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Vol. 12, No. 7

Welcome to Ute Country



**"When tempted to fight fire with fire,
remember that firefighters usually use water."**

— Anonymous

PEEK INSIDE...



Guffey School Graduation



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On Deck

The fire engine on our front cover is in Victor, Colorado. Jeff took this photo back in 2015, soon after the artist painted the murals. It is worth it to see in person and a beautiful drive. We felt it appropriate for July as we celebrate Independence Day and as mountain folk become very aware of the beginning of fire season. These warm summer days have a way of evaporating water rather quickly and the fire danger rises. We thought the whimsical quote fitting on several levels. As tensions are rising across our country, let's remember just as the fire fighter uses water to fight fire, to fight hate, racism, anger and fear, we need to use love. *Musings Along the Way* gives us a lesson in how racism is learned. *Mountain Mustang Memories* teaches us even for horses, whenever fear overrides rational thinking, the outcome can be dangerous. *Life Enhancing Journeys* helps us understand the dynamics of loneliness and how to prevent a prison of fear. *Thymekeeper* transmits the message from dandelion to ponder your human becomingness. For those ready to get down to Earth, *Growing Ideas* helps us better understand Cole Crops. We also have a new fiction writer in the center spread for this month, Gilrind the Historian, for you to enjoy. We have a little something for everyone!

We are always excited to see new pics for *Critter Corner*. Please send them to us via email utecountrynewspaper@gmail.com or POB 753 Divide, CO 80814. This is the same way to share comments, questions and requests. You may also stop in at Shipping Plus 52 CR 5 in Divide, which will continue to be open M-F 9-5:30 p.m.

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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Jeff & Kathy Hansen
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719-686-7393 or 719-686-7587
www.Utecountrynews.com
Utecountrynewspaper@gmail.com

Business Ambassadors/Account Reps:
Feel free to call 719-686-7393 so we can find the sales representative in your area to best serve your needs.
Peggy Badgett 815-275-4695
Flip Boettcher 719-429-3361
Linda Karlin 719-748-3449

Writers:
Karen Anderson, Peggy Badgett, Barbara Berger, Flip Boettcher, Coalition for the Upper South Platte, Gilrind the Historian, Mari Marques-Worden, Barbara Pickholz-Weiner, Catherine Rodgers, Mary Shell, Catherine Shepherd, Stefanie Skidmore, Urban Turzi

Contributors:
AARF, Ark Valley Humane Society, Central Colorado SBDC, Judy Crummett, Gary Cutler, Ken & Judi Hesselberg, Edward Jones, Jane Manon, Diane Meeker, Louise Peterson, David K. Simmons, SLV Animal Welfare Society, TCRAAS, Christine Whittington

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

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The Thymekeeper

Wandering and pondering

by Mari Marques-Worden
photo by Mari Marques-Worden

Lately I find myself wandering and pondering a lot more than usual. It's such a volatile, yet beautiful time for opportunity we find ourselves in.

Some people talk to their animals, some people talk to their plants. I do both. In possibly the most confusing year of my life, and in a moment of utter disbelief of current events, I found myself asking my grandfather dandelion for solace. The conversation went like this:

Me: Dandelion, it seems people have lost their minds, the train has jumped the tracks and everything seems crazy. What do you think is going on? The response was short and swift.

Dandelion doesn't think, it knows it's place in the World.

This really got me thinking. Along different lines of thought, however. Dandelion has had a profound influence in my life just by being. I go back in time to 1997. In what was possibly the worst year of my life, I found dandelion.

Grief and anger

Back then, everything was falling apart in my world. My parents were dying, I was losing my job, and my significant other and I were downright angry; so angry that I couldn't even stand to be around myself. Sure, these were things to be angry about, but this was an anger I couldn't explain. Every which way I turned for answers or help, there seemed to be none. I was on my own and didn't know my place in the world. I had no sense of self-worth working day in and day out at meaningless jobs. I was a human doing, not a human being. I was making a good living but not a good life.

In what can only be described as Divine intervention, I picked up a newspaper one day and noticed that the herb school in Boulder was teaching evening classes in Denver where I lived. I was compelled to sign up and dandelion was the first herb they taught us.

I sat in disbelief as they defined the person who could benefit from dandelion. Dandelion suits people who have a tendency to cram far too much into their lives. They over-do in an effort to fit everything in leaving little room for relaxation or reflection. They push themselves beyond the body's natural capacity and no longer hear the needs of their bodies creating a great deal of tension.

It is taken for problems associated with a sluggish liver such as constipation and skin problems such as purulent acne on the face with heat and redness.

In traditional Chinese medicine we learn that we hold our anger in our liver and like all herbs that work on the liver, Dandelion helps to relieve emotional stag-

nation and enhances expression of repressed emotions like anger, resentment or grief. In essence, it is cleansing to the emotions as well as the body. (*Flower Power* by Anne McIntyre)

The teacher described me to a T. I was the dandelion person. As she spoke, I wondered how she could possibly know so much about me, as if it was about me and only me. I later learned that an herbalist can read your face with significant clarity in regards to your state of health. I was literally wearing my problems on my face. The next day I sought out some dandelion root tincture.

Many herbal tinctures are alcohol based meaning they deliver the herb quickly through the bloodstream. However, dandelion has a special way of kick-starting digestive juices to leap into action in preparation for food. The instant you taste the bitterness of dandelion, you will have a nervous system response telling your digestive juices to get busy. Within 20 minutes of tasting the herb, your stomach will growl for food.


Relief

After 2 weeks of dandelion tincture taken 20 minutes before meals, I was back to normal after suffering with over the top anger, acne and constipation for far too long. This was definitely a turning point for me that made me sit up and pay attention. At this point I knew if I continued with my education, not only can I help myself, I may be able to help others. This knowing restored peace to my soul and gave me a sense of purpose.

Dandelion has more than medicinal qualities to share; it is a nutrient powerhouse for those who suffer from lack of vitamins and minerals, most of us do. Simply go out into the yard and gather the young tender leaves of the plant and add them to a salad. This is common practice among Europeans. The leaves if the plant have diuretic properties making them beneficial to the person who retains water.

People are not the only beings who benefit from dandelion, many winged insects drink from the lush nectar of the plant. It has been documented that no less than 93 different kinds of insects are in the habit of frequenting it. If you ever find yourself in the not so uncommon situation of needing to rehabilitate a bee, the dandelion flower can resuscitate one quite rapidly. (See *Ute Country News* The Dandelion and the Bee June 2015)

When the dandelion fully matures and turns into a white haired elder, it becomes important food for birds. Throughout



Granddaddydande

This dandelion has given me 24 inch long leaves!

its lifetime, dandelion sustains many other life forms. Just by being, this plant spreads its food and medicine far and wide. The dandelion seed holds the record as the farthest travelling flying structure that we know of in the plant world.

Being you

How do you benefit this world or those around you just by being you? Not a question many of us ponder enough. I think the answer is by freely sharing your unique and special qualities with other beings. Sharing is good food for the soul.

In the words of my graduating teacher Paul Bergner, "Now you are all like dandelion seeds in the wind. Spread out, plant yourselves, share your gifts and wisdom with the world."

Words taken to heart. I was tempted to say my herbal education ended where it began but it continues to this day. Nature is my constant and most highly regarded teacher.

Earth, Teach Me

Earth teach me quiet ~
as the grasses are still with new light.
Earth teach me suffering ~
as old stones suffer with memory.
Earth teach me humility ~
as blossoms are humble with beginning.
Earth teach me caring ~
as mothers nurture their young.
Earth teach me courage ~
as the tree that stands alone.
Earth teach me limitation ~
as the ant that crawls on the ground.
Earth teach me freedom ~
as the eagle that soars in the sky.
Earth teach me acceptance ~
as the leaves that die each fall.
Earth teach me renewal ~
as the seed that rises in the spring.
Earth teach me to forget myself ~
as melted snow forgets its life.
Earth teach me to remember kindness ~
as dry fields weep with rain.

— John Yellow Lark

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

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Jeff & Kathy Hansen
POB 753, Divide, CO 80814
719-686-7393 or 719-686-7587
www.Utecountrynews.com
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Peggy Badgett 815-275-4695
Flip Boettcher 719-429-3361
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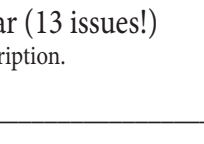
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Thanks to Mark and Nancy, Owners of Whole In The Wall Herb Shoppe.

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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Guffey Gets It!

by Flip Boettcher
photo by Louise Peterson



Peaceful demonstrators at the Black Lives Matter rally held June 20 at the Guffey turnoff of Colorado Highway 9.

On Saturday, June 20, 2020 from 12 p.m. to 1 p.m. a group of 13 people from Guffey staged a Black Lives Matter rally at the Guffey turnoff of Colorado Highway 9 on to Park County Road 102/59. The rally was also held in conjunction with Juneteenth Day nationwide.

Louise Peterson, rally organizer, said that people mostly had positive comments about the rally, but some also were angry and threatened violence, like “better not get in the road, I don’t stop for protesters” and “better not touch the wrong car and you’ll be drinking out of a straw for a week,” according to Peterson. This led Peterson to call the Park County Sheriff for a deputy to attend the rally. Peterson had also asked Southern Park County Fire Protection District Fire Chief Eugene Farmer for a fire department presence at the rally.

The Colorado State Patrol called Peterson on Friday, June 19, saying that if a lot of people showed up and she did not have a permit and liability insurance she could be liable if anything happened. The State Patrol also said that Peterson needed permission from CDOT and Park County

Road and Bridge to stage a rally at the Y. This was on a Friday when everything in the county is closed.

In spite of this, and having second thoughts about staging the rally, Peterson decided to go ahead with her plans and it went great! The rally got lots of support from people driving by with honking horns, waves and thumbs up! There were only a few negative responses, Peterson said. “The demonstration restored my hope in humanity. The majority of people DO support Black Lives Matter,” Peterson said.

Juneteenth originated in Texas and is now celebrated annually on the 19th of June throughout the United States, with varying official recognition. It is the Emancipation Day of the last remaining enslaved African Americans in the Confederacy.

It commemorates Union army general Gordon Granger announcing federal orders in Galveston, Texas, on June 19, 1865, proclaiming that all slaves in Texas were free.

Juneteenth is also known as Freedom Day, Jubilee Day, Liberation Day and Emancipation Day. The Juneteenth information came from Wikipedia.

Guffey School Graduation

by Flip Boettcher

It was a beautiful, sunny mountain morning with only a few gusts of wind for the drive-in Guffey Community Charter School graduation ceremonies held at Sarah’s Place at the Bakery, located on the south side of the school with plenty of parking. Everyone seemed to be enjoying being outside and visiting, with the proper social distancing and masks, of course.

School principal Martine Walker introduced the teachers, Jenny Hartman 6-8 grades, Lynda MacDonald 3-5 grades and former K-2 volunteer Kathie Boucher, who took over for Stacey Knutzen who left before the end of the school year. Each class had 13 students.

Each teacher announced awards for every student and the staff handed the awards out to the students in their vehicles. MacDonald said this was her 25th year teaching at the Guffey School, and this drive-in graduation was definitely a first.

Then Hartman recognized the eighth grade graduates, Grace Grosch, Joe Valerio and Anthony Meng, giving each a survival kit containing items such as bubble gum, to stick to it; a sponge, to soak up knowledge; rubber bands, to stretch oneself; post-its, to know what’s going on; band aids, for when things got a little rough; hot chocolate and a mug, to relax; and several other items. Of course, the three eighth graders got their diplomas.

The graduates will be going on to high school in the fall. Grace and Anthony will be going to Cañon City High School and Joe is choosing between Cripple Creek High School and Woodland Park High School.

Walker recognized and thanked the three teachers and said they were “flying the plane while trying to build it” to de-



Elizabeth Jackson at the Guffey School drive-in graduation ceremonies.

photo by Flip Boettcher
Cover: Left to right are Joe Valerio, Grace Grosch and Anthony Meng in front of the Guffey School.

velop a plan for distance learning for the last two months of the school year. Walker also recognized and thanked all the rest of the staff and the many volunteers for their help during the school year.

Walker introduced the new K-2 grades teacher, Elizabeth Jackson, who will be starting in the fall. Jackson is Boucher’s daughter and she said she was thrilled to be teaching at the Guffey School; it was her dream job. Walker also stated that the school was planning on being open in the fall.

After the ceremonies about 30 vehicles, most of them decorated, drove two times counterclockwise around Guffey honking, waving and celebrating all the graduates. Congratulations to all.



Growing Ideas

Cool Cole Crops

by Karen Anderson “The Plant Lady”

Summertime greetings gardeners and friends. By now, you may be enjoying the rainbows of color that your annual flowers contribute to the garden landscape. Be sure to deadhead the spent flowers in order to keep that awesome color coming throughout the season.

Snow peas, spinach, radishes and greens of all kinds planted outdoors are beginning to kick in and I am very much looking forward to a bountiful harvest — in time. Our precious months of gardening are in full swing so let’s take pleasure in every moment and relish in Mother Earth’s gifts to us humans.

This month, I would like to share some valuable information pertaining to Cole Crops and lucky for us high altitude vegetable gardeners, this family of good food plants are perfectly happy in cool and cold weather areas.

This topic can become quite complicated very quickly due to scientific data. But if you know me through my articles (or personally) I like to keep it simple and I’m not going to confuse you (or me) with deep scientific explanations. Feel free to explore and educate yourself if you wish.

What I do know is that Cole Crops basically are a group of certain types of vegetable plants that are able to thrive in cool regions with short growing seasons. Cole Crops is a general term to describe a number of plants belonging to the mustard (Brassica) family including broccoli, cauliflower, cabbage, brussels sprouts, kohlrabi and more. All of these veggie plants are able to tolerate moderate frosts in the spring and some (like brussels sprouts) may even become more flavorful in a moderate fall frost.

All Cole Cops are *heavy feeders* which means that they will need an ample supply of organic fertilizer throughout the entire season. Fish emulsion, manure or manure tea, compost or other high nitrogen amendments are suggested for giving these plants the boosts they require to give you a good bounty of veggies. Tilled, loose and rich, but well drained soil is ideal to allow the roots to expand and ‘breathe’ easily. Of course, water deeply, madly and passionately. Mulching with broken down straw or leaves is always a must (for me) to retain the moisture and keep the earth cooler in our intense heat during the summer.

The *plug it in* method, which is the only way to go with the Brassica Family in many of our mountain areas, will allow you to get the best results versus planting seeds. We simply don’t have time for that! So, my recommendation is to start your seedlings indoors around the end of April and nurture them along until planting is appropriate for your particular zone or organic starts can be purchased as well. Hardening them off is an important practice so they can more easily transition into their new digs (get it?). All this means is to gradually adjust your starter plants to the outdoor world of various elements like sun, wind and exposure.

You still have time, if you do it soon, to plant some well establish Cole Crop starters and harvest in the fall.

Cabbage plants should be spaced about 15-24” apart from each other as they grow big and wide. You only get one cabbage per plant, so it’s what I call a *one-time show*, but what a show it is! Delicious.

Broccoli on the other hand, is a little bit different. You may harvest the main head full of tight, rich green buds — before the yellow blooms appear and more side shoots with smaller heads will develop so you can keep cutting these cute little culinary



Brussels sprouts are my absolute personal favorite of the Brassica Family.

“We come from the earth.
We return to the earth.
And in between....we garden!”
— unknown

delights for as long as they are producing.

Cauliflower heads, if undernourished, can result in small heads. So please take note of the heavy feeding part as I have already mentioned regarding Cole Crops. These plants will also need plenty of room to grow. As harvest time approaches, it is a good idea to tie up the big leaves to protect the snowy white heads from sun burning as the intensity of our Colorado sunshine can cause them to turn yellow.

Brussels sprouts are my absolute personal favorite of the Brassica Family. If cultivated under the right conditions, the productivity of these tiny little cabbages growing up and down the sturdy stalks are amazing. I like to harvest the smaller ones for the tenderness of them, rather than waiting for them to get bigger as they can become somewhat tough and pithy.

Kohlrabi is surely an odd one! This is also a one-time per plant harvest. It resembles a cabbage, but is more solid. It tastes like a turnip, but some say its flavor is even better. It looks like a ball growing in the middle of the plant and should be harvested before it grows to full size, as it can become as hard as a rock if it goes too long on the vine. Purple Kohlrabi is really cool! It may be sliced and sautéed in olive oil or butter, chopped to embellish a salad or simply eaten in its raw form.

All Brassicas are highly nutritious and if your palate agrees with these green vegetables, super delicious. The best part is that you organically grew them yourself! Good luck if you decide to make Cole Crops an addition to your vegetable garden this year.

Power Perennials from my Heritage Gardens are available for ‘adoption’ along with happy houseplants at Mountain Naturals in Woodland Park. The Outpost Feed Store in Florissant and as always, you may contact me directly at 719-748-3521 or email at plantladyspeaks@gmail.com.

I am available for personal landscape consultations if you need some experienced gardening guidance in our challenging Mountain Region. What gardener wouldn’t appreciate a Gift Certificate to Paradise Gardens for any amount, for anything that is offered by The Plant Lady? Just a thought! So, without further ado, I will wish you peace and the happiness of gardening.

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The Power of WE A taste of the blogs

The Central Small Business Development Center of Colorado has begun a Power of WE campaign (see June 2020 edition of *Ute Country News*). We agreed to print the beginnings of the blogs so you can have an idea what they are about and familiarize yourself with the project. Links are included to read each in their entirety.

Starting Up During COVID-19 storytelling and pivots

by Robin Vega

Starting Up During COVID-19 Lessons I learned launching a cleaning company during a pandemic and other tips and takeaways for authentic storytelling.

Authentic storytelling is the most important thing you can do for your company. No matter the size of your business, or the industry you are in, authenticity matters. Your ability to be authentic affects your brand's growth and ultimately its bottom line.

Many experts often use the "Apple Effect" to prove this point. Apple isn't the greatest innovator in their industry. They have competitors that often out innovate them, and beat them to market. What Apple does do better than anyone else, is tell an authentic story. Watch the TED Talk video here with Simon Sinek for the full breakdown on the consumer behavior behind this "Apple Effect" theory.

If you stop reading here and take nothing else from this article, ingrain these 3 things into your brain:

- People don't buy what you do, they buy why you do it.
 - Stories stick. Learn how to tell yours.
 - Be authentic in how you tell the story of your business, but do it with your end user in mind.
- Go to the blog to learn the 3 takeaways:
- Know when to pivot
 - Put yourself in the shoes of your customers
 - Do not go alone

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Your Core Gift – Your Thread of Light: The Gift You've Been Treading All Along

by Heather Barron

Years ago, in the midst of a heart-aching quest to discover and understand my "purpose" (as though it were the Holy Grail that would solve all my problems), I was invited to a work event as a representative for the non-profit I worked for at the time. Bruce E. Anderson, of an organization called "Community Activators," introduced our room full of folks in helping professions to something called "Core Gift." The idea of using "strength-based assessment" in our work as counselors, social workers, teachers, etc. was relatively new in the early 2000s. But this took that notion to an even deeper place, giving us an indispensable tool to use in our work as well as with ourselves and our own families.

Mr. Anderson presented his data and re-

search by starting with a poem by William Stafford that contains this line: "There's a thread you follow. It goes among things that change. But it does not change." Then he walked us through a process, backed by countless case studies, to show us how to help our clients identify what he called our "Core Gift." We participated in the process ourselves and by the end of the day I had a purpose statement that resonated with my heart for the first time in my life.

It has morphed and changed as I've gotten to know myself more deeply. But the essence of my Core Gift has not changed. He presented the case that whatever your spiritual or psychological background is doesn't matter — everyone possesses a Core Gift.

Up until this point, my young 29-year old self thought I'd have to go through some mystical process to find my sense of purpose, some sudden enlightenment that would come after years of arduous questing. But here, in this little one-day event, in a process that was engaging, fun, and simple yet thought-provoking, I watched my Core Gift revealed before my eyes in a matter of 90 minutes.

The methodology underpinning the process taught us that we and our clients have many skills, talents, and general gifts that we can give in our work, personal life and community, but that we have only one Core Gift that is our thread weaving through life everywhere we go. He also pointed out that our Core Gift comes from our greatest point of suffering (usually sometime in our young lives).

So how does this apply to our work as entrepreneurs and as women balancing many roles in our lives? Knowing our Core Gift helps us to cut through the noise of everything calling out for us to fix it or save it or just "make it happen." The myth of the woman who does it all and still keeps it all together is wiping us out. I feel this thread deeply in the calls I get from women asking for coaching.

So this is how we save the world (and create successful businesses in the process) — we give our Core Gift consciously and fully and then we make space for others to do the same. That is how we are truly #bettertogether!

FMI on the Core Gift process and how you can identify yours, contact me Heather@Luminous-Life.com and mention this blog or webinar for 10% discount.

Read the entire blog at <https://centralsbdc.org/blog/>.

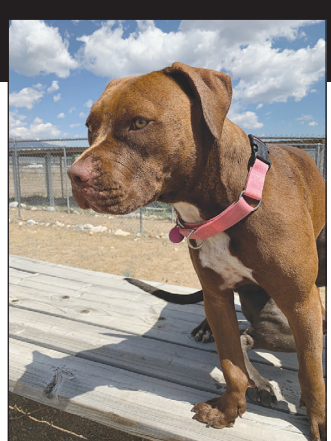
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This space donated by the Ute Country News to promote shelter animal adoption.



A Look Inside the Artist Becca Sees, painter

by Mary Shell

I've known Becca for years now and have admired her carefree undiluted colorful art. But my first introduction to Becca was for her eye for creating fantastic framing. As an artist I have always recognized framing as an art. When I would give a piece of my art to her for framing, I always allow the artist in her to find the right frame to enhance my work... and have never been disappointed.

Becca's art is free, spontaneous, and fun. She abandons precision for expression, and never lets reality get in the way of imagination... two of the messages I constantly tell all my students. It is refreshing to see someone take those two messages and create art by them. It is even more refreshing to view art that is created that way, to wake the soul with images of joy and laughter. It is too often that artists spend too much time analyzing what they should do next, carefully watching every step they make, every brushstroke, every choice of color, producing dull calculated lackluster work. Becca creates art that gives her joy, unlimited, reckless, carefree and for her only... how art should always be created.

I am amazed that someone who creates art so filled with fun can also create the most beautifully executed frames for her clients with such precision and accuracy.

My interview with Becca was informative and interesting.

When did you first realize you could paint?

While my parents were on scuba diving excursions, I stayed with my grandma Dottie who had me sit down and paint in her studio. Her and my mom took oil painting classes together and had some wonderful paintings.

How has your approach changed to painting?

I used to paint just like my mom and grandma with oils, very realistic. In high school I was encouraged to try new things and did, and some college courses perfected creating values, hues, depth, and eye flow, but I never really changed my style from my heritage. We would paint pictures from National Geographic photos. Very cultural, real and the result was more a learning experience than being fun, colorful, and happy



CSCS Expands 7th Grade now available at Woodland Park

For the 2020-2021 school year, Colorado Springs Christian Schools-Woodland Park campus is pleased to announce the expansion of our educational program to include a traditional blended 7th grade middle school class. CSCS-Woodland Park offers a K-7th Christ-centered education in a low teacher-to-student ratio. At CSCS the emphasis is on building good character by community involvement, mentored by caring, qualified teachers. This year we have also added extra support for students with academic needs.

Along with teacher supervised on-line curriculum work, interactive, hands-on science projects with STEM activities are included in our 7th grade curriculum. Spanish, art, music, physical education, leadership, and computer classes are our offered electives. CSCS-Woodland Park Principal Mary Boyles commented, "The opportunity to offer a 7th grade with personalized instruction at the Woodland Park campus is truly an honor and will bring another excellent educational choice to parents in our community."

to look at. When I discovered framing, I loved everything that came in the door, all of it and decided when I start painting again, it would be fun, colorful but a style of my own, something I don't see come through my door at the frame shop, so it must be unique.

What is your favorite subject?

Painting something I have never painted before and painting every classic in my own style: Mother and child, musical, ethnic, Italian landscape, fruit, tree, desert, car and whatever I want.

Is there an artist that has influenced you?

The whimsical art of Paulette Brodeur in Salida, who my frame shop has worked with for 15 years and the color saturation and lines of Britt Colon. They both do what they want and it's amazing.

What is your favorite medium?

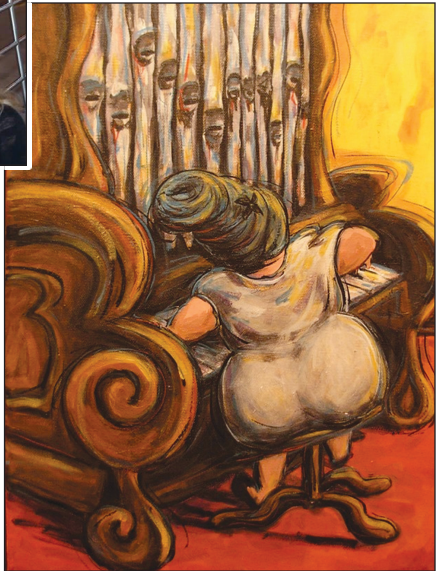
Acrylic. It dries before you have a chance to over analyze and go muddy it up. (Unlike oil paint.)

What inspires you to create?

Filling my own space, conquering anything new for me (I'm still too chicken to try fog) and special gifts.

What would you like to try next?

I need to finish my desert painting with mesas and cactus. I've been painting about 1-2 paintings a year for the past few years. My framing business is a major creative outlet. My paintings are mostly personal for many reasons or from a point of time in my life and holds a great lesson and a smile. My best work I will never sell. Every 5 years or so, I might do a series to sell,



like the cocktail paintings out there.

Becca is the owner of Cañon Framing and can be contacted at 414 Main St, Cañon City, FMI 719-275-2251.

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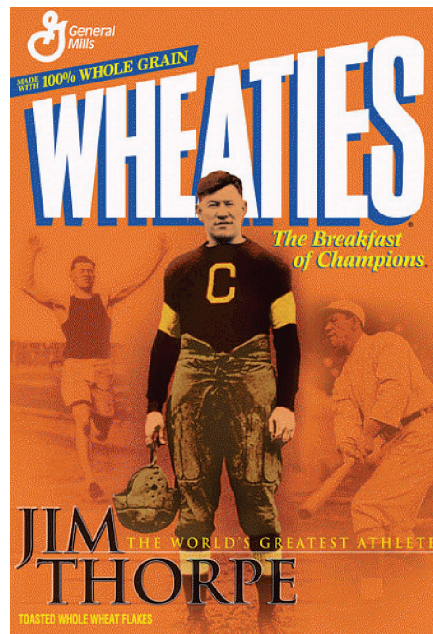
One Nation Walking Together Greatest of legendary athlete

by Urban Turzi

As a youngster, growing up in Pennsylvania, I had heard of the town "Jim Thorpe" yet knew nothing about the locale. Every so often I wondered how strange it was a small town was named after some person. A few years passed and I really didn't give it much thought until I became very interested in track and field and other sports. Philly was and is a SPORTS TOWN. We had our two professional baseball teams (the PHILLIES and the A'S), a basketball team... (then called the Warriors but now it's the 76'ers), pro-football (the Eagles), a semi-pro ice hockey team (the Hershey Ramblers), big time college basketball and football, and high school and grade school sports, semi-pro soccer (the Urick Truckers) and then there were the Police Athletic League (PAL) sports to include youth boxing and the Catholic Youth Organization (CYO). If that wasn't enough sports, each neighborhood had its own Rec Center where church/neighborhood sports leagues abound. Considering the times (1940s-1950s), sports were really a male dominated activity. We had a few geeks on my block who had a Chess group, but we would beat those guys up... hey the statute of limitations has us covered on that part of my life. When I entered my teens, I heard from my Dad about this great Native American, who had amazing talent, who had his Olympic medals taken away from him and there was a town up-state named after him.



A couple of years ago, I had the pleasure AND WAS HONORED to meet the grandson of Jim Thorpe. He was New Yorker named John Thorpe whose grandfather was born in a one-room cabin on a ranch near Prague, Oklahoma. Jim's grandfather was an Irish American who married a Native American woman named *Wind Woman*. She gave birth to six children, one of whom was Jim's father, Hiram (born in 1850) who had more Native features than those of an Irishman. Jim was born on May 28, 1888 on Sac/Fox Indian land in Oklahoma, and was a hefty 10 pounder. At his Baptism he was given a Christian name of James Francis but his Indian name was *Bright Path*. He had a twin brother, Charlie, and the two of them were inseparable. At the age of six the twins were sent to the Sac and Fox Agency School, about 23 miles away from their ranch. When the boys were eight years old, their father was going to take them on their first hunting trip. On the morning of their trip, Charlie had a fever so father and Jim went hunting without Charlie. When Jim and his father returned home, they found out Charlie



was very sick with pneumonia and had been taken to a hospital. When Jim and his father arrived at the hospital, Charlie had already died. This affected Jim greatly.

Jim's Dad wanted him to succeed in life, so Jim was entered into the Carlisle Indian School in Carlisle, Pennsylvania. Like other Native American schools, Carlisle taught white people's customs, was run in a military fashion, with a military dress code and short hair. It was here where Jim started playing sports in the intramural program. Shortly after starting school, his father passed away and Jim was unable to attend the funeral and again, he suffered dearly from this loss. The school decided to re-instate their former football program in 1899 when they hired Glenn "Pop" Warner. Warner was one of the first coaches to use the forward pass. They played teams like Harvard, West Point, Penn State, Syracuse and Princeton. Jim also joined the track team which also was coached by Pop Warner. During the winter months at school, Thorpe played basketball on the Carlisle team as well as indoor track. During the summer break in 1909, he played baseball and received \$15/game. After that summer, he was tired of school and went to Oklahoma to help his sister on the farm. In 1910, he played baseball in the East Carolina Association but didn't get paid because the association could not come up with any funds. Thorpe then, after two years, (1911), returned to Carlisle. After the 1911 season he was selected as the team captain for the 1912 season and selected as a first team All-American halfback. Jim was the football teams' punter, an excellent halfback and a tough defensive player. Once he received his own punt and ran in for a touchdown. After the 1912 football season, Thorpe joined the track team to get in shape for the upcoming 1912 Olympics

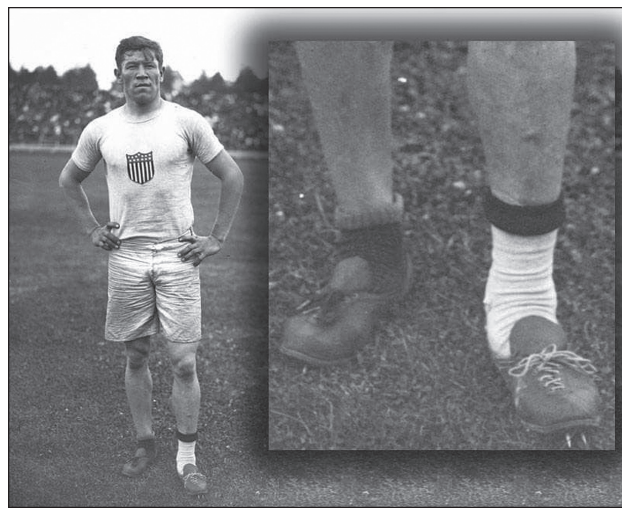
in Sweden. Thorpe was a team player as he always tried to be one of the guys. He was now being sought after to be an actor and play baseball, but Coach Warner convinced him to return to Carlisle for the 1912 football season. That season Carlisle had a game against West Point. One player for Army that season was Dwight Eisenhower. Army lost the game. The Football Writers Association selected Thorpe to the Early All-Time first team, 1869-1919.

Any athlete who earned money by playing a sport was barred from Olympic competition. Thorpe tried out for the Olympic team and qualified for the pentathlon and decathlon events. Next step he competed and won both events and the gold medal for each of the grueling tests of athleticism and was presented these tributes by King Gustav V. The King said to Thorpe, "Sir, you are the greatest athlete in the world!" Thorpe's reply, "Thanks king!" You might pay attention to the photo of Thorpe as he is attired in a non-matching pair of socks and track shoes as his were stolen the night before he competed. So, he scoured trash cans to find replacement socks and track shoes in order to compete. When he and his team mates returned home, he was honored with a parade in his home town and the biggest ever ticker tape parade in New York City. He was now well-known throughout the world as a great all-around athlete. As spiritual as are our Indian brothers and sisters are, I wondered if the spirit of his twin brother, Charley, may have dwelled within the muscles, lungs and heart to give this man the endurance and competitive edge to win these competitions and his overall athleticism.

Thorpe was not wise in the ways of the world and didn't realize to compete and take money, would make him a professional athlete. Other amateurs received money but they used false names.... One such person who used the name "Wilson" was Dwight D. Eisenhower. The Amateur Athletic Association did not use ignorance of the law as an excuse so his medals were taken back. The New York Giants baseball team signed him to a three-year contract in 1913 but that did little to erase the remorse of losing the Gold medals, the then 26-year-old left Carlisle.

Thorpe's life had much more tragedy than two gold medal losses. Besides his twin brother Charlie's death when he was nine years old, his mother died of blood poisoning before he was a teenager. Four years later, shortly after Thorpe entered Carlisle, his father died. Following his marriage to Iva Miller in 1913, their first son died at the age of four from polio, twice divorced, he had one boy and three girls from his first marriage, and four boys from his second marriage in 1926 to Freeda Kirkpatrick. His third marriage

continued on next page



was to Patricia Askew in 1945. His place in sports history, though, was established well before he died.

Thorpe was a very versatile athlete as he played pro football in the fall and pro baseball in the spring and summer. He retired from baseball in 1928 at age 40 after playing with the New York Giants, the Boston Braves, Akron and Toledo.

His pro-football career started in 1915, when he played for the Canton Bulldogs. In 1916, he started as a half-back and as the head coach. He was a very talented football player as he could run, pass, block, tackle, and kick. Once he made a 95-yard wind assisted field goal... can you imagine that! He was a strong man who played hard.

In 1925, at the age of 37, he announced he was going to retire from sports. Guess what, he was coaxed out of retirement and played for a few teams and at age 41, he played his last football game for the Chicago Cardinals. Two years after he retired from football, in 1929, he was working with a pick and shovel for \$4 a day, most of which he spent on whiskey. He went through three wives, a series of short-lived jobs, and a national tour with a song-and-dance troupe called the Jim Thorpe Show. He even campaigned to abolish the Bureau of Indian Affairs (BIA).

Just before the opening of the 1932 Olympics, in Los Angeles, Thorpe couldn't afford a ticket. When Vice-President Curtis heard the news, he offered Thorpe a seat. Curtis was in attendance as he was to be the official to open the games. They both watched a lacrosse exhibition in which a Native American starred. This skilled man was Jay Silverheels, who went on to play Tonto for the Lone Ranger.

Thorpe died of a heart attack March 28, 1953. His third wife, Patricia, whom he married in 1945, set out to find a final resting place for him and liked the idea of having a town change its name to Jim Thorpe. She went to Philadelphia in September 1953 to get help from Bert Bell, the commissioner

You might pay attention to the photo of Thorpe as he is attired in a non-matching pair of socks and track shoes as his were stolen the night before he competed. So, he scoured trash cans to find replacement socks and track shoes in order to compete.

of the National Football League and a longtime Thorpe friend. She heard on the radio in her hotel room that a small town 90 miles away, Mauch Chunk, was raising an industrial-development fund.

She offered the town a deal, and the town accepted. To show her good faith, she brought the body to town before the vote on the name change. It was a deal, and the town accepted. To show her good faith, she brought the body to town before the vote on the name change. It was a deal, and the town accepted.

The renaming was approved May 10, 1954, by a 10-1 ratio, and the next day, Patricia Thorpe and five officials of the new community signed a remarkable contract which stated so long as the town was named Jim Thorpe, Thorpe's body would remain in the town. Three years later, the mausoleum was ready, and Thorpe's body — after four moves, nearly 3,000 miles of travel, and more than four years after he died — was laid to rest.

So, what kind of a human was he? Well you guessed it, he had a heart as big as his reputation and accomplishments. After he moved to Los Angeles, he began another legacy as a movie star. After the Depression, he sold the rights of his life story to MGM. More than 70 films became part of his resume with him being cast either as an athlete or an Indian. At that time in his life, he was known as a warm person and only had positive words to say about others. In fact, he was adored and admired for his selflessness. He was tenacious and highly motivated to help others to find employment, and in general, to make the lives of other Indians better. He tried to improve the lives of his brothers and sisters by giving them an opportunity to be much more than white society was telling them what they were going to be. He was a leader among his People. In 1948 (I don't know about you, but I really don't care at all about remembering dates) he was hired by the Chicago Parks District which would require him to give lectures on the importance of youth sports, by providing positive effects on their health, and keeping them out of trouble. In 1950, Thorpe was voted the *Best Male Athlete of Half a Century Award*. Beating out the likes of Babe Ruth, Jack Dempsey, Ty Cobb, Bobby Jones, Red Grange, and Jesse Owens (who won 4 gold medals in the 1936 Olympics). His other awards included

the National Collegiate Hall of Fame, the NFL named its annual *Most Valuable Player Award* after him, he was named to the national Indian Hall of Fame, each year the Jim Thorpe award is given to the best collegiate defensive back, elected also to the Pennsylvania and the National Track and Field Halls of Fame. In 1982, the International Olympic Committee reinstated his Olympic records and his medals.

Jim Thorpe remains one of the most versatile athletes to have ever lived. Besides football and baseball, he played basketball, lacrosse, tennis and handball; his bowling scores averaged in the 200's and he golfed in the 70s. (hang on, not done yet), he also boxed, canoed, skated, was a marksman, hunter, and fisherman. Now for the finale: he won the Inter-collegiate dancing championship — the two step — with Clemce La Traillie.... I am out of breath just typing this.

Thorpe was the first Native American to win an Olympic gold medal. The United States Olympic & Paralympic Museum (USOPM) is located in southwest downtown (200 S. Sierra Madre) Colorado Springs — Olympic City USA. When it opens, tentatively sometime in 2020, (because of the COVID epidemic), will feature 13 galleries within the 60,000 square foot structure, along with Thorpe's gold medals. Jim Thorpe is a member of the U.S. Olympic & Paralympic Hall of Fame. The Hall of Fame will be located in the main lobby allowing guests to explore all 154 inductees on four giant digital touch the museum will honor, in part, Jim Thorpe besides other USA Olympic and Paralympic women and men athletes. The design of this facility is a sight to behold. Jim Thorpe is featured in the museum's first gallery — Introduction to the Olympic & Paralympic Movements. When it opens, it will be a sight to behold and a masterful addition to the Pikes Peak Region.

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Life-Enhancing Journeys

Managing the pain of disconnection and loneliness

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

In the midst of these unsettling times, it is easy to see how the global crisis — the pandemic — has exacerbated feelings of loneliness and isolation. When we are scared, we feel a powerful need to belong to something and that is difficult to do at present. It is devastating to see what is happening around the world as well as here at home. How can we not be distressed?! We have been required to shelter-in-place (although we are trying to figure out how to resume connection), to keep our distance, to wear facemasks in public spaces. Schools, colleges, and universities are closed. Millions are currently unemployed or are unsure if they will even be able to revive their businesses when reopening is an option. Some families worry about whether they will have a roof over their head or food on the table. As of right now, there is no clear end in sight. As I write this, well over 100,000 people have already died in this country alone and the number continues to grow. It is a frightening and uncertain world. We hear or read about people getting sick every day — some recovering and others dying. Many healthcare and essential workers are separated from their families which is painful. Both of my children are on the front lines. My son is in the military; he teaches and trains soldiers in the healthcare field and is also a lead with El Paso County Search and Rescue. My daughter works at Children's Hospital in the Pediatric ICU. They are both avoiding contact with me and my husband in an attempt to protect us, consequently it has been several months since we have experienced an in-person visit. I miss them very much!

There is so much anxiety for our own health, as well as for the wellbeing of others. All this stress affects us significantly; it impacts our bodies, hearts, and minds. Particularly during the early days of this world-wide outbreak, there were times when I felt anxious, fearful, angry, frustrated, and powerless. This unease was reasonable because there was very little known about the outbreak and were told that if we are in close proximity, we might contract the deadly disease so distancing was recommended which became the ideal set up for disconnection and loneliness. When I would remind myself to intentionally pause then slow down with long deep breaths, I found it easier to free myself from the prison of my own making — my fear and anxiety.

“Loneliness is a major public health concern... The root sense of suffering is a sense of isolation.” according to Vivek Murthy, former Surgeon General of the United States.

There is so much anguish that comes from feeling lonely. Our tendency is to personalize it — to make it about me by imagining that people are staying away because they dislike me — even though that is usually untrue. The pain of isolation may look like depression or anxiety because we were unable to recognize it as what it truly is — loneliness. The more separate we feel, the more we feel vulnerable therefore the more uncertain and helpless we feel. It can come out as anger or blame. When we feel lonely, we may feel rejected — as if we do not belong — this can be interpreted to mean that there's something wrong with me.

Rather than accept what is happening, our tendency is to resist what is. Although it may initially hurt, it is beneficial to acknowledge your pain rather than ignoring it. As Gloria Steinham has been quoted as saying, "The truth will set you free. But first, it will piss you off." Examining the discomfort serves to enhance the sense of longing to belong — a yearning to con-



nect. Though we may be unable to have control over events, I do remind myself that I have choice in how I relate to what is happening. This enables me to use the skills I have learned and honed over the years which I know can help alleviate suffering within and outside of myself.

Here are some ideas:

Consider offering love to ourselves as well as to others. It's important to avoid criticizing ourselves or judging others. Even if connection with others feels impossible — and we are definitely experiencing separation — simply having the desire to be compassionate and loving actually activates the neural circuits in our brains for attachment. The love is already there, however it is trapped. Wishing love towards oneself and towards others can be

As Gloria Steinham has been quoted as saying, “The truth will set you free. But first, it will piss you off.”

really powerful.

The practice of gratitude is also a beneficial exercise to embrace. Develop the habit of reflecting each day on three things for which you are thankful. As with loving connections, merely searching for something associated with gratitude, whether you discover anything or not — will activate favorable neural pathways in your brain.

Another way to create a bond is to spend time in nature. This is about remembering that we all belong to one planet. How fortunate we are to live in such a magnificent region! When you pause you can take in nature. Consider walking among the trees, touching the branches, hugging the trunk, removing your shoes to feel the earth under your feet, feeling the warmth of the sun on your face, smelling the fragrant pines, taking in the new green of the leaves, feel the air on your cheek, smell flowers, listen to the sounds of the birds, look at the sky, the clouds — all of this enhances our sense of connection. Author and naturalist, Terry Tempest Williams, acknowledges that connecting with the natural world is so important, “our kinship with earth must be maintained otherwise we will find ourselves trapped in the center of our paved over souls, with no way out.” Help yourself to find a way out.

An inner conduit to healing loneliness is to practice meditation. Were you aware that meditation triggers the bonding chemical,

oxytocin? Allow yourself to sit quietly and if you notice any distracting stimuli, attach whatever is sidetracking you to your breath. This will enable you to return to a calm or neutral place. Sitting quietly and emptying your mind of any thoughts can help you feel connected — like you belong in this world. I use a free meditation App called “Insight Timer.” Try it.

Maintaining relationships with others is essential however, during this pandemic, especially while socially distancing, our respect and appreciation for ourselves is even of greater importance. How we treat ourselves reflects the quality of the connection we will have with family, friends, acquaintances and even with strangers. Recognize that loneliness can become a vicious cycle — when we wall ourselves off, we are withdrawing from others — when others back away from us we feel more lonely. We need to express compassion for others yet we must start with kindness towards ourselves. If we treat our inner selves badly, if we make shameful and hurtful comments about ourselves, we imagine that others view us in the same way. This causes us to fear that we might be rejected then we are likely to wall ourselves off even more which creates more distance — and the cycle continues.

It is imperative we undo the stories we mindlessly tell ourselves such as “I am unimportant... unlovable... worthless” or “I’m not good enough.” It takes courage — and is so beneficial — to activate authentic reconnection with ourselves because it enables us to better bond with others. Be patient with yourself accepting that it will take time so avoid bullying, belittling or being judgmental. Those walls around our heart will start to dissolve after believing that we are seen and are able to see others — those occasions where we feel listened to and we listen to others. When we are seen and heard it gives us the message “I matter” which gives us the strength to carry on. In some ways this pandemic has caused us to leave some of our old habits behind which can empower us to adopt more effective, creative and purposeful ways of relating. We need that sense of belonging to enhance the life within us. When we feel like we can give and receive love, it gives life more connection and enjoyment.

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

Financial Focus

Work to achieve your financial independence

Over the past few months, just about everyone has felt the loss of some type of freedom, whether it's being able to travel, engage in social gatherings or participate in other activities we previously took for granted. Still, as we prepare to observe Independence Day, it's comforting to realize all the freedoms we still have in this country. Taking the right steps can also help you achieve your financial independence.

Here are some moves to consider:

- **Build an emergency fund.** It's a good idea to create an emergency fund consisting of three to six months' worth of living expenses, with the money held in a liquid, low-risk account. With this fund in place, you can avoid dipping into your long-term investments to pay for short-term, unexpected costs.
- **Keep your debts under control.** It's not easy to do, but if you can consistently minimize your debt load, you can have more money to invest for the future and move closer toward achieving your financial liberty. One way to keep your debts down is to establish a budget and stick to it, so you can avoid unnecessary spending.
- **Contribute as much as possible to your retirement plans.** The more money you can save for retirement, the greater your feelings of financial independence. So, it's essential that you contribute as much as you can to your 401(k) or similar employer-sponsored retirement plan. At a minimum, put in enough to earn your employer's match, if one is offered, and every time your salary goes up, boost your annual contributions. Even if you participate in a 401(k), you're probably also still eligible to contribute to an IRA, which can help you build even more funds for retirement. Because you can fund an IRA with virtually any type of investment, you

can broaden your portfolio mix.

- **Explore long-term care coverage.** One day, your financial independence could be threatened by your need for some type of long-term care. It now costs, on average, over \$100,000 for a private room in a nursing home and more than \$50,000 for the services of a home health aide, according to Genworth, an insurance company. Most of these costs won't be covered by Medicare, either, so, if you want to reduce the risk of seriously depleting all your financial resources or burdening your adult children with these heavy expenses, you may want to consider some type of long-term care insurance. You could choose a traditional long-term care policy, which can cover a nursing home stay, home health care, or other services, or a hybrid policy, which provides long-term care coverage plus a death benefit.
- **Manage withdrawals carefully.** Once you retire, your financial freedom will depend a great deal on how skillful you are in managing the money in your retirement accounts. Specifically, you need to be careful about how much you withdraw from these accounts each year. If you set a withdrawal rate that's too high in your early years of retirement, you might eventually risk outliving your resources. So, set a withdrawal rate that reflects your age, assets, retirement lifestyle and other factors. You may want to consult with a financial professional to establish an appropriate rate.

As you can see, working toward your financial independence is a lifelong activity — but it's worth the effort.

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



Lee F Taylor, AAMS®
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Sasha the Unicorn

by Gilrund the Historian

Sadie, the fairy, was late and she knew it, she was going to miss the Ring Dance again this month. Her new job as a messenger for Bluebell, the fairy Queen, was a fun job most of the time. But she had missed two Ring Dances and now she was about to miss a third.

"How am I going to have any social life if I keep missing the Ring Dances," she said to herself. "Everyone will be there but me; even the Queen will be there. But not Sadie, oh, no, she's out running errands for the Queen who is at the Ring Dance having fun! I need a different job!"

Sadie flew off into the deep forest with one more message. This time it was for Nardia, the evil fairy witch. The Queen wanted her to stay away from The Valley of the Silver Stream where most of the fairies lived.

Nardia did not like the fairies at all, because she had once been one, but had gone to an evil sorcerer to learn how to make her natural fairy magic even more powerful.

She had learned a great deal; but had isolated herself from the other fairies as her pride took over. She felt she was so much better than the other fairies, so much smarter and so much more powerful.

This was all because she had found a diamond in the sorcerer's workshop and it had an evil spell that had been placed upon it by the sorcerer. The spell made anyone that looked upon it think that they were better than anyone else.

The diamond was in a golden pouch that had been closed, but Nardia had opened the pouch and looked at the diamond and had fallen under its spell.

Well, she did have more powerful magic, which was not a bad thing, but she didn't use it in good ways like the other fairies.

Now she lived in the darkest part of the forest in an old dead pine tree that was all twisted and broken near the top. It was the only one like it in that part of the forest, so was easy to find.

Sadie flew deeper and deeper into the forest until she had to use the fairy magic to light her wand so that she could see where she was going. She was to follow the path of the broken stones to the muddy stream and then turn left and follow the stream until it disappeared into the bottom of the dead pine tree; that was Nardia's home.

She was to tack the message onto the front door or whatever opening that the witch used to get in and out of the tree and then leave as quickly as she could.

Sadie found the trail of the broken stones and then came to the muddy stream and then turned left and slowly followed it.

The light of her wand was usually very bright, but here in the deepest part of the dark forest it didn't show her very much. She almost flew down under the old dead pine tree before noticing just where she was.

Sadie slowly flew up the side of the tree looking for the entrance. There was no door as most fairy tree homes have, just broken off tree branches that were now holes in the trunk of the tree.

Which one does she use? Sadie thought as she flew past each of the holes.

Finally, she got to the very top of the tree and there she saw a hole with a bit of cloth hanging over it to close it off.

"This must be it," she mumbled to herself, and she stuck the scroll, the Queen's message was written upon, in a small hole on the side of the door.

Sadie was just turning to leave when she heard a voice from behind her saying, "Where do you think you're going?"

Sadie froze and then slowly turned around to see who had spoken.

There she was, Nardia the witch. She had once been called by her given name of Narcissus, which is a beautiful flower, but since she had changed into a witch, the Queen had changed her name to Nardia, which in the fairy language means, "She knows."

Nardia knew *too much* and that was why the Queen had changed her name and it was why Nardia had left the fairy valley. She knew too much and had used that knowledge to do evil things. It was too much for the Queen and she had driven Nardia out of the valley.

Sadie answered, "I'm a messenger for the Queen and I have left you her message for you to read."

Sadie pointed to the scroll that was stuck in the small hole next to the door.

Nardia floated in the air in front of her and held out her hand.

"Give it to me!" she demanded.

Sadie turned and took the scroll out of the hole and as she turned back to give it to her, Nardia said some odd sounding words.

Sadie felt funny, all of a sudden, and the scroll fell out of her hand and floated over to Nardia as she smiled an evil smile.

Sadie started floating down to the ground, or at least she thought that she was, but actually, she was growing.

Soon her feet were on the ground and her head was level with the broken top of the old dead pine tree that Nardia called home.

Sadie looked around trying to understand what had happened. She saw Nardia floating gently in front of her and she was laughing her evil laugh.

"What have you done to me?" cried Sadie. "It won't take you long to get back to your disgusting Queen now, will it? Tell her that she won't have to worry about me coming back to her foolish valley; I'll never come back, ever!"

Nardia flew back into her tree and Sadie could hear her laughing her evil laugh.

What do I do now? thought Sadie, I'm as big as a human girl. I don't want to be a human girl; I want to be a fairy girl!

Sadie started to cry as she turned to walk back to the valley with the witch's message for the Queen.

She noticed that now that she was so big, she had to really look where she was going.

Then she thought, can I still fly? She found an open spot in the trees and tried to fly; it didn't work. She tried again, flapping her wings really hard, no luck.

"How am I going to get back to the valley and the Queen if I can't fly?" she cried.

Sadie sat down on a tree stump and cried, her red hair falling forward and covering her face and her sparkly pink wings drooping down.

It was only a few minutes and she stood up and started walking back in the direction of the valley, tears running down her pretty face as she walked.

There was a soft glow ahead on the trail, so she walked toward it. She knew that it was still a long way to the valley, and she had to warn the Queen.

Oh, she thought, Queen Bluebell, is going to be so angry with me. I delivered the message, but I was caught by Nardia and changed. It wasn't supposed to happen, I wasn't fast enough, I guess, what am I going to do?

The tears started again as she walked toward the soft light.

She was almost to the edge of the forest and the gentle glow of the light when she noticed

that there was someone walking beside her. She looked and saw a beautiful white unicorn with a pink and white harness, walking beside her.

"Hello, my pretty unicorn, what's your name?" asked Sadie.

"I am called Sasha," replied the unicorn as it walked beside her, "I see that you are very unhappy; is there something that I could do to help you?"

Sadie was quiet for a moment and then told Sasha what had happened at the old tree and how she needed to get back to tell the Queen. "But I am so big, I don't know if she will even listen to me or know who I am," said Sadie.

"I know who you are, even though you have the size of a human, you are still a fairy. I'm sure that the Queen will know who you are. The witch can change your size, but she can't change who you are. Why don't you climb on my back and I will take you back to the Valley of the Silver Stream and you will see for yourself that what I say is true."

The unicorn stopped walking and Sadie jumped up onto her back. It was just a moment and Sasha ran through, and then out of the dark forest and into the soft light of the evening.

Faster and faster she ran with Sadie on her back laughing as they went along. Sadie had never ridden a unicorn before, it would have been completely different as a fairy anyway.

Her red hair was flying out behind her as was her pink dress and her wings.

On and on Sasha ran and Sadie wasn't sad any more, she was having too much fun. Sasha's white mane was blowing in Sadie's face and that just added to the fun as they hurried toward the Valley of the Silver Stream.

Just as the full moon was rising in front of them, Sasha slowed down. They entered the Valley and Sasha walked right to the fairy ring where the Ring Dance was going on.

The dance had just finished, and all of the fairies flew to the beautiful white unicorn and her rider.

Queen Bluebell landed between Sasha's ears and looked at Sadie who was still smiling from her long ride on Sasha's back.

"Sadie, what has happened to you?" she said, "You have gotten so big; you're as big as a human girl. Did Nardia do this to you?"

"Yes, my Queen," replied Sadie, "I had just delivered the message that you wanted me to

deliver and she caught me and changed me. She said that you needn't worry about her coming back to the Valley, for she never will again."

"Well, that is good news," replied the Queen, "But what are we to do about you? Even my magic isn't strong enough to bring you back to fairy size."

The tears were about to start again in Sadie's eyes when Sasha said, "I think that my magic could make the change, if Sadie really, in her heart, wants to be fairy size again. You remember how much fun we had as we ran through the forest and meadows? You wouldn't have had that much fun in fairy size. Remember the wind blowing your hair and your dress? How good it felt riding on my back? Think about it, Sadie, do you really want to be fairy size again?"

Sadie didn't have to think for even a moment before she answered.

"Yes, I want to be a fairy again, Sasha. Please turn me back into a fairy!"

"So be it, Sadie!"

Sasha shook Sadie off of her back and as Sadie stood there at Sasha's side, the unicorn turned her head and pointed her horn right at Sadie. The tip of the horn glowed a soft white and Sadie felt funny for the second time that day and then wondered why Sasha was so big all of a sudden.

"I'm a fairy again!" Sadie shouted as she flew up into the air and around Sasha's wonderful horn, "Look at me, look at me, I'm a fairy again."

"Thank you, Sasha," she cried, "You have made me what I'll always want to be, a fairy girl, once again. Hooray!!"

All the fairies, including Queen Bluebell, laughed and sang and flew all around Sasha as happy as fairies could be and Sasha tossed her head and neighed as loud as she could, for she was happy too.

It was a happy day in the Valley of the Silver Stream and the Ring Dance continued far into the night.

Nardia was not happy, for what she had meant for harm was changed to good.

She had followed Sadie and the unicorn back to the Valley and had been watching from the trees at the edge of the meadow in which the Ring Dance was held.

"I'll get them!" she growled as she watched the happy fairies and the unicorn laugh and sing and dance around the ring.

"I'll change them all into human size. Then they will see just how much power I have."

Nardia started her chant and the air around her started to glow a dark green color. Not a nice growing green like plants have, but a nasty brownish, yellowy, lumpy green like a nasty fungus on a toe nail. YUCK!!

Sasha noticed the glow right away and she knew just what it was. She left the happy fairies and galloped toward the witch as fast as she could.

As she drew close to Nardia, she lowered her head and pointed her magical horn directly at the nasty witch.

Suddenly, Nardia staggered backwards and then fell down as Sasha came to a sudden stop just above her as she lay on the grass.

"Enough of your evil powers Nardia," announced Sasha as she looked down at the startled Witch, "It's time that you joined your own people again and left the evil power behind."

The horn on Sasha's head glowed a bright blue and a thin beam of pale blue light shined between the horn and the wicked fairy on the grass.

Nardia laid back limp on the grass until Sasha lifted her head and the horn stopped glowing.

Sasha watched her as she changed from the dark gray color, she had been to the tan color of a healthy fairy. Her clothes changed too; they were no longer black and ragged and torn, but the bright yellow of the flower that she had been named for, the Narcissus.

She lifted her head from the grass and a smile appeared on her face. It was as though she had just awakened from a happy dream. "Hi, Sasha," she said, "How are you tonight?"

Sasha smiled a horse smile, all teeth, and answered, "I'm just fine, it's good to have you back, Narcissus. Come and join the dance."

Narcissus jumped into the air and flew into a happy group of fairies that welcomed her back and the dance started once again as the fairies shouted, "Hooray for Sasha the unicorn, hooray for Narcissus, who has come back to us, hooray for a wonderful day."

Gilrund the Historian writes treasure hunt stories for the new children in his church. He loves to watch their expression when they find the treasure chest and realizes that they get to take all of the treasure home. He has been doing this for years in Park County and hopes to keep doing it!

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Mushroom Study Fungi for forest health

by Coalition for the Upper South Platte

The Coalition for the Upper South Platte (CUSP) has reported on our mushroom project in *Ute Country News* for several years. Now in the sixth year of study, the success of using native mushrooms to speed up the breakdown of woody material, chips and slash, is very promising.

If you haven't been following this project, CUSP is studying ways to reduce the environmental impact of forest health projects. We recognize that fire suppression and increasing development in western forests have led to dangerous wildfire conditions. Property owners and land managers have implemented fire mitigation treatments, which result in woody material, including limbs and slash, which is often hard to dispose. When that material can be ground up or chipped it often leaves large quantities of wood chips on the forest floor. The chips themselves can pose a threat to forest health by robbing the ground of sunlight, nutrients, and creating a different type of fire risk.

CUSP North Fork Watershed Coordinator, Jeff Ravage, has worked to test the ability of native mushrooms to break down these wood chips. Multiple partners have participated in the project and dozens of volunteers have donated their time, sweat, and care to get us here.

As one would expect, wood-rotting mushrooms are very good at rotting wood. Millions of years of adaptation has led to their ability to break down cellulose, one of the two main components of wood, along with lignin. These are both highly resilient natural fibers that can resist decay for decades, and sometimes centuries, in the Colorado forests. Over the course of the experiment we have demonstrated the reduction of piles of wood chips into a

rich compost-like material that closely resembles natural humus, something that is in short supply in our surrounding woods. We sought a method of treatment that would require very little effort and basically work on its own.

The mushroom process requires no addition of organic materials, other than the wood chips, and produces essentially no methane gas. Methane is 20 times more detrimental to the atmosphere than Carbon Dioxide per molecule. The Carbon content of the resulting mushroom compost appears to be up to twice the ratio found in standard microbial produced compost. This suggests the potential for carbon sequestration with a natural process.

For the 2020 season the overall goal is to produce a scalable treatment that can be used in forest restoration projects, to reduce mitigation costs and preserve nutrients. We are working to develop techniques and protocols to use fungi to rot the wood in a single-application, reproducible manner that will "kick-start" natural processes and act as a standalone treatment. In order to understand these processes more fully and develop meaningful treatments, we need to repeat our pilot study at an industrial scale. We will focus on separate multi-ton inoculations and the final monitoring of our pilot study.



Jeff Ravage working on the mushroom project in the field.

Large scale chip beds at Chatfield Reservoir and near the Craggs campground on the west slope of Pikes Peak are underway. The information from these tests will be used to create a guide for foresters interested in using the method. Our overarching objective is to have workable myco-restoration treatments appropriate for both pre- and post-fire forestry projects. The use of fungal wood degradation post fire could potentially become a game changer with the ability to recreate lost forest soils and restore nutrients in a rapid timeframe on landscapes where both have been eliminated by wildfire.

Reports on the Mushroom Project and additional information can be found on our website: cusp.ws



Trooper Tips Yielding

by Master Trooper Gary Cutler

The word "Yield" has many meanings throughout the English language. You can yield to the next speaker, or the land can yield food from the garden. But today I bring up yield as in the road sign.

Too often I find that drivers treat a yield sign as a free for all to go through intersections or turns onto other roads without even slowing. A yield sign allows a driver to reduce speed instead of having to come to a complete stop. Call a yield sign a small-time saver. But remember, it doesn't mean you may not have to come to complete stop if necessary, to yield right of way to any traffic on the roadway you are going to cross or enter.

So, when approaching a yield sign it means slowing to a reasonable speed, which allows you the ability to ascertain what is happening in the area. Ask yourself, did you give yourself enough time to accurately see if traffic is coming? Are there any pedestrians using the crosswalks? Do you have an acceleration lane or does it go directly into the lane of travel?

In my opinion a good speed for a yield sign is quite often what I see when someone

rolls through a stop sign. So quick refresher there. Stop at a stop sign, and slow roll through the yield sign if it's safe to do so.

Are you aware that when entering a roadway, that to do it safely and legally, you cannot alter the other vehicles' path-way? This means causing them to slow from the speed they were going. Make sure you can get your vehicle up to the speed limit prior to another car coming up behind you as you enter that new road.

Now let's talk about what to do when an intersection has flashing yellow lights. This is another area I've seen drivers never even slow their speed when going through the intersection. This is highly dangerous. You need to know if the lights have malfunctioned and are showing yellow in all directions or if the road crossing your path is flashing red. Either way, those flashing lights require a driver to slow to a reasonable and safe speed to be able to once again ascertain how safe it is to proceed through the intersection.

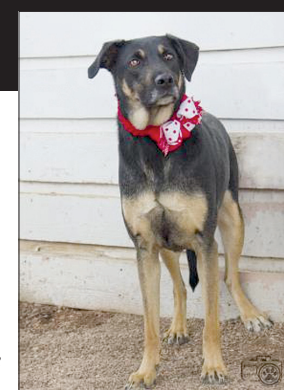
I now yield the floor. As always, safe travels!

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Mountain Mustang Memories Growing together

by Stefanie Skidmore

“Nothing worth having comes easy,” Theodore Roosevelt once said. This applies to a great many things in life, interacting and creating a partnership with once wild Mustangs being no exception. Mustangs are afraid of the unknown, of anything and anyone that does not look like them, act like them and communicate like them. That includes humans, and the concept of ‘stranger danger’ is very real for the majority of the wild horses I meet.

This poses some challenges, not only for me as I gentle these horses, but also for the adopters who often need to earn their Mustangs’ trust all over again. In early 2019 I picked up three young wild mares, between two and four years of age, for gentling. One of them was Spirit, a beautiful two-year-old dun-colored filly who had been gathered from her Nevada home range the previous fall. Spirit was tall and athletic, high-headed and wide-eyed, and definitely an ‘act first, think later’ kind of Mustang. She was both curious and flighty, willing yet afraid, and overall, not an easy wild horse to work with. Whenever fear overrides rational thinking, the outcome can be less-than-desirable and sometimes downright dangerous.

Mustangs are often referred to as ‘living legends’ or ‘part of America’s history’ because many herds have their origins in stock that escaped from early explorers and settlers.

I spread the word about the Mustangs in my care via social media posts and word of mouth. My Trainer Incentive Program (TIP) graduates (i.e. previously wild horses who have learned to accept a halter and willingly follow their handler on a loose lead rope, stand to be groomed, pick up their feet and load into a trailer) have found loving homes with adopters all over Colorado and in half a dozen other states. With out-of-state adopters especially I spend hours on the phone, talking about both their goals and horse experience, as well as about the Mustang they are interested in, to ensure a good fit for both Mustang and adopter-to-be.

One of those adopters is Miriah, a young woman who emailed me one day, inquiring about Spirit all the way from Oregon. At that time, Spirit was still in the beginning stages of the gentling process and not quite ready for adoption. Countless messages were exchanged, and videos of the expressive filly sent to the potential adopter. Having worked with troubled horses before, and being calm and patient yet assertive in nature, Miriah felt that she could handle Spirit who wanted to be sweet but was worried and often quick to react. Miriah met three other criteria that I have found to be crucial to success with Mustangs, regardless whether one is a novice or experienced horseperson. Said criteria are focused, quality time to devote to the horse on a regular basis, open-mindedness, and willingness to step outside of one’s comfort zone in order to learn new things. More specifically, learning to see the world through the eyes of a Mustang, a formerly wild horse who knows the reality of having to either run from danger, or fight to survive and for the resources that enable them to do so.

Adopting a Mustang is so much more than filling out paperwork and sending payment to the Bureau of Land Management. It is more than breathtaking photos



Spirit’s adopter raises dairy goats and takes her Mustang and goats on walks together. The once wild mare is learning that it’s ok to have friends who look different than she does. photo by Miriah Butler

of stallions scarred from countless battles and mares nuzzling their newborn foals, or romantic ideas of a spiritual connection with a wild horse. Mustangs are often referred to as ‘living legends’ or ‘part of America’s history’ because many herds have their origins in stock that escaped from early explorers and settlers. Mustangs are sometimes put on pedestals as wondrous survivors and other times looked down upon as worthless pests. Neither glorifying nor condemning them helps us understand and relate to these once wild horses. Listening to and learning from them, however, opens up the doors to their world and allows us to put our own agendas aside in order to truly connect with a horse that once roamed the ranges of the American West.



Partially gentled Spirit is learning to stand near and eventually step up into the horse trailer. photo by Stefanie Skidmore

Adopting and bonding with a Mustang is a lot of things. It is being frustrated and afraid, vulnerable and open, dusty and sore. It also means exploring and being in the moment together, countless ‘firsts’ as the formerly wild horse learns to navigate our world, and many, many moments of joy about a deepening connection and growing trust. I have stayed in touch with Miriah after she adopted Spirit, a horse she had never met until the hauler she hired brought the mare to Oregon for her. Below is the letter she sent me earlier this year after I inquired about their journey together.

“Last June I stood on the outside of my round pen, grasping the handle of the horse trailer. Ready to swing it wide and let out a horse I’d never met before. Inside the trailer, Spirit stood calmly. She

waited patiently, her soft muzzle peeking out of the sides. Opening the gate, a two-year-old mustang stepped out into the pen. She investigated then walked right up to me. The moment we met, she changed my world. She presented herself with confidence and an eagerness to learn. Even after working horses my whole life, I was nervous about getting a wild mustang. Respecting my ability, I decided to get one that was TIP trained. As the weeks passed Spirit quickly became a part of our family. She really loves our goats and watching them interact I think helped to build her confidence. Every day I would spend hours working with her on everything from ground manners to obstacles. Eventually I was confident enough to be able to take her on hikes with my goats and dogs. I always try to set her up for success, so taking extra time to prepare was worth it. Hiking became a game changer. Spirit is a horse that needs engagement and has a hard time focusing. Long hours walking side-by-side through rough terrain has made our partnership even stronger. There have been many positive experiences, challenges that we overcame, and techniques that we are still improving on. Mustangs are an incredible animal. I believe that there is a beauty behind their history and honesty in their soul. I am grateful that I took on the challenge of working with Spirit. She has refined my horsemanship skills and made me a better person. I now realize that this horse is a reflection of me. There is a role that everyone can play in the life of a mustang. It does not have to be just by adoption, it can be as simple as sharing an inspirational story. Brand the Trail.”

‘Brand the trail’, ‘ride the brand’, and ‘demand the brand’ are phrases commonly used in the Mustang community to communicate support and love for these American icons. ‘The brand’ is a reference to the freeze brand that identifies wild horses who have been removed from the range by the Bureau of Land Management. Although their journey together has not always been easy or free from bumps along the way, Spirit has since been started under saddle and boldly carries Miriah on adventures through the mountains near their Oregon home.

Stefanie Skidmore is a Mustang trainer and advocate located in Guffey, Colorado. Her website is stefanieskidmore.com. To learn more about her work with wild horses, about adopting your own Mustang or for help with a horse you already own, you can contact her via email at stefanie@stefanieskidmore.com or call/text her at 719-377-8587 (cell).

Every vote matters National Popular vote for president gains steam

by Louise Peterson

All Americans should have a voice in our presidential elections and every vote should matter. Millions of Americans, whether they live in rural, suburban, or urban areas, are totally irrelevant when it comes to presidential campaigns. That would change under a national popular vote. Coloradans should vote Yes on the National Popular Vote ballot measure this fall to make sure all of our voices matter when choosing our president.

The 2020 presidential campaigns are not on hold as we all work to get through the coronavirus. The campaigns and their supporting groups are already building outreach organizations and spending millions of dollars in Pennsylvania, Florida, Michigan, Wisconsin, and North Carolina; but not Colorado.

That’s because Colorado has joined the vast majority of states considered to be safely red or safely blue for the purposes of presidential elections. In fact, for the 2020 election 8 states at most — just 8 out of 50 — are considered swing states. Voters living in those swing states are the only states the presidential candidates will focus on and spend millions to win.

Colorado does not have much in common with rural states like Vermont or South Dakota, small states like Rhode Island, or bigger states like Ohio. The presidential campaigns lump us together with them and most other states though. We all happen to be irrelevant.

Our current system for electing the president awards every state’s Electoral College votes to the winner of the most popular votes within that particular state. It is called the “winner-take-all” system. That works out well for voters who live in closely contested swing states as well as voters who are in the majority in every other state. It does not work well for millions of Americans whose votes are simply tossed aside.

Some say the winner-take-all system benefits rural communities. Before accepting that assertion, ask yourself how many times a presidential candidate has campaigned in or built outreach organizations during the general election in rural states like North Dakota, Kansas, or Oklahoma? Also ask how it has worked out for the

In reality, the winner-take-all system does not really benefit anyone and hurts the country.

majority of rural Coloradans (including Park County) who voted for the Republican presidential candidate since 2008. All of those Republican popular votes — over 3.5 million — have resulted in zero electoral votes from Colorado.

Others say the current winner-take-all system actually benefits urban areas. Tell that to the majority of voters who live in blue cities within red states. Everyone who wants to vote for the Democratic presidential candidate in Jackson, Mississippi or Salt Lake City knows that vote will be irrelevant.

In reality, the winner-take-all system does not really benefit anyone and hurts the country. Presidential candidates have to focus only on getting the majority of votes in swing states, and then govern in a way that will get those votes again in their quest for re-election. Most Americans are left out of that process.

It doesn’t have to be this way. The United States Constitution specifically enables states to choose how their Electoral College votes will be allocated. Colorado recently joined 15 other states in deciding its Electoral College votes should go to the presidential candidate that wins the most popular votes nationwide. Other states must come on board before that agreement goes into effect, but once that happens it will change the way our presidents are elected and govern for the better.

Coloradans will get a chance to approve our membership in the national popular vote during this fall’s election. If you believe every vote should be relevant and that the presidential candidate that wins the most votes nationwide should win the presidency, you should be a Yes on the National Popular Vote.

Where is Katee this month?

COVID 19 has affected many families. Katee is asking for your help to her keep her canine and feline friends at home with their families by making a donation to the Pet Food Pantry. Stability is important and having their “Best Friend” to still hug is critical.

You can drop off donations at the UPS Store located in the Safeway Shopping Center or at TCRAS. You can also donate on line, www.Pet-FoodPantryTC.com. Thank you for your support.

We try to make sure that we send a Thank You card or email to everyone that donates. Sometimes we are not able to associate an email or address to the person making the donation. Please be aware that your support is greatly appreciated! Enjoy the 4th of July!

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Meet 13-week-old Moo and Snuggles, Chihuahua mix males, weighing in at only 5 pounds apiece. Neutered in late June and available for their forever home about July 7. They can be adopted together or with another small dog in the home. They play all day, are outgoing, up and down happy pups! To meet this cute pair, call Aileen 719-587-woof (9663).

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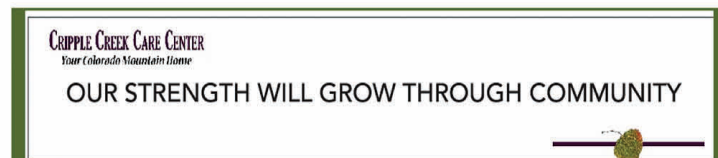


A 5-STAR COMMUNITY



Our residents all ready to watch the CC/V graduating class of 2020!!! Congratulations Seniors!!!

We had the pleasure of being able to assemble outside and show the Cripple Creek/Victor graduating class of 2020 our love and support while they did a celebratory parade throughout Cripple Creek. The residents were so excited to be a part of this! You can view the video on our Facebook page!!!



We will have a banner put up along the fence near our front entrance for the entire month of July. We would really love to have our community come together and show some support for our wonderful caring staff who have went above and beyond during this pandemic. There will be markers, sanitizing wipes and gloves located next to the banner. Please come and write a little note or just a simple thank you

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Teller County Farmers Market Update

by Judy Crummett

The Woodland Park Summer Farmers Market opened, June 5, at 8 a.m. Unless something causes a change, it will be held each Friday from 8-1 p.m. through Sept. 25, 2020.

Due to the COVID19 public health crisis, and various city, county and state mandates in connection with public gatherings, and in order to maintain the safety of vendors, volunteers and customers as best as possible, this Summer Market will be very different than we all anticipated, expected, and desired.

The Summer Market will be scaled down to about half the usual number of vendors each week. Participating vendors will be limited to food and produce. The scaled-down market will be a "back to our past" Street Market, on Henrietta and Center Streets, next to Memorial Park. Memorial Park itself, as well as its bathroom facilities, will remain closed, according to the City of Woodland Park. One disabled-access porta-potty and one hand-wash station will be provided at the Market by TCFMA. Market Bucks will be available, as will SNAP; however, for now we will initially be unable to offer Double Up coupons.

There will be no entertainment, no on-site food consumption, no "hanging out." You may see unfamiliar barricades: please honor them. There will be an increased law

enforcement presence to help with traffic and crowd control if needed for any reason. Social Distancing of six feet by all present is required, particularly while waiting at Market booths; empty spaces will be left between booths to accommodate this. Vendors, volunteers and staff will wear masks and gloves at all times; customers are strongly urged to do the same. We believe the Farmers Market, as an "essential business," is not subject to limited numbers requirements, and open-air gatherings are thought to be safer than those in enclosed spaces, but we are still required to adhere to social distancing, masks and gloves, and we need to be sensible about precautions.

To our customers, as in May, vendors' contact info will be prominent on our website. Customers are urged to preorder. Vendors will pre-bag your items to hand off to you at the Market. If restrictions are relaxed and Public Health Orders are changed for August-September, we will let the community know. Our vendors are looking forward to serving you as they have done for 30 years. We and they welcome all in our community and thank you in advance for keeping it an open, safe, peaceful, apolitical venue for all.

The TCFMA Board appreciates the support of the City of Woodland Park and our community and thanks you all in advance for your compliance and your patronage.

Teller County Assessor is open!

by David K. Simmons

The Teller County Assessor's Office is open and available at the Teller County Courthouse, Cripple Creek Colorado for phone calls and walk-ins from 8-4:30 p.m. We're limited to three customers in our office at any time; however, there are chairs available in the courthouse lobby if we have reached capacity. In addition, your Assessor's office started field inspections the week of June 15, 2020. These inspections are for 2019 - 2020 new construction and residential sales that have occurred between July 1, 2018 through the current date. Please note that home inspections are exterior inspections only. If we have left an assessor hanger on your door, we would like to confirm the sale with you via telephone in order to ensure we have your property characteristics correct in our county system and to maintain appropriate social distancing. We'll strive to publish a schedule of the areas we will be working in on Fridays preceding the following week of inspections. If you have any questions, please call your Assessor's office at 719-689-2941. Thank you.

Little Chapel Food Pantry

Golf tournament is cancelled

by Ken and Judi Hesselberg

Little Chapel Food Pantry is sad to announce that we will not be able to hold our golf tournament this year. Because of the uncertainty of this summer due to the virus, we decided the wisest thing to do would be to wait until next year when things will be safer and more stable. We would like to thank last year's sponsors and invite all of you to plan ahead for the second Monday in June 2021 for our next tournament!

Thank you to:

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Mountain Pump Service, Edward Jones (Brian Watkins), Foxworth-Galbraith, Mountain View Methodist Church, Vanguard Skin Specialists, Woodland Park School District, Vectra Bank, and Frank Gundy (American Family Insurance).

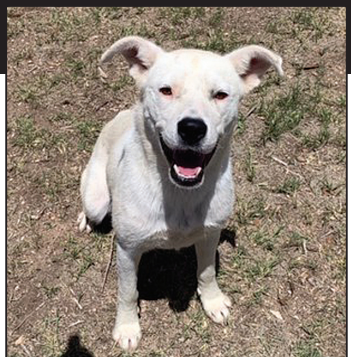
For anyone who paid to sponsor a team this year, please contact us and let us know if you would like us to hold the sponsorship till next year or if you would like to have your sponsorship money returned to you. Please contact us at littlechapelfoodpantry@outlook.com or 719-322-7610 Thank you to all of you and we will see you next year!

Adopt Me by AARF

Genesis

Genesis is a loving, amazing, young, white lab. She is between 1 and 2 years old and weighs about 35-40 pounds. She loves kids, other dogs and walks well on a leash. She is a real lover; ready to bond with her new person! To set up a meeting with Genesis call Dottie at 719-748-9091.

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Musings Along the Way Racism

by Catherine Rodgers

"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word." — Martin Luther King, Jr.'s acceptance speech for the Nobel Peace Prize December 10, 1964.

My daughter and I remember the first time I slapped her upside the head and washed out her mouth with soap. She was about 8 years old, attending CC-V Cresson Elementary, when she announced no school Monday for "National Nigger Day." The slap was a totally unconscious reflex, not one I'm particularly proud of. After we calmed down, I asked her if she even knew what the word meant. She admitted she didn't; she'd just heard the other kids saying it. I don't think she's ever used a word she doesn't understand since.

The really odd thing is that, when she was welcomed to the world, the first face she saw was a black nurse. For about a year she would reach out her arms to embrace any black woman in the grocery store. Later we had other discussions when she didn't want any brown-haired Latinas dancing on "her team," only golden-haired ones like herself — this despite her beloved daycare mom being Latina. At Y.O.U. her favorite mentors were two lovely black women, friends still. We moved around quite a bit. I believe that such exposure to diverse mentalities and cultures has helped shape us to be inclusive persons who recognize the God-ness within each of us.

"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

— Nelson Mandela

I wanted to share the treasures of my childhood with her. We agreed to stop "Gone with the Wind" after a few scenes due to the abuse. Watching "South Pacific" together, I was flabbergasted by my indebtedness to Richard Rodgers! I grew to be a Francophile, visiting islands and living in a tropical paradise. I know in my bones "You've got to be carefully taught":

*"You've got to be taught to hate and fear
You've got to be taught from year to year...
You've got to be taught to be afraid
Of people whose eyes are oddly made
And people whose skin is a different shade
You've got to be carefully taught."*

Today my soul still sings Happy Talk, "if you don't have a dream, how you gonna

have a dream come true?" These times we're living through are such an opportunity to revisit old beliefs, clean out old wounds, question "the way it's always been" and bring forth the dreams our souls came to realize. For me the murder of Medgar Evers 6/12/63 and the Selma Marches; the assassinations of JFK 11/22/63; MLK Jr. 4/4/68; RFK 6/6/68; Fred Hampton and Mark Clark 12/4/69; beaten and gassed as a guest at the Chicago Hilton during the police riot in 1968 were traumatizing events that galvanized me to reject war and racism. Today the band aids and blindfolds are being ripped off the persistent persecution and murders of men and women for the crime of being black, or brown, or red, or yellow, to say nothing of gender. This is what healing soul sorrow looks like: refusing to accept unequal justice and oppression perpetrated against those "different." Different from whom? Are we not one?

As Albert Einstein said, "I am not only a pacifist but a militant pacifist. I am willing to fight for peace. Nothing will end war unless the people themselves refuse to go to war." For years I have railed against the status quo: our friends coming home crazy, damaged or dead from wars for oil; the criminalization of color, migration and poverty; and especially the desecration of our sacred lands. Some say seeds of change were planted in the '60s and '70s. For me yeast is a more apt description of the way indivisible shifts in awareness permeate the entire body politic, rising, being beaten down to rise again. Baked in the fires of rage, we emerge the staff of life.

As Albert Einstein said, "I am not only a pacifist but a militant pacifist. I am willing to fight for peace. Nothing will end war unless the people themselves refuse to go to war." For years I have railed against the status quo: our friends coming home crazy, damaged or dead from wars for oil; the criminalization of color, migration and poverty; and especially the desecration of our sacred lands. Some say seeds of change were planted in the '60s and '70s. For me yeast is a more apt description of the way indivisible shifts in awareness permeate the entire body politic, rising, being beaten down to rise again. Baked in the fires of rage, we emerge the staff of life.

I learned to pray, "Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon..." How can I or anyone overcome powerlessness to effectuate real change? Transform conditions unacceptable to our very Being? One guide along the way has been Louise L. Hay, "Change your thinking, Heal your Life." She writes, "No person, no place and no thing has any power over us, for 'we' are the only thinkers in our mind. When we create peace and harmony and balance in

our minds, we will find it in our lives."

When I needed "a roadmap while traveling through the unfamiliar inner roads to reach the central valley of the fully aware mind where you can peacefully camp out," (Lama Kunga Rinchope, Introduction to *Drinking the Mountain Streams*, songs of Milarepa), I wandered into the black hat ceremony of the 16th Gyalwa Karmapa. Among my innumerable blessings this teaching of the Buddhist school of compassion provides a direct transmittal of sacred transformation. I am not a very good Buddhist and I do my best to walk the formless path through illusionary chaos.

Whenever we try to fix outside conditions, a host of other unanticipated problems spring up. How do we escape the cycle of blame and right/wrongness? Thaye Dorje, 17th Gyalwa Karmapa, says: "As human beings, during our hundreds of thousands of years of existence, we have developed countless religions, philosophies and political systems. All of these systems have been based on various sets of rules and laws, which are originally intended out of goodness, but nevertheless, when it is a case that they are not well understood, well-practiced or well-taught, then problems like the ones we are seeing at the moment will always continue to arise..."

"So if non-violence is ...presented in the form of laws or rules, then it doesn't really work. Because although laws do have their own quality, the problem is that we see laws as absolute, as 'it', and then, right there and then, we have failed. Not to say that Buddhism is the way, but according to Buddhism we always focus on this practically uncatchable factor: that form is emptiness and emptiness is form. And there we have the answer. So there is a good reason why Buddhism talks about non-violence from the perspective of the inseparability of form and emptiness: because it is not about commandments."

Like the yin-yang symbol, transformation of consciousness seems to me to be the most effective way to create lasting change. Having power over our own minds, we discover freedom which no one else can give us or take away. Where is the still point? Where thoughts are absolutely calm, the mind quiet, we can realize the as-it-ness of the spontaneous, self-creating, moment by moment cosmic Reality. From realization arises right action.

"It is like clouds rising in the sky: suddenly there, gone without a trace. And it is like drawing a pattern on water: it is neither born nor passes away. This is cosmic peace and eternal rest. When it is enclosed, it's called the matrix of the realization of suchness; where it emerges from the enclosure, it is called the cosmic body of reality."

— Ma-Tsu

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Currant Creek Characters VIII

Benders and Hammonds final chapter

by Flip Boettcher

The death of his father, John Bender in 1902, probably brought Martin back to the Bender Ranch on Currant Creek, perhaps leaving Elk Smith to take care of the property at Eldred.

A February 1903 *Flume* article reported that Mrs. Annie Bender of Hammond was in Fairplay on business. According to Doug Stiverson, Annie's great, great grandson, Annie probably leased the ranch to her son Martin and maybe Elk Smith.

A March *Flume* article stated that the Martin Bender and Hardy Adam's families were in Fairplay the first of the week and reported that stock in the park is thin in flesh but strong and with no severe storms from now on will pull through 'til grass comes, in pretty fair shape. Martin's sister Hannah Elizabeth married Hardy Adams in 1897. In November 1903 Martin and his uncle Hank Hammond are listed as Park County jurors.

Sadly, tragedy strikes, and in March 1905, the Martin Bender family contracted scarlet fever and both Myrtle, six years eleven months, and Josephine, three years seven months, died about the same time. A week later, March 25, Martin died as well. All three are buried in the Currant Creek Pioneer Cemetery.

An April 7, 1905 *Park County Bulletin* article reported that Mrs. Martin Bender of Currant Creek was convalescing from scarlet fever. County physician Dr. Dunkle would go down from Fairplay to fumigate the premises and raise the quarantine. Mrs. Bender is the only surviving member of the family of four. "The fatalities of the family form one of the saddest cases in the history of Park County. The Benders were rated as one of Park County's best families."

An April 7, 1905 *Flume* article stated



A family portrait. Josephine, Inez and Myrtle Bender shortly before the two girls died of scarlet fever in 1905. Martin also died a week later and they are all buried in the Currant Creek Pioneer Cemetery. Inez survived. photo courtesy of Doug Stiverson.

that shortly before the quarantine was lifted at Martin Bender's house, Sheriff S.W. Packer went to Guffey to prevent a threatened break of the quarantine there by a Guffey saloon man named Elk Smith, a partner of Bender's. Smith told health officer Dr. Dunkle that "Mrs. Bender would be moved to Cañon City on a certain date whether the _____ quarantine was removed on or before that day or not. Mr. Smith will receive a rude awakening unless he promises to be good in the future."

An April 14, 1905 *Flume* article stated that the popular yearly Guffey masked ball, which everybody and friends were expected to attend, had been canceled due to scarlet fever in the area.

Martin Bender left a \$4,000 Northwestern Mutual life insurance policy to Inez who survived the scarlet fever and on January 31, 1906 married Elk Smith.

According to Stiverson's great uncle George Bender Adams (1899-1983) Elk Smith rode with the Rough Riders in Cuba. Elk's military record lists his cavalry service from May 1, 1898 to October 1898, which would be the time the United States had operations in Cuba.

Uncle George also described Elk as a "rough, tough fireplug of a man, not one to be crossed."

In 1908 Annie Bender sold the ranch to Elk and Inez Smith and moved to Mesa, Colorado to be with the remainder of her family and help raise her grandchildren. On October 22, 1910, the day before her 66th birthday, Annie died of cancer at her daughter Mary Catherine's home. Annie is buried next to her husband John in the Currant Creek Pioneer Cemetery.

Elk Smith sold the Bender Ranch to D.H. Wilson, Park County sheriff, in 1916. Elk died in 1944 and Inez died in 1956 in Cañon City and both are buried in the Lakeside Cemetery.

During the following years there were a number of owners who kept the ranch two or three years before selling out. The only one of note was Harry Epperson, who wrote *Colorado As I Saw It*, who leased the ranch for a time in 1933.

Around 1950 Claude Eli Moore (born in 1906 in Oklahoma) and his wife Gracie bought the ranch and sold it to Claude's nephew Tom Moore and his wife Barbara in 1964.

Tom and Barbara owned the ranch for almost 40 years, a little longer than John Bender had lived there. The Moore's sold the ranch in 2003.

According to Barbara, they tried to keep the old historic buildings from falling down. The big old pony express/stage stop barn had a lot of old names carved on the inside and was still standing when they owned it.

Barbara remembers a picture of the ranch house dated 1875, which Bender had



The Currant Creek Pioneer Cemetery. The wrought iron fence on the left surrounds the grave sites of Hannah Hammond, Henry Taylor, Annie and John Bender. Hannah's headstone has fallen down behind the pine tree, which was not there then. The wrought iron fence on the right surrounds the grave sites of Josephine and Myrtle Bender and Martin Bender with a space between for Inez, but she is buried in Cañon City. photo by Flip Boettcher.

started building. It took Bender 10 years to build the house, which he finally moved into in 1885, according to the newspaper article. There were two fireplaces, one in the kitchen and one in the living room. Barbara remembers Tom replacing the chimney bricks to help prevent chimney fires. There was also a porch off of the kitchen facing the highway. The Moore's added the room on the back of the house.

The walls were covered with a kind of chicken wire, a mud like cement and covered with oilcloth. The Moore's had to remove most of that and replace it because it was all crumbling away.

The roof was wood shingle construction. There was a hand dug well on the front porch for water. There was a kitchen sink with a hole in the floor underneath and a bucket below that had to be emptied every so often. The Moore's put a cistern upstairs for gravity fed running water, but there was no electricity when the Moore's moved in. Barbara thinks that Gracie probably first painted the wooden house and Tom and Barbara painted it white. Today it looks like it is light beige.

The Moore's sold the ranch to Curtis Brown of Texas in 2003 and moved to Oklahoma for five years and to Oregon where they have been now for 11 years.

Sometime after Brown bought the Moore Ranch, he said that the big old stage stop barn had rotted and fallen down.

John Bender built to last. The 145-year-old main house is still standing today and in good condition, complete with solar panels and wind turbines. Hannah Hammond's small homestead cabin is still standing too, but not occupied. I believe that Brown still owns the ranch and rents it out.

Doug Stiverson's great, great, great grandma was family matriarch Hannah Hammond and Stiverson is a fifth-generation Coloradoan living in the Denver area. Stiverson calls the Bender and Hammond experience in Park and Fremont Counties very successful. Everyone seemed to be upright citizens with good intentions. John Bender's financial success was well known. Bender's time on the "frontier" was certain-

ly helped along by the two strong women in his life, wife Annie and mother-in-law Hannah Hammond. Bender's brother-in-law Hank Hammond's nearby land holdings helped both of their successes.

Annie's brothers George, Hank and Bill Hammond and her cousins Henry H., Elijah and George Hammond, most likely came to Colorado because of John and Annie's success here.

The CCPC is located in a pretty setting north of Guffey off of Colorado Highway 9 on private property. It overlooks a draw with part of the roadbed of the old Currant Creek Wagon Road.

One wrought iron fence surrounds Martin Bender and his daughters Myrtle and Josephine's gravesites. There is room between Martin and the girls for his wife Inez, but she is with Elk Smith in Cañon City. Martin's headstone reads: "Bright in heavens jeweled crown, they shine forevermore." Myrtle and Josephine's joint headstone reads: "Farewell dears, but not forever: there will be a glorious dawn."

Another wrought iron fence surrounds the gravesites of Hannah Hammond, Henry Taylor and John and Annie Bender. Hannah's headstone reads: "Well done thou good and faithful servant." Henry Taylor's headstone reads: "The praise of those who sleep in earth, the pleasant memory of their worth; The hope to meet when life is past, shall heal the tortured mind at last." John Bender's headstone reads "Farewell dear but not forever, there will be a glorious dawn; We shall to part no more." Annie's headstone only has her dates: 1844-1910.

William H. Beery's two children, James C. 11 years, and Julia A. 6 years, are also in the cemetery along with Jane and William Lloyd and their 1-year-old son William and daughter Margaret. Their other daughter, Ida, married Elijah Hammond and both are buried in the Lakeside Cemetery in Cañon City.

There does appear to be some other gravesites in the cemetery, one marked but unreadable and one unmarked plus two older ones. Sadly, we will probably never know who they were.



Pharmgirl Uprooted

Desert terror

by Peggy Badgett

The water bottle fell from my shaking hand and noisily rolled over a rock. It came to rest under a prickly shrub. I held my breath and clamped my lips shut to prevent a scream from escaping. Seconds dragged by. A flowering cactus stood inches from my injured shin, but I didn't budge. The sun beat harshly on the four of us, frozen in place. My heart pounded so loudly I wondered if everyone could hear it. A cicada buzzed nearby. Red cliffs towered impassively above us. Subdued colors, from mustard yellow to bitter orange, set off vibrant spring wildflowers. Far above, two ravens playfully drifted and rolled through the thermals. This was supposed to be fun. Fun?!

My son Alex murmured something, but after years of punishing my ears with loud eighties rock music, I didn't hear him. I slowly turned my head and raised my eyebrows. Alex pointed to my left. A second pair of lidless amber eyes gazed at me from an angular head of mosaic-patterned skin. Its delicate forked tongue slid out, then back. One Western rattlesnake coiled in front of us, and the second stretched directly across the path from me. We were either in the middle of a reptilian stand-off or were on the menu as a late afternoon snack. The cyclist that had passed us only to immediately throw his bike down and leap onto a rock motioned us to be quiet. If not for him I probably would have rolled right beside the first predator, offering deliciously juicy calves for its sharp fangs.

I shivered, suddenly cold at the thought of venom coursing through my body. We were miles away from our vehicle, and even farther from any kind of medical help. I knew without looking my cellular phone had no service, and I was too terrified to rummage

through my backpack to find it anyway. The single-track terrain had already been enough of a challenge for a newbie like me. Why had I allowed my son to talk me into taking up this sport in my late fifties? My life insurance policy wasn't worth that much. Knitting couldn't possibly be this dangerous, although the needles were rather pointy. But here we were, riding through Oil Well Flats, a course obviously not designed for middle-aged fearful mothers. The sight of my son and his friend Anna skillfully navigating obstacles was scary enough. The area was anything but flat. I had yet to see an oil well. Visions of broken bones and stitches danced through my head as my death hold on the handlebars tried to keep both knobby wheels on the path. The trails had been treacherous enough. Now we had to face poisonous snakes?

I should have tried harder to convince Alex that cruising the quiet gravel roads surrounding my neighborhood would have been more enjoyable. There, the turkeys, coyotes and waddling badgers ignored anyone pedaling by and went about their daily wild lives. The only annoyances were the turkey vultures who hovered over the steeper hills hoping my heart would explode, and provide them with a yummy cyclist snack. Alas, my son prevailed. It would be cool he said. Good practice he said. But in the first two minutes of our adventure I had crashed onto a sharp outcropping, adding another contender for bragging rights for the best scar on my right leg. I glanced down at the congealed dark cut, and hoped the scent of blood didn't provoke reptiles.



Finally, after what felt like hours, both snakes dismissed us with final flicks of their tongues and slipped quietly back into the brush. The four of us collectively breathed a sigh of relief, and we all climbed back onto our saddles. At least the rest of the journey was downhill. I only had to hop off my bike and walk a few times, furtively looking around before stepping to make sure no slithering creatures were nearby. I seriously contemplated kissing my truck when we finally reached the parking lot, but settled for hugging Alex and Anna instead. In spite of the difficult challenge, parts of the ride had actually been enjoyable and confidence-boosting. Funny how roles change over time. My son was now the one reminding me I could do anything I set my mind to. Even though mountain biking seemed crazy at times, the sport definitely suited me more than horse-shoes or shuffleboard. Maybe someday I'll act my age. Or not. In the meantime, I'll dust off my first aid training book.

Peggy Badgett lives near Guffey Colorado. She is a retired pharmacist, author of two books (The Rooster in the Drive Thru and Romancing the Bike both are available at Shipping Plus in Divide), artist and avid adventurer. Her website is coloradopharmgirl.com, email is coloradopharmgirl@gmail.com.

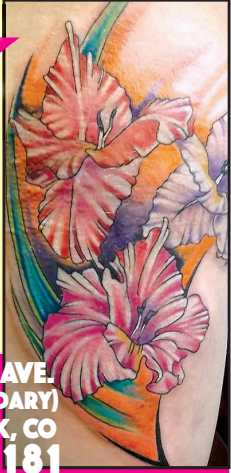
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Rampart Library District Reopening!

by Catherine Shepherd,
Florissant Public Library Manager

The Rampart Library District is excited to announce our reopening to the public on Wednesday, July 1. Patrons will be able to come inside to access computers and browse for library materials. We encourage patrons to continue to practice social distancing and wear a face mask while in both libraries.

Out of necessity, some of our services have changed. Our computers are available for public use; however, access and assistance will be limited. Curbside delivery service will be available to our at-risk patrons during regular business hours. We are able to receive items from other Colorado libraries. Patrons with library cards in good standing may reserve any available item in our catalog. Unfortunately, we are unable to schedule public meeting room use, and we cannot accept donations at this time. The Pikes Peak Workforce Center at the Woodland Park Public Library is not open at this time.

Library programs and summer reading have gone virtual! Summer reading is from June 1-Aug. 31. Our talented staff has created virtual booktalks, craft videos, story times, a bookmark contest, a pet photo contest and more. You can access all of our virtual programming and the summer reading game boards at www.rldvirtualprograms.weebly.com.

The Rampart Library District thanks our communities for their patience and support during our closure. We look forward to seeing you in our libraries. For detailed information and library hours please visit our website www.rampartlibrarydistrict.org or call 719-748-3939 for the Florissant Public Library, 719-687-9281 for the Woodland Park Public Library.

The Animals Around us: A spoken word evening with Craig Childs

The Collegiate Peaks Forum Series will present "The Animals Around Us: A Spoken Word Evening with Craig Childs" via Zoom video conferencing at 7 p.m. on Thursday, 30 July 2020. For information on participating in the lecture via Zoom, please visit www.collegiatepeaksforum.org and open the Lecture Schedule tab for Zoom instructions and password. Participants new to Zoom should connect using the link on this Collegiate Peaks Forum Series page ahead of time. Those who have not used Zoom before will need to download the Zoom software. It is not difficult, but it will be best to try the link prior to the lecture to make sure that connections are smooth. As with Collegiate Peaks Forum Series physical lectures, participants will have an opportunity to ask questions at the end of the lecture.

The world beyond us is made of tracks and scents on the wind. Skittering, burrowing, and flying things are everywhere. How often do we see them? This evening will be an exploration of the animal world, including encounters with animals from bears to mountain lions to ravens by Craig Childs, a natural science, archaeology, and wilderness writer.

Craig Childs has published more than two dozen books of adventure, wilderness, and science, including *House of Rain: Tracking a Vanished Civilization Across the American Southwest* (Back Bay Books, 2008),



The Secret Knowledge of Water (Back Bay Books, 2002), and *Animal Dialogues: Uncommon Encounters in the Wild* (Little, Brown, 2007). His most recent book is *Virga & Bone: Essays from Dry Places* (Torrey House, 2019). He has won the Orion Book Award, the Galen Rowell Art of Adventure Awards, the Spirit of the West Award for his body of work, and thrice the Sigurd F. Olson Nature Writing Award. He is contributing editor at *Adventure Journal Quarterly* and his writing has appeared in *The Atlantic*, *Outside*, and *The New York Times*, the latter calling Childs "a modern-day desert father."

An Arizona native, Childs grew up

between Arizona and Colorado, the son of a mother hooked on outdoor adventure and a dad who liked whiskey, guns, and Thoreau. Childs has worked as a gas station attendant, wilderness guide, professional musician, and beer bottler; he is now primarily a writer and father. He lives off the grid just outside Norwood, Colorado, at the foot of the San Juan Mountains.

Please join us for this enlightening, free lecture! The Collegiate Peaks Forum Series, now in its 18th year, is a free lecture series with presentations in Leadville, Buena Vista, and Salida. This event is co-sponsored by GARNA. FMI: CPFS, visit www.collegiatepeaksforum.org.

~OUT AND ABOUT~

Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7587 or email us at utecountrynewspaper@gmail.com.

Readers: Given COVID-19 information changes daily, we encourage you to follow the most recent guidelines provided by the CDC (cdc.gov) and your county's health department. We recommend calling ahead to get the most current information. Also, were you expecting to see your event listed below but didn't? Please email utecountrynewspaper@gmail.com so we can get it cleared up before August.

BUENA VISTA

• BY HOPE is meeting by Zoom the third Friday of each month at 3 p.m. To get the link, go to bvhope.org and send an email requesting the link.

CAÑON CITY

1 Free Legal Clinic at Cañon City Library 2-5 p.m. Call 719-269-9020 to be added to the sign-up sheet.

CRIPPLE CREEK

ASPEN MINE CENTER

We are providing services but the facility is locked; clients know and we allow access depending on need from 9-4 p.m. Monday-Friday. Department of Human Services is seeing clients as needed, our emergency food pantry is available, clothes closet and showers available, client services by appointment, senior services one client at a time, generally Tuesday and Wednesday from 10-2 p.m. Most other partner agencies are available virtually and by appointment. Commodities is on a drive through basis the last Friday of each month from 9-2 p.m. Calling to see what services are available is best 719-689-3584 ext. 102.

• Homestead Museum opens July 4, noon-4 p.m. Open Fri-Tues. FMI 719-689-9090.

DIVIDE

COMMUNITY PARTNERSHIP

• GED Testing Center has extended hours. Please see times and register at ged.com or contact Katy@cpteller.org.
• Cooking Matters for Families 19 a.m. Contact Sara to get the Zoom link sara@cpteller.org.
• Playgroup with Jackie Mondays and Wednesdays 10 a.m. via Facebook live — <https://www.facebook.com/playgroupndivide/>.

6 Food Storage and Kitchen Safety 14 Snacking

21 Kids in the Kitchen

28 Virtual Store Tour

• Virtual Yoga with Leah Mondays 9 a.m. Contact Sara to get the Zoom link sara@cpteller.org.

• Playgroup with Jackie Mondays and Wednesdays 10 a.m. via Facebook live — <https://www.facebook.com/playgroupndivide/>.

7 Crossroads: Parenting and Divorce 4:30-8:30 p.m. viz Zoom.

Contact Amy@cpteller.org.

16 Parent Advisory Committee 5-6 p.m. viz Zoom. All are welcome. Contact Amy@cpteller.org.

FMI: 719-686-0705.

FAIRPLAY

South Park City Museum is finally open 9-7 p.m. (ticket of-

face closes at 6 p.m.) Best times to come are 9-5 p.m. Masks and 6 feet distancing are required for us to remain open. See you soon!

FLORISSANT

GRANGE

7 & 21 Quilt of Valor Guild quilter's meeting. All quilters are welcome to join us.

11 Wire Wrap and Basket making class 9-noon. This class is by reservation only so that we can follow the Governor's mandates for indoor activities. We can have 10 people in the class so make your reservation today. FMI or to register: 719-748-5004.

LIBRARY

9 Free Legal Clinic 3-4 p.m. Call 719-748-3939 to be added to the sign-up sheet.

LAKE GEORGE

LIBRARY

• Curbside service is still available! Call or email if you are interested or have questions about how it works. Head over to the Park County Library website (ParkCounty.Colibraries.org) and check out the new changes under the Lake George Tab. There are new books and movies there, as well as how our Curbside Summer Reading Program will work, and a list of Summer Reading Program Books! FMI 719-748-3812 or LakeGeorgeLib@parkco.us.

SALIDA

8 Free Legal Clinic 2-5 p.m. Call Salda Regional Library 719-539-4826 to be added to the sign-up sheet.

Happy 4th of July!



While many July 4th fireworks shows have been canceled due to the Covid-19 pandemic, some communities have found creative ways to still put on their shows. This includes watching from your cars, like Cripple Creek and Woodland Park. Check with your local officials to see what they have planned.

WOODLAND PARK

26-31 Peak Art Adventure — Call for Artists. Benefits three organizations in the Nonprofit Cooperative of Teller County. This event features plein air painting, art classes, an art walk and more! Social distancing exercised. Cost is \$45 for the passport. FMI: <https://artpassport.eventbrite.com>.

26-31 Peak Art Passport. Buying a passport supports three organization in the Nonprofit Cooperative of Teller County. Buy your passport to be part of

the weeklong adventure! The passport gives you the option to participate in at least one daily activity during the five-day art extravaganza. Social distancing is exercised. Cost is \$45 for the passport. FMI: <https://artpassport.eventbrite.com>.

DINOSAUR RESEARCH CENTER

4 Military Appreciation Day

9-6 p.m. One-half off regular admission with active or retired Military ID.

11 Outdoor Summer Day Fun 9-3 p.m.

Make your way to our outdoor plaza for our annual DRC Summer Day Fun! It's fun for all ages with face painting, jewelry artwork, good food and so much more. Check our website for a

list of vendors.

18 & 19 Trains, Trains, Trains! Sat 10-4 p.m., Sun 11-3 p.m. The PPNP Model Railroad Club will be here with a great opportunity to learn about model trains. Bring your camera and join us for this very fun and unique event. FMI: www.mndrc.com.

VEHICLE TOUR

4 WP Wind Symphony was unable to rehearse or perform at WP's Olde Fashioned 4th of July Celebration and wanted to do something for the community in accordance with social distancing mandates. They and the WP Olde Fashioned 4th of July Committee have created a contest for home owners to decorate their homes for the 4th of July. The home addresses of the winners will be posted on their website July 3: www.woodlandpark-windsymphony.com. Check the web and devise your own tour to see these beautifully and patriotically decorated homes!

VIATELEPHONE

• Support Groups for Caregivers in Central Colorado. The Dementia Caregiver Support Groups meet on an ongoing monthly basis and are for family or friends who have a loved one with Alzheimer's disease or another form of dementia at any stage of the disease. The groups are facilitated by volunteers who are screened, trained and supervised by the Alzheimer's Association. Support Groups are a safe place to receive support for the difficult journey of Alzheimer's. Please call or email Kelly Hare to receive the necessary information to participate in one or more support groups: khare@alz.org 719-372-5979.

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