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Vol. 7, No. 7

## Welcome to Ute Country

A perfect summer day is when  
the sun is shining, the breeze is  
blowing, the birds are singing,  
and the lawn mower is broken.

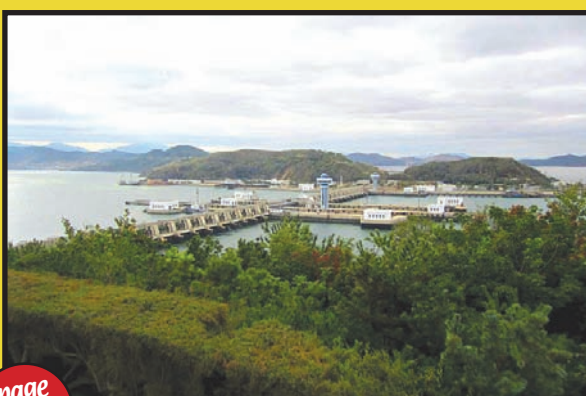
~ James Dent

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Blue Moon Goodness





This month's cover photo is of Elevenmile Canyon. Jeff took this picture the summer of 2013. We figured this way you'll get a look at Elevenmile, given it had closed at the end of June due to high water.

Summer is finally here! The abundant precipitation from spring gives record high waters in many areas, as wildflowers abound. The Indian Paintbrush glows vibrant orange this year, and the pussytoes appear particularly fuzzy. There are quite a few opportunities for hiking and lots to help you better understand what you see on those hikes within these pages. We have a pleasant variety of articles for you to enjoy.

July is the month we celebrate our independence from England's rule. It is also the month we celebrate the anniversary of the "Ute Country News" as we begin our 4th year as publishers. We take this opportunity to thank all who help make this possible: Our writers with endless ideas that transport us through time as well as teach us something new; Our sales team who engage our advertisers, without which these pages are not possible; and our readers who continue to support us through their positive feedback, compliments, and Critter Corner submissions. Keep those comments and photos coming, but mostly, keep reading!

Thank you,  
— Kathy & Jeff Hansen

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

**Publishers:**  
High Pine Design  
Jeff & Kathy Hansen  
POB 753  
Divide, CO 80814  
719-686-7393  
www.utecountrynews.com  
utecountrynewspaper@gmail.com

**Sales:**  
Bill Sinclair: 719-351-0549  
Linda Karlin 719-748-3449  
Erin Kunitz 719-650-8662 (cell) or 719-686-0815  
Flip Boettcher 719-429-3361

**Writers:**  
Karen Anderson, Linda Bjorklund, Flip Boettcher, Claudia Brownlie, Charlotte Burrows, Ciena Higginbotham, CUSP, Angie Davis of TCRAS, Dee DeJong, Danielle Dellinger, Carol Grieve, Kathy Hansen, Mari Marques, Dave Martinek, Mary Menz, Barbara Royal, Jeff Tacey, Steven Wade Veatch, Maurice Wells

**Contributors:**  
Renee Caldwell, Chaffee County Extension, Marcia Ford, Linda Groat, Edward Jones, Anne Knowles, Joe Lewandowski, Rita Randolph, Polly Roberts, Mike Smith, Ute Pass Historical Society, Abbie Walls, Manda Walters, Andy Weinzaepfel, Woodland Park School District

**Critter Corner Photo Editor:**  
Mr. Spaz  
Submit photos to:  
utecountrynewspaper@gmail.com  
or PO Box 753, Divide, CO 80814

**Publishers Emeritis:**  
Carmon & Beverly Stiles

**Cover Photo:** Jeff Hansen

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## Fairplay's Front Street

by Flip Boettcher  
photos by Flip Boettcher

Take a walk back in time to when Fairplay started on historic Front Street. Front Street was once the heart of the fledgling mining town's business district.

Fairplay is located at about 10,000 feet on a bluff above the junction of Beaver Creek and the middle fork of the South Platte River. It was started in the 1860's with the discovery of gold in Colorado at nearby Tarryall.

Thousands of gold seekers flocked to South Park and mining towns sprang up like mushrooms near the mine workings.

It seems like the early miners around Tarryall were greedy and didn't want to let in later comers who then pushed farther west to the Platte. The lead miner said of their new settlement, "in this camp we'll have fair play." Thus Fairplay got its name and became the first mining camp of any importance in the South Park area.

Fairplay was in the middle of the silver and gold mining booms and became the major supply center for the area's ranchers, settlers and miners. By 1873 the town had a population of 900 with 70 new wooden buildings, all built within the previous six months.

The summer of 1873 was dry and hot and at the end of September, a fire raged along Front Street and pretty much destroyed the town's business district overnight. But by 1878, the buildings were pretty much rebuilt, many with brick this time.

Front Street today is an eclectic mix of artisans' shops, specialty shops, emporiums, galleries, places to eat and drink, and a hat company in which to indulge one's self. There is also an historic, restored 1880's mining town.

South Park City is located on the west end of Front Street. Started in 1957 by Leon Snyder from Colorado Springs, SPC (Fairplay at one time was called South Park City) is a living history museum. SPC started with seven existing historical buildings on Front Street to create an authentic 1880 mining town. Other historic buildings were moved there and today there are 43 buildings and structures with over 60,000 donated artifacts portraying life in the 1860's to 1890's.



Historic South Park City a restored 1880s mining town.

There are several other historic buildings still on Front Street. South Park Pottery and Backroom Bead Shop, adjacent to SPC, were built in 1901, according to the owner/potter Pat Pocius.

Another historic building houses Rimfrost Antiques (formerly Fairplay Antique and Art Gallery). Rimfrost Antiques was originally the Hathaway Bank and was built in 1873, of brick, after the fire. It was bought by the Independent Order of Odd Fellows Lodge in 1897 and meetings are still held upstairs. There are some original sections of wallpaper inside, according to Beth Swanson, store owner with her husband Erik. Ask Erik to



Front Street today with the Hand Hotel on the left and the Chocolate Moose on the right. South Park City is at the far end of the street.

play his player piano for you when you visit.

The last oldest building on the street is the Old Red Barn which used to be McLaughlin's Livery and Feed Stable, the headquarters of the South Park Stage Line in 1873. This building may have survived the fire. The interior has been tastefully remodeled, exposing the huge old beams and joinery, keeping the centuries old feel. The building houses a western-style emporium.

Although not in an historic building, the Colorado Mountain Hat Company uses late 1880s to turn of the century equipment to custom make hats, according to co-owner Cherie Slaven.

The hat company can make just about any style hat, said Slaven, from dress fedoras, to outdoor men's, to rodeo cowboy, to old west. The company can also duplicate styles, either from a hat you already have or from a picture of a hat.

According to Slaven, their hats are made with rabbit fur, a mix of rabbit and beaver fur, or all beaver. The more beaver fur in a hat, the longer it will last and the better it will withstand the elements, she added. Everything they use is made in the USA.

Slaven and her partner Smitty had a 1927 book on hat making and in 1995 decided to start self-teaching themselves a trade of the past.

On August 1, the hat company is launching their new website and Facebook Store. To celebrate said Slaven, the hat company will be having a custom made, fur felt hat giveaway contest with the winner announced in September.

Another specialty shop on Front Street include Roxine's Doll Shoppe, where one can find vintage to modern dolls and all kinds of accessories.

To indulge your chocolate cravings, visit the Chocolate Moose and be sure to stock up on the jarred South Park Gourmet foods made especially for the Chocolate Moose, according to owner Linda Cole.

Many artisans have shops along Front Street. At Mountain Sun Arts, a new business on the street, one can find scroll saw artistry by Brion Trahan, as well a local artists' gallery.

Coyote Creek Studio Arts features the unique and unusual and has ongoing classes in pottery, painting, jewelry making, bronze casting, fused glass, and many others.

The Unrepentant Artist, formerly the Mountain Mermaid, is an eclectic, fine art gallery featuring everything from Native American to steampunk cool, according to

owner Deb Hamm.

For food and refreshment along Front Street, visit the South Park Steakhouse with creations from owner/chef Matt Eaton. McCall's Park Bar has lighter fare as well as an outdoor sitting area. For ice cream, there is the Silver Scoop Creamery, featuring a soda fountain and turn of the century feel.



The Prunes Memorial in Front Street River Park next to the Hand Hotel.

If you want to extend your time on Front Street, plan on staying overnight at the Hand Hotel Bed and Breakfast. The hotel was built in 1931 by the Hand family and overlooks the middle fork of the south Platt River, the currently flooded Fairplay beach outdoor area, and the surrounding mountains. Your room may even have a ghostly visitor, as several are said to inhabit the hotel.

Also visit the Prunes Monument next to the Hand Hotel. The monument is a memorial to all the burros who worked for the miners in the area and particularly to Prunes, one of the town's beloved burros. The monument says,

"Prunes a burro  
1867 - 1930  
Fairplay, Alma  
All mines in this district."

For a truly historic day, visit SPC for Living History Days on August 8 and 9, when volunteers dress in period costumes. You will find cowboys, gold prospectors, dance hall ladies, saloon keepers, trappers and many more. Learn about the history and early pioneer time of the 19th century in the Colorado high country, said the SPC brochure.

## Montgomery

by Linda Bjorklund

Four early miners got together in 1859 and established the Snow Blind District of Gilpin Gulch, located at the foot of Hoosier Pass. In August of 1861 the Snow Blind Mining District was re-organized as the Montgomery District. Gold and silver mines proliferated in the area. By the fall of 1861 the town of Montgomery boasted two hotels, one with a public hall on the second floor, about 70 cabins, two sawmills and a store. The local citizens met and voted to name the mountain directly to their west after the newly elected president. To commemorate the naming of Mt. Lincoln, they sent the president a bar of their own gold.

Further down the South Platte River system, in Fairplay, the brothers Reynolds were also trying their hands at prospecting. They didn't have a lot of success, but they remembered those that did. The Civil War was just getting underway in the east and the locals began to split themselves into Unionists and Confederates. Most were Unionists. But the Reynolds boys were in the Confederate camp. In 1864 they formed a gang of outlaws and came back from Texas to help themselves to some of the gold they knew could be found, to "support the Confederate cause."

They chose Dan McLaughlin's stagestop, located near Como. They got away with a few valuables from stage customers, along with an express box that contained about \$3,000 worth of gold dust. The gang then chopped up the spokes on the wheels of the stagecoach, so it couldn't follow them.

Local law enforcement wasted no time in taking up the chase to apprehend the robbers. Many of them had recent military experience, as they had trained with the Colorado Volunteers to soundly thrash the Confederate army at Glorieta Pass in New Mexico. The outlaws eluded them for a while, but the posses were not about to give up. Finally, a company of men from Park and Summit Counties was assembled. On their way from Breckenridge, they stopped in Montgomery and collected a few more soldiers, among them one Doc Bailey.

The posse tracked the robbers to a camp located near Kenosha Pass. That night they attacked the outlaws in the dark. Wild shooting went on and the gang scattered. In the light of day the posse discovered that they had killed only one of the robbers.

It was a fairly common practice at that time for physicians to collect human skulls of violent men so they could study the causes of their unacceptable behavior. Doc Bailey saw his opportunity and quickly separated the head of the dead criminal from its body. He took it back to his office in Montgomery and kept it in a jar of alcohol, a gruesome display for his patients.

The population of Montgomery declined as the mining declined. There were as many as a thousand residents in 1862, but only three or four hundred in 1866. A New Jersey clergyman, Bayard Taylor, traveled extensively on a lecture tour and visited the town of Montgomery that year. After his speech, he wrote that the town's "ignorant adventurers" had drifted away, but "those remaining were of refinement and education."

As the population of Montgomery began to decline, the structures that had been built began to disappear, either for firewood or were moved to other locations. Father John Dyer had come to the area in 1861, sent by the Methodist Episcopal Church Council, to provide a Christian ministry for the miners. Not paid enough to subsist, Father Dyer carried the mail across the mountains to the mining camps. He became intimately familiar with the area, calling himself the "snowshoe itinerant" in his autobiography. When he was ready to settle down, he decided that the town of Fairplay needed a church. He was tired of preaching in the local bar under a sign that featured "Good Whiskey."

In 1867 Father Dyer purchased a two-story hotel in Montgomery for \$100. Another \$100 was spent in dismantling the building and transporting it into Fairplay, where it was re-assembled at a site on Front Street on the edge of the commercial area of town. The church apparently survived the 1873 fire and was moved at least two more times. It is now part of the South Park City Museum in Fairplay, where it is displayed as the Father



Father Dyer's Chapel. Some researchers believe that the church was destroyed in the 1873 fire and this is only a replacement. But the original did come from Montgomery. photo by Linda Bjorklund



Montgomery 1864. Source: South Park Historical Foundation from the Park County Local History Archives



Myers residence circa 1880s. Source: special collections Colorado College from the Park County Local History Archives

Dyer Chapel.

The Civil War was over. General Ulysses S. Grant was running for president and Schuyler Colfax was on the ticket for his Vice President. Grant made an extensive campaign tour to the Colorado Rockies in July of 1868.

The next month Colfax organized a campaign tour that included William Bross, then lieutenant governor of Illinois, and Samuel Bowles, editor of the "Springfield Republican" newspaper in Illinois. Also included in the entourage were several women, among them a young lady whom the widower Colfax would court and marry.

Colfax had visited the area several years before, investigating possible routes for a coast-to-coast railroad line. He was still convinced that it was a worthwhile project. The political group went to a number of the mining towns, one of them the declining town of Montgomery. They stayed with a family that remained in Montgomery, Mr. and Mrs. Myers. Thirteen of the harder members of the entourage decided to climb the nearby Mt. Lincoln.

Lt. Gov. Bross was one of those who elected to ascend the mountain. They started out at about 2 o'clock in the morning to get a head start. A snowstorm came up so they took refuge in a miner's cabin for an hour or so. They continued to climb to the top in spite of wind, snow and sleet. When they reached the top, however, the scene was so breathtakingly beautiful that it inspired them to join hands and sing the Doxology. A mainstay hymn prevalent in Christian

churches, the words are: "Praise God from whom all blessings flow; praise him all creatures here below; praise him above ye heavenly hosts; praise Father, Son and Holy Ghost."

A few years later the mountain that lay to the south and west of the town of Montgomery was given the name of Mt. Bross.

The town of Montgomery barely survived in the next few decades. New stamp mills were developed and an electric tramway was proposed for the mines. In 1882 one of the mines was being dug out and a blue coat wrapped around a skull was discovered. Some of those who had been around for a while surmised that this was the head that Doc Bailey had displayed in his Montgomery office. They weren't sure if it had been thrown into the mine shaft by the good doctor who, short on the intoxicating alcohol, imbued some of it and discarded the skull, or if some of the locals were not impressed with the display of a grisly head and took it to dispose of. At any rate, the skull was put in a box and sent to the newspaper office of the Fairplay Flume. The editor penned an invitation to readers to step into the office and admire the new bric-a-brac. "Its open countenance smiles benignantly down upon us as we write."

There was a bit of a mining revival near Montgomery shortly after the turn of the century. The Snowstorm Hydraulic Company had begun to employ a process of hydraulic mining. Located near Alma, they bought up most of the mining claims upstream to Montgomery and downstream to

Fairplay. Using huge nozzles, they sprayed the banks with water under pressure, which tore down the sides and opened huge pits. The sand and gravel freed were processed for gold. Although a few people remained, Montgomery became pretty much a ghost town. In the early 1950s the City of Colorado Springs began a diversion project to bring water to its residents. The project was to bring water from the Western Slope through Hoosier Pass and across South Park on its way to Colorado Springs. One of the critical elements of the project was the creation of Montgomery Reservoir.

The "Denver Post" described in an article dated September 4, 1957, the unique new process of applying asphalt facing to a dam. The hot asphalt mix plant was located in the lake bed. Dump trucks loaded the hot asphalt mix and were driven to the 20-foot roadway on top of the dam. The truck would then be driven onto a turntable and attached to a steel cable. The truck was lowered slowly down the face of the dam, distributing the hot asphalt. When the truck was empty, it would be hauled back up to the top of the dam with steel cables. The truck would return to the asphalt plant and refill with the surfacing material. Thus Montgomery Reservoir was built.

It's hard to imagine that a reservoir high in the Rocky Mountains with fishing, hiking and pristine mountain beauty is underneath it all an intricate system of pipes and valves that brings fresh water to a community many miles away.

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## Cooperation beats competition

by Kathy Hansen  
photo by Jeff Hansen

There seems to be a new trend for businesses in small mountain towns, which is to work cooperatively together instead of competing for customers. The Teller County Funk & Junk Tour is just one example of how to do it right.

It all began with customer service. Carla Dornsbach of the Divide Mercantile was listening to one of her customers describe the item she was seeking to fit a particular area in a recently remodeled room. Carla didn't have it, but thought maybe Mark at Twin Creek Trading Company might, so she gave him a call, after all he is just up the street. Sure enough, Twin Creek Trading had the perfect piece. The customer was happy; she remembered Mark had the piece she was seeking, and remembered Carla helped her find Mark. It becomes a win-win-win situation.

As Carla and Mark continued to cross-refer customers, they became aware of even more shops like theirs in the area. They began to learn more about what other shops had to offer and came to understand how valuable that information is. Some shops specialize in antiques, others are gently used or donation based, then there are the consignments. Appreciating how each business is unique became a great selling point for all.

Mark and Carla began to ponder this revelation more deeply, and next thing you know about a dozen businesses owners are brainstorming in a way that can benefit each of them. The Teller County Weekend Funk & Junk Tour was conceived. They were soon joined by other area businesses like Aspen Ridge Candles and Moo's Junktique in Florissant, Snippets & Scraps and The Warehouse in Woodland Park. Businesses in



If you can't find that special something at one store, they are happy to point you in the right direction.

Cripple Creek and Victor include Shops at the Silver Mine, The Monte Carlo Mining Compahy Emporium, The Junk Posse, The Prospector's Pick, and Antiques & Stuff.

"Many people enjoy going for a ride to an area rarely visited, but don't know what to do once they get there. The Teller County Weekend Funk & Junk Tour becomes a destination and something to do," said Carla.

Keep your eyes open as you see this cooperative business trend popping up in many areas, like Florence and Fairplay. Who knows what town will be next?

## Little Chapel Food Pantry says Thank you!

The Little Chapel Food Pantry would like to say a huge THANK YOU to all of our wonderful sponsors that helped us with our benefit golf tournament!

Our platinum sponsors (\$500 level) are: Frank Gundy, American Family Insurance; Credit Service Company; Dixon Golf; IREA; Keller Williams Realty; McGinty's Wood Oven Pub; P K Enterprises; Park State Bank; Pikes Peak Regional Hospital; Wildwood Casino; and Woodland Park School District RE2.

Our Gold Sponsors (\$250 level) were: CC & V Mine; Foxworth-Galbraith Lumber; Glaser Energy Group; Outpost Ranch & Feed in Florissant; and Triple Crown Casino.

Our door prizes were donated by: Andrew's Candies, Big D Motorsports, Bronco Billy's, Century Casino, Joanie's Deli, Lake George Pizza, McGinty's, Royal Gorge Bridge & Park, Shining Mountain Golf Club, and The Ute Inn.

We appreciate all of these sponsors so very much; and all of the golfers who participated in the tournament and helped to make this our best one yet! Because of people like you, we are able to keep our food pantry open and serve hundreds of families in need in our community. God Bless You!

## CASA volunteer information hour

Court Appointed Special Advocates (CASA) of the Pikes Peak Region is hosting a 4-1-1 Hour on July 29 at 5:30 p.m. Join CASA at 701 S. Cascade Avenue to get the "411" on volunteer opportunities and learn how you can become "a child's voice in court" to make a profound difference in the life of an abused or neglected child. For more information call 719-447-9898 or visit [casappr.org](http://casappr.org).

## Florissant's open studio art gathering

by Ciena Higginbotham

Join us for a day of inspiration among local Artists of every kind!

This will be a series of fun, informal meetings to get together and create with other artists. The gathering is an open studio — bring your supplies, bring yourself, and above all else bring your creativity! All artists are welcome. From the painters to the stampers, from the pros to the newbies, come to one or come to them all. There is no cost to participate.

We will meet on Mondays from 1 p.m. to 3 p.m. at the Florissant Public Library, start-

ing on July 6th.

Contact us for more information at: [maryc@rampartlibrarydistrict.org](mailto:maryc@rampartlibrarydistrict.org) or [blessedhandsart@outlook.com](mailto:blessedhandsart@outlook.com).

## Growing Ideas Garden tidbits

by Karen Anderson T he Plant Lady

Greetings fellow gardeners!

July is the month that we start really reaping the benefits of our labors in the Garden and our Patience! Grandfather Sun has warmed the soil so that the seeds we have planted are able to germinate and begin to grow at a fairly fast pace. We have experienced some pretty intense heat the past couple of weeks and as I always say, be careful what we ask for!

I am ready now for the life giving rains to come back and replenish the moisture, so I have been turning the Rain Stick quite often these days. Speaking of watering — keep doing that. Please don't let one hot day of neglect weaken your plants and create susceptibility to disease or insect attack. Always water 'deeply, madly and passionately. Then mulch, mulch, mulch... then water again'. This process will help to retain the moisture and in the spirit of water conservation, will save water in the long run. Oh, and by the way, just a reminder to stay hydrated yourself!

The excitement and anticipation grows as I wake up each morning to discover new vibrant color in the Gardens. The brilliant oranges and reds of the Oriental Poppies are about to 'pop' any minute now. The Swallowtail Butterflies are delighting in the joy of sipping the nectar from my deliciously aromatic pastel lavender lilac blooms, as well as Sweet Nancy, Ground Phlox, and other 'early bloomers'. What a show for me!

The humming birds are very happy with the bleeding hearts that line the paths meandering through the bird sanctuary and as their natural food sources appear in the gardens, such as Indian Paint Brush, Honeysuckle, Alpine Strawberry flowers and countless other flowers. I reduce my sugar water feeders to one or two only: The birds are healthier when their nutrition comes from natural organic food supplies.

I am having a lot of fun with my annual container gardening, too. I like to design and plant the many different annual flowers in pots so I can move them around to fill in the

bare spots in the garden beds. This technique also allows from some extra height for the rainbow of colors that the annuals provide while we are waiting (patiently perhaps) for the hardy perennials to kick in.

The Rocky Mt. Penstemon is a reliable native wildflower that never fails to bloom around the 4th of July. The yellow flowers of the native Potentilla bushes are also beginning to bloom. The gifts of the gardens are abundant and I will be discovering new treasures every day. Maybe some problem areas could arise as well along the journey of the season, which we will deal with organically, of course.

The voles, pocket gophers, shrews, and other underground critters tend to come to plague me in July and they seem to be my worst nemesis as I will not poison, I don't have cats, and they only come out at night. Recently, I have discovered a trap called the "black hole trap" made by FBN Plastics. It looks to be simple to use, is quick and humane, and the best part is that you can just release the body back into the hole without having to look at or handle it. Check it out online. I am looking forward to seeing how this works.

Just a reminder: Are you keeping the deer at bay by doing your "feather dusting" in the evening?

For those of you who are confused about when you can plant Aspens, Evergreens, and other types of trees, I would like to clear that up for you. All trees can be planted just about any time during the growing season. Ideally, I feel the earlier in spring, the better. The reason is because we normally have cooler and moister conditions in spring, which allow the plantings to be more comfortable during the transition. However, trees can be planted all summer long. It's the digging up and transplanting that



The garden bursts with color this time of year.

you CANNOT do after the Aspens have leafed out or the evergreens start to bud and candle. Keep this rule in mind if you attempt to transplant yourself.

Healthy and beautiful native Aspens, Firs, Spruce, and Bristlecone trees are still available for "adoption" here at Paradise Gardens along with a huge variety if hardy, high altitude perennials, born and raised here

at 9,000 ft. The Gift Shoppe is brimming with goodies and Gift Certificates are available for purchase. Visitation is by personal appointment only and all you need to do is to call me at 719-748-3521 or e-mail me at [plantladyspeaks@gmail.com](mailto:plantladyspeaks@gmail.com) to arrange a time. Hope to see you soon and as always, Happy Gardening!

### "Spinning Straw into Gold"

Learn my technique on how to create what I consider to be one of the best organic mulches in a very short period of time, by starting with a simple bale of straw. This class will also include an exclusive tour of Paradise Gardens, information on rain barrel maintenance and composting 101. Class will be held on Saturday, July 11th from 9 a.m. to noonish. The fee for this opportunity to learn is \$20 per person and an RSVP -ASAP will be appreciated.

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## Powwow comes to Colorado Springs

### 7th Annual Native American Intertribal Festival and Traditional Powwow

The Palmer Lake Historical Society (PLHS) and One Nation Walking Together (ONWT) are sponsoring a one-day Native American Indian Festival and Traditional Powwow on Saturday, July 18, 2015, at the Mortgage Solutions Financial Expo Center (formerly the Freedom Financial Services EXPO Center), 3650 N. Nevada, Colorado Springs, Colorado, 80907. This event is a celebration of Native history and culture and will include Native drums and dancers, Native art and artisans, live wolf and birds of prey exhibits, and plenty of Native vendors and food.

The event is a Traditional Powwow, where American Indians from all tribes join in dancing, singing, visiting, renewing old friendships and making new ones. About 3,000 people attended last year's event. This event will provide the opportunity for non-Natives to learn and ask questions about American Indian culture, history, dances and music. Learn the meaning and significance of drums, songs and dances in Native traditions and culture. See the different regalia worn by dancers as they demonstrate some of the various Native dances. Native artisans will demonstrate their skills and exhibit their paintings, jewelry, beadwork, and more. Sample Native food, such as Navajo tacos and fry bread.

Cash prizes for dancers. Drums by invitation only.

Admission is \$4. Native Americans in full regalia and children 12 and under admitted free. Bring chairs, as seating is limited. Also, please bring donations of non-perishable



Dancers from last year's Powwow.

food to help feed the hungry. The event will be held from 10 a.m. to 6 p.m. Grand Entry at noon. No drugs, alcohol or pets (except service animals) permitted.

For Information: visit [www.palmerdividehistory.org](http://www.palmerdividehistory.org) or call Al & Rheta Walter at 719-559-0525 or 703-798-4320 (please leave a message if no answer), email [Rheta\\_walter@hotmail.com](mailto:Rheta_walter@hotmail.com). Also visit [www.OneNationWT.org](http://www.OneNationWT.org) or call 719-329-0251, email [Office@OneNationWT.org](mailto:Office@OneNationWT.org).



Whether you're hunting or not, backpacking is a great way to get away from it all.

## Backpacking 101 offered

by Abbie Walls

For those interested in getting away from the crowds, there will be a backpack hunting 101 class in Colorado Springs on Tuesday, July 7 from 6 p.m. to 9 p.m. at the Colorado Parks and Wildlife Southeast Region office at 4255 Sinton Road.

Taught by Area 11 Wildlife Biologist Allen Vitt and District Wildlife Manager Mike Brown, the class will teach students how to incorporate backpacking into their hunting trip. The course will cover equipment selection, pack weight management, game care, and available resources.

"Using a backpack is one of the easiest ways to get away from the crowds and find undisturbed animals," said Vitt. "This class will focus on gear to make that experience enjoyable." To register for the class, visit: <http://www.register-ed.com/events/view/64046>.



## Fall turkey hunting offers unique challenge

by Manda Walters

The application deadline for fall turkey hunting, September to October, is July 9. Colorado Parks and Wildlife encourages sportsmen of all interests to give this unique challenge a try.

"Fall turkey hunting offers lots of opportunity to try diverse hunting techniques," said Ed Gorman, CPW small game coordinator. "Hunters can pursue them in ways that are more characteristic of big-game hunting, like using the spot-and-stalk method or a blind on well used travel corridors and feeding sites."

Another technique, more common in other parts of the country, is purposely flushing a flock of turkeys and calling them back by imitating a lost turkey. Unlike spring turkey hunting, the calling is different because the hunter is imitating a lost turkey that wants to rejoin the flock rather than attract a mate.

Hunters hope to find small bunches of hens with juvenile turkeys, known as poults during this time. These small flocks are numerous when the season starts in September.

Adult male turkeys, known as gobblers, are successfully hunted, too. Gobblers tend to segregate into smaller bachelor groups during the summer and fall. These are generally more difficult to locate.

Hunting methods vary between spring and fall, and so do methods of take. Rifles are not legal during spring seasons, whereas some fall turkey hunting units allow the use of rifles.

Hunters must carefully review regulations and determine if they meet the requirements to use a rifle in a specific unit. Read the 2015 Colorado Turkey brochure.

Fall turkey hunting offers great challenge and lots of opportunity because turkey populations are at their highest before the winter

### Fall turkey hunting offers lots of opportunity to try diverse hunting techniques.

Ed Gorman, CPW small game coordinator

period begins.

"Many fall turkeys stay at higher elevations until those first few days that suggest winter is approaching," adds Gorman. "Fall turkeys can be dispersed across the landscape, but hunters should look for places that provide lots of forage, including leafy, green plants, grass seed heads, waste grain and the fruit or seed of woody trees and shrubs, known as mast."

As an added bonus, successful fall hunters will enjoy a great meal. Adds Gorman, "While all wild turkeys are good table fare, harvesters of fall turkey claim that the fall birds, especially 'young birds' are more tender since they have not yet experienced winter stress."

Learn more about turkey hunting this fall at <http://cpw.state.co.us/thingstodo/Pages/Turkey.aspx>. Contact CPW at 303-297-1192 with questions or to plan your hunt.

Apply online at <https://www.co.wildlifelicense.com/start.php> or by phone (800-244-5613). Born on or before Jan. 1, 1949? Verification during online applications requires input of the hunter education information located on the card. To sign up for a Hunter Education course go to <http://cpw.state.co.us/learn/Pages/HE-Courses.aspx>. To request a HE Card go to <http://cpw.state.co.us/learn/Pages/HE-CardReplacement.aspx>.

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A sculpture made by Charlie Newlon stands in front of private residence in Fremont County. photo by Charlie Newlon

## Charlie's Gifts

by Charlotte Burrous

He began creating cowbells for fun. At the same time, it was a way to use the metal that he had in his scrap yard, which he owned in the 1980s.

Along the way, Charlie Newlon, of Desert Flats Farm in Penrose, made his first coat rack from lodge pole pine with a disk on the bottom to hold it up with horseshoes around to hang his hats on. The first sign he made depicted an owl sitting on a branch with the name "Newlon" hanging under it, which he made for his father. Then he made a sign for his own home along with numerous others around the area.

He said he is always looking for scrap metal to create his artwork.

"It's probably been about 20 years ago that I started making the cowbells," Newlon said.

He makes several sizes, using a pattern then welding them together, but he hadn't sold many of them on etsy.com website until writer Jennifer Sherry interviewed him about the cowbells he made, which was published in "Bicycling" magazine in August 2013. From that exposure he began to sell more and more of them all over the world. The reason the cowbells are so popular is because officials ring them at bicycling and skiing events, said Charlie's wife, Sheila. But he noted that he sold one to a resident of Poland and another one to Nova Scotia.

"It's all being made by me," Newlon said.

Along the way, he also began making hat racks when his friend, Tom Hirt, a renowned

hat-maker living in the area, said he needed them to hang his hats in his own shop. But Newlon is always looking for items to make, including miniature armadillos, horseshoe wreaths, fireplace pokers, geckos, sculptures and various other pieces of art. When he is not making the metal art, he is the caretaker at the local cemetery, an adjuster for the park service agency, custom farming, cuts hay, raises farm animals and works around the house. For more information, check his website at [www.desertflatsfarms.com](http://www.desertflatsfarms.com) or the etsy.com website.



Cowbells, made by Charlie Newlon are on display. photo by Charlie Newlon

His artwork also is available at his wife's business, Penrose Salon and Gifts, which she opened in March of this year, offering haircuts, colors, perms, styles and all hair services. Sheila Newlon has worked in the business for 44 years.

"I like (helping) people (look good), listening to (them) and giving them what they want," she said.

But she also enjoys featuring her husband's metal art, along with her daughter-in-law's photographs and crocheted items and other items which other clients sell in her shop.

Penrose Salon and Gifts is open from 9 a.m. to 4:30 p.m. Monday, Wednesday-Friday or by appointment before and after hours at 401 Broadway. For more information, call 719-225-0552.

Cover photo: A life size sculpture, made out of scrap metal by Charlie Newlon, stands at a private residence in Penrose. photo by Charlie Newlon



## Let sleeping fawns lie

by Abbie Walls

Colorado Parks and Wildlife would like to remind residents that the coming of summer means newborn fawns and other little critters are showing up all over the state.

During spring and early summer, people often see young animals that appear to be alone in the forest, in backyards, on or near trails or along the sides of roads.

CPW has recently received several reports of "abandoned" fawns that were then moved by humans. CPW asks that you not approach, touch or handle young animals.

"Seeing a fawn alone does not mean that it has been abandoned," said Frank McGee, area wildlife manager. "Fawns are often left alone by their mother while they go to feed and it's not unusual for them to be left for several hours at a time."

Young fawns have no scent and are born with speckled coats that provide a natural camouflage. These two factors help them avoid being found by predators. When the mother senses a predator might be close by it moves away. Many other animals use similar survival techniques.

If you see a fawn, move away quickly. Do

not move closer or attempt to get the animal to move.

Fawns that are truly abandoned will show signs of distress such as crying. Call your local CPW office if the fawn has been left overnight or shows signs of injury.

"People also need to remember that not every fawn will survive," said McGee. "It's sad, but it's part of the natural process."

Food should never be given to wildlife. There is plenty of natural food available for wild animals.

"Providing food causes animals to bunch up in small areas," said McGee. "That makes them vulnerable to diseases and predators."

If animals are provided food they also become habituated to humans and will stay in residential areas instead of natural lands.

Residents also need to keep their pets under control. Dogs acting on their natural instincts can find wildlife and attack them. The stress of being attacked often is fatal for young animals.

If you see a young animal, admire its beauty from a distance, and then move on quietly. CPW encourages parents to explain to their children not to disturb wildlife.

## Third Annual Disc Golf Open on July 5

The Third Annual Nick's Soaring Eagles Disc Golf Open is Sunday, July 5, from 11 a.m. to 3 p.m. Fun for all ages, the Disc Golf Open is a great way to spend time outdoors while supporting a good cause. The event takes place at the Woodland Park Middle School on a course developed and installed as part of Nicholas Naples' Eagle Scout Management Project. Scouts from Woodland Park Troop 230 assisted in the building and installation of the course.

Collectible commemorative discs, while they last, are available for \$10 and the event will feature the popular raffle for Discraft Weekender bags with four discs. Or, bring your own discs and enjoy the camaraderie!

Each year a local organization is selected as the beneficiary of the proceeds. This year's proceeds will benefit the Woodland Park Nazarene Church Youth Group activities.

## 30th Annual Mountain Arts Festival

by Rita Randolph

Mark your calendar to attend the 30th Annual Mountain Arts Festival held August 1 and 2 in Woodland Park, Saturday 10 a.m. to 5 p.m. and Sunday, 10 a.m. to 4 p.m., on the Ute Pass Cultural Center green. There will be 80 vendors including potters, photographers, jewelry of all varieties, painters, woodworking, metal work, and food vendors. There will be Colorado artists as well as artists from many other states.

A table for kids to do art is a new feature sponsored by the Mountain Artists, who put on the festival every year. The members of the group will also share a booth at this year's festival. Also featured this year, will be the winner of our scholarship program, who will have a display of her work. There will be an hourly drawing for a \$10 coupon which the winner can spend with any vendor. Admission is free.

For more information visit [themountainartists.com](http://themountainartists.com)

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## Great American Campout raises funds for wildlife

by Manda Walters

Camping in Colorado offers scenic views, solitude, and escape. Joining in the Great American Campout June 27 to Sept. 7 means raising funds for wildlife too. Colorado Parks and Wildlife, charged with perpetuating the wildlife resources of the state, also provides a variety of places to enjoy camping whether it is a first-time experience or one of many this year at Colorado State Parks.

"Colorado's 42 state parks are as diverse as the state itself, and offer something for everyone," said CPW's Assistant Director Gary Thorson. "Your parks are here for you to enjoy the outdoors and offer amazing places to camp, view wildlife, hike, bike, boat, swim and fish."

CPW and the National Wildlife Federation, which is sponsoring the 11th Great American Campout, encourage people to camp close to home or far, with all the gear to make it home, or with just the bare necessities.

Colorado's state parks manage more than 4,000 campsites throughout the state with everything from backcountry sites for those who desire seclusion to full-hookup sites with individual pressurized water, sewer, and electrical connections. CPW's Park Finder can help get you started. Read about activities and parks with a variety of camping options here. Make a reservation here.

It is well documented that no matter what your preferred outdoor activity, the body, mind, and spirit benefit. Research says creating a lasting connection to nature and wildlife makes a happier, healthier family too.

NWF's Great American Campout intends



to get everyone to make the pledge to camp this year and raise funds for wildlife, with the help of top supporters who, with every pledge made, will donate \$1 up to \$100,000 for ongoing efforts to protect the great outdoors, wildlife and its habitat across the country.

"The Great American Campout is a great way to get into nature while also 'camping for a cause'. By registering your camping event, Coloradans support the National Wildlife Federation's protection of our iconic wildlife while enjoying the things they love best," said Brian Kurzel, NWF's regional executive director. "So set up a tent at a nearby state park or in your backyard, and help wildlife stay wild."

## Local landowner's meeting notice

USDA's Natural Resources Conservation Service (NRCS) invites Park and Teller County landowners (ranchers and other producers) that it will hold a Local Work Group meeting for Teller-Park Conservation District (TPCD). This meeting is open to the public on Friday, July 10, 5 p.m. to 7 p.m. at Lake George Charter School. A light dinner will be served.

The Local Work Group will focus on identifying agricultural and natural resource issues existing in our local community and providing information and feedback to direct NRCS and/or TPCD programs. Participants can be agricultural producers, owners of private agricultural lands (including nonindustrial forest land) and representatives of agricultural organizations, environmental organizations, and government agencies carrying out environmental, agricultural, or natural resource conservation programs and activities.

This meeting will provide recommendations on local natural resource priorities to assist USDA NRCS in providing Farm Bill conservation programs in Colorado.

## What are your excuses for not investing?

We all make excuses. Most of the time, they're pretty harmless. But you could be hurting yourself if you make excuses for not taking action in some areas and one of those areas is investing.

Not investing, or not investing enough, can have serious consequences. In fact, a lot of people are poorly prepared financially for retirement. Consider these figures from the Federal Reserve: The median retirement account value for individuals between 35 and 44 is just \$42,700; for people 55 to 64, the corresponding figure is \$103,000. These figures are frighteningly low, especially when retirement can easily last two or three decades.

In short, you need to invest. So, what's stopping you? Here are some common excuses:

### "I'll do it later."

The longer you wait before you start investing, the less time you have to accumulate money, and the less likely it may be that you'll achieve your goals, such as a comfortable retirement lifestyle. If you haven't begun investing, do it today.

### "I don't have enough money to invest."

The cost of living is unquestionably high, and you may feel that you have just enough money to pay your bills before your next paycheck. But if you look for ways to economize, you may well be able to free up even a little money to invest each month. Then, when your salary goes up, you can increase the amount you invest.

### "I'll have Social Security."

Social Security benefits generally account for only about 40 percent of an individual's pre-retirement income, according to the Social Security Administration. Unless you want to scale back your lifestyle greatly

during your retirement years, you'll need to supplement Social Security with your employer-backed retirement account, such as a 401(k), plus your own investments, such as those that go inside an IRA.

### "Can I really invest enough money for my retirement?"

Consider this: Going back to 1990, if you had invested \$10,000 in the stocks that make up the S&P 500, and simply held on to these stocks, you would have amassed more than \$76,000 after taxes by the end of 2013. Of course, past performance of the market is not a guarantee of how it will perform in the future, and the S&P 500 is an unmanaged index and is not meant to depict an actual investment but this illustration still shows that patient, diligent, long-term investing can produce positive results.

### "I don't know where to begin."

If you work for a company that provides a retirement plan such as a 401(k) or something similar, you've already got a great place to begin. You only need to sign up for the plan and start deferring a part of your salary, and you're an investor. It's also quite easy to open an IRA, another popular retirement savings account. In any case, if you have doubts about how to get started investing, you will find it valuable to meet with a qualified investment professional.

Don't let excuses get in the way of developing good investment habits. With time, determination and effort, you can overcome many of the obstacles you thought prevented you from becoming a full-fledged investor.

*This article was written by Edward Jones for use by Tracy E Barber IV, AAMS, your Edward Jones Financial Advisor.*

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# Mentors make a difference

by Kathy Hansen

photos by Jeff Hansen

Everyone needs to have a person in their life who is trustworthy; someone who will accept us in all our humanness, prone to error, and often fumbling on our way. How rare to find someone who understands what it feels like to mess up, to make mistakes, to help us learn how to say, "I'm sorry" when we've done something wrong. How incredible to have someone who is willing to see past our errors only to see our treasures, our gifts, our talents; to remind us of our value. How special is it when two people can enjoy each other's company whether it is being together in silence or whether it is sharing a deep belly laugh.

We had the opportunity to share some ice cream at Here's the Scoop in Salida with two delightful pairs of mentors/mentees from the Chaffee County Mentors program, and Natalie Moore, the Chaffee County Mentor Coordinator. "Our mentors are a friend and role model to their mentee" according to their website. They share activities, hang out, and have fun together.

## Dante and Oren

Dante and Oren have been paired just over

**Do you need anybody?  
I just need someone to love  
Could it be anybody?  
I want somebody to love  
Oh I get by with a little help  
from my friends**

the Beatles

six months now, but they seem to have known each other all of their lives. Dante wasn't sure about this mentor thing when his Mom first brought it up to him. His Mom thought Dante needed to get out more; he seemed bored at home with nothing to do. Finally, Dante agreed to meet Oren. He remembers their first meeting; they took a walk.

We asked what they do together, Dante answered, "Lots of stuff!" Then the floodgates opened. They enjoy attending the group activities that Natalie plans, they enjoy snow-boarding for Dante and skiing for Oren, they even jam together as Dante plays guitar and Oren plays harmonica.

In the short time we were together, Oren taught us that Dante is a lot of fun to be around, he's intelligent, a great musi-

cian, and a good teacher because Dante taught Oren how to play chess. Dante said he'd heard those things about himself from his Mom, too, and when he hears it from Oren it, "Makes it real".

Dante went on to say, "Oren makes me more happy." Clearly, this is a two-way street as Oren said, "My life is better because of Dante. I believe the value in my life has to do with Dante and me spending time together." Then Dante went on to say about his experience with Oren, "Meeting someone

like this is an opportunity you don't want to pass up!"

Just to confirm Dante is pleased with his experience, we asked if he's glad he decided to give it a chance and he said, "I didn't think it would be this good."

Would either of them recommend CCM? Dante said, "Go for it! Get rid of your doubts." Oren agrees. Meeting Dante has changed his life, "If you want to make your life better, get involved in someone's life."

**Meeting someone like this is an opportunity you don't want to pass up!**

Dante

## Azzi and Laura

Next we had the opportunity to meet Azzi and Laura, who had been paired for almost three years. Given their ability to finish each other's sentences, we are guessing they will have mastered telepathic communication between them some time in the very near future. These two could say more to each other with a look, a nod, and a gesture than a pair fluent in American Sign Language.

Azzi and Laura are both artists, so much of their time together is spent creating something new. They enjoy planning projects together; they even put together an Art Show at the library, where they each submitted seven pieces using different mediums. The theme was "Faces". Azzi brought a piece she submitted for the show she titled "Free to be me".

Azzi and Laura are both being treated with orthodontics which is something they share together. Laura is always impressed with how inquisitive Azzi is and how she likes to set goals for herself, such as wanting to brush up on math by using flashcards. They enjoy shopping excursions together. Azzi tries to enlighten her brothers about reasonable prices for various items, but her brothers just don't get it like Laura does.

Azzi trusts that Laura will help her with the stuff that's tough to talk about, like being shy, learning to build confidence, and how to handle situations that can easily be taken too seriously. Azzi has learned Laura is a great go-to person to help with practicing boundaries and learning to be respectful to herself and others. Azzi shared how nice it is to have someone in your life that understands when we have "attitudes" and it's ok to be who you are. They practice asking for quiet time when they just need to think about something or don't feel like talking.

Laura does not see herself as a patient person. Azzi said, "You just have to be patient." We learned that Azzi had a mentor before she met Laura, but it wasn't a very good fit. She had to be brave and let Natalie know it didn't feel like a good fit. Natalie is very understanding about these things. When Laura's application came in, Natalie had a feeling this could be a better match.

Laura is clear that Thursday is her favorite day because that is the day she and Azzi spend together. Laura finds Azzi to be a source of inspiration and sometimes chal-

lenging. One of the concerns Laura had was if Azzi could accept Laura's disability. We asked Azzi about it and she replied, "Oh, that's no big deal, you just have to be aware, that's all, just like with Grandma." Laura was delighted with Azzi's immediate acceptance.

Laura and Azzi enjoy the group activities Natalie arranges; sometimes Laura will request an Activity Volunteer to assist when they go on group activities that would be impossible for Laura. After the activity has ended, Laura looks forward to Azzi sharing the experience.

Both Laura and Azzi expect to renew their commitment in October. Azzi is very clear this is a cool experience. At least one of her brothers has a mentor and her younger sister has one, too. Azzi said before she met Laura she was shy, sad, and lonely. She looks forward to Thursdays as much as Laura.

Would Laura recommend becoming a mentor? "If you really want to affect change in the world, a one-to-one relationship is the most productive."

**If you really want to affect change in the world, a one-to-one relationship is the most productive."**

Laura

## Natalie

Dante and Azzi thought Natalie did a great job finding their mentors. Both Laura and Oren were very grateful for all of the support Natalie can provide, which goes well beyond organizing activities. The training and application process includes background checks, full day trainings, home visits to the potential mentor's home and a fairly intensive personal history. Natalie helps the mentors understand the importance of becoming a positive role model. For every negative comment the human psyche receives, it needs SEVEN positives just to BALANCE the one negative. Learning how to give positive feedback is a skill that usually needs practice. Various scenarios are presented to give a chance to see how the mentor will handle the fly ball from left field; helping the mentors to understand that when situations get somewhat crazy, it is very normal to respond in a somewhat crazy way.

Natalie loves her job as she comments, "I have the BEST job in Chaffee County." The smile that spreads ear to ear is surpassed only by the light that streams from her eyes. She is proud of this program that she joined in 2010. She shared that an applied research consulting firm collects data from surveys of similar mentoring programs statewide. Statistics show the average length of time a mentor/mentee match is paired is six months. CCM's average is two and one half years!

**"I have the BEST job in Chaffee County."**

Natalie

Miki Hodge is the original founder of the CCM program. She was a woman who understood first-hand how important a mentor can be. Miki began the program as a completely independent non-profit in 2003.

Today, the CCM program is under Chaffee County Health and Human Services and partners with Build A Generation and the Salida and Buena Vista school districts. It is now one program of three under Family Youth Initiatives (FYI), which also includes Youth in Action and CCM+. Youth in Action is a school-based mentoring program for middle school students as literacy mentors for pre-school age children. CCM+ offers a mentor available three to six hours per week for those aged 13 to 21 who are also involved in Youth@Crossroads, Probation, or Health & Human Services.

Natalie would love to answer your questions about the program and how you can be a part of it. She loves sharing information about how to start a mentoring program in your area. She has much experience to draw from, and will be happy to share how you can make a difference in a young person's life. Perhaps you missed the CCM's biggest

fundraiser of the year on June 13, FYI For Kids' Sake wine tasting and silent auction, featuring wines from Vino Salida. Handsome Dan entertained the crowd with his Americana style music. He did a great job keeping the mood moving with his music. If you'd like to contact Handsome Dan to play at your event give him a call at 970-389-2041. The hors d'oeuvres were compliments of Rustingram Catering. If you would like to make a donation, contact CCM via the website [www.chaffeeementors.org](http://www.chaffeeementors.org) or call 719-530-2581 Salida or 719-395-0344 Buena Vista.

## To be a Mentee

Are you a youth seeking a mentor? It is easy to apply. All you need to qualify is to live in Chaffee County, be between the ages of seven and 21, and your parents/guardian must give permission. Visit the website [www.chaffeeementors.org](http://www.chaffeeementors.org) or call 719-530-2581 Salida or 719-395-0344 Buena Vista.

## To be a Mentor

Are you thinking of becoming a mentor?



Azzi (left) and Laura (right)

## To be an Activity Volunteer

Do you want to be involved but can't quite commit to a full year? Learn how you can become an Activity Volunteer. Visit the website [www.chaffeeementors.org](http://www.chaffeeementors.org) or call 719-530-2581 Salida or 719-395-0344 Buena Vista.

## 67th Burro Days July 25-26 2015

### Schedule of Events

Friday, July 24th		Saturday, July 25th		Sunday, July 26th	
6pm	Free concert at the Beach - "Tejon Street Corner Thieves" & "The Bottoms Up Blues Gang"	9am	Weigh-in for the llama race	7-1030am	Pancake Breakfast, High School benefits South Park Activities Association
11am	Llama Race, Front St.	930am	Kiddies dog race in Alma	8am	Weigh-in for the Pack Burro Race, Front St.
			Llama Rama Race to follow	9am	Cowboy Church, Gazebo on the lawn
1pm	Llama Lunacy, Front St.		History of Sheldon Jackson & South Park Community Church	1030am	Pack Burro Race, Front St.
3pm	BBQ & Barn Dance, Legion Hut			1130am	Parade, 4th Street to Front Street to 6th St.
				1pm	Outhouse Races, Front St.
				3pm	History of Sheldon Jackson & South Park Community Church

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## Wounded Warriors 10K event in Hartsel

by Mike Smith

Sam Hartsel would be proud of Joann. After all, she has turned Sleepy Hartsel into a running bunch of Yuppies. O.K. maybe not yuppies, if you consider that last year in the 1st Annual Wounded Warrior 10K run, known as the Trail Series, there was a 69 year old diehard, and a Grandmother of four that trotted to the finish line. Or how about an Olympic hopeful from Kenya that ran the course in 30 minutes! Joann Gilbert catapulted onto the Hartsel Days event with a fervor that would scare most event organizers, and the crowd went wild.

Last year she had the Cobra Club of Colorado, Smokey the Bear, Bear Faced Pete, who is famous for kissing women at the slightest notice, runners from all over the country and a Parade Grand Marshal who had gained 12 Olympic Gold Medals, a Silver, and inducted into the Olympic Hall of Fame. Sarah Will is more than special to this little community because she won her Golds relocating from her wheelchair to a monoski. She has secured the hearts of Hartsel folks as well.

Driving through Hartsel on August 1 or 2 this year, and not stopping, "will be a lost opportunity" says Joann. This year there will be "Money Mountain" for the little folks to dig up small fortunes on, as the locals bury coins in the tiny mountain for the kids. Vendors will be cooking up scrumptious Philly Cheese sandwiches, and dreamy hot dogs to

complement the Old West Gun Fights in the street. "A little gun smoke always goes good with food" she says.

"We started the 1st Annual Bed Race in '14 to stir up a little dust if things looked like they might slow a bit" said Gilbert, and we already have entries for this years bed race challenge. Only amazement captures how this five-footer (with her boots on) could deliver such a wallop. "We get up pretty early around here" says Gilbert. One would wonder how Shorty, as the locals call her, could manage a 10k race, 20 vendors peddling soup to nuts, a bed race, Cow plop bingo, and Arts and Crafts exhibit, a parade, Stage coach and wagon rides, a car show, Pancake Breakfast, Cowboy Church and Guns Blazing in the Streets, but Gilbert says "We go to bed pretty late too".

Yep, Sam Hartsel was an entrepreneur, and he started a mighty fine town, made himself a great big ranch, but if he would have had the now generation folks of Hartsel and their fearless leader Joann "Shorty" Gilbert, back in the good ole days, Hartsel town would probably be the size of Denver by now. So whatever you're doing on August 1st and 2nd you had better cancel it and head for the action in Hartsel, and meet Shorty Gilbert. Give her a call at 719-836-4888, email Mike at hartselman@mesanetworks.net or visit Hartsel Colorado.com for some more lowdown.



The Florissant Library drama/video club kids brainstorm ideas for their July 31 variety show.

## Lights, camera, action!

by Polly Roberts

On Friday, July 31st at 6 p.m., the Florissant Public Library Youth Summer Drama/Video Club will showcase their talents in the "Every Hero Tells a Story" variety show, to be held at the Florissant Grange. This year's club production is 100 percent kid created and will have both live and video components. The show ties into the library's Summer Reading Program theme of "Heroes".

The show director, local home-school student Ciena Higginbotham, has been meeting with the group of 13 youth since early June. The kids range in age from seven to 16 years of age, and have been working on everything connected to a stage performance — music selection, painting backdrops, writing scripts, rehearsing musical numbers, concession options, video recording and editing, costuming — you name it, the kids have it on their "to do" list.

Support for the summer drama/video club has been outstanding. With the generous support of the Cripple Creek & Victor Gold Mining Company and IREA, the Friends of the Florissant Library have provided a laptop computer and software to the club for music and video editing. Students from Colorado Mesa University's Theatre Department will make a special visit on the afternoon of July 9 to work with the kids on all the aspects of their show. This will include helping the club with technical production (backdrop, costumes, video/sound), and watching and mentoring different act rehearsals.

"Every Hero Tells a Story" promises to be great fun for everyone. Come watch the performance on July 31 at 6 p.m. at the Florissant Grange and support the kids and the library. For more information, contact the Florissant Library at 719-748-3939.

## Guffey Community Charter School Graduation

by Flip Boettcher

photos by Flip Boettcher

The May 28 graduation ceremonies at the Guffey Community Charter School were attended by about 60 people this year with three graduating eighth graders: Cecilia Guiliani, Nate Huggins, and Lauren Dunn.

Every student received an award and Mrs. Jenny Hartman started with her Kindergarten through second graders. Then Mrs. Lynda MacDonald's third through fifth graders and Mrs. Hillevi Peterson-Hirsch's sixth through eighth grade students.

While the graduates were donning cap and gown, the board recognized and thanked all the school staff with flower bouquets.

There was a special presentation to Frank Ruvo, who is retiring this year after 27 years with the school.

According to school mentor and board member Chris Peterson, 20 years ago the district was ready to close the Guffey School for lack of students. Ruvo was fundamental in helping to keep the school open.

Then Guffey residents Tom Elliott and Ginny Jaramillo were instrumental in starting the charter school in Guffey, and Ruvo has been working with the Carver policy governance system for the school for the last 15 years added Peterson.

Peterson said that Ruvo has been a longtime supporter of the school. Ruvo does just about everything at the school besides teaching added Peterson, including cooking, shopping, dishwashing, bus driver, grounds keeping, and maintenance man. Ruvo said that he will remain as president of the school board and he would not miss getting up at 4:30 a.m. Ruvo will be missed and hard to replace.

The three graduates were presented with their diplomas after each had given a rose to all the special people in their life and those who helped them this year.

The graduates also presented the school with a cast of hand folded, multi-colored, paper origami cranes hung on a yardstick with the title "measure of our youth." Hanging from the yardstick were 39 cranes representing the past 39 Guffey school graduates. This year's graduates each added a crane for themselves, making a total of 42 Guffey school eighth grade graduates.

Denise Taylor, president of the Friends of the Guffey Library, announced that there would be a summer reading program and library hours are Monday, Tuesday and Wednesday from 11 a.m. to 4 p.m. and Saturday from 11 a.m. to 4 p.m. and a community BBQ luncheon followed the ceremonies.



The graduates on their cake from left to right are Lauren Dunn, Nate Huggins, and Cecilia Guiliani.



The middle school class from left to right are Lulu Foluk, Mrs. Peterson-Hirsch, Lulu Robinson, Emily Clark, Lauren Dunn, Nate Huggins and Cecilia Guiliani display their "cast of cranes" with each crane representing a Guffey school graduate.



Frank Ruvo on the right accepting a plaque from the school. Board member Chris Peterson on left and principal Pam Moore in the middle.

urday from 11 a.m. to 4 p.m.

A community BBQ luncheon followed the ceremonies.



## Spotlight on the Divide Chamber

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4.....OAKLEY	15.....CARI DELL	25.....KIM E COX
7.....MIKE MADDOX	16.....MARK EDENS	28.....HOWIE
8.....MIKE NELSON	17.....KARAOKE	29.....CARI DELL
9.....CARY CARPENTER	18.....OAKLEY	30.....MARK EDENS
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## Gateway Elementary hires new principal

by Woodland Park School District

Ashley Lawson is the new principal of Gateway Elementary School beginning the 2015-16 school year.

"This just feels like a wonderful adventure and a homecoming," Lawson said. "My youngest is a Gateway graduate and every time I go into the building and talk with the teachers and see what's happening, little parts from throughout my career jump out at me. I get the sense I've had this elementary person inside me my whole life."

A Woodland Park resident since 2003, Lawson and her husband have two daughters; one at CSU who plans to teach art; and one a sophomore at Woodland Park High School (WPHS). Lawson began teaching at WPHS as a Language Arts teacher in 2003 and was the high school's IRT (Instructional Resource Teacher) since 2010. She received a BA in English from LeGrange College, GA, and earned her Master's in curriculum, instruction, and assessment from Walden University, MN. She is a National Board Certified Teacher.

"My primary goal is to get to know the staff, students, and families and establish those relationships," Lawson said. "Another is to move forward with the PBIS (Positive Behavior Instructional Supports) that Gateway put in place this year."

Lawson spent the end of May meeting with Gateway teachers, taking part in end-of-the-year festivities, and filling positions for the new school year. Lawson met with parents as well.

"We are thrilled to have Ms. Lawson lead



Ashley Lawson

Gateway Elementary School as the next principal," Dr. Jed Bowman, Superintendent of Schools, said. "Her instructional leadership will have positive impacts on student learning! She has high expectations for Gateway and we are looking forward to her leadership!"

Lawson takes the place of Kay Lynn Waddell, who started her career at Gateway as a Special Education teacher in 2000 and served as principal since 2006.

## Special events volunteers wanted!

Habitat for Humanity of Teller County is in need of volunteers to help us with a couple of events this summer! We are looking for help with:

- Woodland Park farmers' market: we will need help refinishing, repurposing, and redecorating various items for sale, as well as set up, takedown, and staffing a booth, every other Friday.
- VINO and Notes fundraiser: we are looking for volunteers for set up, gate volunteers, and clean up. All volunteers are invited to attend the event free of charge!

Please contact our office at 719 687 4447, or by email to colleen@tellerhabitat.org.

## Mueller State Park offers great hiking in the Pike's Peak Region

by Linda Groat

Mueller State Park offers some of the best hiking in the Pike's Peak Region! Mueller is well known for its beauty and spectacular views. Perhaps not so well known are the variety of well-maintained, gorgeous trails it offers.

Mueller has 55 miles of hiking trails within its 5,000 plus acres. Some trails wander through gentle rolling hills of aspen groves and meadows. These allow hikers to leisurely stroll among the wildflowers and wildlife. Other trails challenge the avid hiker with steep inclines and rugged terrain. The Aspen Trail, for example, with its six roller-coaster hills, is meant to be a challenge for even the experienced hiker!

The park elevation ranges from about 9,000 feet to 9,843 feet on top of Grouse Mountain, the highest point in the park. The developed area of the park is located along the top of Revenuer's Ridge. All but two trails start from the ridge top and go down into the backcountry. Remember, what goes down, must come up!

Fabulous scenic views can be seen in several areas of the park. The west side of Pike's Peak dominates the landscape to the east and often takes up the whole panorama! To the south and west, you can see the Collegiate Peaks, Sangre de Cristo Range and the Continental Divide. The best spots to catch these sights are the Visitor Center, Grouse Mountain, and Outlook Ridge Trail, which has three overlooks to the southwest.

The rich flora and fauna here can be partly attributed to the history of the park. Many years ago, the land was a series of cattle ranches and homesteads. These ranches were collected by the Mueller family, and then protected and saved until the time when they could pass it on to the State of Colorado to be

managed for wildlife habitat and recreation—for the enjoyment of visitors. Elk, deer, bear, and turkey are just a few of the animals that make their home in the park. Likewise, wildflowers put on a parade all summer in the lush meadows and cool forests.

Some trails are wide enough for a car because they were originally ranch roads. These trails are great for groups or families as well as horseback riders. Some narrow trails that wind through the canyons and rock formations allow only hikers on foot. Of the 55 miles of trails in Mueller, 27 miles allow horses and 19 miles allow mountain biking. All the trails are maintained by a hearty group of volunteers. These folks dedicate their time and energy into keeping Mueller State Park beautiful and safe!

All hikers should pick up a trail map before venturing out into the backcountry. We strongly recommend everyone hike with water, snacks, and a rain jacket for those frequent afternoon showers. Dogs are not allowed on the trails.

Many hikers in the Pike's Peak region miss hiking in the Waldo Canyon area. Since the wildfire in 2012, the trails have been closed indefinitely. As an alternative, we invite you to take a short drive further west and try out the trails at Mueller!

The only cost is a park pass required for each vehicle to enter the park; a \$7 day pass or \$70 annual park pass. For more information, call Mueller at 719-687-2366.

Mueller State Park is located just 45 minutes from Colorado Springs on the west side of Pike's Peak.

For a complete list of hikes and other activities scheduled for July at Mueller State Park, please see page 39.



Golden Age Center is the headquarters of Fremont County Transit system at 728 Main St. in Canon City.

## Fremont County Transit

by Charlotte Burrous

photo by Charlotte Burrous

As people grow older, it is sometimes hard to find a way to get around. That is until recently, when a committee set up a system to transport residents in Fremont County for a nominal fee.

In 1999, hundreds of seniors began to request rides from the Golden Age Center, especially after the Ride went defunct. The Ride originally bused citizens around the community for shopping, doctor's appointments and other reasons. However, when it closed, it left a hole in the community.

"We took a survey of our members," said Golden Age Center Executive Director Jim Wiles, one of the organizers of the Fremont County Transit. "There was an overwhelming number who felt like we needed a system so we started the Golden Shuttle Senior Transit with all volunteer drivers."

In 2002, the community made several more attempts to expand the transportation system; however, it did not work until 2011 when Colorado Department of Transportation approached Wiles, requesting him to "take the bull by the horns" to set up a system in the area.

At that point, Wiles and the committee began working on a five-year plan, starting off by providing shuttle service from 9 a.m. to 4 p.m. Monday through Friday in Canon City. It was a demand service, which is basically a door-to-door system in which the center requested a 24-hour notice to schedule transportation.

At the same time, Wiles said he made sure the fare structure was affordable for seniors and handicapped at a donation of \$1, and \$2 for the general public. The riders had no restriction for where they wanted to go in the community of Canon City.

Clients could pay cash or buy a 10-ride ticket, which the drivers punch each time. The center also works with a couple entities, which purchase tickets then hand out to their clients, such as the former West Central Mental

Health. The tickets have no expiration date.

In the five-year plan, the organization also planned to expand its service into Florence and Penrose; however, it took longer than expected. This year, CDOT finally provided funding for the project and the center continued to keep the fare the same along with the hours.

The transportation system also offers medical trips to Pueblo, Colorado Springs, and Denver if drivers are available. For these trips, the system bills Medicaid or other insurance companies or the clients can pay cash. The center asks for three to four days' notice on the outside trips.

During this time, the organization applied to CDOT for grants to purchase more buses, which is typically an 80/20 percent grant, but the organization has to match 20 percent of the grant.

Most of the buses cost around \$50,000 so the center needed to raise 20 percent or \$10,000 for each of the buses. Recently, the system purchased a bus for trips to Florence and Penrose with the help of a CDOT grant.

In the meantime, Fremont County Transit currently has 20 drivers, who schedule their own days.

"The only way we can provide any of these trips for anywhere for that type of fare structure is because we use volunteer drivers," Wiles said. "All of our drivers are volunteers and our system is subsidized by CDOT, foundation grants and fundraising."

In addition, the Fremont County Transit offers rides in conjunction with the Mountain Goat, which transports people from Salida to Pueblo, stopping at Hank's Travel Plaza at 420 Royal Gorge Blvd., where Fremont County Transit picks up passengers and transports them to various stops in Canon City then back to Hank's before 4 p.m. when the Mountain Goat returns from Pueblo on its way to Salida. For more information or transportation, call 719-275-5177.

## Woodland Park Cemetery Crawl

by Marcia Ford

The Ute Pass Historical Society will celebrate the 4th of July with its annual Cemetery Crawl from 1 p.m. to 3 p.m. at the Woodland Park Cemetery, 650 Short Street, Woodland Park. The event will feature guided tours every 15 minutes, with local volunteers depicting some of the old pioneers who are resting in the cemetery. Admission is \$5; children under 12 are free.

The society will also conduct its weekly one-hour tour of Ute Pass History Park at 11 a.m. July 4, starting at the Museum Center/Gift Shop, 231 E. Henrietta Avenue, next to the Woodland Park Public Library. The park's five historic buildings display documents and artifacts related to the development of the Ute Pass area, from the era of the Southern Ute people to the heritage tourism destination it is today.



Miriam Gillespie of Woodland Park portrays a pioneer known as the "Weeping Mother" at the annual July 4th Cemetery Crawl.  
photo by Judy Perkins

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## The Thymekeeper Super weeds or super nutritious super foods?

by Mari Marques  
photos by Mari Marques

During WWII, the American Government considered garden weeds to be good nutritious food. Some of the top weeds at that time included Amaranth AKA "pigweed" and Lamb's Quarters. Not only are they nutritious but they grow incredibly fast!

Currently farmers across America are experiencing a phenomenon known as "super weeds" and one of those causing a great deal of trouble is Amaranth. There are 60-70 different species of Amaranth that can be found almost anywhere, but the Palmer Amaranth specifically has become resistant to the popular weed killer Roundup. This particular species can easily grow up to 18 feet tall or more and stop a combine dead in its tracks.

This is no surprise really, when you consider we now have "superbugs" as a result of antibiotic overuse. Glyphosate, the main ingredient in Roundup is classified as an antibiotic and millions of tons of it are used on factory farms every year. Unfortunately the strategy to combat the issue of super weeds is to add more herbicides. Coming from a historical viewpoint, I don't think that's going to work.

Per a survey conducted by Stratus Agra-Marketing, "The area of U.S. cropland infested with glyphosate-resistant weeds has expanded to 61.2 million acres in 2012. Nearly half (49 percent) of all U.S. farmers interviewed reported that glyphosate-resistant weeds were present on their farm in 2012, up from 34 percent of farmers in 2011. The survey also indicates that the rate at which glyphosate-resistant weeds are spreading is gaining momentum, increasing 25 percent in 2011 and 51% in 2012."

See more here: farmindus-trynews.com



Lamb's Quarters flowering



Lamb's Quarters

rus, vitamins A, C and E.

Amaranth prefers to grow in full sun, in rich to poor soil as long as moisture is available. Found around and in gardens, disturbed areas, and vacant lots. Although considered an opportunist, it will not grow in shade. Found throughout most of the Americas as well as the rest of the world.

### Lamb's Quarters

Almost everywhere I go I see this plant growing in abundance. One Lamb's Quarter plant can provide plenty of food for one person throughout the summer simply by pinching the tops and allowing a couple of days before pinching again. Time and again when I ask people if they eat it, the response is the same, "What? NO! I pull it out!"

Another relative of spinach, Lamb's quarters are also referred to as wild spinach only they are much more nutritious. Once people realize the benefits of the plant comes the next question, "how do I eat it?" Short answer is put it in your mouth and chew. Many of the leafy weeds can be hung to dry, blanched and frozen for later use, boiled, sautéed or simply steamed as a vegetable. I like to stir fry mine with quinoa or rice to give it a tasty and nutritious boost as well as adding it to my salads.

All parts of this plant may be used as a poultice for swelling, rheumatism or arthritis. Dried and powdered, it can be added to gelatin capsules to make a potent, inexpensive vitamin.

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**\*\*Nutrient counts taken from The Essential Wild Food survival Guide by Linda Runyon and are not a complete representation of the full scope of nutrients.**

Mari Marques is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari at mugsyspad@aol.com or 719-439-7303. Mari is available for private consultation or to meet with you and see what's blooming on your property in July and August.

### Let's take a walk in the woods!

July 11, 12 & 13 from 1 p.m. to 3:30 p.m. we'll be leading herb walks on National Forest land. We'll meet at 1870 County Road 31 in Florissant and carpool or drive to the site. July is the best time to see the many wild plants in bloom and this year with all the moisture they should be plentiful. Come prepared with enough water, snacks, rain gear and bug repellent. These walks are funded by donation. Pre-register with Mari at mugsyspad@aol.com



## Trails4Teens at Florissant Fossil Beds

by The Coalition for the Upper South Platte

You are trekking through time when you visit Florissant Fossil Beds National Monument. Hiking through this 6,000 acre park reveals richly diverse fossils telling the story of a time when central Colorado was home to redwood forests and erupting volcanoes. Up to 1,700 different fossilized species of plants and animals have been identified, with the largest being petrified Sequoia trees.

The 14 miles of trails at the Fossil Beds lead through forests and meadows with stunning views and fascinating fossils. These trails typically see many families with young children and older adults throughout the year. Teens and young adults are less frequent visitors, something the National Monument is hoping to change.

### 'The purpose of the Trails4Teens' program is to help connect youth to Florissant Fossil Beds through fun, engaging experiences on the parks 14 miles of trails.

Ranger Jeff Wolin

For the second year in a row, the Trails4Teens program is encouraging teens to explore the trails and the history at Florissant Fossil Beds. With an Active Trails Grant from the National Park Foundation, Florissant Fossil Beds National Monument, the Coalition for the Upper South Platte (CUSP), and Friends of the Florissant Fossil Beds have teamed up again this summer to get teens out to the Fossil Beds.

"The purpose of the Trails4Teens' program is to help connect youth to Florissant Fossil Beds through fun, engaging experiences on the parks 14 miles of trails," said Ranger Jeff Wolin in a press release. "Through working and playing on the trails the teens will be able to understand and appreciate

Florissant Fossil Beds and our national parks and be moved to become the next stewards of our country's great treasures," Wolin said.

A local teen is being hired on as an intern to work a couple days per week at the Fossil Beds, gaining skills in trail building and trail maintenance. In addition to working with Florissant Fossil Beds and CUSP staff, the intern will work with and lead volunteer groups throughout the summer. About five miles of trail on the heavily used Petrified Forest Loop, Ponderosa Loop, Hornbeck Wildlife Loop, and Shooting Star Trail were restored and improved last year with the help of hardworking Trails4Teens interns. This year's summer intern and volunteers will continue improvement efforts, with a focus on the Sawmill Trail, Hans Loop, and Twin Rock Trails. If you are interested in volunteering and contributing to these efforts, please take a look at CUSP's volunteer calendar <http://volunteer.cusp.ws> or call 719-748-0033 and register for a date to join us.

Teens are also being challenged to hike all 14 miles of trails at the Fossil Beds through Trails4Teens. The challenge is running now through National Public Lands Day on September 26. In addition to the chance to explore the unique National Monument, teens that complete the challenge will earn a



About five miles of trails were restored by volunteers last year.

T-shirt and be entered to win prizes.

To participate in the hiking challenge, teens should be 13-19 years old and able to come to the Fossil Beds during operating hours (8 a.m. to 6 p.m. through Labor Day and 9 a.m.

to 5 p.m. after Labor Day). Entrance is free for anyone 15 or younger; participants 16 years or older are \$5 per person unless an adult with a pass accompanies them. Teens should first stop by the Visitor Center to register for the challenge and learn a little bit more about the Fossil Beds before heading out to hike.

Trails4Teens is a wonderful opportunity for teens to challenge themselves and explore someplace they may have never been before. Whether working or playing at the Fossil Beds, participants will be able to connect with this special place and take pride in their accomplishments.

Hope to see you on the trail!

### How to get to Florissant Fossil Beds National Monument:

Visitors traveling east/west on US 24: Exit to the town of Florissant, then follow signs two miles south on Teller County 1 to the visitor center.

Visitors traveling from the town of Cripple Creek: Follow Teller County Road 1 north for 16 miles



Trails4Teens is a great way to help teens understand how to be good stewards of the land.

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# Inside North Korea

## A local Woodland Park resident visits the Democratic People’s Republic of Korea Part 3 (Dear Leaders)

by Dave Martinek  
photos by John Ramey.

Forward: In this third part in a series, recounting an interview with John Ramey, a young internationally known entrepreneurial consultant and local part-time resident of Woodland Park who visited North Korea in 2014, the segment focuses at least partly on what western critics of North Korea describe as a “personality cult” surrounding the Kim regime and their leaders — called “Dear Leaders.”

According to Translate.Google.com, the North Korean term of affection for the country’s current young leader, Kim Jong-Un, his father, Kim Jong-il and his grandfather, Kim Il-sung, is “*chin-aeheun jidoja*” — “Dear Leader.” Both North and South Korea share the same language, although there are many dialects.

Several sources in the western world agree that a personality cult around the Dear Leaders exists in North Korea, starting with Kim Il-sung. Since the North Korean government exercises control over many (if not all) aspects of the nation’s culture and society, western critics say that this “cult of personality,” bordering on worship, is perpetuated by the government as one means of control. Early journalists visiting the country noted that nearly all music, art and sculpture glorified the Great Leader, Kim Il-sung, and this reverence was then extended down to his son, to a lesser degree, and now his grandson, Kim Jong-Un. However, North Korean government sources contend that their nation’s love of their Dear Leaders is only genuine “hero worship.”

“Dear Leader is always the best at everything,” said John Ramey, the young entrepreneurial consultant from Woodland Park that visited North Korea as a tourist in the fall of 2014. “Most ‘informal’ pictures show Dear Leader pointing with people around him taking notes. He (and his father and grandfather) are/were the best architects, choreographers, singers, scientists, engineers, astronomers, military strategists, etc. etc., in the country. On every street corner and in every major interior room there are the two headshots of Kim Il-sung and Kim Jong-il.

As an example, Ramey noted that Kim Jong-il, as the top engineer and scientist in the country at the time, ordered that a dam built at the mouth of the Taedong River that empties into the Korean Sea.

“The river system feeds the farmlands to the east,” Ramey described. “Dear Leader decided that the annual flooding was bad (it’s actually super critical for farming), so he ordered a dam built. It made their famine worse. But they, of course, don’t acknowledge that or do anything about it.”

In another instance of Dear Leader fanaticism, Ramey recalled when his group was taken to a museum in Pyongyang that housed a massive vault where all the ‘treasures’ given to the Dear Leaders were kept.

“It was huge and ornate, but totally empty of anyone else but our group,” he said. “We couldn’t take any pictures inside. Some of the treasures were so laughable. There was a huge painting of Kim Jong-il in medieval armor riding a Bengal tiger while holding a cigarette in one hand and a dagger in the other. There was also a whole display case of gifts from NBA players in America, such as a basketball signed by the ‘half Korean,’ Yao Ming, or a trading card from the ‘half Korean King of the NBA,’ LeBron James. They had normal three dollar bobble heads of Kobe Bryant, and others, and claimed they were gifts from these players.”

Ramey remarked that on their official tour they were actually told that the North Koreans invented spoons. According to their propaganda, they apparently also invented the printing press (and made sure to tell the German people in the group) and discovered electricity.

One of the more absurd tours was to North Korea’s “Top Production Factory.” At the factory, there were entire rooms displaying how great North Korea was. Ramey estimated that the rooms were seen maybe only five times a year, but it was obvious that a lot of effort went into creating the displays which presented an image that was in sharp contrast to the poor community surrounding the factory.

“They showed us their state-of-the-art control room,” said Ramey. “It had two Windows XP machines and a bunch of flat screen TVs on the wall with charts and numbers running on them. But when we got



Two handlers explain how great North Korea is in one of the display rooms at the country’s Top Production Factory. In the control room they had two Windows XP machines and a bunch of flat screen TVs on the wall running charts and numbers. photo by John Ramey

close enough and zoomed in with a camera, we saw that it was all prerecorded, just fake, running in Flash Player.

There is a system of ascribed status in North Korea, call Songbun (roughly meaning “constituent”), which is used to determine whether an individual can be trusted with responsibility, and in turn, be eligible for certain opportunities that are denied others — such as adequate food, access to education and employment, athletics, better lodging or whether an individual is loyal enough to join the Worker’s Party of Korea. The system is based on the political, social and economic background of an individual’s ancestors, as well as the behavior of their relatives. Ramey saw an example of Songbun while touring the factory. “Everyone wears a red pin on their lapel. EVERYONE. The government issues different pins based on how good of a party member you are. The standard pin worn by most of the factory personnel was a red flag with the headshot pictures of the two Dear Leaders.”

The Sun Palace in Pyongyang is where the bodies and awards of Kim Il-sung and Kim Jong-il are reverently exhibited. It is also North Korea’s executive seat of power. Ramey’s group was allowed to visit and view the bodies of the past Dear Leaders. “They confiscated everything before we could go into the palace to see the Dear Leaders’ bodies, and they inspected all of us,” said Ramey. “The bottoms of our shoes were cleaned. Multiple handlers reviewed our clothing for appropriateness. We were taken through a maze to lose our bearings, and walked through sanitization rooms blasted with air. Military guards were everywhere in very uncomfortable looking poses with their chest puffed up. We had to bow at the feet and both sides of the bodies. There were some women and a group of military behind us. Most of them were crying. Some of the women actually collapsed to the floor when they saw the bodies. It was an intense moment!”

Ramey noted that both dead leaders’ bodies are preserved after the fashion of Lenin in Russia. He was told that the bodies are shipped off



This massive vault was built to house the “treasures” given to Dear Leaders. photo by John Ramey



The Sun Palace (above) is the seat of government. “They confiscated everything before we could go into the palace to see the Dear Leaders’ bodies,” (inset) said Ramey. “This was INTENSE.” A photo by John Ramey and an Official North Korean photo



to Moscow routinely for mortuary work.

“North Korea has a population of about 20 million people, all working for the Kim regime,” said Ramey. “In the metropolitan city of Pyongyang, and other large cities, many are more liberal minded and interested in western culture. However, the rural areas are where the more, radical conservative regime supporters live. Apparently, the Kim’s are the only fat people in the country.”

Cover Caption: They’re so damn proud of this,” said Ramey. “Dear Leader, being the top scientist in the country, decided that the annual flooding was bad (it’s actually super critical for farming), so he ordered a dam built. photo by John Ramey

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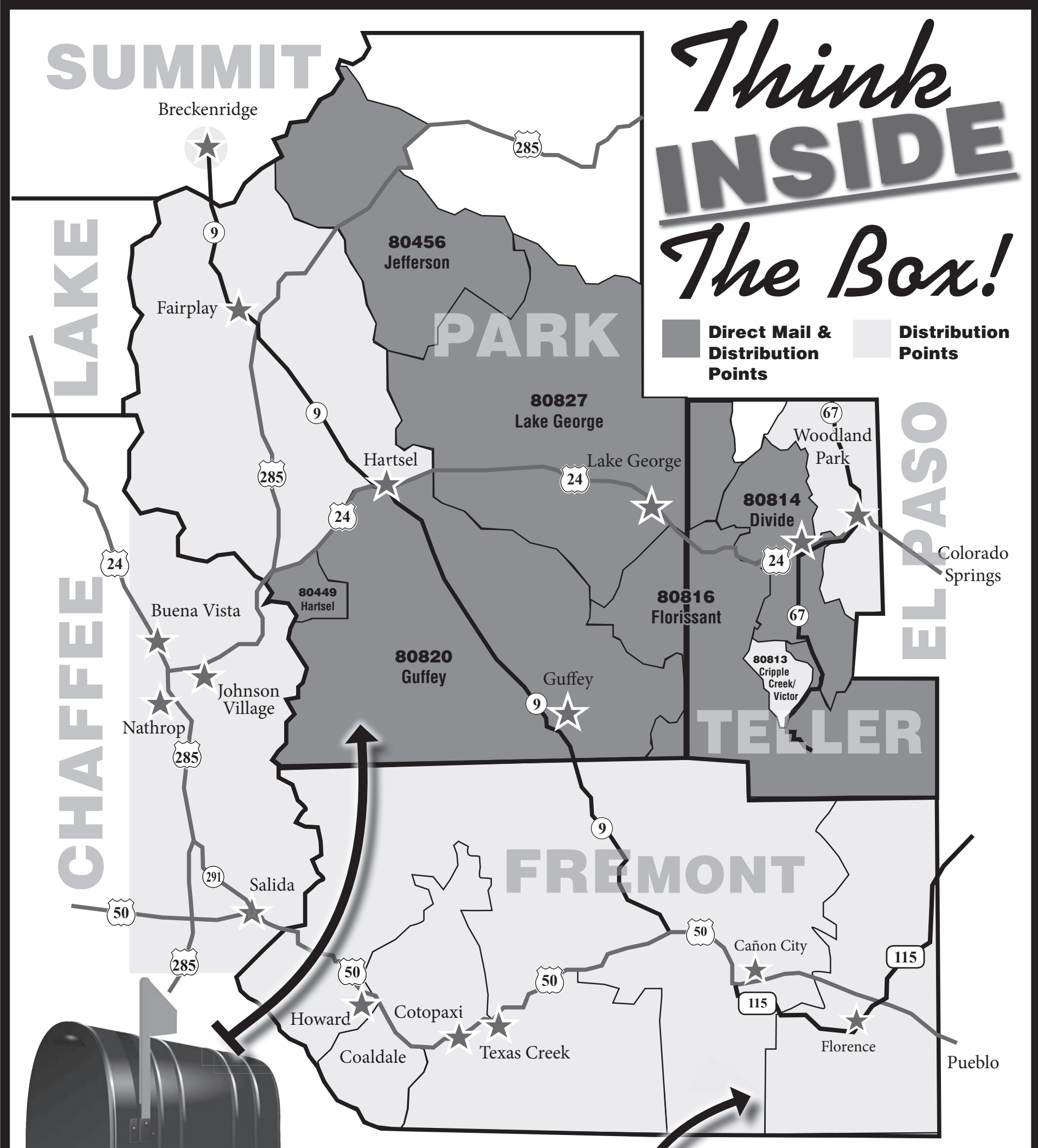
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# The North Pole

by Steven Wade Veatch  
photos by S. W. Veatch

By July 1962, I am eight years old and waiting for my mother and grandmother to take me to Santa's Workshop at the North Pole, which had opened just six years earlier as a family theme park. I would make several more visits there over the next few years, making the magic of Santa's Workshop a part of my childhood; each visit was a day of learning and a time of seemingly endless excitement. In spite of all of the fun, there were also rules to follow. I broke one of those rules that July day, and it continues to poke fun at me to this day. Likewise, I look back through time to that particular visit and find meaning.

From Colorado Springs, my mother, grandmother, and I powered up Highway 24 in the Ford; the car's tires whirled against the road as we drove through Ute Pass and toward Santa's Workshop at the North Pole. I had the window down, and the rush of cool mountain air blasted my face and made my hair stand up. We made a left turn at the town of Cascade, and then traveled up to where Santa lived on the slope of Pikes Peak.

Emerging from the dark green forest at the end of the road was a clearing where we parked. At the North Pole the forest came down the mountain slopes to the edge of a manicured park crisscrossed with paths. The smell of pine trees and the sound of Christmas music filled the air as I walked down the winding paths in this merry village — a fairy land of little elfin houses, Christmas workshops, and mechanical rides. I was glad to see so much activity in spite of it being summer. I just knew that Santa and his helpers would be busy making toys and getting ready for Christmas.

I discovered at the center of Santa's Workshop the real North Pole. I knew this was the land where Santa lived since an ice-covered pole, which never melts — no matter how hot the temperature becomes — was at the center of Santa's Workshop. I can still remember this amazing landmark in my mind's eye. The North Pole, coming out of the ground, seemed to be gigantic. It was a perfect cylinder of ice. I touched the frosty white pole to make sure it was real. I felt the cold penetrate my fingers and smiled as I pulled my fingers away. I sat on a bench by the pole silently for a moment. While dilly-dallying, I heard water flowing into a small pond, felt the cool air, and sensed the adventure that was waiting. I watched a chipmunk as it scurried by while a breeze rustled branches of a spruce tree.

Surrounding the frozen North Pole were little buildings that included a home for Santa and Mrs. Claus, a reindeer barn where Rudolf and the other reindeer lived, a chapel with a nativity, and a marvelous magic show house. North Pole in the summer was a fabulous fantasy: a red and green village, wrapped presents, colossal candy canes, snowmen, and voices — elves, excited as me, called across the mountain; sleigh bells answered. Years later, I would secretly long for this dose of Christmas in the middle of summertime. Whether or not my 8-year-old- self put two and two together and ever realized the North Pole couldn't possibly be located in Colorado was beside the point. While there, I felt transported. That feeling lived within me for decades.

The Gold mine ride was the first thing I got to ride. Younglings were gathered around the ride entrance. A teenager led a donkey that pulled a creaking mine cart along narrow railroad tracks and brought it to a dusty stop at the entry gate. I jumped into the cart with a bunch of other kids. We were soon riding it like a homecoming float. I felt I knew what it was like to be a miner in the Cripple Creek Mining District on the other side of Pikes Peak. My grandmother was born there and talked about growing up in the gold camp during the early 1900s. I laughed and hollered with the other children, ready for fun.

There were other rides and attractions, but the magic show was the best. It was in a building that was tucked among a stand of trees. James Gamble was Santa's first

puppeteer. He was in his late teens, and one of the most awe-inspiring people I had met so far. In the puppet theater a velvet curtain opened and the stage came alive with marionettes. All of the kids were shifting in their seats to see what was going on. Gamble created voices and worked strings that made puppets act out a short Christmas story.

Another remarkable thing I saw was the organ grinder and his monkey, Tammy. Rufus Porter was Santa's organ grinder at the North Pole. His face was creased from decades of working underground in Cripple Creek gold mines. His eyes sparkled and he had a warm smile. The organ was supported by a wooden stick underneath that rested on the ground and a strap that went around his neck. With the organ thus balanced, Rufus Porter, with his worn and knobby hands, went to work: one hand was free to turn the crank and the other hand steadied the organ. Rufus Porter wore a hat and dressed in a plaid jacket over a western style shirt with pearl buttons. He included a simple bolo tie with this outfit. While Rufus worked the music machine, his pet monkey — dressed in a red vest — would dance around, jump up on top of the organ, then jump down and debonairly tip its red hat when people dropped



A frozen cylinder of ice marks the center of the North Pole.

coins into its tin cup. Tammy the monkey would squeak, blink, and rub her tiny hand over her face and show her simian teeth. The money collected by the dancing monkey was combined with coins from a wishing well to provide for needy children at Christmas.

Rufus Porter had lived in Victor, one of the cities in the Cripple Creek Mining District. After working in the mines for 40 years, Rufus and his wife moved to Colorado Springs where he wrote a column for the "Gazette" and published articles in the "Denver Post", "Empire Magazine", and others. My dad used to talk about him and the column he wrote for the newspaper. Rufus Porter also wrote three books of mining camp poetry. As an adult, I added his poetry books to my library and each stanza I read held the echo of his image working the organ grinder at North Pole.

As I explored to my heart's content, mother and grandmother trailed after me. The park buzzed with carols and kids as the afternoon came. Bushes and trees grew shadowed; gray clouds rolled in with a dark sky above. It was time to head to the picnic pavilion and have lunch. Right after we took a picnic table there was a sudden downpour of little plump pearls of hail. The pavilion provided protection. The hail was replaced by a rain shower. Rain water began to pool



Entrance to the North Pole, Cascade, Colorado.

in low spots on the ground that surrounded the pavilion. The thunderstorm did not last long. As the sky cleared, the sun poked light through fir tree branches. My grandmother in the meantime had spread out a picnic for us. I finished lunch with a Twinkie, wiped my hands on my jeans, and plowed through

little puddles of rain — there was more to see and do. Glints of sunlight reflected off beads of water clinging to needles and cones of pine trees along the trail; I could barely make out the bumpy brown and black bark of the tree trunks through the dark openings between the branches.

My mother, grandmother, and I walked to an animal reserve where deer, goats, sheep, burros, ducks, and peacocks wandered. I was quickly surrounded by the goats and ducks that anticipated being fed. Special food was available to feed the animals. Coke bottles were filled by workers with milk and capped with a single rubber nipple for the goats. As soon as I had a green glass bottle in my hand I was swarmed by goats so they could drink from it. The bells on their collars jingled as they pushed and shoved for the nipple. Small boys were running around, screaming with excitement.

Purina duck chow was there for the ducks. Trying to feed the agitated

ducks is where I got into trouble with rules. "Stevie, don't you get close to those animals, don't touch them, just feed them," my mother said.

"I'll be careful." While other kids threw the feed on the ground, I wanted to see if the ducks would eat from my hand and stepped up to a noisy, quacking duck. Instead of eating the chow from my hand, it grabbed my zipper with its bill and kept trying to run. The duck pulled and jerked while I screamed. I cried loud enough for my mother to hear.

"What's going on," my mother asked? "The duck was mean and it bit my zipper," I cried.

"Come over here right now. See what happens when you don't mind!"

"I just wanted to see him better." My mother quieted me down and checked to see that I was all right. She then lectured me about listening to what I was told to do. Since that day, at every Thanksgiving, Christmas, Fourth of July, and other social events my mother enjoyed repeating the story of the zipper biting duck. I always

turn as red as Santa's sleigh when this bit of history is recited. This story of mischief continues to follow me. Now that my mother is gone, my wife continues this oral history and is now the teller of the tale.

Despite disobeying, I was still permitted to explore a few more areas of North Pole that day. By late afternoon, awash in the glare of angled sun, the activity at the park wound down; it was time for the park to close and for us to go home. I clutched that day like a teddy bear; I did not want to leave Santa's Workshop.

Forty years later, time has crumbled away — that day is gone, except for the brief moments when my wife lovingly decides to tell the tale. Now, through the haze of time, only fragments rise up as glowing bubbles of fond memories. I grab these fleeting impressions and try to fit these pieces together and see what takes shape. What emerges is my love of my family and the experiences they provided. A number of trips to Santa's Workshop were made with grandparents and other relatives, each trip creating more special memories.

Here is what I have learned: First, listen to your mother and her rules. Second, there are places we deeply connect with because they transport us. The North Pole was such a place.



Kind of speaks for itself, wouldn't you say?

The people with us when we go to these places have a special place in our hearts. For me, that means my mother, father, and grandparents. They took me to special places that shaped my life. I still hear their voices and feel their love. As I look back to that day my heart fills with love and appreciation for the present moment grows thick; my heart is swollen with emotion as it felt during those early years visiting North Pole. It is a lasting gift.

**Editor's note:** The North Pole and Santa's Workshop are still up and running at the base of Pikes Peak in Cascade, CO. More info at northpolecolorado.com or by calling 719-684-9432.



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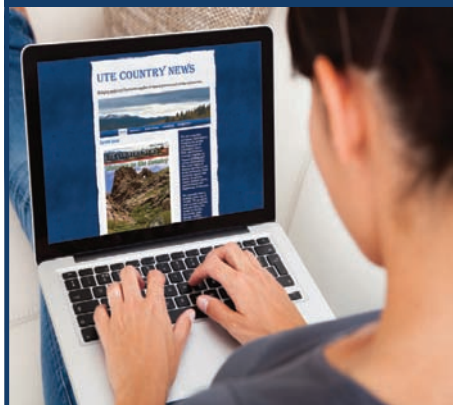
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# Warrior Reghena: Watching the candle burn

by Danielle Dellinger

Larx and Reghena, husband and wife, sat together on the bed holding hands. They stared at the doctor as they absorbed and processed the news. Tumors were spreading quickly throughout her body, and were heading straight for her brain. There was nothing more that could be done for Reghena. She only had days to live. The cancerous poison from the Cruelarian's toxic pincer had ferociously ravaged her body, even with her taking the potent drugs to combat it. Reghena instinctively put a hand over the scar on her side. The drugs had kept her alive for close to a year, but she had become bedridden within almost two months of starting treatment. Each day while Larx was gone to attend to his chiefly duties of the Headquarters' army, she sat and stared out the window. Her eyes would rest on Pikes Peak, but she never actually saw it because her thoughts always took over too quickly.

Now, she watched as the doctor bowed her head and silently left the room. She then looked up at Larx. His expression was stoic, but she saw how glassy his eyes were. It took him a couple beats to realize that she was looking at him. He slowly turned his head, and they gazed into each other's eyes.

"So, this is how it ends," he sighed, his voice barely audible or comprehensible. Reghena shook her head. "It's only how it ends for me, love, not you."

He started to chew on his lip, his tell that he was struggling to hold back his tears. "It ends for me, too, when you go."

Reghena sighed softly and squeezed his hand, putting her free hand over top of his. "I will never leave you. You know that."

"But you don't know what's on the other side," he said quickly, almost defensively.

"Larx, I do know. Our friends and family are on the other side. I'll get to pick up my conversations with them where we left off."

Larx swallowed and dropped his eyes to their hands. He gently stroked the back of her hand with his thumb. "But then I'm left out of the conversation..."

Reghena felt her eyes prickle with tears as her vision blurred. "We'll also pick up right where we left off. I promise," she replied, her voice cracking.

He leaned down and softly touched his lips to her forehead. The helplessness he felt was creating a deep, painful ache inside of him. He couldn't fix this. For months he had watched his wife fade away. She was frighteningly skinny, and within the last week her face had taken on a gaunt look. The circles under her eyes were dark, like someone had smeared charcoal underneath them. At night he would squeeze into bed beside her, holding her delicate body against his firm one. Before bedtime, he would rub wild iris oil into her skin to keep her moisturized, but also as a feeble attempt to cover up the smell of the cancer that was now leaking out through her pores. It was a sickly sweet smell, in her case, the kind that burned your nose and churned your stomach.

Reghena soon pulled back to look up at him. "Take me outside?" she asked. "I haven't been outside in months."

Larx instantly frowned with worry. "Are you sure that's a good idea? We don't want you catching a cold with how weak your immune system is."

She sighed and gave him a stern look. "Larx, honey, it'll be fine. Just a few minutes is all I want. I need to smell something other than sterile hospital air."

He watched her, realizing that she had grown used to the smell of the cancer she

emitted. "Just for a few minutes," he finally agreed. He brought over a wheelchair and helped her into it. He put a pillow behind her bald head so she didn't have to work to keep it upright. She reached up and caught his hand before he pulled it away.

"You're a good man, Larx. Thank you for taking such good care of me." She gazed up at him with a loving smile.

He noticed that even though she was dying rapidly now, her eyes were still vibrant with life.

She pulled a blanket off the bed and into her lap, cuddling up underneath it as Larx began to wheel her out. He took her to the end of the hall where there was a large patio. The sun was beaming down onto it. Reghena instantly inhaled the fresh mountain air as soon as they crossed the threshold.

"I've missed this so much," she groaned. She warmed her eyes, humming as the sun warmed her up.

Larx parked the wheelchair in the middle of the patio, then brought over a chair and sat beside her, being the ever-watchful and protective man he was.

"Just relax, honey," she muttered, reaching out a hand toward him while keeping her eyes closed. "Shut your eyes and enjoy this with me."

He took her small, slender hand in his big one, holding it as firmly as he dared. It took him a moment, but he finally tilted his face up toward the sun and closed his eyes.

Together, they sat and enjoyed the moment for several long minutes.

The next day found Reghena lying down without the bed propped up. Her pain was severe, to the point that the meds were barely keeping it under control. Her room was dark except for a medium-sized candle burning on the nightstand. She was on her side, watching with glazed eyes as the flame gently swayed. She often had to dissociate herself from reality in order to effectively cope with the pain. She absently wondered if she would die when the flame reached the end of the wick and went out.

Larx sat on the bed beside her a while later. "Reghena, my love, are you hungry?" he asked quietly.

Reghena stirred, trying to remember exactly when she had closed her eyes. She turned her head slightly to look up at Larx. "I'm just tired," she croaked.

He nodded. "I know. But do you want to try to eat something? Even if it's just ice cream?" She swallowed in an attempt to wet her dry throat enough to speak. "No," she whispered.

Larx nodded again. "I love you," he said, after a moment.

But Reghena's eyes had already closed. She barely smiled in response.

He rubbed her head gently as he watched her, wishing there were more that he could do for her. He just sat there for a while and caressed her. A little bit later came a knock at the door. Larx got up and answered it. It was a few of the newbie warriors that had been under Reghena's command at the time of the Cruelarians' attack. Their arrival started a steady stream of visitors coming to say their goodbyes to her. He stayed out in the hallway to give them all some privacy. He leaned against the wall with his arms folded across his chest, his eyes on the people hovering around Reghena. He had just started to zone out when he heard a newbie warrior talking to his wife's doctor.

"What happens to the body at death?" the warrior asked. Larx guessed that he had yet

to be in combat.

"Are you sure you want to know?" answered the doctor. "I don't want to tell you, then have it be too morbid for you."

"I can handle it. Plus, I've never understood why changes to the body after death aren't discussed more. I think it's important to know and grasp what happens."

The doctor studied the warrior for a moment. "Well," she started, "the thing most people know about is rigor mortis, the stiffening of the body's muscles. But most probably don't know that it starts in the face two to four hours after death. It reaches the bigger muscles in six to 12 hours. Though, after a couple days when the muscles start to degrade, the body will start to look more relaxed."

The warrior scrunched up his nose as he processed the information.

"Have you heard that hair and nails keep growing after death?" the doctor asked.

He nodded in response.

"That's actually not true. The skin dries out and shrinks away from the hair follicles and cuticles, which gives the appearance that the hair and nails look longer."

"That makes sense," he said, nodding.

"What else happens?"

"The blood will begin to pool at the lowest points of the body in whatever position they died in, and will most likely start staining the skin within a few hours after death."

The warrior smirked. "That sounds pretty strange. But, I guess that's gravity, for you."

The doctor smiled. "Oh, probably the creepiest thing that happens is that air remains in the lungs even after death, so when your body is being moved, it's possible someone will push on the lungs and that'll push air up your windpipe and rattle your vocal chords, causing a moaning or groaning sound, maybe even some squeaking."

The guy visibly shivered and rubbed his upper forearms. "That's something I definitely don't want to witness. That's something straight out of a nightmare."

"It may seem that way," the doctor chuckled. "But I can assure you that it's perfectly natural and normal."

"Uh huh. If you say so..."

"I do say so," the doctor replied, nodding and smiling.

"So, why do dead bodies smell?" he asked, though, he looked like he didn't really want to know the answer.

"Simply put, the bacteria in the gut and upper-respiratory tract suddenly have freedom to go wherever they want. So they start breaking down the body and release horrible-smelling gas."

He wrinkled his nose again. "Well, bodies certainly are interesting," he said after a moment.

"Are you glad you asked?"

He paused, thinking over the question and what he'd just learned. "Yes," he finally answered. "Now I know some things of what to expect if I ever see a recently deceased body."

She smiled. "Good. I'm glad I could inform you." She looked up and noticed Larx standing nearby. "I'm so sorry, Chief Larx, I didn't see you there. I hope I didn't offend you with our conversation."

Larx shook his head. "It's fine. We humans feel it's important to talk about what happens to our body while we're alive, so it should be just as important to talk about the things that happen at death."

The doctor nodded in agreement. "Thank you for saying that."

Larx dipped his head toward her. "No problem."

"I should continue on to my other patients," the doctor said to the warrior, who nodded.

Larx watched the two part ways, heading down the hall in opposite directions. He then returned his eyes to the room to see that Reghena was somewhat awake and talking with a friend, but she was looking past her friend to him with a bemused expression. He guessed that she had been listening the entire time to the doctor's conversation with the warrior.

"How long have I been here waiting to die?" Reghena rasped one night, her half-closed eyes staring at the candle that had a quarter of wick left to burn.

Larx looked up from his book tablet. "Five days," he hesitantly replied. He heard her sigh softly.

"That's too long," she muttered.

Larx swallowed, hating to hear her talk about dying in such a casual manner. He knew she was ready--he was ready too--but hearing her say things like that didn't make it any easier. "I know, my love," he responded.

What else was there to say?

"The candle is almost gone, Larx..."

Speaking was becoming harder for her.

His eyes drifted up from her body to the candle on the nightstand. "Yes, it is almost gone."

"I don't want to wait for it to burn out. I want to die when there's still some flame left." She shifted, acting like she wanted to roll over to face him. "I can't see you..."

Larx set his tablet aside and got up, climbing into the bed behind her. "I'm right here," he whispered in her ear.

They laid there together in silence for several long minutes.

"Will you be the one carrying my body into the woods?" Reghena asked, finally breaking the mounting silence. The new custom in the post-apocalyptic world was to let bodies decompose naturally without coffins or cremation. After the ceremony, Reghena's naked body would be taken into the woods and laid beneath a tree to let nature do its thing.

Larx didn't answer right away. "Is that what you want?"

"Yes," she answered, after a few moments of shallow breathing. "I want our last moment together to be just the two of us."

"Your wish is my command," he said, kissing behind her ear. He could feel a lump forming in his throat as tears stung at his eyes. He tried to blink them away, unsuccessfully. One slid down the side of his nose to the tip, then dropped onto her head. A moment later he heard her sniffle.

He

found her hand and held it firmly with his own. Together, they cried because there was nothing left for them to say.

As Reghena slipped further into a coma, Larx wondered if he should give her permission to die. She never really needed permission to do anything that she'd set her mind to, but it felt like that might put her mind at ease and allow her to let go easier. By now, the candle was nearly gone. It almost seemed like a race between Reghena and the candle to see who could die first. Larx watched the flame flicker. He took in a deep breath.

"It's okay to let go, my love. It's okay to step forward," he murmured.

A day later Reghena was gone. Before the candle, even.

To announce her death, Larx circled her battle airship, *Wild Iris*, around HQ three times.

After four days she was laid atop a white marble altar, dressed in gold armour, the highest honor for a warrior. Larx would get the armour as a memento of her service as a captain. Commander Andrex uncovered Reghena's face and put a vial to her lips. A lavender orb rose out of her mouth and slid into the vial.

Andrex handed the vial to an assistant, who gently tipped the orb into a clear locket, and handed the locket to Andrex. Andrex turned and placed the locket with Reghena's soul in it around Chief Larx's neck. She would always be with him, just in a different way.

Everyone attending the ceremony turned their backs to the altar as a white sheet was draped over Reghena. Larx stepped up beside her body and began to discreetly undress her. When he was finished, he wrapped her up in the sheet and gathered her into his arms. Then everyone followed him as he walked toward the woods, stopping instantly when he entered the trees. Together, Reghena and Larx continued their journey into the woods alone.

Twitter.com/ZepherSong  
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This story is dedicated to my godmother who passed away at the start of June. We are pictured here after my college graduation. She was a great woman, who honestly made the most of life, and was friends with basically everyone. I'm sure her soul on the Other Side shines brighter than a supernova.

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# The better nutrition prescription

## Healthy food is the best medicine to to lower risk of cancer and heart disease

by Carol Grieve`

Hippocrates talked about food as medicine some 2000 years ago. Hippocrates is credited with being the first person to believe that diseases were caused naturally, not because of superstition and gods. He separated the discipline of medicine from religion, believing and arguing that disease was not a punishment inflicted by the gods but rather the product of environmental factors, diet, and living habits.

You may have heard of the Hippocratic Oath that physicians take and some of that is credited to Hippocrates. However, it is a popular misconception that the phrase “first do no harm” is a part of the Hippocratic Oath. Strictly speaking, the phrase does not appear in the oath, though an equivalent phrase is found in Epidemics, Book I, of the Hippocratic school: “Practice two things in your dealings with disease: either help or do not harm the patient”.

This begs the question: Is our typical modern medicine practice helping or harming? We have become a society that takes a pill for every ailment and then need to take more pills to counteract the side effects of the first pill we took. I am not saying there is no viable use for modern medicine and pharmaceuticals — but have we taken it too far, and are these drugs healing or harming? This certainly is a question to ponder.

Cancer, diabetes, heart disease, autism, Alzheimer’s and many other conditions and diseases have greatly increased over the last 20-30 years and continue to rise. Why is that? There certainly are many factors to answer that question but has the increased use of pharmaceuticals eradicated these diseases — the answer is clearly no!

On the whole, your immune system does a remarkable job of defending you against disease-causing microorganisms. But sometimes it fails: A germ invades successfully and makes you sick. Is it possible to intervene in this process and make your immune system stronger? What if you improve your diet? What foods help fight inflammation? What foods help build your immune system? Does your genetic history predispose you to cancer, heart disease, or other diseases? What can you do now to create a healthier immune system? What foods are great cancer preventives? Let’s explore some of these questions.

I would like to share with you some of the wonderful phytonutrients in our food that may assist you in intervening or preventing certain diseases. Let’s first discuss inflammation. What is inflammation? In its simplest form, it’s the body’s response to a perceived threat — whether it’s a splinter in our finger, sunburn at the beach, a sprained ankle or the reddish edges of a paper cut.

When balanced, the body has the capacity to counter the inflammatory chemicals that are produced when it perceives a danger like we just described. However, when the body becomes imbalanced, it loses its ability to produce anti-inflammatory chemicals to counteract inflammation. This may go undetected for long periods of time. Most inflammation begins in the gut which is why it is important to have a healthy gut or microbiome. Seventy percent of your immune system is in your microbiome.

Chronic inflammation is usually seen in people who have diets with a high ratio of Omega-6 to Omega-3 Essential Fatty Acids, lead lives with high stress levels, have excess body fat, eat

high carbohydrate diets, and processed foods that are high in sugar. When chronic inflammation is maintained over a period of time, it can lead to serious conditions such as cancer, heart disease, Alzheimer’s, Parkinson’s, multiple sclerosis, diabetes and others. Diet plays a key role in maintaining a healthy immune system and reducing inflammation.

### Let’s discuss cancer.

Cancer can start almost anywhere in the human body, which is made up of trillions of cells. Normally, human cells grow and divide to form new cells as the body needs them. When cells grow old or become damaged, they die, and new cells take their place. When cancer develops, however, this orderly process breaks down. As cells become more and more abnormal, old or damaged cells survive when they should die, and new cells form when they are not needed. These extra cells can divide without stopping and may form growths called tumors.

Cancer uses a number of different pathways and mechanisms in its process. Some of those pathways include its own communication and it creates its own system of blood vessels. There are specific nutrients that come from food that can interact in one or more of those pathways that can interrupt that process. I am going to discuss some of the foods that have been studied for cancer prevention or even interrupting cancer cells in your body. These are not all of the foods that can assist with cancer but some of the most studied ones<sup>1</sup>.

### FOODS THAT FIGHT CANCER

#### Broccoli:

Studies show that the unique combination of antioxidants, anti-inflammatory, and pro-detoxification components in Broccoli can decrease the risk of prostate cancer, colon cancer, breast cancer, bladder cancer and ovarian cancer.

#### Cabbage:

The anthocyanins found in red cabbage are well documented anti-inflammatory compounds and this food is a standout anti-inflammatory food. All types of cabbage contain polyphenols that provide anti-inflammatory benefits. However, glucosinolates are cabbage’s trump card with regard to anti-cancer benefits. They are a preventative for a variety of cancers, including bladder cancer, breast cancer, colon cancer and prostate cancer.

#### Collard Greens:

The cancer preventative properties of collard greens may be largely related to four specific glucosinolates found in this cruciferous vegetable. Each of these glucosinolates can be converted into isothiocyanates that helps lower our cancer risk by supporting our detox and anti-inflammatory systems.

#### Cucumbers:

Preliminary animal studies have begun paying more attention to the lignans found in cucumbers. These phytonutrients have a strong history of research in connection with several cancer types; including breast, uterine, ovarian, and prostate cancers.

#### Garlic:

While not as strong research evidence for cruciferous vegetables, research on the allium

## Let Food Be Thy Medicine and Medicine Be Thy Food

~ Hippocrates

vegetables, including Garlic, shows that these vegetables have important anti-cancer properties. Research has shown that roughly one clove of garlic daily has been found to lower risk of virtually all cancer types. Garlic has been shown to promote apoptosis (cell death) in colon, breast, lung and prostate cancer.

#### Green Tea:

Much research has been done over the last 10 years and it is widely supported by epidemiological, cell culture, animal, and clinical studies. A branch of the National Cancer Institute has initiated a plan for developing tea compounds as cancer-chemo-preventive agents in human trials.

#### Olives:

Antioxidant and anti-inflammatory properties of olives make them a natural for protection against cancer. The antioxidants in olives may have a special ability to protect DNA, the key chemical component of genetic material in our cell, from oxygen damage. This DNA protection from unwanted oxidated stress means better cell function and provides cells with decreased risk of cancer development.

#### Onions:

Plant flavonoids in onions have been found to strongly prevent cells from becoming cancerous. Quercetin, which is found in onions, is one of those flavonoids. This flavonoid can have numerous effects on the cells, both on normal cells and cancer cells. For normal cells they provide powerful protection against free radicals. For cancer cells they can promote cell death.

#### Raspberries:

Phytonutrients in raspberries may also be able to change the signals that are sent to potential or existing cancer cells. In the case of existing cancer cells, the phytonutrients in raspberries may be able to decrease cancer cell numbers by sending signals that encourage the cancer cells to begin a cycle of programmed cell death.

#### Shiitake mushrooms:

Most research done on shiitake mushrooms involves the mushrooms extracts rather than whole mushrooms in food form. Most of the research indicates there are powerful anti-cancer benefits, especially with respect to prevention of prostate cancer, breast cancer, and colon cancer.

#### Tomatoes:

There are very large amounts of research on tomatoes and their anti-inflammatory nutrients and antioxidants. Prostate cancer is the best researched in relationship to tomatoes. It has been found that tomatoes can lower risks in men for prostate cancer. The key ingredient researched is a phytonutrient called alpha-tomatine and it is shown to alter metabolic activity in developing prostate cancer cells.

#### Turmeric (curcumin):

Turmeric provides powerful anti-inflammatory protection. The principal molecule responsible for that effect is curcumin. In the laboratory, curcumin inhibits growth in a large number of cancers including: colon, prostate, lung, liver, stomach, breast, ovarian, brain, and leukemia. It inhibits angiogenesis and forces cancer cells to die.

#### Walnuts:

Walnuts have a wide variety of anti-oxidants and anti-inflammatory nutrients. Antioxidants lower risk of chronic oxidative stress and anti-inflammatory properties, when combined, pose the greatest threat for cancer development.

### Let’s discuss heart disease.

Heart disease is the leading cause of death for both men and women in the U.S. and also the leading cause of death worldwide. Oxidated stress and inflammation contributes to heart disease. Cardiovascular health is of utmost importance in combating this disease. Let’s explore some of the foods that can assist.

### FOODS THAT FIGHT HEART DISEASE

#### Apples:

There is well documented evidence associated with two aspects of apples; their water-soluble fiber (pectin) and their unusual mix of polyphenols. Total cholesterol is decreased through regular intake of apples. Strong antioxidants provide us with protection from oxidation of fats, including fats found in the blood stream (triglycerides). Recent research shows that Quercetin found in apples provides our cardiovascular system with anti-inflammatory benefits.

#### Asparagus:

There have been large-scale dietary studies showing reduced risk of chronic diseases, especially heart disease and Type 2 Diabetes. Asparagus has an amazing B vitamin content, folic acid, niacin, choline, and pantothenic acid. Its soluble fiber provides over 3 grams of dietary fiber per cup and 1 gram of soluble fiber. Soluble fiber has been found to reduce risk of heart disease. Their anti-inflammatory properties reduces inflammation and oxidated stress.

#### Avocados:

Heart health is improved by intake of oleic acid (the primary fatty acid in avocado) and by the intake of omega-3 fatty acids which can reduce inflammation and oxidated stress.

#### Bananas:

Banana’s potassium lowers blood pressure. Their sterol content blocks the absorption of dietary cholesterol. Banana’s soluble fiber content is associated with reduced risk of heart disease.

#### Black Beans:

Much research has been done because they are rich in soluble fiber. Soluble fiber lowers blood cholesterol levels. Black beans can decrease the risk of coronary heart disease and heart attack with increased consumption of these legumes. Their concentrations of

continued on next page

anthocyanins can lower risk of heart disease.

#### Blueberries:

Blueberry intake (usually in amount of 1-2 cups per day and over the course of three months) has been shown to improve fat balances, including reduction of total cholesterol, raising the HDL cholesterol and lowering triglycerides. They can also help protect the blood components from oxygen damage that could lead to clogging of the blood vessels. In studies of men and women, blueberries have shown to support healthy blood pressure.

#### Broccoli:

Anti-inflammatory substances found in cruciferous vegetables are becoming a topic of interest in controlling heart disease. The properties of sulforaphane in broccoli may be able to prevent, or even reverse some of the damage of blood vessel linings associated with chronic sugar problems. They are high in B6 and folate and can help lower risk of excessive homocysteine formation.

#### Brussels Sprouts:

They are rich in antioxidants, beta carotene, Vitamin C, and manganese. One study in France found Brussels sprouts to be more of a dietary contributor to the many antioxidants than any other cruciferous vegetable. Research has looked at heart attacks, heart disease, and atherosclerosis and found them to lower risk of heart problems. They may also prevent possible blood vessel damage and lower cholesterol. They have many anti-inflammatory properties.

#### Cashews:

Cashews have a lower fat content than most other nuts. Sixty-six percent of the fat is a heart healthy monosaturated fat similar to that found in olive oil. One quarter cup contains almost exactly as much heart-protective oleic acid as one tablespoon of extra virgin olive oil.

#### Chili Peppers:

Cayenne pepper has been shown to reduce blood cholesterol, triglyceride levels, and platelet aggregation, while decreasing ability to dissolve fibrin, a substance integral to the formation of blood clots. Studies have shown they can lower the rate of heart attacks, strokes, and pulmonary embolism.

#### Cranberries:

The combined impact of antioxidants and anti-inflammatory phytonutrients found in cranberries has many heart healthy benefits. Cranberry juice (100 percent juice) has been shown to prevent the triggering of two enzymes that are pivotal in the atherosclerosis process.

#### Flaxseeds:

The primary omega 3 fatty acid in flax-seeds, alpha-linolenic acid or (ALA), can help prevent blood vessels from inflammatory damage. The lignans in flaxseed also offer blood vessel protection from inflammatory and oxidated stress damage. They have been shown to decrease the bad cholesterol and increase the good cholesterol. Some studies have shown that increased omega 3s help regulate blood sugar to help reduce blood pressure in persons with hypertension.

#### Garlic:

Garlic is clearly able to lower our blood triglycerides and total cholesterol. The cardio-protective benefits of garlic may rest on the production of hydrogen sulfide gas (H2S). H2S can help our blood vessels expand and keep blood pressure in check. The anti-inflammatory and oxidative stress properties can help blood vessels from becoming blocked and



clots from forming inside of our blood vessels. It has shown over and over again in studies to have anti-clogging properties.

#### Green Tea:

It protects against coronary artery disease. Elevation of free radicals in the arteries is a key event in many forms of cardiovascular disease. Green tea inhibits the enzymes involved in the production of free radicals in the lining of the arteries.

#### Kale:

Kale has a cholesterol lowering ability. When it binds together with some of the bile acids in the intestines, our liver needs to replace the lost bile acids and draws upon our existing cholesterol. As a result, our total cholesterol level can drop.

#### Leeks:

Leeks contain a flavonoid called kaempferol which has been repeatedly shown to help protect our blood vessel linings from damage, including damage from overly-reactive oxygen molecules. They are high in Vitamin B folate. Folate makes it a cardio-protective food. Leeks high polyphenols play a direct role in protecting our blood vessels and blood cells from oxidated stress.

#### Olive Oil:

The high monosaturated fat content of olives has been associated with decreased blood cholesterol and LDL cholesterol. The monosaturated fat can help reduce blood pressure. Olives’ polyphenols have been shown to lower blood levels of C-reactive protein which is a widely used blood measurement for assessing the likelihood of cardiovascular inflammation.

#### Salmon:

Salmon is high in antioxidants and anti-inflammatory nutrients which decrease the risk of cardiovascular disease. Many of the studies focus on salmon’s omega 3 fatty acids for these risk-lowering studies. Intake

of salmon two times per week can reduce the risk of cardiovascular disease.

#### Strawberries:

Many of the phytonutrients present in strawberries function not only as antioxidants but also as anti-inflammatory nutrients. Many studies have shown that the diverse phytonutrients actually work together in synergistic fashion to provide many cardiovascular benefits.

#### Sunflower Seeds:

Provides the monounsaturated fat oleic acid. This is the same fat that researchers believed to be associated with much of the health benefits associated with olive oil. Studies have shown they can reduce cholesterol absorption by up to 50 percent.

#### Tomatoes:

There are two basic lines of research with tomatoes showing they truly excel. They have the ability to lower the risk of lipid peroxidation in the bloodstream. Lipid peroxidation is a process of which fats that are located in the membranes of cells lining in the bloodstream, or fats that are being carried around in the blood, get damaged by oxygen. They can also decrease total cholesterol, LDL cholesterol, and triglyceride levels.

#### Walnuts:

Walnuts are beneficial to the heart and circulatory system. They have a very favorable impact on vascular reactivity, the ability of our blood vessels to respond to various stimuli in a healthy manner. Walnuts have been shown to decrease LDL and total cholesterol and reduce the risk of excessive clotting and inflammation.

This is just a sampling of some of the foods that can assist you in preventing cancer and heart disease or changing its course. There are many other factors like genetics and environmental toxins such as pesticides, herbicides, and insecticides that can create cancer and other diseases. Eating organic

is a way to avoid these toxic chemicals. Drinking clean water without chlorine or fluoride is essential in keeping your immune system healthy. Fluoride is now classified as a neurotoxin according to a study in 2014<sup>11</sup>. I recommend reverse osmosis or distilled water. Keep in mind that drinking these types of water requires you to add trace minerals back to the water. You can get trace minerals at any of your local health stores.

Predisposition to disease does not mean you need to get that disease. There are always triggers in creating a disease and keeping your mind, body and emotions free of toxins can provide you with a powerful tool in preventing disease. Stress is a huge factor in the creation of disease. I recommend doing everything you can to reduce the stress in your life which may include, meditating, walking in nature, balanced breathing, exercise, yoga, Tai Chi, doing things you love and loving things you do. I think Hippocrates knew what he was talking about! Be well.

*Carol Grieve` is a Certified Life Coach and Wellness Coach, the host of the widely-acclaimed talk radio show, Food Integrity Now (www.foodintegritynow.org), and a speaker and writer. For more information on health and wellness coaching, contact Carol at carol@foodintegritynow.org or call 415-302-7100. Phone or Skype sessions are available. She is currently conducting classes on food education at Mountain Naturals Community Market in Woodland Park every Saturday at 3 p.m. For a list of topics, email carol@foodintegritynow.org or call Mountain Naturals at 719-687-9851 for more information or see ad on page 36.*

*‘Anti-Cancer a New Way of life by David Servan-Schreiber, MD. Natural Strategies for Cancer Patients – Dr. Russell Blaylock, M.D. <sup>11</sup>http://www.whfoods.com/genpage.php?name=george&dbid=235 <sup>11</sup>http://www.thelancet.com/journals/lan-neur/article/PIIS1474-4422(13)70278-3/fulltext#article\_upsell*

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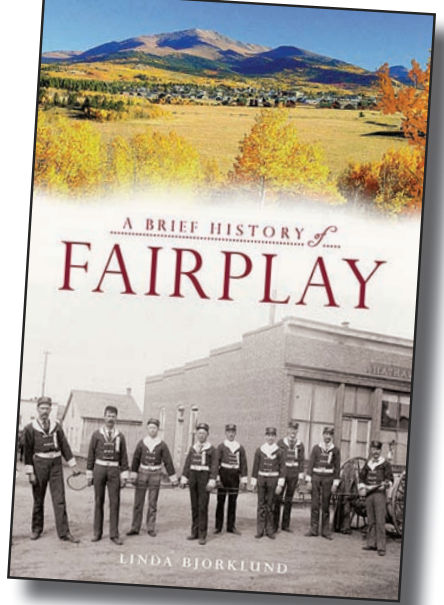
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(left to right) Actors John Reddy, Jashaun St. John, Travis Lone Hill, writer and director Chloe Zhao, and ONFF Director Steve Kurtz.

## “Songs My Brothers Taught Me” Poignant movie depicts life on reservation

One Nation Walking Together (ONWT) had been planning its first annual One Nation Film Festival (ONFF) in Colorado Springs for spring of 2016, just as coincidentally, if you believe in such terms, Chloe Zhao, writer and director of “Songs My Brothers Taught Me” happened to have completed her film. It made sense for “Songs My Brothers Taught Me” to become the kickoff event in 2015 for the ONFFs annual film festival. The film showed at Colorado College, Armstrong Hall on June 20, 2015.

“Songs My Brothers Taught Me” is a

Steve Kurtz, ONFF Director said, “More filmmakers like Ms. Zhao are digging into the heart of America and finding the beautiful and the not-so-beautiful stories that should be at the forefront of the narrative about family, home, race, and poverty in America.”

This movie provides an inside look at life on the reservation. It is real, raw, and honest. When one part of a system changes, the rest of the system feels the impact. This can be seen throughout the film. As the dynamics of the change play out in this film, the thread of family that holds them together is stronger than steel. Love truly can conquer all.

**He has such a strong  
face; we just had to  
include him...**

**~ Writer and Director Chloe Zhao  
on John Reddy**

2015 Sundance Film Festival US Dramatic nominee and Cannes Film Festival Directors' Fortnight selection. It is a compelling and complex portrait of modern day life on the Pine Ridge Indian Reservation that explores the bond between a brother and sister who find themselves on separate paths to rediscovering the meaning of home.

Chloe Zhao sensitively inserts herself into isolated Indian Country to offer a rare, modern gaze keenly felt through the eyes of magnetic, non-professional lead actors John Reddy and Jashaun St. John, providing a universally resonant tale set among young generation Lakota Sioux. Just a short time after Chloe arrived at Pine Ridge she immediately began choosing her cast. She said of John Reddy, “He has such a strong face; we just had to include him. It turned out great! John did a lot of ad libbing; we kept their conversations in the film because it just flowed so naturally.”

and contemporary issues of America's First People. Urban Turzi, Executive Director of ONWT noted, “One Nation Film Festival will focus on feature and short documentary and narrative films that tell the stories of the history and present day issues facing Native Americans in urban areas and on reservations”. The festival will highlight Native American films in many genres and also global indigenous First People's films.

One Nation Walking Together is a 501(c)3 Not for Profit organization. To find out more visit the website at [www.onenationwt.org](http://www.onenationwt.org). For more about One Nation Film Festival or more about “Songs My Brother Taught Me” visit [www.onff.org](http://www.onff.org).

## Teddy the Amazing Wolf-Dog Scarlata's second sure to touch your heart

by Kathy Hansen

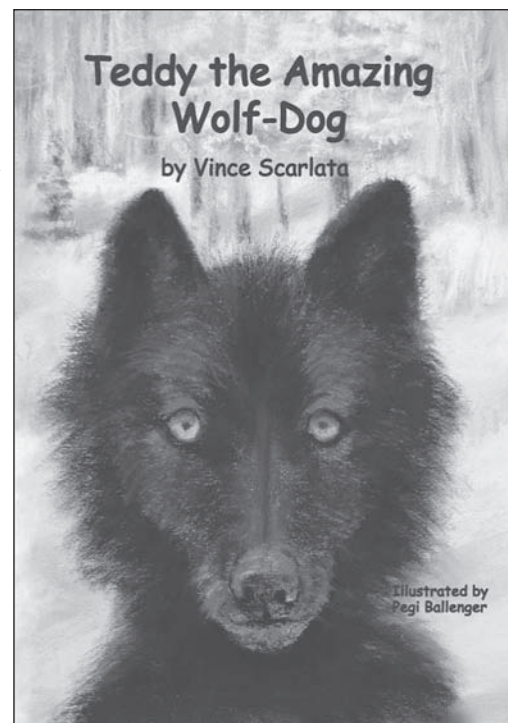
Our relationship with our pets is amazing. They touch our hearts, souls, and lives in ways we could not have imagined the first day we met them. We take them into our homes and they become family.

When a loved one dies, there is a funeral and often an obituary is written. That is, unless you are Vince Scarlata, in which case you write a book to honor the incredible animal and how he touched your life.

Vince's latest book is “Teddy the Amazing Wolf-Dog”. It begins where his first book, “Honey of a Dog” left off. The story begins with Vince beginning his search for a dog to keep him and Rachel, Vince's wife, company after Honey Belle had passed. He begins with a positive experience at the local rescue, to meeting Rachel and neighbors, as well as the vet. As the chapters unfold, Teddy's personality emerges. It's easy for the reader to see how close Teddy, Vince, and Rachel become.

Vince seems as loyal as Teddy; he chose to use the same publishing company as he used for “Honey of a Dog”. Pegi Ballenger illustrated both books for Vince, and lives in Woodland Park.

What message does Vince most want the readers to glean? “Readers should know that dogs are like people, and should be treated with love and respect. They have feelings, and want to be part of our



families. I rescued Teddy from TCRAS, so using rescue centers to get pets is a good thing.”

“Teddy the Amazing Wolf-Dog” is available on Amazon.com. Enjoy this pleasant read next to your furry family members.

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## The Psychic Corner

### Psychic frauds – Don't fall into their trap

by Claudia Brownlie

This month I want to talk about how to recognize psychic frauds. This is an important topic to cover because I have had contact with many people who have been taken advantage of by people claiming to be a “psychic.” Recently, a new client shared with me that they’d been a victim of one of these degenerate individuals, so I want to give you some red-flags to watch out for so you don’t find yourself in a similar situation.

While there are many frauds and unscrupulous people in all walks of life, possibly the most prevalent image brought to mind of a psychic fraud is a “gypsy” woman, with a colorful, long flowing skirt, dangling earrings with coins, and a deck of well-worn playing cards in her hand. Stories have floated around for hundreds of years about “watch out for the gypsy fortune tellers” and how they will skillfully rip off your money.

Side note: Let me state right now for the record that I am well aware that the term “gypsy” (people with Romani heritage) is an exonym, and is used as a derogatory connotation by some people. While not socially incorrect to use in today’s world, nevertheless “gypsy” has been attributed by some to always mean the more undesirable and criminal element of the Romani people.

Let’s be clear, psychic frauds come in all sizes, ages, ethnicity, and gender — in other words, you cannot always judge the “book by its cover!” Over the years one-too-many of my clients have sadly shared their story about getting ripped off by a “nice” psychic reader, tarot reader, or palm reader who seemed very kind and concerned about helping them with their troubling issues, only to find out that more money, and sometimes a lot of money, ended up being requested to help either continue on with more work on their behalf, or to do a spell of some sort to clear out the bad energy, or ... the list can go on and on with the ruses that these mean-spirited thieves will pull on people. Of course no helpful or insightful information comes forth from these people that will ever be of help to the client.

So, let me help educate you on how to discern if a psychic is legitimate or not, and why you should be cautious when dealing with any type of practitioner, not just a psychic, in the metaphysical and/or holistic realm. Remember that your intuitive, instinctual cautionary signals and feelings will protect not only yourself but also your wallet! These awful people have only one agenda on their mind, and that is figuring out the best way to expertly take advantage of vulnerable, hurting people in their time of need.

You may say, “I’d never fall for a scam like that!” But let me tell you, many of the people who have are people you’d probably never suspect of doing so. When people have seriously pressing issues or are at their lowest point, they are extra vulnerable, and their ability to be discerning is usually not at its best. When hope in the form of a so-called amazing psychic or other holistic practitioner comes along, many people will shell out sometimes amazing amounts of money to have their problems answered, or the cure produced. It’s just so sad.

The whole purpose of these scams are to get the client into a position of believing false scenarios and dramatic stories designed to hopefully keep them returning to the “psychic” for long periods of time, thus opening the door for the client to be expertly manipulated in order to get all the money that can be ripped-off. Often this amount is in the hundreds or even thousands of dollars. So, let’s look at a few examples of scams and fraudulent claims to steer clear of:

**“I GUARANTEE I can change your financial circumstances [or health issue, love life, work situation, etc.] for the better.”**

How can anyone with ethics honestly guarantee anything will change or improve in your area of concern? There are other variables and actions that must be considered by the client; thus, even the most ethical and accurate reader or healing practitioner cannot guarantee the client’s outcome.

**“There’s a curse on you (or a loved one)! I can take it away for you for only \$-xxx**

**[a lot of money will be mentioned] and it will take more sessions with me in order to completely remove it.”**

This may be one of the most famous psychic scams of all ages! Many have fallen victim to this ruse and what the scammer is banking on and leveraging is that the client is insecure or frightened. This is the “hook” they use to reel you in further and once you pull out your wallet, you’re a goner!

**Here’s a related grouping of red flags to run hard and fast from if you are handed one of these lines within the first few minutes of your reading:**

– “An evil spirit has inhabited your body and that’s why you are physically ill, emotionally upset, experiencing financial difficulties, [fill in anything else that might fit].”

– “Dark energies surround you and until you are cleansed you will forever continue to suffer the illness, or other problem troubling you.”

– “Something horrible is soon to happen to you (or a loved one).”



Please note: While perhaps there might be truth about evil energy or a jinx or curse affecting you in some negative way, be aware there has to be a lot of supporting evidence to prove it! An ethical psychic would handle this scenario in a sensitive and caring fashion, and never ever would more money than their usual fee be required for you to receive insight into how you can deal with it and work toward turning things around for the better. Also, often what is happening is that there is a certifiable mental imbalance or disorder or other situation that is really causing the client’s problem. A gifted psychic should be able to tune into the truth of the matter, and not play it up, twist the facts and do whatever else is possible to bleed money from the client.

**The last one to mention is: Beware if a person approaches you on the street and starts giving you a reading. Usually what they’ll begin to tell you is that some sort of negative energy is around you, or they “were compelled to warn you,” etc. Get away from them!**

An ethical psychic will never invade another person’s privacy! I do not walk around trying to be open to every person I encounter; I was even taught that to do so is unethical and would ultimately end up in making me very off-balanced. I would never attempt to provide an unsolicited psychic “warning” or reading. Ethical psychics, and other types of practitioners, only provide services if they have been requested to do so.

In all the above scenarios the bottom line is that the poor person who’s fallen for a scam only ends up with the loss of money and an even lower self-esteem due to falling prey to the scam. If something just doesn’t seem right to you when you are receiving a reading, then trust your gut instincts, protect yourself and remove yourself quickly from the offending individual!

See you next month!  
With love, light & blessings

Claudia Brownlie is a Woodland Park, Colorado-based Professional Psychic Intuitive Consultant and certified Life Coach, serving clients locally and world-wide. In-person, telephone, and Skype video chat appointments are available. Claudia also provides classes and lectures, and offers psychic reading services tailored for corporate events and private parties. For more information please call her: (719) 602-5440. Or visit her website: ClaudiaBrownlie.com.

## Rainbow Trout on the comeback in Colorado

by Joe Lewandowski

photos courtesy of Colorado Parks and Wildlife

After being devastated by whirling disease in the 1990s, rainbow trout populations are increasing in most major rivers in the state thanks to a 20-year effort by Colorado Parks and Wildlife aquatic scientists and biologists.

“It’s been a long road, but bringing back populations of fish that were essentially extirpated from Colorado can only be called a huge success,” said George Schisler, CPW’s aquatic research team leader who is based in Fort Collins.

The comeback is positive news for anglers who can once again fish for rainbows and brown trout in Colorado’s big rivers and streams. For the past 15 years brown trout have dominated most of the state’s rivers. But since last summer, anglers have reported that they are catching nice size rainbows in the upper Colorado, Rio Grande, upper Gunnison, Poudre, East, Taylor, Arkansas, and Yampa rivers and others.

The whirling disease problem started in 1986 when a private hatchery unknowingly imported infected rainbow trout from Idaho that were stocked in 40 different waters in Colorado. The disease eventually spread throughout the state and even infected CPW hatcheries which caused more waters to be infected.

Whirling disease is caused by a spore that infects the spine of very young fish. The infection deforms the spine causing the fish to swim in a whirling pattern. They die shortly after becoming infected. When whirling disease hit Colorado’s rivers, natural reproduction of the species virtually ended. That allowed brown trout, which are not affected by the disease, to become the dominant sport fish.

By the mid-1990s rivers in Colorado and other western states were thoroughly infected.

At a national conference on whirling disease in Denver in 2002, a German researcher presented information that showed trout at a hatchery in Germany, operated by a family named Hofer, were resistant to the parasite. Colorado’s aquatic staff moved quickly to import eggs from Germany which were hatched at the University of California at Davis. The fingerlings were then brought to CPW’s Bellvue hatchery near Fort Collins.

The fish grew quickly and their disease resistance was proven. By 2006, Schisler stocked some of the Hofers in two reservoirs west of Berthoud. Anglers reported that the fish hit hooks hard and were easy to catch. This made them ideal for stocking in reservoirs where anglers expect to catch fish.

But because the “Hofers” had been domesticated in a hatchery for generations, Schisler and his colleagues knew that the fish did not possess a “flight response” to danger. They would have little chance in creeks and rivers where they need to avoid predators and survive fluctuating water conditions. So CPW researchers started the meticulous process of cross-breeding the Hofers with existing strains of trout that possessed wild characteristics and had been stocked in rivers for years.

After three years some of the crosses were ready for stocking in rivers — with the hope that the fish would survive, reproduce and revive a wild, self-sustaining population of rainbows. Biologists first stocked five-inch Hofer-crosses, but they didn’t survive. Then in 2010, fingerlings were stocked in the Colorado River near Hot Sulphur Springs. When researchers returned to survey the area 14 months later they learned the experiment had finally paid off. They found good numbers of 15-inch rainbows and evidence that young fish were hatching in the wild.

CPW biologists have been stocking fingerling Hofer-crosses throughout the state at different sizes and times of year to optimize survival. The young fish are surviving and Schisler is confident that Colorado’s rivers and streams are again home to truly wild rainbows.

The Hofers are also providing other benefits to CPW and Colorado’s anglers. Because the fish grow much faster than standard rainbow strains; state hatcheries can raise more fish in a shorter amount of time. They can also be crossed with CPW’s various trout strains and are well suited to reservoir where they don’t reproduce naturally but are

ideal for still-water anglers.

In the late 1990s many CPW scientists worried that truly wild rainbow trout would disappear. Now a new chapter for sport fishing in Colorado is just getting started ... again.



This fish (above) was caught on the upper Gunnison River

Dave Parri of Hot Sulphur Springs caught this rainbow (left) last winter on the upper Colorado River. Colorado Parks and Wildlife has developed a whirling disease-resistant rainbow trout which is now thriving in the wild in Colorado’s rivers.

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View of Crystal Peak from the Florissant Fossil Beds National Monument. photo by S. W. Veatch

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## The Crystal Peak Gem Company

by Steven Wade Veatch and Andy Weinzapfel

Just north of the small town of Florissant, Colorado is a prominent topographic feature shaped like an Egyptian pyramid. Early settlers knew this as Cheop’s Pyramid or Topaz Butte. Today it appears on maps as Crystal Peak, an important geological and historical point of interest.

The geology of the Pikes Peak region is dominated by the 1.07-1.09 billion-year-old Pikes Peak batholith, a large body of once-molten rock that was likely derived from the earth’s deep mantle and injected upward to a depth of 3 miles or less below the surface. Crystal Peak is part of this batholith. The Pikes Peak Granite, extending over an area of 1,200 square miles, is exposed at the surface today only because the rocks that once covered it have gradually eroded away.

A common but erroneous belief is that Crystal Peak is an old volcano. Its pyramidal shape is actually due to differential erosion, a process whereby fine-grained granite (aplite) on the peak weathers away more slowly than the surrounding coarser grained variant.

A number of remarkable minerals occur at and near this site in pegmatite (coarse-grained rocks of granitic composition) dikes that contain open pockets, or what geologists call miarolitic cavities. These cavities form near the earth’s crust during the cooling of the parent magma, and allow room for the growth of well-formed crystals inside the cavities.

Exceptional mineral specimens from the Crystal Peak area can be found in many of the best national and international museums. Most notable are greenish or greenish-blue euhedral (smooth-faced) crystals of amazonite, a relatively rare and beautiful variant of a common mineral, microcline feldspar.

*continued on next page*

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Postcard depicting view of the gem mines as a tourist attraction. From the collection of S. W. Veatch Image © S. W. Veatch

Feldspar, along with quartz, is a major constituent of granite, the most prevalent igneous rock found in continental mountain ranges. Smoky quartz is the black or brown variety of quartz. The color of smoky quartz is related to the small but ubiquitous amount of radioactivity that occurs in the surrounding granitic rock. Smoky quartz crystals from the area are a lustrous, opaque black. Fluorite is a late-crystallizing mineral in pegmatite pockets. Fluorite cubes are the most common crystal habit, ranging from colorless to various shades of pale blue. Color zoning is present, and dark purple is noted along the edges of some fluorite cubes.

The Ute Indians were the first collectors of crystals from this area, which they used for spiritual purposes. Collectors have been working the area since the 1870s for amazonite, smoky quartz, fluorite, and other minerals. A. C. Peale, a member of the 1874 Hayden Survey, wrote about amazonite and smoky quartz crystals in the Pikes Peak region while in the area. In the 1870s, Dr. A. E. Foote of Philadelphia systematically explored the area, employing 19 men, and shipped many specimens back east. Arthur Lakes, who accompanied Samuel Scudder of Harvard University on an early paleontological investigation of the area, sketched the first regional geologic map of the Florissant valley while sitting on Crystal Peak.

Abram Joshua Randall wrote an article in the “Georgetown Centennial”, February, 1876 about the gem fields of Crystal Peak. It is also one of the earliest known accounts of the Crystal Peak pegmatites.

Crystal Peak, a successful mining operation that developed mineral property. The Crystal Peak Gem Company mined precious and semi-precious gemstones in the pegmatite cavities found on Crystal Peak. The company was incorporated in Wyoming. A company stock certificate (number 26, issued April 22, 1912) is signed by President Anna M. Saunders and Albert B. Whitmore as the secretary. Anna Saunders is listed in the “1906 Colorado Business Directory” as the proprietor of Burlington House, 101 W. Masonic, Cripple Creek, Colorado. Burl-



Early photo of the Crystal Peak Gem Company’s operations on Crystal Peak. Notes on the photo: “Camp of Crystal Peak Gem Co. G. W. Weed of company on right. J.D. Endicott on left. Specimens of quartz, amazonite, etc. in shelves. Coplen Dome, a granite knob, beyond. Photo date Aug. 1913. photo by D.B. Sterrett. Credit: U. S. Geological Survey

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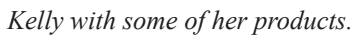
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*by Kathy Hansen*  
*photos by Jeff Hansen*

*by Mary Menz*  
*photos by Mary Menz*

“The bluebird carries the sky on its back,” wrote William Thoreau in his journal, while at Walden Pond. Though he was pondering the beauty of the Eastern Bluebird at the time, the same can be said for his cousin, the Western Bluebird, who lives in the Rockies and westward. This birdler likes to add that the Western Bluebird “carries the sunset on his breast,” as well. The female bluebird, like most female birds, is relatively drab in color. She is, however, as attracted to the vivid blue and intense rusty colored breast of the male bird as her human counterparts are.

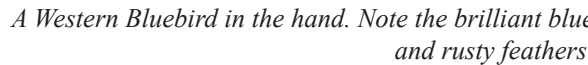
*Western Bluebird nests typically include  
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Regardless of which bird takes up residence in a bluebird box, a flip up wall assists the monitor in viewing the eggs and nestlings. Just take care not to disturb a nest box with birds close to fledging. That way they leave the nest when they are ready, not when startled by a human encounter.

*Mary Menz is a naturalist and master birder who lives in Ute Country at 9,000*



*She first became enamored with nature as a child living in Idaho, where the expedition of Meriwether Lewis and William Clark was studied at an early age. You can reach her at [SnowberryBlossom@gmail.com](mailto:SnowberryBlossom@gmail.com).*

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Sat., July 25:    Fighting Cancer with Food

Sat., Aug. 1:      GMOs, Allergies and Leaky Gut

**All Classes are on Saturdays from 3:00pm to 4:00pm at**  
 Mountain Naturals  
 790 Red Feather Lane  
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**www.foodintegritynow.org**

**Sign Up for Classes at Mountain Naturals or email carol@foodintegritynow.org**

Classes Sponsored by:  


Space is Limited!

## Trout Fishing in America performs in Florissant July 17

Four-time GRAMMY nominated duo, Trout Fishing in America to perform in Florissant, CO Friday, July 17th at 8 p.m. Their inclusive blend of music and storytelling, sprinkled with their trademark humor, will charm you as you walk away seeing the world in brighter hues.

Trout Fishing in America is the long-standing and yet seemingly unlikely musical partnership of Keith Grimwood and Ezra Idlet. As individuals, they are about as different as one can imagine. Together, they blend seamlessly in a way that has captured the imagination and hearts of audiences of all ages for over three decades.

The Trouts will be performing a folk/rock concert at the Thunderbird Inn. The duo will feature music from the latest adult release "Lookin' at Lucky" as well as including the old favorites. "You have to play the old hits because they want to hear those, but there will always be new music we'll be trying out on you", Keith said. Ezra and Keith will be on hand after the concert to talk with people and sign CDs and books.

Ezra on guitar and banjo stands 6'8" tall while Keith on bass stretches to 5'5 1/2" on a humid day. Ezra is more playful and extroverted while Keith is more serious and reserved. Each of them bring out the best in the other and the joy that comes from this musical interaction is contagious and impossible to deny.

Trout Fishing's willingness to make fun of our most annoying habits in one song, then touch our hearts with tender and passionate images of family life in the next is what makes the connection between Trout Fishing in America and their audience so real.

A brief history of Trout Music: Keith Grimwood began playing music professionally when he was still in his teens. In school, he made the Texas All-State Orchestra four years and later earned a degree in music from the University of Houston. At 22, he landed a position with the Houston Symphony Orchestra. Keith put himself through college playing pop music in local clubs and that led to his fortuitous meeting with Ezra. Ezra Idlet attended McClennan College in Waco, Texas on a basketball scholarship. He was a "One-and-Done" player, but not exactly because of his incredible basketball skills. Instead, he decided to leave college and pursue his true love, a lifetime of playing music. In 1976, Idlet and Grimwood met as members of the Houston based eclectic folk/rock band St. Elmo's Fire. Ezra and Keith became the best of friends and musical partners. When St. Elmo's dissolved in 1979, Trout Fishing in America (named for Keith's love of Richard



Keith Grimwood (left), and Ezra Idlet are Trout Fishing in America.

Brautigan's writing and Ezra's love of fishing) was officially born.

Trout Fishing in America was in the first wave of artist owned labels (Trout Records) to successfully record and market their own music. In 2008, Performing Songwriter Magazine chose Trout as one of the top 100 most influential independent artists in the past 15 years. Their infectious mix of folk/pop and family music is the result of their diverse backgrounds as well as growing up in the musical melting pot that is Texas. Their recordings have garnered three National Indie Awards, multiple Parents Choice and NAPPA Gold awards, American Library Awards, as well as four Grammy nominations. In 1992, Trout relocated their families to the Ozark Mountains of Northwest Arkansas. Besides being a lovely place to live and raise a family, this central location helped to expand their touring territory to all 50 United States and several Canadian provinces.

Since the beginning, Keith and Ezra have played shows for kids as well as adults. Sharing knowledge and encouraging art has become another musical mission of TFIA. In the past few years, they have developed a variety of songwriting workshops for teachers and students that illustrate how art and music come from the fabric of everyday life.

Advance tickets for the show are available at the Thunderbird Inn in Florissant. See ad on page 17 for more info.

## The Story of Us

by Kathy Hansen  
 photo by Jeff Hansen

The Story of Us is the title of the Woodland Park Historical Mural art project progressing at the Ute Pass Cultural Center in Woodland Park. This is a three phase project with a total cost of \$25,000.

The first phase is in progress. It is of Roland McCook, consultant and model, dressed in Native Ute attire. The history of the area began with the Ute who traveled along Ute Pass. It is expected this section will be completed by the end of July.

Scott Stearns of the Woodland Park Arts Alliance board leads the mural committee, who chose local artist/illustrator Lois Sprague to paint the mural.

If you have web access, you can follow the portrait's progress on either Lois Sprague's Facebook page or just google Lois Sprague to choose from a number of sites. If you are not familiar with her work, please check it out. Her portraits seem to come alive!



Lois Sprague takes a photo break from her work on the first panel of the mural.



Over 100 people attended the annual luncheon and fundraiser.

## Neighbors helping neighbors

by Kathy Hansen  
 photos by Jeff Hansen

Paula Dugger of Teller Senior Coalition along with her staff and volunteers greeted about 110 guests for their annual luncheon and fundraiser, "Neighbors helping neighbors" on June 17 held at the Ute Pass Cultural Center. The food was donated by Mucky Duck of Green Mountain Falls.

Barbara Berger gave a brief overview of Teller Senior Coalition. She reminded the audience that TSC is willing to serve people who may not yet be seniors, but have a disability and could benefit from their services. Their mission is to provide services to enhance the lives of Teller County residents.

Barbara explained that transportation is the biggest factor. When seniors have access to affordable transportation, they are able to live independently for a longer time. This benefits the senior, family, and community. Getting to doctor appointments, pharmacy, shopping and simple errands can be difficult when you do not have a vehicle or if you are wheelchair bound. Teller Senior Coalition offers transportation services to seniors 60+ or disabled persons. You can apply for this service by calling 719-687-3330. Reservations are required as they need to coordinate with the drivers. TSC is now accepting Medicaid as payment for this service. The transportation program is funded by Pikes Peak Area Council of Government, Area Agency on Aging, Teller County, and by a Community Service block grant.

The TSC Out & About bus service which runs from Woodland Park to Cripple Creek has been a real hit. Seniors ride for free; others pay only \$5 for round trip service. See the schedule on page 28.

TSC is host to the Golden Circle Meal program each Monday through Friday. Food service begins at 11:45 a.m. The cost is only \$2.25 for Golden Circle members and only \$6.50 for non-members. Reserve your next meal by calling 719-687-3877 or 719-687-3330 by 1 p.m. the day before.

Homebound seniors can apply for the Rural Area Meal Program (RAMP) by calling 719-687-3330. A variety of frozen and shelf stable meals can be delivered to your door.

Nutrition can be difficult as we age. Ensure is supplemental nutrition drink that can help. The TSC Ensure program allows seniors to purchase a case of Ensure at the discounted price of \$25 per case.

Health and safety are important for our seniors. The TSC Material Aid program can help seniors 60+ with home safety projects. While there is no cost to the program, a donation of 10 percent of the cost of the materials is required.

Are you a caregiver in need of respite, counseling, or just need a little time for yourself? TSC's Caregiver Support - Res-



Paula Dugger (left), and Barbara Berger of Teller Senior Coalition.



Everyone enjoyed the buffet provided by The Mucky Duck in Green Mountain Falls.

pite/Counseling program can help provide a much needed break from the challenges and sometimes overwhelming responsibilities accompanied by caregiving.

Nothing but the best for Teller County veterans; Mike Bartol is the Teller County Veteran Senior Officer, Commander US Navy (Ret.) and can be reached at 719-686-5526.

TSC also offers legal aid and health insurance assistance by appointment, just call 719-687-3330.



Keynote speaker Bob Schliechter with Forest Ridge Residential facility.

TSC continues to build its programs, many of which are supported by grants or matching grants. CDOT was helpful in their purchase of the 4WD van with the wheelchair lift. The Christopher Reeves Grant helped to pay for their match required by CDOT. It is essential the TSC grant-writers continue their efforts as the need for their programs are increasing: services were up 200 percent and transportation up 300 percent. Think of all those seniors able to stay in their homes because of this program!

Bob Schliechter took the microphone to share what is happening with Pikes Peak Regional Hospital and Forest Ridge Residential facility. Ground has broken and buildings are rising.

There will be a total of 80 private suites in this skilled nursing facility. There is a community room which will double as dining room so residents can get to know each other. There will also be 20 resident rooms on the Memory Care Wing. The facility hopes to include physical therapy, a hair salon, massages, and transportation. We look forward to learning more about Forest Ridge.

**Welcome New Buena Vista Chamber Members**

**Get Your Oil On**  
 Deborah McComb  
 720-252-4978

**Twin Lake Canoe & Kayak**  
 Jonathon Gualtney  
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**Doumas Team at Remax Mountain**  
 Thomas and Jacy Doumas  
 719-641-7290

**El Paraiso Mexican Restaurant**  
 Cesar Hernandez  
 719-595-1783

**Louie's Ice Cream Shoppe**  
 Johnny Hughes  
 773-450-0803

**Brady's West Garden & Floral Center**  
 Derald Brady  
 719-539-6400

**Ute Country News**  
 Jeff and Kathy Hansen  
 719-686-7393

BuenaVistaColorado.org  
 719-395-6612

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 August 1st & 2nd

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**Celebrate Our History & Heritage**

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 Ryan Chrys and The Rough Cuts  
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**10 am-4 pm**

**Free Admission for the whole family!!**

**Schedule of Events**

**Arts & Craft Fair**  
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**Chicken Penning**  
**Chicken Drop**  
**Young People's Music Concert**  
**Library Book Sale**  
**Chicken Wing Cook off**  
**Live Music.....and MORE!!**  
**Live Bands!!!**

**Contact Dana Peters @ 719-286-8589**  
 or guffeyheritage@gmail.com



# Teller County Weekend Funk & Junk Tour

## Running Memorial Day thru Labor Day 2015



Bring  
in this ad for a  
discount at these  
participating  
businesses!

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YOUR LOCAL THRIFT STORE  
Specializing in Furniture, Home Décor, Building Materials, Tools, Clothes & Accessories!  
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**2** **SNIPPETS & SCRAPS**  
"from rustic to refined"  
flowers, unique gifts, and garden "inside & out"  
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**3** **Divide Mercantile**  
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**5** **Moo's Junktique Snack Shop**  
Open Fri-Mon 10-6  
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Open Fri - Mon, 10am-6pm

**6** **TWIN CREEK TRADING CO.**  
Mark Webb, Proprietor  
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**7** **The Monte Carlo Mining Company Emporium**  
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**8** **SHOPS AT THE SILVER MINE**  
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www.wiredforjunk.blogspot.com

**10** **THE PROSPECTOR'S PICK**  
Darn Good Pickins'  
Join Us On Weekends  
WEEKEND VINTAGE MARKET  
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## Mueller State Park in July

by Linda Groat

Mueller State Park offers a wide variety of programs for the month of July. Guided hikes take you to all corners of the park including short hikes for families and youngsters, to challenging hikes for the more adventurous. Children's programs are designed to spark curiosity in nature.

New this summer is the Altitude Art Series; which offers opportunities for folks to learn and capture the beauty of nature through art using different mediums. Evenings are filled with full moon hikes, star parties, music around the campfire, live birds of prey and wildlife programs. Mueller is close enough for a great day trip and diverse enough to fill a week of memorable activities!

### HIKE: CHEESMAN RANCH

Meet at Grouse Mountain Trailhead at 9 a.m. July 1, and at 10 a.m. July 13. Learn some history as you see the sights, breathe in the mountain air and look for wildlife. See the Cheesman Ranch with Interpretive Naturalist Penny on this 4 mile moderate trail.

### CAMPING SONGS ON THE PATIO

Meet at Visitor Center patio at 11:30 a.m. July 1, at 1 p.m. on July 5, and at 11 a.m. on July 11. Kids and adults of all ages are invited to sing songs about the outdoors, with Volunteer Naturalist Anne. All abilities welcome. Bring water, camp chair, and a willingness to have fun.

### HIKE: SENSORY

Meet at Wapiti Trailhead at 1 p.m. July 1, 11 a.m. on July 5, and 9 a.m. on July 11. Join Volunteer Naturalist Anne for a short hike that's all about quietly experiencing the sights, sounds and aromas of the forest.

### HIKE: FULL MOON

Meet at Outlook Ridge Trailhead at 8:30 p.m. July 2 and at 8 p.m. on July 31. Join Interpretive Naturalist Penny and enjoy the awesome view of the full moon rising over Pike's Peak. Learn some random facts and fun myths about our only natural satellite. Bring flashlights for the return hike in the dark. Moderate 2 mile hike.

### HIKE: CAHILL LOOP

Meet at Grouse Mountain Trailhead at 10 a.m. July 3 and July 17, meet at 9:15 a.m. on July 27. Join Volunteer Naturalists Jeremy and Sylvia on this moderate 2.5 mile hike, exploring the flora and fauna of Mueller all the way.

### ARCHERY FOR BEGINNERS

Meet at the Livery from 2 p.m. to 4 p.m. on July 3 and July 17. Learn how to shoot with a bow and arrow. Lots of fun! Adults and kids eight years and up will be able to give it a try.

### AMPHITHEATER: BEAR AWARE

Begins at 8:30 p.m. July 3. Welcome to bear country! Join Volunteer Naturalists Jeremy and Sylvia for an informative chat about one of our elusive but beautiful creatures of the forest. Learn about the role bears have in the ecosystem and how we can live with them with a minimum of conflict. Dress warmly.

### CHILDREN: GOING BUGGY - BEES

Meet at the Visitor Center at 10 a.m. on July 4. Join Interpretive Naturalist Penny and explore the amazing life of bees through stories, hands-on activities and games.

### HIKE: ELK MEADOW

Meet at the Elk Meadow Trailhead at 2 p.m. July 4, at 10 a.m. on July 14, and at 9 a.m. on July 30. Examine tracks and signs of the animals that live in Mueller State Park as you hike Elk Meadow with Interpretive Naturalist Penny. This unique trail is a moderate 2 miles.

### AMPHITHEATER: B.L.T.

Begins at 8:30 p.m. July 4. Beetles, Ladders (fuels) and Thinning is an entertaining introduction to forest management around our homes and in the park with Interpretive Naturalist Russ. Dress warmly.

### HIKE: SCHOOL POND

Meet at School Pond Trailhead at 9 a.m. on July 5. Take a gentle hike with Interpretive Naturalist Penny and enjoy the surrounding beauty on a 1.5 mile hike through forest and meadow.

### AMPHITHEATER: DEER AND ELK - MORE OR LESS

Begins at 8:30 p.m. July 5. We love to spot and watch deer and elk, the large

mammals of our montane forest. However, someone has to manage the population. How do the Wildlife Managers do that? Interpretive Naturalist Russ will share the models and methods of herd management.

### HIKE: ROCK CANYON

Meet at Rock Pond Trailhead at 10 a.m. July 6, and at 9:15 a.m. on July 20. Join Interpretive Naturalist Russ on this trip through many montane micro-environments. This is a moderate 5 mile hike.

### AMPHITHEATER: CONSTELLATIONS

Begins at 8:30 p.m. on July 6 and July 20. Discover the constellations' transformation from myths to maps as Intern Naturalist Torrie guides you through the centuries old global pursuit to define the unknown.

### HIKE: WAPITI TRAIL

Meet at the Visitor Center at 10 a.m. on July 7. Explore the wildflowers and view the montane forest of Mueller with Intern Naturalist Torrie.

### MUELLER'S ALTITUDE ART SERIES: EXPRESSION THROUGH INK

Meet at Outlook Ridge Trailhead at 2 p.m. on July 7. Perform creative writing exercises and expressive drawing techniques in the wilderness with Intern Naturalist Torrie.

### HIKE: LOST AND GEER POND

Meet at Lost Pond Trailhead at 9 a.m. on July 8, and at 10 a.m. on July 28. Watch for water loving wildlife such as beaver, muskrats and red-wing blackbirds with Interpretive Naturalist Penny on this 2.5 mile hike.

### HIKE: NOBEL CABIN

Meet at Black Bear Trailhead at 9 a.m. on July 9. Join Interpretive Naturalist Penny on a 4 mile hike to Nobel Cabin. Imagine what it was like to attempt to homestead this area without modern amenities and learn about some of Mueller State Park's early residents.

### HIKE: OSBORN HOMESTEAD HIKE

Meet at Black Bear Trailhead at 2 p.m. on July 10. Visit the Osborn Homestead to take in some views and travel back in time with Interpretive Naturalist Penny on a 3.5 mile moderate hike.

### AMPHITHEATER: ARE YOU THREATENING WILDLIFE?

Begins at 8:30 p.m. on July 10. Litter, garbage, and human food are harmful to wildlife. Learn why and how you can help keep the forest and its inhabitants safe during this short talk by Ranger Absher.

### HIKE: BUFFALO ROCK

Meet at Grouse Mountain Trailhead at 1 p.m. on July 11. Join Interpretive Naturalist Penny for this beautiful 4 mile hike through aspen and pine forest, meadows, and see Cheesman Ranch.

### AMPHITHEATER: COYOTE TALES

Begins at 7:30 p.m. on July 11. Coyotes are everywhere in the United States, including cities. Native Americans considered them the trickster and told many stories about old man coyote. Learn from Interpretive Naturalist Penny about this adaptable creature both in the wild and in myth.

### HIKE: TRAINS AND LOST TOWNS

Meet at Peak View Trailhead at 9 a.m. on July 12 and July 23. Join Interpretive Naturalist Penny and learn the history of the Midland Terminal and Colorado Midland Railways, the town of Tracey Hill and see Murphy's cut; only a 3 mile hike.

### HIKE: SUNSET ON GROUSE MOUNTAIN

Meet at Grouse Mountain Trailhead at 7:45 p.m. on July 12. Join Interpretive Naturalist Russ on this short but beautiful hike to the highest point in the Park.

### AMPHITHEATER: BEAVERS - FORGOTTEN ARCHITECTS OF AMERICA

Begins at 8:30 p.m. on July 13. Step back in time and witness the mad obsession for beaver pelts that led to America as we know it today. Then build an appreciation for this amazing rodent as Intern Naturalist Torrie explains some of its unique characteristics.

### MUELLER'S ALTITUDE ART SERIES: THE POWER OF OBSERVATION

Meet at the Visitor Center at 2 p.m. on July 14. Test your observational skills by

writing about and drawing subjects in new ways. Meanwhile, become familiar with the skulls and fur textures of various animals of Colorado with Intern Naturalist Torrie.

### HIKE: OUTLOOK RIDGE LOOP

Meet at Outlook Ridge Trailhead at 2 p.m. on July 15. Explore with Interpretive Naturalist Penny experiencing flora and fauna on the trail.

### SONGS AND GAMES ON THE PATIO

Begins at 7:30 p.m. on July 15. Have more fun while camping! Kids and adults of all ages are invited to sing songs about the outdoors, with Volunteer Naturalist Anne. All abilities are welcome.

### STAR PARTY

Meet at the Visitor Center at 8:30 p.m. on July 15. The Colorado Springs Astronomical Society will have several telescopes set up outside of the Visitor's Center for everyone to view the stars and planets of the night sky.

### HIKE: STONER MILL/RANGE RIDGE

Meet at School Pond Trailhead at 9 a.m. on July 16. Join Interpretive Naturalist Penny as you enjoy watching the landscape, look for wildlife and view wildflowers. Difficult 3.5 mile trail.

### AMPHITHEATER: HOOVES AND HORNS

Begins at 8:30 p.m. Did you know that you can tell the age of a big horn sheep by counting the rings on the horns, like dating a tree? Learn about the big horn sheep that live here. This illustrated program tells how they survive, how they behave and where they live in the Pikes Peak region.

### HIKE: ECOZONES/TREE LOOP

Meet at Grouse Mountain Trailhead at 9 a.m. on July 18. Join Volunteer Naturalist Bob on this moderate 3 mile hike, exploring the ecozones and trees of Mueller throughout the hike.

### CHILDREN: LIFE OF THE UTE

Meet at the Visitor Center at 1:30 p.m. on July 18. Investigate the lives of the Native People who lived here long ago. Learn their ways, some legends, and what we have learned from them.

### AMPHITHEATER: LEAVE NO TRACE

Begins at 7 p.m. on July 18. Are we loving the outdoors TOO much? Discover how to enjoy the outdoors responsibly now and for many years to come!

### HIKE: THE FORGOTTEN TRAIL

Meet at Black Bear Trailhead at 9 a.m. on July 19. Golden Eagle is the name of this infrequently hiked trail. Join Interpretive Naturalist Penny to journey to the border of Dome Rock and view interesting rock formations on this 4.5 mile hike.

### CHILDREN: UTE TALES

Meet at the Visitor Center at 1:30 p.m. on July 19. Kids of all ages are welcome to join Interpretive Naturalist Penny for a look at the wisdom and lessons from wildlife as seen through the legends of the Ute People. Be prepared for some history, some games and some fun!

### AMPHITHEATER: DIGITAL OUTDOORS

Begins at 8:30 p.m. on July 19. A nature photographer for over 30 years, Interpretive Naturalist Russ creates images for both personal enjoyment and profit. Learn some tricks of the trade as you view some of his amazing photos in this presentation. Dress warmly.

### HIKE: DIGITAL OUTDOORS - CAHILL TRAIL

Meet at Grouse Mountain Trailhead at 10 a.m. on July 20. A nature photographer for over thirty years, Interpretive Naturalist Russ can help you capture nature in eye-popping compositions on this 2.25 mile trail.

### HIKE: GROUSE MOUNTAIN OVERLOOK

Meet at Grouse Mountain Trailhead at 10 a.m. on July 21. Join Intern Naturalist Torrie on this short but beautiful hike to the highest point in the park.

### MUELLER'S ALTITUDE ART SERIES: HOW TO MAKE PAPER

Meet at Visitor Center at 2 p.m. on July 21. Imagine journaling on paper of your own creation. This workshop, led by Intern

Naturalist Torrie, will guide you through the process of how to make paper from natural materials such as grasses and leaves.

### BIRD WALK

Meet at Elk Meadow Trailhead at 8:30 a.m. on July 22. Leisurely hike to watch and listen for birds of Mueller State Park.

### HIKE: PREACHER'S HOLLOW

Meet at Preacher's Hollow Trailhead at 2 p.m. on July 22. Celebrate summer with "nature's fireworks" by joining Interpretive Naturalist Penny as you view the local wildflowers. This is a gentle 2 mile trail.

### AMPHITHEATER: THE HARMONICA MAN

Begins at 7:30 p.m. Enjoy an entertaining evening of foot stomping bluegrass, Irish tunes and funky blues with guest musician Terry Lakes and his harmonica. Terry will explain with stories and music the history of the harmonica from its 19th century origins to the present. Dress warmly.

### FLY FISHING BASICS

Meet at Dragonfly Pond at 1 p.m. on July 23. Learn the basics of fly fishing and give it a try! Equipment provided.

### HIKE: RANGER RIDGE

Meet at School Pond Trailhead at 1:30 p.m. on July 24. See the beauty of summer with Interpretive Naturalist Penny on this scenic 2 mile hike.

### AMPHITHEATER: JEOPARDY IN THE PARK

Begins at 8 p.m. on July 24. Test your knowledge on wildlife, geology, flowers, and animal facts with Interpretive Naturalist Penny. Have fun while learning Mueller trivia. There will be prizes!

### FAMILY NATURE CLUB

Meet at Peak View Pond at 2 p.m. on July 25. Explore nature with your family. This week we will explore and learn all about salamanders!

### AMPHITHEATER: THE BIRDS WE LOVE

Begins at 7 p.m. on July 25. Diana Miller from the Pueblo Raptor Center will bring live birds of prey to see but not touch! Learn of the behavior and biology of hawks, owls, eagles and falcons. Please leave the pets in the camper. Dress warmly.

### HIKE: CAHILL WILDFLOWER HIKE

Meet at Grouse Mountain Trailhead at 9:30 a.m. on July 26. Join Volunteer Naturalist Gretchen on this moderate 2.5 mile hike, exploring the wildflowers of Mueller all the way.

### POND SAFARI

Meet at Dragonfly Pond at 2 p.m. on July 26 and July 30. Grab the kids or bring out your inner child with Interpretive Naturalist Russ for a program teeming with critters who call our ponds home.

### AMPHITHEATER: MUELLER ANIMALS

Begins at 8 p.m. on July 26. The montane environment of Mueller State Park attracts a large variety of wildlife. Learn about these fascinating animals with Interpretive Naturalist Russ. Dress warmly.

### AMPHITHEATER: GROWING UP ON QUAKY WAY: HOW ASPENS ACT AS NATURE'S JOURNAL

Begins at 8:30 p.m. on July 27. Learn how to decipher the language of aspens with Intern Naturalist Torrie then leaf through the tales of trees who have helped document behind-the-scenes secrets of the forest.

### MUELLER'S ALTITUDE ART SERIES: CHARCOAL CABINS

Meet at Grouse Mountain Trailhead at 2 p.m. on July 28. Learn how to render subjects with charcoal by hiking out to Cumming's Cabin and drawing it. Bring something to sit on, and wear clothes you don't mind getting messy. Art supplies will be provided, or bring your own journal.

### HIKE: ASPEN

Meet at School Pond Trailhead at 9 a.m. on July 29. Are you ready for a challenge? Join Interpretive Naturalist Penny on this invigorating hike with its six roller coaster hills!

The events are free; however, a seven dollar daily pass or \$70 annual park pass is required to enter the park. For more information, call the park at 719-687-2366.



## Rampart Library news

by Anne Knowles

Please join us for the first annual celebration of our two libraries in Rampart Library District! The “Love Your Libraries” Fiesta will be held on Sunday, July 19 from 3 p.m. to 7 p.m. at the Country Lodge, 734 U.S. Hwy 24, Woodland Park. There will be music by the Cari Dell Trio, food and drink specials, door prizes, and lots of fun. Tickets are only \$10 per person and are available at the Country Lodge and City Market. Proceeds benefit the Rampart Library District Foundation and will help maintain our buildings and provide new computers, resources and services. Come support the Florissant and Woodland Park libraries and be part of the community celebration!

There is still time to register for the Summer Reading Program. Whether you are one or 91 years old, we have a program for you. Register, read and win fun prizes. Everyone is invited to the End of Summer party on August 7 from 10 a.m. to noon at Woodland Park.

July will be a really fun month. You won’t want to miss the activities at Florissant Public Library. The drama/video club is in high gear on Thursdays at 1 p.m., culminating in a talent show, “Every Hero Tells a Story”, on July 31, 6 p.m. at the Florissant Grange. It will be an evening of fun showcasing the amazing youth in our community. Refreshments will be available. Mondays are Mine Craft afternoons and Storytimes are now on Fridays at 10 a.m. Enjoy a free movie and popcorn on Fridays at 2 p.m., July 10, 17, 24, and August 7. Check with the library, 719-748-3939 or our website <http://rampartlibrarydistrict.org> under calendar for movie titles.

There will be some special family programs held in Woodland Park. On Wednesday, July 8 at 10:15 a.m. Mother Goose will present “Stinky Inky, an Unlikely Hero”. Bring the whole family to see the US Air

Force falcons and their handlers on Saturday, July 18 at noon. Mr. Kneel will be back by popular demand on Thursday, July 30 at 10:15 a.m. with “Hip Hop for Families” with music, dance and fun.

Come to the Florissant BookWorms Book Club on Wednesday, July 15 at 10:30 a.m., make some new friends and talk about “The Secret Keeper” by Kate Morton. The Woodland Park Book Club will meet on July 7 at 10:30 a.m. to discuss “At the Water’s Edge” by Sara Gruen.

The next free online legal clinic at your library will be on Friday, August 7. Please call 719-748-3939 to register for an appointment at Florissant and 719-687-9281 ext. 103 to register at Woodland Park.

Be sure to check out some of the new additions to our website <http://rampartlibrarydistrict.org>. There is a whole section on Genealogy Resources that may be accessed either through a click on the slide on the homepage or by going to Research, then Adult Recommended Sites and then Genealogy. The NY Times bestseller list and others are under Research, Adult Recommended Sites, Books and Literature. Did you know that you can see all the library programs by month when you click on the District Calendar box on the bottom of the homepage? Get to our catalog from the bottom right of our homepage. Once you are in the catalog, you can log into your account and see what you have checked out, your holds, renew items that are renewable and much more. It’s all happening in your libraries and a lot of it is available 24/7 through our website and catalog.

Rampart Library District will be closed on July 3 and 4 in observance of Independence Day. Woodland Park Public Library will be closed on August 1 and 2 due to the Mountain Artists Festival but Florissant will be open as normal.

## Friends of Florissant Fossil Beds 2015 Summer Seminar Series

The Friends of Florissant Fossil Beds, Inc. offer one day seminars in a variety of geology, biology, humanities, and paleontology courses. The regular fee for each seminar is \$25 per person for a one-day seminar. Reduced rates are available for members of the Friends of the Florissant Fossil Beds, Inc. Pre-registration is required for all seminars.

Teachers can earn undergraduate and graduate credit through the Division of Extended Studies of Adams State University. Adams State charges \$27.50 for a ½ graduate credit for a one-day seminar. BOCES recertification credit is available for \$15 for ½ credit. Undergraduate credit will also be available. Pre-registration is required.

If you are a member of the Friends of the Florissant Fossil Beds, Inc. or wish to join now the seminar fee is \$15. Seminar discounts are only available to current members or those who join with their seminar registration. If you are no longer a member, you may wish to renew. You can become a Friends member at [www.fossilbeds.org](http://www.fossilbeds.org)

- **Parks Pioneers: Conservation Champions of Colorado National Parks and Monuments** held on Wednesday, July 8 from 9 a.m. to 4:30 p.m. with John Stanfield.
- **Wildflowers of the West: Botany at its Best Part 1 & 2** held on Saturday and Sun., July 11 and 12 from 9 a.m. to 5

- p.m. with Doug Coleman.
- **Mammals of Colorado** held Thursday, July 16 from 9 a.m. to 5 p.m. with Linda Groat.
- **Geographic Understanding of the World Around Us** held Tuesday, July 21 from 9 a.m. to 5 p.m. with Dr. Steven Jennings.
- **Follow a Fossil: Behind the Scenes of the Florissant Fossil Beds** held Saturday, July 25 from 9 a.m. to 5 p.m. with Dr. Herb Meyer
- **GPS/Geocaching Skills** held Tuesday, July 28 from 9 a.m. to 5 p.m. with Bob Hickey.
- **Project Archaeology** held Wednesday, July 29 from 9 a.m. to 5 p.m. with Linda Groat.

All seminars will start at the Florissant Fossil Beds except for the seminar entitled “Mammals of Colorado” which will be held at Mueller State Park.

*For more information about prices, logistics, registration, or any other questions, please go to the Friend’s website [www.fossilbeds.org](http://www.fossilbeds.org) and go to the link for seminars. Online registration is available on this site. If you need to register by phone please call the Monument at 719-748-3253 extension 109. Space is limited for several of the seminars. Register early. The seminar series is sponsored by the Friends of Florissant Fossil Beds, Inc.*

## Bagenal brings Pluto up close and personal for CPF

Fran Bagenal, PhD, speaks to the Collegiate Peaks Forum audience Thursday, July 23, at the National Mining Hall of Fame & Museum Ballroom in Leadville at 7 p.m., to talk about her work on the New Horizons mission that flies by Pluto on July 14 of this year.

In her lecture, “The New Horizons Mission to Pluto Recent Flyby,” Dr. Bagenal will tell the audience what her plasma team is learning just ten days after the NASA probe reaches Pluto following a nine-year flight.

Dr. Bagenal, born and raised in England, came to the U.S. for graduate study at MIT in 1976 after being inspired by NASA’s missions to Mars and the prospect of the Voyager mission. In 1981 her PhD thesis involved analysis of data from the Voyager Plasma Science experiment in Jupiter’s giant magnetosphere.

On the faculty of the University of Colorado, Boulder, since 1989, she currently serves as professor of Astrophysical and Planetary Sciences and faculty associate of the Laboratory of Atmospheric and Space Physics.

Dr. Bagenal has been on the science teams of the Galileo mission to Jupiter and the Deep Space 1 mission to Comet Borrelly; edited “Jupiter: Planet, Satellites and Magnetosphere” (Cambridge University Press, 2004); and heads the plasma team on the New Frontiers mission Juno that will go into orbit over the poles of Jupiter in 2016.

*The Collegiate Peaks Forum Series, in its 13th year, is a free lecture series with presentations in Leadville, Buena Vista and Salida. For more information about the CPFS, visit [www.collegiatepeaksforum.org](http://www.collegiatepeaksforum.org).*

## ~OUT AND ABOUT~

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

### BUENA VISTA

- 3 First Fridays Art Walks, stroll through six shops on the first Friday through September from 4 p.m. to 8 p.m.

- 4 Fourth of July Old Fashioned Celebration! Starts at 7 a.m. Optimist Pancake Breakfast for \$7 at Columbine Park. 8:30 a.m. is Freedom 5K, register online. 9 a.m. bring Quilts of Valor at Grace Church, Art in the Park at McPhlemey Park, \$1 Day at Heritage Museum, and Patriotic Concert at Grace Church. Parade starts at 10 a.m. on Main Street. HOPE will be in the parade and also will have booth 18 at the Art in the Park event on the corner of Main St. and Hwy 24. There are about 40 vendors (arts, crafts, and foods) participating from 9 a.m. to 4 p.m. Chamber & Visitor Center sponsors kids games at Forest Square Park from 11 a.m. to 2 p.m. in Forest Square Park. Rotary sponsors a cookout; get an entire meal/beverage/chips for only \$7 from 11 a.m. to 2 p.m. in Forest Square Park. The Women of Congregational United Church of Christ are hosting a pie sale from 11 a.m. to 2 p.m. also in Forest Square Park. Grace Church will host another Patriotic Concert at 1 p.m. in case you missed the one earlier. Firework at 9 p.m. at the Grounds by American Legion. For more information call 719-395-6612.

- 11 Buena Vista Public Library annual Book Sale will be held on Saturday, July 11, at the Library, 131 Linderman Avenue. Hours are 9 a.m. to 2 p.m. For more information, call the Library at 719-395-8700.

### CANON CITY

- 7, 14, 21, 28 NAMI: National Alliance on Mental Illness, Connection Recovery Support Group. You are not alone in this fight! Meetings are safe, confidential, and FREE. Canon City Group meets from 6:30 p.m. to 8 p.m. at St. Thomas More Hospital, Community Education Room, 1338 Phay Ave. Contact Sherry 719-671-7954.
- 15 Fremont County The Emergency Food Assistance Program distribution at First United Methodist Church, 801 Main Street, 1:30 p.m. until gone. Call Erlin Trinkel 719-275-4191 X111 for more information.

- 15 NAMI: National Alliance on Mental Illness, Family Support Group. You are not alone in this fight! Meetings are safe, confidential, and FREE. Canon City Group meets from 6:30 p.m. to 8 p.m. at St. Thomas More Hospital, Community Education Room, 1338 Phay Ave. Contact Yvette 719-275-0338.
- NAMI: National Alliance on Mental Illness, Family-to-Family. A FREE 12-week education course for family members and caregivers of loved ones living with mental illness. Register for our upcoming course in September. Classes fill up fast. Contact Anne 719-964-1160.
- 17 Fremont County Commodity Supplemental Food Program distribution (3rd Fridays each month) from 9 a.m. to noon at Loaves & Fishes, 241 Justice Center Rd. Call Traci Nelson for more information 719-275-0593.

### COLORADO SPRINGS

- 18 7th Annual Colorado Springs Native American Intertribal Festival & Traditional Powwow. See ad on page 43.

- 25 Blues Under the Bridge. See ad on page 13.

### COPPER MOUNTAIN

- 11 Copper Mountain Music Festival. What better way is there to celebrate summer than with cold beer, live music and dancing in the shadows of the Ten Mile Range? Toe tap and heel stomp to highly acclaimed bands such as The Honeycutters, Balsam Range, Larry Keel, Reckless Kelly and Peter Rowan. Music from noon to 8:30 p.m. Visit [CopperColorado.com](http://CopperColorado.com) for more information.
- 18-20 Courage Classic Continues to Raise Millions. The Annual Children’s Hospital Courage Classic returns to Copper Mountain once again in 2015. Over 2,000 riders hit the roads to raise money for the Children’s Hospital in Denver. All starts and finishes are based out of Copper Mountain making Center Village the hub for entertainment throughout the tour. Routes include climbs of Vail Pass and Hoosier Pass as well as towns across Summit and Eagle Counties. Visit [CopperColorado.com](http://CopperColorado.com) for more information.
- 25 May The Best Burger Win at the Colorado Burger Summit. Calling all burger enthusiasts; the Colorado Burger Summit comes to Copper on Saturday, July 25. Local restaurants will battle it out for “best burger” and the chance to compete at the World Food Championships in the World Burger Championships. All are invited to attend to

try burger samples and enjoy free live music from Euforquestra and Yo Mama’s Big Fat Booty Band. Visit [CopperColorado.com](http://CopperColorado.com) for more information.

- 26 Copper Pro Challenge Community Ride. In conjunction with Whole Foods, Copper will host a Community Ride utilizing the bike path between Copper and Frisco. Riders will participate in a “Poker Ride” which will begin and end at Copper. Participants will be directed to four businesses at Copper and Whole Foods to collect playing cards. The “best” hand(s) will receive prizes. The ride begins at 12:30 p.m. Visit [prochallenge.coppercolorado.com](http://prochallenge.coppercolorado.com) for more information.

### CRIPPLE CREEK

- 4 Cripple Creek District Museum. We have a beautiful antique grand piano. We plan to have patriotic piano playing in our depot on and around the 4th and other music periodically through July and August. We also will have gold panning for kids all summer. Call 719-689-9540 and ask for Richard.

- 6, 11, 12 Kids Archery Camp; register NOW! The 11th Annual Archery Camp for kids ages 8 to 12, east of Victor, held July 11 & 12. Shoot at 3-D life size targets, aerial birds, “running deer”, archery golf, and long-distance shooting. Bows, arrows, and equipment are provided for all sizes and abilities. Meals are provided. ALL FREE thanks to Ilke, C&CV Gold Mine, and many other donors. Just bring your own tent for overnight. Recipient of Teller County Cares for Youth award and other recognitions. Parents are welcome. Call Kirk or Betty Crawford at 286-7166, email 4x4home@wildblue.net, or register online [www.archerySTACK.org](http://www.archerySTACK.org). Registration deadline is July 6th.

- 25-Aug. 2 Teller County Fair at the Teller County Fairgrounds in Cripple Creek.

### BUTTE OPERA HOUSE – THIN AIR THEATRE

- Now through Aug. 29 “Foul Play; or the Scuttling of the Sapphire” (Melodrama & Summer Olio) Love & intrigue from London to the high seas! In order to erase a crushing debt, scheming Albert Wardlaw sinks his father’s ship the Sapphire to collect the insurance money. But little did he know that his bride-to-be was a passenger aboard the scuttled ship. Adventure, romance, and a missing treasure in gold! This show will be followed by our World Famous Summer Olio filled with music, dance & raucous laughter.

- July 3-Aug. 29 “Into the Woods” (A Musical by Stephen Sondheim & James Lapine) A humorous combination of a number of classic fairy tales into one story. A baker & his wife are assigned a number of tasks by the neighborhood witch; only after completing these duties will they be able to have the child for which they long. During their quest to fulfill the witch’s demands, they encounter Little Red Riding Hood, Rapunzel, Cinderella, and several other fairy tale characters. The traditional stories are parodied & altered at will, yet the original fairy tales’ sense of wonder and, at times, darkness remains intact. The Tony Award winning score includes such songs as Children Will Listen, Giants in the Sky, and No One Is Alone. The musical was made into a 2014 film starring Meryl Streep, Johnny Depp, Chris Pine & Christine Baranski. For more information, visit [ButteTheater.com](http://ButteTheater.com).

### CRIPPLE CREEK PARK & REC

- 12 & 25 Special Classes/Events & Trips for July: Discount Tickets for Sky Sox Baseball for Sunday July 12th at 1:35 p.m. Call for Info, and Saturday July 25 from noon to 3 p.m. Outdoor 2-D Archery Shoot at the Park & Rec Outdoor Archery Range.
- On Going Classes:
  - Aikido for Adults (Martial Arts), Mon & Wed 6 p.m. to 7 p.m., only \$5
  - Aikido for Kids (Martial Arts), class now forming call for dates and times
  - Anti-Aging Stretch/Health Class for Women, every Wednesday 3 p.m. to 4:15 p.m. only \$4
  - Archery Classes, most Fri 5 p.m. to 6 p.m., and Sat 8 a.m. to 10 p.m. by appointment, call for fees.
  - Bible Study for Women Only, every Wed evening from 5 p.m. to 6:30 p.m., FREE
  - English as a Second Language, Call Michael at 719-689-3514 for information
  - Hip Hop Jazz Class, every Wednesday from 4:30 p.m. to 5:30 p.m., only \$2
  - Scrap Booking, third Saturday every month from 1 p.m. to 5 p.m., FREE
  - Zumba (dance exercise) Call for fee and information
- On Going Activities & Sports/Fitness:
  - Archery Indoor Open Shooting, most

Fri 6 p.m. to 8 p.m. & Sat 10 a.m. to noon. Call ahead, \$2

- Archery Outdoor Open Shooting, Daily Sun-up to Sun-down, \$3 pay at Park & Rec

- Day Care (KRUI - Kids Rock University), Licensed Program ages 5 - 17, Mon - Fri

- Day Care (KRUI) field trips Tuesdays & Fridays, call for dates/times/ places

- Drum Circle and other instruments “Jam” Fridays at 2 p.m. in the Park

- Fitness Center Membership \$14 month, or \$3 day, or \$20 Punch Card 10 visits

- Kids Adventure Club for Boys and Girls Grades 1 thru 6 (going into) Call John for info

- Roller Skating/Blading most Fri & Sat 1 p.m. to 4 p.m. call ahead, \$2

- Silver Sneakers Fitness Membership is FREE for qualifying seniors!

- Silver Sneakers Classes on Fridays and Sundays from 10:30 a.m. to 11:30 a.m., FREE

- T-25 Cardio Workout DVD is FREE to all Fitness Members

- Walk/Run with “5K at 10K Running Club” on Thursdays, FREE

- 31 Aspen Mine Center’s Teller County Food Distribution from 9 a.m. to 2 p.m. Please bring photo ID and proof of Teller County residency. Call 719-689-3584 for more information.

### DIVIDE

- 13 & 27 Divide Little Chapel on the Hill – Food Pantry Distribution 4:30 p.m. – 6:30 p.m. For more info 719-322-7610 or email [littlechapel-foodpantry@outlook.com](mailto:littlechapel-foodpantry@outlook.com).

### FAIRPLAY

The South Park City Museum is open for the season rain (snow) or shine. Hours are 9 a.m. to 6 p.m. Please come and enjoy a walk through the “1800’s Mining Museum”. Any questions, phone 719-836-2387, check-out our web-site at [southparkcity.org](http://southparkcity.org) or email [southparkhistorical@gmail.com](mailto:southparkhistorical@gmail.com).

### FLORENCE

- BELL TOWER 201 E SECOND STREET 4 Second Annual Street Festival on North Petroleum Ave. between 2nd and 3rd Streets with art, antique and craft booths from 8 a.m. to 4 p.m. Saturday, July 4. Wet and Dry Parade, live music, festive fun in Pioneer Park.
- 4 “Summer in the City” Theme Show from July 4 to Aug. 15. Reception 5 p.m. to 7 p.m. July 10 (special musical guest TBA)
- 18 Concert by Colorado Springs musical group Mo Mungos, playing a new twist on classic vintage reggae. From 7 p.m. to 9 p.m.

- JOHN C. FREMONT LIBRARY July’s Artists: Robin Hohn, Polymer Clay Artist, Florence, and Cathye Young of Florence will display her pastel and acrylic landscapes inspired by scenes of our Arkansas River and the Snake River in Idaho.
- 9 Raising Chickens presented by Monica Mohr at 7 p.m.
- 14 Tomb of the Unknown Soldier presented by Tom Tudor President, Board of Directors, Society of the Honor Guard, Tomb of the Unknown Soldier at 7 p.m.
- 16 Thursday Night Movie: American Sniper “R” at 7 p.m.
- 23 Laura Evens Salda’s Madam by Tracy Beach at 7 p.m.
- 28 Tuesday Movie: The Theory of Everything “PG-13” at 7 p.m. John C. Fremont Library, 130 Church Ave., Phone 719-784-4649.

### FLORISSANT

#### FLORISSANT FOSSIL BEDS

- 1, 8, 15, 22, 29 Ranger Guided Yoga Hikes every Wednesday and Saturday, through August 22 at 9 a.m. Hikes will be at a moderate pace for 1 to 1.5 miles with intermittent stops for stretching and standing yoga poses for all levels. Please wear comfortable clothes that allow for a wide range of movement, comfortable flexible soled shoes and bring a water bottle. A mat will not be necessary for these hikes. Florissant Fossil Beds National Monument is open 8 a.m. to 6 p.m. daily. The entrance fee for the park is \$5 per adult (16 years or older) or free with one of the many federal land passes. For more information please call the Monument at 719-748-3253 ext. 122 or 202 or visit our website at [www.nps.gov/ffbo](http://www.nps.gov/ffbo).

#### FLORISSANT GRANGE

- 11 Spring Class at the Grange. This class will be focused on beginners. The project will be a simple quilt/ wall hanging that will instruct you on how to use the machine, sew straight stitches and you can take something home. All are invited,

continued on page 42



## Nature Speaks The other ground squirrel

by Dee DeJong

In recent weeks, I have noticed a large number of small rodents on the roads as I commute to work. I ask myself, “What are those cute little creatures doing so close to the road?” In this area, we have a lot of snow on the roads and besides plowing, some chemicals are used to melt the ice. These chemicals contain salt and who loves the salt? You got it, the Black-tailed Prairie Dog.

These ground squirrels have an interesting and important role in nature, the most important, being a keystone species. A keystone species is so integral to an ecosystem that if it were to decline or disappear, the animals in the food chain above and below would decline or collapse.

Other interesting behaviors I have observed include the “jump-yip” display, kissing, and barking. The “jump-yip” display is when one prairie dog throws it front legs in the air, arches it’s back and makes a “whee-ooo” sound. It is believed that this display is done to see if other members of the colony are paying attention. When the members are alert the “jump-yip” can look like the “wave” at a football or baseball game. “Kissing” is a very important social behavior. When the prairie dogs touch their



lips together and sometimes front teeth they appear to kiss, this helps them recognize each other. The most common behavior to observe is the “bark” that occurs when we get to close to the colony. This bark alerts the members of the town that danger is near.

Now that you know a little about the Other Ground Squirrel, enjoy them, they are a sign of a healthy habitat.

For more nature information please call 720-838-3277 or visit our website at [www.guides-to-go.com](http://www.guides-to-go.com).

## Summer boat fishing

by Jeff Tacey

With summer finally here and most rivers blown out with heavy rainfall and snowmelt, reservoir and lake fishing is the way to go. With the water warming up you’ll do much better in a boat fishing in the deeper water.

Antero Reservoir is closed for the dam rebuild. Elevenmile Reservoir is my favorite. Trolling this time of year can be very good for rainbows. Use sinking or diving Rapalas. Using bait down by the dam in the rocky outcrop areas will catch rainbows and browns. Big tub jigs, jointed Rapalas and Zonker flies behind an air bubble will catch northern pike.

If you’re up for a road trip try Turquoise Reservoir by Leadville. Jigging in front of the dam in 50 to 100 feet of water with sucker meat on a large spoon will catch lake

trout. Trolling the middle of the reservoir will catch rainbows and browns. Use Little Cleos, Crocodiles and Kastmasters with some Powerbait or night crawlers pieces.

Taylor Park Reservoir north of Gunnison is also a good summer boat fishing spot. Troll along the west shoreline to catch rainbows and browns. Use Tasmannian Devils or Daredevils. Jigging down by the dam in deeper water with large spoons or tube jigs and sucker meat will catch lake trout. You can also troll the deep water with down riggers and big jointed Rapalas. The northern pike will be by the weedy creek inlets in the middle of the day. Big Rapalas or Thundersticks in rainbow trout pattern will catch them.

Check the Colorado 2015 fishing guide for all rules and regulations.

## PPRH introduces new faces

Pikes Peak Regional Hospital (PPRH) has announced Lenore Hotchkiss and Mark Sumner have been elected to serve on the hospital’s Board of Trustees and Luke Peterson has been chosen as the facility’s new Chief Nursing Officer (CNO).

“These two individuals bring a wealth of knowledge and expertise that will enhance our hospital Board,” said Terry Buckner, hospital CEO. “They are exemplary citizens, highly recognized for their contributions to their professions and the community. I am very pleased they have agreed to serve in this leadership capacity at an exciting time for Pikes Peak Regional Hospital.”

Hotchkiss has been a real estate broker for more than 20 years serving Teller and Park Counties. She is a past president of the Pikes Peak Regional Medical Campus Foundation, and most recently she was a member of the Greater Woodland Park Chamber of Commerce Board of Directors and Executive Committee.

Sumner is a graduate of the University of Wisconsin and Fordham Law School. He practiced corporate law, tax, mergers and acquisitions and has been general legal counsel for over 17 years. He now owns and operates commercial real estate in Wisconsin, California and Arizona.

These new members join Terry Buckner, Tony Perry, Ed Lamb, Jeff Baldwin, Curt Grina and Dr. Richard Malysek in service on the Board of Trustees. They replace retiring Board members Jerry Bergeman and Cindy Morse.

The Board of Trustees is responsible to



Lenore Hotchkiss



Mark Sumner



Luke Peterson

clinical experience, his quality background and history with planning and development will be important assets.

Peterson and his family have relocated to Woodland Park.

Join the **TAKE ‘N’ BAKE** Revolution™

**FREE**

Thick ‘N’ Cheesy  
Homebaked Bread

With the purchase of any  
Large Gourmet Delite® Pizza and a  
2-Liter Soft Drink at regular menu price.

Valid for a limited time at participating locations. Not valid with any other offer. Cannot be sold, transferred or duplicated. Limit 3

**\$3 Off**  
Family Size

**\$2 Off**  
Large

**\$1 Off**  
Medium

Choose Your Size and  
**Save!**

Fresh Pan available in Large only.

Valid for a limited time at participating locations. Discount off regular menu prices. Excludes Mini Murph®, Paves, and Desserts. Not valid with any other offer. Cannot be sold, transferred or duplicated. Limit 3

**PUEBLO/HWY 50** • 1617 Hwy 50 W, next to Albertsons • 719-595-0444 • Store #06058

**COLO SPRINGS/S ACADEMY** • 2460 S Academy Blvd, Academy & Astrozon • 719-392-7222 • Store #06045

**PUEBLO/S PRAIRIE** • 840 S Prairie Ave, next to Fairgrounds • 719-561-3999 • Store #06047

**COLO SPRINGS/N CIRCLE** • 1203 N Circle Dr, next to Safeway • 719-637-9777 • Store #06058

**COLO SPRINGS/N POWERS** • 2888 N Powers Blvd, next to Safeway • 719-597-7222 • Store #06022

**COLO SPRINGS/DUBLIN** • 1708 Dublin Blvd, Dublin & Academy • 719-598-8383 • Store #06006

**WOODLAND PARK** • 300 U.S. 24, Main Street U.S. 24 • 719-686-9776 • Store #06073



## Claim your independence from higher summer electric bills!

Schedule a FREE Home Energy Audit with IREA today!

Our Energy Auditor will set up a time convenient for you to inspect your home, identify areas of concern and make recommendations to help make your home more energy efficient and save you money on your monthly electric bill.

Call (720) 733-5544 to schedule your free Home Energy Audit today.



Sedalia - 303-688-3100      Conifer - 303-674-6879  
Strasburg - 303-622-9231      Woodland Park - 719-687-9277  
[www.irea.com](http://www.irea.com)  
Facebook: IntermountainIREA  
Twitter: @IREAcolorado



~OUT AND ABOUT~

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

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you do not need a machine, but if you have one please bring it. If you are an experienced seamstress... just come for the "time" to spend on your own and to work on a project you already have in progress or make our project. Bring enough fat quarters in colors you like, or pick through material and supplies at the Grange. Please call 719-748-5004 for more information or to reserve your spot.

**25 Florissant Heritage Day**, see sidebar on page 43.

**Jam Night** - Every Thursday all year the Grange Hall is open from 6 p.m. to 9 p.m. for the Jammers Music and Pot Luck. For more information call the Grange at 719-748-5004.

**Yoga Classes:** Tuesdays at 9 a.m. for all ages and 10:30 a.m. Yoga for Seniors. Thursdays Yoga for all ages at 9 a.m. Donations accepted, everyone welcome. Call Debbie for more info: 719-748-3678.

**FLORISSANT PUBLIC LIBRARY**  
4 & 18 Adult Writers Group. The group meets at 10 a.m. on the 1st and 3rd Saturday of each month, now at Florissant Public Library. For additional information Summer may be contacted at 719-748-8012 or [summersandi25@yahoo.com](mailto:summersandi25@yahoo.com).

**Free Legal Clinic** will take July off, and resume August 7.

**PIKES PEAK HISTORICAL SOCIETY MUSEUM.**  
Open Friday, Saturday, and Monday from 10 a.m. to 4 p.m., and on Sunday from 1 p.m. to 4 p.m. For more information, call 719-748-8259.

**THUNDERBIRD INN**  
4 Colorado Floyd 2 p.m.  
5 Horseshoe Tournament 1 p.m.  
17-18 12th Annual Bluegrass Festival. See ad on page 17 for more info.  
26 Byrd & Street 4 p.m.  
Aug. 1 Red Hot Blues Katz 2 p.m.

**GUFFEY**  
4 Guffey Heritage Day and Chicken Rodeo. See ad on page 37.  
5 Lissa Hanmer and Super Chuck on the patio at The Freshwater Saloon in downtown Guffey 4 p.m. to 7 p.m. Call 719-689-0518 for more information.  
18 Lissa Hanmer Solo at The Bull

Moose in Guffey 7 p.m. to 9 p.m. Reservations recommended call 719-689-4199 or see web [lissahanmer.com](http://lissahanmer.com).

**25 Stompin' George and Super Chuck** 7 p.m. to 9 p.m. at The Bull Moose in Guffey. Call 719-689-4199 for more information.

**HARTSEL**  
Aug. 1-2 22nd Annual Hartsel Days. See ad on page 6.

**LAKE GEORGE**  
Park County Senior Coalition Potluck for Park/Teller County seniors. Cancelled until September 2015.

**OLD COLORADO CITY**

19 July "Tunnel Tales of Old Colorado City" A Self-guided Walking Tour around OCC from 1 p.m. to 3 p.m. There are five tour stops with characters giving the stories/history of the site (no entrance to tunnel areas). Begin tour at History Center. Receive a booklet with maps and historic information and special offers from OCC merchants with ticket. End tour at Mother Muffs with special entertainment and refreshment offers. Reservations available w/credit card 719-636-1225 or cash, or check \$25 per person. A special prize drawing from Manitou Springs Adventure-High Country Excursions Event benefits OCCHS.

**SALIDA**

2 Chaffee County The Emergency Food Assistance Program & Commodity Supplemental Food Program distributions. First Thursday of each month at Salida Community Center, 305 F Street, from 9:30 a.m. until 2 p.m. Call Elaine Alleman for more information 719-539-3351.

11 The 19th Annual Colorado Brewers Rendezvous from 1 p.m. to 5 p.m. at Riverside Park. Cheers to Salida! Advance tickets are available now on-line via our website at [www.salidachamber.org](http://www.salidachamber.org).

17, 18, 19 CMC Beginning Kayaking Class is Friday July 17th through Sunday July 19th on the Arkansas River! Class provides basic kayak

and water reading skills. Call the campus 719-395-8419 for more information.

**VICTOR**  
17-19 Gold Rush Days  
25 Ute Trail Muzzle Loaders: shoot and meetings the last Saturday of each month at Victor. For information call 719-684-7780.

**WOODLAND PARK**

4 & 18 Senior Center Pancake Breakfast at the Woodland Park Senior Center, Saturday, July 4, 7:30 a.m. to 11:30 a.m. Start your July 4th celebration with a bang! All you can eat fluffy pancakes, scrambled eggs, sausage, and the best biscuits and gravy around is the best bang for your dollar. Your home town seniors will be decked out in red, white, and blue as they are flip pancakes and scramble eggs, to be served up with juice and coffee or hot tea for only \$6. Kids 6 and under eat for free. Our open to the public event helps to support the programs and activities of the Woodland Park Senior Center. We appreciated the support of each one of you! Mark your calendars and plan to join us on this special celebration Saturday as well as Sunday, July 18, 8 a.m. to 11 a.m., and every third Saturday of each month.

20 Diabetes Support Group. Meets the third Monday of every month from 10 a.m. to 11 a.m. at Pikes Peak Regional Hospital. Open to all persons with diabetes and their family members. Call 719-686-5802 for more information.

Aug. 1 Vino & Notes noon-6 p.m. Woodland Station. Benefit for Habitat for Humanity. See ad on page 34.

**TEEN CENTER**  
We invite you to come to the Teen Center, a fun, safe place for kids! Our summer hours are noon to 6 p.m. Monday through Friday. Teens need to be registered at the Teen Center to participate.

1 & 8 Come try your hand at Robotics! Free workshops. 12:30 p.m. to 2:30 p.m.  
1, 8, 15, 22 & 29 Ice Cream Cone Special \$3.50 for an ice cream cone, \$1 for a cone and a soda!  
1, 8, 15, 22 & 29 Mountain Top Cycling Club Family Ride. Starts at 6 p.m. for a 3-5 mile ride meeting at Ute Pass Brewery.

2 Free Frozen Ices if you participate in our 4th of July themed Sidewalk Chalk Art Show!  
3 Teen Center Closed for the 4th of July Holiday

7 Girls' Day at the Library: Journal Writing Workshop 1 p.m. to 3 p.m.  
7, 14, 21 & 28 Teen Story Writing Café in the Teen Room at the Library 2 p.m. to 4 p.m.  
8 Redbox Movie with Free Popcorn & Drink 3 p.m.

website for further details.  
Dinosaur Resource Center, 201 S. Fairview St., Woodland Park, CO Visit [www.rmdrc.com](http://www.rmdrc.com) or call 719-686-1820.

20 Elevation Networking from 6:15 p.m. to 7:30 p.m. at Kenpo Karate in Gold Hill South. All vendors welcome. Come, socialize, network and get the exposure you need. Call Thom 719-930-6365 for more information.  
3, 10, 17, 24, 31 Farmer's Market each Friday from 7 a.m. to 1 p.m. SNAP welcome! Located to parking lot behind Vectra Bank 361 Hwy 24 (corner of Hwy 24 & West St.) For more information call 719-689-3133 or 719-648-7286 or email: [info@WPlannersmarket.com](mailto:info@WPlannersmarket.com)  
Free Legal Clinic is taking July off and will return August 7.  
19 Love your Libraries Fiesta, Sunday from 3 p.m. to 7 p.m. at Woodland Community Lodge Patio, 734 Hwy 24. Live music by Carl Dell Trio. Door prizes and food/drink specials. Tickets are \$10 and available at The Country Lodge and City Market. Sponsored by Rampart Library District Foundation.

1 & 8 Come try your hand at Robotics! Free workshops. 12:30 p.m. to 2:30 p.m.  
1, 8, 15, 22 & 29 Ice Cream Cone Special \$3.50 for an ice cream cone, \$1 for a cone and a soda!  
1, 8, 15, 22 & 29 Mountain Top Cycling Club Family Ride. Starts at 6 p.m. for a 3-5 mile ride meeting at Ute Pass Brewery.

2 Free Frozen Ices if you participate in our 4th of July themed Sidewalk Chalk Art Show!  
3 Teen Center Closed for the 4th of July Holiday

8 & 22 Night Sky Activity at Aspen Valley Ranch 8:30 a.m. to 10:30 p.m.  
9 Lovell Gulch Hike: Meet at the Teen Center and be bussed to the trail for guided hike 1 p.m. to 4 p.m.

10 Minions Movie Premiere! Meet at Teen Center at 9:30 a.m. \$5.  
10 Arts & Crafts with Ally 1 p.m. to 3 p.m.  
10, 17, 24 & 31 Minicraft Club in the Teen Room at the Library  
13 & 27 Come and make your own Astronomical Tools! 1 p.m. to 3 p.m.  
14 Fly Fishing on the South Platte for the guys. Transportation provided. 8 a.m. to 3 p.m.  
15 & 29 Come on a guided hike through the Florissant Fossil Beds! Transportation provided. 9 a.m. to 2 p.m.

16 Fly Fishing on the South Platte for the Girls. Transportation provided. 8 a.m. to 3 p.m.  
16 & 17 Adopt-A-Spot Memorial Park Clean Up and Recycling at 1 p.m. KAC  
20 Let's hike the Mule Trail! Transportation provided to the Trail Head and back to the Teen Center 1 p.m. to 4 p.m.  
22 Jewelry Making at the Teen Center-Both guys and girls anklets at 2 p.m.  
23 Picnic at Manitou Lake: Meet at the Teen Center and we'll ride over. Teen center will open upon our return. Picnic from 1 p.m. to 4 p.m.

28 Water Fun Day. Wear clothes to get wet! We'll set up a water station and play. 1 p.m. to 3 p.m.  
31 TAB Meeting. If you're on the Board, please attend KAC 1 p.m. to 2 p.m.  
Call MaryLee Allen, Teen Center Supervisor at 719-687-3291 if you have any questions. After school hours: noon to 6 p.m. Youth in Grades 6-12 are welcome! Teen Center is located at 220 W. South Ave. Call 719-687-3291 for more information.

**UTE PASS CULTURAL CENTER**  
4 Old Fashioned 4th of July Celebration! This Annual Celebration is packed with FUN in a small town tradition! Join us in our new location this year. 9 a.m. to 3 p.m. Fireworks can be viewed from

anywhere within the city starting at approx. 9:30 p.m. For more information contact Judy Bundy at 719-687-5225. <http://www.wp-parksandrecreation.org>

4 Woodland Park Wind Symphony concert presented by the Woodland Music Series. At the Midland Pavilion begins at 6 p.m. FREE. <http://www.woodlandmusicseries.org>  
7 Summer Music at Lunch at the Pavilion noon to 1 p.m.  
11 "Purely Bluegrass" featuring Train 45 and Blue Mountain Boys at the Midland Pavilion. Presented by the Woodland Music Series at 11 a.m. FREE <http://www.woodlandmusicseries.org>  
14 Summer Music at Lunch at the Pavilion noon to 1 p.m.  
21 Summer Music at Lunch at the Pavilion noon to 1 p.m.  
24 Woodland Park Roots Project Movie, Movie Above the Clouds at the Midland Pavilion. Starts at sunset. FREE. For more information contact Holly at 719-694-4655.

25 Woodland Park High School All Class Reunion  
28 Summer Music at Lunch at the Pavilion noon to 1 p.m.  
1 & 2 August 30th Annual Mountain Arts Festival. Saturday 10 a.m. to 5 p.m., Sunday 10 a.m. to 4 p.m. FREE. More information 719-686-7469. <http://www.themountainartists.com>

**UTE PASS HISTORICAL SOCIETY**  
A 90-minute walking tour of historic Woodland Park begins at the History Park Museum Center at 9:30 a.m. each Saturday (except July 4 or 11) through September 19, followed by an hour-long tour of History Park beginning at 11 a.m. Saturdays (except July 11). All activities are free and weather permitting; donations are gratefully accepted. History Park consists of five historic buildings and the Museum Center/Gift Shop. The buildings display documents and artifacts related to the development of the Ute Pass area, from the era of the Southern Ute people to the heritage tourism destination it is today. History Park is located at 231 E. Henrietta Avenue, next to the Woodland Park Public Library. Call the Ute Pass Historical Society at 719-686-7512 for further information.

Florissant Heritage Day, July 25



Start the day with a delicious pancake breakfast at the Florissant Fire Department.



Florissant Heritage Day is an event you do not want to miss. The day kicks off with Pancake Breakfast at the Florissant Fire Department from 7 a.m. to 11 a.m. It is always delicious, so be sure to make it. When you are finished with breakfast take turns visiting all of the historic sites in Florissant.

The Florissant Cemetery, always open to the public is a wonderful walk through the history of Florissant and the Pioneers of our area. The Costello Street Coffee House, a great place for coffee and lunch; the home of Florissant's Judge Costello.

The Old School House, known today as the Florissant Grange Hall, is a must visit. Enjoy the day walking back in time. Historic plays, skits and talks. Visit the Old School

House Museum. There will be Barrel Train rides, horseshoes, an Ice Cream Social, Children's games and activities, 4-H Booth, a treasure hunt, music on the bandstand all day, vendors and crafts galore. When you get hungry we'll have burgers, brats and hot dogs on the grill from 10:30 a.m. to closing.

Area businesses are open to serve you all day, such as Twin Creek Trading and Moos Junktique.

Visit the Florissant Fossil Beds National Monument; for a great look back to the times before the old west and right next door is the Hornbeck Homestead where Adeline Hornbeck and her sons built their home.

Florissant has a rich historic background, worth celebrating every year. Don't miss the fun on Florissant Heritage Day.



Lots of activities and vendors at the Grange, including Mari Marques, a.k.a. The Thymekeeper (below) with husband Dave.



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**August 6th**  
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