



UTE COUNTRY NEWS

Putting the "unity" back in community™

POSTAL CUSTOMER

PSRST STD
U.S. POSTAGE
PAID
DIVIDE CO
PERMIT NO. 487

FREE

July 2021

P.O. Box 753, Divide, CO 80814 • 719-686-7587 • utecountrynews.com

Vol. 13, No. 7

Welcome to Ute Country

"Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals."

— Martin Luther King Jr.

PEEK INSIDE...



page
4

Charles Hendershott, painter



page
8

The Captive Pony



page
20

Leave No Trace



The Bakery

Breakfast
Pastries • Breads
Sandwiches • Cookies
Pizza • Dinners

336 Main Street
Guffey, CO
719-631-1963

dana@theguffeybakery.com
www.theguffeybakery.com

Summer Hours:
Thurs. 8-3, Fri. and Sat. 8-6
Sun. & Mon. 8-3

Mama Dana's
Italian Bistro

Featuring classic
Italian cuisine.
Saturdays 2-7pm

Reservations recommended!



• AMMUNITION • BLUE RAYS
• KNIVES • TOOLS
• GUNS • DVD's

CANON CITY

GUN & PAWN

719 Main St. Canon City • 719-275-5555

• CASES • COINS
• TARGETS & MISC. • JEWELRY
• ELECTRONICS

FULL SELECTION OF RIFLES, SHOTGUNS & HANDGUNS

BUY - SELL - TRADE

Summer is Here - Stock Up To Go To The Range!

Mon-Fri 9-5 • Sat 10-2 • Sun Closed

ALL ABOARD!

Take an exciting journey into yesteryear on a 15 ton iron horse locomotive. It's a spectacular trip of scenic views and rich history!

The train departs approximately every hour from the 1894 Midland Terminal Depot and gift shop located at the head of Bennett Avenue.

Make your plans now for a train ride into the magnificent vistas of Cripple Creek, Colorado.

\$200 OFF

Ticket Price Per Person

Regular prices are \$17.00 for adults,
\$15.00 for Seniors and
\$12.00 for children ages 3-12.
Limit 4 per coupon, no cash value.

COUPON

Cripple Creek & Victor
Narrow Gauge Railroad

520 East Carr Street,
Cripple Creek, Colorado 80813
cripplecreekrailroad.com

Call for more info: 719-689-2640


On Deck

Jeff's idea for a July cover was a photograph of our American flag in celebration of Independence Day and break from England's rule. When our US flag is flown at half-staff, it is because either the president of the USA or the governor of the state has ordered the flag to be half-staffed when the nation or state is in mourning. Sadly, the day Jeff took this photo, our nation was once again mourning victims of gun violence, which numbers 9,495 as of the morning of June 24, 2021, so far for this year. We felt the quote was an appropriate reminder of the myriad of men and women have given their lives or a portion of their lives for the freedoms we hold dear. It wasn't free!

Our ancestors set the foundation. It is imperative that each of us consider what our best-case scenario future looks like and behave that way today because it is our actions today that build our tomorrow! Do we aspire to care for our planet? Do we expect to care for each other? Do we intend to care for ourselves? The pages of our July issue may help the reader with the *how* portion of that conundrum. "Evolving with cooperation and altruism" is an article that may encourage us to see how we are interconnected with the other organisms on our planet and inside us. Both "Give Invasive Species the Brush-Off" and "Leave No Trace" remind us of our impact on the environment. *Life Enhancing Journeys* helps us care for ourselves and others who may be experiencing a depressive episode. *Growing Ideas* gives us "July Jubilee" as a way to connect with and relax in nature in the midst of our mountain summer.

We're always happy to print your photos in Critter Corner and give you a chance to brag about your furry friend or photography skills. Find your favorite photos of your in/outdoor friends and send them to us via email (utecountrynewspaper@gmail.com) or snail mail them to POB 753 Divide, CO 80814 or drop them off at Shipping Plus in Divide M-F 9-5:30 p.m.

Thank you,
— Kathy & Jeff Hansen





The Thymekeeper

Summer cheer

by Mari Marques-Worden



As we delve into the dog days of summer I welcome the sunniest herbs to my garden, dandelion, St. John's Wort and Calendula. This year was a bumper crop for the dandelions but in this article, I'd like to focus on St. John's Wort and Calendula.

Both flowers are associated with light and the sun. Coming into bloom in June and lasting through August, the two are characteristic of summertime.

Sunny St. John's Wort

This is an herb most people have heard of but know amazingly little about. Whenever the herb is mentioned, people often refer to the fact that it's good for depression. I agree it is a mood elevator and will bring light to those who tend to dwell in darkness, it loves the sun and in essence it has a way of opening emotional windows to let the sunshine in. It is known as the flower of light.

Where light shines, darkness dissipates. This herbal remedy helps us to turn negative thoughts into positive ones. Instead of focusing on what isn't working or going well, it helps us to seek solutions and opens our eyes to the positive aspects in our lives and this is where gratitude lives.



St John's Wort flower (above). Squeezing a bud will bleed a deep red/burgundy color and this is where the hypericum or medicine resides.

St. John's Wort is recommended for "nervous griefs." It is a trophorestorative nervine, meaning it works to tonify, balance and nourish the nervous system. I use it for more than emotional issues; it is also recommended for physical nerve issues such as shingles or nerve damage. Combined with arnica and made into a topical oil, St. John's extends deep into the body to nourish and heal frayed or frizzled nerves.

When paired with lemon balm and taken as a tincture, it is an ideal treatment for seasonal affective disorder. It is also very effective for harmonizing urination and helps to dissolve stones. As an antispasmodic it's helpful with painful menstruation.

St. John's Wort reduces inflammation and infection and is particularly useful for viral skin conditions such as cold sores or chicken pox and helps to relieve burns.

When I google this herb, I see multitudes of supplemental medications in pill form. I would suggest this may not be the ideal way to ingest it. The medicine is in the flowers and buds of the plant. If you squeeze a bud, it will bleed a deep red/burgundy color and this is where the hypericum or medicine resides and if that deep color isn't visible in the end product, I have to wonder about the effectiveness.

It's Latin name *Hypericum perforatum* perfectly describes the plant. The oblong leaves of the plant when held up to the light have small pin pricks or perforations visible to the eye.

It pays to know that St. John's Wort is THE most contraindicated herb on the market when it comes to pharmaceuticals. The two do not play well together, in fact St. John's Wort can render birth control meds null and void.

It is illegal to sell the plant or seeds in Colorado due to its invasive ways. However, it does grow in the wild and I was lucky enough to stumble on a field of it while hiking Sugar Loaf Mountain by Boulder.

Cheerful Calendula aka Pot Marigold

Cousin to the marigold, calendula is known as the flower of the sun. Only the common deep orange variety of marigold is of medicinal value (*A Modern Herbal* by Mrs. M. Grieve). Like its sister flower St. John's Wort, it is also very useful for viral skin afflictions and one of my favorites for keeping a cold sore or pink eye in check. It is one of the softest flowers in my garden and is one of the best skin healers of all time. It has antimicrobial properties and is particularly useful for candida and ringworm. I've successfully treated conjunctivitis with a simple tea made from the dried flower and used as an eye wash. I find calendula very useful for gastric ulcers and colitis, good for a multitude of gastro-intestinal issues. It's soothing and healing to mucous membrane from the top to the bottom.

Calendula revitalizes the blood and removes congestion making it useful for varicose veins and hemorrhoids. It moderates menstruation, promotes labor and enhances delivery.

It promotes sweating and helps reduce a fever. It reduces infection, inflammation and swelling, stimulates the immune and removes lymph congestion. It's one I call a mover and a cooler. Not for use in pregnancy or with blood pressure and diabetes medications.

Calendula oil is easy to make and can be used for diaper rash, eczema, psoriasis or chapped dry skin. It can also easily be combined with other skin healing herbs such as plantain or comfrey to induce tightening of loose skin and also delay the aging process.

How to make:

To make calendula oil, line the bottom of the pot with dried flowers. Cover with a carrier oil making sure all the petals are covered by at least an inch. Cook on low heat 140-160 degrees for 2-4 hours. Pour through a cloth lined strainer squeezing as much of the oil out as you can. Store in a dark bottle in a cool area out of the light. This is one I would keep in the refrigerator if you don't plan on using it daily.

Carrier oils such as extra virgin olive oil or sweet almond oil can be used depending on the texture you are striving for.

Calendula flower (top). Making calendula oil (right).



ing for. I used golden jojoba and sweet almond for my latest batch.

Sunburn relief spray or compress

Using 2-3 dried calendula flowers per cup of water, boil the water, pour water over the flowers and let steep 20-30 minutes. Strain. Add 4 ounces of liquid to a spray bottle and add 30 drops lavender essential oil. Apply to sun burned skin as needed, this can also be achieved by soaking a cloth in the mixture and applying it to the affected area.

All over the world flowers are part of human life, marking every important occasion, change and ritual from the cradle to the grave. In many ways flowers express what we cannot put into words and the use of flowers in health care is becoming increasingly common (again) and the use of phytotherapy is quickly gaining legitimacy.

There are two ways to look at flower therapy. On one hand, it can be seen as a therapeutic delivery system when we ingest them, and on the other, flowers tend to bring joy into our lives. I will leave you with the words of Dr. Edward Bach, "True healing involves treating the very base of the cause of the suffering. Therefore, no effort directed to the body alone can do more than superficially repair damage. Treat people for their emotional unhappiness, allow them to be happy, and they will become well."

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



UTE COUNTRY NEWS

Putting the "unity" back in community™

Live in Ute Country part time but want the mountain living all the time?

Take us with you!

☐ \$36 for 1 year (13 issues!)
first-class subscription.

☐ \$18 for 6-months (6 issues!)
first-class subscription.

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone: _____

Email: _____

Mail to: Ute Country News, PO Box 753 • Divide, CO 80814

DayBreak
An Adult Day Program

Now Accepting New Participants

Love Patience Acceptance
Respect Humor Community

give! A+ BBB ACCREDITED BUSINESS Find us on Facebook

404 N. Highway 67
PO Box 4777 | Woodland Park, CO 80866
719.687.3000 | www.daybreakadp.com

NOW OPEN FOR THE SEASON!

FLORISSANT FOSSIL QUARRY

(719) 748-3275

Toni Clare
Nancy Clare Anderson
P.O. Box 126/18117 Teller Co. Rd. 1
Florissant, CO 80816
FlorissantFossils@yahoo.com

Summer Hours:
Open Daily & by Appointment
On-Sight Collecting:
Groups, Schools, Individuals
Supplying:
Museums, Schools, Shop, Collectors

**ROB'S RIDE
A MEMORIAL
TRIBUTE**

JULY 17, 2021
10AM
CORONAS
FRESHWATER
GRILL
GUFFEY CO
303 263-2859

2ND
ANNUAL
RIDE

PROPANE

Residential and Commercial Propane Delivery....
No additional fees.

Glaser

Divide
650 County Road 5

ENERGY GROUP, INC

(719) 687-1180



A Look Inside the Artist Charles Hendershott, painter

by Mary Shell

In this fast passed world we live in now, it's hard to find an artist who enjoys spending hours and days on a single painting. I admire Charles (better known as Corey) Hendershott for his patience and steadfast vision when creating art. When you view his art, you will find not a single line. His images are created with layers and layers of varnishes following the old Masters resulting in visions of mystery and mist.

How old were you when you first started painting?

I could draw better than most and did so a lot and it was that that led me into oil painting. Art was my saving grace back then — it sure helped my GPA. In High School (Air Academy High) is when I painted my first oil paintings but where I came alive was in my first college's art department, at Ft Lewis College in Durango Colorado. There I was lucky enough to study under a teacher who would be one of the most influential teachers that I experienced — Stan Engleheart. He taught me the classical basics and the enthusiasm of seeing nature as the inspiration to my imagination. My other very influential teacher was when I was enrolled in Colorado Institute of Art, Roger McCoy, with grilling on full value rendering and no edges. At CU Boulder, very exciting experiences, but no epiphany in the classes, but I grew independently — BFA.

What's your favorite medium?

I loved drawing and rendering with pen and ink but once oil painting became more dominant, it ruled. I realized then that my developing style required oil on canvas, based with a traditional European palette. After giving acrylics a go, I still found oil painting offered the magic of creating space, light, and ease of adjustments of the imagery that I liked.

I know your artwork is unique in its technique, can you explain your technique?

The technique evolved over decades and was initially inspired by the European Masters in their excellence and their use of glazes. I studied them deeply, copied their work and spent huge amounts of time in Museums. The technique evolved as a solution to create in layers and flexibility to adjust images and space. While painting, I feel for the unity of all the activity going on from the first from application of paint on. I treat the surface itself to be like an ecosystem. One element's change will affect all. I start with building a composition, sometimes from a sketch, a photo, or scribbles of colors from my imagination. From this discontinuity it seems like it is my job to bring all, aesthetically, to a harmony and balance. I give the painting it's reins and



The Virgin and Child with St Anne and details from Virgin of the Rocks. This is where I hit the learning curve the hardest.

Is there anything new in your future?

I sure hope so. The work of the past was extremely laborious and time consuming — to create paintings much more quickly while sacrificing nothing.

Who inspires you to create?

When I was young, I was dazzled by the surrealists and their wild imaginations and I liked how wonderfully outland they were, seemingly so unrestrained with their imaginations. Then the impressionists with their light and color and 'what it looks like' rather than what it is. They are so beautiful. I am still in awe of Van Gogh's work and his fearless colorful and powerful interpretations of what he was seeing and feeling in the immediate moment. The drawings of Seurat (not his paintings) had a big influence. Later to modern art, especially the abstract expressionist and minimalist who seem to be so free and in tune with the energies of nature, simple, honest, and pure.

Who's your favorite artist?

Humm, I would have to say Leonardo. I made copies of many of his paintings and studied his soft edge sfumato. The depth and the soft special aspect of his drawing and renderings taught me so much — things I still use today.

What's your favorite subject?

My favorite subject is what surfaces unexpectedly, out of the blue. I try to allow or provoke imagery to show up on its own — out of my imagination. I like landscapes (fictitious and real), portraiture and non-representative — all painted with the same style. I like encouraging universal imagery like mythology, the unknown and the classics. I try to leave my ego out of it and to see what surfaces.

What is the most difficult painting you have created?

I can't say an exact one but, I guess it would be the oil on canvas painting studies of Leonardo da Vinci's — Mona Lisa,

What haven't you tried that you would like to do in art?

What I have not tried lately and am a little shy with is starting and finishing a painting at one time (it's been years), when everything is wet, working with a full and loaded pallet and to be of course fearless, egoless, and spontaneous — with gusto too. I tend to explore this, if not, I fear that I will get bored.

I am also gathering photos of many of my paintings (29) to enter them in an online gallery (Facebook for starters) — a legacy show. Upon request I can provide large files (300 dpi) for each piece that could be a photo print or a giclée for — no charge, but with a small, suggested donation.

What is your favorite painting that you made?

Wow, favorite painting? I guess it is really a series I did in NYC of landscapes in Prospect Park, Brooklyn. I showed at The Brooklyn Waterfront Coalition, and many will be in the online gallery.

What is it that you want people to see in your art?

Good question. I hope a viewer would see, besides a pleasant looking and interesting painting, a sense of mystery and calm. I hope that they would hang with them, take their time looking and maybe find elements that they can relate to and see things visually interesting that take a little while to see. I hope that the paintings trigger their imaginations and pleases their senses.

You can view more of Corey's work on Facebook at <https://www.facebook.com/charles.corey.hendershott>.

Boys & Girls Clubs of Chaffee County - Salida Ribbon Cutting



Club members, staff, donors and community leaders celebrate the grand opening of the newly redesigned Boys & Girls Club in Salida on June 12, 2021. Based in a former commercial gym, the facility boasts a computing center, library, learning center, large gym, art room, teen center, music room and performance area. To learn more about summer fun at Boys & Girls Clubs of Chaffee County, visit bgcchaffee.org.

Bakers Rack All Things Kitchen

by Flip Boettcher
photo courtesy of Mary McGrail

In July, the Bakers Rack All Things Kitchen in Florence at 118 East Main Street will be celebrating their second anniversary. Yes, they made it through 2020 and are looking forward to a busy 2021.

If you haven't been in the shop, you might be surprised at what they carry. They have all kinds of kitchen gadgets to make your life easier. The shop also carries Springside cheese, Mini Moos goat cheese, jams, pickles, syrups, Watkins extracts, local honey and flavored pastas. Also check out their selections of dish towels, olive oils and balsamic vinegars.

So, if you are looking for something for your kitchen or as a gift for a friend's kitchen, visit Bakers Rack All Things Kitchen in Florence. Their hours are Wed-Sun 10-4 p.m. Their phone number is 719-784-7141 and you can follow them on Facebook.



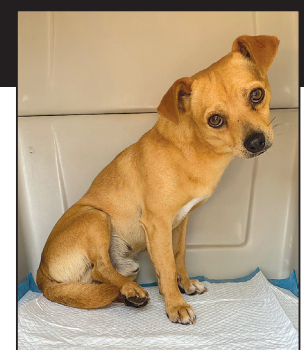
Mary McGrail in front of her shop in Florence, Bakers Rack all Things Kitchen

Adopt Me by AARF

Oliver

Oliver is a shy Chihuahua mix about two years old. He loves other dogs but isn't too sure about the people around him. He's a runner and needs a patient family who will gain his trust. Contact AARF at 719-761-5320 or through aarfcolorado.com.

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



2021 Public Shooting Days

Hosted by the Teller County Shooting Society at the Gold Camp Shooting Sports Center

10 AM to 3 PM

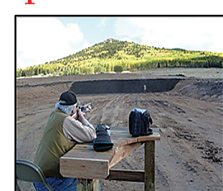
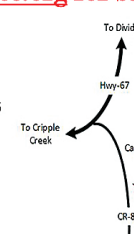
July 3, 4, 10, 11, 18, 24, 25, 31; August 1, 7, 8, 9, 14, 15, 22, 28, 29;
September 4, 5, 11, 12, 19, 25, 26; October 2, 3, 9, 10, 17, 23, 24, 31;
November 6, 7, 13, 14

Adults - \$15.00 per day 18 and under \$10.00 per day

**** Be sure to visit www.tcscs.co.org for schedule updates ****



The GCSSC is located at 1805 Teller CR-81, one mile south of the KOA campground.



Park County Fair

July 13th-18th

KICK-OFF PARADE, 4-H AND OPEN SHOWS, BARN DANCE, #8 AND #12 ROPING, CPRA RODEOS, CARNIVAL, LIVE MUSIC, VENDORS, OPEN GYM KHANA, JUNIOR LIVESTOCK AUCTION, SUNDAY FAMILY FUNDAY, MUTTON BUSTIN', CATCH A GREASED PIG, BEER GARDEN, AND MUCH MORE!

Park County Fair Schedule 2021

updated on 6/9/2021 *Schedule Subject to Change without Notice*

Saturday, June 26 9am: County Fair Clean Up/Set Up Day Saturday, July 10 7am: County Shoot South Park Shooting Range – Como 8am: Park County Rendezvous Goat Show Fair Barn 10am: Open Shoot – Parents & Law Enforcement Sunday, July 11 Noon – Park County Fair Kick Off Parade Front Street Noon - 3pm: 4-H & Open Class Exhibits Check In Monday, July 12 9am - 3pm: 4-H Interviews & Open Judging Exhibit Hall Tuesday, July 13 7am - 3pm: Vet Check/Animal Check In Bullet Rd All animals MUST check-in BEFORE unloading! "All" includes cattle, yaks, horse, swine, lamb, goats, llamas, rabbits, fowl, and dogs - 4-H & Open Class! 8am: 4-H Ranch Horse Meeting Joe Linch Arena 8:30am-Noon: 4-H Ranch Horse Joe Linch Arena Noon: Beer Garden Open 1:30pm – 2pm: 4-H Utility Show South Arena includes alpaca, burros, llamas, yaks, goat 2pm – 4pm: Rabbit Show Fair Barn Stage 4:30pm – 5:30pm: 4-H Poultry Show Fair Barn Stage Wednesday, July 14 7 am – 5pm: Vet Check/Animal Check In Bullet Rd 7am - Noon: Weigh In * Livestock 7am-8:30am – Swine 8:30am-9:30am – Sheep/Goats 9:30am-12:00pm – Beef *we recommend stalling your animal before weighing them in 8am – Open Small Animal (pre-registration required) Small Animal 8:30am – 1:30pm: 4-H Dog Show Joe Linch/Event Tent 10am - 3pm: EXHIBIT HALL OPEN Noon: Beer Garden Open 1:30pm – 2:00pm: 4-H Cat Show Fair Barn Stage 2:00pm – 5pm: 4-H Dairy & Market Goat Show Fair Barn 5:30pm: 4-H Small Animal Round Robin Fair Barn (Dog, Cat, Rabbit and Poultry) 7:00pm - 10:00pm Barn Dance Fair Barn Thursday, July 15 "Park County Employee Family Day" 7am – 8am: Vet Check (HORSE ONLY) Bullet Rd 7:30am: 4-H Horse Show Meeting South Arena 8am – 3pm: 4-H English and Western Show South Arena 10 am - 3 pm: EXHIBIT HALL OPEN Noon: Beer Garden Open 1pm – 2pm: 4-H Trail Course Judging (Western) South Arena 2:30pm – 4pm: 4-H Gymkhana South Arena 3pm: Dress-An-Animal (pre-registration required) Fair Barn 3:00 pm: Roping Joe Linch Arena	Thursday, July 15 (continued) 4:30pm - 6pm: Open Livestock Judging Fair Barn 6pm: Tiny Tots Open Livestock Show Fair Barn 6:00pm: County Employee Family BBQ Event Tent 7pm - 10pm: 4-H Swine Show Fair Barn 8pm: The Sealtie Free Admission Brannan Outdoor Stage Friday, July 16 9am-4pm: Mile High Barrel Racing Joe Linch Arena 9:30am: 4-H Breeding Sheep Show Fair Barn 10am - 3pm: EXHIBIT HALL OPEN Noon: Beer Garden Open 10:30pm: 4-H Market Sheep Show Fair Barn 2pm: Salida Circus Event Tent 12:30pm: 4-H Beef Show Fair Barn 4pm: 4-H Lg. Animal Round Robin Fair Barn 4:30pm: Salida Circus Event Tent 6:30pm: Park County Rodeo Joe Linch Arena & Royalty Coronation Admission: Adults \$15, 6-17 - \$10, 5 & Under – Free 8pm: Sarah Bauer Country Western Band Free Admission Brannan Outdoor Stage Saturday, July 17 9am-4pm: Mile High Barrel Racing Joe Linch Arena 10am - 3pm: EXHIBIT HALL OPEN 10am - 2 pm: Open Gymkhana South Arena 10am: Beer Garden Open 12:30pm – 2pm: Celebrity Livestock Show Fair Barn 2pm: Salida Circus Event Tent 2pm: Recognition Ceremonies Fair Barn Round Robin Awards, Fair Dedication 3 pm: Junior Livestock Auction Fair Barn 4:30pm: Salida Circus Event Tent 5 pm - 7 pm: Buyers & Public Dinner Event Tent 6:30 pm: Park County Fair Rodeo Joe Linch Arena Admission: Adults \$15, 6-17 - \$10, 5 & Under - Free 7pm: 4-H Animals Released 8pm: Elvis Performance Free Admission Brannan Outdoor Stage Sunday, July 18 7:30 am: Cowboy Church Service Event Tent 8:30 am: Pancake Breakfast Event Tent 10am- Noon: EXHIBIT HALL -- exhibit pick up 10am: Beer Garden Open 10am: Park County Kids' Funday Joe Linch Arena Mutton Bustin', Catch-An-Animal, Greased Pig, Stick Horse Rodeo Noon: Junior Rodeo Joe Linch Arena Noon: Elvis Performance Free Admission Brannan Outdoor Stage
--	---

JUNIOR LIVESTOCK AUCTION

SATURDAY JULY 17TH @ 3PM



2021 Park County Fair Presented by:

For more information visit our website
www.parkcountyfair.com





BULLARD
CUSTOM TILE

719-800-2196

Serving the beautiful Pikes Peak Region

Custom Kitchen & Bath Remodeling

"We add the Value to your Vision!"

Free Consultation for your Project

3-D Design & Estimate Available

bullardcustomtile.com - bullardcustomtile@gmail.com

FILL UP SPECIAL
VOLUME DISCOUNTS

Global
Propane

\$1549
Gallon


500 GALLONS PLUS

(303) 660-9290

Family Owned Business

We're on the web!

- Current Issue
- Old Issues
- Where to find us
- Employment Opportunities



www.utecountrynews.com

Stevens Carpet Plus

Your Local Source For All
Your Flooring Needs

NO DEALING WITH CITY TRAFFIC
ONE STOP - FULL SERVICE SHOP FOR
ALL YOUR FLOORING NEEDS

GET PROFESSIONAL, PERSONAL SERVICE AND
QUALITY PRODUCTS RIGHT HERE AT HOME

OWNERS: JUSTIN & BARBARA STEVENS

We want to wish everyone a safe and Happy 4th of July.
Our showroom will be closed Thursday, July 1st-Monday, July 5th.

Nice selection of Waterproof Plank, Hardwood,
Carpet, Laminate and more!

18109 Teller CR 1, Florissant • Call for your free estimate 719-822-6822 or 719-748-1126



Growing Ideas
July Jubilee

by Karen Anderson "The Plant Lady"


Mid-summer greetings to the garden-ers and friends of our Rocky Mountain Communities.

I chose this month's title because it truly is a time for jubilation and because July and jubilee just sounded good together! We are moving forward in our new normals after a very long stretch of isolation. We have been through the darkness and are now standing in the sunlight of the Spirit.

Welcome Mat
reads... "Ring Bell.
Pull weeds until
someone answers."
— Author unknown

We can safely and happily enjoy festivities together again. We can celebrate with birthday parties and BBQs on the 4th of July (if there is no fire ban). We can appreciate grocery shopping without our masks so that we can see each other's smiley faces, as well as so many other activities that we easily tend to take for granted. Yes, we will finally be able to honor our lost loved ones and hold memorial services in celebration of their lives here on Earth, imagining them ascending to a higher place of consciousness. It is also time to pay tribute to those good and dedicated folks who have worked courageously and tirelessly with hope and encouragement to help their fellow humans and animal friends get through the fear, illness and challenges of a devastating pandemic. Our gratitude may be immeasurable and life is good! For these reasons and the sheer joy of gardening, I invite you to join me in a July Jubilee!

As we journey toward the peak of our high-altitude growing season, there are many nice surprises around every corner in the flowering perennial gardens. The Delphiniums are beginning to bloom with various colors up and down their tall (staked) stalks. Native Rocky Mountain Penstemons are in full royal blue/purple regalia. The everblooming Potentilla bushes are beaming with their pretty pops of yellow flowers that truly create happiness in my heart. Bleeding Hearts are beautifully cascading with perfectly shaped pink and white namesake blossoms. Peonies begin to tease me with buds that want to open, but in due time. The Centaurea delbata bushes (perennial bachelor buttons) are continuously bursting with purple-ish daisy shaped flowers. Wild Geraniums and many other indigenous plants are doing their thing and offering a variety of colors and fragrances.



Native Rocky Mountain Penstemons are in full royal blue/purple regalia.

When the native wild roses are blooming in July...Oh, my goodness...I just have to stop and take some time to smell the roses! Breathing in deeply the sweet scent and feeling the sensation of the mountain breeze on my face is like heaven on earth for me. I relish being in that very special moment with Mother Nature and my appreciation soars toward Father Sky and Our Creator.

In addition to the many vibrant and pastel colors from the perennial gardens, we may be harvesting the little candy sweet cherry tomatoes from the greenhouse along with fresh, organic herbs and nutritious, delicious greens to make that fabulous homegrown salad. Gather these goodies early in the morning when everything is cool and crisp.

The rhubarb patch is providing a second harvest in July and horseradish roots can be dug for processing for a potent sinus cleansing sauce! Gardening is a wondrous experience indeed.

I will encourage you to keep deadheading many of your perennials, as you would with annuals, through July and August so they are tricked into delaying the going to seed process until the end of the season. Columbines, Iceland Poppies, 'Telestar' Dianthus and cranesbill are among the most successful with the use of this method.

Water meaningfully and mulch of course. If you are nurturing newly planted trees or bushes, it is imperative that they are hydrated deeply and often. Weed when you can, especially grasses that are unwanted, as they are greedy for water and nutrients. Check your rain barrels to see if they need some cleaning care.

I suggest that tomato plants be trimmed of large and old leaves for the purpose of growing more fruit rather than the plants themselves.

Watch for aphids in the greenhouse, particularly on peppers. Run for the insecticidal soap right away. Because aphids are born pregnant, you don't want to let them get out of control. They really are nasty little creatures and can destroy your plants if they are not eradicated as much as possible as soon as they are detected.

Feed your vegetables throughout this growing time with an application of compost or organic supplements such as Happy Frog or Dr. Earth products.

Beat the heat by dipping a long-sleeved cotton shirt into your cleanest rain barrel, wringing it out and slipping it on for an instant cool down.

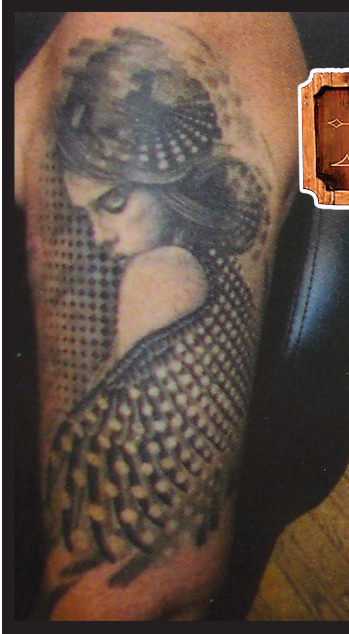
A little bit of weed wacking makes a huge difference in the appearance of a

landscape. I have discovered that I can use my covid masks to protect my face when I am working with a weed wacker of other types of power tools in the garden.

With the many chores of gardening in the summer, let's not forget to take that much needed break. Sip some ice-cold lemonade embellished with some fresh picked sprigs of mint, while sitting on the veranda or ramada or in the shade of an old and wise spruce tree. Listen for the baby birds in the comfort of their nests, letting everyone know that they are alive and well and HUNGRY! Observe and enjoy what is happening in your Sacred Space. Perfection is not an option, only progress in our endeavors and gratitude for our blessings is needed for peace and contentment.

I wish to thank those of you who are practicing responsible *Earth Keeping* by using organic methods, by respecting the land and by sharing your knowledge, wisdom and inspiration to others. We are all students and teachers as we walk through our personal journeys in life.

Mountain Naturals in Woodland Park continues to host The Harvest Center's annual fund-raising plant sale. There is an abundance of locally grown organic tomato, pepper and herb plants available and all for a very good cause. A variety of Power Perennials, born and raised at 9,000ft are also for purchase there and at the Outpost Feed Store in Florissant. Happy Houseplants, Blessing Beads, seeds, and other gift goodies are on display at Shipping Plus in Divide. I can still hook you up with native aspen and spruce trees, as well as native bushes and shrubs. You are always welcome to contact me directly at 719-748-3521 or e-mail plantlady@speaks@gmail.com for further inquiries or to schedule a personal landscaping consultation. Also, I could really use some 1-gallon plastic pots that are in good shape. If you have any extras that you would like to recycle, please let me know, thanks. Wishing you all a Joyous Jubilee in July and Happy Gardening!



DUNGEON Body Art Studio

TATTOOS
& Piercings

Body Art Studio

WORLDWIDE AWARD WINNING TATTOO ARTIST
RICHIE STREATE

503 Main St. • Cañon City, CO
richietats@msn.com
TheDungeonInc.com
719-275-5050

CELEBRATING 12 YEARS IN BUSINESS!

July 4th Kids Fishing Derby
in Salida



Looking for a fun way to celebrate Independence Day? Colorado Parks and Wildlife (CPW) is co-hosting the annual July 4th Kids Fishing Derby at Frantz Lake State Wildlife Area near Salida with co-hosts Trout Unlimited.

CPW has stocked the lake, which is adjacent to its Mount Shavano Fish Hatchery, and CPW officers will be providing fishing instructions at the derby. CPW also will have a limited number of fishing poles for kids who don't have poles.

The event is free to kids 13 and younger. Registration begins at Frantz Lake at 8:30 a.m. on Sunday, July 4. The derby will begin at 9:45 a.m. as actual fishing begins for one hour.

Snacks and sodas will be available for contestants and their families. Kids should bring their own fishing gear, water and sunscreen.

Derby winners will be announced at 11:15 a.m. Prizes will be awarded for first fish caught, longest fish caught and to the contestant who traveled the farthest to participate. All contestants will receive a derby souvenir.

Frantz Lake State Wildlife Area is located just outside Salida on CR 160 just beyond the golf course. Parking is available.

CPW is waiving the entrance pass requirement to the wildlife area for

End of Summer Golf
Tournament

by Ken and Judi Hesselberg

We're back! Little Chapel Food Pantry is once again having our fundraiser golf tournament, but this year instead of a "Spring Break-Out" we are having an "End-of-Summer" tournament on Monday, August 30th! This is the only fundraiser we are able to do this year, so it is doubly important to have as many folks participating as possible. Check-in for the tournament begins at 7 a.m., with a 9 a.m. shotgun start. We will also have winning team prizes, a silent auction, lots of fun door prizes, and a great lunch, all included in your \$100 per person registration fee! It will of course take place at our own beautiful local golf course, Shining Mountain. Format will be 4-person scramble. Sign up early, teams are limited!

We also have Sponsorships available at several levels. Silver level (\$250) includes your sign with logo on one of the holes. Gold level (\$600) includes a 4-person team and your logo sign on one of the holes. Platinum level (\$750) includes logo/sign on hole, 4-person team, sign/banner inside the lunch/event center room and/or outside fence, and a special "shout

out" for your company during the lunch event. To pre-register, or sponsor a hole, please contact Jude Brock at 214-274-3978. Get teed off for a great cause! Help us feed our neighbors in need in Teller County!



CRIPPLE CREEK CARE CENTER

Your Colorado Mountain Home

Love of the Colorado mountains does not fade with age!



WE ARE A 5-STAR COMMUNITY

Welcome Summer

Warmer weather has arrived!
We are looking forward to resuming
some of our normal summer activities.
We are excited to be able to take our
residents out of the building. If you
see us out and about feel free to wave.
The residents are excited to be able to
attend community events again.



We are a family-oriented community
that takes pride in the care and services
we offer to our residents.

To get more information about our community, contact
Laloni Bancroft, Admissions/Marketing Director
at 719-689-2931 or lbancroft@cc-care.org

Dedicated
to Quality



Committed
to Caring

Lawrence Cowan, Administrator

700 North 'A' Street ~ Cripple Creek
719.689.2931

Call to discuss your personal needs and schedule a facility tour

www.cc-care.org



Cowboys approaching a wild pony. Written in pencil on the front of the cyanotype is: "Catching a wild pony, Russell's ranch." Unknown photographer. Undated cyanotype. From an album of an unidentified owner. Courtesy of the Cripple Creek District Museum.



Cattle, lowing and bawling, stand in a stock pond to cool off. Written in pencil on the front of the cyanotype: "Russell's Ranch 20 miles east of Colorado Springs." Unknown photographer. Undated cyanotype. From an album of an unidentified owner. Courtesy of the Cripple Creek District Museum.



Branding the wild pony back at the ranch. There is a lot going on in this cyanotype. The shadow of the photographer is in the lower left. In the background, behind the gate, is a woman looking out wearing a bonnet and a prairie dress. Written in pencil on the front of the cyanotype: "Branding same pony, Russell's Ranch." Unknown photographer. Undated cyanotype. From an album of an unidentified owner. Courtesy of the Cripple Creek District Museum.

The Captive Pony

by Steven Wade Veatch

With the turning of each page in the frayed leather album, the old blue photographs or cyanotypes*, possibly over 12 decades old, conjured the past and a way of life that is gone. One group of photographs reveals part of one day on a ranch, about 20 miles east of Colorado Springs, in eastern El Paso County, Colorado. This might be the story of these blue images.

The riders had an early start. The night chill faded as the sun climbed in the sky. A cowboy, sitting low in his saddle, looked out across the endless reach of the wild plains that spread out in all directions. He spotted a wild pony.

Turning back in his saddle to call the others to help him catch the pony, he could see Pikes Peak mantled with snow. This group of young men, who appeared older because of the hard work they endured, slowly rode toward the wild pony.

When the cowboys reached the pony, they pulled their horses to a stop. The wild pony nosed the ground as it grazed on grass. Stems of dead grass stuck to its mane. Flies buzzed around. The air smelled fresh.

One cowboy rode quietly forward, stopped, and lassoed the pony while the others watched. This outfit of saddle-sore cowboys, tough as leather, headed back to the ranch with the pony in tow. The sun was now high in the sky and the day inched along as they rode back. Along the way meadowlarks sang, grasshoppers jumped, and butterflies flew around the wildflowers. Prairie dogs stood straight as sentries, peeked at the riders, and then dived into their holes. A soft breeze blew out of the west, rustling the tumbleweeds.

When they arrived at the ranch, a wran-

...the old blue photographs or cyanotypes, possibly over 12 decades old, conjured the past and a way of life that is gone.

gler led the wild pony inside the corral. A ranch hand threw a log on the fire in the middle of the corral. Smoke drifted toward the gate. A branding iron, sitting in the hot coals, glowed a bright red on its business end. Several of the men brought the pony to the ground, tied its legs together, and then a wrangler branded it, marking ownership. Tomorrow the cowboys would break the wild pony.

After the branding and the completion of their tasks, some cowboys sat on the front porch of one of the ranch houses and relaxed after a hard day of work. They peered out from the shadow of the porch and thought about all the newcomers moving into the area, crowding the land. Each one wondered how soon their way of life would be corralled and changed like the wild pony they branded.

**The cyanotype process uses light sensitive iron salts instead of silver salts on paper. This simple and low-cost process made prints in blue used for making proofs instead of finished prints and was popular with some amateur photographers. Dates in popular use: 1880-1910.*



Three men and a woman pose on the porch of a mudbrick house on the ranch. A cat rests on the steps. Five large pumpkins sit on the porch. Barnyard chickens peck on the ground in the far right of the photo. Written in pencil on the front of the cyanotype: "Doyle's House, Russell's ranch." Unknown photographer. Undated cyanotype. From an album of an unidentified owner. Courtesy of the Cripple Creek District Museum.

Grannys' High Altitude Super Hemp

The Purple Building in Lake George
Industrial Hemp Cultivation and Retail Store

We grow and produce our unique one-of-a-kind
hand crafted small batch



CBD Whole Plant Extract
CBD Pain and Skin Salves
Hemp Tea



We grow all our hemp organically right here in Lake George
WE SHIP ALL OVER THE COUNTRY
Open Mon - Sat 9am - 5pm
719-748-4736 grannysheмп.com

The Artful Antiquarium

by Flip Boettcher
photo by Flip Boettcher

One of the newest shops in Florence, The Artful Antiquarium, is located on the west end of Main Street, where it turns right onto Church Street, in the big white corner building. Antiquarium means a place for keeping antiques as well as a small museum that houses archaeological material of local origin.

The proprietors of the shop are a mother, Deb Boyd, and daughter, Melissa Acosta, team. Between them they have more than 70 years of knowledge and experience about antiques, collectibles and textile design.

The shop includes items on consignment, separate vendor spaces, which are available, as well as their own collection of items, stated Acosta. They plan to also have a coffee and tea bar all week with fresh baked goodies on the weekends.

When the building on Second Street that housed their Yellow House Antique store sold, Boyd and Acosta had to close their business there and move to a new location. It seemed like 318 West Main was good place for them and offered more space.



Deb Boyd on the left and Melissa Acosta in front of their new store in Florence, The Artful Antiquarium. They are standing next to an old kerosene wagon from the days when people used kerosene lanterns for light.

The shop is in the old Woods building built in 1896 to serve the nearby Florence and Cripple Creek Railroad; it housed the St. Elmo Hotel. When the railroad closed in 1914, the building became a furniture and range business with a rental upstairs, which soon became apartments until the 1980s.

Downstairs had many businesses over the years including a barber shop and shoe store, auto sales, auto parts, Florence Feed and Fuel, sign painting and storage for the city of Florence. In 2005 it was purchased as an antique store and has remained that until today.

Plan on a visit to The Artful Antiquarium at 318 West Main Street in Florence; their phone number is 719-565-7313 and email bruinwald@yahoo.com.

BOREAS PASS RAILROAD DAY

Saturday, August 21, 2021
9:00 a.m. - 6:00 p.m.



Como Roundhouse and Klondike Kate. Photo by John Meikel

All Day Celebration of Historic Railroad and Landmarks in Como, Boreas Pass and Breck

- FREE DENVER BRASS CONCERT IN COMO
- Open House at Como's Landmarked Roundhouse, Depot & Schools
- Visit Beautiful Klondike Kate Steam Engine at Como Roundhouse
- FREE PANCAKES at BOREAS PASS SECTION HOUSE - starts 9 a.m.
- Walk around Como Railroad Campus and Historic Town

For More Information:
f Boreas Pass Railroad Day
BoreasPassRailroadDay@comcast.net

Sponsored by: South Park National Heritage Area, Denver South Park & Pacific Historical Society, South Park Rail Society, USFS, Como Civic Assoc, Breck Heritage

Shop and Dine on Historic Front Street in Fairplay

Don't miss
Burro Days
July 23-25

C.P.D. - Teller Unrepentant
Blades - National Gifts - Art 1781
Dragons - Fine Art Jewelry
MtnArtsUnrepentantArtist.com
532 FRONT ST, Fairplay • Historic District •

SNITCHING LADY DISTILLERY
500 FRONT STREET, FAIRPLAY, CO
WWW.SNITCHINGLADYDISTILLERY.COM
719-838-4224
A Williams & Nelson Family Tradition

South Park Pottery & Back Room Beads
Pat Pocius
PO Box 459
417 Front St.
Fairplay Colorado 80440
719-836-2698
backroombeads.com patpocius@gmail.com

PARK BAR
great food cold beer
511 Front St
Fairplay, Colorado
719 836-3404
Take Out Menu • 11am-9pm

Sweet-Bakes Pantry
BAKED GOODS & GIFTS
facebook.com/sweetbakespantry
526 Front Street • 970-389-5886

MOUNTAIN ESSENTIALS
FAIRPLAY, CO
520 Front St. • 303-880-7258
www.mountainessentialsllc.com

Coyote Creek Studio Arts
Call To Artists
Looking for the
unique and
unusual
www.coyotecreekarts.com
patpocius@gmail.com
419 Front Street
719-836-2040

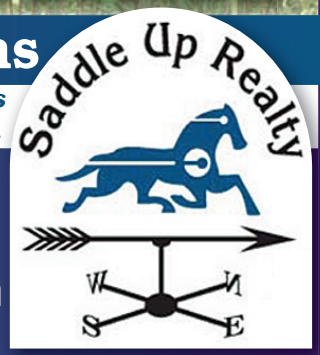
SOUTH PARK CITY
4TH & FRONT STREET, FAIRPLAY, CO
AN AUTHENTIC
RESTORATION
OF AN 1880S
COLORADO
MINING
TOWN
WWW.SOUTHPARKCITY.ORG • 719-836-2387
OPEN DAILY UNTIL OCTOBER 15TH

Millonzi's
At 501 Front Street
Your Friendly Neighborhood
Italian Restaurant
www.Millonzis.com
501 Front Street ~ Fairplay, CO ~ 719-836-9501

PLATTE RIVER SALOON
517 FRONT STREET • FAIRPLAY, CO
719-838-3461
HOURS: OPEN DAILY 11AM - CLOSE

Eclectic Southwest cuisine
Fresh seasonal ingredients,
craft beers, signature cocktails
and a variety of wines.
Dine in our comfortable and
contemporary atmosphere
or outside in beautiful
courtyard garden.
456 Front Street, Fairplay CO • 719-836-7031
SaladoRestaurant.com • info@saladorestaurant.com
Open 11am-10pm. Closed Tues. & Wed. Reservations required due to limited capacity


Laura Owens
Your specialist for rural mountain properties
in Southern Park & Western Teller Counties.
PO Box 7 Guffey, CO 80824
719.689.5501
laura@saddleuprealtyco.com
www.saddleuprealtyco.com





Lenore Hotchkiss

Real Estate Broker
(719) 359-1340




WOODLAND PARK/TWO HOMES
1.72 acres, two historic homes on east side of Woodland Park in Crystola Canyon. 3 bdrm, 2 bath and 2 bdrm 2 bath, both with garages and fireplaces. Beautiful setting adjacent to National Forest. Knotty pine, great stonework. MLS #1214288. \$595,000.

LAKESIDE HOME
Rainbow Falls Park North - beautifully done cabin with 2 bedrooms, 2 new baths, updated kitchen with granite, fireplace, large patio, garage & storage building. Private gated community surrounded by National Forest, these homes are rarely on the market. Lake frontage with 1 acre plus creek on two other sides. Superb fishing/boating. Call for more information. \$465,000.



WEST OF LAKE GEORGE
5200 SF timber framed home/retreat adjacent to National Forest. Spectacular private setting on 9 acres, 3 car garage, large barn & stable. 4 bedrooms, office, 8 baths, craft room plus apartment with separate entrance. Pikes Peak views. Perfect for family gatherings or retreats. \$995,000.



This is one of the hottest markets seen in a long time, and a great opportunity for sellers right now. Call me if you're considering selling your home.

LenoreHotchkiss@gmail.com
www.LenoreHotchkiss.com
P.O. Box 526 • Woodland Park, CO 80866



See what's new at Cripple Creek District Museum

The Cripple Creek District Museum (CCDM) is debuting four new displays this summer. In their main museum, the Midland Railroad Depot, is an impressive display of a windlass — original to the district — and how it would have been used. In the Colorado Trading & Transfer Building are the remaining three exhibits. A tribute to the Cripple Creek Donkeys and the role they have played in the district can be viewed in the stairway and landing. Memorabilia from the first Donkey Derby Days can also be seen. On the second floor, is the story of the hydroelectric Skaguay Power Plant. Early light bulbs, insulators and other electrical devices are on display. Around the corner from the Skaguay exhibit, is a fun display on early 1900 household devices which made life easier for the Victorian housewife.

Returning for another year is the popular Mysteries at the District Museum. Find the answers to a series of questions and submit your entry for a chance to win one of two gold nuggets. Winners will be drawn in August and September.

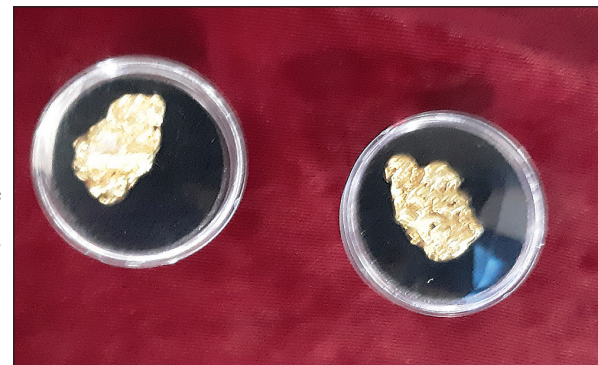
Aside from the new exhibits, the District Museum has many events planned throughout the summer. On July 4th weekend, a collection of non-profit organizations will be having an old-fashioned carnival with games to raise awareness about their respective groups. Later, on July 23-24, the Pikes Peak Corvair Club will be holding a car show in the District Museum parking lot. August brings the return of Locomotive #20 from the old Florence & Cripple Creek Railroad. The locomotive has undergone a 14 year, \$1.5+ million restoration. Locomotive #20 will be in Cripple Creek August 13& 14.

The popular Visits with History, A Historical Talk Series, returns July 11th with Steven Antonuccio and a talk on the History of Cripple Creek. There will be a total of seven talks given throughout the remainder of the year. All historical talks will be held at the Cripple Creek Heritage Center.

To wrap up the season of events, the Cripple Creek District Museum will hold their annual fundraiser, the Cripple Creek Ghostly Gathering on October 2nd — a night of fun, frights, and frivolity. Complete with food, live music, a silent auction, and Halloween Costume Contest! The ever-popular Escape Rooms, which



New displays at the museum this year: A tribute to the Cripple Creek Donkeys and the role they have played in the district (top), gold nuggets (center), and the story of the hydroelectric Skaguay Power Plant (bottom).



take place inside the museum, are held year-round. Call 719-373-2805 to book your Escape Room. Ghost Walks, a guided ghostly tour of Bennett Avenue, will take place on Saturday afternoons from mid-July thru October. Private Ghostly Tours are available. Call 719-373-2805 for more information.

FMI www.cripplecreekmuseum.com and Facebook page or call 719-689-9540.



PANCAKE BREAKFAST

Featuring a full breakfast prepared by your fire department volunteers. Free-will donations accepted.

SATURDAY, JULY 31
7-11 AM

Florissant Fire Station #1
2606 W. Hwy 24

Afterwards, attend Florissant's Heritage Days across Hwy 24 at The Grange from 9am-3pm
Fun • Food • Activities • Music

Give invasive species the brushoff

by Coalition for the Upper South Platte

We are doing our part to Give Invasive Species the Brushoff at the Coalition for the Upper South Platte! With a grant from the USDA, CUSP has installed boot brush kiosks for hikers and anglers to clean their shoes to limit the spread of invasive species. Invasive species, including noxious weeds, are plants and animals that aren't native to a particular area. These species often cause significant harm to the native species and negatively impact the environment, economy, and human health.

Human activity helps spread invasive species. Mud on shoes or vehicles can transport seeds. Some seeds have hooks that allow them to hitch a ride on clothing, animals, and equipment. They take a ride and spread to new areas where the native species can't compete.

Some invasive plants are quite attractive, so they show up in nurseries as ornamental plants. They can also hide in nursery stock, potting mixes, or home décor made from raw wood products.

Several insects and disease pests of trees can move in cut firewood, pallets, or solid wood packing material.

Being aware of these pathways of spread can help us reduce the risk of accidentally moving harmful invasive species. By learning how to inspect and clean our belongings and knowing the source of the things we buy, we can begin to reduce the chance of accidentally spreading something that could harm the natural places that we cherish.

A few of the things that we can do to help Stop Invasive Species in Your Tracks:

- Clean your shoes, use the boot brush if it is available.
- Stay on the trail when hiking or biking.
- Check your animal companions for seeds and mud.
- Clean your camping equipment before you leave the campsite.
- Don't bring firewood back home or carry firewood back home. Only burn wood that you find within 10 miles of



the campsite.

- Clean your RV, bike, ATV, and other equipment at a car wash that recycles the water, don't send it into your lawn.
- Dry your boat and fishing equipment for five days before entering a new water body.
- PAY ATTENTION! Check for mud, insects, and other hitchhikers before you leave an area.

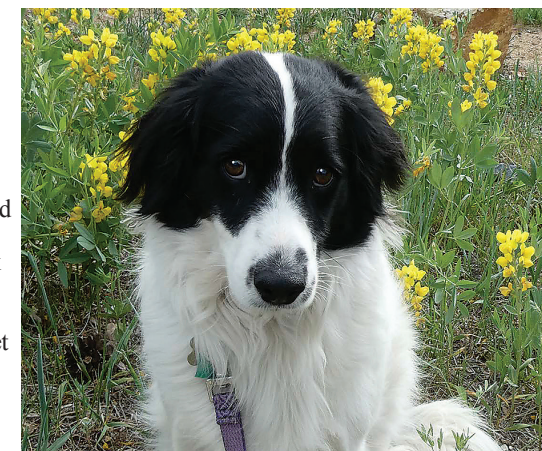
FMI check out the "Play, Clean, Go" website — www.playcleango.org

Where is Katee this month?

She will be at the Old-Fashioned 5th of July Celebration at Memorial Park in Woodland Park 9-11 a.m. walking around.

Katee wants to thank everyone who is continuing to support the Pet Food Pantry with donations so that her canine and feline friends can stay at home with their families.

You can drop off donations at TCRAS, Blue's Natural Pet Market or the UPS Store located in the Safeway Shopping Center. You can also donate online www.PetFoodPantryTC.com. Thank you for your support.



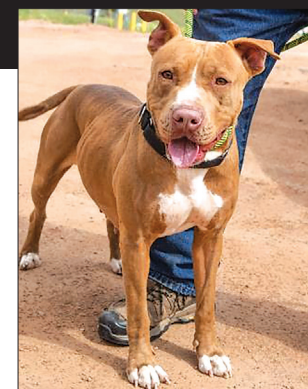
Have a safe and happy 4th of July!
Pet Food Pantry Volunteers
Thank you for your support!

Adopt Me by TCRAS

Rosalie

My name is Rosalie and I'm sweet as can be! I came all the way from Texas and I'm so excited to meet new people and just show them how much love is in my heart. Although, I'm not too fond of other critters in my home, I like it to be all me! I'm a gorgeous, 5-year-old little girl with a cute-pink nose. I really love to play but I do have heartworm to work through and I would love a cozy home to heal in. If you think I'm the friend for you, please call my human friends at 719-686-7707 to set up an appointment to meet me!

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




BUENA VISTA

CONTIN-TAIL GEM, MINERAL, & FOSSIL SHOW

Free Show - Free Parking
Buena Vista Rodeo Grounds
Gregg Dr. Buena Vista, CO 81211
August 12-15th 2021
9 AM- 7 PM Daily
www.bvrockshow.com



FREE PAPER SHREDDING

9 a.m. to noon, Saturday, July 17
2410 Rampart Range Road
Woodland Park

IREA customers are welcome to bring up to three legal-sized paper boxes or kitchen-size garbage bags of paperwork to be securely shredded on-site.

IREA

[@IREAColorado](https://twitter.com/IREAColorado)
[IntermountainREA](https://www.facebook.com/IntermountainREA)

Just Voted "Best of Teller 2021"
Premium Vape Products
Your #1 Vaping Source in Teller County



BUT...We're NOT just a Vape Shop
THR (TOBACCO HARM REDUCTION)

- PREMIUM VAPE PRODUCTS
- QUALITY CBD & ACCESSORIES
- QUALITY ESSENTIAL OILS
- AROMATHERAPY SUPPLIES
- EDUCATION & ADVOCACY

Aromatherapy Sessions by Appointment

Learn the doTERRA Difference!

Experience a FREE Biofeedback Scan and Sample doTERRA CPTG essential oils



Let's talk about CBD for you and your pets!
We have various types of CBD isolate (THC-free) Broad spectrum (THC-Free), Full Spectrum (.3%)



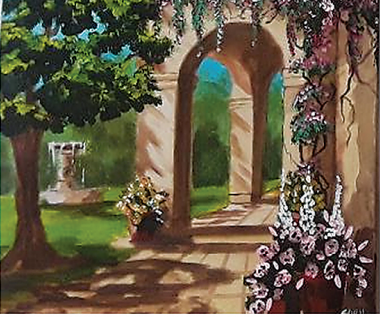
MOUNTAIN VAPOR LOUNGE
719-888-9523
104 E. Midland Ave.
Woodland Park

We Moved!
Now at
104 E. Midland
Next to Judge's CharGrill

New Hours:
Mon-Sat 9am-8pm
and Sun 10am-6pm

[@MountainVaporLounge](https://www.instagram.com/mountainvaporlounge)

Paintings by
Mary Shell



Canon Framing
414 Main St. Canon City
For info call Mary 719-371-5405

Divide Quality Work Since 1974!
COLLISION CENTER

Auto Body and Paint Repair • Insurance Claim Estimates

WE DO IT ALL!


Hundreds of Satisfied Customers
Boat Repairing & Refinishing
Plastic & Fiberglass Repair
RV Body & Frame Repair
All Insurance Companies
All Types of Painting
Hail Damage Repair
Auto Glass Service

FREE Estimates!




178 Weaverville Rd., Divide
(719) 687-7683

Critter Corner



Long haired donkey Murl peeking thru daisies. - Chuck & Linda Rinkor, Guffey, CO



Bald Eagle resting on a Fence post - Jeff Hansen, Florissant, CO

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



Chrystal and the Caves of Adventure

by Gilrund the Historian

It was a beautiful day and Crystal was flying around the back side of Winter Mountain looking at the wonderful flowers that she had never seen before. The sun was warm and the rocks that were usually covered with the seemingly ever-present snow were now sparkling in the sun. She saw one rather large stone that looked to have an opening in the mountain behind it. Crystal flew over to the stone and found that it did indeed have an opening in the mountain right behind it. The opening was large enough for several fairies to have flown in it and that is what made her think of her three friends, Avi, Glacia and Mystie. She just knew that they would love to explore this hole in the side of Winter Mountain with her.

The next day after Crystal had told her three friends of the opening in the mountain, they had all flown to the big rock and looked down into the hole.

"Let's go," said Mystie, "It should be fun."

"I wonder what we'll find?" added Glacia.

"Perhaps we'll find gold and precious stones to make crowns with, that would be fun," suggested Crystal.

The girls flew down into the hole, found how dark it was and quickly turned on their wands with the "Light" spell. Down and down, they flew, listening to the different sounds that arose in the darkness.

As they flew, they saw that the sun had changed position and was now shining down through the hole in the mountain and now they could see below. There was a large forest of trees of a kind that they had never seen before. They had creatures moving in them that made funny noises and the creatures would swing from limb to limb. Below the trees there was thick grass that was being eaten by what appeared to be black and white striped horses. The girls laughed as they flew down and landed on the heads of the strange looking horses and sat between the ears. They rode along laughing as the zebras walked about eating the grass and chasing each other.

It was during this fun time that Mystie noticed the beautiful flowers that were growing everywhere. There were hundreds of them of all sorts. The fairies flew to them and started drinking the nectar. It was delicious! Mystie was down in one of

the large red flowers enjoying the nectar as the sun moved and the flower started to close, and it got dark inside the flower. Mystie couldn't get out!

"Avi, Crystal, Glacia," she shouted, "Get me out of here!"

"Where are you?" called Glacia.

"I'm in the red flower!" Mystie called.

"Which one? There are lots of the red flowers here," returned Avi as she flew around looking at the red flowers.

"Keep calling Mystie," shouted Crystal, "We'll listen for your voice and find you."

Mystie continued talking to her three friends and they quickly found the flower that Mystie was stuck in.

"How are we going to get her out?" asked Glacia as they looked at the flower.

"How about the three of us pull down on that one petal and the Mystie can climb out of the opening that it would make?" said Avi.

The three girls all grabbed onto the top of the same petal and pulled it away from the rest of the flower. The stem bent some as they pulled, but the petal did pull away from the rest of the flower and Mystie was able to climb out slowly.

When she did, she fell to the grass under the flower and didn't move much. The girls flew down to her and saw why she couldn't move; she was covered in the sticky nectar. Her wings were stuck together as were her legs and she could just barely move her arms. Her hair was matted to her head and ears and her dress was glued to her body. She had no shoes; they were stuck inside the flower.

Avi looked at Mystie and smiled as she wiped some of the nectar off and ate it. Glacia and Crystal did the same thing and soon Mystie could move again, but she still needed a bath.

"Come on Mystie," said Avi, "Fly over here to this stream and get the rest washed off."

"I can't," cried Mystie, "my wings are stuck together, I'll have to walk."

Mystie tried to walk and fell down for her legs were still stuck together. Avi and Glacia grabbed both of Mystie's arms and lifted her up and carried her over to the stream and dropped her in the water. Mystie screamed because the water was so cold, but it did wash the nectar off in a short time and Mystie

was able to walk and fly again.

On the four friends flew, looking at the strange animals and dipping into the wonderful flowers and the tasty nectar. They followed the sunshine and the strange animals followed it too until there was no more sunshine and it became totally dark.

It was then that other animals came out and they could see in the dark. The fairies had to light their wands and that attracted the "Night Creatures" and the "Night Creatures" were hungry! Time after time the girls had to fly quickly away to keep from getting caught and eaten by the ugly creatures. Once they heard one of them calling out to them, "Come back, little ones, come back and give Mogli the shiny stick. Mogli wants shiny stick thing."

Then a frog looking thing jumped up in the air and nearly caught Crystal's wand in its slimy claw. Crystal screamed and flew away faster than she had ever flown, until she was far away from the frog creature and sitting on top of a tall tree. The other girls caught up with Crystal and they all looked back at the frog thing as it hopped along the ground trying to catch them. The girls sat on the top of the tree and decided to fly out of the hole in Winter Mountain. But the sunbeam was gone that had shined through the hole in the top and they didn't know where to go.

"I'm hungry!" said Crystal.

"Me too."

"Me too."

"Me too."

"Do you think that we could go down and find some of those big flowers and get some more nectar to eat?" suggested Glacia.

"We'll have to be very careful of the night creatures," added Crystal, "I didn't like the looks of that frog thing."

"Perhaps if we keep our wands on low, they won't come after us," suggested Avi, "I'll go first."

The four friends turned their wands on a low setting and started down from the tree looking for the big flowers. As they flew, they found the flowers, but they had all closed now that the sunbeam was gone.

"Rats!" said Crystal as she flew from one flower to another, "How are we going to get the nectar from these things when they are closed up like this?"

Avi looked closely at one of the flow-

ers and then flew up at it with her wand pointed straight up.

Thunk! Went the flower petal and when Avi removed her wand, the nectar started flowing out and down her arm. She quickly moved under the flower and caught the sticky nectar on her tongue and tried to eat it as fast as it came out. She couldn't eat fast enough, and soon she was covered in the soft sticky stuff.

The other three fairies came over to her and started taking the nectar off her with their hands and eating it until they heard a soft thumping sound, like something big walking toward them from a short distance away. They quickly turned out their wands and flew up toward the top of a tree and landed on the highest branch that they could. Then turned to look back down with their wands pointed down like a flashlight.

"Oh no!" cried Mystie, "Avi is stuck in the grass with the nectar all over her wings. She can't fly. What are we going to do?"

Before anyone could respond they saw what was making the walking noise. It was a giant ant! It was looking for food to take back to the queen of the ant colony.

Avi sat as still as she could, hoping that the ant wouldn't see her. But it did!

The ant walked over to Avi and with its long proboscis started licking the nectar off her and sticking it to its body. It started at her head and worked its way down to her wings. Then went to her body and stopped. It couldn't carry any more and turned to walk back into the darkness and its colony and the other ants.

Just as the ant turned away, Avi tried to fly up to the tree, but her feet and legs were still covered with the sticky nectar and she couldn't rise off the grass.

Glacia, Crystal and Mystie were flying down in a moment and were quickly wiping the nectar off their friend and eating it. It took longer than they thought it would, for just as they had most of the nectar cleaned off Avi, they could hear the rumbling sound of lots of the ants coming back.

Avi could move her wings, but not well enough to fly, so her three friends grabbed her arms and pulled her up and into the tree just as the ants came to where Avi had been.

The ants didn't even look for her but started gathering up all the nectar that had leaked out of the punctured flower.

The three friends that had rescued Avi were still wiping off the nectar and eating it as Avi cried,

"Stop it! Carry me some place where I can wash this stuff off. The nectar might be an appetizer for you, and you'll eat me too."

The girls all laughed as they took Avi by the arms again and flew to the nearest stream and dropped her into the water. Avi rose to the surface of the water and started washing off the sticky nectar as her friends watched from the side of the stream. She looked at them and said,

"You could have just landed me at the side, and I would have waded into the water and washed off. But, NO, you had to drop me in like I was just a rock or something. You know, pay-backs can be really rough. But thanks for getting me away from the ants. I didn't want to be ant food."

Her friends were grinning at her in the light of their wands and Avi tried to splash water on them, but they were too far away.

It didn't take long for Avi to get cleaned off and walk out of the stream to let her wings dry, so that she could fly again.

"I think that we should look for the hole in the roof of this place and get out of here, before something else tries to eat us," said Glacia.

All the girls agreed, and they flew up toward the top of the dark place and turned on their wands to start the search. As they flew searching for the opening, several of the ugly flying things swooped down on them. The girls were watching for such things and were quick to get away.

There were times when the girls had to hide in the rocks of the ceiling with their wands turned off for a while until the flying creatures lost interest and flew away, before they could continue their search. It took longer than they expected to find the hole. There were lots of places that looked like there was a hole, but when they looked closer, the hole didn't go through to the surface of Winter Mountain.

Suddenly the girls stopped in mid-flight. They had heard a loud rumbling noise above them and they started to feel an occasional rain drop fall on them. There was a thunderstorm starting on Winter Mountain and the rain was fall-

ing through the hole. There were bright flashes of lightening that could be seen through the hole that was just a little way away from where the girls had stopped.

"There it is!" cried Crystal.

The girls all started flying as fast as they could toward the flashing hole in the ceiling and the falling rain. Just as they were about to fly through, there was a lightning strike that came down through the hole and on down to the forest at the bottom. It struck a tree and the tree started to burn.

"Let's get out of here!" shouted Mystie as she flew up and out of the hole with the other three girls right behind her.

The storm was really going, and the girls had trouble flying in the strong winds and the rain.

It took a while, but they made it back to their homes on the other side of the mountain.

The next day they all went to the Queen of Winter Mountain and told her about the hole in the mountain and about all the strange things that they had found there.

The Queen sent an expedition to the place where the hole was. They found the rocks, but the storm had caused the rocks to move in a large flow of dirt and mud and the hole was covered with huge boulders.

The girls asked her if the world under Winter Mountain could survive without the daily sunshine that came through that hole. They knew how important the sun was to their world. Most everything would die without the sun on Winter Mountain.

The queen explained that it probably would. The amount of sun that shined through the small hole wouldn't be nearly enough to keep a world that large alive. There must have been another way.

The girls asked her what the other way was. She couldn't tell them.

They never found another way down into the other world under Winter Mountain.

~ The End ~

Chuck Atkinson of Como, CO enjoys writing fiction stories and treasure hunts for the children at his church. We are pleased to have him contribute to the only fiction in our Ute Country News.


2nd Floor Office/Warehouse Space For Rent



Located in the Heart of Divide
1250 Sq Ft • \$700/month + Utilities
719-687-3794

We're on the web!

- Current Issue
- Old Issues
- Where to find us
- Employment Opportunities



www.utecountrynews.com

Community Partnership
Family Resource Center

SAVE THE DATES!

Summer Happy Hour Fundraising Series

Join us this summer for some fun in the sun with specialty drinks and food trucks! Learn about all the awesome things Community Partnership has to offer, support local businesses, and connect with old and new friends!

Thursday, July 22nd
4:00-8:00pm
Rhapsody
121 W Midland Ave, Woodland Park

Friday, August 13th
4:00-7:00pm
Paradox Beer Company
10 Buffalo Ct, Divide

September 2021
TBD

For more details visit www.cpteller.org

The Little School that can!

by Flip Boettcher

The Guffey Community Charter School (GCCS) qualifies as the little school that can. The school is one of a handful throughout the state that has had in-person learning for the entire school year, starting the end of August and ending the first in June. Being small and rural was helpful, but the students were a big part, too.

After spending several months the prior year with on-line learning, the students were eager to return to the classroom, doing what was necessary to make that happen. Everyone wore masks while in the building, including the community volunteers; the students had Plexiglas desk separations in the classrooms which they decorated; and everyone stayed in their own cohorts, except while outside. There were no school or community events.

The school has three multi-grade classrooms. This year K-2 had eight students; 3-5 had eight students; middle school, 6-8, had seven students; and there were two online students. This year, there was one eighth grade graduate.

May 20, 2021, Katy Grosch gave her eighth grade oral presentation. An eighth grader works on their presentation for the entire school year, and it includes an autobiography, career research project, volunteer and community work.

Thinking about a career as a seamstress, Grosch researched that job. She designed and made the dress she wore at the presentation. Grosch milked a cow, learned to drive, worked and put in 96 volunteer hours during the year.

After all was said and done, Grosch decided she might like to be a seamstress as a hobby, not a job. She likes making clothes, but she really likes welding better. Katy said that online learning was hard and in-person was better, except for the horrible masks. Katy will be going to Cañon City for high school next year.

June 3, 2021 was the school's Awards Celebration and Graduation. It was held outside under a huge open tent with more than 45 people plus staff and students attending. The school provided hamburgers, hot dogs and fixings. The community provided potluck.

School Principal Martine Walker said that even with covid restrictions the school had a successful Halloween Parade, Easter Egg Hunt, the students still made the fundraising fire starters, the students wrote and sent local veterans cards for the Veteran's Day program and they had their Christmas party with Toys for Tots. The community was very supportive and the school got lots of donations this year, said Walker.

Walker acknowledged and thanked the nine classroom volunteers and Rita Mick at the library. She also thanked the other staff who keep the school going, maintenance man, bus driver, and chef for lunch (that's just one person), the custodian, and

bookkeeper.

Each teacher presented awards to each of their students and school board of directors president Frank Ruvo presented gifts to the teaching staff and principal.

This year the middle school students could take an elective welding class, taught by long-time resident Bill Soux and Ken Walker. Five middle school students participated. Walker said the kids did great with the machines and stayed safe.

Their project for the class was to design and make their "ship of life." Dylan got a Guffey Garage hoodie for being the most improved welder and Abby Grosch got a welding helmet as 1st place for her "ship of life."

Eighth grade graduate Katy Grosch handed out roses to people who helped her this year and received her diploma.

Food and refreshments followed the ceremonies.

The school has been in the same building for 103 years*. Of course, there have been additions and modifications over the years, but the same school bell still rings at the start and end of each school day.

In 1918, joint school district #49 was formed between Fremont and Park Counties and a school board of directors was elected. A one-time-only levy tax of seven mills was voted in for the purpose of selecting and buying a site for the Guffey School, constructing the school, and fur-



The student's welding projects during the welding class in the front row and their "ship of life" projects in the back row. photo by Flip Boettcher

nishing it. Lots #1, 18, 19 and 20 in block 18 were purchased.

Two contractors from Cripple Creek, J.C. Harker "Hawkie" and his father had the lowest bid of \$3,790 and were selected to build the schoolhouse. They re-used lumber from some old buildings in Guffey and from torn down buildings the county donated.

Unfortunately, because of World War I the cost of building materials almost doubled and the school could not be completed at its first estimated cost, so the board decided to complete only the three



The Guffey School in 1918 when it was built. photo courtesy Martine Walker.

rooms, leaving the exterior, the hall and the water unfinished.

By September 1918, the three rooms were complete and two teachers were hired, but the school had to close from early October to early December because of the Spanish flu epidemic. The school finally re-opened in December and hired a third teacher.

In 1996 the RE-2 school board approved funds for a district charter school with two operating sites, Lake George and Guffey, which were to start in the fall.

Also in the fall of 1996, a 4,500 square foot addition was started on the south side of the old Guffey schoolhouse. The addition would include a multi-purpose room, offices and a kitchen upstairs, two bathrooms on the original school level, and two classrooms downstairs.

By 1999 the two schools, Lake George and Guffey, decided to split and each become a separate charter school. The Guffey School was now the GCCS.

The school thrives on donations and fundraisers, and in 2010, then-school Principal Pam Moore started the first annual Pie Palooza, a pie contest, a pie auction and melodrama. The Pie Palooza soon became the school's biggest fundraiser of the year and over the past 10 years has

raised about \$57,000 for the school. Last year, February 2020, the Pie Palooza was the last public event the school had before closing because of covid. Sadly, the Pie Palooza was cancelled this year, 2021, but everyone is looking forward to the event next year.

In 2011, the roof on the original building began to sag and had to be replaced. The entire roof was torn off and the 93-year-old beams, rafters and roof decking were replaced, the two old chimneys were taken down below the new roofline, and the old

hand pump-filled water tank was removed.

By 2013, lack of communication and broadband internet service earned Guffey the title of the most underserved area in Park County. With no broadband internet the school could not use many of the educational resources and state-imposed testing that required high speed internet.

With several county grants, private grants, in-kind donations, much community support, and past principal Pam Moore the moving force behind the broadband project, the school purchased 20 acres east of the school in 2014. This property has the highest point in Guffey with line of sight to South Park Telephone's high speed internet tower on Dick's Peak.

The school built the access road to the top, erected the distribution pole to house the antenna, built the solar power system and storage building to power the whole system, thus bringing high speed internet to the school and some spots in Guffey. September 30, 2014, the school's high speed, broadband internet system went live.

With the old school bus constantly breaking down and in need of repairs, school Principal Martine Walker started pursuing the purchase of a new school bus. With proceeds from a record-breaking Pie Palooza, matching donations, grants and community donations, a new \$64,759 school bus was purchased in 2019.

The "community" in GCCS really means community. Over the years the school has been a center of the community. Community members volunteer teaching, tutoring and mentoring students and the school sponsors many community events and programs.

Congratulations on a great year! The community and the school are looking forward to programs and events next school year, which will be Walker's fifth year as school administrator and principal.

With 20-30 average school students, about 30 people living in Guffey town, and 300-400 people in the surrounding area, Guffey is a remarkable community and the GCCS is truly the little school that can.

*For a complete history of the Guffey Community Charter School, visit UCN archives December 2017 100 Years of the Guffey School.

Shipping Plus

Your Full Service Shipping & Business Center

We Now Have Paper Banners!



Your Printing Professionals!

Tri-fold Brochures & Flyers
Spiral-Bound Booklets & Calendars
POA & HOA Newsletters (with/without mailing)
Restaurant Menus - both disposable AND wipeable

Stop in for a printing quote!

Packaging • Shipping • Scan to Email • Fax • Copies
Printing • Design • Business Cards • Brochures • Flyers
Keys • Laminating • Notary • Greeting Cards
Gift Wrap • Thymekeeper Products • Pottery by Diane Foster
The Plant Lady Seeds and Blessing Beads



52 County Road 5 - Divide
(Behing Divide Market, Next to Russ Place)
719-686-7587 - Open M-F 9-5:30
ShippingPlusCO@gmail.com • www.shippingplusco.net

The Pikes Peak Workforce Center works for the success of regional businesses with no-cost, tailored services connecting you to employment-ready job seekers.



Resources available to you include:

- Recruit & Select
- Hiring Events
- Job Fairs
- Analytical Research
- On-the-Job Training
- Transitions & Layoffs
- Pre-Employment Assessment



ppwfc.org

PIKES PEAK WORKFORCE CENTER
A proud partner of the AmericanJobCenter network

Paid by U.S. Department of Labor funds

EXPECT • EXPERIENCE • EMPOWER

Healing Is Here

CONFERENCE AT CHARIS BIBLE COLLEGE | AUGUST 10-13

800 Gospel Truth Way, Woodland Park

Learn about the **God who loves you** and **wants you well.**
Healing belongs to you; learn how to take it for yourself.



CHARIS BIBLE COLLEGE

This conference is **free**, but it will fill up quickly. Register today at **HealingIsHere.org/ute** or call **719-635-1111**

ARE YOU AND YOUR VEHICLE READY FOR THE SUMMER DRIVING SEASON?

SCHUMACHER'S Alignment & Tire Center

Over 32 Years in Teller County! Teller County's Oldest Family Owned & Operated Alignment & Tire Center!

Most Major Tire Brands Now Available

- Mufflers & Custom Exhaust
- Wheel Balancing
- Brake Service
- General Automotive Repair
- Cars ~ Trucks ~ 4x4's ~ Motor Homes

220 S. Burdette, Woodland Park, CO

719-687-2446

Jamie Schumacher Mon-Fri 8-5:30

10% OFF LABOR ON ANY SERVICE OVER \$100

WITH COUPON

School Supply Drive

Suggested items:

- Backpacks
- Lined notebooks
- Loose-leaf paper
- Ballpoint pens
- #2 Pencils, Erasers
- Pencil sharpeners
- Scissors
- Glue/glue sticks
- Rulers
- Crayons
- Calculators
- Ear buds
- Hand sanitizer
- Disinfectant wipes
- Masks
- New Underwear
- New Socks
- Highlighters
- Permanent and washable markers
- Tissues

One Nation Walking Together School Supply Drive, June through July, help ONWT provide native children with the tools to succeed!

Drop-off donations at:
3150 N. Nevada Ave.
Colorado Springs, CO 80907
laura@onenationwt.org

719-329-0251

ONE NATION WALKING TOGETHER onenationwt.org

Colorado's best kept secret!

find it in
FLORENCE
"the antique capitol
of Colorado"

**2ND SATURDAY
SIDEWALK
SALES!**

ANTIQUES

FOOD

WINE

BEER

LODGING

GALLERIES

MUSEUM

HISTORIC

THEATER

BAKERY

**CBD WELLNESS
PRODUCTS**

*The Short Drive
That Goes
A Long Way!*

Bakers Rack
All Things Kitchen

Kitchen Gadgets
Linens & Gifts
Wall Decor
Springside Cheese

Gourmet Foods
Watkins Extracts
Bakeware & Cookware
Tablescapes

Cookie Jars
Cookie Cutters
Pappardelle Pasta
And More

118 E. Main St
Florence, Colorado 81226
719-784-7141
Mary McGrail - Owner
bakersrackallthingskitchen@gmail.com

**FLORENCE & CRIPPLE CREEK
GEM CO.**

Jewelry • Cabochons • Minerals
Stone Decor • Much More

Roger & Kathryn Duncan

122 E Main St.
Florence, CO 81226
719-430-6935
info@fccgemco.com
www.fccgemco.com

Aspen Leaf Bakery & Cafe

**Pastries & Pies
Soup & Sandwiches**

Kristen Espinoza
113 Main Street, Florence, CO 81226
Phone: (719) 784-3834

Worldwide Treasures, LLC

118 W. Main St.
Florence, CO 81226
719-784-7434

Harriet Graham
Kim Thompson
Scott Thompson

Find it in
Find it at FCC

FLORENCE

CONSIGNMENT

CORNER

Where you can find almost
ANYTHING

118 W. MAIN ST. FLORENCE, CO
719-784-7660
www.facebook.com/findalmostanything

Treasures
BOHO * VINTAGE
ANTIQUES
ART & MORE

719-784-7376
202 W. Main St • Florence, CO

BARN & BARREL
farm fresh to barrel aged

Antiques, Art, Salvage & Wine

105 West Main Street
Florence, CO 81226
719-784-1172
facebook.com/barnandbarrelflorenceco

**taylor'd
home**

124 West
Main
Street,
Florence,
CO

The Loralie
Antique Mall

109 W. Main St.
Florence, Colorado 81226
719-784-3797

**103 Vintage
Market**

103 W Main Street,
Florence, CO 81226
(719) 784-7303

Unique Antique Boutique

Facebook.com/103 Vintage Market

**Blue Spruce Gallery
Art & Antiques**

"The Best of Both Worlds"

**Fine Art arts and Crafts,
Select Antiques
in a Victorian Setting**

205 W. Main, Florence, CO 81226
719-784-1339 bluespruceart.com

**ANTIQUE
WAREHOUSE**
Virginia Lindley-Brunn

**Vintage & Artful Lighting
Western Accoutrements**

124 E. Main St. • Florence, CO
719.372.1016 • mvh876@gmail.com
Tue-Sat 10am-5pm, Sun 11am-5pm

**Earth Dreams
Pretty Things**

Boutique, Gifts, Accessories, Gallery and More

719-280-3345
120 East Main St., Florence, CO

**SPIRIT RIDERS WESTERN
EMPORIUM**

111 W MAIN, FLORENCE, CO 81226

**ART, BOOKS, JEWELRY
VINTAGE CLOTHING**

Steampunk attire
CORSETS
Barry and Barb Brierley, owners
Artist, author 719-431-3592

LARRY NELSON • 719-338-1628

**NATIVE AMERICAN
JEWELRY
50%
OFF!**

132 E. MAIN ST. FLORENCE, CO

Old
fashioned
soda
fountain
and ice
cream
parlor

**TWO
SCOOPS**

106
East Main
Street

Open
7 days
a week
11-8

ICE CREAM PARLOR - FLORENCE, CO

I heard your voice in the wind today

by Marcy Cain

Please join us for a benefit memorial ride at Coronas Freshwater Grill in Guffey, July 17th, 2021 at 10 a.m.

In March of 2018, we lost our only son to Cystic Fibrosis. Rob was a brave fighter who battled this disease for his entire 29 years. The world lost a truly-loving heart that day. He rode his Harley every day and loved the freedom it gave him. We are celebrating his life with a benefit ride for Rocky Mountain Cystic Fibrosis. Come to the Freshwater Grill for the ride and dance to Marcus Motel and The Closers at 2-5 p.m. All bikers welcome and nonriders as well. The ride will be from Guffey to Westcliffe for lunch and back to Guffey. Donations to RMCFF accepted at passion. cff.org/robs-ride.

See you there, Badger Bob and Mountain Marcy!



Adopt Me by SLV Animal Welfare Society

Mr. Socks

Guaranteed, if you pet Mr. Sock you will want to take him home! He is so-o-o-o mellow, loving and gets along well with other dogs. Mr. Socks was hit by a vehicle and lost one eye. He is 7 years old, microchipped, and current on all vaccinations. He is a Lab Mix and weighs about 50 pounds. To meet Mr. Socks, call 719-587-woof (9663) or find us at Petco on Saturdays 11-3 p.m. 5020 N. Nevada Ave in Colorado Springs.

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



**Need help heating your home
this winter?** ¿Necesita ayuda con la calefacción
de su casa este invierno?

LEAP can help.
LEAP puede ayudarlo.

**ACCEPTING APPLICATIONS
NOVEMBER 1 - APRIL 30**

ACEPTANDO SOLICITUDES 1 NOVIEMBRE - 30 ABRIL

**LEAP, Colorado's Low-income Energy
Assistance Program, helps eligible
Coloradans with winter home heating costs.**

LEAP, El Programa de Asistencia para Energía para Hogares de Bajos Ingresos de Colorado, ayuda a los residentes elegibles de Colorado pagar una parte de sus gastos de calefacción de invierno.

1-866-HEAT HELP
(1-866-432-8435)

www.colorado.gov/cdhs/leap

Applications can be accessed online
or at your Teller County DHS office
at Tamarac Business Center in
Woodland Park or Aspen Mine
Center in Cripple Creek.



COLORADO
Office of Economic Security
Division of Food & Energy Assistance

TOTALLY RADICAL MUSIC



80's HITS

Find us on
Facebook

COLORADO STRONG | COLORADO PROUD

Heart of the Rockies Radio Group and Media Center
719-539-2575 | 7600 CR 120, Salida, CO 81201

Tumbling Trout
Fly Shop



GUIDED FISHING

Private Property and BEYOND!

(720) 363-2092

FILL UP SPECIAL
VOLUME DISCOUNTS

Global Propane

\$1549

Gallon

500 GALLONS PLUS

(303) 660-9290

Family Owned Business

LOG HOME
RESTORATION



Media Blasting | Staining
Chinking | Sealing
Rebuilding Decks and Railings
Paul Schmucker
(719) 580-8094
pjhitchingpost@gmail.com
HITCHING POST

Are you looking for a career opportunity that lets
you be in charge of your time and your money?

IT'S ALL IN YOUR HANDS

Do you enjoy talking to people? Do you like to set your own schedule? Can you meet deadlines?

The Ute Country News is seeking sales representatives for Buena Vista, Salida, Woodland Park, and Colorado Springs. Experience helpful, but will train. Basic computer skills required. Ability to identify potential markets helpful. Generous commissions. Send letter of interest and resume to Ute Country News POB 753 Divide CO 80814 or utecountrynewspaper@gmail.com or call 719-686-7587.

Evolving with cooperation and altruism

by Eric Chatt N.D.

In the scientific dialogue around evolution, often competition and conflict are centered while the roles of cooperation and altruism are diminished. The human brain has evolved into one of the most complicated 3-pound assemblages of matter in the universe. Likewise, the complexity of relationships between species in ecosystems has a complexity and organization that baffles even our cerebral cortical capabilities. What is clear is there is an interdependency and cooperation that occurs between life on this planet. Evolution can be, and is often, cooperative and altruistic.

As an undergraduate student studying biology in the 1990s I recall a professor who was an ornithologist describing patterns in bird behavior where altruistic care of the young was displayed by individuals in the social cohort that were not one of the biological parents. This contradicts the Darwinian notion of survival of the fittest, right?

Darwin did not coin the phrase “survival of the fittest” which often is used to encapsulate the most basic underlying principles of evolutionary dialogue into four words. This term was created by Herbert Spencer who was in fact not a scientist. Darwin discussed cooperation and interdependence in nature as important evolutionary factors, while an overemphasis on Spencerian perspectives in evolutionary discussions highlighted the aggression, interspecies competition, conquest, and conflict.

The word altruism, as defined in the *Oxford English Dictionary* is the “regard for others as a principle of action, unselfishness; concern for other people.” Notice this is assumed to be an exclusively human trait in this definition, while birds, dolphins, flowers, and many more species display this tendency. Chambers’ dictionary of etymology uses “unselfishness” as the definition and notes the first use documented to be 1853 in the George H. Lewes’ Comte’s *Philosophy of the Sciences*.

To illustrate altruism in nature I invite you to picture in your mind the blue hued lupine plant that inhabits many ecological niches here in Colorado. Lupine means “wolf-like” and many early botanists discovered that these flowers often exist in alpine meadows without many other plants around, thus acting like a lone wolf. If one used a Spencerian perspective of analysis they may speculate as many researchers did, that the plant was stealing nutrients from other plants. Upon further study it was revealed that these plants have evolved the ability to survive in nutrient-scarce environments with few minerals. After death, the plant leaves a mineral rich residue which allows other plants with more requirements to begin inhabiting these regions, clearly an altruistic act.

Both the Lupine and the mammal from which the plant gets its name have been

improperly slandered and maliciously represented, while the science is discovering what Darwin speculated about cooperation and interdependence is true for both this flora and fauna. Wolves improve water quality for all by decreasing riverbank and creek erosion from overgrazing and overpopulated deer or elk herds. According to National Geographic, a biome is “An area classified according to the species that live in that location. Temperature range, soil type, and the amount of light and water are unique to a particular place and form the niches for specific species allowing scientists to define the biome.” It seems as we learn more about science, our terminology is growing and changing as well. Our own bodies are ecosystems containing within, a balance of various organisms occupying space as with the “microbiome” of our gut. (Merriam-Webster defines a microbiome as “a community of microorganisms — such as bacteria, fungi, and viruses — that inhabit a particular environment and especially the collection of microorganisms living in or on the human body.”) We are part of nature and without other species, we could not exist. Shifting the bias in thinking from a combative, antagonistic, and competitive extractive exclusivity towards a more balanced understanding of the role of cooperation and interdependence can serve us well in looking at systemic issues around social and environmental challenges.

Murray Bowen is considered to be the founder of Family Systems Theory. Darwin was born in 1809, Spencer in 1820, and Bowen in 1913. It took about 100 years before leaders in science were able to see how various species impact on each other. After many chapters in *Family Evaluation* by Kerr & Bowen which focus on how various species differentiate to survive (even changing gender in MANY species), they finally get to applying Systems Theory to people. The crux of Family Systems Theory is we are forever reckoning the forces of “separation and belonging” — we must differentiate to make ourselves unique and special, yet we cannot differentiate to the point of no longer *belonging* to our families, social groups, etc. A key component in treatment becomes helping the client become aware: when you are moving toward something, what are you moving away from and when you are moving away from something, what are you moving toward? Perhaps if we were to be more cognizant of this question, we might be more conscientious of how we impact on others.

Perhaps the altruism in nature can be seen as a guiding light for our behavior. As the human brain evolved, so too did language, culture, and our ability to adapt to our social and physical environments. We are bio-psycho-social-spiritual creatures. We can and must do better in teaching our children and practicing ourselves

the lessons learned in compassion, conflict resolution, and cooperation. Cooperation in nature and interdependence has been practiced by indigenous people for many thousands of years. Solving problems while reducing harm to other people, plants, fungi, animals, and the biosphere has been part of human evolution.

Seventh Generation philosophy practiced by many indigenous cultures here on Turtle Island* is a wonderful guidepost to help us move towards an altruistic culture, rather than one of unbridled greed and selfishness. How can our actions now influence the next seven generations? Perhaps with intention, compassion, and our highly evolved brains (and hearts!) we can care for each other and our biosphere, resolve conflict, and avoid harm in our collective world. As part of nature, we can learn from the natural processes of support, care, and nurturing to help balance the violence and harm that our species is perpetuating. Altruism can and is contributing to our collective evolution. Like the lovely lupine we can help future generations by leaving behind the micronutrients needed for a cooperative coexistence and a healthy planet.

** The turtle continued to grow bigger and bigger and the dirt continued to multiply until it became a huge expanse of land. Thus, when Iroquois cultures refer to the earth, they often call it Turtle Island.*

In the process of finalizing this article, the June 16 *Elder’s Meditation* offers the following:

“For me, the essence of a medicine man’s life is to be humble, to have great patience, to be close to the Earth, to live as simply as possible, and to never stop learning.”
— Archie Fir Lane Deer, Lakota

The Medicine people focus on their Being, not their doing. After all, we are human beings not human doings. The Medicine people are very patient and consciously trying to live a life of humility. Medicine people are servant leaders. Their main purpose is to serve the needs of others. By this service attitude, they become the leaders people listen to and the leaders the people want to follow. The Medicine people say everyone is their teacher. Maybe we should try to live this way ourselves; humble, patient, honoring the Earth and listening to our teachers.

Grandfather, today, let me know all people are my teachers and I am the student.

Mueller State Park in July

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 innate 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 Colorado Statehood! Other unique programs are a Star Party with the Colorado Springs Astronomical Society, a puppet show, a Full Moon Hike and a Dark Sky Hike!

A Bioblitz on July 17 will strive to document species in the park. Visitors can get involved in citizen science by photographing and recording as many different species of plants or animals 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 to put online.

- 1 Hike: Elk Meadow to Peak View Pond** meet 10 a.m.*
- 1 Mountain Lion Touch Table** 2 p.m. Visitor Center
- 1 History of Mining in the Pikes Peak Region** 8:30 p.m. Amphitheater
- 2 Bird Walk** meet 8:30 a.m. at Elk Meadow TH
- 2 Knee High to Nature** 2 p.m. meet at Camper Services
- 2 Leave No Trace Basics** 8:30 p.m. Amphitheater
- 3 Archery** meet 10 a.m. at Dragonfly Pond
- 3 Pond Safari** meet 1 p.m. at Dragonfly Pond
- 3 Geocaching** meet 2 p.m. at Visitor Center
- 3 Tracks and Scat** 8:30 p.m. Amphitheater
- 4 Hike: School Pond** 9 a.m.*
- 4 Tree Touch Table** 11 a.m. Visitor Center
- 5 Hike: Cheesman Ranch** meet 8 a.m. at Grouse Mountain TH
- 5 Crafty Critters** 9 a.m. Visitor Center
- 5 Hike: Grouse Mountain** meet 10 a.m.*
- 6 Hike: Peak View Trail** meet 9 a.m. Elk Meadow TH
- 6 Hike: Homestead Trail** meet 10 a.m.
- 7 Hike: Cummings Cabin** met 9 a.m. Grouse Mountain TH
- 7 Fly Fishing** meet 10 a.m. Dragonfly Pond
- 8 Bird Walk** meet 8:30 a.m. Elk Meadow TH
- 8 Skins and Skulls** meet 11 a.m. Visitor Center

Adopt Me

by Ark Valley Humane Society

Dewey

Dewey has been in the shelter longer than any cat in our care. Dewey would prefer to be the one and only cat in your home, so it’s taking her longer than most to find that purrfect fit! She’s been getting comfortable in our Cat Meet ‘n Greet Room here at the shelter. We are thankful that most of our cats are in foster homes so Dewey does not have to spend her days in a kennel while with us.

She is a 10-year-old female Domestic Shorthair Mix who does well with dogs. Dewey can take some time to warm up to new people, but you will fall in love with her amazing personality once you gain her trust, and she is extremely photogenic! Since Dewey is a senior cat, she is priceless; adoption fees waived. If interested in giving Dewey the loving home she so deserves, please fill out an adoption application on our website: <https://www.ark-valley.org/adoption-matchmaker-application/> or give us a call to schedule a time to meet Dewey! 719-395-2737

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



- 21 Pond Safari** meet 1 p.m. at Dragonfly Pond
- 22 Hike: Preacher’s Hollow** meet 8:30 a.m.
- 22 Salamander Hike** meet 2 p.m. at Elk Meadow TH
- 22 History of Tourism in the Pikes Peak Region** 8:30 p.m. Amphitheater
- 23 Hike: Black Bear Trail** meet 9 a.m.*
- 23 Hug a Tree to Survive** – for kids meet 2 p.m. Visitor Center
- 23 Full Moon Hike** meet 9 p.m. at Outlook Ridge TH
- 24 Hike: Dynamite Cabin** meet 8:30 a.m. Grouse Mountain TH
- 24 Archery** meet 10 a.m. at Dragonfly Pond
- 24 Tree Cookie Painting** meet 2 p.m. Camper Services
- 24 Nature Bingo** 7 p.m. Amphitheater
- 25 Gold Panning** meet 11 a.m. near Livery
- 25 Hike: Cheesman Ranch** meet 1 p.m. at Grouse Mountain TH
- 26 Hike: Cheesman Ranch** meet 8 a.m. at Grouse Mountain TH
- 26 Animal Safety Hike** meet 9 a.m. at Outlook Ridge TH
- 27 Hike: Geer Pond** meet 9 a.m. at Lost Pond TH
- 27 Hike: Grouse Mountain Trail** meet 9 a.m.*
- 28 Hike: Preachers Hollow** meet 8:30

- a.m.*
- 28 Watercolor Painting** meet 1 p.m. Visitor Center
- 29 Hike: Cahill Loop** meet 9 a.m. Grouse Mountain TH
- 29 Junior Ranger Adventure** meet 1 p.m. at Dragonfly Pond
- 29 History of how Colorado Became a State** 8:30 p.m. Amphitheater
- 30 Pond Safari** meet 10 a.m. at Dragonfly Pond
- 30 Nature Crafts** meet 2 p.m. Camper Services
- 30 Sunset Hike** meet 7 p.m. at Outlook Ridge TH
- 31 Hike: Rock Pond** meet 8 a.m. Visitor Center
- 31 Fly Fishing** meet 10 a.m. at Dragonfly Pond
- 31 Camp Bingo** meet 11 a.m. at Lost Pond Picnic Area
- 31 Campfire Cooking** meet 7 p.m. at Lost Pond Picnic Area

*Indicates meet at the trailhead (TH) of the same name as the hike.

Mueller events are free; however, a \$9 Day Pass or \$80 Annual Pass are required to enter the park. FMI 719-687-2366 or cpw.state.co.us.

Heart of the Rockies Regional Medical Center news

HRRMC announces new providers of gastroenterology services

Heart of the Rockies Regional Medical Center (HRRMC) is welcoming new providers of gastroenterology services beginning this month.

HRRMC has partnered with Colorado Springs-based Associates in Gastroenterology (AG) to offer gastroenterology services to the local community. Fellowship-trained gastroenterologists Michael Burkholz, D.O.; Matthew Drew, M.D.; Austin Garza, M.D. and Bryan Kavanaugh, M.D., will see and evaluate patients in the gastroenterology suite, located in the Specialty Clinic at HRRMC’s main campus.

Dr. Burkholz completed a fellowship at Medical City Fort Worth-John Peter Smith Hospital. His special interests include reflux disease, constipation and cirrhosis, among others. He is fluent in Spanish.

Dr. Drew completed a fellowship at Cooper University Medical Center, New Jersey. He has a special interest in the role of diet and lifestyle in gastrointestinal (GI) illness.

After completing a fellowship at University of South Florida/H. Lee Moffitt Cancer Center, Dr. Garza received his board certification in gastroenterology and hepatology. He has clinical interests in esophageal disease, swallowing disorders and GI malignancies.

Dr. Kavanaugh completed a fellowship at Thomas Jefferson University Hospital in Philadelphia. His clinical interests include the management of inflammatory bowel diseases, celiac disease and irritable bowel syndrome.

AG’s physicians join HRRMC nurse practitioner Leslie Monagle, as well as HRRMC’s general surgeons, in offering a variety of gastroenterology services. Monagle has 17 years of experience working as a family nurse practitioner in gastroenterology.

“As demand for gastroenterology services in our area continues to grow, HRRMC is committed to localizing specialty services for the convenience of our patients who would otherwise need to

travel to Colorado Springs and the greater Front Range for appropriate healthcare services,” said HRRMC CEO Bob Morasko.

To make an appointment with a gastroenterology provider at HRRMC, call 719-530-2000.

HRRMC Foundation offers EMT and CNA scholarships

Heart of the Rockies Regional Medical Center Foundation is offering scholarships for certified EMT/Paramedics or Certified Nurse Assistants.

Scholarship candidates must live or have lived within the Salida Hospital District, which encompasses Chaffee, western Fremont and northern Saguache Counties. Applicants must be attending college in the fall of 2021, pursuing an Associate Degree in Nursing.

The application deadline is July 9, 2021. To download scholarship guidelines and the one-page application, go to hrmc.com, click on the HRRMC Foundation tab and find the Foundation Scholarships tab. Choose the Guidelines and Application under the Career Advancement section.

Applications should be e-mailed to lezie.burkley@hrmc.net or sent to the HRRMC Foundation Scholarship Selection Committee, P.O. Box 429, Salida, CO 81201 by July 9.

FMI or to request a paper application, call the HRRMC Foundation at 719-530-2218.

Did you enjoy
what you read?
Please thank
our advertisers!

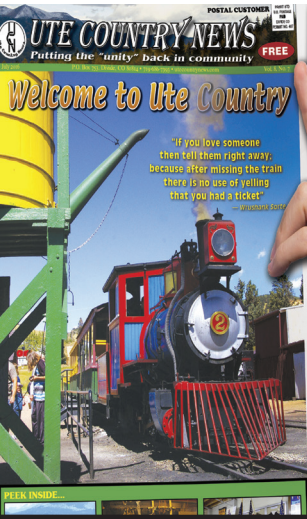
The Thymekeeper



Mari Marques
1870 CR 31 • Florissant
719-439-7303
mugsyspad@aol.com
thethymekeeper.com

Herbs & Oils • Folk Remedies

Private classes available.



UTE COUNTRY NEWS
Putting the "unity" back in community

Welcome to Ute Country

If you love Ute Country, then you'll love this magazine. It's the only one of its kind. It's the only one that gives you the inside scoop on all the latest news, events, and activities in Ute Country. It's the only one that gives you the inside scoop on all the latest news, events, and activities in Ute Country.

Advertise in the local paper that actually gets read...

- Average 95% pick-up rate
- Over 170 distribution points in over four counties

Your advertising dollar goes further in the paper that gets read "cover-to-cover"

- most commonly heard feedback from our readers.

Call or Email for more information on how to get your word out!
719-686-7587
utecountrynews-paper@gmail.com



Leave No Trace

by Bridget Kochel

Colorado Parks & Wildlife, Colorado Tourism Office (CTO) and Leave No Trace Center collaborate to educate Coloradans and visitors to the state on how to recreate responsibly and conserve Colorado’s natural resources.

“Colorado offers an outdoor oasis. So it’s no surprise that Coloradans pride themselves on our outdoor lifestyle and want to keep Colorado wild,” said Colorado Parks and Wildlife Director Dan Prenzl. “As Coloradans, we live life outside — and with that comes the responsibility for all of us to care for Colorado and invest in nature and conservation so our outdoor spaces can be enjoyed for generations to come.”

Colorado outdoor spaces continue to see explosive growth in attendance as Colorado residents seek outdoor and socially distanced activities. While visitation at parks and wildlife areas has increased steadily over the past five years, the pandemic elevated the need to address increased human impact at state parks and the importance to educate the outdoor community on how to be mindful about conservation.

“Coloradans are incredibly lucky to live in a state with endless outdoor opportunities to enjoy, but with that comes a responsibility to educate ourselves about the impacts of our outdoor recreation,” said Dana Watts, the Leave No Trace Center for Outdoor Ethics’ Executive Director. “Our goal is to encourage people to make a conscious effort to protect our outdoor spaces. This partnership is an opportunity to work with Colorado’s extensive outdoor community, to help remind people how small acts of conservation can make a big difference in protecting our environment.”

The Care for Colorado Leave No Trace Principles reveals conservation starts small, and every individual can take proactive steps to reduce their impact on natural resources.

Know before you go

- Our state and federal agencies manage 42% of Colorado’s majestic landscape, and our cities and counties maintain even more. Learn about and respect the spaces we all share.
- Stay back from the pack. Find your way to less-visited and off-peak destinations to minimize down time and maximize your connection with special places.
- Bring along reusable water bottles or hot drink tumblers to limit waste and stay hydrated in our dry climate.
- Check conditions where you plan to visit. In Colorado, even late spring can bring snowstorms, so be aware of the latest news for weather and snow, as well as for road and trail closures.
- Before you head out on your spring-skiing adventures, take the Colorado Backcountry Winter Safety Awareness Pledge and commit to protecting yourself and others while exploring.

Stick to trails

- With 39,000 marked trails and 13,000 designated campsites, there’s no need to venture beyond. By sticking to these areas and camping at least 200 feet from lakes, rivers and streams, you’re helping natural areas stay natural.
- Even though shortcuts can be tempting, please don’t take them. A few extra strides on the path will protect plants and the homes of the true locals.
- Melting snow leaves trails and vegetation more open to damage. Be sure to stick to trails and walk in the middle of the trail — even if it’s wet, muddy, slushy or icy — to avoid erosion and damage to trailside plants.
- Make sure to wear sturdy footwear — like insulated, waterproof hiking boots — so you can always stick to the trail, particularly in spring and early summer when trails are more likely to be wet and muddy from melting snow.



Leave it as you find it

- Leave plants, rocks and historical items as you find them so others experience the joy of discovery.

“Coloradans are incredibly lucky to live in a state with endless outdoor opportunities to enjoy, but with that comes a responsibility to educate ourselves about the impacts of our outdoor recreation.”

— Dana Watts, the Leave No Trace Center for Outdoor Ethics’ Executive Director

- Any of our 750 different species of wildflowers will live forever in a photo. Snap away, but only with a camera.
- Colorado is beautiful all on its own. Building structures or campsites on public land isn’t cool. Keep it pristine for everyone to enjoy.
- Treat all living things with respect. Carving or hacking plants and trees may kill or disfigure them.
- Dismantle any snow structures you build before you leave.
- When taking a skiing or snowshoeing hut trip, leave your hut better than you found it. Be considerate of other users and follow the instructions. Don’t leave food or trash behind, as it may attract mice or other unwanted creatures.

Trash the trash

- Pack it in, pack it out. Or pick it up to leave a place better than you found it. Put litter, even crumbs, peels and cores in your nearest waste/recycling bin.
- Wash yourself, your dog or whatever else needs cleaning at least 200 feet from waterways and use biodegradable soap. A bubble bath is no treat for fish.
- If you have to poo, walk at least 70 steps from trails, water and people. Dig a cat hole 6 inches deep, do your thing in the hole, cover it and pack out your TP. Or use a wag bag (a disposable bag found in most outdoor stores) so you can pack out your waste.

Be careful with fire

- Colorado’s low humidity has perks, but can create dry, dangerous conditions. Keep campfires small and manageable to avoid sparking wildfires.
- When putting out a fire, water it until you can handle the embers. Never let a fire burn unattended.
- Use care when smoking in Colorado’s dry climate. Always put cigarettes out completely and don’t leave your butts behind.

- Always check for local fire restrictions.
- Regardless of the season, avoid making fires in areas where there is little or no dead and down wood, where fires may scar the landscape, or in parking lots and at trailheads.

Keep wildlife wild

- Spring can be a particularly sensitive time for wildlife since many species are nesting, having their young or coming out of hibernation. Be sure to travel quietly and give all wildlife extra space during this time.
- Colorado is home to tens of thousands of furry, scaly and feathered creatures. To keep them — and you — safe, don’t approach them.
- Do not feed wildlife no matter how hungry you think they might look.
- Keep your furry buddies leashed when enjoying dog-friendly trails and pack out their waste. All the way to a trashcan.
- All wildlife, from squirrels to moose, have to work a lot harder to survive in winter. Observe all wildlife from a distance, and do not follow or pursue them. Fleeing forces them to burn energy they need to survive the colder months.

Share our trails and parks

- Chances are you’re not out in nature to people watch, so try out the lesser-known paths and sites.
- Silence your cell phone before stepping into nature and speak softly without using the speaker function.
- Be considerate when passing others on the trails and yield to the uphill hiker and biker — they need the momentum.
- Listen to nature. Keep your voice and music soft so all can enjoy the peace of Colorado.
- Keep noise to a minimum when near others on the trail and let nature’s sounds prevail.

Leave No Trace Seven Principles® 1999 by the Leave No Trace Center for Outdoor Ethics: www.LNT.org.

The CTO joined with the Leave No Trace Center for Outdoor Ethics in 2020 to found the Care for Colorado Coalition. Now an alliance of nearly 30 statewide organizations, federal and state agencies, the Coalition is dedicated to educating Coloradans and visitors to protect the state’s extraordinary natural and cultural resources. The Care for Colorado Coalition asks all recreationists to follow the Care for Colorado Leave No Trace seven key principles when enjoying the state’s great outdoors. Colorado Parks and Wildlife became a Stewardship Partner of the coalition in 2020, to help educate visitors to all of Colorado’s lands, waters and wildlife habitat to consider our impact on the wildlife and wild spaces that make Colorado so special.

As the state offers unparalleled outdoor experiences all year long, the need to care for our lands, waters and wildlife must remain a part of all outdoor activities to ensure we can share this outdoor lifestyle with generations to come.



Life-Enhancing Journeys

Depression: Where does it hurt?

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

While everyone feels sad, moody or distressed from time to time, some people experience these feelings more intensely and for long periods of time seemingly without any apparent reason. Depression is more than just a low mood — it is a serious condition that has an impact on both physical and mental health. We all get depressed at times yet some people suffer greatly from bouts of depression which impede their ability to function in their daily lives. Research has shown that at the heart of suffering, there oftentimes is a sense of disconnection, a lack of belonging, feeling imprisoned in the pain of separation, hopelessness, unworthiness, believing you are unlovable or hopeless. This article is acknowledging the painful state we call depression and will focus on ways to create reconnection with ourselves and with others. Understanding what depression is and how to manage it can help us to develop our inner resources and strengthen emotional immunity. It is comforting to remind ourselves that we are not our depressive thoughts and feelings. The thoughts may seem real but they are untrue. Taking an interest in and becoming compassionate to yourself and others in a healthy way helps to heal the origins of depression.

Although brain researchers have explored this complex area, there is still much that we do not know. Depression is not simply the result of a chemical imbalance because a person may have too much or not enough of a particular brain chemical. However, disturbances in normal chemical messaging processes between nerve cells in the brain are believed to contribute to depression. Antidepressant medication does benefit some people yet it provides no relief for others. Depression requires active treatment which means that you incorporate into your lifestyle routines which are beneficial.

My husband became aware that his ancestry revealed many generations of depressed males, himself included. Mood-altering or mood-stabilizing medication exacerbated his depression so he experimented with other methods. He discovered that regular exercise, fresh air and sunshine improves his mood. Eating healthfully and eliminating toxic foods for him (soy, dairy and wheat) also enhances his disposition. Stepping up by being helpful and kind to others in need also boosts his self-esteem. Realizing when others treat him badly, he avoids taking it personally and reminds himself “It’s not about me...” has also been helpful.

Albert Camus was right in asserting that “there is no love of life without despair of life.” This may be true yet it is hard to accept when one is in the midst of a bout of depression. A way to relieve despair is to acknowledge that everything changes; nothing stays the same for long, not even emotional pain. Trust that it will abate at some point so keep reminding yourself of this probability.

I recently heard about a man who attempted to sneak his pet turtle onto a flight by placing it between two buns and wrapping it in a KFC wrapper. When he was discovered, he told the officials that he just couldn’t leave his beloved pet at home. There is so much research validating that having a pet — experiencing that sense of warmth and connection — increases longevity and happiness. The other side of the equation is that when there is a deficit of connection, there is loneliness and depression.

Pyotr Ilyich Tchaikovsky, a Russian composer of the Romantic period from the 1800s once said, “In my life...there are days, hours, weeks, and months, in which everything looks black, when I am tormented by the thought that ... no one cares for me. Indeed, my life is of little worth to anyone. Were I to vanish from the face of the earth today, it would be no great loss...”

How tormented he must have been! Tchaikovsky expressed how one may feel inside when they are struggling with depression. A person with melancholy may have thoughts such as:

- *I’m a failure.*
- *It’s my fault.*
- *Nothing good ever happens to me.*
- *I’m worthless.*
- *Things will never change.*
- *Life’s not worth living.*
- *People would be better off without me.*

The wounds in our lives are often the result of feeling isolated and disconnected. Somehow we get the message through our families and our culture that something is wrong with us. In the earliest phases of our lives, what we most need from a parent is the sense that we are acknowledged and loved, expressed through understanding and caring, which is intrinsic to our well-being. When this aspect of parenting is neglected, we experience negative thoughts about ourselves (as listed above). Rejecting and dumping the wounding, negative messages is a useful start. When you recognize that you are judging yourself with insulting thoughts (which usually occurs quietly inside your head) give yourself a compliment simply for noticing. This is a skill that will allow you to become aware of the negativity faster which enables you to stop yourself from going down that path again.

I recall a particular time in my life when I was depressed and hurting. Way back in the mid-1970s, in my early 20s, I was working as a nurse on an adult psy-



chiatric unit. The main form of treatment at that time was to dispense high doses of psychotropic medication to the patients who were acting “crazy” — who were deemed inappropriate or too dangerous to be out in society. Being required to mete out the strong medication that would either put a patient to sleep or leave them nonfunctional created such a conflict with my values because I was here to help them heal their pain. I was required to act in a way that violated my beliefs which caused me to become extremely depressed. It felt as if my soul had left my body for several months and I was simply a shell of a person, totally shut down, devoid of any feelings. I remember thinking that if this was going to be the state of my life, I would prefer dying than living like this. Fortunately, a trusted colleague asked me, “Where does it hurt?” and I sobbed to her for a long time. I realized that talking to her and sharing the source of my pain was so healing. When my colleague noticed I was struggling she asked that caring question, it helped diminish my depressive episode which subsided after about four months. Although depression has reappeared occasionally over the decades, I remind myself to ask, “where does it hurt?” then use my skills and resources to manage it. I am aware that a lack of connection can trigger depression as well as becomes a component of despair so I reach out to the people I trust and with whom I feel safe. This restores my sense of feeling bonded, loved and hopeful.

The beginning of healing is recognizing suffering then asking the question: Where does it hurt? Just as a concerned parent, seeing their child upset, angry, withdrawn, will want to know what is going on, we can bring that kind of interest to our inner life and gently ask ourselves: What is going on inside? Where does it hurt?

A challenge that we might experience, particularly when we get in touch with feelings of loneliness, shame, or being unlovable, is how to handle those raw emotions without abandoning or rejecting ourselves. Judgment is one of the main ways that we turn our back on ourselves when things feel difficult. We blame ourselves, get angry, or we project our misery onto others and judge them or we numb out or distract ourselves with unhealthy habits. Asking yourself the important question, “what am I unwilling to feel?” may reveal much that can be useful.

Another way to access our self-caring is to learn to persevere and never give up. When a child is angry or upset we stay with them until we recognize what it is they really need. In the same way, we can commit to staying with our own inner experience, no matter what it is. As we get in touch with what those hurting places really want or need, our caring can exude reassurance and hope.

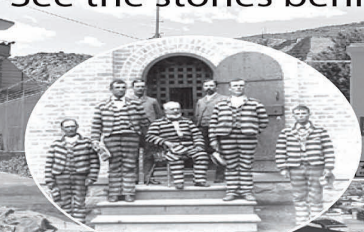
The truth is millions of people suffer from depression. The problem is that most of us avoid talking about it. While it is true that depression has no “magic cure,” there is much you can do to treat depression. Engaging in every activity that helps you to feel even a little better, eating well, being in nature, and remembering that there are things that help until you get to a better place. It can be reassuring to talk with someone who has experienced melancholy and is now living a happier, more peaceful life after overcoming depression — or at least to help you move through it more easily and motivate you through your journey of healing and recovery.

When we heal ourselves, we open up vast potential for healing to include the world around us. If we really want to have a world where we can connect and respond to each other, we must understand and care for all humans, all species, all the parts of this living world that are suffering. Begin with the question: “Where does it hurt?” then listen intently.

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 719-510-1268 (cell).

COME DO TIME WITH US!

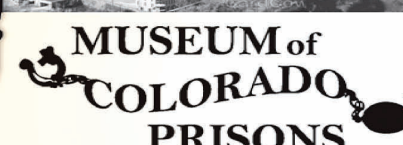
Explore the history of Colorado Prisons.
See the stories behind the walls!



Reg. Admission:
Adults: \$10 • Children: \$8

Open EVERYDAY 10am-6pm
(May 1st-Sept 30th)
Wed-Sun 10am-5pm
(Oct 1st-Apr 30th)

201 N. 1st St, Canon City, CO
719-269-3015
prisonmuseum.org



the best of Teller County

THANKS FOR VOTING US BEST OF TELLER COUNTY 2021!



Mountain Naturals

COMMUNITY MARKET

Organic Foods | Local Produce | Gluten-Free | Grass-Fed Beef | Pet Food

719-687-9851

790 Red Feather Lane • Woodland Park

Hours: Mon-Fri 9am-7pm • Sat 9am-5pm • Sun 10am-5pm

CELEBRATING OUR 29TH YEAR!

OUR CUSTOMERS ROCK! THANK YOU!

~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.

AVAILABLE VIRTUALLY

COMMUNITY PARTNERSHIP

1 Circle of Parents Kinship Connection 5-6 p.m. via zoom. Are you raising your grandchildren or kin? Do you feel like you are raising them alone? A place where you can find and share support. FMI AmyS@cpteller.org.

6 Crossroads of Parenting & Divorce 4:30-8:30 p.m. via zoom. Teller County Court approved divorce class. Registration fee required. FMI AmyS@cpteller.org.

• Free Yoga with Leah Mon. (not July 5) 10-11 a.m. via zoom. FMI Jamie@cpteller.org.

• Playgroup 10:30-11 a.m. Mon. via zoom (not July 5). Parent or caregiver with children ages 3 & under. FMI Jessica@cpteller.org. FMI 719-686-0705.

NAMI COLORADO: <http://www.namicolorado.org/>

Suicide prevention: <https://suicidepreventionlifeline.org/> or 1-800-273-8255

BUENA VISTA

3 UAS Club Central Colorado 9-10:30 a.m. at Central Colorado Regional Airport. Meets first Saturday. FMI 719-581-2010 or ccuasclub@gmail.com.

4 Art in the Park 9-4 p.m. at McPhelimy Park, with live music and vendors. Firecracker Walk, the Independence Day 5K, and Fireworks at Rodeo Grounds. FMI 719-395-6612 or events@buenvistacolorado.org.

4 BV Hope will have a booth at Art in the Park. Come buy fair trade items from "The Village" and learn more about our new project Haven for Hope! Join our email list for updates on our meetings and events buenvistahope@gmail.com.

24 Canvas and Cocktails 6-8 p.m. Come to Sorelle to paint, eat and drink! Reservation deadline July 15 at www.chaffeearts.com/canvasandcocktailsfundraiser

31-Aug I Gold Rush Days 9-4 p.m. at River Park (the soccer fields). Free live music, Art & Craft Fair with over 100 vendors, beer garden & food, historic reenactments and the Burro Race Triple Crown. FMI 719-395-6612 or www.buenvistacolorado.org/gold-rush-days.

• Roostery Stage - live music! All shows begin at 1 p.m. at 409 E Main St.

3 Salida Circus
10 Silvercliff Lights
17 Blue Rooster
18 Thawind Mills
24 Nasca Lines
25 Mark's Midnight Carnival

CAÑON CITY

4 Brews & Bikes 4th of July celebration featuring Dancing on the Sun 6-9 p.m.

LIBRARY

7 Free Legal Clinic 2-5 p.m. Call 719-269-9020 for appointment.

8 Fremont Center for the Arts Canvas Painting 2 p.m. in Macon Plaza, registration required 719-269-9020.

15 Fremont Search and Rescue "Hug a Tree and Survive" 2 p.m. Monday 10:30 a.m.

• Story time and craft Tuesday and Thursday 10:30 a.m.

• Virtual story time Wednesday 10:30 a.m.

• Lego Club 1st Friday each month 3-4 p.m.

- Break out box 2nd Friday each month 3-4 p.m.
- Studio! 3rd Friday each month 3-4
- Chess Club Wednesday 2 p.m.
- New Neighbors Genealogy 1st Friday 1 p.m.
- Metaphysical Group 2nd and 4th Saturday 10:30 a.m.
- United Health Care 2nd and 4th Thursday 9:30 a.m.
- Fremont Brain Injury Support 1st Tuesday 12:30 p.m. All at 516 Macon Ave. FMI 719-269-9020

CRIPPLE CREEK

1 American Legion Post 171 monthly meeting, 5 p.m. hot dogs and refreshments (weather permitting), 6 p.m. meeting at 400 Carr Ave.

2-4 Gold Camp 4th of July celebration, fun for the family!

4 City wide fireworks 9:30 p.m.

24 Pearl DeVere Day Celebration & Bed Race. Teams check in at 10 a.m., race starts at 11 a.m.

30 Commodities available at Aspen Mine Center 9-3 p.m.

• Thru July 11 The Cripple Creek Art Alliance Summer Art Show at the Heritage Center 9283 S Hwy 67. Hours 9-5p.m. FMI cripplecreekartalliance@gmail.com.

• Gold Camp Victorian Society Historical Trolley Tour 1 p.m. every Saturday during the summer at Cripple Creek District Museum 510 Bennett Ave. \$10 per person.

CC PARKS AND RECREATION

2 5K Poker Run/Walk

3 Disc Golf Tournament

3-4 Indoor Archery Classes

• Adult Co-Ed Softball Leagues, Mon.

• Aikido-Martial Arts, Mon-Wed-Fri.

• Archery Classes, Open Shooting (all ages) Fri.

• B-Boy/Break Dance Classes for beginners, Wed & Fri.

• Cornhole Team Play, Fri.

• Silver Sneakers Group Exercise Mon-Wed-Fri.

• Senior's Walkabout Tues.

• Taekwon-do for Adults and Kids, Tues-Thurs.

• Moving for Wellness Dance Exercise for Adults Tues-Thurs

• Women's Bible Study, Wed. FMI 719-689-3514.

COMMUNITY PARTNERSHIP

• GED classes Mon & Wed 1-3 p.m. FMI AmyS@cpteller.org or 719-686-0705.

DIVIDE

LITTLE CHAPEL FOOD PANTRY

5.19 food distribution is by last name:

A-H 3:30-4:30 p.m.

I-Q 4:30-5:30 p.m.

R-Z 5:30-6:30 p.m.

COMMUNITY PARTNERSHIP

• Free Yoga with Leah 10-11 a.m. Mon (not July 5) at Pikes Peak Community Club. Space limited, first come-first served, doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI Jamie@cpteller.org.

• GED Classes 1-3 p.m. Mon & Wed (not July 5). FMI AmyS@cpteller.org.

• Pearson VUE Testing Center open 9:30-4 p.m. Mon (not July 5) at Community Partnership Family Resource Center. FMI Katy@cpteller.org.

• Pearson VUE Testing Center open 9:30-8 p.m. Wed at Community Partnership Family Resource

Center. FMI Katy@cpteller.org. FMI 719-686-0705.

FAIRPLAY

13-18 Park County Fair. See page 5 for more info.

FLORENCE

17 The Florence Pioneer Museum presents "Night at the Museum" 5:30-7:30 p.m. Come join the FPM for refreshments and speakers on schools, oil, farm, ranching and more! The Florence Road Angels Car Club will be there to show off their fabulous automobiles. We will dedicate our new outside mining mural painted by local artists Sandy Dale and Ed Penner. FMI www.florencepioneermuseum.org.

NAMI (National Alliance on Mental Illness) Connection Support Group

– a free and confidential peer support program for adults who have a mental health condition meets weekly, every Friday 3-4:30 p.m. at Florence Chamber of Commerce 116 N. Pikes Peak Ave. Please wear masks! www.namisouthteaco.org.

FLORISSANT

3 4 Mile Fire Station live music by Sound Advice 5-9pm.

31 Heritage Day in Florissant! Pancake Breakfast at Fire Department and Pikes Peak Historical Society Museum. See Grange below.

GRANGE

10 Pine Needle Basket/Art Class 9-3 p.m. Join us and learn something new. RSVP.

31 Heritage Day celebration 9-3 p.m. Crafters, vendors, ice cream, and Western Music Association entertainers inside Grange Hall. FMI 719-510-2325.

LIBRARY

1-31 Visit the Story Walk at the Florissant Community Park

8 Yarnial 10-noon Bring a yarn project to work on, share ideas, and tips.

8 Free Legal Clinic 2-5 p.m. Call 719-748-3939 for appointment.

12 Read Amok! Book Club 11 a.m.

21 Florissant Bookworms Book Club 10:30 a.m.

23 Story Time with Mother Goose 10 a.m. Sponsored by Friends of the Florissant Library

FMI 719-748-3939

GREEN MOUNTAIN FALLS

31 Annual Brone Day Celebration by Ute Pass Historical Society at the Land Office by the Lake. FMI 719-686-7512.

JEFFERSON

3 Community Breakfast 7:30-11 a.m. This is an All You Can Eat breakfast featuring: eggs, potatoes, bacon, sausage, biscuits, gravy, green chili, fruit cups, coffee and juice. Cost is \$9 for adults and \$5 for children 6-12. Proceeds benefit the maintenance and operation of the historic buildings in Jefferson.

FMI 719-836-1430.

10 JCCA is selling peaches again this year. There are 10- or 18-pound boxes available. Order forms available at Jefferson Market, Jefferson Post Office and the Jefferson Real Estate Office or call Carol 719-836-

1430 to get one sent to you. All proceeds benefit the historical buildings in Jefferson. Orders taken through July 10.

MANITOU SPRINGS

The following bands are scheduled for the Bud Ford Pavilion at Soda Springs Park at 7 p.m.

5 All Aboard

8 Manitou Strings

12 Barefoot Family Caravan

15 Front Range Big Band

19 Leo & the Lark

22 Starburn

26 Bare Bones Trombone Choir

29 Academy Jazz Ensemble

Save the August dates:

2 Flying Circus

5 Silver Moon Riders

FMI manitousprings.org

SALIDA

4 CPW hosts annual July 4th Kid's Fishing Derby, 8:30 a.m. at Frontz Lake State Wildlife Area, with co-host Trout Unlimited. FMI: page 7.

4 Independence Day celebration includes live music, chalk art, a circus performance and bike light parade at dusk prior to fireworks. FMI www.salidabusinessalliance.org.

14 Free Legal Clinic at the library 2-5 p.m. Call 719-539-4826 for appointment.

VICTOR

3 Live music at the Third Street Stage: Dave Marshall 4:30-6 p.m. followed by Dancing on the Sun 6:30-8 p.m.

3, 17 Sunnyside Cemetery Walks at 1 p.m. FMI 719-689-5509.

17 Victor Heritage Society Historical Building Tours 11-3 p.m. Tickets \$10. Historic buildings include Victor City Hall, Victor Community Center, St. Victor's Catholic Church and Victor Baptist Church.

17-18 Gold Rush Days — music lineup at the Beer Garden on Third St

17 Levi 10-11:30 a.m.

17 Back Stage People noon-1:30 p.m.

17 Swell 2-3:30 p.m.

17 Centria Burns 4-5:30 p.m.

17 Second Horseman 6-7:30 p.m.

17 Street Dance featuring Dirty Side Down 8-11 p.m.

18 WWII Memorial Wall Dedication 9-10 a.m.

18 Sound Advice 10:30-11:30 a.m.

18 Parade noon-12:30 p.m.

18 Dancing on the Sun 12:30-2 p.m.

18 Dave Marshall and the Double A Express 2:30-4 p.m.

18 Karaoke in the Plaza 4:30-6 p.m.

18 Teller County WWII Memorial Dedication 9 a.m. in Wallace Park.

Visit Victor Gold Rush Days on Facebook for more info.

WOODLAND PARK

4 Old Fashioned 4th of July Celebration to include Ute Pass Historical Society Annual Cemetery Crawl 1-3 p.m. Tours run every 15 minutes. Cost is \$5, tickets at the gate. Park at 650 Short St. FMI 719-686-7512 or www.utepasshistoricalsociety.org.

10 Citizen's Climate Lobby meets 11-1 p.m. at the library. Please RSVP as we are allowed only 10 people in the room jpipstick@ gmail.com. Complacency

is the evil of our time. We must move into a space of action for the earth and all our relations.

23 Movie Above the Clouds. A free outdoor family friendly movie on the lawn at Woodland Pavilion (between Ute Pass Cultural Center and WP Library) at 8:20 p.m. Free popcorn and lemonade during the movie. Bring a chair and blanket. FMI visit Facebook Woodland Park Roots Project.

• GED Classes 5-7 p.m. Mon & Wed. FMI AmyS@cpteller.org. FMI 719-686-0705.

at Memorial Park. Parent or caregiver with children ages 5 & under. FMI Jessica@cpteller.org.

• Kids House of Joy 10 a.m. A family of three generations shares music

3 Woodland Park Community Singers 2 p.m. performs live on the Rotary Terrace

6 Woodland Park Adult Book Club 10:30 a.m.

7 Kid's Craft Day 11-5 p.m. Come make an egg crate caterpillar

7 Teen Craft Day 3:30-4:30 p.m. Candy Wrapper Bows

7 and 21- Spanish Story Time 10 a.m.

7 Not So Young Adult Book Club 11 a.m.

8 Senior Circle Book Club 10:30 a.m.

8 Free Legal Clinic (Virtual) 2-5 p.m. call 719-748-3939 to make an appointment

15 Story Time with Mother Goose 10 a.m. Sponsored by Friends of the Florissant Library

22 Ann Lincoln's Foam Party for Party Animals 10 a.m. on the grass between the library and the cultural center

FMI 719-687-9281



UTE PASS HISTORICAL SOCIETY

4 Annual Cemetery Crawl 1-3 p.m. 540 Manor Drive

• Free guided tours of History Park 11-1 p.m. 231 E. Henrietta Ave. FMI 719-686-7512.

• Through Aug 14 Visit the WP Library 3rd Floor for our Historical Display on Brockhurst Ranch. The exhibit traces the history of this celebrated local site from its beginnings as an 1887 homestead, a working cattle ranch and farm through the early 1930s, to the popular Riding Academy and Brockhurst Dude Ranch until 1962.

Some highlights include historic photos of Henry and Lulu Brockhurst, their ranch, horses, and guests; an early business card from the Green Mountain Falls Livery where Henry worked as a teen; and a Brockhurst Dude Ranch brochure featuring local artist Julie Nixon Boyd's watercolor rendering which locates the dining hall and various other Ranch cabins.

The original Brockhurst Riding Academy office building is now permanently located in the Ute Pass Historical Society & Pikes Peak Museum's History Park and is interpreted as an early log cabin furnished with period household objects.

Free tours of History Park are available by reservation, or while you're visiting the UPHS Gift Shop. To reserve a tour, please call 719-686-7512. We also offer free downtown Walking Tours. Call by 3 p.m. Friday for a tour on Saturday morning, at 9:30 a.m. FMI 719-686-7512.

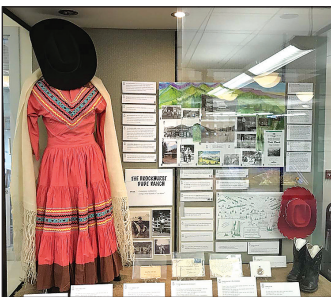


PHOTO by Katie Gardner

~ UTE COUNTRY BUSINESS ~



CIGAR AND SIPPING LOUNGE
INDOOR GOLF SIMULATOR
GUIDED FLY FISHING

640 Route 285
unit C • Fairplay
at the Sinclair Station
218-556-3809
Hours: Mon.-Sun. 9am - 7pm
www.rockymtncigarco.com




26% TAX CREDIT

Carol Kinder
Owner
Rocky Mountain Outdoor Furnaces LLC.

211 Yarnell Rd. | Hartsel, CO 80449
217-871-3460 | ckinder95@yahoo.com

We offer financing on stoves and installation

INSURANCE DESIGNED WITH YOU AND YOUR DREAMS IN MIND.
CALL (719) 687-9292 FOR A NO-OBLIGATION FREE QUOTE.



Frank W Gundy Agency, Inc.
Frank Gundy, Agent
101 Sundial Dr Ste B2
Woodland Park, CO 80863
fgundy@amfam.com



K-S High-Impact Steam Weeding, LLC

NO Harmful Chemicals
IT'S SIMPLY H2O

IS YOUR WEEDKILLER SAFE ENOUGH TO DRINK??? OURS IS!!!

Owners, Operators
Kip Goodrich Cell: 719.581.0102
Earl Goodrich Cell: 720.520.2870
k-shigh-impactsteamweeding.com

PROPANE REFILL
Buy 50 gallons AND get 5 FREE

Our price is lowest and staff is friendly


719-748-8333
www.hitchinposttrailers.com




STEEL STRUCTURES AMERICA INC.
Colorado, Wyoming, Idaho, Washington, Oregon, Montana

Ray Leist

Office: (800) 833-9997 email: ray@findssa.net
Cell: (720) 600-1244 website: www.steelstructuresamerica.com

Finding Good Insurance is no Accident!
Your FIRST choice for insurance in the high country!
South Park Insurance
551 Front Street, Fairplay, Colorado • 719.836.2980
www.insurance-southpark.com • emccallum@csdenver.com



Reach over 45,000 readers in Teller, Park, Fremont, Chaffee, and El Paso Counties every month!
Your Ad Here
for as little as \$31.81 a month*
Call 719-686-7393 or
utecountrynewspaper@gmail.com
email: utecountrynewspaper@gmail.com for more information and advertising deadlines.
**pre-paid one-year contract rate.*

Journeys
Counseling Center, Inc.
"We are here to help you create your best life possible"

Barbara Pichholz-Weiner
RN, CAC III, MAC, EMDR
750 Hwy 24, Ste 120, Woodland Park, CO 80863
Cell: 719-510-1268
journayscc@aol.com

A Little of Everything LLC
Paint * Repair * Remodel
Robert Williams
Owner

76 Quiver Circle
Florissant, CO 80816

719-331-1567
ALOErepairs@yahoo.com





Paradise Gardens
Forty Years of High-Altitude, Organic and Native Gardening in Florissant, Colorado

"The Plant Lady"
Karen Anderson

719.748.3521
PlantLadySpeaks@gmail.com
By Appointment Only, Please

Classic or New Domestic Foreign 4 - Wheel Trucks Jeeps

AUTOMOTIVE EXCELLENCE

711 Gold Hill Place
Woodland Park, CO. 80863
(719) 687-0001
"Home Town Service You Can Trust"





May River Auto Repair LLC
Aaron Wendt • Owner
719-748-3328
1900 CR 31, Unit B • Florissant, CO



WOODLAND ROOFING COMPANY
COMPLETE ROOFING SERVICE
53 YEARS OF SERVICE

STEVE BARRINGTON: OWNER P.O. BOX 9002
E-MAIL: steve@woodlandroofing.com WOODLAND PARK, CO 80866

PHONE (719) 687-9645
CELL (719) 291-4731
www.woodlandroofing.com




Shannon Lemons, DVM
Teller Park Veterinary Service
Elevate your Veterinary Care

Accepting Care Credit

Large and Small Animal Medicine and Surgery, Specializing in Dentistry

719.687.2201
1084 Cedar Mtn. Road • Divide • www.tellerparkvet.com



United Country Real Estate

John E. Fox
Broker Associate, MRP, SRES


Independently owned & operated



MUSIC LESSONS
Violin, Beginning Guitar and Mandolin


FLIP: (719) 429-3361
flip@ghvalley.net



YOUR NEIGHBORHOOD REALTY
Carrie N Miller

call or text 719.641.7074
email Carrie@GoldCountryCo.com
visit



TIMBERLINE

Spraying & Mitigation Services

SAVING THE FOREST ONE TREE AT A TIME



We specialize in spray for:

Pine (IPS and MPB), Fir and Spruce Beetles • Budworm • Aphids • Mites • Fungus • Mistletoe

(719) 687-6811 • Richard@SavingTheForest.com

A STAR IS BORN!

POP'N Pays\$™

series of games



Play Today at
Saratoga Casino,
Double Eagle
& Grand Z!

Pop Your Way To Perfect Wins with 3 Amazing New Games

PIÑATAS OLÉ™ ♦ **BIG TOP™** ♦ **SWEET SPIN™**

EZ KENO

21 KIOSK

WIN UP TO
\$50,000 IN CASH!

17 EXCITING NEW GAMES
MINIMUM BETS AS LOW AS \$1



