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August 2025

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Vol. 17, No. 8

Welcome to Ute Country

**"Remember to be gentle
with yourself and others.
We are all children of
chance, and none can
say why some fields will
blossom while others
lay brown beneath the
August sun."**

— Kent Nerburn

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METAPHYSICAL **... AND MORE!**

CONTIN-TAIL SHOW **GOLD RUSH DAYS**





What a surprise! We found this lone columbine blooming next to an aspen in our front yard, a place we have never seen columbine before. It is always interesting when we find a "volunteer" plant in an area the species hasn't been spotted before. Science Learning Hub tells us there are five main ways for seeds to disperse: wind, water, animals, explosions and fire. In fact, the lodgepole pine and some lilies require fire for their seeds to germinate. Our best guess is that a bird ate the columbine seed, and some time later perched near this aspen when the seed plopped out. We especially like what this quote unpacks: A reminder to be gentle with ourselves because we are all children of chance.

Speaking of chances, wildfires in Colorado are now a concern all year round. Mother Nature has been generous with precipitation for our area of Colorado this year. We've enjoyed amazing wildflowers, lots of tall grasses and many "volunteers" that could flourish with all this moisture. As the weather changes, all those tall grasses will dry out creating better opportunities for wildfires. Everyone can benefit from Flip Boettcher's article "Code Red — Evacuate!," which is a well-written way to prepare for a worst-case scenario. For those who enjoy spending time in the great outdoors, you may benefit from the article on COTREX, a new app alert system you can download for free that can warn you when a wildfire is in the area. Readers and artists alike will enjoy *Colorado Pharmgirl's* "Playing with Mud" as she shares her chances at the potter's wheel. As children of chance, it is important to celebrate when those odds fall in our favor, so we encourage all of our readers to enjoy *Life Enhancing Journey's* article "Celebrate Every Moment — Make Every Day Count."

Our Critter Corner folder is empty! We'd love to share your pics of your pets or outdoor visitors if you would please send via email to utecountrynewspaper@gmail.com, drop in to scan the photo at Shipping Plus or snail mail them to us at POB 753 Divide, CO 80814.

Thank you,
—Kathy & Jeff Hansen



Oyate Herbals Food, culture and traditional medicines

by Tammie Lowell, PhD, CMH, founder of Oyate Herbals

Han (Greetings!) Welcome to Canpásapa Wi — Moon when the chokecherries are ripe

Chokecherries (*Prunus virginiana*) are significant to the people of Oseti Sakowin (Seven Council Fires) nation. Chokecherries are a versatile fruit that can be consumed fresh or processed to make jams, jellies, syrups, and sauces. The berries are also utilized in the preparation of traditional foods, such as wasna or wojapi. Chokecherries have been traditionally used for their medicinal properties. The berries are rich in antioxidants and other beneficial compounds. They serve as a reminder of their ancestral connections, traditional knowledge, and the importance of maintaining their cultural practices. The gathering and preparation of chokecherries are often communal activities, fostering a sense of unity and comradery within the nation. The sustainable harvesting and utilization of these berries promote a respectful relationship with the land and demonstrates the importance of environmental stewardship within their communities.

Wasna is a traditional method used by the Lakota to preserve meat. It was used when meat was not available and when they were hunting or moving camps. It is a sacred food still used in Lakota ceremonies today. Traditionally, Wasna was made using pounded dry bison meat and dried chokecherry. Ingredients used in the recipe are shredded beef or bison jerky, chopped tart berries, vegetable shortening or beef tallow. The bison jerky and the berries are shredded in a food processor or chopped up finely and mixed with tallow. Then it is stirred until well incorporated and dried in a dehydrator or oven.

Wojapi is a traditional Lakota berry soup. Historically, it was made using dried chokecherry and powdered prairie turnip (Timpusula) as a thickener. At present, it is made from berries using cornstarch as a thickener. The ingredients of the recipe are pound frozen berries (Cranberries or mixed berries), sugar, water, and cornstarch dissolved in cold water. Frozen berries are simmered in water until softened. Mash the berries and add cornstarch or flour or make a "rue" add to the mixture while stirring on medium heat until it becomes thick. The consistency is more like pudding than a soup and is poured over fry bread and served with meat.

Food is sacred for the Lakota people, and due respect is given to the food we consume. We had many ways to find food from the environment we lived in. Women as well as men had defined roles in the process of obtaining food. I have to say, my people were known for some delicious recipes.

Wohanpi traditional soup is popular among the Lakota even today. In the early days it was made with bison meat, wild potatoes, and prairie turnips. Nowadays it is made using beef or bison, potatoes, and other vegetables. The ingredients for the recipe are cooked cubed beef or bison meat, beef broth, medium carrots, medium potatoes, Worcestershire sauce,

and salt and pepper. Cooked meat is added to broth. The carrots, potatoes and sauce were added afterwards. Cook on low heat for 45 minutes (Add meat in the last 15 minutes if using bison) and season with pepper and salt.

Traditional foods of Native American Nations exemplify a profound



2 images of remedies.



understanding of the nutritional and medicinal properties of the native plants and the indigenous cultures. Corn, beans, and squash, collectively known as the "Three Sisters," stand as staples that highlight the symbiotic relationships between plants, demonstrating their capacity to support one another's growth and thrive together. This principle of mutual support and harmony extends to the cultivation and consumption of wild rice. Wild rice is not just a nutritious food source but also a cultural symbol deeply rooted in the traditions of the Chippewa people. The method of cultivation and harvesting reflects a sustainable approach to agriculture that honors the earth and its resources, ensuring that this vital component of their diet is preserved for future generations.

In addition, to the rich culture of the food we also have our traditional medicines. I am at peace when I am connected to mother earth through the medicines. When we talk about Lakota herbal remedies, we're really talking about the deep connection our people have always had with plant medicines. Traditionally, herbs were prepared as teas, used in poultices, boiled, or burned, with each method chosen with care, guided by teachings passed down through generations.

Today, we take that traditional knowledge and adapt it in a way that fits into our modern lives. Our tinctures, balms, lotions and sprays aren't traditional in form, but they're inspired by traditional uses and made with the same respect, intention, and love our grandmothers and aunts taught us. We believe you can honor the old ways while creating something useful for today.

We have a long history of healing. Our ancestors didn't just stumble upon these remedies, they learned them over time, through experience, stories, and ceremony and by listening to the land. This knowledge helped us care for our families in powerful ways. Today, I carry that forward, blending what's always worked with

what I have learned now, so these medicines can continue to help our people in the modern world.

Healing, for us, is never just about the body. It's about a balance of mind, body, spirit, emotion and community all working together. That's why intention is a part of using these remedies. It's not just what you take, it's how you take it, and why. Herbal tinctures, for example, are a big part of this. They're made by steeping powerful native plants into concentrated drops, capturing their essence. But just as important as the remedy itself is the thought behind it, the good energy, the purpose, and the tradition.

- I get asked all the time about what plants we used as Lakota people, and the answer is, it depends on what you need and what you are wanting to use it for. Here are a few for example:
- **Wahéé Waštémma** (Wild Bergamot) A sweet-scented medicine used for digestion, colds, and for protection.
- **Hanté** (Cedar) An evergreen medicine burned for protection and peaceful mind.
- **Pheži wachánga** (Sweetgrass) Spiritual medicine used for cleansing, protection and balance. Good insect repellent.
- **Hanté Canhlogan** (Yarrow) Great for skin, wound healing, inflammation, and women's health.
- **Icháhpé hú,unglákéapi** (Echinacea) A tincture, or decoctions made from the root is used to boost the immune system and relieve flu and cold symptoms.
- **Wahpé ikkpa zizi** (Wild lettuce) The young leaves are eaten by lactating women to aid in milk production.
- **Mathó thaphéžuta** (Osha Root/Bear Root) Used to treat poor circulation, fevers, bronchitis, and cramps. Used in ceremonial pipe-smoking. The root is burned and the smoke inhaled through the nose to relieve headaches and to eliminate sinus infections.

There are so many other plants and traditional medicines on this planet. Over 50,000 medicinal plants are used across the world today. I will leave you with this quote by Morning Dove of the Northern Plateau. Please reach out if you need anything! "Everything on the earth has a purpose, every disease an herb to cure it, and every person a mission. This is the Indian theory of existence."

Anpetu Waste Mitakuye Oyate. (Good day relatives).
Many Blessings and May you walk in balance.
Tammie can be reached at 719-661-0410 or via website: oyateherbals.com

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Commonwheel Artists 51st Annual Labor Day Art Festival

The 51st Annual Commonwheel Artist Co-op Labor Day Art Festival returns to Memorial Park in historic Manitou Springs for three full days of creativity, community and celebration: August 30-September 1, 2025.

This beloved Labor Day tradition draws nearly 100 juried artists from Colorado, as well as from across the country, showcasing an incredible variety of fine art and contemporary craft. Explore booths filled with glass, woodwork, photography, jewelry, wall art, sculpture, pottery, fiber arts, mixed media and much more. Whether you're looking to discover a new favorite artist or add a one-of-a-kind treasure to your home or closet, the festival offers something to delight every art lover. Festival goers will also enjoy live music

all weekend long, perfect for relaxing on the grass or dancing with friends. There will be an array of delicious food vendors to satisfy every craving. Kids can enjoy a hands-on



kids' area where young creators can explore their imaginations. Memorial Park is just minutes away from downtown Manitou's galleries, shops and eateries. Admission to the festival is free!

Wolf update

by Luke Perkins

Colorado Parks and Wildlife (CPW) presented the Parks and Wildlife Commission with an update on conflict minimization efforts as well as the status of the organization's Wolf Program on July 17, 2025. This presentation included discussion about CPW's range riding program, the mortality, reproduction, and movement of gray wolves reintroduced to Colorado in 2023 and 2025, as well as an announcement on the establishment of new packs, and an update on translocation efforts for the 2025-26 winter season.

"Today's presentation reinforces how far wolf restoration efforts have come since planning started in 2021," said Jeff Davis, Director of Colorado Parks and Wildlife. "Beyond providing an update on conflict minimization efforts and future translocation efforts, CPW announced the formation of three additional packs in the state of Colorado. Successful pack formation is vital to CPW's wolf restoration plan not just in terms of reproduction, but also the development of territories. Localization of pack movement patterns will allow CPW to work more effectively with producers on notifications and conflict minimization strategies."

Mitigation and minimization efforts

CPW continues to evolve its conflict minimization efforts as wildlife behavior and livestock movements change with the seasons, as well as changes in landscape usage by livestock producers who are moving into larger range operations on both public and private land.

One of the primary tactics has been the use of range riders as a minimization tool when animals are on open range. CPW currently has nine range riders actively deployed with an emphasis on areas with concentrated wolf activity but flexibility to move to other areas as needed.

"These mitigation efforts have required a high level of communication and coordination which has been facilitated by CPW's staff as well as producers, who are working with us to help minimize wolf and livestock conflict," said Brian Dreher, Assistant Director of CPW's Terrestrial Wildlife Branch. "CPW is incredibly grateful for the Colorado ranchers and agriculturalists who continue to work with us through trying times and unknown outcomes towards reducing conflict. Their personal investment of time, resources, and access are vital and deeply appreciated."

In addition to active range riding, CPW continues to provide site assessments, investigate depredation reports, and is coordinating with the Colorado Department of Agriculture (CDA) on carcass removal, even in remote areas where this is more complicated due to access issues.

In the near future CPW will be hiring a Wolf Damage and Conflict Minimization Manager who will bring additional expertise and support to the organization's efforts. This role will also help coordinate interagency operations with partnering organizations such as CDA and the United States Fish and Wildlife Service.

Wolf mortality and movement analysis

Eric Odell, CPW's Wolf Conservation Program Manager, provided an update on biologically relevant information on the wolf population in Colorado. A key part of Odell's presentation was a review of five wolf mortalities that have occurred since the restoration ef-

forts in January 2025. Two of these mortalities took place in Wyoming. Three mortalities took place in Colorado. Because wolves are federally protected under the Endangered Species Act, the USFWS has the lead on conducting necropsies and determining the causes of death.

"We knew from the early stages of planning wolf restoration that there would be some level of mortality amongst translocated gray wolves," Odell said. "We specifically built in benchmarks for when we would initiate protocol reviews based on CPW's previous experience with reintroduction of lynx in the late 1990s/early 2000s. The mortality that has been experienced by the wolf population this year is not a reason to pause translocation efforts."

CPW staff continues to closely monitor the health of gray wolves translocated to Colorado — as well as the yearlings and pups who have been born here.

Commissioners were also shown a series of animations detailing and comparing the movements of paired and unpaired wolves as well as newly acquired trail cam footage of wolf pups from the King Mountain Pack in Routt County. These animations highlighted the area covered by wolves and how the formation of breeding packs and establishment of territories aids in the management of Colorado's wolf population. Copies of these animations and videos can be found here.

Establishment of packs and update on translocation efforts

During Odell's presentation CPW announced that there are now three recognized packs in the state in addition to the Copper Creek pack that formed last year:

- One Ear Pack in Jackson County
- King Mountain Pack in Routt County
- Three Creeks Pack in Rio Blanco County.

CPW recognizes packs only after a breeding pair of wolves have reproduced in late spring. While CPW staff have seen pups at some of the dens there is not a confirmed pup count for all of the packs. Detection of pups in late spring or early summer is inherently low, because of their small size, use of habitats in dense cover, and time potentially underground.

"We are continuing to monitor four dens in Colorado and will include minimum counts of the entire wolf population in our annual biological year reports," Odell said. "Receiving reports of wolf sightings from the public — especially with high quality photos or video — is extremely helpful to CPW as we monitor and track the movement of gray wolves. This will become increasingly important as the population of uncollared wolves grows through successful restoration and natural immigration into Colorado."

The final topic covered during Thursday's presentation was an update on future translocation efforts. CPW is currently working on sourcing agreements for additional wolves to be translocated to Colorado in the winter of 2025-2026. The organization is currently working to schedule consultations with stakeholders in the southern release zone.

As additional information on these meetings becomes available it will be released to the public to encourage participation.

Rockhounding 101

by Marianne Mogon



John and smokey quartz.

Rockhounding is a popular activity widely enjoyed by both amateur and professional geologists. Colorado is an excellent location for rockhounding, offering a wide variety of geological features and mineral deposits. It's known for its diverse range of rocks, minerals, and fossils, making it a popular destination for amateur and serious rockhounds. Colorado's geology is rich, with various rock types, mineral deposits, and fossil sites.

John Rakowski, President of Pikes Peak Historical Society and geologist will present Pikes Peak Rockhounding 101 for the August Chautauqua. The presentation will be on August 10 at 2 p.m. at the Florissant Public Library.

Rakowski will give a presentation about our local geology as it pertains to collectible mineral specimens and will discuss some tips for successful and fun mineral collecting in our area. He will bring examples of mineral specimens from the Florissant area available for visitors to examine. Tips for the identification of the most common minerals of the area will also be discussed.

"Geology and mineral collecting is "hands on" and the specimens will add to the understanding of the slide presentation," Rakowski explained.

The Pikes Peak region is noted for high quality specimens of smoky quartz and amethyst. Native Americans had a great appreciation of these crystals not only the beauty of the specimens but also because they believed in the spiritual and medicinal value of the pieces. Early European settlers who came here began commercial mining and marketing specimens in the 1870s and by the late 1800s there were several mineral businesses based in Florissant. Hobby- and small-scale mineral mining continues in the area on private land and on mining claims.

"Most commercial miners are knowledgeable and ethical about regulations and procedures but many hobbyists have much to

learn about regulations, mining procedures and post-mining remediation," explained Rakowski.

Rakowski began collecting minerals in this area as a hobby in the early 1960s and later went on to earn a degree in geology. His work career included employment with companies from 1968 to 1984 and then he had his own consulting company from 1984 until recently. The work was exploration for and development of oil and gas resources, acquisition and divestiture of oil and gas properties and re-development of previously uneconomic oil fields. As a professional exploration geologist for more than 40 years, he still enjoys rocks and minerals as a hobby. Because of his early appreciation of this area, he and his wife purchased property here in the late 1970s, enjoyed holidays and vacations here and as of 2002 became full-time residents.

Rakowski and his wife, Debbie, joined PPHS as Life Members in 2002. In 2009, he joined the Board and in 2009 he took over as President in January 2015.

He served as an officer of the Lake George Gem & Mineral Club for about 20 years including six terms as President. He is Certified by the American Association of Petroleum Geologists and the Society of Independent Professional Earth Scientists.

"Mineral collecting and lapidary as a hobbyist have been lifetime items for me. A successful career in oil and gas was challenging and fun," said Rakowski.

Pikes Peak Rockhounding 101 will be presented at 2 p.m. Sunday, August 10 at Florissant Public Library 334 Circle Drive, Florissant. The road is almost directly across from The Mercantile Grocery Store on Highway 24. The Chautauqua is presented to the public free of charge as a public service of the Pikes Peak Historical Society. No reservation is required. FMI: call 719-748-8259 or 719-748-3861.

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Beehive: The 60s Musical



The Butte Theater is excited to continue its 2025 professional summer season with Beehive: The 60s Musical, produced by Green Glass Productions. This vibrant, feel-good production is helmed by director Hannah Guilinger and produced by Nick Charles Madson, with music direction by Michael Lewis Smith.

Created by Larry Gallagher, Beehive is a musical celebration of the powerful female voices that shaped a decade — featuring iconic hits like “My Boyfriend’s Back,” “Be My Baby,” “Son of a Preacher Man,” and “Me and Bobby McGee.” Told through the lens of six young women coming of age during the 1960s, the show charts the evolution

of a generation — from the innocence of teen romance to the awakening of social change. Beehive is more than just a jukebox musical — it’s a heartfelt, high-energy homage to the women who redefined music, culture, and identity in a time of transformation. Rated PG, this toe-tapping, soul-stirring production is perfect for the whole family. Performances run through August 31, 2025, at The Butte Theater in historic Cripple Creek, Colorado. Tickets are available now at buttheater.com or by calling the box office at 719-689-6402. Don’t miss this celebration of music, memory, and girl power!

People See, People Do You can Kindle Kindness, too!

by Readers of Ute Country News

This is a column dedicated to acts of kindness so that we can ALL remember how to be kind to each other. No names or business names are used so that the focus remains on the kind behavior. You may feel free to share acts of kindness you have witnessed or experienced by emailing UteCountryNewspaper@gmail.com, or stopping in at Shipping Plus to tell us about the kindness or you may snail mail to Ute Country News POB 753 Divide, CO 80814.

- She noticed the string around my wedding ring and shared how her rings are also fitting differently with the onset of arthritis. She showed me the band she found to hold the ring a tad tighter, which prevents it from falling off and said she’d bring me one next time she came in. Sure enough, today she came in to show me the band for the ring and then gave it to me! The small gift to accommodate something so meaningful was a very special act of kindness!
- We were finishing the transaction when he said, “Be sure you get to Cripple Creek for Donkey Derby Days this weekend!” I replied, “Yes, we intend on going. We

have tickets to the Butte Theater.” Another customer said, “Oh, we are season ticket holders, and we already saw the show. It is a wonderful show with an olio at the end. You are sure to love it! They bring in such great talent.” I said, “I happen to have 2 tickets to the show. Would you like them?” “Yes!” was the reply. Staying open to possibilities helps us to be open to acts of kindness of sharing.

- The home-grown spinach was a treat indeed and also an act of kindness, which I was happy to reciprocate with an aloe plant. I think to true act of kindness was that she thought of me.
- It was a brief conversation, yet I had a chance to feel heard and that was an act of kindness.
- No doubt they were visiting from another state and had no idea how windy this road could be. When they found the pullover, it gave us a chance to get onto our destination in a timely fashion and them the chance to take in the scenes. Using a pullover area is indeed an act of kindness.

Adopt Us Oakley and Magnolia

by TCRAS

Introducing Oakley and Magnolia, two bonded sisters that were found and brought to TCRAS. We are looking for a family that would like to add TWO beautiful sisters to their home. We are both 1-year-old, and spayed. We will keep each other occupied when you’re at work or have something else to do. When you’re available, you can watch our fancy cat antics for your pleasure. If this sounds like a good fit, please give TCRAS a call to set up an appointment to meet us — we’re ready to find our forever home together! 719-686-7707.



Oakley



Magnolia

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



A Look Inside the Artist Revisiting Cyndia Lee, Woodburning Artist by Mary Shell

Pyrography is one of the oldest human art forms. As long as humans have been taming fire, they have been drawing with it. It used to be called “pokerwork” before the term pyrography came to be. Pyrography has a long and varied history. It is thought to have originated in Egypt, where it was used to decorate pottery and furniture.

I have a few friends that create woodburning, and they all say the same thing...they love it. Watching the burner carve away at the wood, the smell of burning wood, the color and texture it leaves behind... I love the fact that Cyndia adds color to her work which can be risky at times. Her choice of images seems to flow with the shape of the wood. Beautiful work Cyndia.

How long have you been creating art?
I always loved drawing when I was a kid. I wanted to get into Graphic Design after high school, but somehow, I ended up with a printing degree. I worked in the printing business for many years in the bindery department. I worked on large equipment in the bindery department such as folders, collators, drills and large cutters. In my 40’s I went back to college for a graphic design degree.

I see photography was your first passion, what made you decide to try woodburning?
You must be reading pyrography which is another name for woodburning. When I was earning a degree in graphic design, I would use all the tools and filters in photoshop to create digital art. I even played around in the program Flash to make animations. An old friend talked me into selling my art at a local store. I did digital art at the time. She was doing wood burning. I decided to try woodburning and hated it. Once I bought a diamond tip wood burner and watched a couple of tutorials on YouTube I fell in love. When I started selling my art I was going through a medical scare. This led me to take a good look inside and watch my reactions to certain situations. I started to read a lot of self-help/spiritual books, and I have been working on myself

ever since. It is an ever-growing process that leads me to create art with whatever life lesson I am going through.

What other mediums have you tried?
I did color pencil, markers, pastel and graphite. I started using charcoal with acrylic on canvas.

In woodburning, how do you choose your wood?
When I started, I would get whatever I could get my hands on. I used to sell at Brazenhead and Badger Sawmill. I found some unique pieces with holes in the middle of the wood. I would design mountains that flowed with the grain of wood and fill the hole with resin. I came up with some awesome pieces. Now, I prefer aspen, bass or maple. I find that pine and other hard wood are too grainy.

Who inspires you?
I follow many artists on Instagram and my style is constantly changing. NorthStar Pyrography is one of many on Instagram. Plus, I learned a lot from Joel Pilcher on Instagram and YouTube for charcoal and acrylic.

How do you add color to your woodburning art?
I use metallic watercolor, acrylic, stain and sometimes pastel and then use acrylic varnish before spar urethane.

What was your worse experience in creating art?
Sometimes you’re in the “flow” and other times you’re not. If it goes wrong, I always have sandpaper.

Do you do commission work?
I used to do commission work, but I prefer to use my own creative juices. When I did

graphic design, people would give you their ideas for a logo or design. Commission work feels like a job...

What’s the future for you?
I have a new scroll saw, a jig saw, and I will be getting a used blade soon. So, I will



Artist Cyndia Lee (above) and her piece titled “Wolf” (right).

come up with new designs in the future.

The first article about Cyndia Lee was published in our October 2022 issue. You can get more information on Cyndia at www.LadyWithAltitude.com. You can reach Mary at creatingfromthesoul@yahoo.com.



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Code Red - Evacuate!

by Flip Boettcher

You just got a Park County CODE RED alert to evacuate your home, but are you ready and prepared in the event of an emergency? With almost no rain, dry-lightning storms, high temperatures, low humidity and winds, fire danger is high. If you see a column of smoke, what you think is smoke or even flames, call 911 immediately. It's better to catch a fire when it is small; be safe rather than sorry. Also, Park County is in a Stage 1 fire ban, so watch all activities and campfires. Unfortunately, a lot of the problem stems from people visiting the area who do not live here, so stay alert and vigilant. Call 911 if you see anything suspicious or unusual.

Many residents in Park County live in the wildland urban interface and there is always the risk of wildfires, severe weather and flooding. It's good to remember that not all services are quickly available including trades people, utilities, health care, shopping and most importantly, if you need it, emergency response, according to a Southern Park County Fire Protection District (SPCFPD) community services handout. So, the best plan is to be prepared for just about anything.

First, make sure you are signed up for the Park County CODE RED alerts, which are specific to this area. If you aren't signed up, or need to update your contact information, go to www.parkcountycgo.gov. The Emergency Alert System (EAS) and the National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Second, have an evacuation plan. You may have several days or only a few minutes to evacuate, so have a go-bag ready. Your primary go-bag should have a few essentials, medications, snacks and water to grab and go in a few seconds.

Your secondary go-bag can include more of items you might need and want to save if you

have more time to evacuate.

Your evacuation plan should include where to go, how to meet up with your family if separated and how to contact friends and family out of the area. Be sure to plan for your pets and livestock if you have them.

The SPCFPD fire department in Guffey, the Guffey Community Charter School and the Guffey Community Center are all evacuation centers in case of emergency.

It is still not too late to mitigate for wildfire around your property, which may save your home and help slow the spread of fire. Trim low branches on your trees, thin them out and remove ladder fuels underneath them. Keep grass and shrubs within 30' of your house short. Remove items from under your porch, keep debris and wood piles well away from structures. Keep rain gutters cleaned out.

To be sure emergency personnel can find you, be sure to have reflective house number signs visible from both road directions. Contact your local fire department if you don't have them. Emergency vehicles are usually larger than personal vehicles, so make sure your driveway is wide enough and trimmed and cleared for them. If possible, it is also good to have at least two ways in-and-out of your property.

The SPCFPD and most other fire departments will come out to your house and make a free wildland fire risk assessment for you. This is a good idea.

While flooding is not a major concern, Upper Currant Creek in the Guffey area is known for flooding and in the past, several people have drowned. One memorable flood occurred in mid-August 1883 when a waterspout struck the northwest slope of 39-Mile Mountain filling up the dry gulches with 15'-20' high torrents of water.

So, remember to stay alert, vigilant, have a plan and stay safe.



Students learn more about financial literacy during an educational program provided by Junior Achievement. photo by JA USA

Welcome to the New School Year with Junior Achievement

by Sherri Albertson

A recent personal finance survey of teens ages 13-18 found that Junior Achievement's educational approach is giving students the tools to increase their chances of achieving economic security as adults.

Research results showed that:

- 84% of JA Alumni agree that their JA experience helped them with financial literacy.
- 82% of JA Alumni agree that they are on a strong financial footing as a young adult.

Thanks to Teller County community businesses, service clubs and volunteers, during the 2024/2025 students at Columbine and Summit Elementary schools, Merit Academy, Cresson Elementary and Lake George Charter School received in-school lessons in financial literacy, work and career readiness and entrepreneurship. Junior Achievement provides proven learning experiences, based on a multi-grade approach,

similar to other curricula like math and science, and delivered by volunteers experienced in money management and the concepts being taught. These learning experiences also align with Colorado state educational standards.

JA programs provide relevant, hands-on experiences that give students, from kindergarten through high school, knowledge and skills in financial literacy, work readiness, and entrepreneurship. Additionally, Junior Achievement is expanding its reach to 18-to-25-year-olds to provide young adults with critical life skills, as well as to pre-K youth to ensure children get a solid head start.

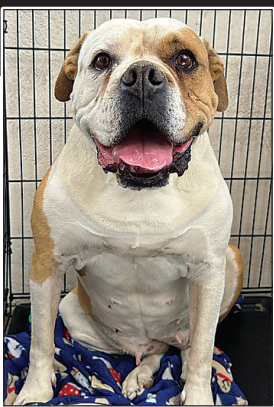
For 12+ years, JA of Teller County has made a difference in the lives of our local students. YOU, too, can inspire students and build a brighter future for Teller County's youth. Get involved! Contact Sherri L. Albertson at 719-650-4089 or via email to sherri.albertson@ja.org. FMI visit <https://jausa.org>.

Adopt Me Coconut

by SLV Animal Welfare Society

This is Coconut. She is a 7-year-old mellow love, American Bulldog mix, spayed and current on all vaccinations. She weighs about 70 pounds. We've had her for several years. She is overdue for a fur-ever home! She gets along well with other dogs. To learn more about Coconut, give us a call 719-587-9663 (woof). Adoption events schedule is posted on our website www.slvaws.org.

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



Colorado Pharmgirl Playing with mud

by Peggy Badgett

The idea had been simmering in the back of my head for years. I'd always felt a connection to clay and earth. In the Midwest, baking mud pies in the hot sun and letting the slimy muck ooze through our toes after sudden rainstorms were rites of childhood. Digging in the rich black dirt of my Illinois gardens had been wonderful (and free) therapy while raising three teenagers. When I moved to the mountains, I'd dreamed of enrolling in a pottery class after admiring all of the beautiful hand-made mugs and dishes in the tourist shops.

After touring the Wildstone Ceramics studio in Buena Vista one day, I decided it was time to check that particular item off my bucket list. I wasn't getting any younger. They had openings in a spring beginner's class. I could eat more ramen for a few weeks to fit the cost into my limited income budget. But the closer the class loomed on my calendar, the more intimidated I became. I had been a painter all my life. Clay was a media to grow things in, not make things from. What if I failed?

Six of us sat around a scarred wooden table that first night and raptly listened to our instructor. I exchanged glances with the woman sitting beside me (a pleasant surprise — one of my dog-sitting clients) and we both grinned. After 20 minutes, each of us was presented with a lump of clay. Our first task was to release air from it. I mimicked the technique our instructor had shown, but I used too much water and the lump kept slithering away from me. The class was too small to hide in the back, so I just kept folding and mushing... and sweating. It was harder than I thought.

Once our lumps were free from air, we shaped them into "avocados." Even squinting through one eye, mine wasn't close. I decided it was good enough. The next step was to use our thumbs to hollow out the center. I rotated the squishy mass in my hands clumsily, but even though it was pretty wet, cracks formed at the top. Several of us had this issue, so the instructor demonstrated how to repair them with a dampened sponge.

I began to relax as the clay slipped and slithered in my hands. The experience took me back to hot summer days playing in country creeks and exploring muddy cow pastures. Gradually, the clay between my fingers flowed as I reminisced of the taste of ripe mulberries and chasing fireflies in the evening. Before I knew it, my hands held a vessel. The edges weren't straight, and the sides weren't smooth, but it was kind of cute. After molding a scrap into a chicken shape and attaching it to the outside, I sat back to admire my effort. I had birthed a pinch pot, and motherhood pangs of adoration washed over me.

The next class involved slab building; using a roller to force air from the clay, then molding it into a plate or bowl. I found that technique soothing; wetting and coaxing the earth into the final shape. Never a fan of straight lines and edges, I played with different tools to obtain waves and soft curves on the edges. I lost myself in the process, and clean-up time came quickly.

The final sessions introduced us to wheel-throwing. We each sat on a small stool in front of our wheels, controlled by a foot pedal. Thunk. Thunk. Thunk. The sound resonated through the small room as we threw our clay lumps onto the center of the wheel. Well, most of the class. I missed the wheel entirely and sent my lump into the deep trough surrounding my wheel. Blushing furiously (luckily everyone else was so focused on their work that my faux pas went un-noticed), I retrieved the mass and tried again. It landed on the wheel but wasn't centered. The rest of the class was two steps ahead of me, so I quickly sealed the lump to the wheel with a muddy finger and hoped for the best. Then I shaped the clay up into a little tower, then down. Up and down. More water. Mud flew. Up and down. Gaining confidence, I used my fingers and thumb to create a depression. Then made it wider. A bit wider still. Just as I was ready to level the rim, my finger slipped and sent the entire mass wobbling into the trough. My first wheel failure. I went home dejected but returned to the last class determined to make at least one functional vessel. That time, a grainy black clay was our subject. The grit was comforting in my hands and withstood my beginner's mistakes staunchly. I netted two lopsided bowls that day.

Six weeks of muddy hands, brushing on glazes, and cajoling lumps into vessels flew quickly. I gained some wonderful new friends along with a bunch of crooked homemade plates and cups. Future birthday gifts. I'm

grateful for the opportunity to have experienced a new art media. I may never be a master potter, but I fulfilled a lifelong dream by experiencing mud-slinging. The kids will hold their pottery pieces someday and smile when they remember a mother who seldom followed instructions or colored within the lines. Perfection isn't something I seek in my life. I'll take enjoyable experiences and great friends over creating masterpieces every day I have left on this rotating ball of clay.

Peggy Badgett is an artist and writer. She has several years' worth of adventures you can read for free on her website pharmgirl.org, and can be reached at coloradopharmgirl@gmail.com. Her book Rooster in the Drive-Through is available at Shipping Plus in Divide.



Peggy's first pottery effort.

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Created by LARRY GALLAGHER

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Snow Day for Shadow and Mindy - Steven Rizzio, Guffey, CO



Gizmo and Whiskey, - John Hansen, Lena, WI

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

The Log of the Pirate Ship Mystery

by Gilbrund the Historian

We were seven days out from our last anchorage in Port Royal and hadn't seen any other ships until the man in the crow's nest spotted what looked like a likely target. It was a three mast'r sailing out of the South Americas. It was a Spanish ship, and I thought she was probably carrying a hold full of gold from the Inca Indians.

I called to the first mate, and he called to the crew to set the sails, and we started after her.

The Mystery is a fast ship, one of the fastest ships afloat and it wasn't two hours before we were within firing range of the Spanish ship.

Our cannons were loaded, and we were ready for a fight.

I called for the captain of the other ship to surrender, but he answered me with a cannon shot that put a hole in one of my sails.

"If that's what he wants then we will give it to him!" I called to the gunner's mate, "Fire away!"

The cannons on both ships were getting hot by the time that we boarded the Spanish ship. She was called the Santa Louisa, and she was low in the water because her holds were so filled with Inca gold. I was surprised that her captain had chosen to fight, for we had him out gunned and he couldn't outrun us.

It was a short fight then we boarded, and we soon had the Spanish crew and our own transferring the gold onto the Mystery.

We pulled away from the now empty Spanish ship and sailed away, leaving the captain of the Santa Louisa with lots of time to think of an excuse to tell his queen as to why he had lost all that gold.

We sailed into the Gulf of Mexico when we were hit by the worst storm I had ever seen. For seven hours we fought to keep the Mystery afloat, which wasn't easy with the load of gold she had in her hold for she sat low in the sea.

At last, we were driven onto the rocks. The bottom of the Mystery was smashed in, and we started to sink rapidly. The men all rushed to the few long boats as I rushed to my cabin. I had hidden a chest of gold there and if my ship was to sink, I wanted that chest.

I rushed to the

last long boat and put in the chest along with myself, the first mate, and the ship's carpenter. We cast off away from the Mystery. It was a sad thing to watch her go down into the sea carrying all that gold.

We were fortunate for the storm had now blown itself out, but we were separated from the rest of the crew and never saw them again.

We rowed for hours and hours toward the distant shore and at last landed in a peaceful cove. We rested for a while and then took what we had in the long boat up into the trees that lined the shore and made a makeshift camp.

I had carried my chest into the trees myself and had hidden it in some thick bushes as the others made a simple camp on the edge of the forest.

Day after day we watched the sea hoping to see another ship that we could signal and be rescued. But days went by and then weeks and then months with no sign of any sails.

One day the first mate heard a sound in the trees that we hadn't heard before and we all went to investigate. What we saw was a large human type of creature standing back in the trees watching us and it was holding my chest in its large hands.

I shouted at it to drop the chest, but it just turned its hairy self around and started running back into the forest carrying my chest as though it weighed nothing.

I ran after the tall, hairy creature, shouting and the others followed me as quickly as they could. We followed the creature for hours and got no closer than when we had first started that morning.

We had left all our supplies behind on the beach so we would have to return or starve. I chose to follow the creature, but the others returned to our makeshift camp near the beach.

I followed the creature for many hours as it ran through forests and canyons, up hills and down ravines. It followed streams and even rivers as we went further and further inland.

I knew that I was hopelessly lost, but still I struggled on in the faint belief that I may regain my treasure chest. But even if I were to catch the tall, hairy creature that carried the chest now,

how would I ever get it from out of its grasp?

The sun had started to set, and I was weak from hunger and running for so long after the creature, so I stopped to look for some sort of fruit that I could find. I was fortunate that there were several berry bushes near a stream that were filled with ripe fruit. I ate as many as I could while still watching where the creature was just a few hundred yards across the meadow where I had stopped to rest.

I was sure, after chasing him all day, that he was merely playing with me and could have left me far behind if he had chosen to. His agility was amazing, and his endurance was incredible. I had watched as he had leaped across streams that I had to wade across and if I were to get too close; he simply increased his speed until he was far enough away that I could not catch him.

The sun had set now, and I knew that I couldn't continue on in the darkness, so I found a tree that I could climb and made my way as high into it as I could and still find a place to wedge myself into the branches so that I could sleep without fear of falling out of the tree and still be safe from whatever animals that may be looking for something to eat during the night.

For some reason I knew that the creature would not come after me as I slept, and I drifted off to sleep in a few moments.

Morning came all too quickly, and I was a bit sore from sleeping in my unusual bed. As I climbed down to the ground and walked out to the meadow stream for a morning wash and a drink of cold water. I started to eat the berries that were so abundant there.

I was surprised to find, in a small pile on the grass, several roots and other vegetables that were good to eat. They had even been washed and cleaned of the dirt that would have been stuck to them if I had just pulled them from the ground in which they grew.

I knew where the food had come from when I looked across the meadow and saw the creature standing in the trees on the other side of the meadow eating some roots himself; on the ground next to him was my chest.

It was obvious that he wanted to continue the chase that he had started the previous day.

I had to think of a way to trick the creature into leaving the chest long enough so that I could take it and hurry back to my friends on the beach.

I sat on the grass in the meadow for some time trying to think of a way to trick the creature and still be able to return to the beach without being caught.

In my heart I knew that there was no way of retrieving the chest; it was lost to me as sure as I sat on the green grass of that meadow. I was sure I knew that I could never

find my way back to the beach and my friends, but what was I to do? I couldn't give up now. The creature had challenged me, and I had accepted the challenge.

I had eaten all that I could eat, so I tucked the few remaining roots into my shirt and started across the meadow towards the waiting creature. He had picked up the chest and turned to disappear into the thick woods.

The creature was following a trail, I could see that, and even though I couldn't always see him. If I stayed on the trail, he would appear every so often in front of me as though he had been waiting for me.

I followed the creature for several days, each morning I found the usual roots and vegetables waiting for me when I awoke, and the creature would be waiting for me some distance away holding the chest or standing next to it.

We had gone inland for many miles, and I had no idea where I was in relation to the beach. I had lost sight of the coast long ago and the path the creature had taken had always been in an upward direction. We must have been thousands of feet above the coastline, far into the mountains that I had seen on the first day we landed on the coast.

Why I had followed the creature so far was not a mystery to me; I had lost my ship and most of my crew and I was not going to lose my treasure chest to some tall, hairy thing that roamed the forests of this unknown land. Even if I could, somehow, take the chest from the creature, I knew that I wouldn't find my way back to the shore, but I would have my chest back and that would be enough.

It was the eighth day, about mid-day, that I did get my chest back. The creature had been climbing a steep trail that was especially difficult for me; and as he rounded a corner he slipped on some loose pebbles on the path. As he attempted to keep to his feet, he dropped the chest into some thick bushes and slid on down off the path and then on down the steep side of the mountain.

I lost sight of him as he struggled to grab something to stop his slide, but on he went tumbling down into the trees at the bottom. The dust his fall had kicked up made it difficult to see if he had been hurt when he hit bottom.

But I didn't wait to see for sure; I ran forward and grabbed the chest, then turned to run back down the trail and away from the creature.

For two days I hurried down the trail I had worked so hard to climb.

At last, I knew that I must hide the chest; for whether the creature was following or not, I knew that I would not find my way back carrying the heavy chest. So, I hid it and drew a map as best as I could on some old paper that I had in my pocket with an old short pencil; understanding that I really didn't know where I was.

Then I traveled on down the trail until I came to one of the many rivers

that the creature and I had crossed on the way up the mountain.

As I drank from the edge of the river, I remembered that all rivers eventually reach the sea. I decided to follow the river and maybe I could return to my friends on the coast. It was only a chance, but it was all that I had.

I followed the river for three days and then found myself on the coast once again. I recognized the area as near where my friends and I had landed and quickly went looking for them.

They were gone. I found the lean-to that we had built and in it were all that was left of the supplies that we had saved from the ship and the long boat along with a message written on a scrap of paper that was addressed to me. It told me that they had spotted a ship and had set fire to a lot of dry brush they had collected for that purpose. The fire and smoke had been seen, and they had been rescued.

They had left me another pile of dry brush in hopes that I, too, would sight

a ship and set fire to the brush and be rescued.

I cursed the creature that had taken my chest and then I cursed myself for being foolish enough to have left my friends and all hope of rescue in the vain attempt to get the chest back.

So that is my story and the last entry in the ships log of the pirate ship Mystery.

If anyone should find and read this, here are some clues to find the treasure that I have hidden. It is in a hole in the rock on the side of a hill north from two tall pines that have grown in the shape of an "X." I have covered the hole with broken pine branches and the stone above the hole shines in the sun at the end of the day.

Above all, stay away from any tall, hairy creatures that you may see, and if it should want the chest...let it have it, it's not worth your life.

Signed,
Edger Lowery,
Captain of the
pirate ship Mystery

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Fitness ON the Mountain

Remember when? The Theory of Muscle Memory, Then and Now

by Lori Martin

The topic of muscle memory was suggested to me as a possible focus for an upcoming article. I love suggestions from my readers, particularly when I am in a writer's funk. This particular suggested topic caused an onslaught of activity in my brain.

1. Scouring my brain for any tidbits of pertinent information:

- One particular memory surfaced of myself as a young girl learning to ride a bicycle. After many failed attempts the adults all seemed to repeat the same thing, "Once you learn how to ride this bike you will know how to ride a bike for the rest of your life." "What kind of craziness is this?" I thought. Well, young lady, muscle memory, of course.
- Fast forward to my early years as a fitness professional. It was common for clients to worry about losing all their hard earned fitness progress if they weren't able to workout for a week or two. In my haste, I would assure them, "Your muscles have memory, you're going to be fine to take the time off your workouts."

2. Verifying the information in my memory storage system/brain:

- Vaguely, I recall the phenomena of muscle memory being explained in fitness training manuals and it wasn't much more than the statement, "muscles have memory."
- A quick search on the history of the topic of muscle memory shows it actually dates back to Aristotle, who began exploring the concepts of habit and memory. Aristotle's reasoning was that many skills don't require us to be conscious of each micro movement involved.

3. Current examples of muscle memory in my life.

- As I type this article on my laptop, I realize my muscle memory for typing is a bit inadequate. I am, however, more confident my muscle memory is spot on for using a shovel to pick up after my dog but, not so confident in my ability to actually, place the contents in the trash bin, without the shovel doing some sort of ninja move resulting in a very distinct black eye.

4. Psychologically speaking:

- In the 1980s scientific focus on motor learning and motor skills like handwriting and questioning how the body retains learned movements lead scientists to connect motor learning to what we now call muscle memory.

5. Finally...

- More recently, research is bustling in the fields of neuroscience, kinesiology and engineering. The July 15, 2022, article by Alan Toth found at www.med.stanford.edu titled, "The Science Behind Muscle Memory" explains that Stanford Medicine researchers tracked memory formation in real time, watching muscle memories as they are created.

Ah, ha moments:

- A. "Movement skills/motor memories like opening our eyes upon waking up seem to be more persistent than other kinds of

memory," according to Alan Toth's article "The Science Behind Muscle Memory."

- B. Alzheimer's patients who could not remember their families but, as accomplished musicians, could still play their instrument or sing beautifully.

1. Researchers identified, tracked and recorded new synaptic connections in mice.
2. Those connections took place in two different regions of the brain.
3. The motor cortex, which controls movement and the dorsolateral striatum, which regulates habitual behavior.

A deeper dive into the physiology of muscle memory can be found at www.journals.physiology.org for describing the under-lying mechanisms of skeletal muscle memory. Interesting study but, more information than I can interpret for this article.

Studies were done on 30 humans participating in 3 a phase training program over the period of 30 weeks. Muscle samples were taken at the end of each 10 week phase. Scientists were able to see how muscle proteins were behaving.

Surprise! More reasons fitness should be fun! It appears skeletal muscle tissue can be primed by positive encounters with exercise, which helps muscles adapt in later training. In this study, the muscle biopsies showed 1000s of proteins involved.

A May 21st, 2025, article by Heather Hurlock at www.superage.com explains that our muscles remember how strong they were just like our body's remember how to ride a bike. It may take a few tries but, eventually, we find it... a little wobbly, at first but then we are off riding the paths and paseos in our neighborhoods.

Observing the behavior of these different proteins showed us that while some of the proteins returned to baseline after time others remembered how strong they were. These proteins act as molecular memory markers. Muscle memory keeps them from forgetting how strong they were even if the muscle atrophied from lack of exercise. The study shows retained strength up to 2-1/2 months. Eventually, muscles not only atrophy, but they also don't seem to remember. My experience after years of not practicing roundhouse kicks on my heavy bag; I was eventually able to execute a series of 10 kicks sequentially, with decent form.

For some of us older folks who have slipped away from the physical activity of our younger days, obstacles can lead to discouragement and loss of hope. I'm here to say, we are all athletes in our own bodies.

Yes, situations happen. Some of us find ourselves helping with the grandkids or find ourselves injured or sick. In previous articles I address the importance of maintaining strength and muscle mass as we age but, joining a gym or hiring a trainer is out of the question for most, especially those on limited incomes.

The truth is your body wants to be strong and healthy, which it does through movement. Those muscles are tired of wasting away. They are aching for you to pick up those dumbbells. They want to show you what they're capable of so, let's give them a chance. Fitness equipment can be found at almost every yard sale.

So, you've dug those old weights, resistance bands and a stability ball out of the garage and created some space to exercise. What's next?

Obviously, we aren't going to go back to our

previous level of activity or workout, right away.

We're going to start small but, before we know it, we're going to be asking for more. Pretty soon we will feel the effects; we'll see the evidence. We will excitedly look forward to our next session and we will patiently rest after each session.

True, it would have been great to have never stopped working out in the first place. Life... remember? Precious time and memories with your kids or grandkids, caring for a loved one in their final years are what really matter in those days, months or years that you weren't focused on your own wellness.

Imagine reaching our marginal decade goals. Super Agers! We will have more energy, and less pain. We'll be stronger, more mobile and maybe even more agile. We just might see those biceps again, feel comfortable in short sleeve shirts and maybe we'll join a pickleball league. We'll be inclined to eat better quality food, to rest when needed, to keep our bodies moving in active rest. We'll be an example to the younger ones.

The key for all of us is to not jump in too fast and end up injured or burned out. The key to adherence should be looking at our long term goals and making it fun!

Tips to successfully get us back on track:


1. Start slow for a few weeks or months, lighter weight, less reps. Your goal is to BECOME a Super-ager. It's not going to happen overnight. (If you can complete more than 10 reps in a set it's time to increase weight).
2. Set goals, monitor progress, don't obsess.
3. Reduce distractions and have a plan for obstacles and barriers.
4. Join a workout group. Accountability groups that use Apple Watch programs to follow and track workouts can be found in person and on Facebook.
5. Diversify your activities to avoid burnout and reduce overuse injuries.
6. If you have chronic illness or injuries talk to your physicians before attempting new workouts.
7. Pay attention to your body, not your ego, for signs of when to increase or decrease intensity. Regular muscle soreness during the 12-48 hours after your workout is normal. Soreness beyond that is a sign that you may have overdone it.
8. Help your muscles recover after each workout; rest, water, movement, stretch and, if available, red light therapy.
9. Find ways to turn daily chores into fitness. Focusing on posture while doing dishes or activating your core muscles while vacuuming can increase calorie burn.
10. If you find you're a little more sore than you wanted to be check into red light therapy treatments to speed up recovery.

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Colorado Trail Explorer (COTREX) app gives wildfire alerts

by Bridget O'Rourke

A head of the dry summer season, Colorado Parks and Wildlife (CPW) wants to remind the Colorado outdoor community that the Colorado Trail Explorer (COTREX) mobile app displays active fire alerts, including wildfires and prescribed burns in covered areas.

The COTREX app is a free, user-friendly app that provides authoritative trail information across local, state and federal agencies. More than 236 land managers have contributed data on 45,076 miles of trail across the state. COTREX is unique in that it works directly and exclusively with land managers, parks and open spaces to ensure that the information on the platform comes from a reliable, trusted source.

Over two dozen agency partners use the COTREX app to post real-time advisories, including seasonal wildlife closures, safety hazards and other essential trail alerts. Users can plan routes, view allowed use types (such as hiking, biking, OHV and snow sports), download offline maps, and see trip recommendations from participating partners around the state — all for free, providing a convenient and stress-free experience for outdoor enthusiasts.

Fire Alert Feature

COTREX includes daily wildfire and prescribed burn alerts from trusted sources like inciveweb and the National Interagency Fire Center.

- Alerts will automatically appear on the website and app, providing descriptions, boundaries and links to additional resources when available.
- Wildfire and prescribed burn information is checked daily by COTREX.
- Management agencies that do not report to inciveweb or the NIFC systems can post their wildfire and prescribed burn alerts, though not every agency participates.

"COTREX is a powerful tool for planning your next trip," said State Trails Program Coordinator Joe O'Brien. "We're committed



to increasing the amount of official information we can provide to help the public recreate safely and responsibly around the state.

Even if you use other trail apps, we always recommend checking COTREX for alerts or closures and downloading a free map in case of poor cell service."


This tool is designed to help outdoor recreationists make informed decisions about exploring an area. While all information in COTREX comes directly from the best available public sources, it can still vary in accuracy and timeliness. However, users can be confident that information comes from a trusted source, and we always recommend contacting local authorities for the most up-to-date information.

Be careful with fire.


Additional fire safety best practices:

- Check fire restrictions or bans at www.coemergency.com.
- Use designated campfire areas when allowed and available.
- Never leave a fire unattended.
- Don't burn trash, leftover food or garbage in campfire areas.
- Keep the fire small. Small fires consume fewer resources and leave less impact.
- Burn the wood completely to ash: Stop feeding the fire and give yourself an hour or more for the fire to completely burn out.
- When you are through, saturate the ash with water and ensure it's cool to the touch.

FMI on Colorado state parks and outdoor recreation, visit cpw.state.co.us.

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Tales From the Big Sky Ranch Bed and Biscuit Adventures of Goldie the social butterfly

by Kendra Lee Hall

The moment Lee saw Goldie hop out of the Jeep for her first visit, she knew the dog was going to be one of her favorites. The golden retriever trotted through the gate to the play area like she had been there a hundred times. Her plumed tailed, held high and slightly curled, wagged gently with confidence.

She came right up to Lee and gave her a soft lick on the hand as if to say, "Hello, new friend." Lee patted her head, her soft fur the color of honey. Goldie looked up and into Lee's eyes, like she was looking into her soul.

Goldie's lips curled into a permanent smile and her eyes sparkled, enhancing her cheerful expression. The way she cocked her ears gave Lee the impression she was always ready for her next adventure — whether it was a squirrel chase, a game of fetch or a belly rub.

What Lee couldn't have known that first day was how seriously Goldie and her parents took adventure. She started seeing Goldie everywhere.

The first time was at the famous Burro Days, a celebration of Fairplay's mining history. Locals and tourists alike enjoy the festivities which include outhouse races, a petting farm and the highlight — a parade where donkeys and llamas are led by locals in old-time outfits, some men sporting long beards grown just for Burro Days.

Then there's the World Championship Pack Burro Race where human and burro teams brave a grueling 29 miles round trip to the 13,185-foot summit of Mosquito Pass and back. It is quite the feat as it is a 2,825-foot elevation gain from the town. The last few miles to the peak are fairly rugged, often with loose rock, narrow shelf roads, and steep switchbacks.

Lee was enjoying the parade when she spotted Goldie. She had a red bandana around her neck and was walking happily beside her parents. She greeted everyone along the way — letting kids pet her, accepting a biscuit from a vendor with polite enthusiasm, and even saying hello to a donkey with a gentle nose-to-nose touch.

Lee greeted her clients and said hello to Goldie. The retriever's tail wagged furiously, and she looked up at Lee. A warmth washed over Lee — she sure was falling in love with her. Goldie's first stay spanned three weeks when her parents went to Tibet and Nepal, so they had already gotten to know each other quite well.

"She really likes you," her mom commented, a big smile on her face.

Goldie became a regular at the ranch, and as the bond between Lee and the dog grew, so did the Goldie sightings. The next time Lee saw Goldie out was at a local riverside restaurant with a flower lined deck. There she was, lying under a picnic table, enjoying the attention she was getting from the patrons.

Then it was Oktoberfest in Breckenridge.



Goldie at Oktoberfest (above).

Cover: Goldie at the World Championship Pack Burro Race.

Lee was sharing a pretzel the size of a steering wheel with her friend when Goldie strolled by. Many of the festivalgoers were dressed in German outfits, and Goldie was no exception. She had on a custom-made dirndl which fit her perfectly. She was as much an attraction as the ompah band, and people took selfies beside her. A little girl offered her a bratwurst, which she sniffed but politely declined.

Fall turned to winter, and the annual International Snow Sculpture Competition arrived. It was an event that Lee tried to attend each year. Night viewing was especially nice because the sculptures were lit up with colorful lights.

Lee and her friend were admiring a sculpture of a horse when Sue said, "Look, there's Goldie." Sue also worked at the Bed and Biscuit.

Sure enough, there was Goldie, dressed in a plaid jacket and a stylish knit hat with a pom-pom that bounced as she walked. As always, people crowded around her taking photos. She was a beautiful dog, and strangers couldn't resist taking photos of her. Her ever-stylish outfits turned every outing into a Colorado mountain dog photo opportunity.

Goldie spotted Lee and Sue as they walked over to her. Her tail was a blur of happiness, and she hopped up and down on her front paws. She would have bounded over if she wasn't on a leash.

Lee greeted her parents while reaching down to scratch behind Goldie's ear, one of her favorite spots. The dog tilted her head up and looked into Lee's eyes as she always did, with the wise look of an old soul. She reminded Lee of Bodie, the mini Bernedoodle

that had the same intense gaze that seemed to say, you see me — I see you.

Lee could swear she saw love in her brown eyes. Yes, it was love! Her parents were quite the world travelers and Goldie stayed at the ranch often, and for some long stays. The two had grown quite close after many hours of playing fetch with the tennis ball, sitting together on the couch during quiet evening wind-downs, and of course, enjoying plenty of belly rubs!

These Bed and Biscuit clients were some of Lee's favorites as well. She loved hearing about their travels and upcoming adventures. They chatted for some time about their recent trip to Iceland.

Bidding farewell, Lee said, "See you next week, Goldie." Because sure enough, she was checking in the following week.

Lee was beginning to wonder if it was fate that had her and her Golden Retriever friend on the same path. Or maybe they just both liked to participate in the local events. Or then again, it could just be that it was a small mountain community. Either way, Lee started to look for her four-legged friend — and even expected to run into her.

Sure enough, as winter turned to spring, and the days grew warmer, the local ski and ride mountain hosted its spring pond skim. Skiers and boarders, dressed in everything from banana suits to superhero capes attempted to cross a pond in hopes of skimming across to the other side without falling in.

Lee laughed as one of the contestants wiped out, sending water flying in all directions, much to the crowd's delight. Then she heard a familiar bark. There, by the edge of the pond, was the golden retriever. Goldie let out another encouraging bark as if to say, "It's okay, better luck next time."

She was dressed in a pink tutu and goggles — a perfect outfit for the occasion, and as always, she was getting plenty of attention from everyone around.

Lee paused for a moment, watching her golden friend and soaking in the scene: the sunshine, the laughter, the crisp mountain air, and the joyful dog who knew how to make the most of life.

Standing there, watching Goldie, Lee felt grateful for all the dogs who had touched her life over the years. But she was especially grateful for Goldie — and for the chance to share even a small part of her joyful life. Lee realized something simple but true: some dogs aren't just part of your life — they touch you in a way that turns moments like these into cherished memories.

You can reach Kendra Lee Hall at WagstoRiches1234@gmail.com. FMI about dog boarding you can visit www.BigSkyRanch-BedandBiscuit.com



A glimpse of a few folks you might encounter at Living History Days!

Wanted: YOU to come to Living History Days at the South Park City Museum

by Flip Boettcher

To step back in time, a visit to South Park City Museum on Front Street in Fairplay is a must. South Park City is an outdoor museum, which is a restoration of a western mining town of the 1800s and depicts the economic and social life of a Colorado boom town.

Living History Days (LHD) is held annually the second weekend in August. This year LHD will be held August 9 and 10. All the action and demonstrations are from 10-4 p.m.

See the past come alive as volunteers and history buffs gather at the museum dressed as eccentric characters from the past doing demonstrations and sharing stories. There will be cowboys and horses, skits, robberies and gunfights, gold prospectors with panning demonstrations and a chance for you to learn how to pan for gold, train engineers, and learn how to play the old-time game of Faro. There will be demonstrations of the old-time tasks of yarn spinning, pioneer cooking and baking, butter churning and how laundry was done.

There will be food for sale at the gazebo and the saloon will be serving old-fashioned sodas. For a donation, which helps with museum restoration, you can adopt one of their

dolls and give it a forever home. Of course, there will be live music.

South Park City was the name of the town before it was called Fairplay and Front Street was the main street through town.

The idea for South Park City was conceived by Leon Snyder of Colorado Springs in 1957. The South Park Historical Foundation was started, and they purchased the property where South Park City is located.

Historic and mining buildings from the county were moved to the site and added to the seven historic buildings already there. Today there are 43 buildings stocked with over 60,000 artifacts, mostly contributed by Park County families, depicting life in those rough and wild times, "When life was risky, fortunes were made or lost overnight and men and women of vision laid the ground work to Colorado's future," brochure.

For food, music, a good time and more visit South Park City Museum's Living History Days August 9 and 10. All proceeds go toward the further preservation of the South Park City Museum and all of its buildings and artifacts.

South Park City Museum is open 7 days a week from 9-6 p.m. May 15 to October 15.

Whole Blood Availability in Guffey Area

This is exciting news — whole blood is now available to the residents of Guffey. Effective immediately, whole blood can be delivered to the Guffey area (from either Woodland Park or Flight for Life) for trauma or medical patients. The quick infusion of blood in the appropriate patient is the single most critical medical intervention that can be provided to patients suffering from a hypovolemic crisis.

The blood bank source for this initiative is Vitalant. To support this initiative SPCFPD is sponsoring a blood drive August 23 from 10-2 p.m. at Guffey Fire Station #1. Donations are currently being accepted by appointment only. You can make your appointment through the Vitalant website there are still a number of appointment time available (<https://www.vitalant.org>).

• Log on and drag your cursor over "Donate."

- Select "Donate Blood." You will be directed to the "Make a New Appointment" page.
- Enter Zip Code "80820."
- Click "Find Location" bar. If the Guffey location does not appear, click the "+" icon at the bottom of the page.
- Scroll to "Saturday 08/23/2025" click "See Times."
- There are 2 options available: Whole Blood — takes about 15 minutes, Power Red takes 40-45 minutes.
- You will be asked to create an account to schedule your appointment.
- You will receive an email confirmation of your appointment with the same day of donation instructions.

Please consider donating and supporting the Guffey community, thank you!

Adopt Me by Ark Valley Humane Society Pirate

If you visit Ark-Valley Humane Society's adoptable cat room, you may not see 1-year-old Pirate. He tends to hide in the private area of his kennel under his blankets. Pirate originally came to Ark-Valley Humane Society through the Transfer Program. This program is designed to help other shelters and rescue organizations if they are at capacity or need help getting adoption interest for a particular animal. Last year, the Transfer Program helped 12 shelters and 49 adoptable pets. Pirate might not be getting attention because he tends to hide, but he is not a shy cat! Once you open his kennel, he is happy to jump up and get pets from staff and volunteers. Pirate also loves when it's his turn to free roam the cat room. He explores everything and then stands at the door and demands to be let out. Pirate has a wonderful and loving personality. He just needs someone to give him a chance. Stop by the shelter and you will see just how sweet Pirate is; once you meet him, you might decide he is your treasure! We're located at 701 Gregg Dr. 719-395-2737.

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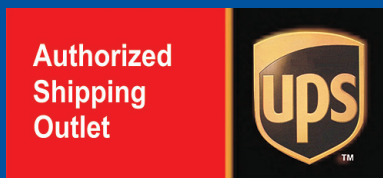
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Life-Enhancing Journeys Celebrate Every Moment: Make Every Day Count

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

People across the world celebrate important moments and personal achievements. These celebrations bring us together, allowing us to share happiness and stay connected. They are a vital part of life. Celebrating means joyfully recognizing important moments, accomplishments, and the people who make these times special. However, in our busy lives, it is easy to overlook the positive and focus on the negative. In previous articles, I have written about the need to overcome the negativity bias, where our survival brain searches for what is wrong. It takes effort to focus on the positive. That is why it is important to celebrate every achievement, whether big or small.

The benefits of celebrating extend far beyond the moment as they contribute to improved emotional well-being and resilience, leading to a longer, healthier life. So, make a point to celebrate every victory. After all, each joyful moment adds richness to life.

Sometimes, we get so caught up in what is going wrong that we forget to appreciate what is going right. Celebrating every achievement, no matter how big or small, can lift your spirits and keep you motivated. Remember, every success deserves a moment of celebration because it helps you stay connected, inspired, and prepared for the next challenge.

Celebrations can enhance moments you treasure the most, adding enjoyment and happiness to your life. Whether it is birthdays, weddings, sports victories, new jobs, or other special occasions, we find unique ways to celebrate, hosting parties, preparing and sharing food, or exchanging gifts. Experiencing these moments enhances your well-being, making life more rewarding and pleasurable. Brain science reveals that recognizing positive events increases neurotransmitter levels (especially serotonin and dopamine), thereby reducing stress and enhancing your sense of connection with others.

August is especially meaningful to me because it offers many reasons to celebrate. One of which is that Mark and I will be celebrating our 50th wedding anniversary. This is a remarkable milestone, especially considering that we were on the verge of divorce seven years into our relationship. The journey has not always been smooth. A couple's counselor helped us find the way through the tough times. Fortunately, we weathered the stormy days and have been devoted to each other ever since. I would have been devastated if we had ended our marriage back then, missing out on this deeply loving, connected, and secure stage of our relationship. Another reason for celebrating is that we chose to honor my father by getting married on his birthday. So, my father would have turned 100 years old this month as well.

I remember when my parents celebrated their 50th anniversary by hosting a big party (which is not how I plan to celebrate mine). I recall they looked pretty old at the time. I wonder if that is how we appear now as senior citizens. Personally, I feel healthy, happy, and energetic, and I am grateful to still be alive. I am comforted to know that my husband feels the same way.

Several of my family members and friends, both living and deceased, are honored or remembered this August. This includes my father, father-in-law, grandmother, husband, daughter, and several friends.

Another special reason to celebrate is that our daughter is expecting her baby boy just one day before our anniversary, which makes these two milestones even more meaningful for us. Since this is her first child, it also means we are welcoming our very first grandchild. Our hearts are full of joy and anticipation as we look forward to this wonderful addition to our families.

Some people choose to skip celebrating their birthdays, but I view that day as a meaningful milestone worth honoring. Starting a new life and facing life's challenges takes courage. I genuinely respect your bravery in taking on your new journey. Remember, each year you survive and thrive is a reason to celebrate yourself.

"Every choice we make can be a celebration of the world we want."

— Frances Moore Lappé

Social bonding and connection

Celebrations are a powerful way to strengthen social bonds. When you join in celebrations with others, your brain releases oxytocin, known as the "bonding" or "love

chemical." This hormone increases feelings of trust and connection, helping build deeper relationships within your community. Such social networks support your emotional well-being and contribute to better health, including faster recovery from illness and living a longer life.

"Celebrate who you are in your deepest heart. Love yourself and the world will love you."

— Amy Leigh Mercere

Long term health benefits

Celebrating meaningful moments in life can boost happiness and improve your well-being. Research indicates that regular celebrations help strengthen your immune system, making it easier to resist colds and other illnesses. Moreover, the happiness from celebrations can benefit heart health by lowering blood pressure, decreasing the risk of heart disease, and improving mood and overall well-being.

"One should wish to celebrate more than one wishes to be celebrated."

— Lucille Clifton

Developing a successful mindset

To reach any goal, whether earning more money, improving your health and fitness, finding love, increasing happiness, or completing a complex project, adopting an optimistic mindset is a key to making it happen. Maintaining a positive, success-oriented attitude is essential. Celebrating your wins helps keep you enthusiastic and confident. Focus on what you have already achieved instead of stressing over what remains to be done. Saying things like "I am successful" or "I can succeed because I have done it before" can boost your confidence and keep you optimistic about future achievements.

Why celebrate?

Any celebration is about appreciating the good things in your life. Remember to celebrate every victory, no matter how small or insignificant it may seem. Whether your boss praises you, telling you, "It was a job well done" or you realize that you finally found something that you had been searching for all week, or you are enjoying a calming cup of tea, celebrating helps you recognize your talents, strengths, and abilities, often motivating you to keep working toward your goals.

To reach any goal, whether earning more money, improving your health and fitness, finding love, increasing happiness, or completing a complex project, adopting an optimistic mindset is a key to making it happen.

Celebrating small moments enhances appreciation, which in turn increases overall happiness. Studies show that enjoying life's little pleasures helps protect you from negative feelings and makes you more resilient (see UCN article July 2021 on Resiliency). Even small celebrations can boost your positive emotions, making it easier to handle daily stress.

Having something to look forward to can significantly boost your confidence. This could be landing a new job or retiring, finally decluttering your "junk" drawer (we all have one), completing a marathon, having lunch with a friend, enjoying a snow day, or receiving a visit from your children.

Celebrating small moments – embrace everyday joys

Celebrations should not be reserved only for significant achievements. While those are important, so are the small steps that you take along the way. It is unnecessary for you to put up decorations or give gifts to make a moment special.

Follow these steps and enjoy the happiness



that results.

1. Notice the moment.

- What am I proud of?
- What did I accomplish today?
- What do I enjoy about my life?
- Where do I feel positive energy in my body?

Focusing on the positive aspects of your life can significantly boost your mood and provide you with more reasons to celebrate. Maybe you completed a strenuous hike, finished a grueling project, or handled a difficult situation with your child in a calm and patient way. Perhaps you helped someone in need, or you found the courage to start your own business. These are just a few moments worth celebrating.

2. Change your routine and create a comfortable environment.

Find a comfortable spot, either inside or outside. Remember a moment when you felt truly happy or achieved something meaningful. Pay attention to the sights, sounds, smells, physical sensations, and emotions that come up. Take a moment to immerse yourself in that positive memory and release any negative thoughts. Allow the warmth and comfort of the recollection to lift your mood and motivate you, helping you reconnect with feelings of contentment and accomplishment.

3. Clarify your goals.

To celebrate, start by acknowledging your accomplishments. Set clear, specific goals for each quarter, month, week, and day, and select small rewards, such as a massage or fresh flowers, to stay motivated. For bigger milestones, consider larger rewards, such as a vacation or a special dinner. It helps to find someone to hold you accountable. Remember, clear goals, rewards, and commitment make your life more fulfilling.

4. Remember this moment.

While significant events like birthdays, holidays, graduations, and promotions are joyful, I find that the smallest daily celebrations often hold the most profound meaning

for me. Celebrate small yet meaningful joys such as raising a glass with friends, saying a heartfelt prayer, enjoying a favorite food, attending a concert, or lighting a candle as a symbol of hope and positivity. These simple acts can turn fleeting moments into treasured memories. Take a moment to truly appreciate the goodness around you, letting gratitude lift your spirits. Embrace each moment and act as if there is something truly worth celebrating, because when you look closely, you'll find something worth celebrating.

In conclusion, one important lesson is to embrace the present. When you hear "celebrate," you might feel like there is nothing to celebrate, feeling you have no reason. When people let you down, and they inevitably will, celebrate the new, loving friendships that may replace them. When life feels overwhelming, and it will, celebrate that tough times are only temporary. When your partner annoys you, and they will, celebrate being loved. When your children move out, and hopefully they will, celebrate their independence.

As you age, celebrate each birthday and see it as a gift. Honor your life by embracing every joyful moment and achievement. Scientific studies have shown that celebrations release "feel-good" chemicals in the brain, acting as a positive force that brings joy to life, strengthens social bonds, spreads positive energy, reduces pain, and improves both mental and physical health. By intentionally adding celebration to your routine, you can become a happier, healthier, and more resilient person.

Barbara Pickholz-Weiner, RN, BSN, CACII, 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.

~OUT AND ABOUT~

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

AVAILABLE ONLINE

- NAMI Colorado: <http://www.nami-colorado.org/>
- Suicide prevention: <https://suicidepreventionlifeline.org/> or dial 988

CAÑON CITY

- 9, 10 The 950 Junktion 10-4 p.m. 43880 W US 50. Antiques, vintage, hand-crafted, vendors food trucks, music and more! FMI 719-784-1172.
- 20 Membership BBQ 5:30 p.m. at the Museum of Colorado Prisons 201 N 1st St. FMI 719-269-3015.

LIBRARY

- Transformative Listening with Mary Derbot 1-3 p.m.
- 1st Friday Lego Club 3 p.m.
- 2nd Friday Breakout Box 3 p.m.
- 3rd Friday Creative Crafting 3 p.m.
- B.O.O.K. (Babies on our knees) story time Mondays 10:30
- Chess Club Wednesdays 2 p.m.
- Cribbage Club Fridays 10:00noon.
- Dulcimer Club for kids 2nd and 4th Wednesday 3:30-4:30 p.m.
- Mahjong Club Tuesdays 1-4 p.m.
- Metaphysical Group Saturdays 10:30 a.m.
- Rummikub Club meets 3rd Monday of each month 1 p.m.
- Story Swap Book Chat 1st and 3rd Tuesdays 3 p.m.
- Story time and craft Tuesday and Thursdays 10:30 a.m. All at 516 Macon Ave unless otherwise specified. FMI 719-269-9020 www.cepl.lib.co.us Kendra McFall

COLORADO SPRINGS

- 3 C.S. Lewis "The Screwtape Letters" 3 p.m. at Pikes Peak Center.
- 6 Swing Factory Big Band 6 p.m. Bancroft Park FREE — donations welcome!
- 9 Rocky Mountain Flower Fest 2:30-8 p.m. at Gather Mountain Blooms on Venetucci Farm 5210 S Hwy 85. Music: Ruby Greenberg & Friends 3-4 p.m., Grass It Up 4:30-6 p.m., Jason Miller & Rob Fulton 6:30-8 p.m. FMI www.gathermountainblooms.com.

MUSIC ON THE MESA

- The concerts are held at Gold Hill Mesa 142 S Raven Mine Drive. Gates open at 10:30 with entertainment going until 6:30 p.m. Blues on the Mesa will have food trucks to fill all dietary needs, adult beverages, local vendors and artisans. Attendees should bring a lawn chair or blanket to sit on. Advance tickets available at www.BluesontheMesa.org.
- 2 Rafael and the Roomshakers is a dynamic musical ensemble known for their soulful fusion of blues, rock, Motown, jazz and funk. Fronted by Rafael Slade, a talented musician, guitarist, vocalist and songwriter, the band has become a prominent at in the Colorado music scene, captivating audiences with their energetic live performances.
- 9 Collective Groove is a booty shaking thrown down just looking for a dance floor. Comprised of some of Southern Colorado's finest musical muscle, these party rocking specialists are ready to turn your event into an over-the-top good time! Imagine, if you will, a full-frontal dance assault forged from the timeless horn-powered grooves of the golden age of soul and the baddest contemporary beats!
- 16 Mile High 4-8 p.m. The rock band from Ft. Carson's 4th Infantry band. Mile High as performed at Gold Hill Mesa's summer concert series for several years and always puts on a fantastic show. This rock band plays something for everyone, oldies, heavy metal, contemporary, Motown, Pop and even a little disco. It's always a great time when Mile High shows up. Also performing will be Steelhep, providing a great mix of danceable music. For the first time, there will be a Children's Entrepreneur market at this event. Come on out and support the creative endeavors of these talented children.
- 23 Sofakillers are a cover band that formed at the end of 2009. They are soi named to encourage people to "get off the sofa and support local music." The band sticks to rock, funk, pop and disco mainly but will

cover songs from any genre. Everything from the Bee Gee to Guns N Roses. Their criteria to add a song to the repertoire is that it has to be danceable and a song people know.

CRIPPLE CREEK

- 2 Parks & Rec Golf Tournament
- 6 National Night Out
- 7 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m.
- 9 Breakthrough TID Mountain View Walk
- 15-16 Salute to American Veterans Parade starts 10 a.m. POW MIA Remembrance Ceremony noon, music 12-6 p.m. FMI www.thevet-ansrally.org.
- 21 Third Thursday of the month is the Two Mile High Club monthly meeting at 5:30 p.m. in the lower level of the Double Eagle Casino complex 442 East Bennett Ave.
- Cripple Creek District Museum and Colorado Trading & Transfer Gift Shop now open 7 days/week 10-5 p.m.
- Gold Camp Victorian Society offers Pocket Park Historic Re-enactments and Jail Breaks every Saturday at noon, through Labor Day.

ASPEN MINE CENTER

- 29 Commodities distribution 9-1 p.m.
- Mondays AA meeting 3-4 p.m. upstairs conference room.
- Tuesdays BINGO 10:30 a.m. for seniors.
- Wednesday Luncheon 11:30-1 p.m. upstairs dining room, every Wed, donations greatly appreciate, but not required.
- Mexican Train on Thursdays 10:30a.m. All programs at 166 E Bennett Ave. FMI 719-689-3584 x112.

DIVIDE

- 1, 15, 29 Teller Senior Coalition BINGO! 10-11:30 a.m. at Little Chapel Church 69 CR 5. RSVP 719-687-3330 ext. 6. Please call to set up a ride 719-687-0256 and join us for doughnuts, coffee and FUN!
- 11, 25 Little Chapel Food Pantry distribution dates.

FAIRPLAY

- 9, 10 Living History Days at South Park Museum see page 15.

WIZARDS OF THE PEAKS

- 2, 16, 30 All Ages Pokemon 3-5 p.m.
- 3, 17, 31 New Amtgard Park Days 12 p.m. FREE
- 9, 23 Youth and Teen Dungeons and Dragon 4-6 p.m.
- 10 Amtard: FAQs and Character Making Day 12 p.m. FREE
- 24 Amtgard Arts and Science Day 2 p.m. FREE
- Sundays Game Groups 2 p.m.
- Sunday biweekly Amtgard Park days 12 p.m.
- Mondays Cribbage Group biweekly 6 p.m.
- Mondays Boozy Board Games biweekly 6 p.m.
- Tuesdays TTRPG 7 p.m. different each week.
- Thursdays Learn to Play 6 p.m. game: Colorado 14-cr-Opoly.
- Fridays Friday Night Magic 7 p.m.
- Saturdays Adult RPGs 7 p.m. different each week.
- Catan Group, Chess Group and Word Game Group on Sunday 2 p.m.

FLORENCE

- 9 Rockvale Days at Florence Pioneer Museum and Research Center 100 E Front St. Rockvale is over 100 years old! Come for birthday cake, coffee and water. Rockvale has donated a beautiful quilt showing different pictures of Rockvale's past. FMI www.florencepioneermuseum.org.

JOHN C FREMONT LIBRARY

- The artist of the month will be Jennifer Gerring.
- 1 Storytime 10:30 a.m. theme: My Body
- 7, 14, 21, 28 Storytime at Farmer's Market 10:30 a.m.
- 7 Sara Frances 12 p.m. to talk about her book *Unplugged Voices: 125 Tales of Art and Life From Northern New Mexico and Four Corners and the West*. She will also be giving a presentation called *History Books*

- *Deprive Us of our Real History*.
- 8 Storytime 10:30 a.m. theme: camping.
- 8 The Canon City Workforce will be at the library 11-1 p.m. to help people with career related questions.
- 8 Friday Family Film 2 p.m. *Playing with Fire*.
- 13, 20, 27 Wool Gatherers 10-12 p.m.
- 14 artist Jennifer Gerring 2 p.m. to teach people how to make origami.
- 15 Storytime 10:30 a.m. theme: bees.
- 15 Puzzle Competition at 1 p.m. Participants can sign up to do a puzzle alone or with up to 3 friends! There will be prizes for the winners. Anyone interested can call 719-784-4649 ext. 3 or come into the library to speak to Abby.
- 18 Movie *Twisters* at 2 p.m. There will be free popcorn!
- 19 Fremont County Master Gardeners chat at 10 a.m.
- 22 Storytime 10:30 a.m. theme: back to school.
- 22 BINGO for all ages 2 p.m.! We will play three games of bingo and there will be prizes for the winners.
- 25 Matthew Valdez 2 p.m. presentation about *Smart Searching in the Age of AI*. FMI 719-784-4649.
- 29 Storytime 10:30 a.m. theme: community helpers.

- *Parade starts 10 a.m. POW MIA Remembrance Ceremony noon, music 12-6 p.m. FMI www.thevet-ansrally.org.*

- *Chess Club Wednesdays 2 p.m.*
- *Cribbage Club Fridays 10:00noon.*
- *Dulcimer Club for kids 2nd and 4th Wednesday 3:30-4:30 p.m.*
- *Mahjong Club Tuesdays 1-4 p.m.*
- *Metaphysical Group Saturdays 10:30 a.m.*
- *Rummikub Club meets 3rd Monday of each month 1 p.m.*
- *Story Swap Book Chat 1st and 3rd Tuesdays 3 p.m.*
- *Story time and craft Tuesday and Thursdays 10:30 a.m.*
- *All at 516 Macon Ave unless otherwise specified. FMI 719-269-9020 www.cepl.lib.co.us Kendra McFall*

FLORISSANT

- Growers & Makers market Sundays 10-3 p.m. at Florissant Community Park 358 Circle Drive (behind the library). Featuring "Namasayin" Farms, Florissant Farms, Dynamite Beef, King's Home Bakery, Never Dead Threadz, Dewdrop Soap, Simply Supplied, Wyld Forest Soap, Holy moly Doughnuts, Dills Design, Just-My-Mini-And-Me, Twisted Sisters Soap, Alchemy Apothecary, Bombatomicals Body Care, Mexican Bombas, Tern Wingate and more!

GRANGE

- 9 Pine Needle Class 9-12 p.m. All levels welcome so join us to learn to make these beautiful baskets or learn a new stitch or design element. Cost is \$10 and a donation to the Grange.
- 23 An evening with the music of Chuck Pyle. Join us for our first dinner concert since the ugly Covid. Rich Currier performing this tribute to Chuck Pyle. Tickets \$40 for dinner and concert. Seating is limited.
- Quilts for Veterans meets Tuesdays 9-noon. We make quilts for Veterans and more. Join us if you enjoy quilting.
- Every Thursday Potluck and Music 6-8 p.m. Dancing encouraged! Everyone is welcome. FMI to reserve your spot in classes 719-510-2325 or reserve tickets.

LIBRARY

- 7 Book Coven Book Club from 5:30-7 p.m. Come sit a spell! explore stories that feature witchcraft, mystical worlds, and magical adventures from fantasy to contemporary works, creating a space for those who love all things magical and mysterious.
- 8 Food Crafts from 11-3 p.m. Drop in after storytime for a fun food themed craft!
- 8 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. August's theme is "passion"!
- 11 Romantics with Altitude Book Club from 4-5:30 p.m. Read and talk about romance books with other lovers of love!
- 13 Florissant Bookworms Book Club 10:30-12 p.m.
- 15 Teen Night at 5 p.m. Join us for the Teen Olympic Games! Dinner is provided. Ages 13-18.
- 19 Read Amok Book Club themed "aging/longevity" Bring up to 5 books within the theme to share! 11-12:30 p.m.
- 22 Family Craft Day from 11-1 p.m. Come make a craft together after storytime!
- 23 Adult Art: Miniature Libraries at 10 a.m. Make little libraries inside recycled mini tins! Please call 719-748-3939 to register!
- 26 Library Book Club at 3 p.m. Join this book club where we read books that have libraries as a part of the title or a central role in the setting or story! Check our website for the

titles we're reading each month.

- Thursdays from 10-11 a.m. Homeschool Family Playgroup. Come make connections with other homeschool families!
- Tuesdays Tai Chi 10-11 a.m. Conyrelax with us!
- Thursdays Yarnal! 10-12 p.m. Craft and share your knitting and crocheting love with others!
- The second and fourth Tuesday of each month join us for Hooks and Needles, an additional club for crafting! 10-12 p.m.
- Storytime every Friday at 10 a.m. FMI 719-748-3939

GUFFEY

- 9 Diabetes Awareness and Prevention & Stop the Bleed 10-noon at SPCFPD. FMI rebekil-lam@gmail.com
- Bakery hosts a Farmer's Market every Saturday 9-2 p.m. — until Oct.

LIBRARY

- 1 Grand Opening of Telchealth Booth! Guffey Library will be providing a closed room for Telehealth. Got a doctor's appointment but can't get to town? Telehealth will provide a computer with a camera, diagnostic equipment, and more. The Guffey Library does not make appointments or give medical advice; we only provide the space so you can.

- 5 Walking, Talking Threads 1-3 p.m. Meets every first Tuesday of the month. Take a nice brisk walk around Guffey Town and meet back at the library to crochet, knit, and talk away.

- 25 Guffey Literary Society 1-3 p.m. Book choice for August is *Project Hail Mary* by Andy Weir. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join.

- 27 Rocky Mountain Rural Health Outreach 11-3 p.m. Weather permitting. RMRH representatives will be offering free health screenings, sound financial medical advice, free clothing and much more!

- 30 Guffey Library Book Sale 9-3 p.m. The Friends of the Guffey Library will be holding its annual Book Sale. Come by and get some great books for real cheap and support your local library. FMI 719-689-9280 or Guffeylib@parko.us.

JEFFERSON

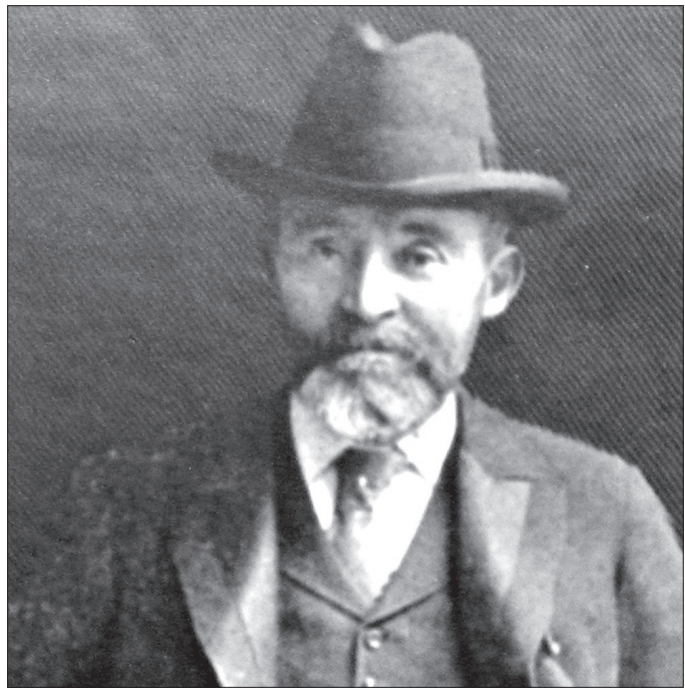
- 9 Jefferson community Civic Association will have an All You Can Eat Pancake Breakfast at the Jefferson Community Building 7:30-11 a.m. Cost is \$12 per person. All proceeds benefit the operation and maintenance of the two historic buildings in Jefferson. Pre-ordered peaches need to be picked up that morning 8-10 a.m. We will also have a few extra boxes available for sale that morning.

VICTOR

- 2, 9 Under the Stars, city sponsored live concerts in the plaza for FREE starts 6 p.m.
- 30-Sept 1 Victor Celebrates the Arts — Phantom Canyon Art Festival
- Stranger Side of Victor History tours. Check our website VictorMuseum.com.
- Victor Lowell Thomas Museum now open daily 10-5 p.m.
- Victor Sunnyside Cemetery Tours Check VictorMuseum.com for schedules and information.

WOODLAND PARK

- 10 Swing Factory Big Band "Summer Jazz" 7 p.m. at Ute Pass Cultural Center 201 E. Midland Ave. Free — donations welcome!
- 13 The 25th Annual TOUCH-A-TRUCK Day at Meadow Woods Sports Complex 10-noon. FREE! Kids of all ages are invited to climb, crawl and explore over 20 big trucks and emergency vehicles. You can expect to experience fire engines,



CRIPPLE CREEK

- 2 History Talk by David Martinek presents "JJ Hagerman" 10-noon at Heritage Center 9283 S Hwy 67. Light refreshments. FMI 719-689-3315.

ambulance, helicopter, JTLV, dump trucks, snow plow, street sweeper, police car, back hoe, school bus and more. Don't miss this hands-on family-friendly event that puts kids in the driver's seat!

- 16 Breakfast to POW/MIA Riders at WP High School. 10-15 POW/MIA Ride leaves WP High School.

- LIBRARY

- 1 Coffee Chats 10 a.m. Join us for free coffee, donuts and conversation. Meet new friends in Woodland Park!
- 2 Spill the Tea for Teens at 10 a.m. Join us for an hour of casual hanging out and donuts!

- 5 Woodland Park Book Club 10:30 a.m. Check our book clubs' page to see what we're reading next!

- 6 Kids Crafternoon from 3-5 p.m. Join us for a craft and downtime to read, work on homework or projects!

- 6 Evening Adult Fiction Book Club 4:45 p.m. A book club for those looking for an evening group!

- 6 Evening Tarot Club at 7 p.m. Join us for an afterhours edition of tarot club! August's theme is "passion"!

- 7 Vitalant Blood Drive from 11-4 p.m. Drop ins are accepted, but visiting their website to register is encouraged!

- 8 Accessible Gaming 12:30-2 p.m. for teens. Get familiar with devices to help individuals with varied motor control as well as games for people who are visually impaired or blind! Devices to assist those who are Deaf or Hearing impaired are also available.

- 8 Accessible Gaming for Adults from 2-3:30 p.m. Get familiar with devices to help individuals with varied motor control as well as games for people who are visually impaired or blind! Devices to assist those who are Deaf or Hearing impaired are also available.

- 12 Annual End of Summer Reading Foam Party at 10 a.m. Join us and the Ute Pass Cultural Center for our largest event of the year: a special morning spent covered in huge bubbles and foam! Make sure to wear clothes you are comfortable getting wet and soapy!

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- 13 Reader's Circle Book Club 10:30 a.m. in the Large Meeting Room.

- 19 Papermaking Class at 1 p.m. Learn how to make paper in the RLD Makerspace! Please call 719-687-9281 to register for a spot!

- 20 Celebrating Diversity at 3:45 p.m. Join a community for LGBTQ+ youth and allies! Fun activities provided each month!

- 20 Metaphysical Book Club at 5:45 p.m. Join us for open-hearted discussions around a theme every month. Topics touch on spirituality, philosophy, and metaphysics. Read one of the featured books, and bring your thoughts and ideas to share. Check the website for each month's theme and book picks!

Intro to Stained Glass at 12 p.m.

- Learn how to make stained glass in the RLD Makerspace! Please call 719-687-9281 to register for a spot!

- 22 DMV to GO from 10:30-2:15 p.m. DMV services at the library! By appointment only. Call to reserve a spot!

- 22 Teen Back to School Neon Karaoke Party from 4:30-6 p.m. Join us for a neon party with karaoke, blacklight reactive face paint and snacks!

- 27 Memory Cafe at 1 p.m. Have a loved one experiencing memory loss or brain change? Join this group of caregivers and loved ones for an afternoon of activities, music, refreshments, friends and community support.

- 28 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. August's theme is "passion"!

- Pokemon Trading Card Game Club every Thursday at 3:30 p.m. in the large meeting room. Trainers of all ability levels are welcome!

- Tuesday Books and Babies 10 a.m. a special storytime for babies and toddlers.

- Thursdays Preschool Storytime 10 a.m.
- Thursdays Tai Chi at 4:45 p.m.
- Fridays Tai Chi at 10 a.m.

- RESERVE OUR GALLERY

- 5-25 Peak Art Adventure Art Shows
- 9 Gala for the Pikes Peak Art Show 6-8 p.m. Call for the secret password.

- 9, 10 The 40th Annual Mountain Arts Festival 9-4 p.m. Memorial Park. There are 90 vendors and art demonstrations each day. The 40th year celebration is at 1 p.m. Saturday. Join us for a piece of anniversary cake! Food trucks and live music.

- 12 SOAR Meeting for Nonprofits 9:30 a.m. FMI 719-233-9902.

- FMI or secret passwords 719-401-2301. Reserve Our Gallery is at 400 W Midland Ave. Also visit the Eichman Gallery in Park State Bank.

- SAVE THE DATE — SEPTEMBER

- 5, 6 Munchkin Market is a HUGE consignment sale of gently used children's items: Clothing (size 0-junior 16), shoes, baby gear, strollers, high chairs, toys, media, healthy and safety, accessories, maternity, and more! Volunteers run the sale and benefits go to MomCo Village Group in Woodland Park. If you'd like to consign, we'd love you to join us! You can receive up to 70% off the selling price of your items. FMI munchkinmarket.net

- Friday sale is 10-7 p.m. Saturday 9-2 p.m. (1/2 price day, all items 50% off)

- We are located at 1061 Rampart Range Rd.

Mueller State Park

by Anna Miller

Programs happen rain, snow, or shine unless posted otherwise. All hike and walk end times are an estimate and will depend on the pace of the group.

- 1 Dark Sky Stories 8-9 p.m. at Amphitheater.
- 3 How Colorado Became a State 7:30-8:30 p.m. at Amphitheater.
- 4 Junior Rangers in the Forest 10-11 a.m. meet in front of Visitor Center.
- 6 Cheesman Ranch Hike 8:30-11:30 a.m. meet at Grouse Mountain TH.
- 6 Sensory Walk 1-2 p.m. meet at Visitor Center parking lot.
- 7 Archery 10-12 p.m. meet at Dragonfly Pond parking lot.
- 8 Basic Fly Fishing 10-12 p.m. meet at Dragonfly Pond parking lot.
- 8 Basic Survival for Kids 2-3 p.m. meet at Camper Services.
- 8 Nature Trivia 7-8 p.m. at Amphitheater.
- 9 Cahill Cabin Hike 9:15-11:30 a.m. meet at Grouse Mountain TH.
- 14 Sketch Hike 8:30-10 a.m. meet at Grouse Mountain TH.
- 15 Fly Fishing Basics Plus 9-1 p.m. meet at Visitor Center.
- 16 Learn to Fish 9:30-11:30 meet at Dragonfly Pond.
- 17 Basic Fly Fishing 10-12 p.m. meet at

Dragonfly Pond parking lot.

- 17 Bike Tour Wapiti Road 2-3:30 p.m. meet at Camper Services.
- 22 Knot and Lashing Tying for Kids 2-3 p.m. meet at Camper Services.
- 22 Sunset Stroll 7:30-8:30 p.m. meet at Outlook Ridge TH.
- 23 Junior Rangers at the Pond 10-11 a.m. meet at Peak View TH.
- 24 Pollinators and Peaches 6-7 p.m. meet at Amphitheater.
- 26 Junior Rangers on the Trail 10-11 a.m. meet at Outlook Ridge TH.
- 27 Beneficial Bugs 10-11 a.m. meet at Dragonfly Pond.
- 29 Basic Fly fishing 10-12 p.m. meet at Dragonfly Pond parking lot.
- 29 Lunch with a Bear 2-3 p.m. meet at Camper Services
- 30 Ponds Hike 9:15-12 p.m. meet at Rock Pond TH.
- 30 Backpacking 101 for Women 2-3 p.m. meet at the Visitor Center.
- TH = Trailhead.

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The best of summer is still to come!



The Pet Food Pantry Volunteers & our Mascots, Yete, Baylee and Daisy want to Thank You for your donations! We continue to need your support! Enjoy the summer!

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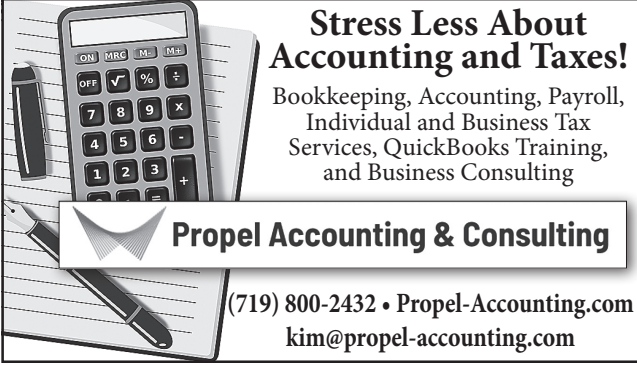
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