





June 4 through September 24 8am - 1-pm

N. Center St, by Memorial Park

This will be a normal Farmers Market with vendor tents and food trucks. Everyone will be allowed to walk into the park and visit the vendor tents to make purchases.

SNAP/EBT and Market Bucks will be honored but cash and credit/debit cards can again be used.

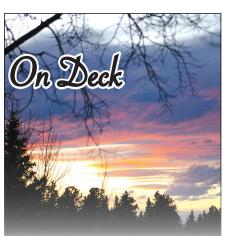
Masks and social distancing is encouraged but, if you have been vaccinated, then feel free to go without a mask



Website: https://www.wpfarmersmarket.com Facebook: Facebook.com/wpfarmersmarket info@wpfarmersmarket.com







Teff was just outside Hartsel in July of 2020 when he couldn't resist pulling over to capture our cover photograph. The sight of the balloon floating spoke to him of freedom. The vaccine lifted restrictions and our spirits as we are once again allowed to gather, so we felt it an appropriate cover for June 2021. Yes! We've made it through a very trying year. If you are reading this, know you are resilient!

Resiliency is actually a choice. *Life* Enhancing Journeys has an enlightening article on the process of resiliency so we can all have a better chance of learning from challenging times. Have you grown herbs recently? Growing Ideas has "Herbalicous Hints" for growing your own herbs. Coalition for the Upper South Platte provides an informative article on "Noxious Weeds" and Panning for Good educates us on the environmentally friendly process of steam-weeding, an option for eradicating weeds. For those of us who have not been out much lately, our social skills may need a brush-up. Read Flip Boettcher's article on "Hat Etiquette" to assure your hat handling techniques comply with proper social graces. We also have the widest variety of articles on things to do and places to go in well over

Do you like the hummingbird photos in Critter Corner? I'll bet you have some photos of your in/outdoor friends. Please send them to us via email (utecountrynewspaper@gmail.com) them 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

A special thanks to all listed here for their possible. If you have any questions please

High Pine Design

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The Thymekeeper The genius of man

by Mari Marques-Worden

Someone recently said if aliens were to come to Earth, their first question might be, why does anybody pay for anything when they were born to a planet that provides everything they need. I could not agree more with that sentiment.

We as humans like to give ourselves a big pat on the back for new discoveries and dub it the genius of man yet most new discoveries are as a result of humans observing and mimicking Nature.

Let's look at the invention of Velcro. Swiss engineer George de Mestral was on a hunting trip when he noticed his pants and his dog's fur was covered with burs from the burdock plant. Being interested in science, he studied the burs under a microscope. What he saw were thousands of tiny hooks that handily attached themselves to any fabric or animal fur that brushed by.

Driven by a need to invent and an idea that really stuck with him, he spent the next 20 years trying to replicate this action. This was easier said than done. He found the hooks could only be made by hand and the mass manufacturing of them remained beyond his grasp. The hooks had to be woven like a loop and cut at a very precise angle making it a difficult task.

Eventually, as his finances began to dwindle, he holed up in a cabin in the Swiss Alps and finally hit on a modified version of something similar to barber's clippers to keep the angle of the cut precise and built a loom that would allow for mass production.

George also found a manufacturer who had invented a synthetic fabric of loops that the hooks could attach themselves to. In 1955 he applied for and received a patent for his invention. He commercialized them under the VELCRO® trademark. Burdock-velcro.

*The Velcro companies take pains to remind the public that 'Velcro' is not an actual product but instead a company name; a company that makes far more than the hook-and-loop fastener so closely associated with it.

He surmised that Velcro could replace such items as buttons, zippers and other closures but his idea was not an instant hit with clothing manufacturers in the early 1960s. It was only when NASA sought to find a solution to their issue of keeping objects either stuck to the walls or the floor when conducting missions in space that his idea took off like a rocket.

Herbal ally

In an herbalist's world, burdock is an extremely important ally. In fact, it's known as the root of vitality. Although it is not an herb that produces immediate dramatic



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results, over time, it proves to be successful in treating a broad range of disharmonies. Burdock is useful for the person who

suffers chronic, multi-layered ailments especially if they involve urinary, digestive or skin conditions. Over time, it corrects these underlying disorders. The root and seed are considered a skin and bladder remedy however it pays to look further into its broad spectrum of actions on the body.

It promotes detoxification, dissolves deposits, and removes lymph congestion. The dynamics of burdock roots detoxicant function are that it specifically retrieves toxins from the connective tissue and shuttles them into the bloodstream. Excess toxins in the bloodstream can cause lowlevel skin eruptions, fatigue, headaches and general malaise so paired with a diuretic such as nettles, dandelion or cleavers is recommended. This to ensure proper elimination through urination.

Burdock reduces infection and inflammation. It stimulates and regulates immunity and is useful for the person who suffers allergies. It clears toxic heat for those who experience frequent boils, abscesses or herpes sores.

Useful for all types of infection, bacterial, viral or fungal. The fresh root makes the most active antibacterial and antifungal remedies. It can be made into a tincture, dried and made into a decoction or added to ointments and creams for hair, scalp or skin conditions. The fresh root and seed are best for lowering blood sugar in diabetics

It is a harmonizer for those with urination issues like incontinence and stimulates digestion, bile flow and relieves fullness.

There is so much to say about the benefits of burdock but let me not forget to mention, as with most weeds, it is chock full of vitamins and minerals. Eaten as a vegetable in Asia, I've seen burdock root in the produce section of natural grocery stores. Many people add it to soups and stews. I personally find the smell and flavor of burdock to be earthy and grounding.

*Burdock is a uterine stimulant and not to be used in pregnancy until the last trimester. ~The Energetics of Western Herbs by Peter Holmes

In the 20 years it took George to figure out how to turn Nature's perfection into a man-made product, I can't help but wonder if he reaped the many benefits of the plant on a nutritional or medicinal level. This could be considered a downfall for humans. Far too often we miss the forest for the trees.

Sometimes it's good to use laser focus and other times it's best to open your heart and mind to other possibilities. I've always found that using the nutritional and medicinal aspects of burdock to be far more valuable than Velcro has ever proven to be and with little more effort than digging a root.

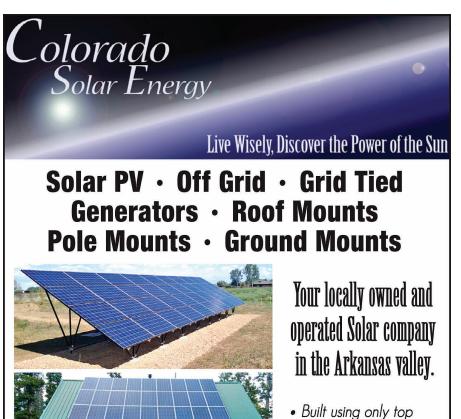
Nevertheless, you must give the guy some credit. In the beginning, what seemed like a flop of an idea eventually made it all the way to the moon and into the lives of countless human beings.

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









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Gold Camp Adventure Tours

Tours of the Cripple Creek & Victor Mining District will be offered this summer from the Victor Lowell Thomas Museum. The new tours will highlight gold rush history and gold mining.

The tours will be conducted using transportation and drivers from Parks & Recreation and an experienced tour guide from the Victor Lowell Thomas Museum. All tour proceeds from the new tours will benefit Parks & Recreation and the Victor Lowell Thomas Museum, furthering the missions of both community-minded organizations as a win-win fundraising option for both.

The tours will provide the chance to learn about the district's unique gold rush history — including gold mining old and new, pioneers, and ghost towns. Tours can be packaged with a walking tour of the Sunnyside Cemetery near Victor on select Saturdays this summer as well as with museum admission and gold panning.

Through Sept 6, tours are available daily 10-5:30 p.m. The cost is \$15 per person plus a small online booking fee — an affordable way to get a guided tour of the history that made the gold camp famous. Only children 5 years of age and older are allowed on the tours for safety reasons. Be sure to reserve your preferred tour dates soon as some dates are already sold out.

Reservations may be made online at VictorMuseum.com or calling the museum 719-689-5509. The maximum on each tour is 26 people. Larger groups may be accommodated by special request. Masks will be

required on the tours until further notice. In addition to the tours, you can step back in time and pan for gold at the museum. Panning is included in the museum's admission price and is a great way to spend an hour in cool, sunny Victor this summer.

Expand your adventure even more and check out local museums and attractions. The Victor Lowell Thomas Museum as well as the Cripple Creek District Museum and Old Homestead House Museum, will offer tour-goers discounted admission prices. To plan your trip and read about more fun in the area, visit VictorColorado.com and to see more activities and programs from Parks and Recreation see. VisitCrippleCreek.com.

You can also step back in time literally by hiking on the Trails of Gold just outside of town — see up close the 1890s gold mines that made Victor and Cripple Creek famous or walk the downtown streets (selfguided interpretive trail) filled with historic buildings and shops. See STCFG.com for trail maps and information. In Cripple Creek, the Mountain View Adventure and City Park offer outdoor fun and the Butte Theater provides an added historical venue.

Find a fresh brewed cup of coffee and fresh-baked cookie at the nearby bakery, grab burgers and milk shakes, a boxed lunch for the trail, hot pizza or a cold one at the local eateries or spend some time looking for unique gifts and souvenirs at the local shops in Cripple Creek and Victor.

FMI VictorMuseum.com.

Victor Sunnyside Cemetery Walks

C tep back in time and learn about Victor's 1890s cemetery, its resident politicians, pioneers, and families, as well as the history hat brought them to the gold mining camp. This event is sponsored by the Victor Lowell Thomas Museum and will be held on select Saturdays, June through September (June 5, 19, July 3, 17, Aug. 14, 28, Sept. 4, 18).

Local historian Veldean Myers will provide insights into the cemetery, its history and some of the residents who made up the human element of the gold rush. The event will be held at the Sunnyside Cemetery which is south of town on Seventh Street. Meet just

outside the gate in Pauper's Field by 1 p.m. Advance reservations are encouraged and can be made at VictorMuseum.com. Tickets at the event are by cash only. All tickets are \$10 per person. Proceeds benefit the mu-

Be sure to dress appropriately for mountain weather (which can include wind, cold temperatures, snow, and rain), wear good hiking shoes or boots, and bring water and sunscreen. There are no restroom facilities at the cemetery.

seum's building and restoration fund.

FMI VictorMuseum.com or info@ victormuseum.com or 719-689-5509

Make your bed and race in it!

Have you heard of the Bed Races for Pearl DeVere Day? This year marks the 2nd Annual Pearl DeVere Day Bed Races in Cripple Creek and you don't want to miss out on the fun. You will need to make your bed race-worthy and gather your team members by July 24, 2021.

Here's how it works. Each team will have three members: two "Johns" and one "Pearl." Pearl will ride on the bed with one John, while the Johns take turns pushing, one John will push the bed to the turnaround point, change Johns (pushers) and return to the start/finish line. There are no specifications for the bed, just remember you will be pushing it on a Cripple Creek Street, so take into consideration the weight, ease of handling around corners, and durability. Each heat will be timed; the fastest time will be declared the

winner of that heat. The number of heats is determined by the number of entries. Entry fee is \$30 per team.

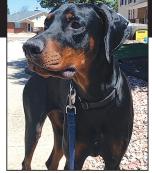
Prior to the actual races will be the judging of the beds to include decorations and design. There are also awards for the best costumes as a team and the best Pearl. Prizes will be given for each category.

To receive an application email or call The Old Homestead Museum oldhomestead@hughes.net or 719-689-9090.

The Old Homestead was built in 1896 and was the most elegant brothel in Cripple Creek Mining District during its heyday. Since 1958 the house has been operated as a museum. This local treasure will be around for many generations to come with continued support of the community. FMI about The Old Homestead Museum contact Charlotte 719-689-2485 or cb4mile@hughes.net.

Adopt Me by AARF Levi

This long-legged guy is Levi. He is definitely Doberman and probably some hound based on his bark, his big feet and his floppy ears! He's got lots of puppy energy and is also sweet and cuddly. He's in a foster home with three other large dogs and they have loads of fun together! He's a fun guy who wants to be a part of your family. Contact us for a meet and greet! aarfcolorado. com or 719-761-5320. He looks forward to meeting you!



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

Noxious weeds

by Coalition for the Upper South Platte

Mention noxious weeds and it conjures up the image of goat's head stickers in your bike tire, also aptly named puncture weed; teasels in the dog's fur; and scratches from an encounter with Russian olive. At the same time, we know that the various kinds of thistles are weeds, but the bees sure like them. Orange hawkweed sure has pretty orange flowers, and toadflax is also known as "butter and eggs," which is kinda cute, right?

But they are also noxious invasive weeds. • Canada thistle reproduces via seed and aggressive horizontal roots, called rhizomes. Each plant can produce 1,000 to 1,500 wind-dispersed seeds that can remain viable for 20 years. Canada thistle is one of the most troublesome noxious weeds in the U.S. It can infest diverse land types, from croplands to roadsides, and has been found at elevations up to 12,000 ft.

• Orange hawkweed is an ornamental from Europe that rapidly escapes gardens and becomes a serious problem in natural areas where it displaces natural vegetation and reduces livestock and wildlife forage. A designated "List A" species, orange hawkweed is required to be eradicated wherever it is found in the State.

• A single dalmatian toadflax plant can produce 500,000 seeds that can remain viable for 10 years. Dalmatian toadflax is highly aggressive and can genetically adapt to varied environmental conditions and herbicide controls. Its extreme competitiveness is due to early spring regeneration from roots, not dependent on soil moisture. Once established, it quickly overruns all other vegetation.

These are just three of the noxious weeds designated by the State of Colorado Department of Agriculture.

Why should we care? Noxious weeds threaten valuable wildlife habitat and natural resources, cause economic hardships to

agricultural producers, and are a nuisance for recreational activities. The Noxious Weed Act requires all Colorado residents to control noxious weeds using integrated methods to manage invasive species, if weeds are likely to be materially damaging to the land of neighboring landowners.

There is no one best way to rid the State of noxious weeds. Weeds, like all plants, vary in how they reproduce, have varying root structures (extensive root systems or a single taproot), and how they respond to herbicides. That's why an integrated weed management approach is necessary. This approach assesses the best techniques for a given species, from a choice of mechanical (mowing, pulling, digging up), cultural (land management practices such as irrigation, cultivation, types of cover or crops), biological (using plant pests that are native to the source of the weed; or chemical (herbicides). Other tools and techniques can be used on larger, woody weeds such as Russian olive and tamarisk.

Identification tools and weed fact sheets are available on the State's website: https://ag.colorado.gov/conservation/ noxious-weeds

The Colorado Weed Management Association also has some great resources: https://cwma.org/

Your County Weed Manager, Colorado State University Extension Office, or Conservation District can assist with weed identification and eradication options. As land users and managers, we need to protect our natural resources. We must increase awareness and education about the adverse effects of noxious weeds. If we are diligent in our efforts, we will defend a balanced ecosystem for the enjoyment of future generations.

Check out CUSP's Facebook Page for the weed of the month, the information we all can use! https://www.facebook.



Canada Thistle



Orange Hawkweed





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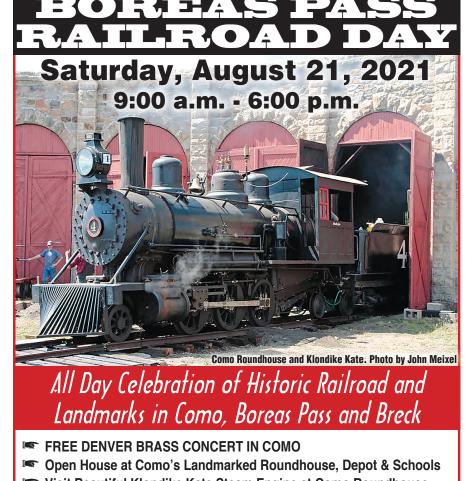
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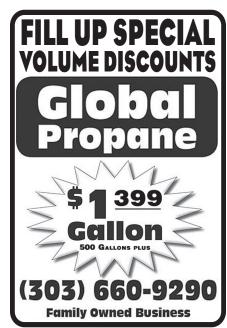


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Growing Ideas Herb-a-licious hints

by Karen Anderson "The Plant Lady"

J and Friends. This month we can really start to get jiggy with our gardening endeavors, keeping in mind that the first couple of weeks in June can be a bit iffy with the weather. Up until now, most of our time in the garden has been spent laboring on building raised beds, amending and working with the soil, gathering our materials and lots of planning in preparation for the actual planting process in the communities across our mountain region. In addition to those types of chores, choosing to plant an abundance of comato, pepper and herb seeds indoors, I have devoted many hours of loving and attentive care to transplanting seedlings into appropriately sized containers. As I was trimming (and grazing on) the leggy eaves from the herb seedlings to allow for easier transplanting as well as for the general health of the plants, it became clear to me that I wanted to share some helpful tips based on my personal experience and a ton of book learnin' over the years, about growing and harvesting

Tune Greetings Mountain Gardeners

I have always been fascinated and enchanted with the beauty and designs of Victorian type Herb Gardens cultivated in England and other humid lands across the globe. Inspiring for sure, however not achievable with much success in our high and dry territory. But we can attain favorable outcomes here by growing herbs in greenhouses, cold frames and sunny decks with wind and critter protection.

Here's what I know to be true in the world of fragrant, delicious and nutritious herbs. The most accepted definition of herb is: A plant or plant part valued for its medicinal, savory, aromatic or pleasurable qualities. I immensely enjoy working with herb plants for those very reasons. Herbs are little culinary miracles and there are definitely some tricks of the trade in the successful growing and harvesting of them

First and foremost, they are heat loving plants, so therefore greenhouse cultivation is the best scenario for them, especially at our altitudes. Herbs are also very thirsty but need good drainage, so, I would suggest a rich growing medium mixed with a bit of sand or perlite for that particular need.

Most of my herbs are grown in Terra Cotta planters rather than in plastic as they are more 'breathable' and air circulation is important.

Although it is well documented that tomato and basil plants are ideal companion plants, I would suggest that you refrain from planting both directly in the same bed or container as the basils can easily be drowned out with the amount of water that the tomatoes require on a daily basis. You may, however, wish to position some pots of basil near your tomato plants for a desirable effect.

Speaking of basils, you may not be aware of how many varieties of them there are available to explore! We all love our regular old fashioned basic Sweet Basil, but over the years, I have discovered a whole bunch of fun and different kinds of this beloved herb. One of my favorites is the Dark Opal which is purple in color and has a little different flavor, as they all do. You may want to experiment with some other types such as Mammoth, which produce extremely large leaves that tend to be a bit milder than regular basil or Lettuce Leaf Basil, with a spicy, mild, peppery flavor and a trace of mint and clove. Thai Siam Queen is an heirloom with a hint of anise, widely used in Vietnamese cooking. Greek Miniature Basil is another one of my favorites as it is compact and so darn cute, as well as super flavorful. More varieties to consider are Bush Spicy Globe, Profumo, Large Leaf, Spicy Saber, Lemon/Lime (yum) and Sacred Basil, which sets itself apart from the culinary plants due to its pungent aroma and volatile oil content used in many medicinal treatments. Think outside of the basil box and be adventurous. I just had to share my enthusiasm!

Other herbs that I have had good luck growing in the greenhouse include parsleys, oregano, common sage, thyme, sweet marjoram, dill and cilantro. Which brings me to some additional important hints and methods of productive herb growing

So often, folks have asked why their cilantro or other herbs bolt, (which means flowering and going to seed without much edible greenery) so quickly. Here's my answer to that question: it is because we don't harvest the leaves often enough. If you know me, I am never without a pair of scissors in my back pocket — in a protective pouch of course. A gardener will always need this tool handy, no matter what. There is a constant need for trimming and pruning to keep our food crops and flower gardens healthy and happy. This is particularly important for keeping new and consistent growth with herbs. Harvest as you go and let the fresh leaves

That's my motto and I'm stickin' to it!
The idea is to steadily produce young and fresh growth of your herbs otherwise, you will end up with bitter and unpalatable greens.

By the way, if your herb plants do start flowering before you get the chance to trim them up, the blooms are tasty to

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

- From: America's Garden Book

eat, so go ahead and toss them in your salad or soups. When cutting herb plants, you will want to make sure that there is a nodule left on the stems so that new leaves can spring from there and you can harvest the bigger leaves as well. A good suggestion is to have at least two containers or garden plantings of each herb. You can drastically harvest one plant one week and the other the next week, going back and forth allowing time for them to replenish new growth. I call it Herb Hopping. We are not only gifted with the delightful and varied flavors of herbs, but we are also tending to their needs. It's a Win-Win for everybody. These techniques also work for lettuces, spinach and other types of greens.

One of my best loved traditions from the garden is putting together my Signature Salad. It makes quite an impression when I am entertaining guests. It is a combination of fresh, crispy romaine, arugula, spinach, India mustard, beet and other greens, tossed with every kind of herb from the day's harvest, including mint. Topped off with freshly picked, brightly colored and delectable nasturtiums, pansies, Johnny jump ups and chive flowers (all edible), this Herb Salad has always been a big hit and fun!

Happy Father's Day to all the Dads out there, as we celebrate the Summer Solstice, both on June 20th this year.

Please feel free to contact me at 719-748-3521 or e-mail me at plantladyspeaks@gmail.com regarding your gardening inquiries. A wide variety of organic, non-gmo and heirloom tomato. pepper and other veggie starts are available at Mountain Naturals in Woodland Park, The Outpost Feed Store in Florissant, and at Shipping Plus in Divide. As always, you may contact me personally for any special orders. I can also hook you up with Native Aspen and Spruce trees, indigenous shrubs and the hardiest of perennials, born and raised at 9,000 feet. You may want to schedule a personal landscape consultation if you need some professional guidance in your high-altitude gardening endeavors. Gift Certificates are offered too, if you know of someone who would really appreciate plant life and other Earthly Creations.

Wishing you the best this season and I am looking forward to meeting new friends and reacquainting with others who are interested in some garden chat and sharing knowledge, experiences and beauty. Happy Gardening to All.





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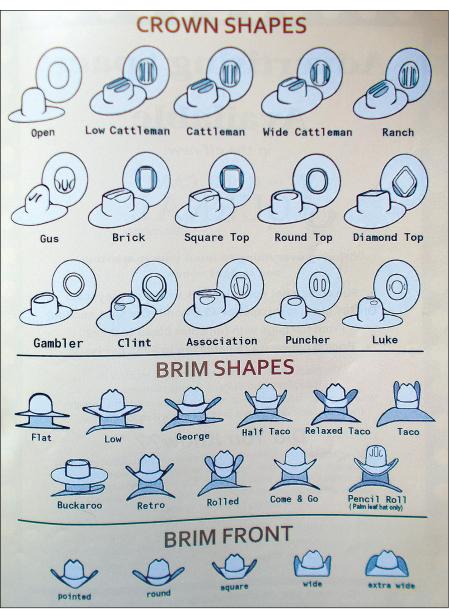
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and Sun 10am-6pm



This shows the different styles of hat brims and crowns.

Cowboy/girl Hat Care and Etiquette

by Flip Boettcher

photo courtesy of the Gold Camp Journal, 2013

After writing about Stetson hats in last month's issue of the *Ute Country* News, it seemed appropriate to write a little about hat care and etiquette.

The first rule is never, ever touch another person's hat. Hats are very personal and they might be a very expensive item.

Basically, straw hats are worn in the summer, unless it is a formal affair, when a felt hat is worn. Felt hats are for the winter when they help keep your head warm.

One can change the shape of the crown or brim by softening the felt in steam, re-shaping, and allowing the hat to dry and cool. Felt usually retains its shape

One can take their cowboy hat off using the crown or the brim. Any handling, over time, will result in that part breaking

If one uses the brim, make sure to use front and back, not the sides. The brim needs to be stiff and it is the weakest part

It seems it is customary to remove one's hat by the crown, according to www.ber-

nardhats.com. Use the crown if you need to adjust your hat.

Don't set your hat down on its brim, turn it over and place it on its crown. Better yet, hang it on a special hat holder, hat rack or stand.

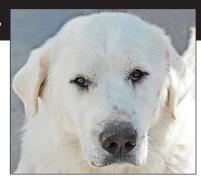
Just a few general rules regarding etiquette. Generally, not wearing a hat indoors is a good rule. If you are dining in a restaurant and there is no good place to set your hat, on the table is considered rude, wear it.

One should remove their hat for formal occasions like the National Anthem, Pledge of Allegiance, passing of the flag in church, during prayer and during a funeral. One can hold the hat in the right hand over your heart, or in your left hand, right hand over your heart. Cowboys tip their hats to the ladies and remove them when they are being introduced.

There are a lot more etiquette rules, but this is a general guideline. The shop where you purchased your cowboy hat can probably give you a hat etiquette guideline list, as well.

Adopt Me by SLV Animal Welfare Society Aspen

This is Aspen, a 4-year-old Great Pyrenees I mix. She came in as a stray with 2 pups. She is so-o-o mellow and lovable. She doesn't like to share her food. She is about 80 pounds, spayed, chipped and current on all vaccines. Contact us at 719-587-9663 (woof) or visit us at Petco at 5020 N. Nevada Ave 11-3 p.m. Saturdays.



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



Panning for GoodExploring steam weeding

trailer moves through a gasoline pow-

ered pump to a diesel boiler that works

similar to a tankless water heater where

coils are heated by a flame. Then, water

to be heated to the right temperature

proceeds over the coils, causing the water

(120°C/248°F). Next, the water is sprayed

out of the hose, but does not burst into

steam until it hits the air. What kills the

weeds is a mixture of steam and hot water

The steam weeding hoses are insulated

and work similar to a pressurized fire hose

with a variety of applicator heads to use

for different areas. For instance, a large

head a couple of feet wide can treat large

swatches of driveway or rock areas, and

smaller heads can target individual weeds

in rock gardens or areas where plants need

to be protected. Steam is non-selective,

so if it comes in contact with any type of

plant, it will kill it, so there are many dif-

ferent tips and tools Kip and Earl use for

a variety of situations so they can protect

The Satusteam[©] process can also be

still eliminating the weeds.

plants the homeowner wants to save while

or Satusteam[©]. The treatment is applied

between 2-6 inches above the weeds.'

Whether buying or renting, we mountain people appreciate beauty and enjoy letting our creativity flow freely into our home environments. Yet, little unpleasant projects like cleaning bird poop off our decks, trying to keep the deer, rabbits, and other animals from eating what we plant, or enduring backaches and knee scrapes from spending countless hours weeding, are typically not our top choices for the use of our limited time and energy! The right tools and supplies help a great deal as we try to conquer these challenges, but are there better ways to take care of our homes and safeguard our health? How do we avoid chemicals that could pollute our lifegiving water, kill wildlife, and force us to cross paths with harmful carcinogens? There is so much to consider as we create healthy and beautiful homes! Where do we go to learn how to reign victorious over some of these challenging situations?

Enter Kip and Earl Goodrich of K-S High-Impact Steam Weeding, a new company based in Guffey. The retired father and his son were not thinking about starting a company, instead, they were spending way too much time trying to find the best way to manage the weeds growing with reckless abandon onto Kip's 1/3-mile gravel driveway. They tried using a tank sprayer to spray salt water onto the weeds using the salt used in water softeners, but this didn't really work and put too much salt in the ground. Then, they sprayed weed killer chemicals, which worked a little bit, but after spraying, it rained, so the weeds came back because the seeds were still there. They were also concerned about contaminating the well, so that option was not great. Next, they tried burning the weeds with a propane torch, but that took too long, was a fire risk, and couldn't even be done when fire restrictions were in place last year. Determined to win the weed war. Kip continued to research online, and that's when he came across the relatively new process of steam weeding. After trying out a machine in Cañon City, seeing how well it worked and how safe it was for the environment, he was hooked! Here's what Kip has to say about the benefits of the steam weeding process and the tools they have purchased:

"We are passionate about reducing the use of dangerous chemicals in the community and we have a revolutionary way to do this. Our Weedtechnic's SW900 superheats water to 120°C/248°F and delivers it via pressure hoses in a superheated state to our applicator heads.

How does Steam Weeding work?

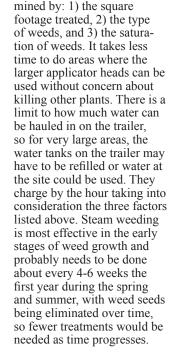
Earl explained the process like this, "Water from a water tank located on a

used to sanitize school playgrounds, trash cans, and tables and chairs. It can also clean flagstone, concrete, and other rocked in areas while killing the weeds in the cracks between the stones. The process can also remove gum, some graffiti, and

and chicken coops. How much time does it take to do Steam Weeding, how much does it cost.

and how often does it need to be done? The amount of time and the cost of

clean BBQ grills, dog kennels, horse stalls



steam weeding are deter-



Earl steams a patch of weeds while Kip assure the line

steam weeding is the way to go for her as well and has already had her initial free consultation and first steam application. Thank you, Kip and Earl for bringing our community a healthy alternative to a recurring and universal problem!

Contact Information

Check out their website for more information; many questions are answered under the FAO tab

Website: k-shigh-impactsteamweeding.

Kip Goodrich Cell: 719-581-0102; Earl Goodrich Cell: 720-520-2870

"A weed is a plant that has mastered every survival skill except how to grow in rows!" — Doug Larson

Q: What did the French baker say after mowing his lawn? A: Time to baguette

Quote

Kip and Earl with truck.

We wanted to give steam weeding a try

so I could explain the process to read-

ers and also to see if it was something

we wanted to do given that it was taking

about an hour a day during the summer

to keep up with our weeds. We wanted

to make sure our soil, earthworms and

other organisms would not be harmed,

and were relieved when we found out the

into the soil, so most organisms, the black

roots of our trees and bushes would not be

damaged. Kip and Earl treated part of our

gravel driveway and one of our rock areas

during a demonstration. After two weeks,

the grass growing onto our driveway was

almost all dead and we were sold on the

Weeding to get rid of all our weeds in

our rock areas and driveway. It took Kip

about 3 hours to treat our driveway and

tank during that time. We felt the price

was affordable and well worth the cost

chemicals or negative consequences as

a result of the process. After the initial

retired neighbor who typically spends

hours a day each summer often on her

hands and knees, armed with a bottle of

vinegar and a giant sun hat, doing all she

can to control her weeds. She has decided

demonstration, I immediately called my

considering there were no concerns about

rock areas and he did not need to refill the

process. We hired K-S High Impact Steam

treatment only penetrates about ¼ inch

plastic underneath our rock areas, and

Our experience

"Killing weeds with saturated steam is so exciting to us. We hope you'll join us in a non-toxic weed control program. People, Pets, Wild Animals, Insects, and our Waterways will benefit from it.'

— Kip Goodrich

Challenge

Can you find or create a better way to do something this month? Why do we want to keep doing things the same old way when there could be easier, more effective, or even fun ways to go about doing them? Sometimes we don't even know why we do things a certain way. Maybe you remember the story about how every Christmas, a woman would cut the end off her ham, put it in a pan. then in the oven to bake. When she was asked by her kids why she did that, she didn't know why, so she called her mom who had always done it that way. Her mom said, "I just did that because my pan wasn't big enough." The challenge this month is to find a better way to do something so that, similar to steam weeding, the environment is protected, or the ham isn't wasted, the vegetables don't rot in the fridge as quickly, the deer can't get to those plants anymore, the kids stay longer on the phone just to chat, your tool box or junk drawer is now organized in a better way so you can find things, just anything that can enhance your life and add some novelty and freshness to your days.



3506 – Earl and Kip steam weeds in a rocky patch.

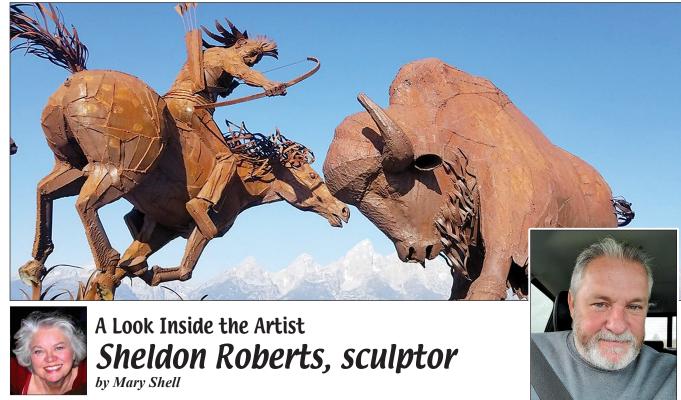


Tumbling Trout Fly Shop



GUIDED FISHING Private Property and BEYOND! 720) 363-2092





What is your favorite medium?

Thave known Sheldon for years and am

work. He and his work are larger than life.

response. Self-taught, he is intuitive in the

that very few artists can do. I have worked

on a few semi-large sculptures in my past

and remember how intense and absorbing

it can be. To be able to maintain the vision

of super-large object while working on

artists can own. The amount of strength

sculptures is beyond most artist's ability

and just the thought exhausts me. To get

and you will see Sheldon in the bucket:

ing his new works and be blown away.

Springs airport and notice the sculptures

of the Indian on a horse and the buffalo,

you can now say you know who created

You are a well-known sculptor in this

area, how many pieces have you created

Along this magnificent journey I have

had the opportunity to vision and bring to

fruition more projects than I care to count.

When asked what my favorite subject

is, I believe that everything mother nature

reproduce each and every piece to the best

has created is well worth honoring. I

What is your favorite subject?

of my ability and I still fall short.

the beauty of what you create.

in vour career?

them. Thank you, Sheldon, for showing us

If you ever drive to the Colorado

an idea of the size Sheldon works in look

at the picture on the cover of the two birds

absolutely amazing. I look forward to see-

and tenacity to complete large heavy

such a small area at a time is a talent few

His passion for creating large sculptures

process of creating large art, something

is astonishing and demand the WOW

always amazed and impressed at his

I'm glad I'm eclectic. If I had to do the same medium all the time I would be bored out of my mind.

Do you find it difficult creating custom sculptures for clients?

I actually appreciate the opportunity to engage with my collector. They interject a piece of their mind into the sculpture which is a great reward for me and serves everyone involved and the piece is always better for it.

What is your favorite sculpture you

Each new sculpture is enrolling into a new school for me. I realized when I was younger that learning was my favorite thing about this human experience. Every subject commands its own study which makes each new sculpture my favorite.

Did you always sculpt?

Pretty much. I started sculpting and painting when I was four. It's been a lifelong endeavor.

What, if anything, do you find difficult

Each piece has a period where I struggle for a minute. A minute in my mind isn't necessarily 60 seconds.

I know you create large sculptures. Is it your preferred size to work in?

The bigger the better.

What would you like to try that you haven't made yet?

I have a few mountain sized concepts and I have an idea for a life size illuminated glass tree with metal leaves.

Who is your favorite artist?

My maternal grandmother, Mary Ann Johnstone is my favorite artist. I was a curious child, and she fed that curiosity with her guidance. She taught me to grow in my art and my life exponentially. I called her Gran and the most comfortable place on earth was Gran's lap.

How old were you when you start

My first art memories of sculpting, sketching and painting are from the time when I was four years old.

What is the biggest fear you have in

Oftentimes but not always, I'll be in the middle of one of my projects like a large chainsaw sculpture or a huge steel sculpture and I pass through a point where I wonder if I have what it takes. I feel intimidated by the insanity of what I do. Fortunately, I find my way through it and back to my confidence. Every time I find out I'm still a sculptor, I'm very happy.

I'm putting together a team to create a book titled The Artist in All Of Us. I believe that everyone is an artist in some way. Most of them don't recognize their specialty as art, but I do and I think it would be good for them to consider they are an artist, in their own way. That way we all share in the fun. I recognize Mary Shell as a fellow inspirational encourager of the talents in each and every one of us. All artists have the responsibility and privilege to encourage others to see their talents.

Learn more about Sheldon at www.

artnership DONUTS WITH DAD PLAYGROUP Join our Parents Advisory Committee (PAC) in Memorial Park for donuts, games, and a craft to honor male caregivers! All Ages Welcome. Saturday, June 12, 2021 11:00am-12:00pm **Memorial Park** vrom 200 N Park St, Woodland Park Call (719) 686-0705 or email Jessica@cpteller.org for more info



Hiking in Cripple Creek A book review

by Flip Boettcher

eventy-year-old Cripple Creek author Randall Stewart recently self-published Hiking in Cripple Creek, Victor and Goldfield with the Gold Camp Trail Mules, his eleventh book

Stewart has spent a lot of time hiking in the Cripple Creek area, exploring and researching 81 of the old area mines and picking up rocks, since he retired there in mid-2017

This is not your typical hiking guide. The first section is a technical account of the geology of the area listing the typical rocks found there, their chemical formulas, how the gold got into the rocks and lots of pictures.

The next section lists 12 trails in the area. Mostly, each trail has its own ariel photo with the trail marked in. There is also a topographical map with location and number for the mines on the trail. There is a graphic showing the elevation loss and gain of the trail, as well.

Unfortunately, the mines encountered on the trail are listed alphabetically, not in order of appearance. Each mine has a detailed description of when and who started the mine, the history of the mine, the amount of gold taken out of the mine, tunnel lengths, tunnel depths and directions in the mine.

The mileage and elevation difference of each trail is listed in the back of the book There are lots of pictures.

There is a section about mining and the history of mining and mining facts interspersed throughout the book Stewart worked in the Cripple Creek and Victor Mining District from 1972-1976 as a geologist, surveyor and miner, and the book includes some interesting stories from that time. Stewart has also guided underground mining tours at the El Paso and Mollie Kathleen mines in Cripple Creek.

Stewart grew up in Colorado Springs and attended high school there. He obtained his bachelor's degree in geology in 1973 from Southern Colorado State College in Pueblo, which later became the University of Southern Colorado and eventually Colorado State University.

Mid-1973-mid 1975 Stewart worked for Golden Cycle Gold in Cripple Creek and

Stewart received his master's degree in geology from the University of Houston

Randall Stewart Hiking in **Cripple** Creek, Victor, and Goldfield

with the

Gold Camp

Trail Mules

in 1984 and worked for the FMC Corporation selling liquid sodium cyanide to the gold mining industry in the west from 1989-2002.

In 2009 Stewart was a science teacher in Lyon County, Nevada and received a second master's degree in secondary education from the University of Nevada, Reno in 2012.

Author Randall Stewart. Stewart retired in 2017 after teaching middle and high school physical, earth and space sciences for nine

> years and moved to the Cripple Creek area. Stewart has also worked as a professional sales and marketing executive for Fortune 500 companies.

All Stewart's books are published by Kindle Books and can be found at Randallmarkstewart.com or on his Facebook page. You can also find pictures of the trail mules on Facebook.

Unfortunately, there is no mention of the trail mules in the book except in the title. I was unable to find out if the trail mules are descendants of the miner's and prospector's mules that were left behind after the gold ran out and are part of the Cripple Creek herd or if they belong to Stewart. I don't know how many mules there are, if they just go hiking with Stewart or he leads them along, but I do know the youngest is 68.

Adopt Me by Ark Valley Humane Society

Josiah

Tn early May 2021, Friends of Roswell Animals (a rescue group in New Mexico) reached out to AVHS to see if we may be able to aid their efforts by becoming a destination shelter for dogs in need. In particular, they needed to find somewhere to place 3-year-old Pit Bull Terrier mix, Josiah. Josiah was a stray dog who had been in the care of Roswell Animal Control for nearly 1.5 months*. As the oldest resident in the facility, Josiah was most at risk for euthanasia. In fact, there were two days during his stay at Animal Control where the facility dipped below their needed available kennels and Josiah was extremely lucky to have not been euthanized during

those times. Thanks to Ark-Valley's new transfer program, we were able to work with FORA to bring Josiah all the way to Buena Vista, CO!

Since then, Josiah has been in the care of AVHS, where he has shown himself to be an absolute sweetheart! He has so much love to give and became fast friends with another resident dog at our shelter, Doug. Josiah is happiest when he is nearby (or sitting on the lap of) a trusted human. He warmed up immediately to all shelter staff, and is a very mellow, easy going pup. We are all so grateful to have had the opportunity to save this sweet boy from the face of euthanasia and are now looking for a wonderful forever home for this awesome dog! Call us to set up a meeting 719-395-2737.

*New Mexico's regulations require a facility to hold an animal ONLY 4 days for the owner to find them, after which euthanasia is possible. PLEASE consider adopting from

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

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ppwfc.org

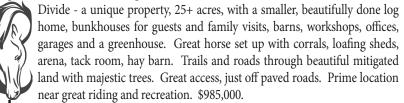
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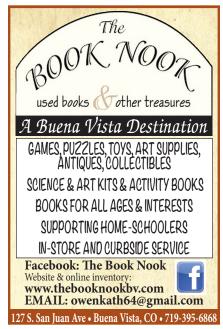
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Welcome Back!



Hummingbirds - Deanna C. Truesdale, 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.

The Great Rock Mustery by Gilrund the Historian

ystie and Avi, two of the fairies of Winter Mountain, were flyof Winter Mountain, were flying toward Crystal's home tree, when Glacia stopped them with her loud call from deeper in the fairy forest.

"Did you hear the news? Did you hear the news?" called out Glacia as she hurried up to her two friends as they hovered above some Blue Crystal flowers.

"What news?" asked Avi and Mystie. "You haven't heard about the strange things happening at the Mystery Rock?" returned Glacia, "Well, let me tell you what I just heard."

"What did you hear?" said Crystal as she flew up to her three best friends.

"Oh, good, you're here," said Glacia as she turned to see who had spoken. "Well, you know about the Mystery Rock over on the other side of Winter Mountain. The great big one that points up to the sky and has the mist that flows around the base all the time. The one that the Queen wanted to build a bridge to, but her counselors wouldn't let her. The one that has the strange looking trees growing on the side and there are only three of them?"

"Yes, yes!" cried out Mystie, "We know the place you're talking about! Now, what has happened?"

"Well, I just heard from April Dancer, the beautiful dragon that flies over the to meet with the queen once a moon cycle

"Yes, we know about the dragon!" growled Avi, "What about the Mystery Rock?"

"I was getting to that," returned

"Not very fast," said the other three at

"All right, here it is. A giant spider web is covering the only opening to the tunnel that leads into the rock.'

The girls all stood silent as they landed in the snow to think of what Glacia had just said, except for Mystie. She mumbled," I hate spiders!"

"So, who cares about a spider web over the opening to a tunnel in a big rock?" asked Crystal, "What does that have to do with us?"

"Yeah, all we have to do is stay away from the Mystery Rock and we are alright," said Avi.

"I hate spiders!" said Mystie.

"The queen wants us to go there and find out why the web is there and how to get rid of that spider. You know that spiders are dangerous to fairies and the queen wants it gone," said Glacia.

"Well, this is going to take some thought," said Crystal, "Remember the adventure we had with the Whispering Death spider?"

"Yeah, that was a little too close for comfort," replied Avi, "But we got the Fairy Heart back to the Enchantress."

"I've never seen so many spiders in my life as we saw on that adventure," said Glacia, "I think that's why the queen wants us to get rid of spider in Mystery Rock."

"I hate spiders," said Mystie. "We know, Mystie, we know!" said Glacia, "You don't have to come along on this one if you don't want to. We can do this by ourselves."

"Oh, no you don't!" said Mystie, "You're not leaving me out of an adventure, even if it involves a giant spider."

The girls all flew off to Crystal's tree home to talk of how they were going to get rid of the giant spider in Mystery Rock.

When they had settled into the bedroom at Crystals tree home and had a drink of nectar and few Pollen cookies, Glacia told them what April Dancer, the dragon, had told the queen.

"It seems that this big spider has a thing for dragon eggs, and it has stolen one from April Dancer the dragon," explained Glacia, "When the dragon went after the spider, it threatened to bite the egg and suck the unborn baby out and eat it.

"Of course, the dragon stopped chasing it and watched from the sky where the spider was going. Well, it took the egg and hurried to Mystery Rock and down the tunnel to wherever that goes. Then it covered the entrance with a big web to keep everyone out.

"So, our job is to get inside the tunnel and get the egg out and back to the dragon, without being eating by the spider. Simple!'

"Yeah, simple," said Avi as she bit into another cookie and stared at Glacia. "So, anybody have a plan?" asked Glacia.

"I think that I might have one," answered Mystie, "We have to get the spider out of the tunnel long enough for the dragon to burn it with its fire. Then we can go in and get the egg out and back to the dragon. But someone has to lure the spider out. Any volunteers?"

It was quite for a few moments as the girls took time to think about Mystie's plan. No one seemed to be able to come up with a better one.

"I'll go, I'll go, I'll go," repeated the three other fairy girls.

"I will talk to April Dancer and tell her of our plan," said Mystie, "She will have to wait outside of the tunnel for the spider to come out. That part shouldn't be too hard. The hard part will be finding where the tunnel goes in the rock. I don't think anyone has ever been in there before, that I know of."

The next morning found Glacia, Avi and Crystal flying toward the Mystery Rock, as Mystie flew to the queen's palace to tell April Dancer of the plan.

The dragon had been told to wait until the fairy girls came up with a way to save her egg. The queen had full confidence in her subjects, for they had done so much for her before, she knew that they would find a way to get the egg back from the giant spider.

The plan was that Mystie would wait with the dragon for three hours and then they would fly to the entrance to the Mystery Rock and wait above the opening for the spider to come out. The three fairies should be out of the tunnel first and then when the spider came out after them, the dragon would burn the spider to ashes.

Glacia, Avi and Crystal arrived at the tunnel entrance and looked at the big spider web that covered the opening. It would take a sharp knife to cut through the web and they didn't have one.

So, Avi took out her wand and used its magic to cut enough away so that the three friends could step through and start down the tunnel.

They used their wands to light the way for it was pitch dark otherwise.

Slowly, they flew into the tunnel farther and farther as the tunnel went down and down into the giant rock.

The tunnel turned left, then right and then left again and then leveled off and kept going.

There was no sign of the spider or the egg, but there were several tunnels that turned off the main tunnel.

There was a little sand and dirt that had been captured in the tunnel, over time, and in that dirt and sand they saw the tracks of the spider as it continued into the rock.

It was taking a long time to follow the tunnel, but finally Avi, who was in the lead, saw a reflection that she had seen before. It was the reflection of the spider's eyes in the soft light of her wand.

"What do you want here?" hissed

the spider when it saw the light of Avi's wand and moved in front of the dragon egg.

"I have come for the egg that you have stolen, evil spider!" said Avi, "Give it to me now, or I shall use my fairy magic to turn you into a pebble to be lost in this tunnel forever."

"Foolish fairy, your magic has no power over me!" the spider said, "I am a Milan Spider, created by a master sorcerer long ago. He gave me power that you cannot overcome with your silly little fairy wand."

Glacia and Crystal moved forward next to Avi as Avi said, "Let's see if your Milan power can withstand the magic of three fairy wands."

The spider laughed a horrible laugh and replied, "How fortunate for me, three fairy girls for my dinner. I shall sleep for four days and then I shall eat this dragon egg. This is a wonderful place that I have found to live."

The spider started forward in the tunnel and the three fairy girls started flying back down the tunnel. They kept far enough away that the spider couldn't spray them with her sticky

Back and back, they flew down the dark tunnel with the spider right behind them

Occasionally the spider would turn around and spray some web at them, but they were always too far away to be caught in the sticky substance as they led the evil spider slowly out of the tunnel of Mystery Rock.

Mystie and April Dancer had waited long enough and were now flying toward the Mystery Rock. April Dancer had seen a place where she could land and wait for the spider to come out and not be seen.

The dragon landed and Mystie flew down to the entrance to the dark tunnel. She looked at the slightly burned web and knew that her three friends had entered the tunnel. Slowly she flew into the tunnel and on down, listening for anything that would tell her where her friends might be.

On and on she flew, stopping for a few moments to listen and then on she would fly, not knowing how far the tunnel might be leading her.

She looked into the side tunnels as she went and found nothing, for they didn't go very far.

Then she heard them! The soft flut-

tering of their wings and the occasional talking to the spider echoed in the stone walls. Once or twice, she heard the soft buzz of some fairy magic being used and the laughter of the spider when the magic wasn't effective. The girls weren't really trying to stop the spider. They just wanted the creature to follow them out of the tunnel.

"Try again, silly fairy girl," cried the spider after another failure of the fairy magic, "I told you that you cannot hurt me. I am a Milan Spider; I cannot be harmed by your weak fairy magic. Give up and let me eat you. I'm sure that you will be tasty.'

Then the evil laughter would start

The sound was getting closer and closer, so Mystie turned around and flew back out of the tunnel and up to where April Dancer was waiting.

"They are coming, get ready. Remember to wait until all three of my friends are out of the tunnel and out of the way of your great flame. Then you may flame the evil spider as much as

When you are satisfied that it is dead, we will go back in and bring out your egg," declared Mystie.

The dragon stepped forward until she could see the entrance to the tunnel and waited. She could hear the fairies as they spoke to the spider and the evil replies that the spider gave

Suddenly, Glacia, Avi and Crystal flew out of the tunnel and up and away from the entrance, the spider was right behind them, but stayed on the rock

April Dancer took a deep breath as the three fairy girls flew away, then blew out a flame that would have destroyed a house in moments. But the spider just dropped down to the rock and waited until the dragon stopped the flame to take another breath.

April Dancer looked and was amazed as the spider stood up again and started to turn back into the entrance of the tunnel.

The spider stopped and looked up at the dragon and shouted, "Your feeble flame cannot harm me, dragon. Now I shall enjoy the taste of your voung!'

April Dawn knew what she had to do, and she did it. She inhaled again and blew out the devastating rock

melting fire that is only used for total destruction of an enemy The spider stood and took the flame

until it suddenly realized that it could not withstand its power. The spider tried to run to the tunnel. but it was too late. Its legs were curling up and bursting into flame. It's eyes

quickly popped and then the body ex-

ploded into flame. The evil spider was

destroyed in the dragon's fire. The four fairies watched from a distance and were amazed at what they saw. Never had they seen such a

display of dragon power. Avi looked at her three friends and said, "Always be nice to a dragon!"

The four fairies waited for over two hours for the rock to cool, before they flew back into the tunnel to bring back out the dragon egg and placed it in April Dancer's huge claw.

"I want to thank you for all of your help," said the dragon, "I know that you were taking a great risk for my sake. If ever you need my help, you have but to ask and I and any of my dragon kind shall be there for you.

April Dancer took to the air with four happy fairy girls on her back to fly back to the other side of Winter Mountain and the palace of the queen. There the dragon reported what the

girls had done for her. "I am deeply in your debt," she said again. She took to the air once more and returned to her home far to the

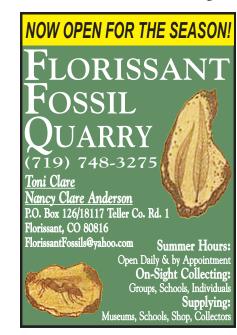
The Fairy Queen looked at the four fairy girls and shook her head as she

"How can I reward you four for what you have done for the Kingdom? Over and over, you have been a blessing to me and the rest of the fairies of Winter Mountain. How many ways can I say, "Thank You", for what you four have done?"

The girls blushed as the Queen praised them again and again for the many times they had helped her.

~ 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.



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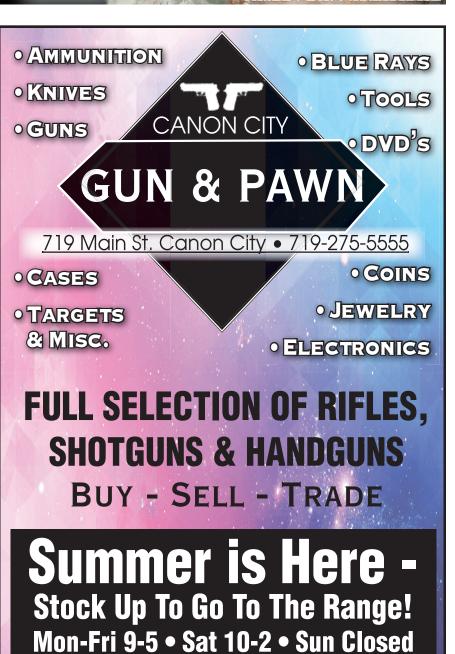


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The Ghosts of Gilman presentation

by Steven Wade Veatch

Tf you are a history buff and just enjoy Lpoking around ghost towns, you'll have the time-of-your-life in this multimedia presentation held on June 8 at 4 p.m. at the Western Museum of Mining and Industry (WMMI) in Colorado Springs. Steven Veatch will share photographs and videos of his onsite explorations of Gilman, an abandoned mining town in southeastern Eagle County, Colorado. You will feel a sense of astonishment and discovery as you tour this mining camp that turned into a company town. You will see the old hospital, general store, geology lab, miner's hall, and other town buildings. This presentation tells the story of Gilman's four phases: 1) Gilman as a 19th

century boomtown; 2) Gilman as a model company town under the ownership of New Jersey Zinc; 3) how Gilman fueled a thriving mid-20th century American economy; and 4) Gilman as a toxic wasteland after 100 years of environmental degradation. In the presentation, the town's significance is explored in the broader context of Colorado and Western American history. Today this is private property and off limits to the public. Do not miss this essential presentation that examines a compelling story of Colorado's mining past in Gilman. It is a story so bold, so big, that only the American West can hold it. Fee is \$5 and free for members of WMMI. FMI 719-488-0880

Heart of the Rockies Regional **Medical Center news**

Free Women's Health Screenings

The Heart of the Rockies Regional Medical Center (HRRMC) Foundation is now accepting applications for the Women's Wellness Connection (WWC) Clinical Services program.

The WWC program is grant funded by the Colorado Department of Public Health and Environment (CDPHE) and offers free cervical cancer screenings/Pap smear tests and free breast cancer screenings/ mammograms to qualifying women. Eligible participants are women between the ages of 21-64 years old, living within a specific income level and are uninsured or underinsured. Funding for screenings is available for women living in Chaffee, Lake, Western Fremont, Park, and Saguache Counties

In addition to providing free preventative health screenings at its main hospital campus, HRRMC recently qualified to provide these services at all HRRMC outlying clinic locations, including the Salida Health Center; Buena Vista Health Center; Custer County Health Center (Westcliffe): and the Saguache Health Center.

"The Women's Wellness Connection program creates awareness and access to preventative health and cancer screenings," explained Melanie Critelli, WWC nity Health Coordinator "Our service region is geographically isolated, which can create barriers to women accessing annual care. Insurance coverage and cost can create additional obstacles. Our program works to support women financially and emotionally to access these critical appointments."

More information, including details on guidelines and enrollment are available on the hospital website at www.hrrmc.com/ hrrmc-foundation.

For questions about the enrollment process or to talk with someone directly, contact WWC Community Health Coordi-

nator Melanie Critelli at melanie.critelli@ hrrmc.net or 719-530-1065.

Now accepting applications for Charles J. Forster scholarships

HRRMC Foundation is offering two scholarships of \$2,500 each for current college students planning to pursue a career in healthcare. Previously known as the HRRMC Foundation scholarships. these have been renamed in the honor of Charles J. Forster, past HRRMC Board Member and HRRMC Foundation Board Member who passed away in early 2021

These scholarships are available to any college student who lives or has 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, have a minimum college grade point average (GPA) of 3.2, and have already earned at least 24 college credits. Applicants may not be related to an HRRMC Foundation board member.

The application deadline is Monday, June 14. To download the guidelines and one-page application, visit hrrmc.com, click on the HRRMC Foundation tab and then click on the Foundation Scholarships

Applications should be e-mailed to Foundation Director Lezlie Burkley at lezlie.burkley@hrrmc.net or mailed to the HRRMC Foundation Scholarship Selection Committee, POB 429, Salida, CO

Charles J. Forster was an HRRMC Board Member from 1996 to 2016, and on the HRRMC Foundation Board from 1998 to 2014. As chairman of the HR-RMC Foundation Board. Charlie ensured multiple campaigns to raise money for HRRMC facilities.

FMI 719-530-2218.

South Park City

by Flip Boettcher photo courtesy of Kathy Butler

 $F \hbox{airplay's historic South Park City (SPC)} \\ \hbox{is now open for the season. The outdoor} \\$ living history museum is open every day, rain, snow or shine, from May 15 to October 15, 10-5 p.m. May 15 to Memorial Day, 9-7 p.m. Memorial Day to Labor Day and 10-6 p.m. to Labor Day to October 15

SPC is on the far west end of historic Front Street where one steps back in time to a representation of Colorado boom town life in a mining town of the late 1800s. SPC is on the National Register of

The South Park Historical Foundation was organized in 1957 and they purchased the property for SPC. SPC is a non-profit privately owned corporation. The museum first opened May 15, 1959.

According to Carol Davis, retiring 48year museum curator, there were some hard feelings among some of the Front Street businesses because Front Street would be closed off at SPC. Front Street was Colorado Highway 9 through Fairplay to Breckenridge. The main thoroughfare through town was re-routed a block to the north.

There were seven original historic buildings on the site and more mining and historic buildings have been moved there over the years from around the county. There are now around 40 buildings on the site, said Davis.

They are actually moving in another stone building from farther east on Front Street this summer. Davis said. She watched them move some of the other buildings in during her tenure there.

People donated the almost 60,000 items, with more in storage, that portray the economic and social life of an 1880s boom town. Many groups helped set up the displays.

Davis has her degree in elementary education and came to Fairplay in 1965 intending to teach school, which she did for a time. Davis was asked if she would like to be the part-time bookkeeper for SPC in 1973 and went on from there to become the chief cook and bottle washer doing everything from bookkeeping, greeter, cleaning every spring from April 1 to May 14, curator, working on exhibits. buying books for the bookstore, research and writing. By the way, curator means one who takes care of stuff and sets up exhibits, said Davis.

Every day was different, she said, and many times she was the only employee. Davis loved everything about the job. It was "a rollicking ride" and SPC has "a lot of good junk.

Davis is a wealth of information on the history of SPC, its buildings and the people who lived there, and has many stories to tell.

Four of the original buildings belonged to Leonard Summer. Summer had the first brewery in town, but his first log brewery burned down in the devastating 1873 fire which destroyed pretty much all the Front Street business district.

Summer re-built the brewery and saloon out of red blocks of rocks, which came from Red Hill southeast of Fairplay.

The Summer family lived in the third story of the saloon while the family home was being built next door.



Carol Davis at the front desk of the South Park City Museum.

Summer's brewery went "belly up" because it was cheaper to have beer shipped here from St. Louis and just bottle it here than brew it here. The brewery became a butcher shop, and the red rock smoke house next to the brewery is another original site building.

Sadly, after his second wife left him, Summer committed suicide in his saloon Across the street from the Summer's home, was the house of buffalo hunter

Frank Mayor. Mayor was part of the federal buffalo harvest in 1873 which almost wiped out the buffalo. Mayor was born north of New Orleans in 1849 and died in 1954 at 105 years old. As a teen he went north and joined the Civil War.

False fronts on historic buildings usually indicate it was a business, Davis said. They could put that up quick and easy. Behind the false front there was tent until a permanent structure could be built.

You will hear these and more stories on your visit to SPC

Everyone always worked as a team and many have worked at SPC over the years, according to Davis. They survive on entrance fees, donations and grants. El Pomar and the Gates Foundation have donated quite a bit. There is always restoration work refurbishing the historic structures and maintenance to do.

Davis officially retired last December, although she said there was no work after the museum closed October 15, after 48 years on the job. She plans on volunteering on a limited basis, plus she feeds the museum cats (Thelma and Louise) during the winter.

The end of July features Burro Days, the annual burro race finishes along Front Street through SPC. The second weekend in August is Living History Days, where the past really comes alive. People dress in historic 1800s outfits and participate in skits, live demonstrations, gunfights and more. There are miners, townsfolk, painted ladies, cowboys, tradesmen, preachers and saloon keepers.

Plan on a visit to South Park City and meet the new curator, Erin Pulsipher. 'Your visit will enhance your understanding of life in those rip-roaring days when life was risky, fortunes were made or lost overnight and men and women of vision laid the groundwork to Colorado's future," museum brochure.

The museum phone is 719-836-2387 or visit www.southparkcitv.org.

Call for vendors and artists!

If you are a vendor or artist and seeking Lopportunities, continue reading for three opportunities.

Art in the Park is held during the 4th of July celebration in Buena Vista and vendor registration is now open! We look forward to a wonderful celebration featuring a variety of vendors, including Chaffe County local artists and musicians. FMI https://buenavistacolorado.org/product/art-in-the-park-booth/.

Gold Rush Days is held the first weekend in August in Buena Vista and vendor registration is now open! We look forward to a

wonderful celebration featuring a variety of vendors, including Chaffe County local artists and musicians. FMI https://buenavistacolorado.org/product/gold-rush-days-booth/

2021 Chaffe Arts Open Awards Show, which will be held August 21-29 has now opened the call for artists! Online entry available until June 30, 2021. The event is held at the BV Heritage Museum. Categories include oils, watercolor, acrylics, photography, mixed media 2D & 3D, pastels, drawing, printmaking, jewelry, glass, ceramics, and sculpting. FMI www.chaffeearts.com.



Love of the Colorado mountains does not fade with age!



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Dietary Staff

We offer an EXELLENT benefit package to include: health insurance (only \$40.00 per MONTH) Full time employees receive 2 weeks paid vacation plus sick time.



We are a family-oriented community that takes pride in the care and services we offer to our residents. Come join OUR family and see that sets us aside from other communities.



To get more information about our community, contact

Susan Amiot Human Resources or Lawrence Cowan Nursing Home Administrator 719-689-2931

Dedicated



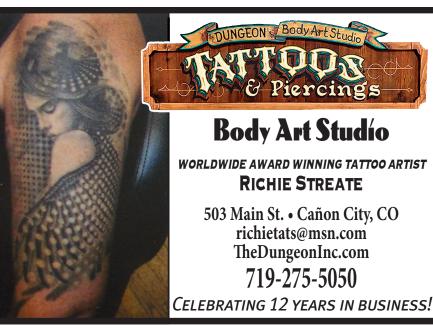
Committed to Quality **5 STAR RATING** to Caring

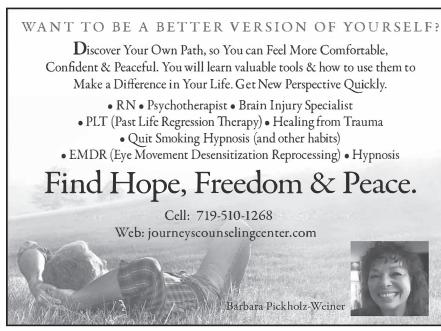
Lawrence Cowan, Administrator

700 North 'A' Street ~ Cripple Creek 719.689.2931

Call to discuss your personal needs and schedule a facility tour

www.cc-care.org





2021 Public Shooting Days

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

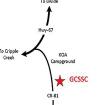
10 AM to 3 PM

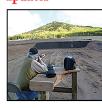
June 5, 6, 12, 13, 20, 26, 27; July 3, 4, 10, 11, 18, 24, 25, 31; August 1, 7, 8, 9, 14, 15, 22, 28, 29; September 4, 5, 11, 12, 19, 25, 26; October 2, 3, 9, 10, 17, 23, 24, 31; November 6, 7, 13, 14

Adults - \$15.00 per day 18 and under \$10.00 per day **** Be sure to visit www.tcss-co.org for schedule updates ****

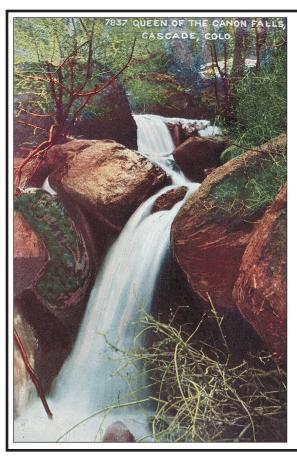


The GCSSC is located at 1805 Teller CR-81, one mile south of the KOA









River's Edge

by Steven Wade Veatch

I stood at the river's edge and listened as it flowed over water-ravaged rocks.

The warm day beckoned. birdsong called.

I understood this as a shift of knowing to pause and clear my heart.

Southern Park County Fire Protection District

by Flip Boettcher

Do you have some extra time with nothing to do? Perhaps you should consider volunteering. Volunteering is good for the soul and your community too.

The Southern Park County Fire Protection District (SPCFPD) is in need of volunteer firefighters and emergency medical personnel. The department's current roster includes about 15-20 people with only a handful who respond to calls on a regular basis, according to Captain Rick Scheffel, department Public Information Officer. The department supplies all necessary gear, equipment and most importantly, training; free training to national fire and EMS standards in wildland firefighting, structure firefighting, emergency medicine and traffic accident response.

The district is a whopping 242 square miles, so sometime response time can be lengthy. The district has three stations. The main station #1 is in Guffey. There are two satellite stations, #2 east of Guffey on Park County road 102 and #3 west of Guffey on CR 88.

The department is really in need of volunteers in the CR 88 corridor, the CR 71 corridor and the CR 100 corridor, stated their April quarterly newsletter. Call the station at 719-689-9479 between 9 a.m. and 3 p.m. if you are interested or stop in and talk to someone about how you can help.

The SPCFPD has always been strapped for funds, being rural with a low population density. The chief is the only full-time paid employee, with the assistant chief paid for three days per week. The department pays for what is called "station duty," where one is on call and stays in the district from 6 a.m.-6 a.m., spending 9 a.m.-3 p.m. at station #1. Everyone else is a volunteer.

The department put a working fire hydrant at station #1. Park County donated the land behind the station where the 30,000-gallon water tanks above the station feed the hydrant. The county also provided the grant which helped pay for the hydrant. The nearest working fire

hydrant is in Cripple Creek. The recent mill levy tax increase allowed the department to purchase 2,400 feet of new supply hose to reach from the fire hydrant at station #1 to the Guffey School and to the structures on the south end of Guffey.

They were also able to purchase a new

backup generator and make electrical improvements at station #1 to eventually become a community evacuation center. The Guffey Community Building is already so designated.

The department was also able to upgrade the electrical systems at station #2 and #3, replace the old entry bay doors at station #1, purchase a new 1850-gallon water tender, and improve fire response paid for out of regular tax income.

The department recently sponsored a Wildfire Community Preparedness Day focusing on what residents can do around their homes to help protect against a wildfire. They presented a wildfire awareness video produced by NOVA for PBS. This 90-minute program is available to be shown to area groups, as well. Call the department if you are interested.

With the coming summer, visitors will be flocking to the Guffey Gorge Day Use Area east of Guffey. This is a popular rock jumping into West 4-Mile Creek site on BLM land and many accidents happen every year there. SPCFPD responds to 911 calls at the Guffey Gorge and had an April training there coordinating the BLM, Flight for Life helicopter, Four Mile Fire, our mutual aid partner from Teller County, and the SPCFPD auxiliary.

SPCFPD provides a free community wild land fire risk assessment for properties within the district. They assess wild land fire ignition hazards around structures and guide requirements for new construction ignition hazards.

The department would like to encourage and thank the community for reporting unusual smells, sights and situations, especially sights of smoke columns and fire. This helps keep a fire small and much easier to deal with. If in doubt, call 911

Since May 9, the Park County COV-ID-19 mobile vaccination bus will be at the fire station in Guffey, 1745 County Road 102, every Sunday from 10-2 p.m. to vaccinate those 12 years and older. Thursdays noon-6 p.m., the mobile bus will be at St. Mary of the Rockies 236 Bulldogger Road, Bailey. Saturdays 9-1 p.m. the mobile bus will be at 8951 County Road 90 in Lake George.

Walk-ins are welcome, appointments are encouraged. You can register at www.



Life-Enhancing Journeys Resiliency: be strong, flexible and rock-solid by Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII

ife can be difficult and no one gets out Lof this existence without experiencing a variety of struggles and challenges. Suffering is part of the human condition. How we interpret those experiences is far more important than what is actually happening to us. Resilience is the key to handling all that we encounter without falling apart. This article will focus on the principles of resiliency as well as the qualities of highly resilient people.

Resilience is essential in today's chaotic world. We may feel pressured to get more work done with fewer resources and in less time while on the job. In our personal lives, things are changing so rapidly that if we stop to breathe, we might feel crushed by unexpected setbacks and unwelcome adversities.

Resilience is the process of successfully adapting to difficult or challenging life experiences, overcoming adversity, bouncing back from setbacks, and even thriving under extreme, on-going pressure without acting in unwise or harmful ways. The most resilient people use their traumatic experiences to become stronger, better, and wiser.

Resilience is not elusive, where some people have it and some people do not. It requires only the willingness to work at it.

Resilient people ask themselves, "Is what I'm doing helping or harming me?" Asking yourself whether what you're doing, the way you're thinking, the way you're acting is beneficial or hurtful, puts you back in charge. It gives you control over your decision-making.

Trust that you can learn to rise up from adversity and help yourself think and act in ways that help you maneuver through difficult times. When the tough times come, remind yourself that suffering is part of every human existence. Recognizing this can stop you from feeling discriminated against when the devastating times come. Refuse to allow yourself to take it personally because it really is not about you singularly. There seems to be the belief that we are entitled to a perfect life, where happy photos on Instagram are everywhere, when in actuality the opposite is often true. Stop comparing yourself to others because it immediately triggers your survival brain which then overrides resourcefulness.

Resilient people decide where to put their attention by realistically appraising situations by focusing on the concepts they are able to change. By doing this, they are able to avoid concentrating on the things that are ultimately out of their control. Remember, this vital skill is called resilience and can be developed.

As humans, our survival brain is hard-wired to be hyper-aware of threats, hazards and weaknesses. Because we have a built-in negativity bias (as discussed in UCN March 2021 article), negative emotions stick to us like Velcro, whereas positive emotions and experiences seems to bounce off like Teflon.

When we seem to be bombarded by perceived threats, our brains treat every threat as though our survival is at risk. Our threat focus and our stress response seem to be on high alert. Resilient people acknowledge the negative yet have worked out ways of turning it into the good. In psychology, this is known as "benefit finding." Being able to switch the focus of your attention to include positives has been shown by science to be a powerful strategy.

When I reflect on my life during the 6th grade, I experienced numerous painful experiences. After my beloved grandmother died suddenly of a stroke, and I had emergency surgery in order to save my life. During this period my aunt, who lived next door and was the mother of my three cousins, died unexpectedly

during a minor surgery. If this weren't enough, my father's furniture business went bankrupt (he was the sole provider in my family) and my parents were on the verge of divorce (fortunately they worked it out and remained married for almost 55 years). What a horrendous year I lived through! Even at such a young age, the belief that life had to get better helped me survive all that anguish. What I realized is that because I endured those experiences, I have confidence that I can handle just about anything now.

Some principles of resiliency

You will never be the same again when you are hit by a major life disruption. You will emerge from this disruption either stronger, weaker, better or bitter. You have the ability to determine which way it will be for you. Are you creating barriers or bridges to a better future?

Blaming others keeps you in a weak or non-resilient victim-state which disem-

The knowledge that life isn't fair can be beneficial for you. Resiliency comes from taking personal responsibility for finding a way to overcome adversity. Your ability to bounce back and recover from setbacks can lead to developing strengths and skills you didn't know you were capable of.

Your resiliency strengths develop from being self-motivated and competent.

Self-knowledge enhances your resiliency because your way of being resilient must be your own self-created, unique version. Self-knowledge comes from selfobservation, experimenting, and being receptive to feedback of all different types.

Notice the place within yourself where you develop conscious choices about how you will interact with the world you live in. Experiencing choices leads to feelings of freedom, independence, and being in control of your life.

Nothing in life is permanent. When you are highly resilient you accept and appreciate that constant change is how life is. As you become more resilient, you ef-

fectively handle unsettling changes, adversities, and major setbacks faster and easier. Highly resilient people show many similar qualities. Which ones do you possess?

- Are you playful and curious? • Are you a person who asks a lot of questions so that you can understand the way things work?
- Are you willing to experiment and allow ourself to have wonderment about ife? This includes making mistakes and getting hurt. Most importantly, can you find a way to laugh along the way? Ask yourself: "What is different now? What if I did this? Who can answer my questions? What is funny about this?"

• Do you learn from each new experience by asking yourself, "What is the lesson here? What early clues did I ignore? Do you give yourself permission to say, "The next time that happens I will...."

 Are you someone who adapts quickly? • Are you mentally and emotionally flex-

Can you be strong and gentle, sensitive and tough, logical and intuitive, calm and emotional, serious and playful, etc.? Do you give yourself the opportunity to think of possible negatives to reach positive outcomes?

• "What could go wrong so it can be avoided?'

Resilience adds that sense of selfesteem and self-confidence which helps you learn after something goes wrong. It allows you to accept praise and compliments. It acts as a buffer against hurtful statements while being receptive to constructive criticism.

Resilient people understand that self-confidence is about your reputation with yourself. It allows you to take risks without waiting for approval or reassurance from others. You expect to handle new situations well because of your past successes. Resilient people also have good friend-

ships and loving relationships. Research shows that people in toxic working conditions are more resistant to stress when they have a loving family and good friendships. Loners are more vulnerable to distressing conditions. Talking with friends and family reduces the impact of difficulties and increases feelings of selfworth and self-confidence.

Resilient people can express feelings honestly, and are capable of conveying anger, love, dislike, appreciation, grief — the entire range of human emotions honestly and openly. Equally, they are able to suppress their feelings when they believe it would be a better option.

Optimism is guided by their values, therefore they expect things to work out well and have a high tolerance for ambiguity and uncertainty. They also have the potential to bring stability to crises and chaos. They will often ask themselves, "What can I do so that things turn out well

Resilient people show empathy and can see things through the others' perspectives, along with having a win/win/win attitude in conflicts. "What do others think and feel? What is it like to be them? How do they experience me? What is valid about what they feel, say, and do?" These are questions that are constantly on the lips of the resilient person.

Resilient people use intuition and pay attention to creative hunches while accepting unconscious perception as valid by considering them as useful sources of information. "What is my body telling me? Did that daydream mean anything? Why don't I believe what I'm being told? What if I did this?"

Resilient people can defend themselves well and will fight back to protect themselves if they are unable to avoid an attack. They have the resources to recognize and steer clear of con games and manipulations that others attempt through their ability to find allies and support.

Finally, resilient individuals use wisdom and foresight to comprehend their purpose. They thrive in situations which are often distressing to others because they learn useful lessons from terrible experiences. They convert misfortune into good luck and gain strength from

A good indicator of mental health is when a person talking about a rough experience says, "I would never willingly go through anything like that again but it was the one of best things that ever happened to me." Always be willing to ask yourself, "How can I turn this around? What good came from what happened? What is the

Are you able to recognize that life gets better with every decade? Have you been able to develop more life competence through the ability to be playful and free? If so, you'll find that you spend less time surviving and can endure major adversities better. The bonus is that you'll enjoy

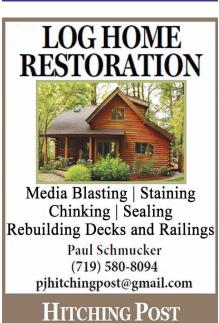
We all have moments where our life path changes and the journey we thought we were going down veers off in some surpris ing direction that we never anticipated and we certainly did not want. If you find yourself in a situation where you think "There is no way I am going to survive this," please consider these strategies. Acknowledge that thinking this way can be difficult yet with the requisite effort and practice, you will succeed. What I have learned over my lifetime is that thinking in a positive and resilient manner truly does help. It has revealed to me that it is possible to endure and struggle at the same time and come out the other end stronger and healthier. I am still here, more resilient than ever, and for that I am grateful.

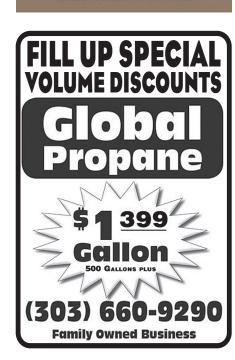
Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII is the program director of Journeys Counseling Center, Inc. At Journeys we teach you tools, skills and help you discover resources to live the most effective life possible. We guide, support and coach you along the path you desire, to become the best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















Beasts of the Peaks A serrated...what?

In recent months, I stumbled across La video about a particular species of waterfowl, known for its sour demeanor. Growing up in the Rockies, I was familiar with these majestic yet commonplace birds, but something in this video caused me to pause: "Canadian geese have a serrated tongue." A serrated...what?

Tongue. Yes, geese have sharp, serrated tongues.

In all my years of observing, avoiding, and scouting these birds, I never knew this flabbergasting tidbit. The Canada goose's tongue contains dozens of feather-like fibers which interlace with similar structures on the inside of its beak, which it uses for tearing off aquatic vegetation and filtering mud from its drinking water. That is just another reason to stay a safe distance away from those honker's beaks.

Ask any person their opinion of Canadian geese and many of them would say, "They're mean." Ask them anything else they know, and I bet the majority would say, "Well, they fly in a V-formation." Until a few days ago, I would have had the same answers. I asked myself why. Surely there is more to them than petulance and flight patterns. They are beautiful. Could they be another grossly misunderstood creature like the wolverine?

When looking at a wolverine, it seems that most people think, "Yikes." Wolverines are my favorite animal and once I posted a picture of one on Facebook, and the first and only comment was a simple, disheartening, "Yikes." It is true that wolverines are ferocious. They are renowned for their voracious scavenging skills and are even rumored to have killed a polar bear once. Their specialized teeth and grisly voice grant them an untouchable reputation. However, recent study has proven them to be family creatures and playful. They look like a cute dog-bear. Sadly, they are scored with "yikes" too often.

I think that the majority of people, upon seeing the dusky body, black neck, and white throat latch of the Canadian goose think, "Yikes." Do geese really deserve this negative reputation?

Canada geese (vernacularly known as "Canadian geese") have a dusty brown body, black neck and head, and white patch stretching from cheek to cheek under the throat. They fly together in a classic V formation and honk all the while. These geese can have the body size of a small dog and have a wingspan that outstretches the length of most kitchen tables — up to 73 inches. Canadian geese are found naturally all throughout North America and Eurasia and have been introduced as game birds in parts of Europe and New Zealand.

Branta canadensis is the taxonomy of Canadian geese — obviously the second part is due to their primary location. The first part, branta, comes from the Old Norse *brandgás* which means literally "burned goose." There are seven subspecies: Atlantic, Interior, Giant, Moffitt's, Vancouver, Dusky, and Lesser. It seems that the most common goose in Colorado is Moffitt's goose, or Branta canadensis moffitti. This subspecies is one of the twelve pounds. They also have a cleaner white on their breast and a cleaner break between the dusty color of their body and the black of their neck.

These birds breed in late winter and nest in the spring. Canadian geese mate for life and the male stays with the female as she warms the eggs. Interestingly, during mating season, the parents lose their flight feathers and they grow back around the same time their hatchlings fledge. These geese lay between two and nine eggs in a single clutch, and they most often nest near a waterway. After almost

a month, the eggs will hatch, and in two more months, the young birds will be

After they fledge, the young birds stay with their parents for one migratory season. They travel north with their parents then fly back to the place of their birth. After two years, the birds are ready to mate and create a life of their own. If you want to catch a glimpse of the cute, dustyyellow goslings, make sure you keep a keen eye because they grow up and look like adult geese quickly!

You wouldn't know it now, but Canadian geese almost died out because of overhunting, much like the carrier pigeon. However, conservationists and "amateur aviculturists" worked together to bring them back. Like a fad, some people in the 1950s began raising Canada geese on their personal property or homesteads and released them into the wild. These days, Canada geese can be found in every state and sometimes it seems like every street corner.

Unfortunately, this has caused a headache in many places. Goose poop is prolific, unsightly and full of bacteria. Sometimes the problem is simply cosmetic — let's all agree that poop is gross to look at. Geese defecate so much that it's hard to avoid it on the park pathways during springtime and impossible to avoid during spring soccer season. Sometimes the problem is more serious and the excrement finds its way into waterways and pollutes it.

Additionally, their gaggles can wander into the path of airplanes and damage them or cause them to crash. Sometimes geese have flown into cars or wandered onto a busy street. Sometimes these geese also land and nest in crops, causing damage to them. Perhaps you've had an unpleasant encounter with an offensive goose and were made to take the gutter while the goose strutted victoriously on the sidewalk.

Thankfully, there are methods to mitigate these issues, such as relocation or alteration of habitat to divert the birds elsewhere. There are even specially trained dogs to "herd" the birds away from human areas like parks and college campuses.

Geese aren't only a problem to humans; sometimes humans are a problem to geese. Obviously, a plane flying into a gaggle of geese hurts the geese more than people (except the time when it killed 24 United States airmen in a crash). However, the bigger problem for geese is one that is so often a problem between wildlife and people. Please don't feed the geese. When a goose eats what is outside of its natural diet, it can develop birth defects including a condition called "angel wing." This causes the bird's primary feathers to grow abnormally, interfering with and sometimes robbing the bird of flight. PLEASE! Don't feed the geese, or the deer, or any other wild thing.

After learning about a goose's serrated tongue, I began to wonder more about Canadian geese. As I began my research into this feisty bird, I was forced to reexamine my subconscious beliefs. Where in the world did I get this idea that these whitethroated geese were simply mean and that's all there is to it? I knew deep down than what my surface knowledge told me. Where did I first learn of these geese? What were my first experiences with them? Why was it that something deep inside myself knew they are just another misunderstood creature, like the wolverine?

As humans, we get stuck thinking about things the same old way we've always thought about them. We also tend to believe what other people say without question. That's why we get into so much trouble.

Aside from observing the geese on the soccer field before practice and hearing them honk through the skies, my first ex-



posure was when I was very small, watching my favorite cartoon, Franklin the Turtle. One of Franklin's friends is Goose. and she happens to be one of the kindest and most considerate of the friends. I now watch Franklin with my toddler on Saturday mornings. Even as an adult, Goose is still my favorite of Franklin's friends.

Next, as a child, one of my favorite movies was Fly Away Home, a film loosely based on the story of Bill Lishman, who raised Canadian Geese during the 1960s and trained them to follow his small aircraft on a migration path. Bill Lishman also worked with a conservationist named Dr. William Sladen, who wanted to study Bill's method to help the recovery of other threatened birds Though the real story wasn't about a little girl, the movie portrays a lonely little girl raising a clutch of geese and, with the help of her eccentric father, teaching them how to be geese. As a child, I dreamed of finding my own orphaned wildlife and helping them like she did.

Finally, I went hunting with my brother. These are some of my most special memories. We would traipse through the snowy, frozen marshland by the Arkansas river and wait for waterfowl to fly overhead. Geese were one of the first animals to teach me the importance of hunting and why, for many people, it's a way of life. Also, now that Canadian geese are so prolific, it's crucial to remember that population control (hunting) is vital to the health of not only all geese but the rest of their ecosystem as well.

In none of these situations as a child did I encounter the devilish goose of meme-lore. Though Canadian geese can be volatile, they are usually this way because they are protecting their family. Videos abound of goose "attacks" and my favorite is of a goose charging at a bull repeatedly until the bull concedes.

Yikes. Or is it? Wouldn't we call that courageous? Aren't the geese just defending the family they care for?

It's strange how our roots can become buried by the opinions and cares of this world. As a child, I might have described friendly, and perhaps mean — but only if provoked. I have reexamined my current notions. After an honest conversation with myself, I've come to remember that geese are not flippantly rude. Goose-wrath is rooted in fidelity and familial love. Perhaps we can all take a note from the Canadian goose when it comes to our preconceived ideas and learn to reexamine and replace those ideas. We could all use a dose of independent thinking, too. Maybe we should look to our families more and remember to protect them like the goose does: tenaciously and without hesitation.







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

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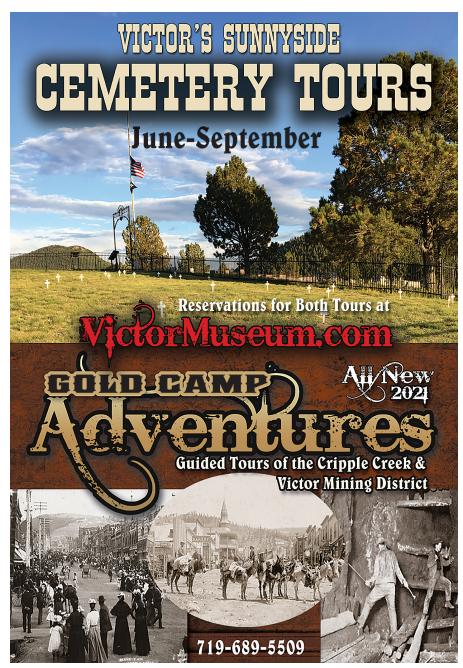
LEAP, El Programa de Asistencia para Energia para Hogares de Bajos Ingresos de Colorado, ayuda a los residentes elegibles de Colorado pagar una parte de sus gastos de calefacción de invierno.

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.





Summer fun at Mueller State Park

Expansive green meadow, reflecting blue ponds, quiet trails lined with wildflowers and birdsong in the trees await you at Mueller State Park in summer! Color and beauty explode in all directions with flowers, birds, baby animals, and blue skies to be seen. You'll catch a glimpse of these treasures when you come to the park and join a guided hike or naturalist program. Naturalists and volunteers at Mueller love to share the wonder and science of all living and non-living things at the park. Programs in June will highlight local wildlife, favorite flowers, unique features and local history at the park.

- 1 Hike: Cahill Cabin and Pond meet at Grouse Mountain TH 8 a.m.
- **2 Hike:** Grouse Mountain meet 8:30
- **2 Fly Fishing** meet at Dragonfly Pond 10
- **3 Hike:** Aspen Trail meet at School Pond
- 3 Hike: Wapiti Nature Trail meet 9:30
- 3 Prehistoric History of the Pikes Peak **Region** meet 8 p.m. Amphitheater
- 4 Hike: Cheesman Ranch meet at Grouse Mountain TH 8a.m.
- 4 Hike: Rock Pond and Canyon meet 9
- 4 Hug a Tree to Survive for kids meet at Visitor Center 2 p.m.
- 4 Archery meet at Dragonfly Pond 3 p.m. 4 Living with Wildlife 8 p.m. Amphi-
- **5 Hike:** Buffalo Rock Loop meet at Grouse Mountain TH * a.m.
- **5 Forest Bathing Walk** meet at Outlook Ridge TH 9:30-noon.
- 5 Hike: Sights and Sounds meet at Visitor Center 10 a.m. 5 Forest Scavenger Hunt meet at Wapiti
- TH 2 p.m. **5 Paper-making** 7 p.m. Amphitheater 6 Hike: Dynamite Cabin meet at Grouse
- Mountain TH 9 a.m. **7 Hike:** Osborn Homestead Loop meet at
- Black Bear TH 8 a.m. 7 Hike: Sights and Sounds meet at Visitor
- Center 10 a.m. 8 Hike: Sights and Sounds meet at Visitor

Center 10 a.m.

- 8 Pond Safari meet at Dragonfly Pond 1
- **9 Hike:** Geer Pond meet at Lost Pond TH
- 9 Dark Sky Hike meet at Outlook Ridge 10 Hike: Aspen Trail meet at School Pond
- TH 8 a.m 10 Hike: Wapiti Nature Trail meet 9:30
- 10 Live Plant Scavenger Hunt meet at
- Wapiti TH 1 p.m. 10 History of Native Americans in the Pikes Peak Region 8 p.m. Amphitheater
- 11 Hike: Elk Meadow* to Murphy's Cut meet 8 a.m. 11 Knots and Lashing meet at Camper
- Services 2 p.m. **11 Geocaching** meet at Visitor Center 3 p.m.
- 11 Leave No Traces Basics 8 p.m. Am-12 Crafty Critters meet at Wapiti TH 9
- 12 Fly Fishing meet at Dragonfly Pond
- **12 Hike:** Peak View Trail meet at Elk Meadow TH 2 p.m.
- 12 Sunset Hike meet at Outlook Ridge TH 7:30 p.m.
- 13 Searching for Wildflowers meet at school Pond TH 9 a.m.

- 13 Gold Panning meet at Visitor Center
- 14 Hike: Geer Pond Mash-up meet at Outlook Ridge TH 8 a.m.
- 14 Tree Hike meet at Wapiti TH 10 a.m. 15 Bird Walk meet at Elk Meadow TH
- **16 Hike:** Cahill Loop meet at Grouse Mountain TH 10 a.m.
- 16 Fly Fishing meet at Dragonfly Pond 17 Hike: Aspen Trail meet at School
- Pond TH 8 a.m. 17 Outlook Ridge Sketching Hike meet
- 17 Hike: Wapiti Nature Trail meet 9:30 a.m.*
- 17 How to Set up Camp meet at Lost Pond Picnic Area 2 p.m
- 17 History of Early Explorers & Military in Pikes Peak Region 8 p.m. Amphitheater
- 18 Hike: Cheesman Ranch meet at Grouse Mountain TH 8 a.m.
- 18 Nature Crafts meet at Camper Services 2 p.m
- 19 Hike: Homestead Trail meet 9 a.m.*
- 19 Amazing Birds meet at Visitor Center
- 19 Animal Scavenger Hunt meet at Wapiti TH 2 p.m. 19 Sunset Hike meet at Outlook Ridge
- 7:30 p.m. 19 Stories and S'mores 8 p.m. Amphi-
- 20 Wildlife Touch Table at Visitor Center
- 20 Nature Hike meet at School Pond TH
- l p.m.
- 20 Wildernessing: Solstice Ceremony meet at Grouse Mountain TH 8 p.m.
- 21 Hike: Turkey Cabin Overlook meet at Black Bear TH 8 a.m.
- 21 Bird Walk meet at Elk Meadow TH
- 22 Fly Fishing meet at Dragonfly Pond 10 a.m.
- 23 Hike: Lost Pond to Outlook Ridge meet 9 a.m.
- 23 Watercolors for Kids meet at Camper Services 2 p.m.
- **24 Hike:** Aspen Trail meet at School
- 24 Hike: Wapiti Nature Trail meet at 8 a.m.* 24 History of Fur Trade in Pikes Peak
- Region meet at 8 p.m. Amphitheater **24 Full Moon Hike** meet at Outlook
- Ridge 9:30 p.m. 25 Hike: Cheesman Ranch meet at
- Grouse Mountain TH 8 a.m. 25 Tracking and Trailing meet at
- Camper Services 2 p.m. 25 How to Build Fire 8 p.m. Amphitheater
- 26 Outdoor Skills Day 10-3 p.m. Check website for pre-registration – activities
- **26 Hike:** Cahill Homestead meet at Grouse Mountain TH 9 a.m.
- **26 Hike:** Livery Trail meet at Lost Pond
- 27 Hike: Peak View Pond meet at Elk Meadow TH 9 a.m.
- 28 Hike: School Pond Trail meet 8 a.m.* 28 Searching for Wildflowers meet at Preacher's Hollow TH 9 a.m.
- **30 Fly Fishing** meet at Dragonfly Pond 10 a.m.
- **30 Wolf Biology** 7 p.m. Amphitheater *Indicates to meet at Trailhead (TH) of the same name.

Mueller State Park events are free, however a \$9-day pass or \$80-annual pass are required per vehicle to enter the park. FMI 719-687-2366.

Western authors luncheon

Chaffee County Writers Exchange (CCWE) announces the long-awaited visit by celebrated western author Chris Enss to Colorado's mountain communities has been rescheduled for June 11th. Chris Enss is a New York Times best-selling author who has been writing about women of the Old West for more than twenty years. She has penned more than 40 published books on the subject. Her work has been honored with five Will Rogers Medallion Awards, an Elmer Kelton Book Award, an Oklahoma Center for the Book Award, and was a Western Writers of America Spur Finalist. Chris' most recent work is According to Kate: The Legendary Life of Big Nose Kate Elder, Love of Doc Holliday. Her new book, soon to be released is *The Widowed Ones*, a new perspective on the widow of General George Armstrong Custer.

As President of Western Writers of America, Enss is currently involved in the group's Packing the West educational program designed for second through sixth grade students. "We want to introduce kids to books about the American West and teach them about the history of the

frontier," Enss explained. Joining Chris in this visit is award winning western author Phil Mills, Jr. His books include three historical novels set in 1800s Wyoming and six children's books. His Wyoming series includes Where a Good Wind Blows, Where the Wildflowers Dance and most recently, Where Cold the Waters Run. Where a Good Wind Blows was a Spur Finalist Award for Best 2010 Western Audio book from the Western Writers of America.

CCWE will be sponsoring a luncheon with Chris and Phil on Friday, June 11, 2021 from 11-1 p.m. Based in Central Colorado since 1995, CCWE fosters writing and encourages publication through the sharing of resources and information. The luncheon will take place at The Twin Lakes



Inn, in Twin Lakes, Colorado. Chris and Phill will be speaking at the luncheon on "Creative Marketing with Nothing But A Dream and A Good Book." The talk will be primarily focused on marketing techniques for writers to use with their existing or yet-to-be-published books. Tickets for the luncheon are \$30 each and are available by visiting CCWritersExchange.org. CCWE members are invited to attend, and tickets will also be available to the public. However, seating is limited, so please visit CCWE's website soon to reserve your spot at www.CCWritersExchange.org!

During the authors' Lake County visit, they will be lodging and dining at the Twin Lakes Inn. If you would like to join them for dinner, please call to make reservations at 719-486-7965.

For more information about Chris Enss. visit her website at www.chrisenss.com, and for Phil Mills, Jr., www.philmillsjr.com.

FMI Visit CCWE website www.CCWritersExchange.org and The Twin Lakes Inn

Victor's annual Gem & Mineral Show

by Ruth Zalewski

The annual Victor Gem & Mineral I Show presented by the Southern Teller County Focus Group (STCFG) in Victor, Colorado will be held June 18-20. After a hiatus last year due to COVID-19, the event will be held in downtown historic Victor and is open and free to the public.

The show will include vendors from across the state selling Colorado dug minerals. Items for sale will include polished gems, hand-crafted jewelry, rough slabs, specimens, cabochons, geode breaking, Cripple Creek & Victor Mining District gold ore specimens, Cripple Creek turquoise, and more. There will also be gold and gem panning at the Victor Lowell Thomas Museum. Show hours are from 9-5 p.m. each day.

This year a geologist from Newmont Cripple Creek & Victor will make a presentation on the geology of the gold mining district. This free presentation will be held Saturday, June 19 at 1 p.m. at the Pinnacle Park Plaza on North Third St., Victor. The presentation is free but seating is limited.

Saturday and Sunday the STCFG will hold silent auctions of specimens as a fundraiser to support its historic preservation, mining education, and trails maintenance efforts.

Saturday night the Black Monarch Hotel will host free music on the corner of stcfg.com, or call 719-689-2675.

Victor Avenue and Third Street.

In addition to the show, the Victor Lowell Thomas Museum gift shop will be open from 9:30-5:30 p.m. with its collection of rocks, gems, minerals, rhodochrosite and aquamarine jewelry, geodes and gold panning for the kids. The museum also houses a mineral collection as well as historic mining equipment, photos, and historic displays. In addition, guided tours of the mining district are available through the museum — see VictorMuseum.com for reservations.

The Victor Elks Lodge members will be grilling burgers on the lodge porch as a fundraiser. Victor's many shops and attractions will also be open, including Victor's Gold Camp Ag & Mining Museum, antique, art and gift shops, the old-fashioned soda fountain, German Bakery, the local bars and eateries. Black Monarch Hotel and Phantom Canyon Gifts, as well as the local parks and Trails of Gold where you can explore the historic gold mining country.

Show sponsors other than the STCFG include Newmont Cripple Creek & Victor and the Black Monarch Hotel

For more information on the STCFG or this event, visit STCFG.com, email info@,

Adopt Me by TCRAS Shamu

Tbet you haven't seen a kitty as pretty as me! I'm super Isweet and love people but I really need a home without other cats so I can be gueen of the castle. I'm an absolute snuggle bunny and am good with kids, as well. If you think I would be the best fit for your family call my friends at 719-686-7707 to set an appointment to meet me! TCRAS is located at 308 Weaverville Rd in Divide.

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



Motorcycle season is now upon us again. Dust off the motorcycle seat and check it out to see if your bike and you are ready to hit the open roads again.

As fun as it is to ride a motorcycle, I wanted to let you know that the Colorado State Patrol is seeing an increase in motorcycle crashes and fatalities and we really want to curb that problem. Contrary to what a lot of people may think, a lot of these crashes haven't included other vehicles. They are single motorcycles going down. This issue seems mostly to be with riders that don't have a lot of training or as much experience as they should have to ride. Their skills may not be the best because they don't ride every day. This is not meant to be demeaning to these riders, but to have them realize steps may be needed to increase their riding abilities.

Consider researching a motorcycle operator skills course. As Brian Tracy states, "Continuous learning is the minimum requirement for success in any field." I believe that whole heartily when it comes to strengthening your riding skills. You can never know too much about riding techniques. The courses have different levels of skill training for all riders. Usually they teach for beginners, intermediate, and advanced riders. So even if you've been riding for years, a training course can be for you. Maybe try an advanced riders' course and see how it can improve your skills.

So, let's delve into some of the problems we see when it comes to motorcycle riders crashing

- 1. Dirt and rocks on the roadway. Some riders are not looking out for it. You see a lot of it especially in early spring from snow-plow operations.
- **2.** Going into blind curves too fast and going off the road or into on-coming traffic.

- Know the area vou're riding. If it's an area vour unfamiliar with don't outride vour
- skills. Take your time and enjoy the ride. **3.** Having passengers on the bike that are unfamiliar with leaning, or who don't have confidence in the operator and counterbalance causing the bike to go off the roadway. It also goes the other way with motorcycle operators who don't know how to ride with a passenger on the back of the bike. Have that conversation PRIOR to riding with someone on the bike.
- 4. Not knowing how to use the front brake in tandem with the back brake. It is imperative to be able to stop quickly when needed. Learn how to use your brakes correctly.
- 5. Watching for vehicles coming into your path. Have an escape plan to stay out of the vehicle's way. You can always be in the right and still be injured.
- 6. Leaning into curves that place your upper body over the center line and in the path of oncoming traffic. Don't hug the center line so closely.
- 7. Not having the proper safety equipment to prevent injury in the event of a crash This includes a helmet, eye protection, gloves, boots, padded jacket and pants.
- **8.** Absolutely no alcohol when riding. It happens more often than you think.

One last item. Make sure you have that motorcycle endorsement on your driver's license. We do check for those on a traffic stop. So, if you don't ride, but know someone who does, talk to them about some of the things I hit in this article. You may save the life of a friend or loved one. These are very basic concepts of riding, but they are so often overlooked. As



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Positive Computing

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Celebrating two years in business on July 5th

~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.

Summer Learning Program "Tails

and Tales" is in full swing! All

ages welcome. Sign-up to read

Weekly programs, Pups At your

Library (PAL), card making, face

painting, etc. Prize drawings every

week. Silent auction items to bid

on. Pool party at the end of the

program! Runs through July 13.

puters available, made possible

by funding with The CARES

Act grant for use at the library to

access the internet, attend online

classes, for homework, apply

for work, research, access the

library's digital resources and

more. We also offer 1:1 com-

puter help! FMI 719-269-9020

Got new or used books to donate

our on-going book sale.

719-269-9020

The Canon City Library is

We're happy to receive them for

located at 516 Macon Ave. FMI

COLORADO

SPRINGS

tion at 4 p.m. Fee \$5 or free for

WMMI members. See page 14.

CRIPPLE CREEK

at 5 for hot dogs (weather

dependent) and 6 p.m. is the

meeting at 400 Carr St.

5 Celebrate the life of Pearl DeVere

353 E. Myers Ave. 11-5 p.m.

sharing the story of Pearl and

we'll hand out "pearl" necklaces

to our guests. There are possible

photo opportunities with Pearl

12. 13 Top of the World Rodeo

689-3584

15-July 11 The 4th of July Art Show

26 Commodities available to Teller

Aspen Mine Center. FMI 719-

District Museum - Search the Mu-

seum for answers to 8 mysteries,

fill in your answer sheet and drop

it in the ballot box for a chance

to win a GOLD Nugget! Winners will be drawn Aug 31 & Sept 30.

Carnival 9-4 p.m. Cripple Creek

District Museum is sponsor-

ing a Non-Profit Carnival in

their parking lot. Come out and

Carnival games, prizes and tons of fun. FMI 719-689-9540.

FMI VisitCrippleCreek.com

· Taekwon-do for Adults and Kids,

Moving for Wellness Dance Exer-

support the local Non-Profits!

• SAVE the DATE July 3-4

County residents 9-3 n m at

• Through Sept 30 Mysteries at the

and others. FMI 719-689-2485 or

enjoy discounted admission to the

museum \$1 off (\$6), special guest

an Legion Post 171 meets

We now have Chromebook com

and learn all summer long!

AVAILABLE VIRTUALLY

- COMMUNITY PARTNERSHIP 3 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? This is a place where you can find and
- share support.

 11 Crossroads of Parenting & Divorce 9:30-1:30 p.m. Teller County court approved divorce seminar. Registration required.
- · Yoga with Leah Mons (no class June 14) 10-11 a.m. via zoom. FMI AmyS@cpteller.org or 719-

NAMI COLORADO

SUICIDE PREVENTION org/ or 1-800-273-8255

BAILEY

• Covid-19 vacci Thurs noon-6 p.m. via mobile bus at St. Mary of the Rockies 236 Bulldogger Road. FMI www.parkco.us see page 16

BUENA VISTA

meets 9-10:30 a.m. at Central Colorado Regional Airport. FMI 719-581-2010 or ccuasclub@ gmail.com.

5 BV HOPE's storage unit sale

9-2 p.m. at Aplus Delta Storage Units 852 US Hwy 24. Burgers and hot dogs also available for a donation to Haven for Hope.

11 BV Heritage 2021 season kickoff 5-8 p.m. The events include a short annual meeting, a Friday at the Farm concert and entertainment. Admission is by donation o support BV's three museum Music provided by Andrea Coen and tow musician friends, Tom Plant and Bruce Warren (they play traditional Appalachian music). Bring your lawn chairs and a picnic, then enjoy fellowship with the local community. Location is History Turner Farm & Apple

zoom. FMI BVHope.org.

Orchard 829 West Main St.

19 BV HOPE meeting 3 p.m. viz

CANON CITY 19, 25 Shakespeare in the Park, A Midsummer Night's Dream will be performed by Theatreworks and University of Colorado in Macon Plaza at 2 and 6 p.m. on the 19th and 6 p.m. on the 25th Admission is free. Partners are Canon City Public Library and Fremont Center for the Arts. FMI 719-269-9020 and 719-275-2790.

- 2 Free Legal Clinic 2-5 p.m. Call to schedule appointment 719-269-9020. . B.O.O.K. Babies on our Knees
- Monday 10:30 a.m. cise for Adults Tues-Thurs · Story time and craft Tuesday and · Women's Bible Study, Wed. Thursday 10:30 a.m.
- · Cornhole Team Play, Fri. Virtual story time Wednesday · Archery Classes, Open Shooting
- (all ages) Fri • Lego Club 1st Friday each month SAVE the DATES July 3-4 p.m. 2 A 5K Poker Run/walk • Break out box 2nd Friday each
- 3 Disc Golf Tournament and Indoor month 3-4 p.m. Archery Class • Studioh! 3rd Friday each month 3-4 4 Indoor Archery Class Chess Club Wednesday 2 p.m.
 New Neighbors Genealogy 1st
 - FMI 719-689-3514.

lent Auction. The fun begins at 11

a.m. with the silent auction which

runs until 2 p.m. with the pig roast

Mon-Wed-Fri.

Tues-Thurs.

Senior's Walkabout Tues.

- Friday 1 p.m.
 Metaphysical Group 2nd and 4th **CRYSTOLA** Saturday 10:30 a.m. 12 American Legion Pig Roast & Si
- · United Health Care 2nd and 4th Thursday 9:30 a.m. • Fremont Brain Injury Support 1st Tuesday 12:30 p.m.

Adults \$12, 6-12 years \$6 and 5 or under free! Boy & Girl Scout uniforms get in free. Presented by the Eric V. Dickson Post 1980.

DIVIDE

14, 28 Little Chapel Food Pantry Distribution 3:30-6:30 p.m. FMI 719-322-7610.

COMMUNITY PARTNERSHIP Yoga with Leah Mons (no class June 14) 10-11 a.m. at Pikes unity Club in Divide Peak Comr and via zoom. Limited class size first-come, first-served, doors lock at 10 a.m. Bring your own mat and props.

FLORENCE

686-0705

FMI AmyS@cpteller.org or 719-

9-July 6 Blue Spruce Gallery hosts an exhibition of Diane Delduca and Jean Chuchiaro's latest works This show focuses on the animal world. The opening reception is 5-7 p.m. on June 12. Come to Second Saturday and meet the artists. The back garden area will be open. Light refreshments, good conversation, and live music. Blue Spruce Gallery is located at 205 W Main FMI 719-784-1339

26 Florence Pioneer Museum and Research Center presents Tracy Beach's new book The Night of a Thousand Heroes about the 1925 flood through Eight Mile Canyon. Tracy will present a program about her new book followed by a book signing. This book and other Tracy Beach books are on sale at the museum 100 E. Front Street or through our website www.FlorencePio neerMusem.org.

JOHN C FREMONT LIBRARY 1-July 28 Children's Summer Reading Program Thurs. 10:30 a.m. at Pioneer Park. FMI 719-

FLORISSANT

784-4649

GRANGE 12 Pine Needle Basket Class 9-3 p.m. We also do glass painting felting and gourd art. Call to

reserve your seat.

19 Craft Show and Flea Market 9-3 p.m. All outdoor spaces — call to reserve. Plan to shop for last minute Father's Day gifts. Crafters, vendors and flea market sellers welcome! See you there! FMI or to reserve space 719-510-2325 or florissantgrange@ gmail.com.

LIBRARY

CC PARKS AND RECREATION 1 Summer Story Walk (began • Adult Co-Ed Softball Leagues, Mon. • Aikido-Martial Arts, Mon-Wed-Fri. June 1). 8-29 Virtual Pet Show Enter a Silver Sneakers Group Exercise

photo of your favorite anima friend in our summer pet show: rampartlibrarydistrict.org. Limit 1 pet per family. Categories: cats, dogs, livestock and exotic pets. Deadline June 29.

10 Free Legal Clinic 2-5 p.m. Call to schedule appointment 719-748-3939.

• Preschool Story Time Fri 10 a.m. Summer Reading Program June 1-July 31 open to all pre-readers independent readers, and adults. Read books, have fun, and get a prize. Register online at ram partlibrarydistrict.org in person. FMI: 719-748-3939.

GREEN MTN FALLS

• The Land Office by the lake is open Sat/Sun 10-3 p.m.

GUFFEY

• Fire Station #1 located at 1745 CR p.m. for those 12 years and older. FMI www.parkco.us see page 16. • Save the Date! July 17 Rob's

Ride meet 10 a.m. at Coronas

LAKE GEORGE mobile bus at 8951 CR 90. FMI www.parkco.us see page 16.

MANITOU

SPRINGS The Manitou Art Center will feature musicians James Wallace

& Company.
5 Manitou Music Foundation Deck Festival 2:30-9 p.m. WoodBellys plays Trails End Taproom 2:30 p.m. Banshee Tree plays Lulu's Upstairs 4:45 p.m., RSD3 plays Buffalo Lodge Bicycle Resort 7 p.m. This event is all-day and each show within a mile of each other. Walking and biking are encouraged.

12 Beards, Bonnets & Brews Fes tival 12-8 p.m. Family-friendly event featuring local breweries, distilleries and live music celebrating Colorado Springs' 150 years of history at Rock Ledge Ranch Historic Site. · Hot Summer Nights! All summer. every Friday 5:30-8:30 p.m. Fea-

turing different local musicians at Buffalo Lodge Bicycle Resort. ımmer Concert Series every Mon & Thurs 7 p.m. FREE! Bud Ford Pavilion in Soda Springs Park. 14 Melange Duo 17 Stan's Band

21, 24 & 28 TBA

FMI www.manitousprings.org **SALIDA**

5 Ark Valley Pride's 2021 theme is Start Where You Are as we aren't doing a parade this year, we're asking everyone to make their own way to the Park with friends and family in a fun and festive manner — decorate your bikes wear your rainbows, and bring your mask. We'll have local speakers, an amazing drag performance from Lady Shug and hand out the 2021 Ark Valley Equality Network Pride Awards!

FMI arkvalleypride.com. 9 Free Legal Clinic at the library 2-5 p.m. Call 719-5396-4826 to chedule an appointment. • NAMI's Family Support Group for those who have a family member dealing with a mental illness

meets 5:30-7 p.m. the 3rd Tues at Salida United Methodist Church 228 E 4th St. FMI 970-823-4751.

102 offers Covid-19 vaccines 10-2

luncheon see page 21.

WOODLAND PARK

8 Nonprofit Cooperative meeting in person and via zoom 9-10:15 a.m. Text one word, NPCoop, to 833-763-0494 for more info **12** Grand Opening of Reserve – Our Gallery 10-4 p.m. at 400 West Midland, Suite 120. Vendors welcome in the parking lot. FMI 719-401-2301.

COMMUNITY PARTNERSHIP 12 Donuts with Dad Playgroup 1 12 p.m. at Memorial Park, Join us for donuts, games and a craft to honor male caregivers. All

cpteller.org. Yoga with Teresa Weds (no class June 2) 10:30-11:30 a.m. at Mountain View United Methodist Church. Limited class size, first-come, first served, doors lock at 10:30 a.m. Bring your own mat and props. FMI AmyS@cpteller.org or 719-686-0705

ages welcome! FMI Jessica@

LIBRARY 1 Tween Book Buzz — a virtual meeting ages 9-13 1 p.m. Call 719-687-9281 X 102 to get Zoom link or email juliew@ rampartlibrarydistrict.org. 2, 16 Spanish Story Time 10 a.m. 8-29 Virtual Pet Show Enter a photo

of your favorite animal friend in our summer pet show: ram-partlibrarydistrict.org. Limit 1 pet per family. Categories: cats, dogs, livestock and exotic pets. Deadline June 29. 9 Family Craft Day 10-5 p.m. Cre-

partlibrarydistrict.org or 719-

ate foil embossed fish puppets Materials and instructions provided. Stop by and have fun! 9 Teen Craft Day 3:30 p.m.

687-9281 X 112.

and her amazing dogs 10 a.m. 18 Annual Book Sale noon-4 p.m. (Fri) and 10-3 p.m. (Sat). Come upport the library and add

10 Tails and Tales with Denise Gard

Amazing and Magical Animals

animals, magic and juggling!

Books and Babies Tues 10 a.m

• Preschool Story Time Thurs 10

· Summer Reading Program June

1-July 31 open to all pre-readers

independent readers, and adults

Read books, have fun, and get a

prize. Register online at rampar

tlibrarydistrict.org in person.

10 a.m. This show features live

TWIN LAKES books to your collection. 24 Ann Lincoln's Marvelous

VICTOR

5, 19 Sunnyside Cemetery Walks see page 4. 18-20 Gem & Mineral Show see

page 21. **19** FREE Geology presentation 1 p.m. at Pinnacle Park Plaza.

19 FREE music by Tejon Street Corner Thieves at Black Monarch Hotel.

UTE PASS HISTORICAL SOCIETY GIFT SHOP

231 E. Henrietta Ave is open Wed 10-noon, Thur-Sat 11-3 p.m. Stop by and check out our great selection of historical books, cards, art and jewelry. Ask about the guided Downtown Walking Tour available every Sat., beginning June 29 at 9:30 a.m. Call the prior Fri to reserve

WOODLAND PARK COMMUNITY SINGERS

s singing again! We meet every Monday night at United Method ist Church on Rampart Range Rd from 6:30-8:30 p.m. We are always welcoming new member no audition required. FMI Joy 719-748-5087.

WOODLAND PARK SENIOR CENTER

5 Rummage Sale 9-1 p.m. Donations welcome. Browse for hidden treasures and help support the Senior Center!

12 High Tea 11:30-1:30 p.m. Joir us for a luncheon catered by Swiss Chalet, entertainment by the "Harvey Girls" from the Gold Camp Victorian Society and the Altitooters Flute Ensemble. \$20 includes lunch and entertainment. Reservations 719-687-3877.

SAVE THE DATE!

4 Old Fashioned 4th of July Cel-ebration at Memorial Park 9-3 p.m. Food court and beer garden music, flag raising and patriotic reenactments, games and contests for youth, fishing derby at 9:30 a.m. FMI text one word, July4th to 833-763-0494.

Where is Katee this month?

The will be at the Little Chapel Food Distribution in Divide on June 14 from 3:30-4:30 p.m., handing out treats for her canine and feline friends. The address is 69 CR 5, Divide, CO 80814.

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

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



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