



# UTE COUNTRY NEWS

FREE

Putting the "unity" back in community™

June 2022

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

Vol. 14, No. 6

## Welcome to Ute Country

***"Cowgirl Courage isn't the lack of fear,  
but the courage to take action  
in the face of fear."***

— J.H. Lee

### PEEK INSIDE...



Beasts of the Peaks



A Look Inside the Artist



Junior Achievement Success





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## CHARIS

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## On Deck

It was June of 2013 when we took a trip to Crested Butte, Colorado, where Jeff took this photograph. Seeing the Colorado landscape on horseback is an amazing experience I highly recommend to anyone able. The first step is to introduce myself to the horse. I tell the horse I'm counting on its sure-footedness and that I trust it can traverse this landscape more capably than I. Once the fear is admitted, the horse responds by gently leaning his face into me, agreeing to carry me safely along the trail. I find the acknowledging fear is the fastest way to overcome it. This is an empowering process!

Our June pages have lots of empowerment and examples of overcoming fears within them! Look at the example of the Guffey Community Charter School's cast of the 11<sup>th</sup> Pie Palooza. These kids learned their lines, their stage direction and performed in front of a live audience, which is typically the number one fear. *The Thymekeeper* warns of "Spring sting" and how to approach the nutritious stinging nettle. In *Growing Ideas*, Karen Anderson helps assuage our fears in "The mountain perennial food garden." *Life Enhancing Journeys* begins to tackle "Desires, cravings and addiction — part I" by laying out how neurotransmitters contribute to the problem. *Musings Along the Way* shares the courage of facing a lucid dream and the importance of choosing our words. *Beasts of the Peaks* gives us "The hideous cleanser" and a new way to understand the importance of the vulture's existence in the ecosystem. It seems when we understand the process and bigger picture we tend to appreciate more!

We are always seeking photos of your in/outdoor animal friends. Would you like to share with our readers? Critter Corner is the perfect place to share! Email your photos to [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com), bring them into Shipping Plus M-F 9-5:30 p.m. or snail mail them to POB 753 Divide, CO 80814.

*Thank you, — Kathy & Jeff Hansen*

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



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## The Thymekeeper

Spring sting  
by Mari Marques-Worden

Ah, spring is in the air and depending on who you are, with it comes the blessings of spring plants or the dread of allergies and the occasional foot of snow in May. No matter who you are, you can benefit from one spring plant in particular, stinging nettle.

To the herbalists, it is no surprise to see nettle poking its head out in early spring in moist areas however, to the unsuspecting hiker, nettle can bring a rude surprise in the form of a hearty sting. It's called stinging nettle for good reason. I would caution the person who uses the weed whacker close to buildings where the moisture drips from the roof. You may feel as if you've been caught in a swarm of invisible angry bees.

The plant closely resembles mint with its toothed leaves and square stem but beware the hairs lining the underside of the leaves and stem as they are armed with formic acid; the same acid the bees and ants use to make you aware of their presence. Each hair is hollow and acts much like a hypodermic needle when even the slightest amount of pressure is applied. Together with the formic acid, nettle can leave a lasting impression that you won't soon forget. When met one-on-one, nettle will certainly command your immediate attention. For those who encounter it unexpectedly, plantain is usually growing close by and can eliminate the pain by chewing a leaf and applying the juice to the affected area.

For most people, the sting will last about 20 minutes but depending on the amount of contact, I speak from experience here, the sting can last upwards of 24 hours. You may wonder why anyone would want to go anywhere near this plant but it is truly beneficial and one of the most nutritious plants in the wild. Make sure you harvest with gloves, long sleeves and closed-toe shoes.



Two side effects that manifested from covid infection are fatigue and hair loss. I personally experienced the hair loss for about a month and to the person with thinning hair it can be terrifying to see large amounts of hair in the brush. Nettle to the rescue! It makes a rejuvenating hair rinse promoting hair growth and leaving your hair soft and silky. A tea made from the dried leaf and poured over the hair will help to strengthen weakened hair follicles. Taken internally as a tea will help replenish those who experience mineral



*Nettle tincture is a rapid way to speed that medicine into the body (above). At first glance fresh nettle resembles mint (left).*



those who suffer leg cramps or menstrual cramps due to magnesium deficiency. Nettles' high mineral content provides support for bones, hair, nails and skin. I often combine it with oatstraw (avena sativa) for bone strength for those suffering osteopenia.

I will caution, it has diuretic properties and can be drying when overdone in our dry Rocky Mountain climate but beneficial to the person who retains water. On the other hand, it is a great addition to any detox regimen.

**Tips:** Chapped lips or dry skin is a clue you've overdone it.

Try combining nettle with alfalfa as a buffer to tone down the diuretic action. Alfalfa bolsters the nutritional value even more. Combining nettle with a moistening herb such as marshmallow root can help alleviate dry conditions that result as a side effect of nettle.

Nettle is tonifying to the urinary system and I've used it successfully in treating people with low kidney function. Together with parsley, nettle can increase kidney function significantly when taken on a

**continued on page 4**



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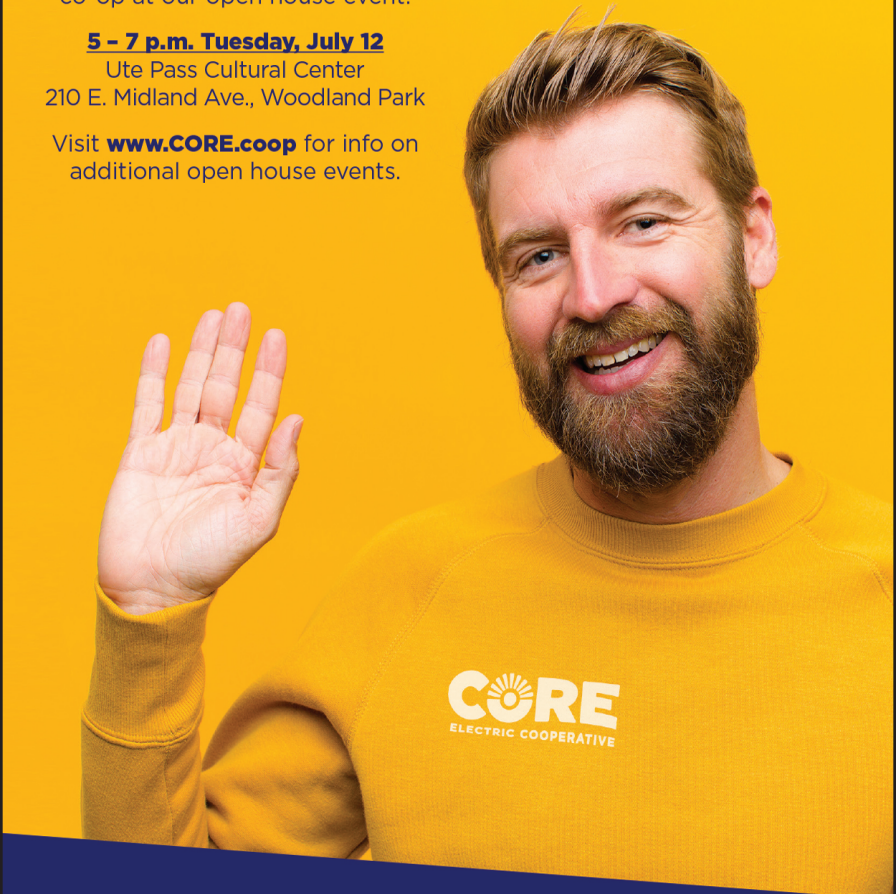
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## The Thymekeeper

### Spring sting

continued from page 3

regular basis. Also beneficial for those who experience frequent urinary tract infection.

**Tip:** It is recommended to take a break from regular use after 3-4 weeks for a two-week interval.

Known to increase testosterone, it also helps to tonify the prostate for those experiencing frequent urination due to swelling. The root of the plant is more often used for this purpose.

### About that sting

Historically, nettle has been used to help alleviate the pain of arthritis, a chronic illness with the root cause of inflammation. Taking nettle internally decreases inflammatory markers. Historical folklore shows us that nettle was used topically as well as internally for painful swollen joints by flogging or brushing the area with the fresh plant. When slapped across the kidney area of the back, nettle will prompt the adrenals to kick into action. This practice is called urtication and may sound horrifying to the average person. For people who suffer chronic pain it proves to be no more than a minor irritation providing relief after a week of use and has been used for thousands of years in this manner. A more common practice is to use the sting of a bee to alleviate arthritic pain. I prefer nettle for this purpose.

### Fiber

Nettle fiber is as tough and strong as canvas and has been found in ancient burial shrouds. Similar to hemp, nettle fiber has been used for cordage, clothing, linen and paper making to name a few. Turning plants into clothing or paper is not for the faint of heart. It takes effort and persistence but during times of duress such as war when cotton became scarce, people found the will to make it happen. As with most weeds, nettle is abundantly giving and will probably never be deemed in short supply.

### Natural fertilizer

Lately we’ve heard about shortages

affecting our food and fertilizer. How can you add free fertilizer to restore minerals to your soil without spending money and for very little effort? Not only can nettle add minerals to your diet, it will do the same to rejuvenate old, tired soil. Find a clean bucket or barrel and fill with freshly cut nettle. Cover with water and stir daily. After about two weeks strain the mixture and you have a mineral rich liquid fertilizer that you can use to water the base of your plants or cover large areas. Since it consists of rotted plant matter it will stink and you probably don’t want to pour it on plants that you’re ready to harvest such as lettuce.

Alfalfa, comfrey, clover or kelp meal can be added to the mix for an extra boost of minerals. There is no end to what can be added to the mixture, there are no rules set in stone so feel free to experiment. You may find it best to dilute the liquid with water depending on how long or how strong your mixture turns out to be.

As with all herbs, nettle has multiple benefits and its uses are limitless. For more information on nettle see [utecountrynew.com](http://utecountrynew.com) March 2015

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

### Mari’s healing tea blend:

Equal parts: Nettle, oatstraw, alfalfa, red clover, red raspberry leaf. Place one heaping teaspoon of each herb in a quart mason jar, cover with boiled water and place the lid on loosely. Let steep at least 4 hours, strain and enjoy. Return the used herb to your garden. Drink 2-4 cups per day. Can be taken cold or hot and will last up to 3 days in the refrigerator. If the mixture turns foggy or smells bad, use it to water your plants!

## Call for Artists

The Blue Spruce Gallery is hosting the 21st Annual Photography Show in June. The show runs from June 8 through July 4 and will have ribbons awarded in many categories: There are also cash prizes for the best photos in several categories. Photographers are encouraged to submit work for this long-standing show. Entries are due to the gallery by June 6 and are limited to three entries per artist. Entry fee is \$25, and entry forms can be found at the gallery, or on-line at [www.bluespruceart.com](http://www.bluespruceart.com). The opening artists’ reception will be held on Second Friday, June 10, from 5-7 p.m. Blue Spruce Gallery in Florence, 205 West Main Street. FMI 719-784-1339.

## Adopt Me

by Ark Valley Humane Society

### Stormy

Stormy is a 9-month-old female Cane Corso mix. She’s made a few dog friends here at the shelter and would love to go home with a confident pup. Stormy turns into the wiggliest and cuddliest gal when she sees her trusted humans every morning. This 80-pound puppy (and growing!) doesn’t realize her size and would benefit from continued basic obedience training. She is starting to catch on to potty training and we think she’ll do even better with this in a home environment. With a little bit of love and training we know Stormy will grow into the most loyal and confident family dog! If interested in Stormy please call the shelter at 719-395-2737 and fill out an adoption application at <https://www.ark-valley.org/adoption-matchmaker-application/>  
*This space donated by the Ute Country News to promote shelter animal adoption.*



## Growing Ideas

### The mountain perennial food garden

by Karen Anderson “The Plant Lady”  
photos by Kathy Hansen

“Those who love a garden have a very special treasure... for they have found their own Private Paradise.”

— Mary Engelbreit

June greetings to gardeners and friends. My hope is that you are well, optimistic, and enthusiastic as we venture into June, which I refer to as ‘The Honeymoon Month’ for high altitude gardeners. The Earth Mother indulges us with beautiful and welcoming fresh spring greenery as new life emerges from its wintertime slumber. The weather is usually pretty darn pleasant...not too hot nor too cold for enjoying our time in the gardens. What are considered to be those pesky weeds are not yet overwhelming us with the task of management. We may also be blessed with our monsoon season which can be so helpful in getting the gardens off to a good and healthy start.

It’s finally time to get jiggy with it as I share with you every June. But please take into consideration that at 9,000 ft., we very well could experience frost up until the 15<sup>th</sup> of the month. Be prepared to protect any *foo foo* annuals or tender food crops with row covers, just in case. Established perennials should be just fine during the possibility of our Rocky Mountain inclement weather patterns. Create your own Private Paradise and relish in the treasure you have made manifest. I can genuinely relate to this month’s quote as the development of my own sacred space was named Paradise Gardens as soon as I began gardening here in 1977. Giving a name to your gardens brings into being a more personal and special bond with them.

Over the past few years, many of my clients have been inquiring about growing their own food supply at this challenging

altitude. With concerns of potential shortages, inflation and crops that are contaminated with pesticides and other chemicals, I believe that it is more important than ever to cultivate our own organically grown vegetables to the best of our abilities. If we can establish a few perennial food crops in our growing spaces, even better! Perennial basically means everlasting, so we can look forward to the plants coming back every year in the garden. There are actually quite a few perennial food crops that do quite well and even thrive in our cold climate conditions.

First and foremost, *a fence for defense* is going to be a life saver for just about any edibles (or anything else) you wish to grow. With that said, here is your top ten list of foundational and productive perennial food crops.

1. Asparagus
2. Rhubarb
3. Horseradish
4. Egyptian Onions
5. Chives
6. Strawberries
7. Mints
8. Native Raspberries
9. Native Currants
10. Jerusalem Artichokes

A few others to mention include herbs such as comfrey, some thymes, native rose hips, hops and possibly lavender, which can be a bit tricky, but do-able in some of our lower elevations.

I’ve been making progress with establishing my perennial food gardens over the years and sharing this experience with others is very rewarding. A couple of weeks into May, I delighted in harvesting some fresh and delicious



Strawberries (left), rhubarb, and Egyptian onions (right) growing in Kathy’s 3-season greenhouse at 9,000’ elevation.



shoots from my asparagus patch. YUM! Early spring onion greens are also up and can be cut and eaten raw or in any cooked dish you wish. The actual onion bulbs can be dug later in the season, but always leave a few for next year, as that is how they propagate perennially. Chives are up and ready to harvest as well, and if you don’t know this already, the purple flower heads are super flavorful and really perk up a salad. It won’t be long now before the rhubarb stalks are ripe for the cutting and since this crop is also an early one, we can usually get a *second coming* later in the growing season. If you like horseradish as much as I do, the roots can be dug any time throughout the summer months, but once again we want to leave some root systems in the ground for next year’s harvest. The berries ripen at various times and you may want to start grazing as soon as they do, as our woodland creatures enjoy them too. Herbs will take a bit more time, but worth the wait. All in all, we are able to successfully grow quite a nice perennial food garden here in the mountains with the knowledge and care

required for these edible crops. I truly hope this information encourages you and if you need more guidance in this area, I am happy to share what I know to be true with you. In addition, The Woodland Park Harvest Center is a non-profit organization and is a great resource offering an abundance of information and help to the food gardeners in our region. Visit their website (<https://wpharvestcenter.org/>) to find out more about their workshops.

I look forward to communicating with past clients and meeting new folks this gardening season and as always, I can be reached at 719-748-3521 or e-mail at [plantladysspeaks@gmail.com](mailto:plantladysspeaks@gmail.com). Native aspen and spruce trees are available for planting along with native shrubs, power perennials, seeds, happy houseplants and much more! You may want to schedule a personal landscaping consultation with me if you need inspiration and advice. Also, you may check in with the Outpost Feed Store in Florissant, Shipping Plus in Divide and Mountain Naturals in Woodland Park where my goods are on display for purchase. Happy Gardening!

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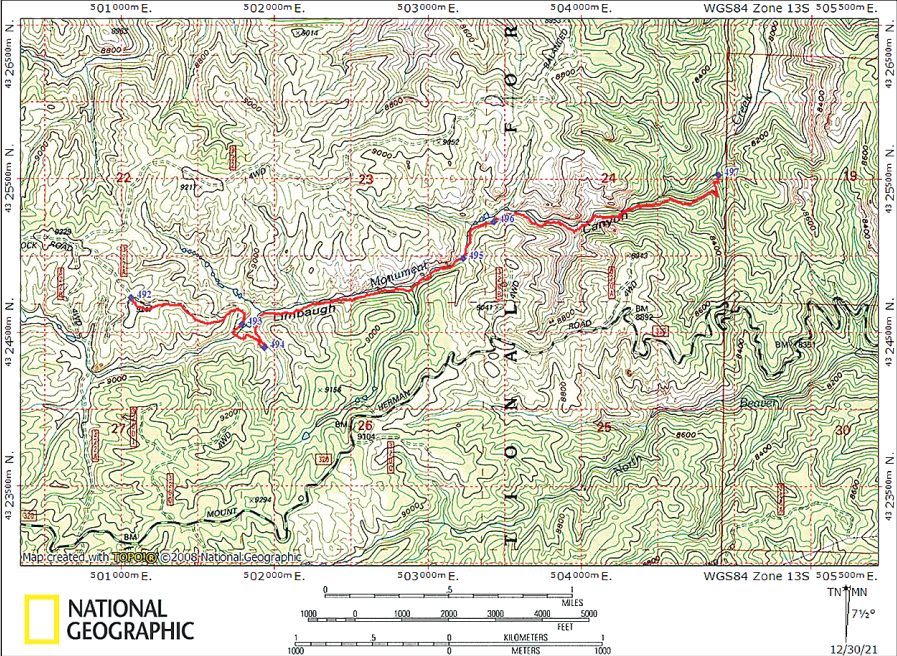
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## Trail Stewardship of Rampart Range

by Tom Mowle

### First: the stewardship opportunity!

Colorado Mountain Club (CMC) Pikes Peak Group (PPG) is partnering with Friends of the Peak to reroute a section of the trail to Horsethief Park and Pancake Rocks (Trail 704). We would like to finish all the work in one weekend, so we need a lot of people! Please sign up and make it happen! The main workday will be on Saturday June 18, 8-4 p.m. with Sunday June 19 to finish up as needed. Please sign up for both, but especially for Saturday! This project is open to non-CMC members, so please share the event with friends who like trail work.

### Second: the rediscovered trail!

If you look on many official maps you'll see a Forest Service Trail 756 marked in the east-west portion of Limbaugh Canyon (Monument Creek). You've not found this on the ground or on AllTrails, though — even trail guides from the 90s listed it as disappeared. It no longer is. A bunch of us from CMC PPG have, over the last several months, located the old route and cleared the deadfall and encroaching vegetation that made it hard to find or follow. The trail is now flagged except where obvious — for example, in parts of the middle section that have been used by dirt bikers moving across the valley and where the western-

most section follows an old logging road. As shown in the attached map, its east (lower) end is where the 715 trail begins its climb from the valley toward Mt Herman Road (FR 320). Trail 756 (call it Upper Limbaugh, the Forest Service calls it just Limbaugh but that's confusing) continues for 3.4 miles and net 1100' elevation gain to end at closed FR 322A near FR 322 (Balanced Rock). Mid-way, there is a non-system trail that connects to the NE corner of FR 320 and FR320D.

While the trail is passable, take its difficulty seriously! Very seriously! It is beautiful, a lot of it is difficult, and most of it is in very bad condition. Years of neglect have eroded the tread to become very narrow — nonexistent sometimes. In two places the route passes under rocks where one cannot stand upright, and in another you have to climb up a couple of rocks. We are hoping that soon the Ranger District will authorize work to repair, restore, and widen the tread in its current location. We are also hoping that soon the Ranger District will authorize work that would realign parts of the trail into more sustainable locations — avoiding steepes and being too close to the creek. Stay tuned for news about that — I'd love to be able to start that work this season!

FMI [cmc.org/stewardship](http://cmc.org/stewardship) or [tom@rampartprosolutions.com](mailto:tom@rampartprosolutions.com)

## Where is Katee this month?

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 families. She knows that they will continue to comfort their owners during this difficult time.

You can drop off donations at TCRAS, Blue's Natural Pet Market, or the UPS Store located in the Safeway Shopping Center (Woodland Park). You can also donate online [www.PetFoodPantryTC.com](http://www.PetFoodPantryTC.com). She appreciates your support.

Katee will be at the Little Chapel Distributions June 13 and 27 from 2-5 p.m. Stop by and throw the ball to her. Katee loves playing catch!



Katee is getting ready to play ball with her friends, canine and human!



## Beasts of the Peaks The Hideous Cleanser

by Jessica Stevens

Dots float high in the sky. Around and around they swirl, flecks of black painted like flicks from an artist's paintbrush in the otherwise cerulean canvas. Down, down, down they approach, swirling ever closer. They float away and twirl back into focus: large, bald birds, seeking tidbits of old flesh for dinner.

The group of dark birds alight, one by one, upon the dead upper boughs of a cottonwood, the suckers at its root trying to regain life it has lost. Waiting patiently until the committee has congregated, they soar away across the street, one by one, until their sooty feathers disappear within the shadows of the gargantuan fir trees they call home.

Early in the morning, before the fingers of light touch their piney home, they silently steal to the bare branches of the cottonwood for their sunrise conference. As silently as they awoke, they glide to the heights beyond cloud and sight to begin another day-long search for putrid tissue.

These harbingers of death — more mildly known as turkey vultures — are fascinating sanitizers of the ecosystem. They feast only on things that have been dead long enough to stink. Turkey vultures are large birds, measuring up to six feet from wingtip to wingtip and weigh approximately two to five pounds. A bald head rests above its sooty black feathers, usually a bright red hue in the Rockies, and elsewhere their head can be yellow. The underside of the wings, tail, and the wingtips are a dusty white color, and their bare legs are pink, sometimes stained white from uric acid. They are found nearly all over the Americas, from the middle of Canada down through Cape Horn.

Many people refer to these interesting birds by an old-world term: buzzards. Though here in the United States “buzzard” is synonymous with “vulture” (thanks, Disney), there is a difference. Everywhere else in the world, “buzzard” refers to the type of bird called a buteo hawk, of which the red-tailed hawk is a good example. Buzzards are birds of prey and turkey vultures are not birds of prey, as they are scavengers.

Turkey vultures are named so because most of them look like a male turkey: a bald, red head and dark brownish black feathers. Their official taxon is *cathartes aura teter/meridionalis*: *Cathartes* comes from the Greek for “purifying, cleansing,” much like a cathartic person or conversation. *Aura* is a much more familiar word, referencing the atmosphere. *Teter* and *meridionalis* refer to the same subspecies, though *teter* means “offensive, revolting, hideous” and *meridionalis* refers to the southwestern birds. Turkey vultures do very little flapping and are known for soaring in an upward spiral, rising on thermal air currents. In a sentence: The hideous Western purifier who soars on the breeze.

Turkey vultures are just that, disgusting as it is to we who eat our dinners as fresh as possible on clean plates in our clean kitchens. They purify the ecosystem by quickly and efficiently removing dead animal material, which carries bacteria. Unique to predatory and scavenging birds, turkey vultures search through smell rather than sight. They soar high on thermals, smelling for a certain bacterium in a rotting carcass and hone in on it. Flying at an altitude of 1,000 feet high, they can sense it from as far away as eight miles. Then they soar down to the odor, getting closer even if the meal is hidden, inspect the situation, and land to tear flesh away with their specialized beaks. Other carrion birds often follow turkey vultures since they don't have this ability. Turkey vultures have bald heads and often will push their entire head into a carcass as they eat. Imagine how much bacteria would multi-



ply on their head if they had feathers!

Their beaks are very special. Instead of a normal septum dividing the nostrils covered with bone, turkey vultures' beaks have a large hole through which one can see all the way through. This is to reduce surface area and makes it easier to keep clean. After eating, the vultures pick their nose so they can smell again. They are adapted with a fortified immune system, so that they do not get sick by eating nasty things. As some other bird species do, these vultures stand in a horaltic stance (with wings spread), to dry off, cool down, and kill bacteria. They also pee on themselves. If they get too hot, they will urinate to cool themselves off (some people hypothesize they do this also to kill bacteria as urine can have antibacterial properties).

When on the ground, these birds hop clumsily as they loiter near the community meal. Sometimes they eat so much that they can't fly well. If threatened, they will vomit all over themselves and their assailant in an effort to defend themselves. Sometimes they even play dead.

Because of these odd habits, these birds prefer loose woodland bordering wide open spaces. They don't like dense woods, since they aren't the swiftest or most graceful of fliers. They also don't like plains since there isn't much protection. They will live in cliffs or in tall trees, and their presence and bodily fluids are so repellent that it has been known to kill trees because of the transfer of bacteria. The branches inside the tall firs in Buena Vista that I have mentioned are all deadwood — it makes me wonder if the vultures had anything to do with it or if the trees had just grown so close together that the inner branches died from lack of sunlight.

The longevity of a vulture is varied. In the wild, banded birds have been recorded living until 16. However, in Minnesota, a vulture named Nero (how apt!) is 45 years young, with a confirmed birthday of 1974. Another bird in California also claims to be 45. Mating season runs from March to August, depending on latitude and elevation. Groups of vultures will hang out on the ground together, standing in circles and essentially play “duck duck goose,” and then the two birds will fly away chasing each other. They lay one to three eggs per clutch, though three eggs are uncommon. The eggs are an off-white color, flecked with coffee brown and lavender. Both parents care for the young, regurgitating food for them and guarding the nest. If threatened, sometimes they flee but often will perform their barf stunt. The young are sometimes prey to great horned owls, eagles, hawks, possums, racoons, and unaware adults can fall to foxes, coyotes and sometimes dogs. The family of turkey vultures stick together until the chicks are well grown and then the family splits up in the fall. However, turkey vultures are social and prefer to

hang out in small groups during the day then congregate into groups upwards of 100 at night.

These birds have never approached concern on any threatened or endangered list. However, sometimes ranchers see turkey vultures as a threat since they resemble black vultures, which prey upon newborn livestock. The dead body of a calf signals to the turkey vulture, and they are often at the scene of the crime. The mistake can easily be made by farmers and ranchers that turkey vultures are the killer. Some people also think that turkey vultures can spread hog cholera or anthrax to livestock, since the vultures basically bathe in the dead animals' fluids. However, the chance is slim.

Another danger of our coexistence is that these animals often find roadkill and feast alongside the roadways. If they are feeding on carrion alongside the road, startled birds may fly into traffic, which could cause considerable damage to a windshield. When at a great distance from a committee of grounded turkey vultures on the shoulder of the road, it is wise to slow down and only pass after making sure none are going to fly across the road.

I have witnessed another tragedy of time. When I penned this essay's introduction, the trees I spoke of on Main Street in Buena Vista still existed. As I finished my writing, I peeked at the trees on Google Earth. To my chagrin, Google's pictures taken in October last year showed that at least one of those trees, and the dead tree of meeting, are gone. Some of the ancient firs remain, but unfortunately the trees in that area of town are very old and many have fallen over in the last few years. More unfortunate still, some of those trees have fallen on houses and done quite a bit of damage. The owners of this home probably had it removed to prevent any disasters. I have also noticed that the bare tree I mentioned is gone. I wonder what the turkey vultures have done with not only one of their homes gone but their meeting place as well. Maybe they still live in the remaining trees. Maybe they moved away. At least the people living there don't have tons of poop in their yard anymore!

It's true: the turkey vulture is not a very beautiful or clean bird. However, they are fascinating and an essential part of a clean ecosystem. Few enjoy the dirty work, though the dirty work is necessary. As I finish this essay, my toddler sits on my lap, and I show him videos of turkey vultures. Smiling, he repeats, “ur-tey ul-tur,” and pinches his fingers at the birds on the screen. I ask if he wants to pet one, and he shouts, “YES!” and tells me how pretty he thinks they are.

Oh, if we could all see the world through the eyes of a child, without prejudice or disgust at misfit things. If only we could so easily appreciate things the way they are, without fear, to understand that they also have an important role to play on earth.

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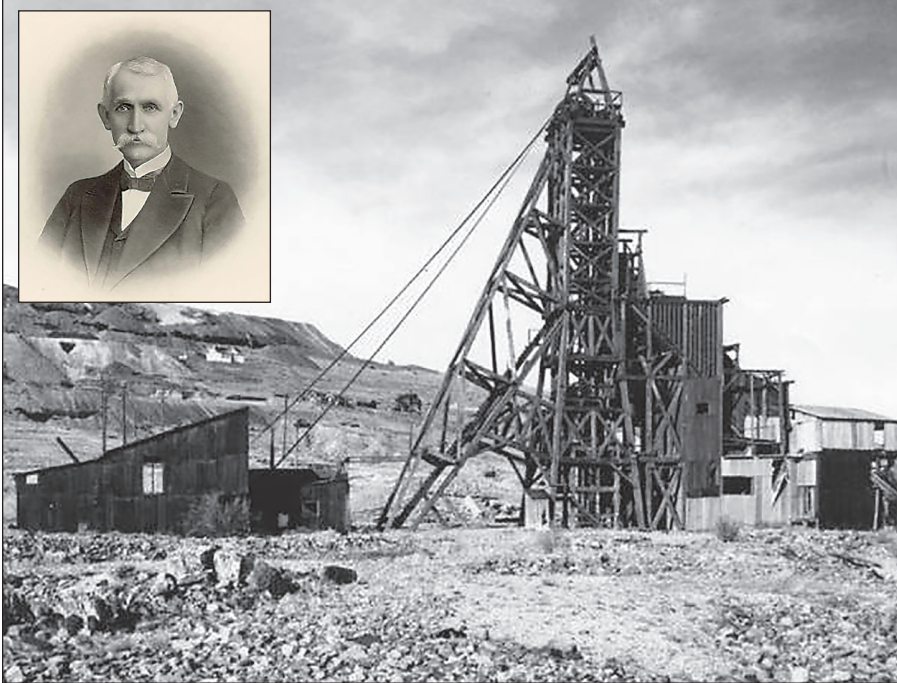
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Winfield Scott Stratton (inset) and his Independence Mine in Victor, CO.

## Visits with History

Millionaire mine owner Winfield Scott Stratton was a mass of contradictions, and controversy seemed to follow him around. This was no better displayed as when he sold his famous Independence mine above Victor, Colorado to the Venture Corporation of London for \$10 million. *The Denver Post* called the sale “a bunco game,” and the *Mining Reporter* said it was “a most beautiful scheme to milk the English public.” But highly regarded Colorado state geologist Thomas A. Rickard calculated ore reserves, and insisted that there was plenty of gold remaining in the Independence to pay the sales price and still make a profit. Rickard had the backing of the influential *Engineering and Mining Journal* out of New York City.

Join the Cripple Creek District Museum's Visits with History on June 5th to find out who won and who lost in the sale of one of the best mines in the Cripple Creek District. The sale illustrates some of the issues at play in circa-1900 mining

finance, and offers a lesson both for mining engineers and for everyone else.

Dan Plazak, a retired geologist and engineer, living in Denver will give an insightful presentation on this subject. Dan is the author of a history of fraud in the mining industry, *A Hole in the Ground with a Liar at the Top* (University of Utah Press, 2006). He has also written journal articles for many scientific journals. His current interest is the history of finding oil and minerals by nonscientific methods such as dowsing rods, and he would welcome discussion at dan@danplazak.com.

The Visits with History talk will be held at 2 p.m. at the Cripple Creek Heritage Center, 283 S Hwy. 67, Cripple Creek CO. This program is presented as a public service of the Cripple Creek District Museum in partnership with the City of Cripple Creek. Reservations are recommended. Refreshments will be served. FMI or to make a seating reservation, please call 719-689-9540.

## Respect Wildlife

Leave young wild animals alone

by Bridget O'Rourke Kochel

As trees and flowers begin to bloom, Colorado's wildlife is experiencing new life and growth as well. Bears are coming out of their winter dens to find food, and the next generation of young wildlife is being born.

As wildlife becomes more visible in backyards, open spaces and on trails, Colorado Parks and Wildlife (CPW) encourages people not to disturb young wildlife. Some of the young wildlife you may see include deer, elk, pronghorn, moose, rabbits, foxes and birds.

People that feed, touch or remove wildlife from their natural environment *actually cause them harm* and are not helping the young animals. The best practice is to leave young wildlife alone, untouched in their natural habitat so they can grow and thrive in the wild.

### How can humans help young wildlife?

- Do not approach, touch or feed wild animals.
- Enjoy wildlife from a safe distance.
- Keep your dog on a leash on trails.
- If you find a wild animal that appears sick or injured, leave it alone. Call your local Colorado Parks and Wildlife office and talk to a trained wildlife officer for guidance.

Every spring CPW and local parks re-

ceive an increase of office visits and calls from people that report they “rescued” young wildlife. Although reports are made with good intentions, people routinely orphan young wildlife by essentially kidnapping them from the wild.

“You may encounter a baby animal that seems alone or “abandoned.” Usually the parent is nearby but out of sight, and listening for any distress from its baby. This is normal for wildlife,” said CPW Wildlife Biologist April Estep. “Please resist the urge to pick up the baby. Moving the baby can have negative consequences and cause undue stress to the baby and the mother. It is important to remember that some birds leave the nest before they can fly. This is their natural progression as they grow.”

CPW asks people to respect wildlife by giving them space, keeping dogs leashed to avoid harassing young wildlife and by not feeding wild animals on trails or on decks.

“Wild animals can become sick or die if they are fed by people. An unnatural food may make them sick, and if they become too accustomed to people they can become dangerous and may even need to be euthanized,” said Karen Fox, CPW wildlife pathologist. “Last year, we saw an increase in reports of people feeding animals around their homes and the animals becoming sick or aggressive. We want to remind people that under Colorado law, feeding wildlife is illegal because it puts an animal's health and safety at risk.”

## Preserving Family Photos

by Steven Wade Veatch



This historic photo of a family picnic does not have any information with it. “Sunrise Cabin” is etched into the front of the cabin. photo courtesy of the Cripple Creek District Museum.

Diaries, diplomas, postcards, letters, birth certificates, and other family documents provide essential information. However, with photos we often make a deeper connection with our ancestors.

I work to preserve old family photos people have donated to the Cripple Creek District Museum. Looking at these old photos is like peering through a window to another time, another world. While doing this work, I soon realized that dozens of these historic photos do not have any information that goes with them. Sadly, there is no way to know who the person is in the photo looking back at me, or where and when the photo was taken. As a result, these photos have little or no value to the museum and add little to the history of the area. This is one of several problems that involve historic photos, whether they belong to you or to a museum.

There are five steps you can take at home to safeguard your family photos.

First, it is essential to identify the people, the place, the date, and the occasion for each photograph. Write, on the back of the photograph and along the edge, this information (or as much of the information that

you have) with a number two pencil.

Second, try to store photos at a temperature below 70° F. Humidity should be between 30% and 50%. If you cannot do this, put them into an interior room of the house. You should not store them in an attic or basement unless there are proper temperature and humidity controls.

Third, avoid exposing photos to light. Ultraviolet light damages them. A good practice is to display only a copy. Make digital copies of the photos using a scanner. Also, scan any handwriting on the photo's back. Copy the photos to a thumb drive and store it in a safe deposit box.

Fourth, limit the handling of your photos. Natural oils from your hands damage them. Also, tears, scratches, and scrapes can occur each time you work with your photos.

Finally, a good storage system for your photos is essential. One way to organize your family photos is to use archival quality plastic sleeves that fit into archival three-ring binders.

With care, you can preserve your irreplaceable family photos for those that follow you.

## The McPhelemy Stage Project

Legacy brick program

For several months now, a diverse collection of community groups have been meeting to support the construction of the new McPhelemy Park Stage in Buena Vista. The goal is to build an elevated and covered performing arts facility in the northern section of the park that the entire community will be able to enjoy for years to come.

Last year, the Town budget supported funds for designing and implementing such a structure. Recreation Special Projects Manager, Earl Richmond, is helping guide the effort to meet procedural and process requirements as the project continues.

The stage design has a “mountain-contemporary” look and offers a performance area of 15' x 27'. It is 12' high with steel and wood beams being the primary design materials. Electrical services will be brought to the stage to enhance the experience for both spectators and performers.

The BV Public Library, BVEC, Chaffee County Fine Arts, and local performers are all in great support of this project. With the support of the Town of BV and the BV Chamber of Commerce, the effort to raise the additional funds necessary to

build the stage is set to begin!

**COMING SOON!** The BV Chamber of Commerce is coordinating the “Leave A Legacy” campaign. Everyone can secure their legacy by engraving their personal message on a brick that will become a part of the permanent border walkway in front of the stage. Legacy Bricks will cost \$100-\$300 (depending on the size brick chosen).

With live music, plays, dance, poetry, achievement celebrations, demonstrations, 4th of July Festival, Gold Rush Days and numerous other events: the McPhelemy Park Stage project will meet a large and ongoing community need.

Please support this endeavor by purchasing a legacy brick. Questions about the fundraising effort can be directed to the Chamber of Commerce, while contractors interested in being a part of the project may contact Earl Richmond at the Town of BV Recreation Department.

This is truly a project that will benefit the entire community of Buena Vista. We are excited to see it come together and appreciate your consideration in supporting the efforts.



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# Musings Along the Way

“Words are the fog one has to see through” Zen saying

by Catherine Rodgers

Reminder: the only fiction in this newspaper is printed in the centerspread.

My friend Isadora was given an iguana. She was frantic about what to do as obviously she couldn’t keep it in her HUD apartment. I told her to put it in the elevator, push a button at random, and slip out the doors. Here my avatar enters the elevator. Perhaps I am a child or an Elemental precipitating into this reality. A little person, in any case, I follow the iguana out into the lobby and open the door to Outside.

Along its spinal crest the lizard has golden triangles, filled with purple and chartreuse geometrics that glitter in the sun. An old man, wearing a faded but magnificent cape, is capering about, chortling that he just received a million dollars for the worthless old house his mother left him. The iguana and I snuggle up under his cloak. I am beginning to hear something. Fascinated, I look more closely at the intricate woven pattern of the cloth and begin to hum a rather aimless tune.

“Ah, my mother used to sing a song sort of like that,” he exclaims. “Tu ra loo ra loo rah... too rah lu rah lie.” That’s an Irish lullaby.

Blathering on about the new threads he is going to buy at the Gap with his fortune, he mentions some trivial illness he has. The patterns woven into his coat sharpen and the weave is magnified by my attention into finer and finer fractals, with more brilliant colors and textures. I am prompted to say something about sucking on the herbs laced into his lapel, which his mother tucked in against such times of trouble. That stopped him in his tracks.

“Yes,” he reminisced, “she had quite the apothecary. She noticed every stray feather and leaf that wafted across her loom, and incorporated those as prayers into the cloth. Too bad the government decreed that all weavers were witches and cut off their hands. She was never quite the same, always just humming in a corner.”

This off-hand remark startled me awake within the dream. WOW: I am lucid dreaming! The patterns before my mind’s eye throb with intensity, colors in flux, emotions in form, reflecting and revealing the infinite. Utterly amazed, I delve into this labyrinth within the patterned fabric of the universe, woven of whole cloth (no lie! No fudging!) from the body of the Great Mother, Sophia. I saw the dynamic flux of Goddess or Goddessness at an atomic level! Clearly, I said to myself, I am going to have to write home about THIS.

Walking on past more apartments and office skyscrapers with his house sandwiched in between, the old guy, sadly no sage, wanted to get rid of all the old junk.

Of course, I offered to help. Of course, I would be willing to take the thousands of woodblock manuscripts or pechas, the Tibetan prayer leaf books, off his hands.

“And don’t forget those moldy, moth-eaten weavings hanging all around,” he yawned, dismissing me with a wave. The Gap beckons.

My tribe appears. As does a path through the park (what park?) where the iguana has wandered, guiding us to a forest (what forest?) surrounding the highest hill in the city. (What hill?) None of this was here before.

Reverently we lay the pechas on Mother Earth in a rudimentary frame, an outline. We are wearing the cloaks and kimonos. Spontaneously we begin to listen, to vibrate with the hum, to chant: HU, which means God, the invoking agent. As it intersects the matter at hand, we become HUman. We listen. We vibrate. We chant OM. We are humming, praying (ॐ), the sound of the universe, which holds all other sounds within it, and affirms our connection to everything.

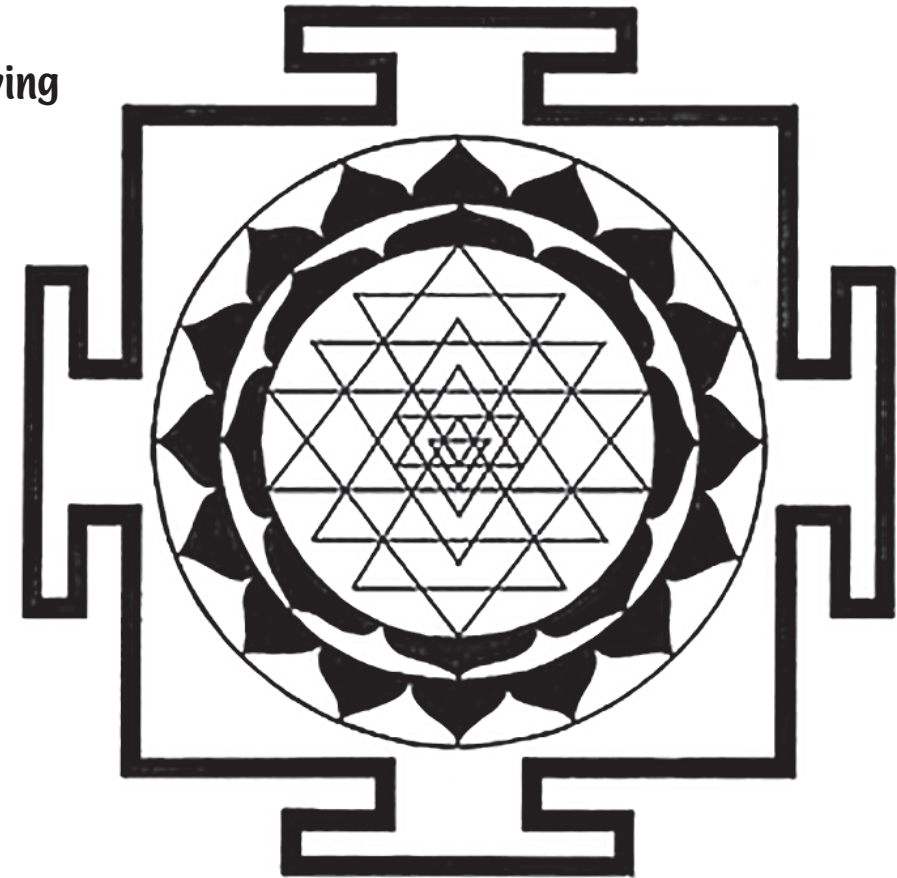
We are saying Upasana (Sanskrit: उपासना), literally “worship” and “sitting near, attending to.” Behold! A golden, radiant, magnificent temple arises all around us. We are within a bubble in the ocean of the multiverse. God is right where we are. We are the temple of the Living God.

“In the beginning was the word, the logos. And the logos was with God and the word was God ... and the logos was made flesh and dwelt among us...”

— John 1: 1-14.

Do you ever stop to think that the ancestors spelled it out as clearly as they could and we went through all these convolutions and contradictions to arrive at totally ignoring what is before our very eyes? Word or logos is an organizing principle, order or what some like to call “reason.” I tend to think of Sophia, The Goddess Mother, aka Wisdom, as a sort of gargantuan marsupial. She, the giant kangaroo, opens a yawning pouch we call space from her infinitude and yanks out all sorts of magical surprises. We may be the least of them.

This symbol above is Sri Yantra, or the great divine mother principle, the source of all energy, power, and creativity or the Queen of tools to free us from bondage. This image is created when the Sanskrit word OM ॐ is spoken near a plate covered in a thin layer of sand: the word made visible. (Ernst Chladni was probably the first to make sound visible. Later work by Dr. Hans Jenny, Albert Tomatis and others explored the possible interactions between sound and form, or matter.) In whatever languages I have cursorily



studied, we tend to take language as metaphor. Symbols. What has been brought to my attention is that Sanskrit, one of the world’s oldest languages, actually creates things from the sounds or PHONEMES themselves.

That’s pretty exciting to me. Finally! The MAGIC WORDS! So, reality IS as I declare it to be so! But maybe I have to learn Sanskrit. One major contemporary theory even puts forth the notion that our external physical reality is a mathematical structure (Tegmark, 2008) based on algebraic rubrics defined in Sanskrit.

## Word or logos is an organizing principle, order or what some like to call “reason.”

“The literal ‘vibration’ of the Sanskrit phonemes (speech sounds reflected in spoken utterance) and its impact upon all the levels of consciousness of those who use (speak, hear, read) Sanskrit — are said to be more important and more powerful than the meaning of the words that are conveyed to the mind and intellect. Results of investigations by Western science methods in this area seem to corroborate this notion by demonstrating that the sounds of Sanskrit phonemes have a literal, physical effect upon an object exposed to them.” (These thoughts spun off from an article “Sanskrit, Sound and Manifestation” by Maria Sylдона).

For a really fun introduction to phonemes or root syllables, I suggest the gaming fantasy novel *Battle of the Linguist Mages* by Scotto Moore. The notion that we can appropriate superpowers and healing spells from out of thin air into “real life” because we say so is a phenomenally game changing (ahem) concept. Also, the notion that there could be an alien race composed of punctuation which has invaded planet earth and conquered our minds is, uh, ludicrous!

Circling back, in Sanskrit there are seed syllables or bijas which transform reality by speaking the word itself. I suggest <https://www.janaejean.com/post/seedsoundstibet> for those interested in following up on the five warrior seeds. For further teachings on the earlier Bon shamanic traditions of Buddhism, [https://www.shambhala.com/snowlion\\_articles/the-five-indestructible-warrior-sounds-by-Tenzin-Wangyal-Rinchope](https://www.shambhala.com/snowlion_articles/the-five-indestructible-warrior-sounds-by-Tenzin-Wangyal-Rinchope) may guide us to penetrate fear and open the doorway to connect to the original essence and to the wisdom qualities that arise from the essence. For those who want a quick fix, check out “Healing Solfeggio Frequencies” by Gillian MacBeth-Louthan.

May these words be God seeds planted in the fertile soil of our hearts. Bloom. For those still hung up on the iguana, several points of interest. They shed their old skin. They are virtually unchanged in 250,000 million years. The males only produce testosterone when a female is in estrus. Symbolically, an iguana means appreciating what’s in front of us: basking in the sunlight, perfectly content, just living in the moment. Aho.

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# River Wilding

by Flip Boettcher  
photos courtesy of Jenny Kenyon

One of the newest shops on Fairplay’s historic Front Street is River Wilding, located at 441, owned and operated by Jenny Kenyon. The shop is divided into two sections. The front is a small gift shop with clothes, candles and jewelry. “Special items to inspire and lift spirits,” said Jenny, something to remind people of their road trip and visit to Fairplay.

In the back is Jenny’s jewelry studio as well as space where she and other artists can use to teach their crafts to others.

Jenny came to Colorado from Indiana in 2000 and has lived in the Fairplay area for 12 years, except for a couple of years when she ran and taught at the Denver School of Metal Arts. Jenny has been metal smithing for 20 years, starting as an apprentice to a goldsmith in Colorado Springs. She spent seven years learning the lost wax-casting metal smithing technique, and loved it.

## Jenny realized her creative river had dried up and that’s how the shop name, River Wilding, came about.

When the pandemic hit in 2020, Jenny’s property management and cleaning business crashed and she was left with time to re-think things. She really wanted to get back into her jewelry making.

At the time, Jenny was reading “Women Who Run with the Wolves,” by Carissa Pinkola Estes, who talked about our creative rivers and if we don’t tend to them, they

dry up. Jenny realized her creative river had dried up and that’s how the shop name, River Wilding, came about. Jenny knew she had to get her creative river running again and probably not coincidentally, her shop is on a bluff overlooking the Platte River.

Some of the classes Jenny offers are a chance for people to come in and make their own stamped pendants to commemorate something special in their life or to remember their trip to Fairplay. People can just come in and quickly create a



Rings anyone? Rings made by Jenny Kenyon.



Storefront of River Wilding.

piece of jewelry or spend an hour and a half with a little more instruction, Jenny said.

In the fall, after the summer rush, Jenny plans on having her friend Christine from Curiosity Clubhouse to teach family STEM (science, technology, engineering and math) classes, painting classes and classes for kids.

Jenny also plans on having her friend Beth from Sun Mountain Bath teach people

how to make self-care items.

Anyone interested in teaching or taking a class at River Wilding, can contact Jenny at [www.riverwilding.com](http://www.riverwilding.com) or [riverwilding@gmail.com](mailto:riverwilding@gmail.com).

“I am so filled with peace every time I step through the front doors, I hope that the space is a place that can bring people together or rekindle some creative wildness in each person and just bring joy and excitement to everyone who walks in the doors,” said Jenny.

Come visit River Wilding at 441 Front Street in Fairplay, you won’t be disappointed.

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Bambi watching the bear - James Milazzo, Florissant, CO

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# The Adventure Carousel

by Gilrund the Historian

Ben and Jack had been planning this adventure for over three weeks and now it was really going to happen. They had ridden the Carousel of Happiness four times this summer and each time it had felt strange to them.

The first time, Ben told Jack that his lion had moved a little when he had gotten on its back.

"It's supposed to move, Ben," replied Jack. "It's on a carousel, remember? They go up and down."

"I know that!" responded Ben. "But this lion moved before the carousel started going around, it moved its front leg just a little, but I saw it and felt it too. I think that it's alive." "Oh, come on, Ben," laughed Jack. "They are just carved of wood animals. They can't move by themselves."

"You may be right, Jack, but this one did," stated Ben.

The two boys went on with their day and didn't think about it until the next weekend when they went back to the Carousel of Happiness to ride again.

It was one of their favorite things to do, even though they were both 13 years old. A lot of their friends thought they were too old to ride the carousel animals. "That's for the little kids and the 'old folks' they would say when they knew that Ben and Jack were going there to ride.

Ben and Jack didn't care, they enjoyed riding the different animals and mythical creatures that were on the carousel.

One of Jack's favorites was the dragon, he would ride it most of the time unless he rode the unicorn or the wolf.

Ben liked the lion and the hippo and the giraffe mostly.

The boys paid for their tickets and then climbed on their animals. Ben on the lion and Jack on the unicorn. It was just a minute before the carousel started turning. Then the music and the fun started for them.

Jack and Ben were laughing and singing along with the tune that was playing on the carousel and the other passengers were laughing and singing along with them, when suddenly Ben got quiet, and Jack noticed, and he stopped singing too. Everyone else continued singing and laughing as Jack looked at Ben who had a strange, frightened look on his face.

The carousel slowed to a stop and Jack hurried over to where Ben still sat on his lion.

"What's wrong, Ben?" he asked "Ben looked down at Jack and whispered, 'It moved again.'"

Jack looked at Ben and then ran his hand over the lion searching for something, anything that would verify what his friend had just told him.

"Come on, Ben," said Jack. "Let's go to the malt shop, we need to talk."

Ben climbed down from the lion and the two boys walked away to Jennies Malt Shop two blocks away.

Ben ordered a chocolate malt and Jack ordered a strawberry malt; they went to a table to wait.

"Okay, you've been scared by that lion twice now,

Ben," started Jack, "I've not heard of anyone else having been frightened by a carousel animal. So, we need to find out what is going on here. I've ridden the lion before and its never done anything like what you said. So, what do you think is going on?"

Ben looked down at the table and just shook his head. "I don't know what to say Jack, it just happened, I know it did, I felt it. The lion moved. It was just a slight movement, but I felt it for sure."

"Alright, I believe you, but we need to find out why," returned Jack. "I know what we could do; let's come back to the carousel after it's closed and see what might be going on when everyone is gone."

"We can't do that!" said Ben. "That's breaking and entering, or something like that. I saw it on the TV news last night. I don't want to go to jail 'cause a lion moved when I rode him. That's dumb!"

The waitress brought them their malts and left as Jack said, "Then what else can we do to figure this *moving lion* thing out?"

Ben sucked on his malt straw and thought as Jack sucked on his malt straw and waited for an answer.

"I say that we give it few more tries and if it happens again, then we go into the carousel after it closes and see what might happen," suggested Ben.

The two friends finished their malts and walked back to the carousel and rode a few more times with no more movements of the lion other than the usual up and down that it always did.

It was a week later that the boys rode the carousel again and Ben felt the lion move under him once more. When the carousel stopped, he told Jack and Jack said that he would ride the lion. The two boys mounted their animals, Ben on the horse and Jack on the lion.

The carousel started and Jack gave out a soft "Yipes" as the carousel started to turn. He looked at Ben and nodded.

At the end of the ride the two friends walked again to the malt shop and sat at the same table after they had ordered their drinks.

"I believe you now, Ben," said Jack. "The lion for sure moved under me this time. I say that we investigate tonight after the carousel closes and everyone goes home, then we'll know for sure."

Ben looked at his friend and shook his head as he said, "I'm not too sure that we should be doing something like that, but what else can we do? How are we going to get into the carousel? It's sure to be locked up."

Jack leaned forward and in a soft voice said, "Okay, then. We meet tonight at

seven at the carousel. Then we'll go inside and see what might be going on."

Jack then held up a key in his fingers and Ben looked at it with a question on his face. "Skeleton key," said Jack. "It will open any lock, I know, I've tried it."

Seven o'clock came too early for Ben, but he was at the carousel on time and met Jack at the back door of the carousel.

"Ready?" said Jack, as he put his skeleton key in the lock and turned it.

"Not really," replied Ben. "But let's do it." The lock clicked softly and then Jack turned the knob on the door and pulled. The door opened quietly, and the two friends looked into the semi-darkness of the carousel.

They heard soft voices speaking and looked for the ones who would be speaking. They saw no one anywhere in the large building, but the speaking continued.

Jack led the way as the two boys slipped into the carousel building, passed the entry gate and stopped at the gate to the actual carousel itself. Still, they saw no one and the talking continued.

Slowly Jack and Ben moved into the actual carousel building and it was then that they saw that the animals that made up the carousel were moving and talking to each other. Were they still on their poles and bases? Yes. But they were turning around and talking to each other about the various humans that had ridden them that day.

There was much laughter as they shared how the children loved riding them and how silly some of the adults acted as they rode around, laughed and sang along with the music of the carousel.

They spoke of how much the human children loved to ride on the animals' backs as they went up and down as the music played. They wanted to ride again and again. They spoke of how some of the children believed that the animals were alive and wanted to have adventures with them.

by Gilrund the Historian



distance on a hill surrounded by a swiftly flowing stream.

Ben was next to them on the lion, and they were all looking at the castle on the hilltop.

"What are we to do here?" asked Ben. "Is there a maiden in distress in that castle or are we to find a hidden treasure?"

Danny the dragon said, "Both!"

"Let's go!" cried Leo.

Danny lifted into the air with Jack as Leo started running toward the castle with Ben on his back.

As they approached the castle, the drawbridge went down, and a knight dressed in shining silver armor rode out to meet them on a brown charger. His lance was down in attack position and the charger was running toward Ben and Leo as fast as it could run.

The knight apparently didn't see the dragon and Jack flying above. Down came Danny and Jack in a steep dive. The dragon grabbed the knight in his powerful claws, lifted him off his horse and then dropped him in the stream with a splash that threw the cold water everywhere.

The charger ran on past Leo and Ben and came to a stop as it started trotting back toward the stream where its rider was struggling to climb out of the stream in his heavy armor.

Ben and Leo continued over the drawbridge and into the courtyard of the castle. Jack and Danny turned and glided over the courtyard. They watched from above as Leo and Ben came to a stop in the courtyard in front of a beautiful young woman who was dressed as a princess.

Leo stopped and Ben slid off his back and bowed to the princess who bowed in return.

"How may we serve you Princess?" asked Ben.

"You have served me already, Sir," replied the princess. "You have saved me from the Evil Dark Knight; may he never return. However, there is one more thing that you might help me with. The Evil Dark Knight has hidden the treasure of my father, the King, so that I cannot have money to help my subjects. Would you be able to help me find it?"

"Is there some sort of clue as to where the treasure might be hidden?" asked Ben.

"The only thing that I can think of is that it may be somewhere in the mountain off to the west of the castle," replied the Princess. "I was told by the awful knight that he had a hidden cave on the side of the mountain where he hid all of his treasures."

"We will search for your treasure until it is found, Princess, no matter

how long it might take," replied Ben as he mounted Leo the lion and started for the castle gate.

Jack and Ben met outside of the castle and discussed what to do to find the treasure.

It was decided that Jack and Danny would fly around the mountain to look for the cave from the air while Ben and Leo searched on the ground.

It wasn't long before Jack called down to Ben saying that they had found a cave, but it seemed to be on fire, for there was smoke coming out of it.

Leo saw the smoke and ran for the cave just as the smoke stopped. Out of the cave came a creature that none of them had ever seen before. It looked like a bear with moose antlers and the teeth of a dragon. It had claws that could strip a large tree of its bark in moments and flame burst from its awful mouth when it saw Ben and Leo.

Just as the creature took a deep breath, Leo charged it and knocked it to the ground. Ben jumped off the lion and ran to one side toward the entrance of the cave, then inside.

Leo and the monster fought for several minutes until the monster could fight no more and died under Leo's great jaws and powerful claws. Leo stood over the monster as Danny and Jack landed. Jack ran into the cave with a burning torch to see what Ben might have found.

Ben was standing still at the end of the tunnel staring at the pile of gold and silver, jewels and plates of gold that were all over the floor of the tunnel. The two boys stood and looked as Jack said, "I think we have found the Princess' treasure."

Ben laughed and said, "I think so too. This isn't my Mom's jewelry box, that's for sure."

Ben and Jack each picked up a sack of the treasure and carried them out to Danny the dragon.

"Take these to the princess and tell her there is more to come," said Jack.

Danny took the sacks and flew away as Ben and Jack brought out more of the treasure while Leo stood guard.

Danny came back after a short time and was about to take another sack when the air filled with another mist, and they all found themselves back at the carousel.

"I think it's time to go home, boys," said Leo. "Let's do it again another time."

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## A Look Inside the Artist Brian Webber, watercolorist

by Mary Shell

I admire watercolor artists for the risky business of using watercolor paints. They are unforgiving, risky, and often unpredictable. One of the hardest mediums for me. Once an artist connects and understands the medium the results can be amazing. Brian Webber is one of those artists.

### Tell me a little about yourself

I primarily work in watercolors. I am a Colorado Native, born and raised in NW Colorado. We lived in Colorado Springs in the early 70's. My background is in architectural design; watercolor gets me out of the box on balance and every detail documented. Sometimes it's a challenge.

### How long have you been creating art in watercolors?

I discovered my love for watercolor back in high school. Being raised in NW Colorado we had a treasure trove of subject matter. With the beautiful area it helped attract several wonderful artists in our community that were lifetime inspirations. Back in the early 80's, I was able to take a workshop with Bill Alexander, he was the original *The Joy of Painting* artist, Bob Ross was his student that took over. I still have paintings from that workshop.

### Is watercolor your favorite medium?

Yes, my background is in architectural drawing and design, of which details are all equally important, watercolors allows me to work outside of the box and allow the paints do what they want and still be able to get my story across.

### What is your favorite subject?

My favorite subject to paint must be

mountains and trees. It's a place I enjoy going to refine myself and escape the chaos of everyday modern life. The paintings will take me back to that ridge with the light breeze, and the distant mountains on the horizon

### What was the most difficult watercolor painting you did?

My most challenging painting was of Cathedral Spires just north of Buffalo Creek CO. This was where a good friend's ashes were spread, and I did it as a gift to his wife. I worked and worked trying to get it just right.

### Explain your process.

Once I have my inspiration photo, I typically start with wet on wet. I truly enjoy working as the paper dries out and allows for a variety of effects. The letting go of the details and allow it to do the work for you.

### Who inspires you?

No doubt it's Susan Blackwood. She was one of my inspirations back in high school. I've been fortunate to have been able to continue our friendship and attending her workshops. One piece of her advice which has really helped is, "Think of your painting as a first date. Just give them enough to keep them interested but don't give the entire story".

### What was your most difficult piece to make?

I think the hardest subject matter is well known landmarks, everyone has seen them, and they need to be accurate yet still leave the viewer to fill in the blanks.



business/farm in Lincoln Park/Cañon City that requires a huge amount of time. We have been happy to host our local Plein Air groups for many artists paint on our property and will continue. This summer we are also hosting Susan Blackwood, in partnership with the Bell Tower Cultural Center, for an August Plein Air workshop, "Barns, Rivers and Fence posts." Details available at the Bell Tower. We will be hosting the Florence Paint the Town again this October, at our Lavender Farm, this will be our third year. We really enjoy meeting all the artist and sharing our little gem, full of subject matter to get put down on canvas and paper.

Find out more about Brian's Lavender Farm on Facebook.com/LincolnParkCO and Brian himself at Facebook/Brian Weber.

### What's in the future for you?

Hopefully I will be able to continue to make time for my painting, we have a

## Junior Achievement Success - Thank you Volunteers!

by Sherri Albertson

Thank you so much to Junior Achievement Teller County volunteers for giving your time and talent to students in our community! With your help, 60 classrooms in Teller County schools and nearly 1,240 students received lessons in financial literacy, workforce readiness and entrepreneurship during the 2021/22 school year.

Teachers shared great reports about how volunteers made valuable connections with the students in sharing lifelong financial literacy lessons. The students said what fun days of learning they had in their classrooms!



JA volunteer, Suzanne LeClerc, City of Woodland Park, shares advice with Kindergarten students about making good decisions when looking at wants and needs.

Cover: JA volunteers, Woodland Park Mayor Hilary LaBarre, Councilmember Kellie Case and students discuss different types of payment methods and which are the best choice in sample situations.

## 10th Annual Gem and Mineral Show + Oddities Alley

The 10th Annual Victor Gem & Mineral Show presented by the Southern Teller County Focus Group (STCFG) in Victor, Colorado will be held June 17-19. 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, geodes, Cripple Creek turquoise, and more. There will also be gold and gem panning at the Victor Lowell Thomas Museum. Show hours are 9-5 p.m. Friday and Saturday and 9-4 p.m. on Sunday.

A geologist from Newmont CC&V will make a presentation on the geology of the gold mining district. This free presentation will be held Saturday, June 18 at 1 p.m. at the Pinnacle Park Plaza on North Third St., Victor. The presentation is free but seating is limited.

June 18 and 19 you can experience Victor's first ever Oddities Alley, a concurrent event of unique blend of vendors, food trucks, and live entertainment on Saturday night — see The Enigma live at the Victor Hotel. The Enigma is a bizarre show of original music, odd humor, and amazing stunts. This free show will provide extreme, wild, out of this world entertainment June 18. The Enigma has toured the world many times over performing at festivals, theaters, and rock venues of the US and opening for David Bowie. The event is sponsored by the Black Monarch Hotel in Victor. The show is based on circus and tattoo culture, which defines today's pop culture. Victor at one time had traveling circus shows; the most noted in 1904 when the Ringling Brothers was the featured attraction.

They set up their "big top" at the corner of Fourth Street and Victor Avenue (in front of the Victor Hotel) and featured tight rope walkers over the avenue.

In addition, the Victor Lowell Thomas Museum gift shop will be open with its collection of rocks, gems, minerals, rhodochrosite and aquamarine jewelry, geodes and gold panning for kids of all ages. The museum also houses a mineral collection as well as historic mining equipment, photos, and historic oddities. In addition, guided tours of the mining district and the Sunnyside Cemetery are available through the museum that weekend — see VictorMuseum.com for reservations and information. Victor's many shops and attractions will also be open, including Victor's Gold Camp Ag & Mining Museum, antique, art, and gift shops, the German bakery, the local bars and eateries, Phantom Canyon Coffee and Gifts, as well as the local parks and Trails of Gold where you can explore the outdoors in historic gold mining country.

The Gem & Mineral Show is sponsored by the STCFG with support from Newmont CC&V and the City of Victor.

FMI visit STCFG.com, email info@stcfg.com, or call 719-689-5509.

## Congratulations to Ruth Anna Powell!

Ruth Anna Powell graduated May 7, 2022, from Stephens College in Columbia, Missouri, with her BFA in musical theatre. She's the daughter of Lisa and Todd Powell of Florissant, Colorado. She was a cast member in the 2021 production of *Almost Maine*, which received a commendation for achievement in ensemble performance from the Kennedy Center American College Theater Festival. She was a semifinalist for the Kennedy Center Irene Ryan Award for her role in that production. She received the Warehouse Theater Best Swing Award for 2022, and the Stephens College Outstanding Acting Student Award for 2022. Ruth Anna will be joining the immersive theater and living history program at Plimoth Patuxet in June, and has been accepted for residence at the Rehearsal Club in Manhattan in the fall.



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# The 11th Pie Palooza

by Flip Boettcher

After a two-year hiatus, the Guffey Community Charter School once again held its fundraising Pie Palooza on May 19, making it the 11th pie fest. The pie fest is usually held in February, but this year they moved it to May, and it was another successful event.

About 90 people were packed into the school's multi-purpose room. Since the event had been moved to May this year, longtime Guffey residents Bruce and Vonnie Mohr were able to attend their first pie fest. Even though Vonnie really doesn't like pie, except for local resident Peg Larson's strawberry rhubarb pie, they hoped to buy a pie, said Vonnie.

While the four judges, Louise Peterson, Eric Kellogg, Frank Schiola, and head judge Julie Frost, were sampling the pies, the students put on a melodrama, *A Question of Pie*. The melodrama was written especially for the Pie Palooza and was complete with the pie sisters, Besta, Lotta and Honey; the pie angels, Peach, Cherry, Strawberry rhubarb and Cheese; the villains, Crusty and Mincemeat; and judge, Sheriff Roland Dough. The question of pie was whether cousin Sweetie Pie used store bought crust or not; Sweetie Pie, who won honorable mention for her pie, was not talking. Honey Pie won first place.

After the melodrama, the pie winners were announced. There are four categories of pie, fruit, cream, savory and other. First, second and third places in each category win ribbons. From the four first place winners, the Grand Champion is chosen.

## Fruit

- 3rd - Apple Tree Pudding pie – Bill Stanley
- 2nd - Key Lime pie – Kate Smith
- 1st - Strawberry Rhubarb pie – Kaia Snider, a 6th grader

## Cream

- 3rd - Peaches and Cream pie – Carol

- Todd
- 2nd- Huckleberry Cheesecake – Tristan Cox
- 1st - Coconut Cream – Nancy Comstock

## Savory –

- there was only one entry in this category
- 1st - Rolling Smoke BBQ pie – Perry Cox

## Other

- 3rd - Paleo Blueberry Coconut pie
- 2nd - Stellar Surprise – Elizabeth Cauley
- 1st - Tippy Pudding pie – Chris Peterson

The Grand Champion was the Strawberry Rhubarb pie, by Kaia Snider. She was the first single student winner. In the past, the classes have made a pie together.

Let the auction begin! Allen Woolsey was the new auctioneer this year and he did a great job. Past school Principal Pam Moore was again the emcee. There were 19 pies to be auctioned off and all proceeds went to purchasing a shelter for the new school bus, which was partially bought from proceeds of the last pie fest and donations.

The first pie sold for \$50 and the auction went on from there. The highest selling pie was a Key Lime pie, using the juice from 40 key limes, made by Kate

Smith which sold for \$310. Next highest selling pie was Comstock's Coconut Cream pie, selling for \$270. Third highest selling pie was the Huckleberry Cheesecake pie



Left to right are middle school teacher Jenny Peck, auctioneer Allen Woolsey and the Grand Champion Kaia Snider auctioning off her strawberry rhubarb pie. photo by Flip Boettcher



Melodrama cast. photo by teacher Lynda MacDonald



The Grand Champion - left in front judge Louise Peterson, the Grand Champion, Kaia Snider, left back judges Eric Kellogg, Julie Frost and Frank Schiola. photo by Flip Boettcher

made by student Tristan Cox, selling for \$240. Cox said that the huckleberries came from Montana. The Grand Champion's pie sold for \$205.

Three pies sold in the \$100 range. The rest of the pies sold for \$50 - \$85. All-in-all, the school raised \$2,270 on the auction and raised a

total of \$4,616 with other donations. Over the ten previous Pie Palooza's, the school has raised \$37,000 selling pies!

# Catholic Daughters helping the native people of the U.S.

by Evelyn Irving



Left to right front row: Father Timothy Corbley, Chaplain; Jamie Ruder, Vice Regent; Beverly Jopek, Treasurer; Carol Ashurst, Financial Secretary; Rose Long, Recording Secretary; Evelyn Irving, Immediate Past State Regent & Member; Julie Hatch, Regent; Mary Jane Armstrong, First Vice State Regent; and to her left, Bonnie Valcic, State Regent.

Court Our Lady of Peace #2728 in Woodland Park, Colorado adopted One Nation Walking Together as part of our Circle of Love projects.

The Catholic Daughters of the Americas in Colorado has added its 11th Court in Woodland Park. Woodland Park is located in the mountains above Colorado Springs and is one of the most picturesque small towns in Colorado. Court Our Lady of Peace #2728 was instituted on January 14, 2017, at Our Lady of the Woods Catholic Church. State Regent, Bonnie Valcic instituted the court and Rev. Dr. Timothy L. Corbley, I.V.Dei, Court Chaplain, had

the honor of installing the new officers. The Catholic Daughters of the Americas is a National Organization for all Catholic women sharing Catholic values and striving to make the world a better place to live, practice our faith, and follow the organization's motto of Unity and Charity. Meetings are held at Our Lady of the Woods Catholic Church, 116 S. West Street, Woodland Park, CO. on the first Wednesday of the month at 6:30 p.m., from September through June. For more information, please contact Julie Hatch, Regent, at mtmmamajulie@yahoo.com or you can visit the state website at www.catholicdaughterscolorado.org.

# A Headframe to the Sky

by Steven Wade Veatch



Empire Lee mine, Cripple Creek mining district. photo by Gene Mourning, courtesy of the Western Museum of Mining and Industry.

Faint traces of a wagon road in backcountry curve to a gold mine hidden in the trees. The mine's headframe reaches to the sky—a crown of confidence on unbreakable dreams.

The ore sorting house rusts through time while moss invades stone foundations. Blue pines rock and wild grasses tip in the wind. Gray clouds nod in the distance.

Miners once made their way with burning candles toward rhythmic clangs of hammers and drills, while stepping aside for donkey-drawn ore cars running on narrow rails deep underground.

Two men, with blistered hands, pounded steel that drilled the rock then packed dynamite in the holes they made. A rattail of fuse detonated a round with a thundering blast.

Timbers in tight embrace held the Earth in place as spectral Tommyknockers scurried and hid in opaque blackness beyond the candle flame while golden veins and rich ore wait discovery.

Now the gold mine is silent, the sheave wheel stopped. The underground workings—still as held breath. The mine a monument to how the West was won. A progress secured by the lure of gold.

Morning shadows cover yellow spills of flowers where deer dip down to browse nearby. The mine still makes its claim on the land Harkening to better days and simpler ways.

# Adopt Me Shaggy

Here is Shaggy! He is affectionate, sweet and about 1-year-old. He's a terrier mix pup who gets along great with other dogs. He and his sisters were abandoned. Shaggy is about 50 pounds, neutered, chipped and current on all vaccines. We're at N. Nevada PetCo the first Saturday of the month and at N Academy Petsmart the remaining Saturdays – both 10-3 p.m. This space donated by the Ute Country News to promote shelter animal adoption.



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## In Memoriam

**Dave Karlin**  
11/21/53-5/26/22

**Pancho**  
6/13/09 - 5/23/22



# Thank You Firefighters and Volunteers For All You Do!

## Here's To Hoping You Have A Really BORING Summer!

From Your Friends at  
Shipping Plus and  
Ute Country News



## Fire-resistant landscaping

by Coalition for the Upper South Platte



Xeriscape front yard. photo from Colorado Springs Utilities website.

As a homeowner in Colorado, you have heard the warnings to create a defensible space around your home. We've all seen the illustrations little to no vegetation within 20, 40, or 50 feet of the house, the recommendations vary, and none of them are particularly visually appealing.

Don't despair! It is possible to have a pleasing landscape surrounding your home that is also fire resistant. The fantastic folks at the Colorado State University Extension have some practical advice, beginning with a comprehensive list of Firewise Plant Materials. Information on groundcover and flowers, shrubs, and large shrubs and trees includes which species are native, water needs, sun/shade preference, mature height, and suitable elevations — search CSU Extension, Firewise Plant Materials — 6.305.

How does fire-resistant landscaping look? CSU Extension Fire-Resistant Landscaping — 6.303 has details.

### Things to consider:

- Plants near the home should be low-growing and spaced further from each other. Think small clusters or islands.
- Inside the first 3 to 5 feet from the structure, consider decorative rock, gravel, or stepping stones to create a non-flammable perimeter.
- Mulch will help conserve soil moisture and discourage weed growth. Mulch can be organic or non-organic, such as pea gravel or compost. Don't use pine bark or pine needles that will rapidly carry fire.
- Incorporate a diversity of plant species, both visually pleasing and to discourage pests and diseases from attacking your entire landscape.
- In drought watering restrictions, prioritize plants to be watered and saved. Provide available supplemental water to the plants nearest the home.
- Add color to your landscape with bright planters and fun yard art!

**Grass:** We all love a little patch of grass, don't we? Maintenance is the key with grass. Keep grass near structures,

firewood, propane tanks, and trees mowed low. Away from structures, try to keep the grass to no more than 8 inches tall. Brown and dry grass will quickly carry fire.

Consider replacing grass or breaking up grass areas with ground cover plants, particularly in spaces that are difficult to mow or hot, dry exposures. The ideal ground cover will spread, creating a mat of plants and roots that reduces erosion and discourages weeds.

**Wildflowers:** The natural appearance of a wildflower bed can help with the manicured look of fire-resistant landscaping. But keep in mind that a wildflower planting area must be regularly weeded and maintained to remove the dry plant material after dormancy.

**Shrubs:** Carefully consider the types of shrubs and where they will be planted. The traditional juniper bush next to the house can be a torch waiting to happen — plant low-growing, non-resinous varieties away from structures and trees.

**Trees:** The best trees to plant are usually the species already growing near the site. If your site has enough moisture, deciduous trees such as aspens and narrow-leaf cottonwoods are resistant to fire. Again, maintenance is critical, rake up leaves and debris at the end of the summer season.

As with any home maintenance, fire-resistant landscaping isn't a one-time thing. A lack of care can compromise even the model defensible space. Keep the weeds out, keep the dead plant material raked up, and be sure to trim the trees to keep them healthy and a valuable part of your landscape.

When in doubt, check with your local Colorado State University Extension Agent. These amazing folks have the information that you need.

**Editor's tip:** After assuring your grounds are firewise, look up. Check to assure your electrical wires are taut and NOT swaying into branches.

## Motorsport-Themed Scholarship to William Andrew Black

The Broadmoor Pikes Peak International Hill Climb (PPIHC) is pleased to recognize William Andrew Black as the first recipient of the Climbing Higher Award. The award's aim is to recognize area high school seniors who demonstrate an aptitude and interest in pursuing a career related to one of the many aspects of motorsports, such as engineering, event planning, welding, power technology, photography and more.

"We are proud to honor Andrew Black with our first ever \$1,000 Climbing Higher Award," explained Bob Bodor, executive director, Pikes Peak International Hill Climb.

William Andrew Black, an accomplished senior at Woodland Park High School in Woodland Park, Colorado will graduate Summa Cum Laude in May with not only a scholarship, but tickets to witness the 100th Running of the iconic Race to the Clouds on June 26th.



## Currant Creek Characters

### The Dells - third generation - part XVII

by Flip Boettcher

photo by Flip Boettcher

In 1971, Verna May Chinn Dell passed away and her husband, Buford, died of emphysema at St. Thomas More Hospital in Cañon City in 1978. Pat Ownbey, Buford's step-daughter, was a nurse at that time and remembers hooking Buford up to the EKG machine before he died and he could hardly breathe, she said.

Buford was a hard rock miner in Cripple Creek, in the Betty Mine and he had a Mine in St. Elmo. Ownbey remembers camping out one summer at St. Elmo to help him at the mine. He was also a musician. Buford played the piano, like his grandmother Mary, as well as the four-string banjo at smoky venues in Fairplay and Cripple Creek, Ownbey said.

A May 22, 1980, *Flume* ran a short article on Charlie Dell. Dell was one of Guffey's remaining residents at the time. He was a grand-old cowboy. He remembers the Guffey-gone-by, a town that had three saloons, a bakery, a livery stable, a blacksmith, dry goods stores, a doctor, a newspaper, a town hall and even a jail.

Guffey started as a gold mining town, but with little gold found here many prospectors stayed and took up homesteads, Charlie said.

"I've been a cowboy-rancher all my life," Charlie said. "I worked for the Rowe's, Frank and Gene — one or the other of 'em for 40 years. They owned a pile of land and a lot of cattle." Interestingly, the Rowe brothers bought the old Dell homestead ranch, Charlie's grand parents'

place, in 1909.

One year, Ownbey remembers that Charlie made her a sleigh which sat higher than a sled. It was a box on runners with a steering wheel. She would slide down elephant Hill into Guffey; there no fences then.

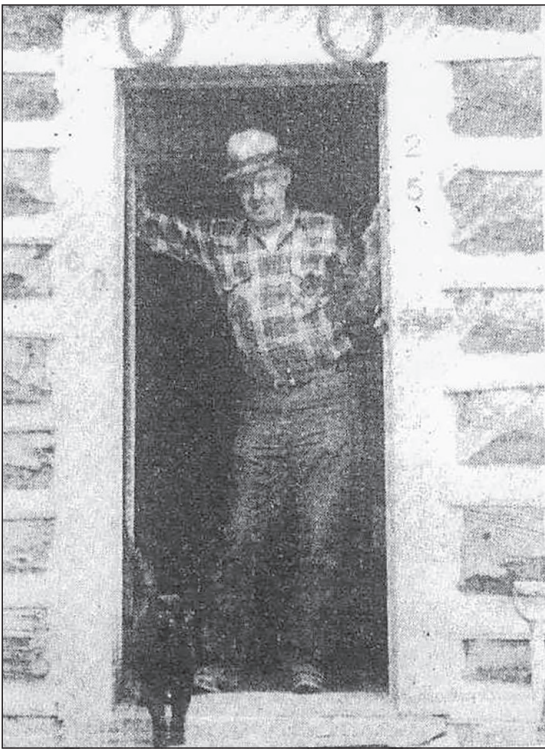
According to Mike Rowe, Frank Rowe's grandson, Charlie lived at the Goerner place, Forrest Dill's homestead west of Guffey on 31-Mile Creek, and raised ducks. Charlie had an ulcer, said Mike, and ate Campbell's tomato soup and white Wonder Bread. Charlie worked for the West's, early area homesteaders, as well as for the Rowe's.

According to Liz Berthrong, daughter of Dr. Morgan Berthrong owner of the 4,000 acre Many Hills Ranch, Charlie was the backbone of the community. The Dell's homesteaded in the area, she said. Many Hills Ranch boarded on Charlie's property, and Liz remembers that Charlie had long-horn cattle that he would surreptitiously let

over to the Berthrong's property to graze. Liz remembers her dad Morgan and Tom Moore, another local rancher, talking about it around the kitchen table when she was little.

Sadly, on May 9, 1983, in Cañon City, Charlie Dell, the last Dell in the area, died at the age of 77 of emphysema like his brother Buford. His obit stated that as a young man he homesteaded, cut timber and ranched. He had a great love for this mountain area all his life. "Many people will remember the delightful tales of this dedicated historian and the pleasure of listening and dancing to Charlie's banjo."

Meanwhile, back at the ranch...to be continued.



Charlie Dell in the doorway of his cabin in Guffey.



Charlie Dell's cabin, the little one in the middle, in Guffey across from the Freshwater Saloon. It was moved from Balfour and Six Shooter Annie shot out the hole for the stovepipe with her six-shooter gun.



Buford and Verna Dell's house on Main Street in Guffey looking north up Main Street. Pat Ownbey and her husband Frank bought the house from them after they got married.

## Celebrating 32 years at WP Farmers Market

This summer the Woodland Park Farmers Market (WPFM) is celebrating 32 years of providing fresh Colorado produce, other locally-made foods, beauty and wellness products, and select artisan craft items to our local communities. The WPFM will open for the season on Friday, June 3, and run every Friday through September 30. Market hours are 8-1 p.m. The Market is held at Memorial Park in downtown Woodland Park; a beautiful spot to spend a summer morning.

After two years of COVID, the farmers market is looking forward to getting back to pre-Covid numbers and continuing to provide a place for community members to gather and enjoy time spent together. As of mid-May, over 70 vendors have signed up to participate, including several new vendors. The new vendors include Forget Me Not Flowers from Cañon City, Benne's Sweet Treats (baked goods including vegan and gluten-free offerings), and KettleKorn King. The farmers market accepts new applications throughout the season. For more information about becoming a vendor visit the website, wp-farmersmarket.com. We are always open to increasing the number of local ranchers and farmers represented at the market.

One of WPFM's signature programs is our Young Entrepreneurs (YE) Program. YE fosters entrepreneurship by encouraging youth up to age 18 to develop business skills, including product creation and display, marketing and sales, and managing money, by developing a product and selling it at a farmers market booth. This year we have 12 YE vendors signed up! Look for them at the market and support their learning.

Another way the farmers market fosters

youth development is through our internship program. This summer we will have two interns on site every Friday to help with all aspects of the market. They will also have projects outside of the Friday market, which can include managing and building on our social media sites, coaching our YE vendors, or helping with outreach.

WPFM also supports our community through participation in the SNAP (formerly food stamps) and Double Up (DU) programs. These programs provide greater access to fresh fruits and vegetables, meats, eggs, honey, baked goods and more. In addition to SNAP and DU, the WPFM is a sponsor of the Longer Table Project. At the end of each market day, many of our vendors choose to donate unsold produce and other foods to a southern Teller County food pantry through the



Longer Table. Donated provisions are collected and transported to the Aspen Mine Center in Cripple Creek each market day afternoon.

This year WPFM is hoping to increase its outreach and educational programs through a variety of demonstrations presented throughout the summer. Be

sure not to miss Nature's Educators present their Talons program, come to story time with Beth from the Woodland Park Public Library, and see the Jr. Woodland Players perform their latest show, to name a few. These special events will be posted on our website and social media. As always, there will be live music performed by local musicians every week, as well as our always-popular food trucks.

Please reach out to WPFM with questions or comments through our website — wpfarmersmarket.com, or by email — info@wpfarmersmarket.com. We look forward to seeing you at the Woodland Park Farmers Market this summer!



# Conservation at Guffey Gorge

by BLM Colorado Royal Gorge Field Office

Located near Guffey, Colorado, about a two-hour drive from Front Range residents, Guffey Gorge is a popular summer-time destination for locals and travelers alike. Also known as Paradise Cove, the idyllic site is nestled among pastures and granite rock formations that have been shaped by the creek over time to develop a natural pool.

Visitation to the small site has increased enormously over the past 10 years, now hosting over 25,000 visitors each year. The Bureau of Land Management’s Royal Gorge Field Office manages Guffey Gorge, charging a day use fee of \$6 per vehicle from May 15-September 30 to help maintain the site and improve facilities. A digital payment option is now available through Recreation.gov at this popular scenic swimming destination.

“The Guffey Gorge fee program has been highly successful, helping us to provide for sanitation and facilities that improve visitors’ experiences and safety,” said Keith Berger, Field Manager for the

# Mueller State Park

Summer is in full swing at Mueller State Park! So many fun things to do such as camping, hiking, bird watching, eating s’mores, fishing and more. Naturalist-led programs give you a variety of activities to choose from. Guided hikes take you into the backcountry to enjoy the beautiful scenery, wildflowers and historical sites. Educational programs give you some insight into the complex world of plants, wildlife and their habitat. Visitors can learn a new skill like archery, fly-fishing or camping skills.

Evening activities include night hikes and amphitheater programs. Starting on June 2nd, the History of the Pikes Peak Region series begins! Every Thursday night there will be a program on a topic of the history of this area and how it developed into the thriving place it is today! Topics include, Native Americans, Mountain Men, the Gold Rush, and the Women who had an impact on Colorado’s development!

This time of year, the birds are busy and wildflowers start to burst out everywhere! See the delicate Calypso Orchid and listen to the musical song of the Hermit Thrush! Join us for an enjoyable experience for any age at Mueller! A full list of programs follows.

**1 Hike: Dark Sky Hike** meet 9 p.m. at Outlook Ridge TH

**2 Hike: Buffalo Rock Trail** meet 9 a.m. Grouse Mountain TH

**2 Prehistoric History of the Pikes Peak Region** meet 8 p.m. Amphitheater

**3 Bird Walk** meet 8:30 a.m. Elk Meadow TH

**3 Skins and Skulls** meet 10:30 a.m. Camper Services

**3 Lunch with a Bear** meet 2 p.m. at Camper Services

**3 Hike: Sunset Hike** meet 7:30 p.m. at Outlook Ridge

**4 Hike: Cheesman Ranch** meet 8 a.m. Grouse Mountain TH

**4 Hike: Rock Pond\*** meet 9 a.m.

**4 Fly Fishing** meet 10 a.m. Dragonfly Pond

**5 Mountain Lion Touch Table** meet 10 a.m. Camper Services

**7 Bird Walk** meet 8:30 a.m. Elk Meadow TH

**7 Hike: Sight and Sound Hike** meet 10 a.m. Visitor Center

**9 Hike: Sight and Sound Hike** meet 10 a.m. Visitor Center

**9 Pond Safari** meet 1 p.m. Dragonfly Pond

**9 History of Native Americans in the Pikes Peak Region** meet 8 p.m. Amphitheater

**10 Fly Fishing** meet 10 a.m. Dragonfly Pond

**10 Nature Crafts** meet 2 p.m. Camper Services

**11 Hike: Dynamite and Cahill Cabin Loop** meet 8 a.m. Grouse Mountain TH

**11 Forest Bathing/Shinrin-Yoku Walk** 1-3:30 p.m. meet on Visitor Center Patio

**12 Dogs of Mueller State Park** meet 10 a.m. Camper Services



Paradise Cove is the perfect spot to enjoy the outdoors on a hot summer day!

trail on loose rock to reach the pool (the restroom and parking area are accessible to people with disabilities — the trail to the site is not). Appropriate footwear for hiking over steep terrain is highly



- 13 Bird Walk** meet 8:30 a.m. Elk Meadow
- 14 Hike: Full Moon Hike** meet 9 p.m. Outlook Ridge TH
- 15 Fly Fishing** meet 10 a.m. Dragonfly Pond
- 16 History of Early Explorers and Military in the Pikes Peak Region** meet 8 p.m. Amphitheater

- 17 Hike: Scavenger Hunt Hike** meet 10:30 a.m. Wapiti TH
- 17 Knots and Lashing** meet 2 p.m. Camper Services
- 17 Responsible Fire Basics** meet 7 p.m. Amphitheater
- 18 Hike: Cheesman Ranch** meet 8 a.m. Grouse Mountain TH
- 18 Fly Tying** meet 10 a.m. Visitor Center
- 18 Camp Series: Tents!** Meet 10 a.m. Lost Pond Picnic Area
- 18 Nature BINGO** meet 2 p.m. Camper Services
- 18 Hike: Sunset Hike** meet 7:30 p.m. Grouse Mountain TH
- 21 Hike: Lost\* and Geer Pond** meet 8:30 a.m.
- 23 Hike: Outlook Ridge\* Sketching Hike** meet 8:30 a.m.
- 23 History of Fur Trade in Pikes Peak Region** meet 8 p.m. Amphitheater
- 25 Outdoor Skills Day!** 10-3 p.m.
- 26 Hike: Outlook Ridge\*** meet 9 a.m.
- 27 Hike: Rock Pond\*** meet 9 a.m.
- 28 Bird Walk** meet 8:30 a.m. Elk Meadow TH
- 29 Hike: Cahill Pond and Cabin** meet 9 a.m. Grouse Mountain TH
- 29 Fly Fishing** meet 10 a.m. Dragonfly Pond
- 30 Hike: Osborn Cabin** meet 9 a.m. Black Bear TH
- 30 History of Mining in Pikes Peak Region** meet 8 p.m. Amphitheater

\*Indicates to meet at the Trail Head (TH) of the same name.

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



# Life-Enhancing Journeys

Desire, craving and addiction

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

Are you aware that individuals can become addicted to behaviors and activities, not just alcohol and drugs? Frontiers in Psychiatry describes addiction as: “a habit-forming substance, behavior, or activity marked by repeated use despite destructive physical, psychological or social consequences and having difficulty quitting regardless of the user’s determination to do so.” Over the many years that I have been a practitioner in the helping profession, one of the most common problems people have shared with me is their difficulty overcoming compulsive habits.

To better grasp the concept of addiction, there will be some complex scientific and technical terms which may seem difficult to understand, however, I will do my best to make it as “user-friendly” as possible.

Addiction is a disorder that can range from low-risk use (drinking too much booze on a weekend) to hazardous use (getting absolutely wasted then falling down and smashing your face). Most humans do have some addictive habits, yet, how it impacts our lives depends upon the choices we make. Any desire can manifest into a compulsive habit which then results in an individual being trapped in a repetitive pattern.

When a person feels compelled to engage in an activity over and over again even though it is hurting them, there is a sense of being out-of-control which then produces feelings of self-hatred, regret, shame, and/or guilt. Although they may recognize that their behavior is causing problems, they will repeatedly justify their actions with rationalizations such as “I’ll win this time,” “I can handle it this time,” or “nothing bad will happen this time.” Compulsive behaviors also include activities such as Netflix bingeing, overeating, gambling, porn, repeatedly looking at your smart phone, etc. These actions can bring about harmful consequences because they overstimulate the reward pathway which then throws our brain out of balance.

The human brain is constructed to create habits, rituals or short-cuts which has helped us survive over many thousands of years. What happens when we develop destructive routines that can hurt us? How do we overcome negative thinking patterns that keep us stuck? What happens when this instinctive system betrays us by inflicting pain or encouraging us to participate in dangerous activities? Most of us engage in some harmful behaviors from time to time yet, when it gets to a point where the habit becomes a compulsion, that is when it controls you. The question to ask yourself is, “What is happening to me and my brain — how can I stop?” Even though you may truly want to figure it out, those questions are commonly followed by thoughts such as “...I know I don’t need another drink but just one more won’t hurt...I keep looking at porn and I know it is hurting my relationship yet I keep doing it... viewing social media makes me feel inferior and crazy but I can’t stop looking at my phone...” That is when it becomes problematic.

Think about when you first started any habit, such as smoking, all those years ago. A cigarette was offered and you had your first smoke. It tasted disgusting, you coughed, you sputtered; but you now feel like you fit in, and that part feels good. The brain quickly links up, “I feel bad...I have a cigarette...I feel better” Then later on in life, whenever you are having a rough day, your brain has already associated, “bad feeling...have a cigarette...it will make me feel better...” At first, you were doing it consciously. You were having the odd one or two when you could get hold of them. Only after a period of time did you build up to where you are now, controlled by the habit. Congratulations, you are now an

addict! Suddenly it became something you were just doing without thinking because habits become deeply rooted in the unconscious mind. At that point it moved over from being a conscious choice to being an automatic programmed habit. Once a behavior has become a habit, it is now under involuntary control and it becomes more difficult to change.

Humans have a well-developed prefrontal cortex (located behind the forehead) that has evolved over thousands of years. The prefrontal cortex has several important jobs: self-monitoring, delaying reward, and integrating whatever the mind tells you is important. Even though our prefrontal cortex has evolved and worked very well over numerous millennia, we still need the primal brain as a survival source. The primitive brain’s purpose was intended to motivate us to chase down food and mating and avoid unpleasant experiences. It is unconcerned if the consequence of that desire produces lasting satisfaction or not, if it makes you believe you are doing the thing that will help you survive. (See April 2018 *Ute Country News* article on the Limbic System)

A healthy brain rewards beneficial behaviors such as exercising, eating healthfully, or bonding with loved ones. It activates brain circuits that make you feel wonderful, consequently you are motivated to repeat those behaviors. These brain structures are commonly referred to as the “Reward Center,” which is a strong driver of behavior.

We have cells in our brains called neurons which communicate with one another by means of chemicals called neurotransmitters. Dopamine is a main neurotransmitter in our brain that is associated with experiencing pleasure, motivation and reward. Activation of the dopamine pathway motivates us to repeat the experience to feel the rewarding sensation. Mood-altering substances and compulsive behaviors will force the brain to release an abundance of dopamine, however, the brain is unable to reabsorb the excessive amount of dopamine which then makes the pleasurable experience last for an abnormally long period. After a while, with repeated use of addictive substances, the body becomes dependent on this to maintain any positive feelings at all. Also, too much dopamine can cause psychotic behavior — people diagnosed with schizophrenia have a disproportionate amount of dopamine or are unable to reabsorb what is secreted. A consequence of the release of excessive quantities of dopamine is that the serotonin levels decrease.

Serotonin is a neurotransmitter associated with feelings of happiness. Addiction reduces serotonin levels which diminishes the ability to experience pleasure or joy resulting in feelings of despair. Activities that used to stimulate dopamine now become ineffective. It is no longer able to produce the same amount of the pleasure chemical to which the person had become accustomed.

Researchers have determined that simply anticipating that a reward is forthcoming, can trigger these areas. To support this point, research has evidence that there is activation in the brain’s reward circuits by merely looking forward to going on social media, for example. The ‘Like’ option has been shown to trigger the reward pathway whenever an individual receives positive feedback.

If we use a substance or participate in a behavior that becomes obsessive, meaning that once we start, we have difficulty stopping, that indicates it has become an addiction. These impulsive habits can be used to numb out from physical or emotional pain or to help us escape to a fantasy world if reality becomes too stressful.

When the compulsion starts to interfere with the activities that we want to do, we likely will feel depressed, anxious, hopeless or guilty, all of which is agonizing. People caught in the prison of addiction often become dissatisfied with the way they are living, yet have little recognition as to why they are suffering.

There are people who regard addiction as a problem of personal weakness, a moral failing or a lack of willpower. This is an outmoded, narrow view of dependence. Clinicians and scientists now consider people who engage in addictive activities, do so to avoid discomfort, both physical and emotional. When experiencing distress, turning to addictive substances and behaviors to relieve the pain is understandable, especially if there are limited resources with which to cope. Nobody wants to be in pain and some people will do anything to lessen their agony.

“A common misperception is that addiction is a choice or moral problem, and all you have to do is stop. But nothing could be further from the truth,” says Dr. George Koob, director of NIH’s National Institute on Alcohol Abuse and Alcoholism. “The brain actually changes with addiction, and it takes a good deal of work to get it back to its normal state...”

Many years ago, as an insecure 19-year-old, I experimented with some mood-altering substance that crossed my path. I would like to say that I did it “for research purposes only” yet the truth is that I wanted to avoid the emotional pain I was enduring, and, with my limited experience and knowledge, I chose to numb out with substances because I was miserable; I felt worthless, confused, disconnected, depressed and unhappy. The substances worked for brief periods of time, yet shortly afterwards, my misery returned even stronger. When my husband and I were on the verge of divorce because of my thoughtless behavior, I decided to seek professional help. Getting honest with myself was the first step towards healing, which included learning how to tolerate difficulties and treat myself with compassion and respect without demanding perfection. When I practiced using the coping skills and resources I learned in therapy, I felt strong enough to work on healing the pain from my past. This took effort yet I am thankful that I followed through because my need to use mood-altering substances to manage my discomfort faded away (gratefully). I am relieved and happy that I decided to stop living my life in a numb out, disconnected way. I appreciate the person I am today as it would have been unbearable to continue down that risky path.

At this point, you may realize that addiction makes craving and urges impossible to satisfy. Food, drugs, gambling, etc., will never make you feel fulfilled. Unfortunately, when the brain gets hijacked by compulsion, obsession or desire, reality has no effect even when you are high, stuffed, or broke. That is why addiction is so devious and troublesome.

This article has offered a broad range of information on addiction, however, treatment options were never discussed. This topic is quite extensive so, as a result, it will be explored in next month’s column.

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



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~OUT AND ABOUT~

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AVAILABLE VIRTUALLY

- Crossroads of Parenting and Divorce. Teller County court approved co-parenting class. Registration fee required. FMI Michelle@cpteller.org or 719-686-0705.
- NAMI Colorado: <http://www.namicolorado.org/>
- Suicide prevention: <https://suicidepreventionlifeline.org/> or 1-800-273-8255

BUENA VISTA

- 4 UAS Club Central Colorado 9-10:30 a.m. at Central Colorado Regional Airport. FMI: 719-581-2010 or [ecuasclub@gmail.com](mailto:ecuasclub@gmail.com).
- **SAVE the DATE!** July 4 BV Hope will have a booth at McPhelym Park (Hwy 24 & Main St.) 9-4 p.m. We will have a booth selling clothes, purses, quilts and jewelry made by women around the world who have survived trafficking 100% of proceeds go back to the artists.

CAÑON CITY

- LIBRARY**
- B.O.O.K. Babies on our Knees Monday 10:30 a.m.
  - Break out box 2nd Friday each month 3-4 p.m.
  - Chess Club Wednesday 2 p.m.
  - Cribbage Club Fridays 10 a.m. All ages welcome!
  - Filler Friday (different activity each month) 3rd Friday each month 3-4 p.m.
  - Fremont Brain Injury Support 1st Tuesday 12:30 p.m.
  - Lego Club 1st Friday each month 3-4 p.m.
  - Metaphysical Group 2nd and 4th Saturday 10:30 a.m.
  - New Neighbors Genealogy 1st Friday 1 p.m.
  - Story Swap Book Club 1st and 3rd Tuesday 3-4 p.m.
  - Story time and craft Tuesday and Thursday 10:30 a.m.
  - Virtual story time Wednesday 10:30 a.m.
  - 1 Free Legal Clinic 2-5 p.m. Call 719-269-9020 to be added to the sign-up sheet.
  - 3 First Friday used book sale and Jazz in the plaza 5-7 p.m.
  - 9 Summer soak down water fun
  - 16 Fossil walk at Garden Park
  - 23 See your dreams magic show
  - 26 Moors an McCumber concert 6 p.m.
  - 30 Storm water presentation-Summer Learning Program "Oceans of Possibilities" sign-up online or in person-Every Thursday has a special program 2 p.m.
  - Face painting every Tuesday 11:30 a.m. after Story Time. All events at 516 Macon Ave unless otherwise noted. FMI 719-269-9020.

COLORADO SPRINGS

- 3 Sound Advice plays at Party at the Pub 8 p.m.
- 9 Slipknot with Cypress Hill and Ho99o9 at Broadmoor
- 11 Music on the Mesa 2-7 p.m. presents Tejon Street Corner Thieves and ZEPP 11. FMI 719-237-9953.
- 16 The Glenn Miller Orchestra 7 p.m. at Pikes Peak Center
- 26 100th Running of the Pikes

Peak International Hill Climb. FMI <https://ppihc.org/>

CRIPPLE CREEK

- 2 American Legion Post 171 meets the first Thursday of the month at 6 p.m. 400 Carr Ave. Food and refreshment at 5 p.m. (weather depending).
- 5 Visits with History: Winfield Scott Stratton at Cripple Creek Heritage Center 2 p.m. at 283 S Hwy 67. See more page 8.
- 24-July 4 The 25th Annual Once Upon a Time in the West art show at the Heritage Center. Reception is June 24, 4-7 p.m. after which daily hours are 9-5 p.m.
- GED classes 1-3 p.m. Mon-Wed. FMI Michelle@cpteller.org or 719-686-0705.

ASPEN MINE CENTER

- 24 Commodities distribution (drive up basis) 9-2 p.m.
- Tuesdays BINGO 10:30 a.m. for seniors.
- Tuesdays board games 1 p.m. for seniors.
- Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed. FREE!
- Thursdays Mexican Train 10:30 a.m. FMI 719-689-3584 x124.

CRYSTOLA

- 10 Sound Advice plays at Crystola Roadhouse 7 p.m.

DIVIDE

- 13 & 27 Little Chapel Food Pantry Distribution 3:30-6:30 p.m. For more info 719-322-7610 or email [littlechapel-foodpantry@outlook.com](mailto:littlechapel-foodpantry@outlook.com)
- 18 & 19 Trail stewardship at Horsethief Park and Pancake Rocks see page 6.
- Free yoga Mondays with Leah 10-11 a.m. at Pikes Peak Community Club. Limited class size. First-come, first-served. Doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org or 719-686-0705.

FLORENCE

- 11 Cemetery Tour 10 a.m. with Sherry Skye Stuart, sponsored by the Florence Pioneer Museum and Research Center. Cemeteries to include the Union Highland Cemetery and the San Juan Bautista Cemetery. After the tour, Sherry will do a book signing of any of her history books. She has the second edition of her San Juan Bautista book out now. Come back to the museum with your punched ticket to get in free and get a drink of lemonade or iced tea. Tickets will be on sale the week before the tour and day of the tour \$5 a person. FMI 719-784-1904 or [www.florencepioneermuseum.org](http://www.florencepioneermuseum.org).

JOHN C. FREMONT LIBRARY

- 1 Registration for summer reading begins for all ages.
- 2 Children's librarian presents story time at Florence Farmers Market and every Thursday throughout summer.
- 6 Summer reading program



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- begins.
- 20 Open 10-2 p.m. for Juneeteenth.
- Sandy Dale is the June artist. We continue to provide free masks and COVID-19 rapid tests.

FLORISSANT

GRANGE

- 4 Pine Needle Basket Class 9-12 p.m. Beginners will learn the center coil or start from a base and continuing students will learn the stacking nubbins design.
- 7 & 21 Quilt of Valor Guild meeting 9-12 p.m. Join us and make beautiful quilts for local veterans. You can be a seasoned quilter or a beginner; we welcome anyone who loves to quilt or wants to learn.
- 14 Paint with Me class 9-12 p.m. We will paint a sunset landscape. Come join the fun. You will need a white canvas and a donation to the Grange for his class. If you wish to keep the paints and brushes supplied, it is an extra \$10.
- 18 Craft Show and Flea Market 9-3 p.m. Spaces are \$15. Join us for great gifts and treasure finds. RSVP or FMI 719-510-2325.

LIBRARY

- Tai Chi 10-11 a.m. Tuesdays
- Storytime With Miss Beth 10 a.m. Fridays
- 2 & 3 Friends of the Florissant Library, Book, Bake and Plant Sale Friday 10-2 p.m. Saturday 10-1 p.m.
- 9 Yarnia! Knitting Club Bring a yarn project and share tips and ideas. All ability levels are welcome.
- 9 Free Legal Clinic 2-5 p.m. Call 719-748-3939 to sign up.
- 15 Florissant Bookworms Book Club 10:30-12 p.m.
- 17 Friends At the Table Cookbook Club This month's theme is BBQ! Bring a dish to share and copies of the recipe. 10-12:30 p.m.
- 17 Mother Goose Storytime Come find out what's in the

HARTSEL

- 11 Children's Story Time 1-1:30 p.m. at Hartsel Community Library 86 Valley Ave.
- Country Church of Hartsel meets at the Hartsel Community Center 80 Valley View Drive 10 a.m. Sundays. Everyone is welcome! FMI call Jimmy Anderson 719-358-1100.

MANITOU SPRINGS

- 16 Bare Bones Trombone Choir 7 p.m. at Bud Ford Pavilion in Soda Springs Park
- 20 Little London Winds 7 p.m. at Bud Ford Pavilion in Soda Springs Park
- 23 Front Range Big Band 7 p.m. at Bud Ford Pavilion in

- Soda Springs Park
- 27 Little London Winds 7 p.m. at Bud Ford Pavilion in Soda Springs Park
- 30 Stan's Band (Classic Rock) 7 p.m. at Bud Ford Pavilion in Soda Springs Park

NEDERLAND

- 11 Animals After Dark, annual fundraiser. Live & silent auction, live music, food/drink by Decent Bagel. Come dressed in your best 1920s outfit to celebrate the Golden Age of Carousels! See related fiction page 12.

PENROSE

- COYOTE'S COFFEE DEN
- 5 Dave Arvizu 10-noon
- 12 John Spengler 10-noon
- 19 The Mitgudars 10-noon
- 26 Dave Manship 10-noon

SALIDA

- 8 Free Legal Clinic 2-5 p.m. at Salida Library. Call 719-539-4826 to sign-up.

VICTOR

- 4, 18 Sunnyside Cemetery Tours 1 p.m. at the gate, \$10 719-689-5509
- 17-19 The 10th Annual Gem and Mineral Show + Oddities Alley. Free admission!
- 18 Free Geology presentation 1 p.m. FMI page 15.
- Guided tours of Cripple Creek & Victor Mining District. Meet at Victor Lowell Thomas Museum 3rd & Victor Ave. Tickets \$15 FMI 719-689-5509 or [tours@victoriumuseum.com](mailto:tours@victoriumuseum.com).
- Gold panning 10-4 p.m. at Victor Lowell Thomas Museum. Tickets \$10. FMI 719-689-5509 or [tours@victoriumuseum.com](mailto:tours@victoriumuseum.com).
- Victor Lowell Thomas Museum open for summer 9:30-5:30 p.m.

WOODLAND PARK

- 18 WP Senior Center High Tea co-hosted with the Gold Camp Victorian Society 11:30-1:30 p.m. Featuring a presentation by the Harvey Girls. WPSO & GCVS Members \$10, Non-members \$20. RSVP to 719-687-3877.

COMMUNITY PARTNERSHIP

- 11 Community Partnership

- Open House Tour 10-2 p.m. Join us for a sneak peek of our new community center. Building tours, food trucks, live music by Ben Pratt, Mayor of Divide Clyde the donkey, balloon art, face painting, games and fun for the whole family. FMI Jamie@cpteller.org.
- Active Parenting of Teens, date & location TBD. Yes, it's possible to parent your teenager and still get along with them! Learn how to turn challenges into opportunities. Meal and childcare provided. FMI Michelle@cpteller.org.
- Circle of Parents Kinship Connection date & location TBD. FMI Michelle@cpteller.org.
- Cornerstone: Foundation in Financial Health, date & location TBD. FMI Michelle@

- [cpteller.org](http://cpteller.org).
- GED classes 5-7 p.m. Mon-Wed FMI Michelle@cpteller.org.
- Playgroup 10-11:30 a.m. Mon-Wed-Fri. Summer fieldtrips, rotating locations. Parent or caregiver with children ages 5 & under. Older siblings welcome. FMI Jackie@cpteller.org.
- FMI for any CP program: 719-686-0705.

LIBRARY

- Thursday Tai Chi 5-6 p.m. Thursdays
- Tai Chi 10-11 a.m. Fridays
- Books and Babies Storytime 10 a.m. Tuesdays
- Preschool Storytime 10 a.m. Thursdays
- 1 Not So Young Adult Book Club 11-12 p.m. For adults who love young adult literature or want to read something new.
- 1 & 15 Family Craft Day, come make something fun with your kids. Materials and instructions provided. Join us for a self-paced creative time 11-5:30 p.m. in the children's room.
- 1 & 15-Teen Craft Club 3:45-5:30 p.m. in the Young Adult Room on the first floor. Join us for a creative time and meet some new people.
- 7 Woodland Park Book Club 10:30-11:30 a.m.
- 9 Free Legal Self Help 2-5 p.m. call 719-748-3939 to make an appointment.
- 10 & 11 Giant Summer Book Sale Friday 12-4 p.m. and Saturday 10-3 p.m.
- 15 Family Movie Day noon in the large meeting room. Bring a sack lunch or snacks and join us for a movie. Free popcorn and lemonade.
- 16 Mother Goose Storytime Come find out what's in the hole in the bottom of the sea. Music, stories, and laughs with Mother Goose. All ages welcome.
- 25 LadyBug Day! 11:30-2:30 p.m. Join the Youth Services Team for Ladybug crafts, snacks and facts! Special storytime 1:30 p.m., followed by a ladybug release 2 p.m. on the lawn between the library and the cultural center! FMI Children's Desk at 719-687-9281 x112.
- 30 Denise Gard & her famous Border Collies Joey & Kira Present: Pirate Dogs of the Sea! 10 a.m.

WP SENIOR CENTER

- 4 Rummage Sale 9-1 p.m. We are still accepting items for the sale. No clothes please. Donations can be brought to the center M-F 9-1 p.m. Call first if you plan to donate large items 719-687-3877. Donation receipts are available. All proceeds benefit Teller County seniors. Thank you for your support!
- 18 Victorian Tea co-hosted with the Gold Camp Victorian Society 11:30-1:30 p.m. Featured will be the Alt-Tooter Flute ensemble and a presentation by the Harvey Girls. RSVP at WP Senior Center front desk or call 719-687-3877.

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456 Front Street, Fairplay CO • 719-836-7031  
SaladoRestaurant.com • Info@saladoreastaurant.com  
Our new winter hours will be 4:00 to 9:00pm for dinner. Reservations  
are still recommended and we will have new menu items for winter.

**Come Celebrate Fairplay's Wonderful Summer Season**