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Vol. 11, No. 7

Welcome to Ute Country



"Music expresses that which cannot be put into words and that which cannot remain silent."

— Victor hugo

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The Book Nook - A place to experience



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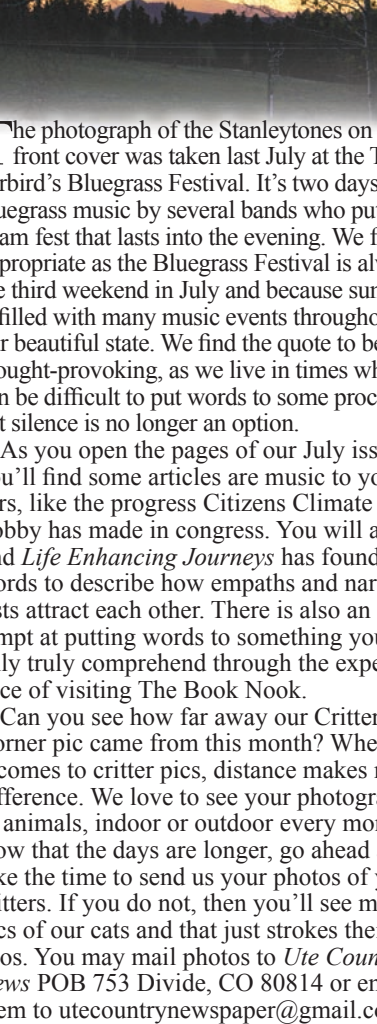
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On Deck

The photograph of the Stanleytones on our front cover was taken last July at the Thunderbird's Bluegrass Festival. It's two days of bluegrass music by several bands who put on a jam fest that lasts into the evening. We felt it appropriate as the Bluegrass Festival is always the third weekend in July and because summer is filled with many music events throughout our beautiful state. We find the quote to be thought-provoking, as we live in times when it can be difficult to put words to some processes yet silence is no longer an option.

As you open the pages of our July issue, you'll find some articles are music to your ears, like the progress Citizens Climate Lobby has made in congress. You will also find *Life Enhancing Journeys* has found the words to describe how empathats and narcissists attract each other. There is also an attempt at putting words to something you can only truly comprehend through the experience of visiting The Book Nook.

Can you see how far away our Critter Corner pic came from this month? When it comes to critter pics, distance makes no difference. We love to see your photographs of animals, indoor or outdoor every month. Now that the days are longer, go ahead and take the time to send us your photos of your critters. If you do not, then you'll see more pics of our cats and that just strokes their egos. You may mail photos to *Ute Country News* POB 753 Divide, CO 80814 or email them to utecountrynewspaper@gmail.com.

The deadline for our August issue is July 22; we'll need all ads finalized by July 24.

We love to hear from you! Feel free to send your comments to utecountrynewspaper@gmail.com.

Thank you,
—Kathy & Jeff Hansen

The Thymekeeper

Volunteers: ribwort, snakeweed, Nature's band-aid

by Mari Marques-Worden
photo by Mari Marques-Worden

Every year I end up with plants in my greenhouse I like to call volunteers. I didn't plant them but somehow, they managed to find their place and plant themselves. One of this year's volunteers includes plantain and not a minute too soon.

Shortly after discovering the plantain patch my husband cracked his head while working on a deck and I dug a small trench in my knee on the open dishwasher door. Both wounds raised a large knot and opened the skin.

In both instances I ran to the garden and picked some plantain leaves, crushed them until they were juicy and applied them as a poultice. It wasn't long before the results were in. The swelling was reduced within an hour and the next day the wounds appeared as if they were a week old as opposed to a day. I had used plantain in the past for bee stings as it clears heat and for various other ailments but never used it for puncture wounds prior to our unfortunate incidents. I must say the wound healing powers of this plant are quite impressive.

Some of the properties attributed to plantain leaf are, relief from swelling, reduce inflammation, promote tissue repair and reduce contusion and pain, and has antihistamine and expectorant properties. Its energy is cooling, restoring and stabilizing. Known as *Nature's band-aid*, it's much more than that. As with all plants, the magic doesn't stop there. (*The Energetics of Western Herbs* - Peter Holmes)

There are many species of the plant but two types of plantain that grow in Ute country are broad leaf and narrow leaf. Both have ribs that run parallel up and down the leaf and it has somewhat of a rubbery, elastic feel to it. It typically grows where the soil is compacted. The Native Americans coined the name *white man's footsteps* as wherever their wagons went, plantain soon followed. Because the juice of the plant is where it packs the biggest punch, it's best used fresh and can be frozen for winter-time use.

Off the top of my head I can think of many instances where plantain can be used. When I lived in Manitou often times the local musicians would come to me seeking help with sore, strained vocal cords. My first instinct was to send them up the road to where the plantains grew and had them pick a few leaves to chew on. Having dual properties as a demulcent and expectorant, plantain will soothe a dry scratchy throat and simultaneously draw excess liquid from the lungs and sinuses.

Known as a "spit" poultice, I was originally taught to chew the leaves before applying them to the skin. The fresh leaf can be chewed and held in between the cheek and gums for sore throat, canker sores, abscess tooth, any type of gum infection, or to enhance healing after dental surgery. Dry socket also responds very well to plantain.

Plantain is a purifier and will draw infec-

tion from a wound making it useful in the case of blood poisoning or staph infection. Unlike comfrey leaf, plantain will heal a wound from the inside out so the risk of healing the skin over infection is non-existent. Useful for any type of skin inflammation including boils, rashes, venomous bites or splinters. Per fellow herbalist Matthew Wood, it pulls rotten flesh and re-incarnates new. Overall, plantain falls into the category of *safe* and I know of no contraindications connected to its use.

Heading down the pipes, anyone who suffers from esophageal irritation due to heartburn would benefit from the juice as well as the person who suffers from ulcers either stomach, colon or otherwise. The person seeking relief from hemorrhoids can soothe the pain and irritation either by steeping fresh leaves in boiling water and using as a rinse after cooling, or by applying a compress to the affected area.

Tip: Juice the leaves and mix with an equal amount of honey. Refrigerate and take 1 teaspoon 3 times per day to relieve heartburn, stomach ulcers, IBS or other digestive issues. Can also be used externally.

Seeds

The seeds of the plant contain Vitamin B1 and can be ground and added to flour after drying. A close relative to psyllium husk, when soaked in water the seed husk swells and forms a gel and is considered an effective lubricating laxative.


Critter food

Another volunteer that showed up this year is the milkweed plant, letting us know that the plants aren't just for human consumption. Both the plantain and the milkweed are important caterpillar food at a time when they can use all the help they can get. Once again,

Please join us for AVR Homestead Series: “Edible and Medicinal Plants: Take a walk on the wild side.” Presenter Mari Marques, The Thymekeeper July 13th 10-noon at Aspen Valley Ranch Yurt 1150 S. West Road, Woodland Park.

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

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C~~x~~orrection

Credit where credit is due

Following up on the *Guffey Roots* *part I* article to give photo credit and a thank you to Stephen Witcher for his pictures of the 76 Ranch homestead house and JR Witcher in his later years. Steve is JR's great-grandson and still lives on a part of the original 76r anch.





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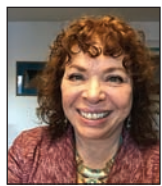
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Life-Enhancing Journeys Why do empathaths attract narcissists?

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

Following the previous month's themes exploring empathaths and narcissists, this month's article will further investigate why they seem to attract each other. A clever client recently clarified this concept by acknowledging, "Empaths do not 'attract' narcissists; empathaths are 'attractive' to narcissists and are 'targeted' by narcissists." They zero in on empathaths because they give freely with no expectations in return. Narcissists know exactly how to manipulate empath's good traits to their advantage. I've heard from so many people who have been involved in narcissistic relationships. Here is one example, "I learned firsthand about narcissist rage... Terrifying... Thank God for wise counselors, family and friends who supported me and my kids through it all. I found my voice. I now have a better life." This article is about creating a healthier existence.

Dr. Ramani Durvasula describes a narcissistic relationship: "It's like looking in a mirror and no one is looking back... they are so non-present... so empty."

It may be helpful to remind you of some characteristics of each personality type. An empath is someone who is highly in tune with how others are feeling, and is particularly sensitive to others' past wounds. Empaths are kind, loving, loyal, compassionate and usually are thought of as caregivers, being drawn to people in need. They tend to believe there is good in everyone. They have confidence that they can somehow "fix" others' hurts. An empath may look at a person and reason, "I understand why you do that... I have such compassion for you... I realize you have had a tough life... I get why you act this way..." An empath keeps giving and forgiving, thinking, "This time I'm going to help them heal their pain..." This giving feeds the "narcissistic supply." (Narcissistic Supply is a term which refers to the attention that narcissists crave.) This keeps the empath engaged in the cycle over and over, and leaves the empath susceptible to abuse.

To understand a narcissist, it's useful to recognize that we are talking about is a collection of traits or patterns of behaviors that fall along a broad spectrum. The signs of narcissism include a lack of empathy, is arrogant, superficial, self-centered, antagonistic, grandiose, vindictive, entitled, mean-spirited, hypersensitive to criticism, prone to jealousy and rage and seeks validation from others. Yet, narcissists believe they are better than most people. They tend to form shallow friendships based on what people can do for them. It's common to find that narcissists make friends with unbearably toxic people just because these people have money or can offer career opportunities. Narcissists need to feel superior to everyone around them. Appearing perfect and requiring perfection from their partner is essential; their partner needs to look good because it makes the narcissist feel good. It's important to recognize that the seasoned narcissist is very clever. They're calculated and intentional and they know that dating resembles a game. Unfortunately, they also know how to manipulate and scam the rules, so the game is always in their favor.

At their core, narcissists are deeply insecure and empty inside and are unable to connect to others. However, you may be fooled because narcissists come across as confident, seductive, charming, intelligent, charismatic, intriguing; all seemingly positive attributes. Narcissists are able to keep the impressive "mask" on at the beginning of the relationship until they get the "prize." Once they have you captivated, they lose interest. In our present culture, narcissists are rewarded. We teach boys and men that empathy is viewed as a weakness. Even though they behave badly and treat people terribly, others admire them for seeming so self-possessed, self-confident and not caring about what others think.

Recognizing that an empath is a natural giver and a narcissist is a natural taker, it's easy to see how they appeal to each other. Narcissists are uncannily skilled at making

people feel extra special when the narcissist's attention is focused on them. Never forget that most narcissists don't reveal their true colors right away. Instead, they bait and lure with their illusion of kindness. The narcissist will groom the empath in the beginning of the relationship. They will "love bomb" the empath until they get the empath hooked into believing that they are the love of the narcissist's life. When you fall for their "mask" (remember, they can't keep the pretense up forever), and they know they "got" you, the abuse cycle starts and the "mask" falls off. An empath will keep trying to make the relationship work because of their loyal nature. The empath also believes they are strong enough and persistent enough, to be "The One" who can turn the narcissist around. There is a fantasy the empath creates, "If I just love them better... if I lost weight... made more money... was a better housekeeper, etc... the beast will turn into a prince or a princess." The empath will try everything to please the narcissist, yet it's a wasted effort. They cannot "heal" another's narcissism simply by loving and nurturing them, becoming more pleasing to them, being patient enough, and so forth. *The narcissist never thinks they need to change.* They are unable to experience self-reflection, and they blame others when they feel unfulfilled and unhappy.

At their core, narcissists are deeply insecure and empty inside and are unable to connect to others.

Narcissists are abusers and bullies; therefore, they need to be with people who are willing to forgive. When the narcissist behaves badly, the empath will forgive over and over and over. If the narcissist recognizes that they went too far, they may apologize, and "love bomb" the empath again. This will bring the empath back to the beginning of the relationship when the narcissist was their charming self. The narcissist will do all the right things to woo the empath back. This becomes confusing going back and forth between being treated badly then lovingly. This is a manipulation to get the empath hooked again. Now you become trapped in the relationship as you question yourself, "Can I believe what I am seeing...?" Then you doubt your own reality. You feel like you're going crazy. This is known as "gaslighting." When you get to the point where you feel the need to voice record the conversations you've had to prove you're not insane or making things up, you've already been abused and it's time to leave the relationship.

People in relationships with narcissists have a sense that they are not enough, "... If I were enough, s/he wouldn't cheat on me... if I were enough s/he would be able to love me as I am." The truth is, it has nothing to do with you. Narcissists are so insecure they only have a false sense of esteem which comes from the outside world. That is why social media is so appealing to narcissists. On social media, it's so simple to create any persona they choose, authentic or imagined. They can put up a photo, describe what a fantastic life they are living, then feel good about themselves based on the number of likes or comments they receive. They look outside themselves for validation and worth.

Many people don't realize when they are going through abuse from a narcissist. There is a sense that something is off about someone or a situation but the intuition can easily be ignored. An acquaintance of mine told me about her relationship with a narcissist, "... When I've recognized abuse in my relationship, I told myself I was being too picky and judgmental so I ignored the red flags... I was willing to override myself... my intuition... and gave everything I had away to those who didn't deserve or need it... there

was a broken piece in me which attracted me to the narcissist." Ignoring the warnings you get from your intuition causes a threat to your sense of self and your safety.

At this point, you might be questioning "How do I stop attracting or seeking narcissists? Or, I'm in a relationship with a narcissist, I love them and I want to stay; how do I manage my partner?" Never forget, it's impossible to change another person, no matter how loving you are towards them. Being with a narcissist is not about changing them. It is futile to even try changing or fixing them. You can only change your own attitudes and approaches to the relationship.

Here are some ideas to consider:

1. Educate yourself about what the narcissistic cycle of abuse looks like in a relationship. Knowledge is power.
2. Trust the behavior rather than the words. If you are hearing an apology, for example, declaring that they promise to treat you better next time, proclaim, "Show me, don't tell me." Hold them to it.
3. Learn how to love and trust yourself and stop believing that you're not enough. Start telling yourself you are awesome and you are getting better every day! You are good enough just as you are. When you feel discouraged, create a positive verbal anchor such as, "I know I can do anything I put my mind to."
4. Avoid allowing toxic people in your life. Whether it is a family member, a partner or a friend, anyone who may try to ruin your life and take away your happiness needs to go away. Energy vampires are hurtful and need to be eliminated.
5. Trust your intuition. Learn what a loving and connected relationship may feel like so you never settle for anything less.
6. Set clear and firm boundaries and continue to enforce them. Stop excusing bad behavior. Expect to be treated with respect and kindness and insist on nothing less.
7. Use more logic than emotion, especially at the beginning of any relationship. This is especially important in a relationship with a potential narcissist.
8. Time reveals all. Take it slowly. Give the relationship time and keep your eyes open for signs of problematic behavior.
9. Cultivate other relationships. Connect with friends who value and support you; people who have your back.
10. Engage in self-care. Find things that give your life meaning and purpose and bring you joy.
11. Manage your expectations. Always remember, a narcissist acts self-centered, arrogant and selfish. It will break your heart if you keep hoping they will act differently. They won't.

To appreciate some of the struggles in this type of a relationship, it is helpful to recognize what the attraction is between an empath and a narcissist. It can occur in any relationship; between siblings, a partner, a boss, a coworker or a friend. If you are an empath, understanding how you participate in the relationship is important. Once you understand your role, you can then establish new ways of relating. Be sure to never forget who you are. Develop your own self-confidence and self-worth and always practice self-compassion. Avoid being a victim. Concentrate on self-preservation. Remember, your goal is to create more peace within yourself and/or a more manageable relationship with the narcissist, whether you choose to stay or go.

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

Fairplay's Historic Front Street

by Flip Boettcher
photos by Flip Boettcher

Surprisingly, Fairplay's historic Front Street changed little over the lean winter months this year. Front Street was Fairplay's main thoroughfare in the 1870s.

Tarryall Outfitters did close their doors. Tangles to Toes moved over to Main Street and Mountain Essentials opened the first week in June in its place at 520 Front Street. Their grand opening was June 15.

Mountain Essentials, owned and operated by Nicole McChesney, features everything goat milk. McChesney has 30 goats, eight of them milkers; all from whom her skin care products come from, including decorative soaps, lotions, lip balm and more.

The chores take about an hour or an hour and a half morning and night, which include milking the goats. McChesney then turns the goat milk into wonderful products. McChesney even makes several flavors of fresh, creamy goat milk fudge. McChesney also has wedding and baby shower gifts.

McChesney, born in Buena Vista, and her husband are Colorado natives. They have lived in Fairplay for 11 years.

It all started, said McChesney, when one of her children developed a rash. She made some goat milk cream for the rash and went on from there to develop the rest of her products.

Also, finding that she and her family were lactose intolerant, led to their using goat milk, which has different proteins than cow's milk and is easier to digest.

Mountain Essentials at 520 Front Street is open seven days a week 11-6 p.m. Their phone number is 303-880-7258.

On the far west end of Front Street is South Park City, an outdoor, living history museum, where one steps back in time to an accurate representation of Colorado boom town life in a mining town of the 1860s and 1890s. SPC is on the National Register of Historic places.

This year SPC is celebrating its 60th anni-

versary, with special events planned for July, August, September and October. Special events include SPC after dark with reservations required; live, period music; historical presentations; visits from Father Dyer, the itinerant snowshoer who delivered mail on snowshoes; drawings for a 2020 family pass; old time photos; learning to play Faro, the old west card game; and much more.

July 27 and 28 the annual Llama and Burro Race finishes through SPC along Front Street. August 10 and 11 features SPC's Living History Days. During Living History Days, the past really comes alive with people dressed in historic outfits from the 1800s



Nicole McChesney inside her new store Mountain Essentials on Front Street.

and who participate in skits, live demonstrations gunfights and more. There are miners, townsfolk, painted ladies, cowboys, tradesmen, preachers and saloonkeepers.

SPC was the idea of Leon Snyder from Colorado Springs, who organized the South Park Historical Foundation and in 1957 the foundation purchased the property at the



South Park City looking west.

west end of Front Street which became SPC.

There were seven original, historic buildings on the site, and over the years historic buildings from the county were moved to SPC and today there are 43 structures on the site. The buildings house over 60,000 historic items that portray the economic and social life in a boom town of the late 1800s.

The museum was called SPC because that was the name of the town from 1869-1876 before the state legislature changed the name to Fairplay. Refurbishing of the historic structures is ongoing.

"Your visit will enhance your understanding of life in those rip-roaring days when life was risky, fortunes were made or lost overnight, and men and women of vision

laid the groundwork to Colorado's future," from the museum brochure.

The museum is open every day, rain or shine, from May 15 to October 15. Phone number is 719-836-2387 or visit www.southparkcity.org for more information or to make reservations.

While you are on Front Street be sure to visit all the shops and galleries including The Unrepentant Artist, Colorado Mountain Hat Company, Rimfrost Antiques, Mountain Sun Arts, Coyote Creek, and South Park Pottery and Backroom Beads.

For food and refreshment visit The Silver Scoop Creamery, Millonzi's Italian restaurant, Salado southwestern restaurant, The Snitching Lady Distillery, Platte River Saloon and the Park Bar.

If you need more than one day to see and do it all, there are overnight accommodations at the historic, maybe haunted, Hand Hotel on Front Street.

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Photographer's Transformation
Steve Tohari reinvents his work

Steve Tohari, scenic photographer and print maker, had his own photo gallery in Breckenridge, Colorado. "Colorado Scenics" from 1990 to 2017. Now in Woodland Park, Colorado, he operates a small studio re-inventing himself as a photo artist. He takes the hundreds of images from his Colorado portfolio and current work, and transforms them into vivid watercolors and paintings — with photo apps on his iPhone — turning landscapes, old cars, and historic buildings into unique works of art so different that nothing like them exists in art galleries or online. In one year, Steve has grown more as an artist than in his past 50 years. His original website coloradoscenics.com showcases his Colorado scenic nature photography from 1983. His photo transformation websites coloradophotos.shop and coloradoart.shop show how he has re-invented himself from a photographer to a photo artist.

The Legion Act

A bill expanding membership eligibility for the American Legion passed on June 11 by unanimous consent in the Senate. The Let Everyone Get Involved in Opportunities for National Service Act, Senate Bill 504, also known as the Legion Act — is a bipartisan effort introduced by Sens. Kyrsten Sinema, D-Ariz., and Sen. Thom Tillis, R-N.C.

Because the American Legion's membership periods are congressionally chartered, the organization is prevented from expanding membership eligibility without an act of Congress. The act expands membership eligibility to honorably discharged veterans who have served in unrecognized times of war since World War II.

The Legion Act was a focus of American Legion National Commander Brett Reistad's Feb. 27 testimony before a joint hearing of the Senate and House Committees on Veterans' Affairs. He called on Congress to take action amending the charter, thereby giving tens of thousands of veterans access to American Legion benefits and programs they are not currently eligible for.

American Legion National Judge Advocate Kevin Bartlett, a Navy veteran, says that the Legion has found 12 unrecognized war periods in which U.S. military personnel were put in harm's way, resulting in approximately 1,600 members of the armed forces being killed or wounded. American Legion National Commander Brett P. Reistad said during his testimony. "These veterans are unable to receive some of the benefits and recognition available to their counterparts who served during official wartime periods. The American Legion is calling on Congress to extend the current recognized war era back to Dec. 7, 1941, to honor military members who served their country with honor but whose service fell in gaps between war eras."

When the Legion Act was introduced Feb. 14 in the Senate, Sinema said, "The American Legion provides critical resources to our veterans, but currently, only veterans who served during formally recognized conflicts can belong to the Legion. That

restriction leaves out thousands of former American service members who signed up to defend our country. Our legislation rights this wrong and ensures veterans have the opportunity to join the American Legion."

The origin of the Legion Act can be traced back to a monthly business meeting of the American Legion Post 1980, Woodland Park, CO, when the post service officer, Robert Lowry introduced a proposal to the membership that Legion membership be expanded to include veterans of the Cold War. This proposal received unanimous approval from the membership and was sent on to District 7, which covers the Pikes Peak region. There it was also accepted and was then sent to the Colorado American Legion Department for consideration. The proposal did not make it past state, but because the cause was riotous and the need was there, Post 1980 and Robert Lowry did not give up. State and region officers recommended certain modification and the next year the proposal was accepted by the state and forwarded on to the national office to be considered at the yearly convention. Again, it was not accepted, but again modifications were recommended and it was again proposed the next year and accepted. What made this resolution acceptable by the general membership was that the majority of the membership was already thinking the same way. It was just semantics that was holding the proposal back.

Now we need one more step to get to the top of the ladder and that is a positive vote by the House of Representatives. On March 8, 2019, the Legion Act was introduced in the U.S. House by Reps. Lou Correa, D-Calif, Ben Cline, R-Va., and Rep. Gil Cisneros, D-Calif., as co-sponsors. On June 12, 2019 the bill was referred to the House Judiciary committee where it now sits.

Please reach out to your representative and ask them to pass S. 504, The Legion Act.

To contact your member of Congress, visit this link <http://capwiz.com/legion/issues/alert/?alertid=80643891>.

Adopt Me by SLV Animal Welfare Society

Missy

Meet Missy! She is about 2 years old, spayed, weighs about 55 pounds and all vaccinations are current. Missy gets along well with other dogs; she is very affectionate. Missy is a medium energy dog, but she loves lots of exercise! She is a hound/border collie mix. To meet Missy email woof@slvaws.org.

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

Pharmgirl Uprooted
The ones that got away
by Peggy Badgett

Water eddied gently around my legs, hypnotizing me with its rhythmic tugging. It would be so easy to succumb to its spell, but beneath that siren call lay icy cold currents. I shivered in the chilly Colorado spring breeze. Suddenly the slick rock beneath my heavy right boot threatened to plunge me headfirst into the South Platte river. After regaining my balance, I took a deep breath of the fresh alpine air. A raven called somewhere in the distance. Shuffle, shuffle, right foot, left foot until I reached the edge of a steep drop. Mossy boulders squatted in the middle and along the sides, creating deep hiding spots for my quarry. My arm quivered with fatigue as I clumsily lifted the rod and threw out the line for the fiftieth time.

The strike indicator defiantly splashed right in front of me. I did my best to pull the fly lures away from rocks they floated quickly toward, but one snagged in the green algae beards waving in the stream. "Dang" I muttered under my breath, and wiggled the rod upstream until the line came free. My mentor Frank quietly helped me clean the tiny flies. He didn't criticize the numerous efforts that plunked into the river and no doubt scared the fish for miles, but praised my occasional good cast mightily. Alas, not even a nibble I felt. Maybe the fish didn't care for the dismal weather either; those infamous bluebird skies hid behind heavy grey clouds. A brilliant Steller's Jay jabbered in the budding willows across the banks, wondering what was taking me so long. Maybe I should have handed the rod to him to have a go.

I'm sure the clever trout were doubled over in laughter in their hiding pools. "Hey Fred — check out the humans up there! That blonde chick throws like a girl. Do they really think we are that dumb?" Then, quick as a lightning strike, the indicator bobbed

three times. Adrenaline and excitement shot through my system as I jerked the rod back, but my reaction wasn't quick enough to set the hook. Fred swam away, no doubt bragging to his friends about his narrow escape from capture by a tall two-legged monster; a typical fish story.

"Here fishy fishy!" I softly crooned. "Nice juicy flies just for you." If the scaly things were going to laugh at me, I might as well give them a reason. A few more casts, and my right arm felt like a limp spaghetti noodle. Doggedly I kept at it and finally netted a beautiful cast right between two big stones. I quickly pulled in the slack and watched the indicator surf the current toward me. Just then, a bright yellow bird caught my eye as it flitted through Happy Meadow's grasses. In that exact millisecond, the second fish (Jack) chose to strike. Again, I missed setting the hook, but the feel of life on the other end of the line was magically exhilarating.

Frank clapped me on the back and praised my effort. He is an avid volunteer for Project Healing Waters; a program to introduce veterans to this peaceful sport as a restorative practice. Spending the afternoon listening to the stream and watching the sky was quite serene; all my stress had washed away in the

Peggy Badgett hunting for trout in the South Platte River.

current. Like that perfectly arched seven iron shot that lands you on the green once every few rounds of golf, I knew the electric jolt of connection with elusive gilled creatures would lure me back into the waders again. After all, how much fun would it be if mastering fly fishing was easy?

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

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Tourist And Locals Can Breathe Again

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

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

This helped me with energy and mental focus.

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

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



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New at Pueblo Railway Museum

by Pueblo Railway Museum

Photo by Paul Brown, PRM's executive director and locomotive engineer



See what's new at the Pueblo Railway Museum! Snowplow #22 was donated in early April to the Pueblo Railway Museum by the Pikes Peak & Manitou Cog Railway, as well as Coach #104, which will be stored inside the museum's maintenance shop for the Cog Railway for the next two years or so. The Pueblo Railway Museum is adjacent to the Pueblo Union Depot at the intersection of "B" Street and Victoria in Pueblo's Historic District. The snowplow is unique; the only one like it in the world! It was in operation just a few days before it was trucked to Pueblo. Built in 1974, the plow was an incredibly important piece of equipment for keeping the line open from March through early June. Plans are for the Cog Railway to re-open May 2021 with all new equipment.

Learn 10 ways to love your brain

by Alzheimer's Association of Colorado

Nearly 6,000,000 people in the United States, including 73,000 Coloradans, are living with Alzheimer's disease today. The sixth-leading cause of death and the only leading disease without a prevention, treatment or cure, Alzheimer's kills more Americans every year than breast cancer and prostate cancer combined.

"Research is still evolving, but evidence is strong that people can reduce their risk of cognitive decline by making key lifestyle changes," said Amelia Schafer, executive director of the Colorado Chapter of the Alzheimer's Association. "Based on this research, we have developed 10 Ways to Love Your Brain, a collection of tips that can reduce the risk of cognitive decline."

When possible, combine these habits to achieve maximum benefit for the brain and body:

- 1. Break a sweat:** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.
- 2. Hit the books:** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.
- 3. Butt out:** Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.
- 4. Follow your heart:** Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.
- 5. Heads up:** Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing con-

tact sports or riding a bike, and take steps to prevent falls.

- 6. Fuel up right:** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.
- 7. Catch some ZZZ's:** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.
- 8. Take care of your mental health:** Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.
- 9. Stump yourself:** Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short- and long-term benefits for your brain.
- 10. Buddy up:** Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an afterschool program, or just share activities with friends and family.

It's never too late or too early to start thinking about your brain's health — making healthy choices at any age is beneficial. Visit alz.org/10ways to learn more. Keep your eyes peeled to our Out & About section in August as the Aspen Mine Center will have a program on August 7.

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Mountain Arts Festival



The 34th Annual Mountain Arts Festival in beautiful Woodland Park, Colorado, happens August 3, 10-5 p.m. and August 4, 10-4 p.m. between the Woodland Park Library and the Ute Pass Cultural Center.

This annual event brings artists from all over the country, and still has the small town feel with plenty of local artists also exhibiting their art. The 60 some artists registered run the gamut from watercolor, oil, and acrylic paintings to woodworking, from jewelry to sculptures, from metalwork to weavings, and from pottery to finely turned pens. Every year the festival brings art lovers from all over the region.

Entry is free and there will be food and drink vendors on hand as well as \$20 coupons drawn every hour for attendees, which can be used to purchase art.

One of our new artisans this year is Silvia German, who says this about her art, "I specialize in oils which allows me to capture the true essence of my subjects. Being able to capture nature's beauty in a painting and share it with others is something I enjoy immensely. My art reflects nature as seen



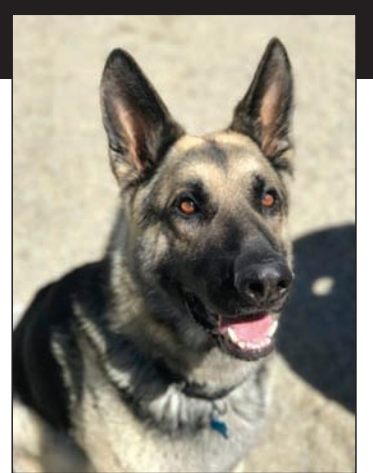
through the eyes of a realist with just enough 'magic' to make it stand apart. I love to discover faces in old, gnarled wood, storm clouds and the changing colors they create on the ground, dramatic cloud formations that paint the skies of beautiful Colorado, to brighten a cold winter day, with the promise of spring and its colorful flowers and all kinds of birds and critter who go about their daily lives." To see more of German's work at Yucca Creek Studios visit <https://www.facebook.com/davegerman1246/>

Adopt Me by Ark Valley Humane Society

Wren

Wren is a 7-year-old male German Shepherd who is looking for his forever home. "I am a very large, handsome and loving boy. Staff say I am very intelligent and I already know sit, down, wait, shake, and watch. I'd love an active home that can continue to work with my training. I'd be happy being the only dog. I am required to go to a home with no livestock, as I have a history of chasing cows and llamas. Please come to visit me at Ark Valley Humane Society at 701 Gregg Drive in Buena Vista or call about me 719-395-2737.

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Lawrence Cowan our Nursing Home Administrator with some of our employees that received their service pins for June 2019.
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Susan Amiot- Human Resources 15 years
Daniel Torres- Business Office Manager - 1 year

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- "Likes the family atmosphere."
- "Likes the environment—The staff are respectful. It's a nice atmosphere to work in."
- "I like working with the residents and staff and always staying busy."

This is what a few of our residents say about Cripple Creek Care Center:

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- "I like the food."
- "The attention I receive is nice. The staff are helpful and nice."
- "It's nice and friendly."
- "I'm treated really nice."

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Biologists study bats for white-nose syndrome

by Bill Vogrin
photos courtesy Colorado Parks and Wildlife / Bill Vogrin

In a muddy creek drainage on a chilly Sunday evening in May, Colorado Parks and Wildlife terrestrial biologist April Estep looked for a rock large enough to brace a piece of steel rebar she had hammered into the soggy ground.

Estep and CPW's Cassidy English, a district wildlife manager, were erecting mist nets across a pool created by a sliver of water from the unnamed creek. Two nets measuring 24 feet wide and 10 feet high were already stretched across the drainage.

They were anxious to finish because the sun was slipping below Pikes Peak to the west. Soon, any bats roosting in surrounding trees, rock outcroppings or mine shafts would emerge and be looking for a drink before heading out to hunt insects for the night.

Once the nets were up, Estep and English climbed out of the mud and moved to a small table they erected that would serve as their creekside laboratory for the night. On it was an assortment of scientific tools they would use if they are lucky enough to catch any bats on their overnight mission.

In that cold, dark drainage, Estep and English were on the front line of scientific efforts nationwide to monitor bat populations for "white-nose syndrome" — a deadly, tissue-eating fungus that grows as a fuzzy white substance on bats' noses, wings and other hairless areas.

The syndrome is believed to have invaded the U.S. around 2006 from Europe, where bats are immune to it. It has been wiping out colonies of bats by the millions along the East Coast and in the South ever since.

Biologists are desperate to find a way to stop it because bats are so important to the ecosystem. They are important pollinators and consume insects and may slow the spread of diseases like West Nile virus.

Colorado is home to 18 species of bats including some species that migrate through in the summer. CPW biologists have spent eight years keeping vigil for evidence of white-nose syndrome as it slowly approaches Colorado.

On this night, several teams of biologists like Estep and English fanned out across a remote, wooded area south of Colorado Springs. The teams erected nets, infrared cameras and acoustic bat detectors, then waited for web-winged mammals to emerge in the dark.

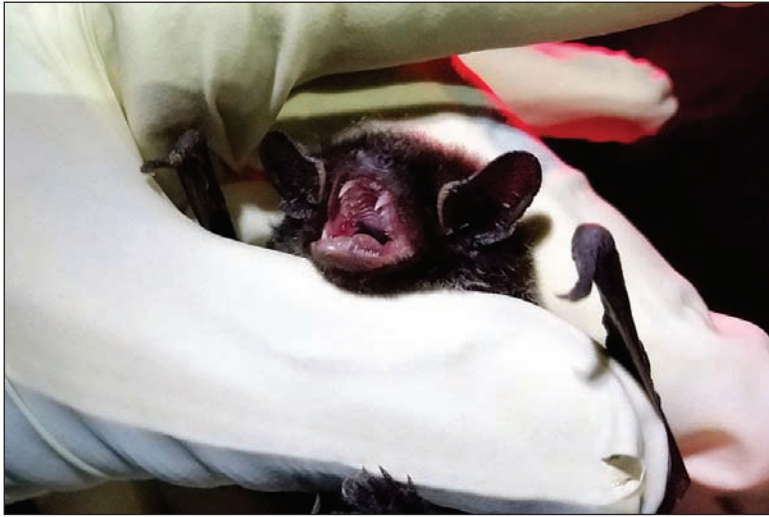
For Estep and English, it was hours before a Silver-haired bat flew into their net. It was the only bat they would see that night; and they were lucky. Some of the other teams caught no bats that chilly, windy night.

There were plenty of bats flying around. But the gusting winds, Estep speculated, were causing the nets to move so much the bats could detect them with their echolocation, or bio-sonar system in which they emit a sound and listen for it to echo back off things in their environment.

Finally, around 10:30 p.m., one of the mist nets rustled. Estep and English scanned the net with their headlamps and saw a small, dark figure. They ran toward it, discovered it was a bat and quickly went to work with double-gloved hands to free the bat.

The bat squealed fiercely and bit the biologists' gloved fingers as they worked to free it from the tangled net. It took only a few moments before they deposited it in a small cloth bag. Then they hurried back to their creekside lab and went to work under the light of their headlamps and the full moon, when it emerged from swiftly passing clouds.

Estep pulled out a small scale and weighed the bat as English recorded the data. Then they measured its wings, held it on its back and examined its underbelly. Finally, they stretched its wings over an ultraviolet light to check for signs of the fungus and they took photos to document it top to bottom.



Checking the health of the bat population is important because they eat insects that can spread diseases like West Nile virus.

The bat was uninjured by being caught and examined, but it was clearly unhappy, given its squeals and repeated plunging of its tiny fangs into the biologists' gloves. After a few minutes, it calmed down and Estep laid it on the table to rest.

Once Estep and English had gathered all the data and completed the exam, they held the bat aloft hoping it would fly away. It opted to rest, instead. Since it was a tree-roosting bat, Estep placed it on the trunk of a nearby tree and it quickly scrambled up to a perch where it paused. A few moments later it took flight and disappeared into the dark.

The team kept the vigil until midnight, even as the temperature dropped — a spring



CPW terrestrial biologist April Estep, (tan uniform) and Cassidy English, CPW district wildlife manager, stretched mist nets over a drainage south of Colorado Springs on a May evening in preparation for catching and studying bats.

storm dropped heavy, wet snow the next day — and no other bats appeared. But the CPW biologists took the results in stride.

"This is pretty typical of our bat surveys," Estep said. "There are never any guarantees we'll catch bats."

But the work is too important to quit, even when it means not getting home until 3 a.m. after a night of slogging through mud and enduring cold wind and rain and catching just a single bat.

"I feel a sense of urgency to contribute to the research and stay on top of what's happening to our bats," Estep said. "This work is going on nationwide and we need to do our part to protect our bat colonies."

So she and other CPW biologists will spend the summer conducting similar all-nighters in search of bats. They will drive thousands of miles crisscrossing Colorado to erect acoustic bat detectors and collect data on areas of bats and track their movements.

They will keep vigil at places like the Orient Mine in the San Luis Valley where a massive colony of 250,000 bats spend the summer. They will patrol places like Devil's Head mountain west of Castle Rock where bats gather in its rocky outcroppings and crevices.

They will wade into the mud and muck of unnamed creeks and drainages and spend long nights catching bats, sampling tissue and guano and shining lights on wings.

"We put in the long hours in challenging conditions because we need to learn all we can as quickly as possible," said Tina Jackson, CPW species conservation coordinator. "There is still so much we need to

know about these unique animals. But due to the threats they are facing, we are working against the clock. Jackson continued, "White-nose syndrome is knocking on our door, so now is the time to figure out all we can about these secretive species."

Jackson said CPW biologists are not discouraged when a night of research results in just a few bats being caught and studied. She said each bat provides critical data and adds to the body of knowledge.

"White-nose syndrome is knocking on our door, so now is the time to figure out all we can about these secretive species."

— Tina Jackson, CPW species conservation coordinator

"Netting efforts like this one, plus acoustic monitoring through the North American Bat Monitoring program as well as roost monitoring all provide important baseline information about our native bat species," Jackson said.

"We don't have the luxury of waiting for good weather or doing research when it's convenient. We have to get out in the field now, before our bat populations experience too many changes from threats like white-nose syndrome, wind energy development and climate change."

The biologists saw no obvious signs of the syndrome but can't say anything definitively pending lab results of swabs.

If you have bat encounters, you can phone in a report to CPW at 303-297-1192 in Denver or 719-227-5200 in Colorado Springs.

A busy Guffey day and some things to come

by Flip Boettcher

June 15 was a very busy day in Guffey. The day started at 8 a.m. with a pancake breakfast hosted by the Southern Park County Fire Protection District auxiliary and then moved on to the roadside trash pick-up starting at 9 a.m. sponsored by Rural Coloradans for a Brighter Future (RCFBF). This was the 3rd Annual Guffey Clean-Up Day and 30 people of all ages joined in the roadside clean up, according to Louise Peterson, event coordinator.

This year the group worked on Park County Road 102 from Guffey to CR 59. Last year the clean-up was along CR 102 from CR 59 to CR 71. RCBBF plan on a yearly roadside clean up alternating sections. The Guffey Community Charter School students cleaned up from Guffey to Colorado State Highway 9 as part of the school's Earth Day celebrations this year. Friends of the Guffey Library provided snacks and refreshments for the volunteers.

The Corona's at Freshwater hosted the Car Show 11 a.m. to 4 p.m. with 30 classic car entries from Colorado Springs, Buena Vista, Florissant, Woodland Park and of course, Guffey. Each entrant got an event

coffee mug and t-shirt with their \$25 registration fee, according to Damien Corona. There were four judges and four categories — best in show, best paint, best interior and best engine. First place in each category was

awarded a trophy.

All during the roadside clean up and car show, cyclists from the Mountain Top Cycling Club passed through



A 1931 classic Chrysler Imperial gangster-type car with straight 8's from Buena Vista. photo by Flip Boettcher

Guffey on their day ride from Florissant south on Teller County Road 1, to High Park Road, to Highway 9, north to the Guffey turn, east on CR 102, and back to Teller County Road 1 and north to Florissant. There was a rest/refreshment stop in Guffey for the cyclists.

The Guffey Steampunk Festival, presented by the Guffey Steampunk Society and hosted by The Bakery at Strictly



The roadside clean-up group. photo courtesy of Pam Moore

Guffey and The Corona's at Freshwater, will be Saturday, July 27 from 11 a.m. on. There will be live music, unusual and interesting vendors, a melodrama skit, a jailhouse fundraiser, parasol dueling and more. It is not too early to start thinking about and getting your Steampunk outfit together. There will be prizes for the best Steampunk attire.

Obituary

Rebecca Ann Simoneaux



Rebecca (Becky) Ann Simoneaux passed away on Saturday June 8, 2019 aged 71 at Forest Ridge Senior Living Center in Woodland Park, Colorado.

Becky was born on August 7, 1947 in Florence, Alabama to her mother Wilma Rebecca Wright, and father Arthur Virgil Lester. She has one sibling Arthur Virgil Lester, Jr. of Cary, North Carolina.

Becky was Married to Michael W. Simoneaux Sr. on Sept 9, 1983 in Colorado Springs, Colorado. She obtained her Masters' Degree in Journalism from Ball State University and was an educator for more than 30 years. She enjoyed her retirement from 2009 on. She traveled to many places including Mexico, Hilton Head, South Carolina, and many family vacations in Texas and Indiana.

Becky is survived by her loving family: Husband: Michael W. Simoneaux Sr of Divide, Colorado; brother: Arthur Lester of Cary, North Carolina; three step children: David Simoneaux (Kathleen) of Colorado Springs, Colorado Shea Simoneaux Bailey of Molena, Georgia, Michael W. Simoneaux Jr. (Jamie) of Colorado Springs, Colorado; Grandchildren: Kayla Crane (Toby), Miranda Lapointe, Erika Simoneaux, Kristen Patterson, Jade Hardin, Michael W. Simoneaux III, Madison Bailey, Cole Hardin, Isabel Bailey, and Emily Bailey; Great-Grandchildren: Bradyn Simoneaux, Noah Simoneaux, Peyton Eberthardt, Connor Smith, Jax Crane, and Lilly Crane.

Becky is preceded in death by grandson Jack Bailey.

We sincerely thank all the staff at Forest Ridge Senior Living for their care of Becky.

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Heaven and Earth

The healing power of water

by Olga Daich

Vibration is another word for energy. Music, words, thoughts, minerals, animals and humans, everything in existence holds its own vibration (energy). Water has its own vibration. I believe water witching is a clear example of how we can tap on the water's electromagnetic field. Many scientists have been doing research with water and its molecular design. One of the most fascinating studies was done by a scientist from Japan, Dr. Masaru Emoto. He was president of IHM, Dr. of Alternative Medicine in Japan. He wrote a book *Message from Water* and also recorded a few videos that I am sure you can find online.

When he learned through a book that no two snowflakes were identical, he thought "snow is water," ... "if snow has crystals, then water should too when it's frozen." After months of research he and his team got the first photo of a water crystal (through a frozen process under lab conditions). It was a beautiful hexagonal crystal. They started the process of taking photos of samples of water from different cities. They found that tap water didn't hold the hexagonal shape, nor did water from most of the cities. However, samples coming from places like Fuji Mountain and different natural sources had beautiful crystal structures.

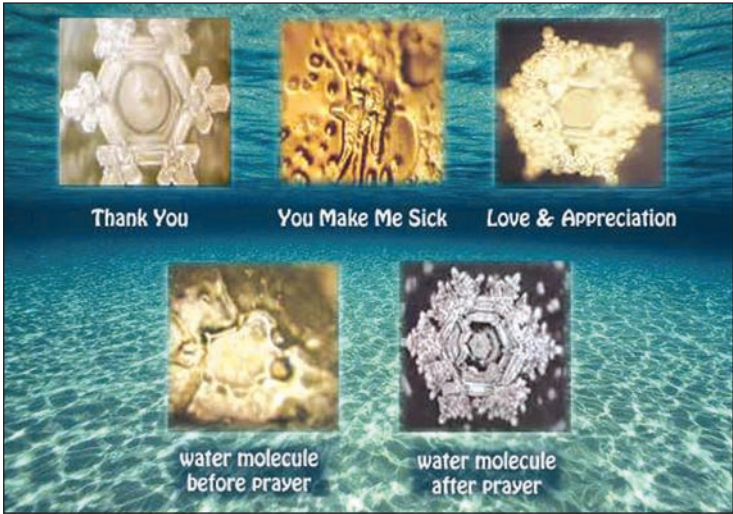
Dr Masaru realized that exposing samples of water to the music (Mozart, Bach, and Sting), the shape of the water changed to a beautiful hexagonal shape (an example of the healing power of music). According to Dr. Masaru Emoto, water can retain information.

He started treating patients with water that hold high frequency vibrations, helping a lot of his patients. Thinking about how to help patients that couldn't travel to his workplace, he started working with photos that the patients sent to him. He got good results with this "distant healing." After that, he thought that if he can use the photo exposed to this special water (Hado), he may be able to use also the name of the patient to help his/her healing process. That is how he came with the idea of exposing water to different written words.

He was not wrong; they found out that water has the ability to sense the vibration of the written words and responds through the molecular shape depending on the word it was exposed to. Negative words created a distortion on the water crystal shape, while positive words created beautiful crystalline shapes (see graphic). We can conclude from his work that the absence of hexagonal crystals in the water means that the life force has been compromised energetically. By exposing water to music, words, and thoughts we can change the vibration of the water and in doing this, the crystal structure of the water can return to the original shape (hexagonal). Another experiment revealed that thoughts and prayers also influence the water's crystals. This should bring us a refraction of the hidden power of our words. Quote from the bible: Matthew 15:11

It's not what goes into the mouth that defiles a person, but what comes out of the mouth proceeds from the heart and this defiles a person.

When we compile this scientific information with the known facts: Water is present in all existing life on earth; about 71% of the Earth surface is water covered; and up to 60% of the human adult body is water, then we get a lot to think about this matter. If not just music but our thoughts, emotions, feelings, and words can change the molecular structure of water and WE are for the most part water, what are we doing to our own body when we hold negative thoughts, feelings, emotions or words? According to these studies we are changing the molecular structure of the water we have as part of our physical body composition. Isn't this information powerful enough to consider our feelings, thoughts and words not just towards people around us but towards ourselves? How long are we going to keep thinking that whatever we feel, or think won't affect us and people around us? It is affecting us in a molecular, energetic and vibrational level!



If not just music but our thoughts, emotions, feelings, and words can change the molecular structure of water and WE are for the most part water, what are we doing to our own body when we hold negative thoughts, feelings, emotions or words?

The same information about the molecular structure of the water (hexagonal shape) has been shared through Drunvalo Melkizedek studies. His researchers are fascinated. Drunvalo explains in his books what has been called sacred geometry. I would love to talk about this in one of my articles but unfortunately this subject requires imagining, photos, pictures support.

We can use the water in our healing process. I would recommend avoiding tap water but if that is not an option, then bless your water before to drink it.

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Mushroom study

by Coalition for the Upper South Platte

The Coalition for the Upper South Platte (CUSP) has reported on our mushroom project in *Ute Country News* for about three years. Now in the fifth year of study, the success of using native mushrooms to speed up the breakdown of woody material left after forest health activities has been very exciting.

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

CUSP North Fork Watershed Coordinator, Jeff Ravage, has worked to test the ability of native mushrooms to digest wood chips. Smaller test plots have shown positive results, with mushrooms breaking down woody materials more quickly than plots without mushrooms. The result is a composted-like material that closely resembles natural forest soil, often called duff.

We have seen a near-complete reversal of chip to decay ratios from our test beds versus the control. Control beds are sites prepared exactly as the mushroom inoculated beds, but without mushrooms added. While the control bed remains 89% unaltered wood chips and 11% pre-compost, the test bed is 90% involved in degradation with only 10% of the original wood chips remaining. It is worth noting that no chips have become compost in the control beds. We are seeing similar results in our replication test beds.

Our compost shows a five-fold decrease

in the carbon to nitrogen ratio from the parent material; from 169:1 to 34:1. This is a useable ratio for plant uptake, and they will be the end benefactors of this nutrient cycle. Not only does this process increase available nitrogen to the forest floor, it increases the availability of phosphorus (2.7X) and potassium (2.9X); the other two macronutrients required for plant growth. The pH of the finished material is neutral (pH 7.01). This is compared to pH5 to pH4 for natural forest litter compost. This indicates increased bioavailability of nutrients; phosphates and micronutrients in particular.

For the 2019 season the overall goal is to produce a scalable treatment that can be used in forest restoration projects, to reduce mitigation costs and preserve nutrients. We are working to develop techniques and protocols to use fungi to rot the wood in a single-application, reproducible manner that will "kick-start" natural processes and act as a standalone treatment. In order to understand these processes more fully and develop meaningful treatments, we need

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There I was minding my own business at work last week when I looked ahead at the cat calendar for the week-end and saw a photo that shocked me! Your beautiful kitties looked strikingly like my own two in nearly the same pose. I had to take a side by side camera shot! This is Kitty Bu and Annabelle.



These two were very close as brother and sister. In 2016 Kitty Bu, my big orange guy, passed away. Annabelle is now 9 years old. - Karen Weissner, Michigan

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

GUARDIAN ANGEL CHRONICLES

ENTRY 2: ARIS & MAGGIE

by Danielle Dellinger
Entry 1 appeared in June 2019's issue, on pages 16 & 17

Aris sat across the desk from Ms. Hycrest. The two women stared at each other, the tension in the room suffocating. Neither of them were happy to be there.

"Look," Ms. Hycrest finally said. "I'll be frank. You know why you're here, so don't play dumb. It's unbecoming of a lady."

Aris scoffed and rolled her eyes. "It wasn't that bad," she said, crossing her arms and slouching down in the chair.

"Influencing the person you're supposed to protect into starting a fight with a violent street gang is an extremely bad offense. People were hurt. A young man died."

"They deserved what they got!" she interrupted.

"Shut your mouth!" Ms. Hycrest slammed her hand on the desk.

They glared at each other.

"You're a guardian angel. You're supposed to protect the human you're assigned, to keep them out of danger. Not play vigilante and serve what you perceive as justice."

"So, they were supposed to get away with murdering her brother?"

"It's not your place to decide who gets away with crimes and who doesn't. The humans have a whole system of their own for that."

"A very broken and unfair system. It hardly ever works the way it was meant to."

Ms. Hycrest leaned forward and rested her elbows on her desk, slowly rubbing her temples. "What should I do with you, then, Aris?"

Aris simply shrugged. "Whatever."

"Well, the higher ups here at HR have talked about stripping you of your wings and powers, and sending you to Cloud Eight."

Ms. Hycrest saw her stiffen at the mention of Cloud Eight, which was a prison for fallen guardian angels.

"Please. Not there. I'll do whatever you want, just don't send me there. I don't want my soul ripped out of me and hung out to dry. I know that's what happens there. Literally."

"That's what I thought. So, I asked them to let me handle it. You will be reassigned to someone who is not so easily persuaded to join the dark side."

"Everyone eventually gives in to something."

Ms. Hycrest smirked her infamous smirk, sliding a paper across the desk to Aris.

Aris looked up from the paper to the simple two-story house in front of her. It was a little worn down on the outside. Gutters were loose, paint was peeling, and the grass came above the ankle. As she stood there, an older style Subaru pulled into the driveway. A woman and a middle school-aged girl got out, collected groceries from the backseat, and headed inside. Aris followed, keeping a respectful distance.

"Go start your homework, Maggie," the mom said, as they set the groceries on the table and kitchen counter.

Maggie nodded and jogged upstairs, still wearing her backpack. Aris followed her into her room, which was organized and so clean that she didn't see even a speck of dust. Maggie sat at her desk and pulled out folders and textbooks from her backpack.

Aris sat on the edge of the bed, still looking around the room. The walls were a soft pink that meshed well with the comforter that was a brighter pink. A bulletin board beside the door boasted straight A report cards. A long string hung horizontally beside it showcased numerous first place ribbons for science and math projects. On top of a bookcase in the corner sat an impressive grand champion trophy from a robotics tournament.

It was then that Aris realized that Maggie

had no time for the dark side because she was too busy keeping her nose in a book. Aris sighed with exasperation and flopped back onto the bed. She must have fallen asleep, because when she opened her eyes and sat up, it was dark outside and the smell of dinner was heavy in the air.

She watched mother and daughter eat mostly silence. What conversation they did have was straight to the point and—dare she say it—professional-sounding. It felt like mother and daughter were business partners cordially working together.

A few days passed, and Aris was certain her brain was leaking out of her ears from boredom. She lay on Maggie's bed, staring up at the ceiling. Maggie was at her desk like usual, quietly doing her homework. Aris sat up with a frustrated huff, and scooted off the bed.

"Hey, kid," she whispered in Maggie's ear. "Let's go do something fun."

Maggie didn't respond. Her fingers moved swiftly over her laptop's keyboard.

Aris grumbled and leaned in closer to see what she was typing.

I recognize that I'm writing from a position of white privilege, but I must speak up about the educational inequality my fellow black classmates are experiencing daily. Data collected from the year 2013 to 2014 by the U.S. Department of Education's Office of Civil Rights showed that black K-12 students are 3.8 times as likely as their white peers to receive one or more out-of-school suspensions. The reason is not because black students cause more problems, but because they are punished disproportionately, even after factoring in achievement, socioeconomic status, self-reported behavior, and teacher-reported behavior.

Students who are suspended are more likely to drop out and have run-ins with the juvenile justice system. This pattern is so well documented that it has earned a troubling name: the "school-to-prison pipeline." To combat discipline inequality, teachers, no matter their race, will have to keep their implicit bias—the unconscious attribution of particular qualities to a member of a certain social group—in check. As humans, we all have biases toward each other. We just have to get comfortable with recognizing that it's a problem and holding ourselves and others accountable.

When Aris finished reading Maggie's report, she sat back on the bed and let the information sink in. To be a middle schooler calling out the adults was so impressive. She still wanted Maggie to have some fun, though. Especially because she was taking on the world at such a young age.

She leaned forward and again whispered in Maggie's ear. "Come on, take a break. Go outside."

"I can't," Maggie said, shocking Aris. Humans were supposed to actually hear their guardian angels. But then Aris saw Maggie's mom standing in the doorway.

"Baby, you need to eat dinner."

Maggie shook her head. "I have to finish this first. I'll eat before bed."

"What's your topic?"

"Racial education inequality. There's so much stuff out there that I have to condense into this short paper. It's all important, but not all of it is going to make it in."

"That's too bad, sweetie."

Maggie kept typing. "Yeah, but I'll ask if I can add a reference page of links for further reading."

"Honey, I'm proud of you for speaking up."

Maggie finally looked at her mother. "Thanks, Mom. Someone has to. I know it's probably skewed coming from a white kid, but

I want to try to be an ally to my black friends."

Her mother smiled, walked over to her and kissed her on the head, and then quietly left. Aris had assumed wrong about the mother/daughter relationship, and she was so grateful to see it playing out in a positive way.

A week later, Maggie presented her paper to the class and got high marks. When she got home later that day, Aris could tell Maggie was more relaxed, and possibly more open to suggestions.

Months later, Maggie was finally out of school. Aris had been trying and trying to get her to put down the homework and do something not school related, but to no avail. However, now that school was out, Aris felt like it was a golden opportunity to get Maggie out of the house.

The chance soon arrived for Aris to get through to Maggie. It was a Friday night, and some of Maggie's friends had invited her to the movies. They went and saw a cute animated film. Afterwards, the group stood out on the sidewalk in front of the theater trying to decide what to do next.

"I should get home," Maggie eventually piped up, and Aris loudly groaned.

"Come on, kid, live a little," she griped.

"No, stay out with us. Let's go downtown to the good arcade," said one of Maggie's friends.

"But it's not a good area of town," Maggie pointed out. "Even if we leave in a small city, there are still not good areas of town."

"Remember to check your biases," said Brit, a girl that had been in Maggie's class for the presentation of racial education inequality.

Maggie nodded. "I am. Why don't we just walk around a bit and see if we can think of something to do."

Aris could tell it wasn't the ideal solution to the group, but they all agreed and started walking. At least Maggie was out of the house, she thought as she followed along behind them. The group settled into a fun conversation reminiscing about sleepovers as elementary kids. Unfortunately, it was cut short when they passed two older white boys from their school.

"Hey, why don't you people go back where you came from!" shouted one of the boys, stopping and pointing at Maggie's two black friends, Trevor and Marc.

It took a moment for Trevor and Marc to process what had been said. Typically, they were quiet boys who tried their hardest to stay out of trouble.

"Didn't you hear what he said?" snapped the other white boy.

"Oh, just shut up," Brit said, dismissing them with the wave of a hand and turning to keep walking.

"Don't you talk to us like that!" called the first boy, and reached out and grabbed Brit's arm.

Immediately Trevor and Marc were trying to separate the two and diffuse the situation. "I know you did not just put your racist hand on my arm!" Brit challenged, squaring off with the kid, despite Trevor pulling her back by the shoulder.

Meanwhile, Maggie stood off to the side, fear paralyzing her to the spot. Aris leaned down and rested a hand on her shoulder.

"This is your chance to stand up for your friends," she said softly in her ear. "Go on, I have your back. I'll protect you."

Maggie's lower lip trembled as she watched Trevor and Marc get shoved hard by the other boys. A second later it was an all-out fistfight.

"Go!" Aris yelled at Maggie. "Go! Go!"

Somehow, that was what finally broke through to Maggie. Aris cheered and let out

her wings as Maggie ran forward and started taking swings at the harassers. Sirens could be heard in the distance and a crowd of people with their phones out recording the fight had surrounded the kids. Aris stayed right behind Maggie as she pushed the boys back and went at them hard and mercilessly. By the time the cops pulled up and got to the group, all they saw were Trevor and Marc wrestling the boys off of Maggie. When it was all said and done, Trevor and Marc were the only ones placed in handcuffs and shoved into the back of the police cars.

A few cries of "They're just kids!" came from the crowd. A couple people broke free to confront the cops but they were pushed back and threatened with getting arrested too.

"That's not how any of this works!" shouted an elderly woman from her wheelchair.

The cops just shook their heads and got back into the cars. Right as they were pulling away was when Maggie's mother pulled up. With big tears rolling down her cheeks, Maggie ran into her mother's arms. Aris wondered if Maggie could feel her mom shaking, because Aris could see it.

"I'm sorry," Maggie bawled. "I wanted to be brave and step up and stop it. I couldn't! I was frozen. They hurt Brit and Trevor and Marc!"

"Then how did you get beat up?" She smoothed down Maggie's hair.

"Something told me to, I guess. It felt like something pushed me to move."

Uh oh, Aris thought, just as a white flash of light appeared in her mind, a signal from HR to report immediately.

Maggie and her mom faded away as Aris disappeared and reappeared in the chair in front of Ms. Hycrest's desk. Hycrest herself was leaning back heavily in her chair.

"You're giving me so many grey hairs right now," she said, pointedly glaring at Aris.

"Just tell me if I'm in trouble or not."

"Well, yes and no."

"Meaning what?"

"Let me finish. Because you didn't provoke this situation, unlike the other one, you won't be stripped of your powers or wings, or sent to Cloud Eight. The higher ups are still unhappy that you persuaded Maggie into that fight, but if you hadn't, worse things might have happened. So, you will remain with Maggie because it's clear she is going to need you to [once in a while] push her out of her comfort zone and give her the courage to do so."

Aris stared at her in disbelief. "Seriously? No punishment?"

Ms. Hycrest shook her head. "Just a warning, and it's the final one you'll be getting."

"Well, damn! That's great, thank you so much!" Aris got up to leave.

"Don't screw it up, please. I need less stress in my life," Ms. Hycrest said.

"You got it boss!" Aris saluted her and walked out.

As Maggie progressed through school, that night remained the one and only fight she had in her childhood. But as she became an adult, she turned out to be quite the risk taker and didn't need any persuading from Aris. Maggie traveled the country, and eventually the world, protesting human rights violations and police brutality. She got her law degree and helped Trevor and Marc get their record cleared up. She lived her life making justice happen for everyone she could.

Just after celebrating her 97th birthday,



Maggie sat in her favorite rocking chair on the back porch watching the sun set. "It's been a good life," she said aloud to herself.

Aris, standing beside her with a hand on her shoulder, nodded. "Yes, it has."

"But boy am I tired. I could use a good sleep."

Aris looked down at her and smiled. "I think your job here is done." She gave her shoulder a squeeze. A soft glowing ball of light rose up out of Maggie's body and hovered there.

"Is she ready?" asked a man from the bottom of the steps.

Aris turned her eyes to the man, nodding. "She is, Gabriel."

The archangel Gabriel walked up onto the porch, cupped the ball of light in his hands, then turned and strode down the steps, following the red brick path into the garden. As he passed the statue of an angel by a birdbath, he vanished into thin air.

Aris got the signal to return to HR for her next assignment.

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good things that a
good God gives."**

— Ann Voskamp



Growing Ideas
Luxuriant bleeding hearts
by Karen Anderson "The Plant Lady"

July greetings gardeners and friends. This month, I want to share with our readers my divine pleasure of experiencing the breathtaking beauty and exquisite elegance of bleeding hearts blooming in the garden.

The bleeding heart *Dicentra spectabilis* is spectacularly gorgeous and surprisingly sturdy for our mountain region, being one of the earliest blooming 'power perennials' in our high altitude gardens. They are faithfully in full bloom by early July and are my hubby, Mike's absolute favorite flowers here at Paradise Gardens and quite pleasurable for me and visitors, too. They capture your attention in the mountain spring shade garden with graceful arching branches, the ephemeral beauty of perfectly heart shaped pink blooms with droplets of 'blood' and the quality of their foliage.

These enchanting perennial plants are associated with gardens of long ago and are old fashioned charmers. Growing wild for thousands of years in Japan and throughout Asia, the bleeding heart species was brought to England in 1846 by a plant explorer of the Royal Horticulture Society and eventually made its way here to America. Thank you very much!

The symbolism of the bleeding heart is intriguing and poignant and has a passionate meaning. This alluring and delightful plant is often exchanged as a symbol of true love as well as a reminder of compassion for the suffering of others. Most of us are familiar with the idea of 'those bleeding hearts' when speaking of people who share their emotions freely and wear their hearts on their sleeves. These folks feel deeply about uncondi-

tional love for everything in creation. Other representations of the bleeding heart are of tragic losses of loved ones, but the message is: even sorrow can lead to beauty if you are willing to deal with your emotions. You may wish to use sprigs of the flowering branches in flower arrangements which are especially appropriate and festive for weddings and anniversaries representing undying love.

If you have an area that would be considered a 'shady retreat' and you are a mountain gardener, then you simply must try a bleeding heart there. They are most comfortable with morning sun and afternoon shade.

With their wide graceful stems branching out to approximately 4 feet wide and upward growth of about 4 feet tall, they will need ample room to reside in the garden. They will thrive in humus rich but well drained soil and are self-supporting, although I do recommend a protected nook or area where wind damage would be minimal. When planting I will always suggest a healthy dose of bone meal incorporated in the hole aiding in healthy growth and blooming for the next year, as it takes a while to break down and be absorbed by the root system. Bone meal will be an essential amendment to be cultivated into the soil every year thereafter. An organic diluted application of 'root stimulator' available at most stores carrying garden supplies is an important practice with your bleeding heart and all other new plantings. In addition, you may apply some cow manure, compost, or other gentle organic fertilizer for growth and green, lush foliage. Maintain an evenly moist bed and please use mulch to help keep it that way!

If all goes well, the foliage of the Bleeding Heart will remain attractive throughout the growing season. You can cut back any leaves or branches that are fading in color and turning yellow and thus, encouraging new growth. If conditions are good and the elements are kind and the deer don't get involved, (Oh yes...the deer are fond of them even though they are slightly toxic, so be sure to apply a repellent of some sort when planting and beyond!), then there is a possibility of a second blooming period, even during the course of our short growing season. It is natural for bleeding hearts to die back gradually toward September and will eventually go dormant for the winter months. Cut back the 'spent' foliage in the fall, add your amendments, mulch well and put them to bed for the winter with a blessing and the anticipation of a healthy 'come back' next spring.

If you feel that you just have to try a bleeding heart in your mountain shade garden this year, please check in with me to hook you up with one. Other power perennials, born and raised at 9,000 ft. are available for 'adoption' at The Outpost Feed Store in Florissant and at the Mountain Naturals Health Food Store in Woodland Park. You may also contact me personally for information on high altitude, organic, native plants, shrubs, Aspen and Spruce trees at 719-748-3521 or at plantlady speaks@gmail.com. I am available as well for landscape consultations at your home if you need some expert guidance in this area. So, I wish you many blessings during the month of July. Keep movin', keep groovin' and as always, Happy Gardening!



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The gift of a slowpoke

by David Martinek
photo by David Martine

There's a slowpoke up ahead. As the line of campers make their way up Ute Pass this summer, there's bound to be an occasion or two where traffic is slowed by a slowpoke.

After a restful night in Woodland Park, you drive west out of town on U.S. Highway 24, zipping up the four-lane towards Divide, barely aware of the splendid view of Pikes Peak on your left, not to mention the meadows full of wildflowers in early July. At the Ute Pass Summit in Divide, the road narrows and that's where the slowdown begins. An old rusty pickup truck towing a small camper that's even older is doing 40 miles per hour (the speed limit is 60 mph), seemingly in no hurry. As a result, you and the nine cars in front of you aren't hurrying either.

Scenes like this are common during the summer season in Central Colorado. Lines of cars, trucks and camper trailers appear on every major two-lane highway in the Rockies, all proceeding at the mercy of the one leading the pack. Now you're frustrated. You are on vacation with only a few days remaining. There are places you want to be and things you want to see, and this slowpoke pickup is holding you up!

As the road leads down into Cougar Canyon, the rock formations would reveal hundreds of large and small balance rocks, if you were look closely. Over in the swampy wetland of Twin Creek, a beaver swims a tree branch across a pool, and you begin to take notice. You might as well. You aren't going anywhere fast. There's even a rock that looks like a frog. Swinging around the Signal Rock area you appreciate the formations along the road and before long you are in Florissant. The line of cars is still a line.

The pastures beyond the fire station in Florissant stay moist along the creek and wildlife is often seen. Off in the distance a small group of antelope are tensely grazing, their horns reaching to the sky, their white tails flickering. You wonder if you might have missed that sight going 60 with the wind in your hair — no antelope where you live. Out the right window a coyote lopes across the grassland as you pass from Teller into Park County. You're seeing things you've only heard about. Now, could it be possible that the slow line of cars up ahead doesn't bother you half as much?

West on U.S. Highway 24 at Lake George, the South Platte River valley opens up as the river curves through the meadows like a snake. You mentally picture yourself wading knee deep in the middle of the river, fly rod in hand, taunting the trout with your lures. Farther west, the road weaves back and forth past Round Mountain Campground, the Tarryall State Wildlife Area, and into the Pike National Forest toward Wilkerson Pass.

At the crest of the pass you find yourself right behind that rusty old pickup. All the other cars in the line have managed to go around him. Somehow, you're not in a hurry anymore.

Passing the rest area at the summit of Wilkerson Pass and around a few turns, a whole new vista meets you in the morning sun. The highway descends sharply to become a thin ribbon running down through a 30-mile expanse that is the South Park Valley. The Sangre de Cristo Mountains sparkle clearly in the distance like a postcard. The Sawatch and Mosquito Mountains are much closer and stand out sharply. Eleven-mile reservoir lies to your left and the old eroding Spinney Mountains dot the valley floor, Spinney reservoir beyond. The scene widens before you like a bowl, and it seems the whole world has opened up and flattened out.

Spread out like a wonderful old quilt are wide ranges of ranchland tied together by the always curving South Plate River. At first you think the land is barren, without a past worth mentioning. Actually, the region is steeped in the history of centuries. Less than 200 years ago, Arapaho and Ute natives fought great battles over what were once incredibly rich summer hunting grounds. Famed Zebulon Pike, Kit Carson and John Fremont crossed the Park as they explored Colorado.

Wildlife in the South Park valley is a nonstop attraction. Antelope are abundant and

the sharp-eyed visitor can spy mule deer, elk, an occasional coyote or black bear. Mountain lions patrol the rocky areas and bison herds still graze and grow around Hartsel.

Suddenly, it occurs to you that you've gradually grown accustomed to your pace, and the slowpoke in front of you no longer matters. In fact, you've also forgotten about the stresses back home, your work and the frantic rush-hour traffic. Instead, you just marvel at the landscape before you. It's hard to drive a straight line, there's so much to see. You realize what a great gift you've been given by the driver of that rusty old truck pulling a camper doing 40 miles per hour. You are seeing things you want to see, and you are exactly where you want to be. This beautiful countryside has healed your soul.



Southpark from Wilkerson Pass: Eleven-Mile Reservoir is center left with the Spinney Mountains and the Cristos and Sawatch ranges in the background.

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One Nation Walking Together

A glimpse into One Nation Walking Together

by Kelli Herr

One Nation Walking Together (ONWT) is all about people helping people. What started off as good Samaritans looking for a way to help Native American families over two decades ago has grown into a registered 501 (c) 3 nonprofit organization. By loading 53-foot semi-trucks that deliver up to \$2 million worth of donated goods to reservations annually, ONWT provides hope and services to between 30,000 to 40,000 Native Americans in Colorado and seven other surrounding states. Locally, One Nation Walking Together is a comprehensive resource and referral agency providing a broad range of culturally appropriate programs, services and crisis interventions for Native Americans — the most underserved and misrepresented group in the U.S. What we do is truly a community effort and our mission could not be carried out if it weren't for our amazing volunteers, donors, and supporters. We want to take this opportunity to thank all of those who make One Nation's mission a reality and articulate the 11 top things that will give you a glimpse into what we do!



1. Native governed

We are proud that a majority of our Board of Directors are Native American. Who knows better about the adversities facing the Native American community than indigenous people themselves? Since a majority of our staff and volunteers are nonnative allies, we seek guidance and direction from our Native Board members. We are grateful for their governance, wisdom, passion, and commitment.

2. Amazing volunteers

Our volunteers are truly the backbone of our organization. Without their diligence and unique skillsets, we could never operate at the scale we currently do. Many of our volunteers come in on a regular, consistent schedule. They help run the office, manage databases, sort and pack donations, host various drives, and so much more. Not to mention the fact that they all have big smiles and even bigger hearts. We love them dearly and would love for you to become one too.

3. Transparent

Transparency is important to every organization and especially nonprofit organizations. We seek to ensure that donors know how their money is being spent and why certain decisions are being made. We love learning and are open to hearing your feedback. We are here to serve Native Americans living in impoverished conditions and understand that we cannot do so adequately



without open dialogue and honest feedback. We welcome your ideas. Please give us a call to schedule a tour!

4. Family oriented

When volunteers are asked why they like working at ONWT, a common response is that One Nation feels like a family. One Nation is a place where many people feel like they can be themselves. It is a place where people feel loved and appreciated. It is a place where people can give back. Furthermore, our contacts on and off the reservation have become a part of the One Nation family and we have become a part of their families. Throughout the years our family has grown and relationships have deepened. This has been an incredible blessing to all.

5. Proud allies

Most of our staff and volunteers are nonnative. We do not pretend to be something we are not. Rather, we celebrate our differences and seek to support our indigenous brothers and sisters in the best ways we can. We aim to use our knowledge, skills, and positions to empower and support the Native American community.

6. Donations are gifted, not sold

We DO NOT charge the tribes we serve for donations. We fundraise to cover the cost of shipping. This makes us unique compared to other donation centers who resell items for a profit. The donations we receive from the community are gifted to impoverished Native American reservations helping move people out of crisis into a more sustainable situation. These gifts provide hope, compassion, and help create brighter futures.

7. Honor Mother Earth

We honor Mother Earth by reusing, repurposing, reducing and recycling items that are still in good condition. Recycling clothes, housewares, electronics, appliances, helps reduce our carbon footprint and keep items out of landfills. If you have items that are still in good condition and would like to donate them, they will provide a hand up to Native American families living in dire need.

8. Collaborative

We collaborate with numerous organizations throughout the community. For example, we work with UCES students during their move out as well as throughout the year. College students donate many of the items they cannot take home with them over summer break. The UCES Sustainability Department provides collection bins around the college campus where students may donate items to ONWT throughout the year thus diverting items from the landfill. We also work with Kids on Bikes who help us repair broken children's bikes. Many people on the reservation do not have a car so a bike is an extremely valuable mode of transporta-

tion. These bikes are also a great gift for the physical and mental health of indigenous children. Additionally, we collaborate with a multitude of schools, churches, and other groups during our annual supply drives. We believe that we are stronger together and welcome collaborative opportunities.

9. Emergency services

Our main mission is to ship donations to reservation communities experiencing the most disproportionate levels of poverty and other adversities. However, through our 23 years of operation, we have learned that there is a lot of need for services specifically geared to address the unique experience of urban Natives throughout the Pikes Peak region. We have aimed to do just that by supplying urban Natives with resources, referrals as well as the in-kind goods they need to get back on their feet.

10. Devoted donors

As a nonprofit organization, we rely on donations, fundraising, and grants to finance our endeavors. We do not receive State or Federal aid. We cannot thank our donors enough for their amazing support. Without you, we could not get items of need to those who are living in crisis situations. We thank the Ravelry group of knitters who send us handmade knitted goods year-round. Additionally, we would like to say a special thank you to the *Ute Country News* for allowing us a space to share our mission and ideas.

11. Presentations

Another important aspect of ONWT's mission is to speak to the public about the importance of keeping culture alive. Annually, we talk with various businesses, churches, civic organizations, and schools about the plight of the communities we serve as well as illuminate the beauty and resiliency of Indigenous cultures, histories, and values. In addition, ONWT hosts an annual Powwow (coming up Saturday, August 10 at the Norris Penrose Event Center!) and throughout the year ONWT offers film screenings to further emphasize the importance of keeping the many beautiful and resilient cultures alive. Please give us a call if you are interested in having us come out and speak to your group!

Now that you have had this glimpse into ONWT's mission, we encourage you to come by and visit our facility for a tour, sign up on our website to volunteer your time, donate your lightly used goods or make a monetary donation. We are located at 3150 N. Nevada Ave, Colorado Springs, 80907; hours of operation are Tuesday through Friday from 9-3 p.m. To schedule a tour, call or email us at: 719-329-0251 office@onenationwt.org. For volunteer opportunities or to donate, visit our website at: www.onenationwt.org. Thank you for your support! We look forward to connecting with you soon.

Financial Focus

Work toward your own Financial Independence Day

Once again, it's time for fireworks, picnics and parades as the nation celebrates Independence Day. Collectively, we enjoy many liberties, but some freedoms can be elusive — and financial freedom is one of them. What actions can you take to help yourself eventually declare your own financial independence?

For starters, you'll want to determine what financial independence means to you. Is it the liberty to meet all your cash flow needs? The freedom to retire comfortably, at the age you choose? The ability to set up the kind of legacy you'd like to leave? If any or all of these things are important to you, consider the following suggestions:

- **Liberate yourself from oppressive debts.** The cost of living is certainly not cheap, so it's hardly surprising that so many people incur significant debt. Yet, the higher your debt load, the less you'll have available to invest for the future. Debt might be one of the biggest barriers you face on the road to your financial independence. To avoid piling on too much debt, live within your means. Take steps such as saving for a vacation, rather than putting it all on your credit card, and getting just one more year out of that old car. Look for bargains everywhere — and find out what you can live without. If you have sizable debts, see if you can consolidate them and lower your interest payments.

- **Free yourself from chaotic investing.** The financial markets can be unpredictable — but that doesn't mean your investment moves have to be chaotic. So, for example, instead of responding to a sudden plunge in stock prices by selling stocks that still may be fundamentally sound with strong growth potential, you might be much better off by holding

your ground. You'll be in a better position to do nothing during periods of market volatility when you've already done something — namely, built an investment portfolio that reflects your goals, time horizon and risk tolerance. With this type of portfolio in place, you'll be in a good position to overlook the day-to-day fluctuations in the market and keep your focus on your long-term goals.

- **Unleash the potential in your retirement plan.** Your 401(k) or similar employer-sponsored plan is a great way to save for retirement. You can contribute pre-tax dollars, so the more you put in, the lower your taxable income, and your earnings can grow tax deferred. (With a Roth 401(k), you put in after-tax dollars, but your withdrawals are tax-free, provided you meet certain conditions.) But despite these tax advantages, your 401(k)'s full potential won't be realized unless you fund it adequately. Try to contribute as much as you can afford each year and increase your contributions as your salary goes up. Another way to unclog your 401(k)'s potential is by choosing appropriate investments. Your 401(k) likely contains a dozen or more investment options, so you'll want a mix that offers the greatest possibilities for growth within the context of your personal risk tolerance.

Gaining your financial independence requires time and commitment. But once you've achieved this freedom, you'll know it was worth the effort. Who knows? You might even want to wave a sparkler or two to celebrate.

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

Heart of the Rockies Regional Medical Center news

HRRMC Wellness U offers "Cooking for Diabetes" class

Heart of the Rockies Regional Medical Center's Wellness U is offering a four-week group "Cooking for Diabetes" class. The class provides meals and highlights healthy eating habits, blood sugar control, medication use and lifelong diabetes management.

Classes will be held Thursdays, July 11-Aug. 1, from 11 a.m.-1 p.m. in the Wellness U Kitchen on the second floor of the HRRMC Outpatient Pavilion, 1000 Rush Dr., Salida.

This program is designed for people who have been diagnosed with diabetes. One-on-one consultations are available, and family members are welcome.

Classes are free; a one-time \$25 donation is suggested. To register, go to www.hrrmc.com/events or call 719-530-2057.

HRRMC Foundation offers EMS/RN scholarships

Heart of the Rockies Regional Medical Center (HRRMC) Foundation is offering two scholarships of \$5,000 each for any certified EMT/paramedic who lives or has lived within the Salida Hospital District, which encompasses all of Chaffee, western Fremont and northern Saguache counties. Individuals who reside in the other regions of Saguache County may also apply. Applicants must have plans to attend college in the fall of 2019 to

pursue an associate degree in nursing.

The application deadline is July 15, 2019. To download the guidelines and application, go to hrrmc.com, click on the HRRMC Foundation tab, click on the Foundation Scholarship tab and scroll down to the EMS/RN scholarship links. A link to the guidelines and application is also available on the HRRMC Facebook page.

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

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

Sleep education class July 16

HRRMC is offering a class on obstructive sleep apnea on Tuesday, July 16, from 9-10 a.m. The class will be held in the hospital's second-floor conference rooms, 1000 Rush Dr., Salida.

TC Rodak, a registered sleep technician, will help participants understand how to prepare for a sleep study and what happens during the study. Sleep apnea and various related treatments will be discussed, including information about continuous positive airway pressure (CPAP) therapy.

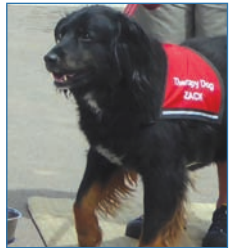
This class is free and open to anyone interested. If your provider has ordered a sleep study or suspects you may have sleep apnea, it is recommended that you attend this class.

Refreshments and a light breakfast will be provided. FMI: 719-530-2280.


Where is the Pet Food Pantry this month?

The Pet Food Pantry for Teller County helps families keep their pets at home when they fall on hard economic times.


On Saturday July 13 from 10 a.m. to 1 p.m. we will be at Walmart collecting donations and food for cats and dogs in exchange for home-made dog biscuits, frisbees and catnip toys. FMI: visit www.PetFoodPantryTC.com.



On June 4, we lost Zack, a beloved member of the Berger Family and the mascot for the Pet Food Pantry. He was a therapy dog who was serious about his job and making people smile. He would have been 11 years old on July 1. RIP Zack!



Happy Independence Day



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Art Scene

Bibbi Starr, musician, singer
by Mary Shell

Music is art for the ears. Humans have created music since we first stood up as a species using whatever is available. I believe we sang before we developed a language. I did a little research asking, “why do humans like music?” The answer is clearly not clear. Researchers suggest that when we hear a piece of music or a person singing its rhythm latches onto us in a process called entrainment. Listening to a fast beat causes our heartbeats and breathing patterns to accelerate to match the beat. The vibrations of a beautiful voice stimulate our reward emotions. Now that’s music!

I often wonder what makes a person decide to become a singer. Do they realize that their voice sinks into the listener’s psyche? Perhaps not intentionally.

This month I am featuring Bibbi Starr, vocalists, writer and musician. But there’s more to Bibbi than singing and playing the guitar, she also wrote a musical play. I would say that’s taking her art to another level.

I have been an artist all my life and if I had the chance to choose a talent I would choose singing. To me singing and music reaches a deeper part of our emotions, and instantly.

Bibbi started playing the piano at age 2 and trained herself by listening to Disney theme songs. She doesn’t have a favorite singer but was inspired by Janis Joplin, Ann Wilson, Amy Lee and a whole list of others. She not only sings but writes music as well. She explained how writing a song is an extension of expression that connects and shares her feelings. “The music writes itself. It comes from another place that is inside me yet outside of me. I start with melody meters that match the words, add chords and riffs runs.”

Bibbi also expressed how singing effects

other emotions with sweet or sad melodic words. I asked her if she was referring to her listeners and the response was, “No, this is my experience.”

She is no stranger to the world of music. Starting at age 2 on a piano, to classical piano, then first chair cellist, winning solo competitions and studying at Texas Tech.

She also suffered from epilepsy as a youth and didn’t develop friendships until adolescence. Bibbi had always escaped into her own musical world. At 15 she began writing poetry, later writing songs. She also attended ASU Fine Arts University. She has professionally recorded and performed as guitarist with various Rock bands including “Bad Habit” Lubbock Texas, “Static Pulse” at SXSW and an all-girl band “Rose Madder” playing the college circuit in San Angelo, Texas. She is also the owner and operator of Ms. B’s Music Studio. Teacher, songwriter, producer for “Daughters of Wanda” 2-time winners of songwriting competition performing originals at Executive Surf Club Corpus Christi, Texas are just a few feathers in her hat.

She Moved to Colorado in 2018, formed an all-female cover group, “Feathered Moon” playing rhythm and lead guitar. She

performed in both 2018 pride festivals in Colorado and continues gigging at various venues.

Her genre is rock, blues, indie, covers and originals. Bibbi continues to write and perform originals with “The Daughters of Wanda.” Bibbi has also written and composed a Rock Opera in 2018 named “There’s a Room for Yo” and currently casting for actors and singers.

Bibbi and the ‘Daughters of Wanda’ are the house band for REM Fine Art Gallery/Picasso Art Supplies at 710 Main St. Cañon City, Colorado playing every First Friday Art Walk. Call REM at 719-371-5405 for information.

You can contact Bibbi direct by calling 970-261-0517.

Until next month, “Stay creative.”



Bibbi Starr, vocalists, writer and musician.

The Book Nook

A place to experience

by Kathy Hansen
photos by Jeff Hansen

I can feel the change begin each time my hand touches the front gate latch; balanced and equal, lifting the side toward the building to gain entry, which somehow helps me leave street-side reality behind. As we walk through the front archway, we get closer and the feeling crescendos as we approach the door. This is a very special place of reading, fun and games, literally. You can see it, smell it, touch it and even taste it; the experience deepens the longer you are here. When you allow yourself to succumb to it, the serenity will gently surround you and lift you to a higher vibration, mood and thought process.

We enter the front door. Directly ahead will be one of three very special people: Owners Kathy and Owen Lenz or associate Stephanie Frykholm. Kathy and Owen purchased the Hobbit-like home in 2004, after they outgrew the single room at art co-op Courtyard Gallery. The place had been on the market for over two years, as if it were waiting for Kathy and Owen to find it. Built in the 1930s by Mr. and Mrs. Cyr, who incorporated part of an old ice cream parlor from downtown Salida, into this house. At one time period, Mr. Cyr had grown a garden of flowers, which he would freely hand out to passers-by. The care and consideration the Cyr’s had for the community had become an everlasting part of the foundation of this place and the loving attitude continues to emanate like a beacon throughout the property, drawing in those of like-mindedness.



Owen & Kathy Lenz, and Stephanie Frykholm

Each room of this house, as well as every closet and crawlspace have been transformed into a gallery of choices to grow the mind, body and soul. There are books of every category and genre. As customers come and go, their interests are paid attention to as Kathy, Owen and Stephanie notice enticing trends as they research similar books, puzzles and games. Stephanie shared a recent trend is the fairy, elven and mythological types of books, games, and puzzles. Whenever a space within the place seems to have grown stagnant, items are removed, relocated and the space opened for whatever new phase is ready to appear. The result is an amazing and ever-evolving store with endless opportunities to learn, grow, and expand your horizons.

You will notice among the books there are plants, trinkets, antiques, hand-made crafts and note cards with stimulating or inspiring phrases. My favorite phrase noticed at our last visit was hanging in the room that at one time had been the ice cream parlor, which is now a “game” room filled with puzzles, games, toys and educational play props. The sign says, “Get those young minds engaged and creating!”

Keep in mind, this is *after* the room that holds a piano, sheet music, journals, calligraphy sets, coloring books for all ages and stages of life, paint brushes, and paper dolls. Have you ever played *Kanoodle*? It is a progressively difficult puzzle that helps to develop and enrich problem solving skills. Any parent or grandparent (whether you home-school or not) concerned for how fast answers through cell phones and tablets are creating a generation of linear thinkers incapable of abstract thought or higher-level processing, would enjoy the variety of games and puzzles available here.

As a side note, Owen shared a story of the day a woman came in, asked if the piano was functional, which he confirmed it was. After which, the lady asked if she could play it. Owen said, “Sure! Would you like sheet music?” To which she replied, “No, I can’t

read music, I play by ear.” The woman played for about an hour a variety of music ranging from classical to pop, and the customers enjoyed her spontaneous performance!

It turns out sometimes folks come to the store with their guitar, go through the store and stroll through the labyrinth. They might decide to take a cookie break with one of Owen’s home-made cookies, always available alongside the trail mix provided; this is another way they carry on tradition as Mrs. Cyr always had home-baked treats for the neighborhood kids. The cookie perhaps inspires them to share a tune from their guitar, drawing customers to listen to the music. Events seem to unfold here rather spontaneously.

As you get to the game room that had been part of the ice cream parlor, you see there is even more out the back door. The “barn” is filled with paperbacks, priced at 2 for \$1. They are neatly shelved among a wide variety of antiques ranging from tools, to antique clocks, furniture, baskets, kitchen utensils and a beautiful old organ. Stepping into the barn is like stepping through time. This is also where you will find the geology section, *Mysteries of the Unknown*, and a 4-foot-tall mid 1800s tapestry screen.

Before you leave the property, please visit the peace labyrinth located between the store and the barn. It is modeled after the Chartres Cathedral labyrinth. Owen and son, Christopher, built it from a diagram they made, using bricks Owen had dug up from where Mr. Cyr’s garden had been. Owen dug up 4-5,000 oddly shaped bricks (narrower on one side). Last summer a customer aged in his 90s came in, as a teen he worked at the Central City Mine. Dynamite was stored in a brick dome structure because the dome shape would reflect the heat in all directions. This customer was able to confirm these bricks were the same as were used for the dome structure. The gentleman enjoyed the trip down memory lane and the opportunity to share his knowledge with Owen, and Owen enjoyed hearing about the origin of the oddly-shaped bricks Mr. Cyr used in the garden, now planfully placed into the peace labyrinth.

You will see a sign, “Feel free to take a walk for peace” next to a bucket of stones. Choose a stone to hold as you walk the labyrinth and pray for peace. When you get to the center you will see a small statue of St. Francis of Assisi with his hands held out, waiting for you to deposit the stone you chose.

Stephanie told us about a group of school kids K-5th grade studying orienteering. They were on a treasure hunt in the park, with the last clue to be found at the Book Nook. Each of the three groups found their clue and received their certificate. Afterwards, the children went to the labyrinth. A taller, 5th grade boy lept over the aisles to be the first to reach the center where he encountered St. Francis and said, “What’s *that* doing here?” Stephanie explained how you take a stone at the beginning to hold as you walk through the



The toy room at the Book Nook.



The Peace labyrinth (above) comes with instructions (inset).

labyrinth and pray for peace. The boy went still. His faced changed. There was silence. He finally said, “Well, I better go back and do it right.” The rest of the kids followed him.

This place has a power all its own. It is a place of inspiration and treasures. Every nook and cranny has something to be discovered or a precious things to be uncovered, just waiting for a person ready to exercise their curiosity. There is something magical about the change people experience as they wander through this space. It tends to bring out the best; whether it is musical talent or the simplicity of being a compassionate person.

Stephanie had another story to share about a group of eight alternative school kids who came to visit. Typically, these kids come from impoverished conditions with very limited resources. “Things” have not been easy to come by. The kids had a “common purse” they could use to make a purchase on their visit. Stephanie was overwhelmed when she overheard their negotiations. While each student had their own area of interest, they also shared a sense of cooperation and compassion for their classmates. One student was willing to forego the item she wanted because of an awareness of how badly another student had wanted a different item, saying, “I know how much you were looking forward to getting that, so please take my portion for what you want.” According to Stephanie the negotiations were done using inside voices, consideration for the other student and respect for their common goal. They found a way for each person to come away with something in hand, even if it was a free-for-the-taking Colorado rock of pyrite, mica, or malachite among the choices.

This is indeed, a very special place that draws very special people together. The triad that run it each have their own areas of expertise. Owen, as a (retired) Brigadier General in USAF and PhD from M.I.T. specializes in military, history and philosophy. Kathy, with a background in accounting, specializes in fiction, history and arts/crafts, especially fabric art. Stephanie’s expertise is with children and literature. Each has a heart filled with compassion, a joy of learning something new, and a spirit for exploration. More importantly, each can sense the serene energy that emanates from this place, can resonate with it, and each are genuinely willing to add to this energy, ultimately co-creating a palpable peaceful ambience. Ahhh.

Just as each individual can celebrate their uniqueness to co-create community, the home Mr. Cyr built is from used lumber and has history of its own. For example, the iron work on the barn is from the old courthouse. If you head east on Main Street to the courthouse you will notice the ironwork has been replaced, but fashioned from the old, so you can still see the pattern. There are gargoyles in various places, just like the gargoyles that were on the Chartres Cathedral (the inspiration of the labyrinth). Just like Mr. Cyr could appreciate the uniqueness of each object, plant and person, the Lenz’s have been able to appreciate the history each object represents, the connection it had or has with the community, and the individual-



Lots of books to spark a young mind’s imagination.

ity of each customer, young or old.

One way The Book Nook folks really enjoy connecting with the community is by ordering books ahead of time like *The Nature Fix: When Nature Makes Us Happier, Healthier, and More Creative* by Florence Williams. The book will be an integral part of the Greater Arkansas River Nature Association’s (GAR-NA) Nurturing Nature Gala, presented by the author on July 7, 2019. (For tickets or more information visit garna.org). Kathy and Owen were happy to order plenty of books to have on hand, as well as offering a 20% discount for GARNAs members because this kind of connection to the community just makes good sense. When we commented on how freely they connect and give back to the community, Kathy said, “Oh, there is too much GOOD here to keep it to ourselves.”

It is easy to see how the attitude of gratitude resounds when you read what Owen has printed on his business card Prayer of St. Francis of Assisi:

Abba (Aramaic for Divine Parent), make me an instrument of your peace; Where there is fear or hatred, let me sow love; Where there is injury, pardon; where there is doubt, faith; Where there is despair, hope; where there is darkness, light; And where there is sadness, joy. O Divine One, Grant that I may not so much seek to be consoled as to console; To be understood as to understand; to be loved as to love; For it is in giving that we receive; It is in pardoning that we are pardoned; And it is in seeking the Divine in all that we are born to eternal life.

When you are ready to allow yourself to succumb to the serenity, service and peace that so freely emanates from the Book Nook, stop in. Take a look around. Allow your curiosity to lead you to places you have yet to see, explore horizons yet to be discovered, and accept the nurturing and peace this place holds for you and others like-minded. The store is open Tuesday through Saturday 10-5 p.m. and is located at 127 S. San Juan Ave in Buena Vista, Colorado.

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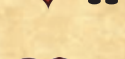
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Junk Posse rides again!

The Junk Posse in Victor, CO is open daily 10-5 p.m. seasonally, thru September. The store is a mix of eclectic finds, repurposed castoffs, rustic garden pieces, handcrafted lovelies and carefully sought out products from a variety of companies. With an eye for detail and uniqueness, the store owner, Judy Akins, says she shops for items for the store wherever she might be at any given time... from dumpster diving to high end Las Vegas markets. The Junk Posse can also be found at Woodland Square Vintage Market in Woodland Park, open Monday-Saturday 10-5 p.m. and Sunday 12-4 p.m.



Guffey Community Charter School

3 open positions for next school year

by Martine Walker

Education Paraprofessional For K-2 Classroom

- **Position description:** Under the supervision of the K-2 classroom teacher and the administrator to perform the necessary duties to assist, support, and work closely with teachers, administrator, and other staff in providing educational benefit for students.
- **Qualifications:** High School Diploma, interest in children and education, desire to assist students in a learning environment with patience and loving guidance.
- **Pay:** \$12-\$15/hour DOE
- **Hours:** Monday - Thursday 1-4 p.m. and as needed for field trips

School Bus Driver/Transportation Manager

- **Position description:** Responsible for safely transporting students to and from school, field trips and/or other special events in accordance with state regulations and School/District policies. Schedule would be late August - end of May, Monday - Thursday with two shifts each day: 6:30-8 a.m. and 3:30-5 p.m. (additional hours available during field trip days) and is paid at \$15/hr.
- **Qualifications:** High school diploma or equivalent. Must possess or be willing to acquire a valid Commercial Colorado Driver's License (CDL) with added S Class endorsement. Must meet insurability requirements of the Colorado School District Self Insurance Pool. Must clear Colorado Bureau of Investigation, Federal

Bureau of Investigation, and Colorado Dept of Education (CDE) screenings. Must have a clear/clean Colorado Department of Motor Vehicle record (3 years). There may be random drug testing and annual physicals required. Minimum 21 years of age.

- **Pay:** \$15/hour
- **Hours:** Monday-Thursday 6:30-8 a.m. and 3:30-5 p.m.

School Nurse

- **Position description:** Responsible for providing management and leadership of the school health service program as a W9 independent contractor. Very part-time and position averages about 40/hours/school year. Hourly pay is negotiable. Some of the work is done on-site while some can be done over the phone and/or email.
- **Qualifications:** Bachelors of Science in Nursing and a Licensed Registered Nurse in the state of Colorado. To be familiar with or willing to become familiar with the Colorado Department of Education (CDE) School Health Manual and Essential School Health Services. BLS-CPR certified. Carrying a current liability insurance for which the school may be willing to reimburse.
- **Pay:** Hourly as Independent Contractor
- **Hours:** About 40hrs/year

If you are interested in applying or have questions, please call or email anytime 719-689-2093 or mwalker@guffeyschool.org. I will provide a list of duties and responsibilities upon request.

Get paid for pulling!

by Teller-Park Conservation District

Mark your calendar for Saturday, July 13 to attend the First Annual Fairplay Weed Pull Contest sponsored by the Teller-Park Conservation District. Contestants will vie for \$100 first prize, \$75 second prize and \$25 third prize for the most Scentless Chamomile pulled. Individuals or groups are encouraged to register the morning of the pull at the CSU Extension office located at 880 Bogue St. in Fairplay. Gloves, maps and bags will be provided. Questions can be directed through Teller-Park Conservation District 719-472-3671 or CSU Extension 710-836-4296.

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A time of inspiration and hope

by Patricia Turner

I just returned from lobbying our members of Congress in Washington D.C. with Citizens' Climate Lobby (CCL). This was my third year to do so but the first time in the history of CCL that we have legislation in Congress. The Energy Innovation and Carbon Dividend Act, H.R. 763 holds hope for our future in addressing climate change. This legislation has aspects that appeal to both sides of the aisle. It can reduce our carbon footprint by 40% in 12 years and is revenue neutral and market driven towards innovation.

The most exciting thing I witnessed during my time lobbying was the movement I saw in my representatives. People are indeed waking up to the crisis we all face. People with whom I was able to meet again for the third time were opening up to us with strategies to help us get the bill passed. These same people told us they didn't believe the problem was urgent only one year ago.

In some instances, we met representatives of states that depend on coal for nearly all their economic success. We had conversations around how we help coal miners to adjust to a whole new scenario. Some suggestions centered around abundant severance to care for the older miners who may not easily have the power to be trained in new careers. We owe these people for their life-long service and it is completely plausible to generate the funds needed to support them. Younger miners could be trained to work in the fields of renewables and other clean jobs. They will be able to avoid the devastations of black lung disease and their children will be living in a healthier environment. Our own children in Colorado Springs have extraordinarily high rates of asthma due to pollution from the Drake power plant.

I've had so many people ask me why I do this. I am a retired marine research scientist from the University of California. I am also a person who absolutely holds nature as sacred, beautiful and awe inspiring. The more I learned about the consequences of our addictions to fossil fuels, the more I felt despair. I started volunteering for CCL and discovered that they were non-partisan, exceptionally well directed and that they had one issue and one issue only, to create legislation that will reduce our carbon footprint. This strategy for moving Congress is so successful in developing relationships that I was convinced that we will succeed.

So many people say, "The Earth is always changing and climate change has been around for millions of years." These people often tell me they don't believe climate change is real or that it isn't caused by human activity. There are many organizations around whose entire goal is to create a belief that climate change isn't real and they are nearly all funded by the fossil fuel companies to the tune of billions of dollars. Even some of our news people are part of this movement.

The last time the earth warmed this much was 55 million years ago during the Paleocene-Eocene era. Scientists from the Smithsonian have determined that this warming spell happened slowly over a period of 20,000 years and mass extinctions happened even though plants and animals had thousands of years to adapt.

In today's scenario, the use of fossil fuels has triggered rapid global warming in only 200 years since the industrial revolution. Scientists in the 1800s discovered what gases can cause the greenhouse effect. The number one gas is water vapor and we now have more in the atmosphere because the effects of CO2, methane and other emissions have warmed the earth so much that more water vapor is also added to our air. As early as the mid-1800s scientists realized that the increase in carbon in our atmosphere due to industrialization was warming our earth and yet we didn't act upon the facts.



June 11, 2019 in D.C. 1500 CCL volunteers on the steps of the Capital preparing to meet in more than 500 lobbying appointments.

"The planet's average surface temperature has risen about 1.62 degrees Fahrenheit (0.9 degrees Celsius) since the late 19th century, a change driven largely by increased carbon dioxide and other human-made emissions into the atmosphere. Most of the warming occurred in the past 35 years, with the warmest years on record taking place since 2010." (NASA)

If you don't believe climate change is human caused, I challenge you to become informed. Read the solid evidence of the truth, not opinions of people. Smithsonian, NASA, NOAA and thousands of climate scientists who helped to write both the international and our national climate assessment reports offer significant proof that you can access. If you believe this is only God's will, I ask you to be reminded that God gave us free will and choice.

Galatians 5:13 For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. Jeremiah 2:7 And I brought you into a plentiful land to enjoy its fruits and its good things. But when you came in, you defiled my land and made my heritage an abomination.

We need to educate ourselves in this climate of crisis so that we may create an earth that can support life here. If we move quickly, we still have a chance to avoid the worst scenarios. According to scientists from NASA and others, we have only a few years (not 50) in which to make a big change if we want to see the temperatures begin to decline. If we don't meet this challenge very soon the temperatures will continue to increase beyond a stopping point.

What will this mean to our planet and for our children? We will see a world where land becomes more and more scarce due to sea level rising far beyond what we are seeing today, at the same time we are supporting a population nearing 8 billion. This number is up from 2.5 billion only 65 years ago.

We will experience even more destructive storms with flooding in some areas and a spread of desertification in others. Water and food supplies will diminish RAPIDLY. Mass human migrations WILL reach our country and national security will be stressed beyond belief. Already our floods and fires have used all the funds for our Federal Emergency Management (FEMA). People who lost their homes in the Paradise Fire and in Florida's hurricanes are still without homes today. Remember, 9 million Floridians were temporary refugees following last year's hurricane.

In central Africa 17,000 people are migrating weekly due to drought and starvation.

If we all overcome our differences, we can see a future of abundance. We can experience a time that some of us knew when water from our taps was safe to drink, the

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New hires complete training at Cup and Cone

photo by Jeri Fry

Left to right back row: Amber Nix, Aaron Fisk, Bianca Pennington, Kaylee Holmes, Izabella Simmons, front: Ciarra Bork, Brooklyn Hall. The gang's all here ready to serve up fun to you this summer.

Three new employees have completed their training and are ready for the summer season at the Cup and Cone. Two employees have returned, and one brand new employee is on deck to begin training now that school is out for summer.

"This is my seventh summer," said Jeri Fry, owner of the Cup and Cone at the corner of 4th Street and Royal Gorge Blvd. "I am very fortunate to have Assistant Manager Brooklyn Hall to help with the new staff, making a total of seven employees for the season."

Each year jobs for our community's youngest workers are harder to find. Minimum wage this year is over \$11 an hour and next January it goes over \$12 an hour. "It is a courageous decision to employ kids with no experience and give them important grounding," said Fry. "I employ first-time job holders and let our customers know they, too, are helping with the training of these young kids. I may not be able to afford it next year."

Fry offers over 100 hours of comprehensive training to each new-hire, exposing them to nearly all aspects of the business. Fry trains her staff in the Batista and Sugar Arts, as well as soda fountain skills and customer service. You can be served by a real Soda Jerk at Cup and Cone!

Amber Nix is a junior at Cañon City High School, and wants to become an Orthodontist. She brings some work experience with her to the Cup and Cone. She has interned at Florence Family Dentistry and has taught children through story telling at Rocky Mountain Discovery Center.

Kaylee Holmes is a sophomore at Cañon City High School with a passion for the Automotive Program. She has participated in choir, speech and debate, and home economics and loves camping with her family.

Izabella Simmons is a sophomore at Florence High School and hopes to go into medicine. She has served five years in student council, and loves volleyball, basketball and golf.

Ciarra Bork brings her strong work ethic back to Cup and Cone for a second season. She is working on her Associate Degree in accounting at PCC at the same time she is finishing her senior year at GOAL Academy.

Aaron Fisk first worked at Cup and Cone in 2015. He graduated a year early by testing out of several classes, and moved to Manitou Springs for work. He returns to Cañon City with more experience and a gentleman's maturity in the way he accomplishes all his duties.

Bianca Pennington just completed her sophomore year at Cañon City High School where she is a member of Tiger Ladies. She brings to this, her first job, the experiences of Speech and Debate, Student and Choir Councils, National Honor Society and Thespians Society and a skill at managing her time and responsibilities. Bianca is just starting her training.

The Cup and Cone is an ice cream and coffee shop offering hand dipped Blue Bell ice cream and Boulder Organic ice cream, and fresh brewed Espresso. Soda Jerks, Baristas and Sugar Artists are on duty daily. A perfect place to escape or celebrate.

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Use a ceiling fan for temporary comfort in individual rooms, but turn it off when no one is in the room.



Close drapes and shutter blinds, especially those that face south, during daylight hours.



A grill or other outdoor appliance is a good alternative to the kitchen oven, which heats up indoor spaces.

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Florissant Heritage Day

The Florissant community will celebrate Heritage Day on Saturday July 27 beginning with a tasty breakfast at the Florissant Volunteer Fire Station on Highway 24. This is provided as a fundraiser by the volunteer fire department and we hope you will be generous with a donation to thank them for their service during the year and for this breakfast.

After breakfast activities will take place at the Grange, which was the schoolhouse built in 1887 on CR 31 and is now the Colorado headquarters of the Grange. Activities will also take place at the Pikes Peak Historical Society Museum on CR 1, at the Florissant Pioneer Cemetery on CR 421 Upper Twin Rock Road and at the Florissant Public Library on Circle Drive.

Bob Cox, a descendent of Florissant's founder Judge Castello will be dressed as the Judge and will be giving short presentations about him and his family during the day at all those various locations. Born in Cripple Creek, Bob Cox has a family history that goes back five generations in Colorado. He grew up in Ouray and graduated from high school there. He spent 20 years in law enforcement, 14 of that with the Montrose County Sheriff's Office. He served as publisher and editor of *The Mountain Valley News* in Cedaredge and is the author of three books and numerous newspaper and magazine articles. He is now focusing on educational presentations, mostly on historic topics.

In addition to the Castello family discussion at their burial site at the cemetery, Ralph and Doris Palmer will discuss the history of several Civil War Veterans buried here. Come learn the story of one of those veterans who was responsible for the short



Bob Cox, a descendent of Florissant's founder Judge Castello dressed as the Judge.

duration gold rush in Florissant the same year as the initial gold rush in Cripple Creek. Bring the kids and young at heart to the Florissant Public Library where late 1800s games and chores will be played and demonstrated.

Visit our local Pikes Peak Historical Society museum to learn about the Utes, the early settlers of the Florissant area, as well as view the local mineral display including two huge four-foot-tall smoky quartz crystals found just north of Florissant. Free maps will be available for visitors so that you can walk or drive to view various local historic buildings in Florissant. This local museum is run by volunteers and donations, and is quite a tribute to our little town.

Did you enjoy what you read?

Please thank our advertisers!

Mueller State Park

Mueller State Park bursts with wildflowers in July. Along with that comes a colorful list of programs to get out and enjoy the beauty. Discover birds, flowers, quaking aspen and baby animals in this lush, green habitat! Join a guided hike or campfire program to learn more about the plants and animals that thrive at Mueller.

Leisurely walks or lengthy hikes can help you explore all the hills and valleys. Kids programs can excite their natural curiosity about nature. Learn a fun skill like archery or fly-fishing. Special programs include the Thursday night series on the history around the Pikes Peak region. This month's topics include the history of railroads, agriculture, tourism and ghost towns! Other unique programs are a Star Party with the Colorado Springs Astronomical Society, Colorado Carousels, a Full Moon Hike and a Dark Sky Hike!

A new event this year is a BioBlitz on July 20th. Visitors can get involved in citizen science by photographing and recording as many different species of plants or animals in the park as possible; birds, bugs, flowers, trees, anything that moves! No experience necessary, just go on a guided hike or program and learn from the experts, or go on your own and collect your data online. Instructions and details will be available closer to the date.

Check out the full list below to see the wide variety of opportunities at Mueller to live life outside!

- 3 Bird Walk meet at Elk Meadow Trailhead 8:30 a.m.

3 Pond Safari meet at Dragonfly Pond 1 p.m.

3 Touch Table: Trees meet at Visitor Center 1 p.m.

4 Hike: Preacher's Hollow meet at Preacher's Hollow Trailhead 9 a.m.

4 Face Paint meet at Visitor Center noon.

4 S'mores meet at Amphitheater 7:30 p.m.

4 Amphitheater: History of Railroads near Pikes Peak meet at Amphitheater 8:30 p.m.

5 Hike: Rock Pond meet at Rock Pond Trailhead 8 a.m.

5 Hike: Cahill Loop meet at Grouse Mountain Trailhead 10 a.m.

5 Archery 2-4 p.m. at Dragonfly Pond parking.

5 Amphitheater: Bighorn Sheep meet at Amphitheater 8:30 p.m.

6 Birding Hike: Elk Meadow meet at Elk Meadow Trailhead 9:30 a.m.

6 Discover the Constellations meet at Visitor Center 2 p.m.

6 Hike: Dark Sky at Outlook Ridge meet at Outlook Ridge Trailhead 8:30 p.m.

7 Hike: Outlook Ridge to Lost Pond meet at Outlook Ridge Trailhead 9 a.m.

7 Touch Table: Bears meet at Visitor Center 1 p.m.

8 Touch Table: Mammals of Colorado meet at Visitor Center 2 p.m.

8 Nature Crafts meet at Visitor Center 3-4 p.m.

9 Junior Ranger Program meet at Visitor Center 10 a.m.

9 Basics of Fire Building meet at Lost Pond
- Picnic Area 2 p.m.

10 Hike: Rock Pond and Canyon meet at Rock Pond Trailhead 9 a.m.

10 Touch Table: Birds meet at Visitor Center 1 p.m.

10 Hike: Earth Walk meet at Visitor Center 3 p.m.

11 Hike: Cahill Loop meet at Grouse Mountain Trailhead 9 a.m.

11 Trees of Mueller Touch Table meet at Visitor Center 2 p.m.

11 Amphitheater: Agricultural History in the Pikes Peak Region meet at Amphitheater 8:30 p.m.

12 Walk Wapiti Trail meet at Visitor Center 9 p.m.

12 Children: Make a Pollinator! Meet at Visitor Center noon.

12 Knots and Lashing meet at Visitor Center 3-4 p.m.

12 Amphitheater: Mountain Lions meet at Amphitheater 8:30 p.m.

13 Hike: Elk Meadow meet at Elk Meadow Trailhead 8 a.m.

13 Hike: School Pond meet at School Pond Trailhead 10 a.m.

13 Touch Table: Blind Box meet at Visitor Center 2 p.m.

13 Amphitheater: Macaws meet at Amphitheater 8:30 p.m.

14 Hike: Bird Walk with Aiken Audubon meet at Elk Meadow Trailhead 7 a.m.

14 Hike: Outlook Ridge meet at Outlook Ridge Trailhead 9 a.m.

14 Fly Fishing: Learn the Basics meet at Dragonfly Pond 10 a.m.

14 Geocaching: meet at Outlook Ridge Trailhead 1 p.m.

15 Hike: Grouse Mountain Overlook meet at Grouse Mountain Trailhead 9 a.m.

15 Amphitheater: Wolves meet at Amphitheater 7 p.m.

16 Hike: School Pond Wildflowers meet at School Pond Trailhead 10 a.m.

16 Program: Universe meet at Auditorium 1 p.m.

16 Hike: Full Moon Hike meet at Outlook Ridge Trailhead 8:30 p.m.

17 Pond Safari meet at Dragonfly Pond 2 p.m.

17 Amphitheater: S'mores & Scary Stories meet at Amphitheater 8 p.m.

18 Hike: Preacher's Hollow meet at Preacher's Hollow Trailhead 9 a.m.

18 Hike: Bacon Rock meet at Camper Services 2 p.m.

18 Painting meet at Outlook Ridge Trailhead 3 p.m. (supplied provided).

18 Amphitheater: History of Tourism in the Pikes Peak Region meet at Amphitheater 8:30 p.m.

19 Hike: Cheeseman Ranch meet at Grouse Mountain Trailhead 8 a.m.

19 Touch Table: Trees of Mueller meet at Visitor Center 2 p.m.

19 Star Party meet at Visitor Center 8:30 p.m.

20 BioBlitz! Join us for a day of discovery and citizen science as we gather as many species of animals and plants as we can find! Join a guided hike with experts to photograph and

- record all living things in Mueller.

20 Hike: Bird Walk meet at Elk Meadow Trailhead 6 a.m.

20 Hike: Outlook Ridge meet at Outlook Ridge Trailhead 8 a.m.

20 Flower Walk meet at School Pond Trailhead 9 a.m.

20 Walk: Stroll through the Trees meet at Visitor Center 1 p.m.

20 Amphitheater: Mueller Trivia meet at Amphitheater 8:30 p.m.

20 Program: Like a Moth to the Light time/place TBD

21 Hike: Bird Walk Wapiti meet at Visitor Center 9 a.m.

21 Children: Make a Critter meet at Visitor Center noon

22 Hike: Geer Pond meet at Lost Pond Trailhead 9 a.m.

22 Knots & Lashing meet at Camper Services 3 p.m.

23 Junior Ranger Program meet at Visitor Center 10 a.m.

23 Basics of Fire Building meet at Lost Pond Picnic Area 2 p.m.

24 Fly Fishing: Learn the Basics meet at Dragonfly Pond 9 a.m.

24 Earth Walk meet at Visitor Center 3 p.m.

25 Hike: Peak View Pond meet at Elk Meadow Trailhead 9 a.m.

25 Touch Table: History of Mining meet at Visitor Center noon

25 Amphitheater: History of Ghost Towns meet at Amphitheater 8:30 p.m.

26 Hike: Wapiti Trail meet at Visitor Center 9 a.m.

26 Hike: Cahill Pond meet at Grouse Mountain Trailhead 10 a.m.

26 Archery meet at Dragonfly Pond Parking 2 p.m.

26 Nature Crafts meet at Camper Services 3 p.m.

26 Amphitheater: History of Cripple Creek meet at Amphitheater 8:30 p.m.

27 Hike: Grouse Mountain meet at Grouse Mountain Trailhead 8 a.m.

27 Touch Table: Deer meet at Visitor Center noon

27 Brain Teaser Hike: meet at Visitor Center 4-5:30 p.m.

27 Amphitheater: Colorado Carousels meet at Amphitheater 8:30 p.m.

28 Painting meet at Outlook Ridge Trailhead 11 a.m.

29 Touch Table: Trees of Mueller meet at Visitor Center 2 p.m.

30 Hike: Elk Meadow to Murphy's Cut meet at Elk Meadow Trailhead 8 a.m.

30 Touch Table: Bears meet at Visitor Center noon

31 Hike: Wapiti Trail meet at Visitor Center 9 a.m.

31 S'mores meet at Outlook Ridge Trailhead 3 p.m.

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

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WHERE: Aspen Mine Center 166 E Bennett Ave, Cripple Creek, CO 80813

WHEN: Every Commodities Day 10am-noon:

- May 31st, 2019
- June 28th, 2019
- July 26th, 2019
- August 30th, 2019
- September 27th, 2019
- October 25th, 2019
- November 22nd, 2019
- December 28th, 2019

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~OUT AND ABOUT~

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

BUENA VISTA

- 4 Art in McPhemly Park 9-5 p.m.
- 6 Art & Music. Tenderfoot Duo at Watershed 11-3 p.m.
- 6 Madams of Central CO at Heritage Museum 7 p.m.
- 7 Nurturing Nature Fundraiser 5-9 p.m. at Sunset Barn 27650 CR 337B. FMI 719-688-8787 or info@garna.org.
- 9 Celtic & Old-time Music Jam at Creekside Gathering Place 6:30-8:30 p.m.
- 12 Introduction to Glass Blowing at Vulcan Glass Studio 6-8 p.m.
- 13 Serendipity Yarn & Gifts: Spinning Group 2-4:30 p.m.
- 18 Star Wars Scene Show at the library 11-noon.
- 18 Business After Hours at Legacy Bank 5-7 p.m.
- 20 Mini Art Walk outside Simple Eatery, Watershed and Jailhouse Garden Patio 4-8 p.m.
- 20 Serendipity Yarn & Gifts: Knotty Knitters 10-noon.
- 20-21 BV Heritage RailFest Weekend at Heritage Museum 511 E. Main St. Hear six railroad authors and historians tell of our three local railroads. Enjoy tales of the DSP&P, D&RGW and Colorado Midland. Saturday "hobo lunch" included in your \$50 registration. Saturday evening layout and model RR factory tours. Sunday guided auto tour of the DSP&P line to Hancock with optional hike to the Alpine Tunnel. Sunday box lunch available for additional \$10. Vic Kuklin MMR 719-395-5758 register at bvhertage.org.



Here is a happy group of helpers at Devil's Playground from 2018.

DIVIDE

- 20 Build new Devil's Playground Trail! The trail from the Crags Campground to Pikes Peak is being completely rerouted onto a sustainable alignment. Rocky Mountain Field Institute has contracted most of the work to the Mile High Youth Corps and other groups are partnering with them on the MYHC's days off. Please visit <https://www.cmc.org/Calendar/EventDetails.aspx?ID=46960> to sign up for the Colorado Mountain Club's one-day project July 20 — you do not need to be a member to volunteer.

- Every Friday free concert at the Beach on South Main 6 p.m. and Free BINGO at Legion Hall 7 p.m. FMI www.BuenaVistaColorado.org.
- **Save the date: Aug 8-11** Contin Tail Gem and Mineral Show page 26.
- **Save the date: Aug 10-11** Gold Rush Days see page 28.

CA ON CITY

- 5 First Friday Art Walk along Main St. Art Galleries and most of the shops are open until 8 p.m. REM Art Gallery will have Mary Shell speed painting and giving her creations away beginning at 7 p.m. Come join the fun each month!
- 19 Third Friday Art Fusion at REM Art Gallery/Picasso Art Supplies presents FREE face & rock painting for kids of all ages. Open mic, poetry reading, book reading by the authors, meeting place. Every third Friday 710 Main St. 5-8 p.m. FMI 719-371-5405.
- 28 Community Kite Fly see page 4.
- Yoga with Bill O'Connell at River Lotus Yoga Mondays 9 a.m., Wed 6:30 p.m., studio fees apply.

LIBRARY

These meetings are free and confidential. No reservations required. FMI 719-315-4975 or go to www.namissoutheastco.org.

COLORADO SPRINGS

- **Save the date: August 10** ONWT PowWow see page 14.

BROADMOOR WORLD ARENA

26-27 The 11th Annual US Open Taekwondo Hanmadang 9 p.m.

PIKES PEAK CENTER

- 11 Y96.9 40th Anniversary Birthday Bash 7 p.m.
- 13 Steve Martin and Martin Short 7 p.m.
- 20 Josh Turner 7 p.m.
- 26 Tim Hawkins 7 p.m.

CRIPPLE CREEK

Through July 8: Once Upon a Time in the West Art Show at the Heritage Center. This show displays art among waterfalls, trees and outdoor vegetation at its best. The Art Show runs through July 8 from 9-5 p.m. This is a one-of-a-kind show!

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

- Guided tours of some of the ghostly haunts of Cripple Creek will run from July through mid-October. Tours take place at 3:30pm and reservations are required. Put on those walking shoes and come see the places rumored to have spirits. FMI: 719-689-9540.

- Thursday Story Time is at 10:30 a.m. at Farmers Market in Pioneer Park.
- Friday Story Time is 10:30 a.m. at the library and includes a craft.
- "A Universe of Stories" Summer Reading Program is still running at rocket speed! Adults are encouraged to sign up and read until July 15, the last prize drawing day. Young readers have until July 24 to turn in their reading logs to enter the prize drawing.

- All programs FREE and at 513 Macon Ave. FMI 719-784-4649.

NAMI

NAMI Connection Support Groups for those living with a mental health condition meets every Friday at 1 p.m., Community Education Room of St. Thomas More Hospital 1338 Phay Ave.

much of the American West and Southwest. He will be speaking about the *Pony Express* & *Cattle Drives* on July 3rd and on the 24th his subject will be *The Golden Spike/Railroad Chapel Cars*. The programs will start at 12:30 p.m. The show is free and will feature video clips, historical display objects, and Mr. Valles will be dressed in period attire. All are welcome!

9 Veteran Service Meeting 9-11 a.m.
9 All Vets, All Wars. Group participation 10-11:30 a.m.

10 Colorado Legal Services 1:30-3 p.m. The Colorado Legal Services is a non-profit organization that assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.

11, 18, 25 Cocaine Anonymous group every Thurs 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.

11 Southern Teller County Housing Task Force, 8:15 a.m.

11 Southern Teller County Childcare Task Force, 10 a.m.

18 OIB Group. This is a support group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room on the 2nd floor. FMI, Kathleen at 719-471-8181 X103.

26 Teller County Emergency Food Distribution Program (Commodities) will be held the last Friday of the month 9-2 p.m. Please bring photo ID and proof of Teller County residency.

26 Cooking Matters in Your Community 10-11 a.m. How to get the best use from your commodities food box. Food demonstration and snack provided. RSVP: 719-689-3584.

26 Cross Disability Meetings for persons with disabilities 10-11:30 a.m.

• A Willow Bends every Tues 4-6 p.m., every Thurs 4-7 p.m., every Wed and Fri (all day in the shack).

• **On-going:** Our Health Navigator Kryss Arrick is available Mon-Thurs 8-4:30 p.m. for families who are seeking access to affordable and quality health care. Call 719-689-3584 ext. 111. Unless otherwise noted all meetings are held in the 2nd floor conference room.

CRYSTOLA

- Crystola Roadhouse 20918 E Hwy 24 free line dance lessons with

Shell 6:30 p.m. Beginners on up. Every Thursday.

DIVIDE

COMMUNITY PARTNERSHIP

2 Crossroads for Families that Co-Parent 4:30-8:30 p.m. Registration is free. RSVP: michelle@cpteller.org or 686-0705.

13 Divide Saturday Playgroup 10-11:30 a.m. at Red Rocks Group Campground. Family hike. FMI: cory@cpteller.org or 686-0705.

25 Parent Advisory Committee 5-7 p.m. Caregivers of all aged children are welcomed to have a voice about CP programming and community needs. FREE dinner and childcare. FMI: cory@cpteller.org or 686-0705.

LITTLE CHAPEL FOOD PANTRY

8, 22 This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are: Last name beginning with:

A-H 3:30-4:30
I-Q 4:30-5:30
R-Z 5:30-6:30

MASONS

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

EVERGREEN

- 6 Free Legal Clinic for parties who have no attorney 3:30-5 p.m. Please schedule appointment 303-235-5275.

FAIRPLAY

- 17-21 Park County Fair see page 36.
- 27-28 Llama and Burro Race see page 9.

SOUTH PARK CITY

5 After Dark tour (reservations required)

6 Barnes Music Education

7 Randall McKinnon Music & Teachings

13 Legendary Ladies re-enacting history

14 Father Dyer re-enacting

20 & 21 Faro lessons

27 Barnes Music Education. For times and reservations call 719-836-2387.

• **Save the date: Aug 10-11** Living History Days see page 9.

continued on next page

continued from previous page

FLORENCE

13 Jeanie Truitt and Lori Ann Dickerman Second Saturday at Blue Spruce Gallery reception 5-7 p.m. Jeanie and Lori Ann have put together a diverse and entertaining show. Jeanie believes watercolor can be magical, versatile and fun, but it was difficult when she was first learning. One customer told her that he like her work, but said, "You will have to die to be famous." She pressed on, learning the rules through practice and a delight in the glorious wonder of color. Her bright and whimsical paintings are delightful! Lori is a multi-media artist who retired after 33 years at an engineering firm in 2018. She worked as a technical illustrator for 17 years then in IT for the remainder of her career. She relocated to Cañon City in 2008 to be closer to her grandchildren and started painting again. She is loving this new chapter of her life. Lori has won several awards, primarily in watercolor, but works in a wide variety of media. She is a member of the Florence Arts Council, Fremont Center for the Arts, the Pueblo Art Guild, and the Southern Colorado Watercolor Society. These two talented artists have a "not to be missed" beautiful show. Meet the artists, the back garden area will be open and there will be light refreshments and good conversation. Several of the local antique stores will be open and there are numerous fine restaurants to choose from. Blue Spruce is located at 205 W. Main. FMI 719-784-1339. Exhibit is through Aug 6.

27 Come and join the Florence Pioneer Museum and Research Center for a "Night at the Museum" fundraiser 5:30-8 p.m. Meet our museum's "spirits" for an evening of wine, water, lemonade and sweet and savory snacks. Our "spirits" will help explain several of our displays in detail: want to know more about Florence's schools, the libraries, farm and ranching and cars of the past? Drop in for a fun filled evening. \$10 a ticket, tickets sold at the Museum, 100 Front St. Florence CO or on the website: www.florencepioneermuseum.org. All monies go to the FPM building fund. See you there!

16 SRP — Last drawing for Adult Program.

17 "The Cherokee Culture" by author Courtney Miller 5 p.m.

18 Art reception for Artist of the Month, Laura Mohr 6 p.m.

20 Family Movie: *The Lego Movie, The Second Part* 2:30 p.m.

24 Last day to submit Summer Reading Logs for children.

26 SRP Pool Party 10-noon.

26 The 4th Friday Film *Leisure Seeker* 5 p.m.

Fritz 10:30 a.m.
9 Board Meeting open to public 5 p.m.
10, 17, 24, 31 Wool Gatherers 10 a.m.
11, 18, 25 Farmers Market Story Time 10:30 a.m.
12, 19 Story Time 10:30 a.m.
16 Summer Reading Program "Far-Fremont Adventure Recreation" by Ashley Sack 10:30 a.m.

• Lego Club Fridays 12-4:30 p.m.

• Storytime Fridays 10-10:45 a.m.

• A Universe of Stories — summer reading program through July 31 for all ages. Sign up!

GREEN

MOUNTAIN FALLS

4-7 Community Yard Sale see page 24.

GUFFEY

27 Guffey Steampunk Festival see page 15.

• Yoga with Bill O'Connell 10-noon Sundays and 5 p.m. Tuesdays at Guffey Community Charter School. Donations appreciated.

• Corona's at Freshwater music schedule see page 19.

• The Jefferson Community Civic Association is having a breakfast on July 6. This is an all-you-can-eat pancake breakfast served 7:30-11 a.m. at the Jefferson Community Building one block east of Hwy 285. The cost is \$9 for adults and \$5 for kids under 12. All proceeds benefit the operation and maintenance of the historic buildings in Jefferson.

• The Jefferson Community Civic Association is once again selling peaches from C&R Farms near Palisades, Colorado. We will be taking orders through the month of July. You can pick up your order blanks at the Jefferson Real Estate Office, the Jefferson Market and the Jefferson Post Office. The orders can be mailed to JCCA, Box 166, Jefferson, CO 80456. A 10-pound box is \$25 and a 18 pound box is \$38. If you have questions or want to order over the phone, you can call: Deb Elsen 303-838-7491, Helen Baker 719-836-0173 or Carol Smusz 719-836-1430. Money must be paid when you place your order. The peaches will need to be picked up at the Jefferson Community Building on the first or second Saturday in August. We will contact you with the time and date of delivery. All proceeds will benefit the operation and maintenance of the historic buildings in Jefferson.

• Bookworms 10:30-12 p.m. July: *The Little Old Lady Who Broke All the Rules* by Catharina Ingelman-Sunderburg

24 Craft and Create 1-2:30 p.m. Wire Wrapping. Supplied will be provided and space is limited. Register by July 15 719-748-3939.

• Tai Chi Mondays 10 a.m.

HARTSEL

4 Celebrate the 4th of July in the Heart of Colorado. Hot dogs, ice

cream with all the toppings and a movie *The Sandlot* at 6 p.m. Free Ice Cream Social 7:30 p.m. with the movie. Hartsel Community Center Pavilion.

• **Save the date: Aug 3-4** Hartsel Days see page 24.

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• Tai Chi Mondays 10 a.m.

FLORISSANT

19-20 Thunderbird Bluegrass page 2.

27 See page 26 for pancake breakfast and see 30 for Heritage Day.

• Fossil Beds

27 July History and Culture Open House 10-3 p.m. Learn and celebrate the history and culture of the Florissant valley. Take a tour of a homestead, learn why someone once tried to saw apart a petrified stump, and learn about tribal connections with the area.

GRANGE

13 Pine Needles Basket Class 9-12 p.m. All levels welcome! FMI 719-748-5004.

LIBRARY

12 Kritter Karavan 10-11 a.m. Get up close with all kinds of creepy, crawly, fuzzy and scaly critters with Miss Kathy and the Kritter Karavan. All ages welcome!

19 Miss Quackers Goes on Vacation presented by Cathy Kelsay 10-10:45 a.m. Join Miss Quackers and Mother Goose as they head off for a fun-filled vacation to the circus, ocean, zoo and other crazy places. Listen to stories, sing songs, and dance! Ages 3 and up.

20 Stargazing 8 p.m.-10 p.m. Join Anne Holland from the Space Science Institute for a fun night of science! The evening will start making comets out of dry ice, and getting the opportunity to hold a



WOODLAND PARK

4 The 8th Annual Cemetery Crawl. Take a walk around the Woodland Park Cemetery and meet some of the old pioneers who are resting there. Tours run every 15 minutes from 1-3 p.m. Cost is \$5, tickets available at the gate. The cemetery is located at 650 Short Street. FMI 719-686-7512 or uphs@peakinter.net.

JOHN C. FREMONT LIBRARY
9 Summer Reading Program "3-2-1 Blast Off with Estes" by Mike

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continued from page 33

Assistance Program & Commodity Supplemental Food Program distributions on the 1st Thursday of each month at Salida Community Center, 305 F Street, from 9:30 a.m. until 2 p.m. Call Elaine Allemang for more information 719-539-3351.

11 SCFTA presents the Creative Mixer. Artists working in all genres are encouraged to attend and meet like-minded people, to share influences and news, to soak up fresh ideas, and to be inspired by the energy that makes Salida a center of support and expression. Each mixer begins at 5:30 p.m. in the Paquette Gallery, in the lobby of The SteamPlant Theater (220 West Sackett Avenue) on the south bank of the dynamic Arkansas River, where we are treated to a visual feast of the current artwork on display in the Paquette Gallery. The exhibiting artist briefly talks about their work, their need to express, and their unique perspective.

16 Sleep education class see page 23.

20 The First Annual Street Business Sidewalk Party 5-7 p.m. with captivating ambiance at "In The Current Imports" by Celtic Harpist Maryanne Rozzi. To book Maryanne for your next special event call 719-838-0279 or email solarozzi@yahoo.com.

• NAMI Connections for people dealing with mental illness meets the 3rd Tues 5:30-7 p.m. at Salida United Methodist Church 228 E 4th St. FMI 970-823-4751.

• NAMI's Family to Family for those who have a family member dealing with a mental illness meets 5:30-7 p.m. the 3rd Tues at Salida United Methodist Church 228 E 4th St. FMI 970-823-4751.

VICTOR

5, 12, 19, 26 Celebrate Recovery at the Victor Community Center every Friday night 6:15 p.m. FMI: 719-243-4970.

13 Historic Mine Tour — A Walk Through Time. Meet at Victor Lowell Thomas Museum at 10 a.m. for a tour of the Sunnyside Cemetery. Then, meet at Victor Lowell Thomas Museum at 3rd and Victor Avenue no later than 12:30 p.m. to carpool to the hike up and back to the Vindicator Mine. The hike will feature a walking tour of the Vindicator Valley Trail just north of Victor. \$15. FMI: 719-689-2675 or stcf@victorcolorado.com.



WOODLAND PARK

Ute Pass Historical Society offers FREE guided tours of History Park and the Walking Tour of downtown Woodland Park every Saturday through Aug 31, beginning at 9:30 a.m. and lasts about 90 minutes. Please arrive at UPHS Museum Center by 9:20 a.m. The UPHS Museum Center is located at 231 E. Henrietta Ave, next to the library. Bring plenty of water and a light sweater. After the Walking Tour, stroll through the bygone days via tour of the five building in History Park at 11 a.m. Exhibits and contents have recently been refashioned so "come again for the first time!" Our Old Curiosity Gift Shop offers and extensive selection of books and unique gift items and open Wed through Sat 10-3 p.m. FMI 719-686-7512 or UtePassHistoricalSociety.org. All tours are weather permitting.

19-21 Gold Rush Days. The fun begins Friday evening and runs through Sunday. FMI victorcolorado.com/events.

CC&V GOLD MINE TOURS

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

WESTCLIFFE

10 Free Legal Clinic for parties who have no attorney 2-5 p.m. Please schedule appointment 719-783-9138.

WOODLAND PARK

4 Senior Center Pancake Breakfast 8-11 a.m. Start off your July 4th celebration with a bang! All you can eat fluffy pancakes, scrambled eggs, sausage, melon and the best biscuits and gravy around, served up with juice and coffee or tea for only \$8; kids 6 and under eat for \$2. Open to the public our event helps to support the programs and activities at WP Senior Center. We appreciate the support of each one of you!

12 Women in Networking meet 11:30-1 p.m. at Shining Mountain Golf Club over lunch (\$18). The mission is through helping others make meaningful connections, we will boost our own career and business. By coming together every

month, we will learn what each business needs and help each other grow. Please RSVP 719-480-8638 a week ahead of time.

12 Movie Above the Clouds is a free, family friendly outdoor movie held at the Midland Pavilion outside the Ute Pass Cultural Center 7ish-8:30 p.m. Family picnic — find your spot for a family picnic before the movie as activities and games for little kids in the library rotary terrace. Bring blankets and chairs. Move starts at sunset. Free popcorn and drink during the movie, donations received. FMI www.teller.mackmickid.com.

13 WP Senior Center Yard and Craft Sale 8-1 p.m. Local craft artisans will be joining us at our annual Summer Yard Sale this year. We are excited to add their beautiful crafts to the sale this year. If you have items you would like to donate for the yard sale, call us 719-687-3877 to make a drop off appointment. Come and browse inside and out for housewares, furniture, pictures, fabric, yarn, puzzles, games and much more. We have been collecting since January and our sheds are overflowing. On the sale day, plan to make several trips as you load up with treasures. This annual event helps to support the programs and activities of the WP Senior Center. We appreciate the support of each one of you!

13 Homestead Series 10-noon at Aspen Valley Ranch in the yurt.

Take a walk on the wild side with presenter Mari Marques, the Thymekeeper speaking about edible and medicinal plants.

13 Citizens' Climate Lobby chapter meeting 11 a.m. library, every second Saturday. We share wonderful films and work together to enhance the vitality of our planet. We meet in the large meeting room. We are non-partisan, non-profit dedicating to creating a livable world. Everyone is welcome! FMI pipotsticker@gmail.com.

18-20 Stand for Truth and Liberty at Charis see page 17.

• Save the date: Aug 2-3 Charis Kingdom Youth Conference see page 35.

DINOSAUR RESOURCE CENTER

4 Military Appreciation Day 9-6 p.m. One-half off regular admission with active or retired Military I.D.

6 Arts and Crafts Fair 9-4 p.m. Make your way to our outdoor plaza for our annual DRC Craft Fair! It's fun for all ages with face painting, jewelry, artwork, good food and so much more.

20-21 Trains, trains, trains! The Pikes Peak Division of the National Model Railroad Association will be here with a great opportunity to learn about trains and to PLAY! Bring your camera and join us for this very fun and unique event Sat 10-4 p.m., Sun 11-3 p.m. FMI: www.mrdc.com.

• Farmers Market each Friday 8-1

p.m. Memorial Park and Henrietta Ave. Featuring over 100 vendors. See page 27.

• NAMI Connections for people dealing with mental illness 1st and 3rd Mon 6:30-8 p.m. at Mountain View Methodist Church 1101 Rampart Range Road FMI 719-687-3868.

• Narcotics Anonymous meets at Mountain View United Methodist Church 1101 Rampart Range Road, Mondays and Fridays 7:30 p.m. Parking/entry at rear/East church lot.

• Save the date: Aug 13-16 Healing is Here page 9.

LIBRARY

Children

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

Teens

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

Adults

3, 17 Stitchers Above the Clouds 1-3 p.m. Colorado Room.
11 Free Legal Clinic 3-4 p.m. for parties who have no attorney. Pre-register by calling 719-687-9281 ext. 103.
16 AARP Smart Driver Class 9:30-1

p.m. Driver refresher course for drivers 50+ who want to improve their driving skills and avoid traffic violations. Define existing skills and develop defensive driving techniques. AARP members' cost \$15 and must show card. Non-AARP members cost \$20.

18 What Do You Believe About UFOs? Join us 6:30-8:30 p.m. for a presentation by LTC Steve Alexander, USA Ret., Founder and Director of the UFO Institute International and Executive Producer of the film *Another Plan from Outer Space*.

21 Love Your Libraries Fiesta! 1 a.m.-2 p.m. (at Woodland Country Lodge) Come out and support the Rampart Library District! Enjoy music, enter to win door prizes and celebrate the library!

Book Clubs

2 WP Library Book Club 10:30-12 p.m. July: *Red Hole in Time* by Muriel Marshall

3 Not So Young Adult Book Club 11 a.m. June: *Starfish* by Ackemi Dawn Bowman

11 Senior Circle Book Club 10:30 a.m. June: *Eleanor and Hick* by Susan Quinn

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

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