jazz in June featuring Swing Factory Big Band 6 p.m. cocktail hour and 7 p.m. concert begins. Ute Pass Historical Society offers FREE guided tours of History Park and the Walking Tour of downtown Woodland Park every Saturday this summer, beginning June 8 through August 31 (excluding Saturday, August 3rd). The 90-minute Walking Tour of Downtown Woodland Park begins at 9:30 a.m., so please arrive at the UPHS Museum Center by 9:20 a.m. The Museum Center is located at 231 E. Henrietta Avenue, next to the Woodland Park Public Library.

VICTOR

- 14, 21, 28 Celebrate Recovery at Victor Community Center 6:15 p.m. FMI 719-243-4970.
- Victor Lowell Thomas Museum open house 4-6 p.m. featuring special showing of *Voice of America: Lowell Thomas and Rise of Broadcast News* a full-length documentary. Free museum admission. Tickets for documentary \$10. FMI: Victor-Museum.com or 719-689-2675 or info@victormuseum.com.
- 16 The annual Gem & Mineral Show sponsored by the Southern Teller County Focus Group is open and free to the public. The show includes vendors from across the state selling polished gems, hand-crafted jewelry, rough slabs, specimens, cabochons, geode breaking, CC&V Mining District gold ore specimens, Cripple Creek turquoise and more. There will also be gold and gem panning at the Victor Lowell Thomas Museum. Show is 9-5 p.m. each day. The Victor Lowell Thomas Museum gift shop will be open from 9:30-5:30 p.m. with its collection of rocks, gems, minerals, rhodochrosite and aquamarine jewelry, geodes and gold panning for the kids. FMI: VictorColorado.com.

WESTCLIFFE

- Free Legal Clinic 2-5 p.m. for parties who have no attorney at West Custer County Library. Please schedule 719-783-9138.

CR&V GOLD MINE TOURS

- Friday, May 24 through Sept. 2, one tour each at 10 a.m. and 1 p.m. See VictorColorado.com or 719-689-4211 or 719-689-5509 for additional tour times. All proceeds benefit the Victor Lowell Thomas Museum. Tickets \$8.50.

FLIP: [719] 429-3361

- FLIP: [719] 429-3361

Midland Depot Days celebrates 10 years

The Midland Depot Days celebrated its 10th anniversary with cake served by the Harvey Girls in period costume from the railroad's heydays. The event was held Saturday, May 18th at the John Wesley Ranch in Divide. Plan to attend next year's gathering and learn about local railroading history!



3rd Mon 6:30-8 p.m. at Mountain View Methodist Church 1101 Rampart Range Road FMI 719-687-3868.

Ute Pass Historical Society offers FREE guided tours of History Park and the Walking Tour of downtown Woodland Park every Saturday this summer, beginning June 8 through August 31 (excluding Saturday, August 3rd). The 90-minute Walking Tour of Downtown Woodland Park begins at 9:30 a.m., so please arrive at the UPHS Museum Center by 9:20 a.m. The Museum Center is located at 231 E. Henrietta Avenue, next to the Woodland Park Public Library.

Don't forget to bring plenty of water and a light sweater. After the downtown walking tour, walk through the bygone days with Ute Pass Historical Society. The tour of the five buildings comprising History Park is at 11 a.m. Exhibits and contents have recently been refashioned so "come again for the first time!" While at History Park, visit the Olde Curiosity Gift Shop, which offers an extensive selection of books and unique gift items. The Gift Shop is located in the Museum Center and is open year-round, Wednesdays through Saturdays, 10-3 p.m. For more information, call UPHS at 719-686-

7512 or check out the Website at UtePassHistoricalSociety.org. We do arrange private tours of History Park throughout the year, so give us a call to set up a date and time. All tours are weather permitting.

DINOSAUR RESOURCE CENTER

- 15 Outdoor Family Fun Day 9-3 p.m.
- 16 Father's Day — Dad's and Dinosaurs 10-5 p.m.
- 29 Mile-High Bug Club 11-2 p.m. FMI: www.mhdc.com

LIBRARY

- Citizen's Climate Lobby chapter meeting 11-1 p.m. We are a group of concerned citizens who are working toward creating a healthier planet. We work with Congress on a non-partisan basis and have made some exciting strides for the future of our children. Come and see the dynamic moves we can make toward mitigating the climate crisis. We have more than 100,000 volunteers nationwide. FMI: pjpotsticker@gmail.com.
- Anne Lincoln presents Magic with Sienna & Joey 10 a.m. Dog Stars! Sienna and Joey, Denis Gard's famous Border Collies perform some "star-quality" tricks that just might turn them into constellations! Participate in some exciting stories about the constella-

Free Legal Clinic 3-4 p.m. for parties who have no attorney. Pre-register by calling 719-687-9281 ext. 103.

The American Revolution: The Winning of a Nation 6:30-8 p.m. presented by Gary Penley, who will discuss the causes, victories, losses, struggles, hardships and the great triumph that led to the birth of our nation.

Kritter Karavan 10-11 a.m. Do you like creepy crawly things? Ever wonder what spiders and snakes look like up close? Come to the library to find out!

Giant Annual Book Sale 10-3 p.m. Chasing the Moon 2 p.m. Meet Lou Ramon, engineer at NASA for almost 50 years. He will discuss his work with Neil Armstrong and Buzz Aldrin as well as his experiences with Houston and Cape Canaveral as the Lunar Module "Eagle" Crew Station Engineer for Apollo 11. Giant Leap, a short clip from the PBS special *Chasing the Moon* will be featured.

Denise Gard presents "Dog Stars" with Sienna & Joey 10 a.m. Dog Stars! Sienna and Joey, Denis Gard's famous Border Collies perform some "star-quality" tricks that just might turn them into constellations! Participate in some exciting stories about the constella-

tions that grace our night sky!
 • Tai Chi Thurs 5:30 p.m.
 • Tai Chi for Arthritis Fri 10 a.m.
 • Tai Chi Sun Style 11 a.m.
 • A Universe of Stories – summer reading program through July 31 for all ages. Sign up!

Children

- Books and Babies Storytime Tues 10-10:20 a.m.
- Lego Club Fri all day
- Silly Saturdays 10-10:30 a.m. ages 0-5.
- Storytime Wed & Thurs 10:05-10:45 a.m. ages 3 and up.

Teens

- Teen Advisory Board 3:45-5 p.m.
- Anime Club 3:30-5 p.m.
- Mixed Media Art Club 3:30-4:30 p.m.

Adults

- 5 Stitches Above the Clouds 1-3 p.m. Colorado Room.

Book Clubs

- WP Library Book Club 10:30-12 p.m. June: *My Name is Lucy Barton* by Elizabeth Strout
- Not So Young Adult Book Club 11 a.m. June: *The Sun is Also a Star* by Nicola Yoon
- Senior Circle Book Club 10:30 a.m. June: *White Chrysanthemum* by Mary Lynn Bracht

~UTE COUNTRY BUSINESS~

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Mueller State Park

The smell of a campfire and the echoing song of a hermit thrush await visitors at Mueller State Park in summer! Life explodes in all directions with blooming wildflowers, singing birds and baby animals everywhere! You'll catch a glimpse of these treasures when you come to the park and join in a guided hike or naturalist program. Naturalists and volunteers at Mueller love to share the wonder and science of all the living things at the park. Programs in June will highlight local wildlife, favorite flowers, unique features and local history at the park.

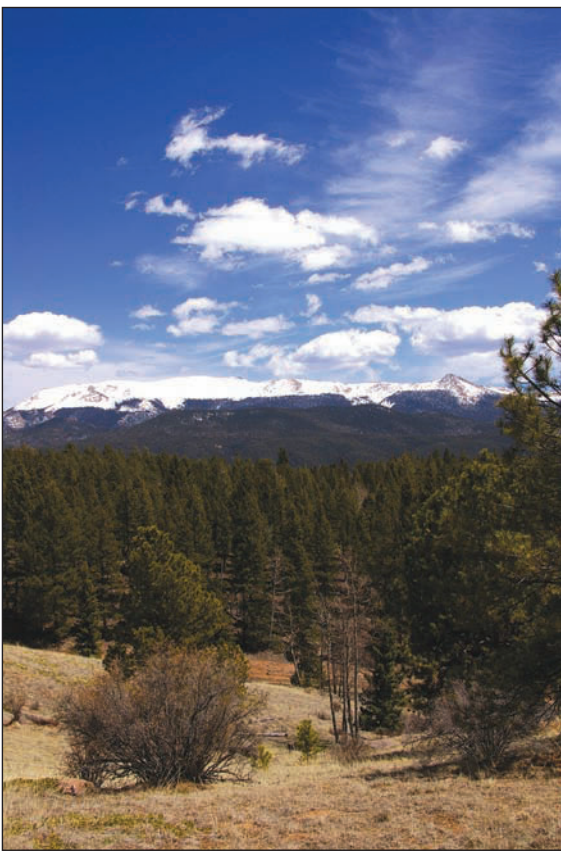
Choose from the many types of programs offered including guided hikes, children's programs, evening amphitheater programs, bird watching, fly-fishing, archery and much more! Of special interest is our Thursday night series of history of the Pikes Peak region with Paul Thies. Each Thursday, will be a new program on a different time and people including Native Americans, early explorers, military, fur traders, mining and railroads — all in the Pikes Peak region!

Outdoor Skills Day, a favorite annual event set for June 22, is great fun for the whole family! Thirty different activities designed to give visitors a taste of various kinds of outdoor recreation including fishing, target shooting with shotguns, 22s, and archery, bird watching, outdoor cooking, Bear Aware and so much more! Receive expert instruction from Colorado Parks and Wildlife staff, Hunter Education instructors and conservation organizations like the Rocky Mountain Elk Foundation, Mule Deer Foundation, Pheasants Forever. We are very grateful to all our partners who help provide a great, fun and safe family event!

Jump into summer at Mueller State Park!

- 1 Free Fishing Weekend — Statewide! Try out your fishing skills and live life outside with Colorado's free fishing weekend!
- 1 Hike: Elk Meadow to Murphy's Cut meet at Elk Meadow Trailhead at 8 a.m.
- 1 Touch Table: Mammals of Colorado meet at Visitor Center 2 p.m.
- 1 Amphitheater: Mountain Lions meet at Amphitheater 8:30 p.m.
- 2 Hike: Aspen Trail meet at School Pond Trailhead 8 a.m.
- 3 Hike: Sights and Sounds meet at Visitor

- Center 9 a.m. and 1 p.m.
- 4 Hike: Buffalo Rock meet at Grouse Mountain Trailhead 9 a.m.
- 4 Fly Fishing: Learn the Basics meet at Dragonfly Pond 10-12 p.m.
- 4 Basics of Fire-building meet at Lost Pond Picnic Area 2 p.m.
- 5 Hike: Bird Walk meet at Elk Meadow Trailhead 8:30 a.m.
- 5 Hike: Earth Walk meet at Visitor Center 3 p.m.
- 6 Hike: Outlook Ridge to Lost Pond meet at Outlook Ridge Trailhead 9:15 a.m.
- 6 Amphitheater: History of Native Americans in Pikes Peak Region meet at Amphitheater 8:30 p.m.
- 7 Hike: Cheesman Trail meet at Grouse Mountain Trailhead 8 a.m.
- 7 Hike: Sights and Sounds meet at Visitor Center 9 a.m. and 1 p.m.
- 7 Hike: Wapiti Trail meet at Visitor Center 9:30 a.m.
- 7 Amphitheater: Mueller Trivia meet at Amphitheater 8:30 p.m.
- 8 Hike: Sights and Sounds meet at Visitor Center 9 a.m. and 1 p.m.
- 8 Amphitheater: LIVE Birds of Prey meet at Amphitheater 7 p.m.
- 9 Hike: School Pond meet at School Pond Trailhead 9 a.m.
- 9 Touch Table: Skulls meet at Visitor Center 2 p.m.
- 10 Hike: Rock Pond and Canyon meet at Rock Pond Trailhead 9 a.m.
- 10 Pond Safari meet at Dragonfly Pond 2 p.m.
- 11 Hike: Geer Pond meet at Lost Pond Trailhead 9 a.m.
- 11 Basics of Fire-building meet at Lost Pond Picnic Area 2 p.m.
- 12 Hike: Outlook Ridge and Lost Pond meet at Outlook Ridge Trailhead 9:30 a.m.
- 12 Touch Table: Bears meet at Visitor Center 2 p.m.
- 13 Hike: Stoner Mill meet at School Pond Trailhead 9 a.m.
- 13 touch Table: Trees meet at Visitor Center 2 p.m.
- 13 Amphitheater: History of Early Explorers & Military in Pikes Peak Region meet at Amphitheater 8:30 p.m.
- 14 Hike: Cahill Loop meet at Grouse Mountain Trailhead 10 a.m.
- 14 Archery meet at Dragonfly Pond parking 2-4 p.m.
- 14 Amphitheater: History of Mueller State Park meet at Amphitheater 8:30 a.m.
- 15 Hike: School Pond and Stoner Mill meet at School Pond Trailhead 8 a.m.
- 15 Touch Table: Trees of Mueller meet at the Visitor Center 2 p.m.
- 15 Amphitheater: Macaws meet at Amphitheater 8:30 p.m.
- 16 Hike: Aspen Trail meet at School Pond Trailhead 8 a.m.
- 17 Hike: Osborn Homestead meet at Black Bear Trailhead 9:30 a.m.
- 17 Pond Safari meet at Dragonfly Pond 2 p.m.
- 19 Hike: School Pond meet at School Pond Trailhead 9 a.m.
- 19 Touch Table: Bear Facts meet at Visitor Center 2 p.m.
- 19 Hike: Earth Walk meet at Visitor Center 3 p.m.
- 20 Hike: Cahill Pond Loop meet at Grouse Mountain Trailhead 9:15 a.m.



- 20 Touch Table: Bighorn Sheep meet at Visitor Center 2 p.m.
- 20 Amphitheater: History of Fur Trade in the Pikes Peak Region meet at Amphitheater 8:30 p.m.
- 21 Hike: Elk Meadow to Murphy's Cut meet at Elk Meadow Trailhead 8 a.m.
- 21 Nature Crafts meet at Visitor Center 3-4 p.m.
- 21 Amphitheater: Colorado Fire Ecology meet at Amphitheater 8:30 p.m.
- 22 Outdoor Skills Day 10-3 p.m.
- 23 Wild Watercolors meet at Outlook Ridge Trailhead 10 a.m.
- 24 Hike: Buffalo Rock meet at Grouse Mountain Trailhead 9 a.m.
- 24 DIY: Camp Chair meet at Camper Services 2 p.m.
- 25 Hike: Preacher's Hollow meet at Preacher's Hollow Trailhead 9 a.m.
- 25 Amphitheater: Wolves meet at Amphitheater 7 p.m.
- 26 Hike: Dynamite Cabin meet at Grouse Mountain Trailhead 9:30 a.m.
- 26 Knots and Lashing meet at Visitor Center 3-4 p.m.
- 27 Hike: Osborn Homestead meet at Black Bear Trailhead 9:15 a.m.
- 27 Fly Fishing meet at Dragonfly Pond 10 a.m.
- 27 Amphitheater: History of Mining in the Pikes Peak Region meet at Amphitheater 8:30 p.m.
- 28 Hike: Wapiti meet at Visitor Center 9:30 a.m.
- 28 Hike: Cahill Loop meet at Grouse Mountain Trailhead 10 a.m.
- 28 Archery meet at Dragonfly Pond Parking 2-4 p.m.
- 28 Amphitheater: Bears meet at Amphitheater 8:30 p.m.
- 29 Hike: Homestead Loop meet at Homestead Trailhead 8 a.m.
- 29 Hike: Wapiti Trail meet at Visitor Center 9:30 a.m.
- 29 Touch Table: Deer meet at Visitor Center 2 p.m.
- 29 Amphitheater: What goes bump in the night? Meet at Amphitheater 8:30 a.m.
- 30 Hike: Aspen Trail meet at School Pond Trailhead 8 a.m.

Mueller events are free; however, an \$8 day pass or \$80 annual pass is required. FMI 719-687-2366.

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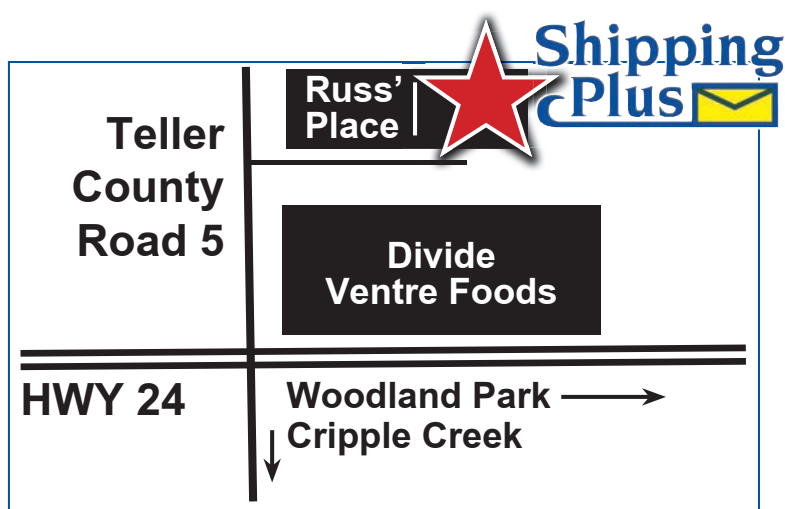
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