



UTE COUNTRY NEWS

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Putting the "unity" back in community™

July 2025

P.O. Box 753, Divide, CO

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Vol. 17, No. 7

Welcome to Ute Country

"A nation that is afraid to let its people judge the truth and falsehood in an open market is a nation that is afraid of its people."

— John F. Kennedy

PEEK INSIDE...



Exploring rock jewelry processes and tools



Tales from the Bed and Biscuit: My Little Buddy Bodie



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Jeff took our cover photograph back in September of 2011 during a trip to Durango, CO, outside a newspaper office, which fits for the month of July as July of 2012 was the first issue we published. Happy 13th anniversary as publishers of the *Ute Country News*! This July we also celebrate the 249th anniversary of our independence as a democratic republic. We felt the quote fit the month and the photograph because the first amendment to our Constitution states that "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

Inside our July pages, we have multiple articles that reflect the fantastic people in the communities we serve and that our rights are intact. "No Kings March a HUGE Success" tells us Americans continue to peaceably assemble. "Take a Hike" shares an uplifting report of a nonprofit cooperating with other nonprofits to educate, celebrate and enjoy the outdoors. *Panning for Good* shares the journey of a gentleman who was inspired as a youth to excel at a career turning rocks into jewelry. "Art. It's a Thing in Woodland Park" shares the journey of local artist Gayle Gross whose efforts have created space and opportunities for fellow artists in the area. *A Look Inside the Artist* shares an interview with glass artist Mena Chillino who shares in detail how she creates images using melted glass. "The 19th Annual Quilts in the Aspens" unfolds a brief synopsis of all that the now two-day show entails. *Colorado Pharm-girl's* "Traditions and Connections" shares how a tradition has been passed down from generations and what the current process is for acknowledging those who have gone before us. *Oyate Herbals* "Legend of Star Boy" shares traditions of gathering food, the health benefits and a Lakota legend. It is the people who make America great; mostly immigrants who brought their gifts, their dreams & aspirations that make America great.

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

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

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Oyate Herbals

The legend of Star Boy

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

Han (Greetings!)
Welcome to Blokétu "Summer" The Warm Moons.

Many years ago, throughout the summer, the camps moved often to follow the migrating buffalo. Packing, transporting and unpacking the family's belongings was the responsibility of the women. They were also busy with preparing food, making, and setting up the tipis. The girls received instructions in quill working and helped prepare food by gathering firewood and water. Boys began honing their hunting skills while hunting small game. The men spent their time making weapons, hunting for wild game, and defending the camp. The summer months were also the time for ceremonies and celebrations. The following are the warm moons.

Wipazuka Wasté Win — Moon of the June Berries

Canpásapa Wi — Moon When the Chokecherries Are Ripe

Wasúton Wi — Moon of the Harvest

Juneberries and chokecherries are fruits that have cultural and medicinal significance. Chokecherries are dark purple, red, or almost black berries that are high in fiber and Vitamin K. They are used in jellies, vinegar, syrup, and juice. Juneberries are technically a pome fruit and are more closely related to apples and pears than to blueberries, even though they can be mistaken for blueberries. The Lakota used Juneberries for various purposes. They were eaten fresh or dried for later use. Used for medicine as they have a mild laxative effect. Used in crafts, the stems were used for a game of skill and for arrow shafts. The leaves were boiled to make a tasty tea, and the berries also were used to make pemmican, soups, stews, and other dishes.

I can remember as a young girl going out with my aunts and gathering all the herbs and berries as they came available during the summer months. We would all pile in one vehicle and take a drive to where we needed to go. Sometimes we would hike across the plains and up the hills to get to the best spots. We would spend the day harvesting what we needed for the year, providing for the families in the community.

Another thing I remember, we would gather during the beginning of summer was Timpisila. Timpisila or Prairie Turnip "Psoralea esculenta" also known as the prairie wild turnip, Indian breadroot, and the Indian turnip.

Timpisila was probably the most important wild food gathered by the Lakota. In 1805 the Lewis and Clark expedition observed Plains Indians collecting, peeling, and frying prairie turnips. The Lakota women told their children, who helped gather wild foods, that prairie turnips point to each other. When the children noted which way the branches were pointing to, they were sent in that direction to find the next plant. This saved the mothers from searching for plants, it kept the children happily busy and made a game of their work. Prairie turnips were so important, they influenced selection of hunting grounds. Women were the gatherers of prairie turnips, and their work was considered of great importance to the tribe. In 1804, Lewis and Clark called it the "white apple" and their



French boatmen called it pomme blanche. In 1837, while crossing the James River basin, Captain John Fremont referred to it as pommes des terres, or the ground apple.

Timpisila is a root plant that connects Mother Earth with the stars above. After we dug up the Timpisila, the brown bark that encased the turnip was removed and then they were braided together. I was taught that the braid is the connection between the earth world and the star realm. We were told a story that had been passed down for many generations. It was the legend of Star boy. The stars and star knowledge are very important to the Lakota people. Everyone and every culture has their ideas or legends of superheroes and Star boy is one of ours.

As the legend goes, there were three young women, maybe of teenager age, all friends out on the prairie in the evening sharing their ideas and future desires young girls do. As they were talking one of the girls said, "I wish I could marry a star" and one of the other girls said, "I want to marry a star too!" They came out another evening talking and making that same wish. Suddenly, there came a star down from the sky to see them. The star granted her wish and took her as his wife. The young maiden was taken up in the sky to be the star's wife. The star man was an older, wiser man and he instructed the young maiden to only dig up the small Timpisila turnips and to leave the big ones alone. The young wife only dug the small ones for many years, but her curiosity got the best of her. She decided to dig up a large turnip one day to realize that it opened a hole in the sky and she could see down to earth. She was with child at this time, and she was missing her relatives badly. So, she started braiding the Timpisila to make a very long strong braid so that she could drop through the hole in the sky and come down and see her relatives. But the braid was not long

enough, and she fell to her death. She gave birth as she hit the earth to a baby boy.

The baby boy was taken in by the meadowlark. The meadowlarks called him Star boy and revered him as a special and magical boy. The meadowlarks took him to a Lakota village where he was adopted in and known as supernatural because he grew really fast. That's why the meadowlarks took him to the people because they could not keep up with him. He was raised to be a good man and to take care of the people in a good way. He was always the first to take care of any problems that occurred. He was the best hunter and provider for his people. He was looked at as a superhero for all he did. So, that is what connects this sacred plant to the stars and the earth. You can really feel the connection between Mother Earth and the many generations that have told this story and other stories that have been passed down for centuries while you are out gathering the plants or herbs across the plains during the summertime.

This connection is one of the many reasons why I founded Oyate Herbals. It is my passion to provide these plant medicines to everyone. My connection with plants gives me the opportunity to understand them better and be able to provide you with the right plant medicines for you. Please feel free to reach out to us anytime by phone, email or text. You can also find us at the Woodland Park Farmers Market on Fridays.

*Anpetu Waste Mitakuye Oyate
(Good day relatives)
Many Blessings and May you walk in balance.*

Tammie Lowell can be reached at 719-661-0410 or Website: oyateherbals.com

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19th Annual Quilts in the Aspens

by Quilters Above the Clouds



This is the Raffle Quilt for 2025.

Quilters Above the Clouds Guild will be hosting its 19th Annual “Quilts in the Aspens” Quilt Show. The quilt show dates have changed. The event will be a two-day quilt show held at the Woodland Park Public Library in Woodland Park, CO on Sunday, July 20 from 9-5 p.m. and Monday, July 21 from 9-3 p.m. Guest speaker, Gail Garber, will speak on Sunday and Monday at 10:30 a.m. Sandra Dallas will host a book reading and signing on Monday at 1 p.m. For more information about the quilt show, the speakers and tickets, see our

website at www.quiltersabovetheclouds.com

The quilt show will include a variety of quilts in 12 categories. Also featured are vendors, a Boutique, quilt sales, Vintage Bed Turning, raffle quilts, and door prizes. Parking is available around the library. The “Autumn Splendor” Raffle Quilt tickets are \$1 each or 6 for \$5. The drawing will be held on December 5, 2025, at 1 p.m. No need to be present to win.

FMI, check the website www.quiltersabovetheclouds.com.

130th Annual Gold Rush Days

The City of Victor is thrilled to announce the return of its beloved annual Gold Rush Days celebration, happening July 18–20, 2025. Now in its 130th year, this free, family-friendly festival brings history to life in Colorado’s “City of Mines” with three unforgettable days of entertainment, tradition, and community spirit.

Victor will once again transform into a hub of historic fun and frontier flair. The weekend’s lineup includes:

- Pancake Breakfast to support Victor Fire Department
- Pack Burro Races through the rugged terrain of the historic mining district. Registration starts at 8 a.m., race begins at 10 a.m. The 7.3 mile course starts and finishes on Victor Avenue. The course has 1,100 feet of elevation gain with lots of ups and downs, uneven footing, fantastic views and passes by historic mine sites.
- Vintage baseball games played by 19th-century rules
- A lively parade through Victor’s charming downtown
- Authentic mining competitions showcasing

- old-school skill and strength
- Live music performances from regional bands
- A festive beer garden with local brews and mountain views
- Local vendors, food trucks, and craft booths

“This event is a cherished tradition that brings our town’s colorful past to life,” said Mayor Barbara Manning. “It’s a celebration of Victor’s mining heritage and the vibrant community that keeps it alive today.”

Gold Rush Days is free to attend, with activities for all ages and interests. Whether you’re a history buff, outdoor adventurer, music lover, or just looking for a great mountain weekend, there’s something for everyone in Victor this July.

For press inquiries or additional information, please contact Chris Bilardi at victorgoldrushdays@gmail.com

Don’t miss the gold standard of summer fun — Victor’s Gold Rush Days!
Follow event updates at victorgoldrushdays.com or on Facebook @grdvictor.

Adopt Me by Ark Valley Humane Society

Salvador

Salvador, otherwise known as Sal, is a very happy Sand friendly boy that went through some difficult circumstances prior to arrival at our shelter. Sal is a 2 year-old, neutered male, Pit Bull Terrier mix who came to Ark-Valley Humane Society with an injury to his front left leg that included deep puncture wounds requiring sutures from the veterinarian. His wounds have been healing well! He’s also received other medical care so that he can be made available for adoption. Sal has been introduced to multiple dogs since his arrival at our shelter and has been friendly with all the dogs he has been introduced to. Sal is overall a very social boy that quickly became a staff and volunteer favorite. He enjoys going on walks, likes to take naps during the day, and was reported to be very calm in his previous home. Sal is a smiley boy and brightens everyone’s day with his goofy personality. If you are looking for a dog that will be your best buddy, Sal is the pup for you! Give us a call to meet Sal 719-395-2737.

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



Colorado Pharmgirl Traditions and connections

by Peggy Badgett

We stood at the foot of the grassy grave for a few moments, each lost in our thoughts. Rain threatened in the low grey clouds, and a chilly wind whipped through our hair, spring in the Midwest. I grinned at my cousins, Lou and Linda, and voiced how much I missed our grandmother’s Mickey Mouse pancakes, fried liver and homemade noodles. Then her neon green Ford Pinto that she drove around town, barely able to see over the dashboard. It was good to share those memories and place flowers on her bronze headstone with them. I’d been carrying the tradition solo for years.

I picked up the bucket of lilacs, and then we walked to the family plot that held our great grandparents and Lou and Linda’s mother and father. We divided the flowers, so everyone had some fragrant blooms in the heavy metal vases. At each, one of us found something to remember about them. How one had been very stern and rather forbidding. Another loved to sit on the porch in a rocking chair and watch birds from the windows. How one colorful uncle had driven a tank in World War II and always had a wooden toothpick bobbing from the corner of his mouth when he talked.

When my grandmother was alive, she hauled me to the cemetery every year on Memorial Day weekend for as long as I could remember. She taught me where the headstones were and told stories about the people who lay there. It was my job to carry the bucket containing our hand-picked flowers. Lilacs, peonies, lilies-of-the-valley; whatever we could find in her garden because we didn’t have money for store-bought bouquets. My Aunt June and I carried on the tradition after Gram died. When Aunt June lay in the ground beside her husband, it was just me. Until I invited my cousins during one of my frenetic visits back to Northwest Illinois, trying to see as many people as possible in a limited time. I wondered why I’d never thought of asking them before. We met at our favorite coffee shop, then drove separately to the huge cemetery where workers place little flags on veterans’ graves.



Sunrise in the Midwest.

When the flowers were gone, we hugged at the last grave, took a selfie, and climbed back into our vehicles. It had been good to reconnect with them. Just as I rounded the last corner before reaching the highway, I saw a young bird in the middle of the road. Not a good place; there were many folks doing what we had just finished. I looked in the rearview mirror; he hadn’t moved when I swerved to avoid him. Sighing, I pulled over and ran back to where he was frozen to the blacktop. My cousins had stopped too. Together we herded him under a small blue spruce. Saving creatures was apparently in our shared DNA.

Laughing, the three of us decided to make our cemetery visit an annual tradition whenever I returned to the Midwest. As I drove away, I realized that the ritual would probably die with us. Our adult children don’t have the same connections we did to the older generations. The tales we were told will disappear once we return to the rich black earth (or in my case get

burned to cinders). It makes me wonder how I will be remembered when I’m gone. Will my kids only talk about my cursing over a burnt turkey or chasing one of our dogs with the rolling pin after it snatched a baguette from a plate too close to the edge of the table? Or will they remember the “Mom’s Skip Days” when I pulled them out of grade school for an impromptu adventure of their choice? Maybe they will hear my voice whisper when they feel compelled to rescue a creature in need or pick up a random piece of trash on a trail. Or see my smile when they are afraid of failing or lonely. If that happens, I will have done my job on this planet well, just like my family before me.

Peggy Badgett is an artist and writer. Her website, pharmgirl.org, features her artwork and blogging adventures. Her book, The Rooster in the Drive Thru is available at Shipping Plus in Divide and on Amazon. She can be reached at coloradopharmgirl@gmail.com

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Art. It's a Thing in Woodland Park

by Tracie Bennett

It's interesting when an artist can combine their personal love of art with the tenacity to open a new business to support and promote them. Local artist Gayle Gross did just this in May 2021.

Starting with 19 local artists, including myself and John Bennett featuring our dinosaurs, Gayle began something that has staying power in the community. Reserve Our Gallery features a variety of art styles, ranging from acrylics to oil to jewelry to pottery and more. "I started the gallery because we have such talented artists in the community. They needed a local venue to showcase their artwork," Gayle said.

"Over the years we've expanded into art studios and classroom space at locations around the community in addition to the Gallery," Gayle said. "Art shows, galas, art school and classes with professional fine art instructors," she added. "This is a big deal! The level of the instructor's work found in museums and galleries around the country is amazing."

Monthly galas are held to promote the artists. Each month a new theme is introduced for the participating artists. The theme for July is Mountain Art and the attire is "sparkly and neat." Most recently, the Best of Show for each month is made into a specialty item, ranging from design curtains to coasters or bags or umbrellas. If you've ever been to the Van Gogh Museum in Amsterdam, you know what I'm talking about!

Artists showing in the gallery receive royalties when their artwork is sold. The Gallery receives no commission from the artists' work that is sold. A new gift shop has been added to

the space providing art supplies, both new and used, cards and small gift items. Sales of these items help fund the Gallery. Art supplies are accepted on a consignment basis.

The Woodland Park Art Gallery has stemmed out of ROG. "We have 'wall to wall' art in a number of different venues in Woodland Park, managed through ROG," stated Gayle. "All pieces have QR codes that can be scanned and are for sale." The gallery itself has gone through numerous changes over the last four years. A monthly art show features a different theme. Visitors can vote in the gallery or on Facebook for their favorite pieces. A winner is drawn each month from the voters for a \$150 gift certificate to the gallery. New additions to the WP Art Gallery include Reserve Our Gallery, Java House, Solid Grounds and Great Outdoors. Watch for more additions in the future as Gayle strives to bring art "wall to wall" in the City of Woodland Park.

The July show in the Gallery features "Mountain Art." The theme for August is "All About Pikes Peak." Plein Air Painting Competition takes place from June 23 through August 6. There are ALREADY over \$8,000 in cash and prizes to be awarded. Gayle also manages the art at the Eichman Gallery located in Park State Bank. This artwork is all for sale.

Information on Reserve Our Gallery and other art events in the community can be found by visiting <https://reserveourgallery.square.site/> or calling 719-401-2301, which can also provide the password for entrance to the gala.

People See, People Do

You can Kindle Kindness, too!

by Readers of Ute Country News

This column is all about various acts of kindness to remind us all of what those behaviors are and that they are alive and well in our communities! If you have experienced or witnessed an act of kindness, please share by emailing it to UteCountryNewspaper@gmail.com, snail mail to POB 753, Divide, CO 80814, or come on in to Shipping Plus and tell us in person — we're always happy to hear a good story! By the way, because this is all about the behavior, we do not mention names of people or businesses.

- They were simple and easily done modifications so that it could be perfect. The look on her face said it all, no words were required when it was just right. Kindness can come in the form of a facial expression.

- Because it was raining, I had my hood over my glasses so they wouldn't get wet. He opened both doors and I was very grateful for the compassion and kindness on a rainy day.

- The eviction was not of her own doing, rather by someone else's hand. The folks that bought the place were sensitive to her situation and offered an additional week of residence, which was a much needed act of kindness.

- Before I could even take a step, she turned and immediately went for the door when she saw the other customer with a cane offering, "Let me get the door for you!" We live in a community composed of kind people.

- The restaurant was crowded, so we sat outside in the sun, no vacancies under shade. Then, a gentleman at a table in the shade

approached our table in the sun saying, "We're leaving now. Would you like this table in the shade?" That offer was a well-needed act of kindness to provide shade for us, thank you!

- He came inside to see where the furniture would be going. The first question he asked, "Do you have cats or dogs that could escape outside?" For this delivery stranger to be concerned about escaping animals was an act of kindness. We already had the cats corralled!

- Noticing the bill was substantially higher, he called to inquire. The associate noticed how long we had been customers and said, "We don't even offer that plan anymore. How about this?" The newly offered plan is \$37.62 less than what we were paying. Helping people save money is an act of kindness and rather rare for a business!

- I was so glad she thought of me when getting rid of the plants. Considering who would be willing to take them was an act of kindness for the human and the plant!

- Working cooperatively is an act of kindness. He did the scraping and the staining and I took care of other chores; together we got it all done.

- We were having dinner in downtown Vancouver. A woman approached the table and said, "I'm sorry, I'm so sorry to interrupt, I'm sorry, but I need to interrupt your dinner and conversation to tell you that your jacket has landed on the floor." Politely interrupting a conversation to let someone know their clothing is on the floor is an act of kindness.

Adopt Me

by SLV Animal Welfare Society

Mikey

Meet 9-month-old Mikey! His owner is a Rottweiler breeder. Mikey and 2 sisters were found in a small town sitting on the steps of a church. The owner retrieved the sisters, but didn't want Mikey, perhaps because he was smaller than a pure breed Rottweiler. Mikey is a well-behaved sweetheart who would love to go home with you. He is neutered, chipped, current on all vaccinations, is medium size and weighs about 35 pounds. To learn more about Mikey, give us a call 719-587-9663 (woof).

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



Panning for Good

Exploring rock jewelry processes and tools

by Dr. Bec

You know that thought or dream about something you'd like to learn or create that briefly, but repeatedly, enters your consciousness, lights up your mind with a spark of excitement, but then gets stuffed back down to the subconscious realm as you deal with other priorities and obligations? Yet, a few days or weeks later, there it is again? For me, drawing has been like that. I have so many books I've purchased over the years when I feel a sudden urge to learn to draw — *Drawing for Dummies*, *You Can Doodle*, *Drawing Botanicals*, *Drawing Made Easy*, *20 Ways to Draw a Tree*, etc. I still can't draw very well, but the books are there, waiting for the right time. Playing the guitar well is another wane-bought thought that comes and goes along with a desire at some point to learn how to turn rocks into beautiful jewelry.

Sifting through recurring thrilling thoughts, grabbing hold of the ones that inspire us most, then putting in the time and effort to turn them into reality can be difficult. However, I recently found a fellow rock jewelry enthusiast, Jerry Chase, who, for the past 40 years, while raising 8 kids, holding down a variety of jobs and caring for his wife in their later years, did just that.



Slab Saw used to slice large rocks.

Jerry's passion for working with rocks and minerals was ignited in the early 1960s, when he had the unique opportunity during his high school years to work for a dollar an hour at Eckert's Minerals. The rock shop was located at 110 E. Main Street in Florence, Colorado. Jerry's boss, Dr. Heinz Eckert, was recognized internationally as a top supplier of museum quality mineral specimens and at times worked with the Smithsonian Institution. Dr. Eckert eventually opened a store in Denver and was part owner of a rock shop in Cascade along with his Florence location. Eckert Minerals was also involved in providing geological supplies and supporting geology education, which involved organizing rock and mineral collections used for teaching earth science in schools.

Dr. Eckert took young Jerry with him to the 1964-65 World's Fair in Queens, New York City.

This was an incredible opportunity for Jerry to be exposed to some of the finest mineral and gemstone displays in the world. Jerry was also able to travel with Dr. Eckert to numerous gem and mineral shows where he was able to



view lapidaries (gemstone cutters) competing against each other and where he had a front row seat to fascinating gemstone artistry. He remembers being awestruck by a stunning replica of Aaron's breastplate with embedded gemstones described in the King James Version of The Holy Bible, the book of Ezekiel, chapter 28, verse 15. www.pollocksjewelers.com/blog/2020/Jun/17/biblical-aaron-wore-a-golden-breastplate/

Throughout the years, Jerry accessed machines to help him polish and finish stones. Located on this page are a couple of examples of a slab saw that slices rocks at various thicknesses and a cabochon polisher or cabbing machine.

A cabochon is a shaped stone with a flat bottom and a domed top. Polished cabochons are used to make a variety of jewelry, such as rings, necklaces and bracelets. When using a cabbing machine, the artist takes a piece of rock (that hopefully has good designs inside it) and cuts it into slices using a slab saw. Then, a desired shape is drawn with a permanent marker on the sliced rock. After the pattern is drawn, a trim saw is used to cut the rock close to the outlined shape. Next,

the lapidary glues one of the rough shapes onto a dop stick, which is a short metal stick, then begins sanding the stone left to right, holding onto the dop stick, using the diamond dust impregnated circulating wheels one at a time as water pours over the wheel. The coarser grits (larger diamond particles) are to the left and are used to remove excess material. As the user moves to the right, the grits or size of diamond particles embedded in the abrasive wheels become smaller and finer. The user continues using the wheels until the refined shape and level of polishing desired are completed.

According to the International Gem Society, there are four basic types of lapidary (from the Latin lapidarius, meaning stone or stony) arts, defined as, "The creation of small objects from gem materials." They are: tumbling, cabbing (as described above), faceting and carving. www.gemsociety.org/article/introduction-lapidary-arts/

Rock tumbling is not complicated and doesn't require much equipment. Rough stones are put inside a tumbler with abrasive materials. The abrasives are changed out for finer abrasives over time until beautifully polished stones are formed.

Faceting is a more intricate, involved and delicate process. I've had a picture in my mind of what a person who facets gemstones (lapidary) would look like when doing their work. For some reason, I envisioned a tiny, meticulous person with thick glasses and a hunched back, sitting at a microscope for hours anxiously cutting tiny gems using minuscule diamond-laced knives or lasers or something and then angrily throwing gems away when a cut was inevitably messed up. Or, watching the gem becoming smaller and smaller because of restarts after mistakes (kind of like a bad haircut that has to be



Amethyst gemstone attached to customized dop on faceting machine.



Cabbing Machine used for shaping and polishing cabochons.

cut shorter and shorter) and then there is no gem left. Obviously, this process has, to me, seemed terribly difficult.

What I didn't know was that there was a way to sand off facets semi-manually using a faceting machine. The machine has an adjustable, horizontally placed, diamond-dust-infused sanding wheel (see below). Lapidaries follow specific instructions to achieve different cut styles, kind of like following recipes. These instructions guide the lapidary to create different types of faceting cut styles such as Brilliant, Step, Rose, Briolette, Emerald, Ceylon, Portuguese and more. youtu.be/IG-o2cUx9vEM

Stone carving has been around since humans began to figure out how to break, penetrate, cut and scratch rocks with something.

For more information and to see how to cut gemstones manually, check out the [gemsociety.org](http://www.gemsociety.org) link from above and the following link: www.facebook.com/reel/343125092119365

There are also machines that will cut gemstones with lasers. The planning phase is done on a computer and the person running the machine does not have to initiate every laser cut, the machine will do the work after it is programmed. This video shows a laser microjet system at work creating an emerald cut. youtu.be/IGo2cUx9vEM

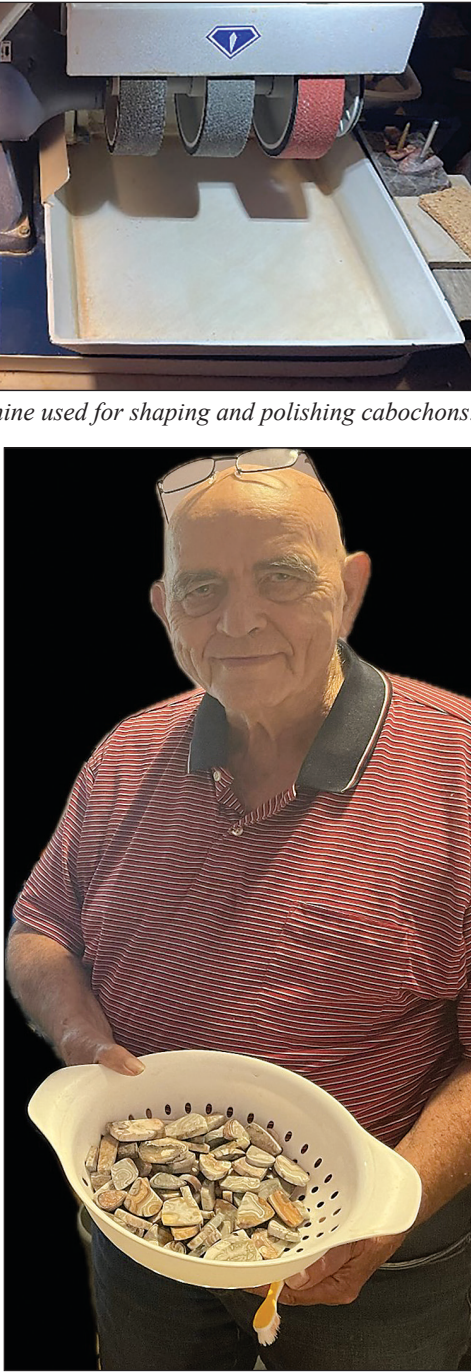
Stone carving has been around since humans began to figure out how to break, penetrate, cut and scratch rocks with something. As with most favored tools used in the lapidary arts, diamonds are definitely a lapidary's best friend. This is because on the Mohs Scale of Mineral Hardness ranging from 1 (softest) to 10 (hardest), diamonds are a 10. Picking up a pretty rock and some diamond bits that will fit in a Dremel is one way to quickly try your hand at some backyard lapidary artistry.

Isn't it fascinating how experiences we have as children and throughout our teenage years make indelible, lifelong impressions on our minds and in our hearts? Jerry's interest in rocks was also influenced by his adventures. He spent time as a youth prospecting and panning for gold. He found a couple of gold veins during his walk-about and a good-sized nugget of gold in quartz near Cotopaxi. One day, Jerry and his brother decided to explore an old mine near Dawson Mountain. Inside

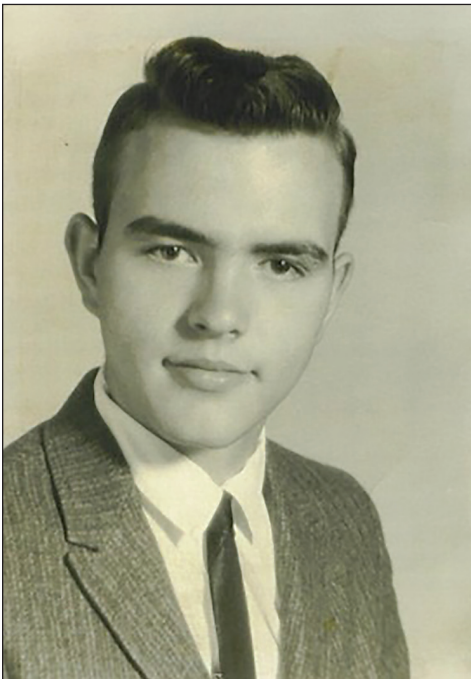
the mine, old boards were still fastened to the side of the mine wall and a deep chasm was on the other side. Jerry was in the lead, and as he and his brother walked over the boards, Jerry's flashlight, the only one they had, went out. Just then, the bone chilling sound of shaking rattlesnake tail echoed through the mine. The snake was between him and his brother! Jerry was stuck in the dark and had to make a quick decision. He took a gigantic leap into the dark to try and clear the snake and thankfully landed on a board!

Here are some rockhound-ing and lapidary tips Jerry shared:

- Anywhere you find copper, you'll find gold!
- When you're out prospecting, look for anything of value, not just gold.
- Cut a little, look a lot!



Jerry Chase with agate cabochons.



Jerry Chase Canon City High School 1964, 16 years old.

Jokes:

discover.hubpages.com/art/Lapidary-Jokes-For-The-Discerning-Rockhound

You know you're a rockhound if:

- When you see a sign on the side of the road that says, "Falling Rock," you pull over and wait.
- You consider a "recent event" to be anything that has happened in the last 100,000 years.
- Your rock garden is located inside your house.

Challenge:

Would it be possible to corral one of your recurring, but hard to act on, interests or dreams and embed it into your current situation? Is there something you can do today or in the near future that would bring this enjoyable thing to life? I'm not talking about any "should." I'm talking about something that keeps coming back to you because you want it in your life. For me, writing this article has enlarged my understanding of the processes and tools involved in making rock jewelry and what making that happen would look like. Can you think of a way to include one of your someday sparks into today's reality?

17TH ANNUAL



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Born to Be Wild CO License Plates

by Joey Livingston

CPW announces the recipients of the inaugural Born to Be Wild License Plate Grant Program. Two organizations, The Rocky Mountain Wolf Project and The Endangered Species Coalition were selected to raise awareness and promote the Born to Be Wild specialty license plate to engage and educate the public about the importance of the license plate, ultimately increasing sales to further support conflict mitigation efforts.

“With the beautiful Born to Be Wild license plate, Coloradans can help support the important work happening to reduce human-wildlife conflict. We appreciate the work of these organizations, as well as the bill sponsors who made this possible,” said Governor Jared Polis.

In 2023, Colorado House Bill 23-1265 created the new special license plate, raising nearly \$950,000 from approximately 18,000 sales to date for non-lethal ways of mitigating conflict with gray wolves. The program has been instrumental in establishing the CPW and CDA range rider program and other mitigation efforts. The Born to Be Wild Plate grant program, administered through Colorado Parks and Wildlife, awards selected non-profit organizations, educational institutions, and government agencies. Projects focusing on innovative and creative marketing strategies and solutions are prioritized to increase support for and sales of the license plate.

“This special license plate allows Colorado residents to support ranchers by providing funding to CPW for non-lethal conflict minimization tools and programs and programs,” said CPW Director Jeff Davis. “The hope is that this program will get the public engaged and increase overall sales of the license plate, in turn reducing impacts with livestock. These efforts help support the implementation of the state’s Wolf Restoration and Management Plan and CPW’s implementation of the state statute to restore a self-sustaining gray wolf population, all while supporting rural ways of life and the robust livestock industry that is such a critical component of Colorado’s culture and economy.”

“I was proud to sponsor the legislation in 2023 that created The Born to Be Wild License Plate program,” said Senator Janice Marchman, D-Loveland. “This program is a model for how we can work together across party lines and urban-rural differences to find solutions to problems that can divide us. These plates give every Coloradan the chance to support Colorado ranchers and rural communities impacted by wolf reintroduction.”

“This special license generates money that our ranchers can use to keep their livestock safe,” said Representative Meghan Lukens, D-Steamboat Springs. “The Born to Be Wild special license plate’s success helps our Western Slope communities, especially our agricultural producers which are so essential to our economy.”

“I’m grateful to see the continued success of this license plate which reflects the shared responsibility and commitment among ranchers, conservationists, and wildlife advocates to provide meaningful resources to rural communities like ours here in the Western Slope that are directly impacted by wolf reintroduction,” said Representative Elizabeth Velasco, D- Glenwood Springs. “It’s encouraging to see the funds raised now being put into action to address high-priority needs in my district like the final development of the Range Riders program, site assessments, and other non-lethal deterrents that help ranchers and cattlemen protect their livestock and land. And public awareness efforts like the two recently awarded are a key part of this work to promote the plate and help Coloradans understand the importance and impact of their support in sustaining these critical programs.”

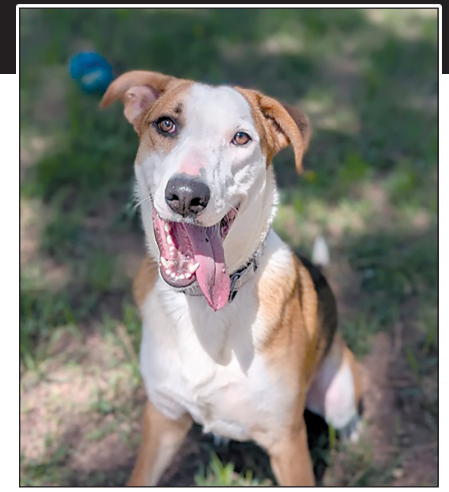
This year, CPW received eight applications and selected two organizations. The Rocky Mountain Wolf Project received \$36,300 for promotional billboards and digital media, showcasing the Born to Be Wild license plate. The Endangered Species Coalition received \$13,700 for promotional image wrapping on a vehicle that will travel across the state, to events, and to places like zoos to raise awareness for the plate.

Independence Day Weekend Celebrate in Cripple Creek

Come to Cripple Creek to celebrate the 249th anniversary of the Declaration of Independence and help re-ignite patriotism by ringing the bell for freedom. There will be family-friendly games, food and beverages, live music, merchandise, classic cars, first responder vehicles and the Cripple Creek donkeys are roaming about! Visit the Once Upon a Time in the West Art Show and partake in the scavenger hunt with prizes at the Heritage Center. There is much to do leading up to the spectacular night-time fireworks display sponsored by the City of Cripple Creek. Check out City Park, next to the Parks and Rec where games and crafts will be available for folks of all ages. A great place to see the fireworks is at the Heritage Center. Bring your own chairs! Stay the night and enjoy more entertainment on Saturday including a street dance in the evening. Admission is FREE to the public! Festivities begin at 10 a.m. on July 4 and July 5. Thanks to Victor-Cripple Creek American Legion Post 171 and City of Cripple Creek.

Adopt Us

by TCRAS



Pat is a 1-year-old neutered male Shepherd mix who has been with us since May! He is such a fun, loveable guy and we can’t seem to understand why he is still with us! Pat is young, friendly and looking for a home to call his own. He’s tall, lanky, and loves to run around (especially with a toy), play and be with his people. Pat still has a lot to learn in the way of manners but likes learning and is very smart! He thinks cats are SUPER interesting... and should probably have a slow introduction to any cats in a home. Will you be the new family and teach Pat how to be the best boy? If you are interested in meeting Pat or would like to know more about Pat, please call TCRAS at 719-686-7707 and visit terascolorado.org to see all available animals! *This space donated by the Ute Country News to promote shelter animal adoption.*

Tales From the Big Sky Ranch Bed and Biscuit My Little Buddy Bodie

by Kendra Lee Hall

Bodie, a handsome mini Bernedoodle with soft curly fur was more than just a regular guest at Big Sky Ranch Bed and Biscuit — he was family. With warm, soulful eyes that seemed to look straight into your heart, he carried himself with a calm confidence and a gentle spirit. Everyone, human and canine alike, adored him.

From the moment Bodie jumped out of the car and raced through the gate to the play area, his tail was a flurry of happiness. He’d trot through the ranch’s play area like he owned the place — because in many ways, he did. Not in the sense of ownership, but because he knew every inch of his home away from home. The best sunny spots in the house and the best obstacles to race around when he was enjoying his favorite game of chase. He even knew where the wind carried the best smells from over the mountains and through the trees. He was comfortable at the ranch and loved it there.

Bodie knew the rhythm and routine of the day. Because of that and his kind heart, he was a true ambassador. When a new dog arrived, especially a nervous first timer, it was as if Bodie knew exactly what they needed.

Without being asked, he’d approach slowly, his posture relaxed, eyes soft, tail wagging in slow, friendly loops. He’d give them a little sniff and then lead them gently through the house, pointing out the water bowls and the comfiest spots for a nap.

Out in the play yard he would take them to all his favorite areas. Because, as a friend to everyone, he liked to share. He was like a tour guide showing them his beloved dog ranch. He shared calm assurance and quiet companionship.

When it was time to play, that’s when Bodie really lit up. He’d drop into a perfect play bow — front paws stretched forward, his fuzzy butt high in the air, tail wagging so fast it was a blur. His eyes would gleam mischievously, and then — zoom! — he’d tear off across the yard in a blur of fur and joy. Other dogs couldn’t resist. They’d race after him, barking and laughing in their own doggy way, swept up in the fun of the game. Bodie was fast — lightning fast — but he always circled back to keep the game going, making sure everyone could be part of the fun.

One of his signature stunts, a move the staff affectionately called “The Superman,” involved a leap between two tall pine trees that stood close together in the far corner of the play yard. With all four paws off the ground, ears flying back, and his body stretched long like a furry superhero, Bodie would soar through that narrow gap with perfect precision. It never failed to draw cheers from the human onlookers and a flurry of excited barking from the dogs.

All the regulars knew Bodie. He was friends with everyone because he was kind, fun, and genuine. Dogs who visited only occasionally still remembered him, and when they saw him again, they’d light up with excitement.

But Bodie wasn’t just adored by the dogs. The caretakers at the Bed and Biscuit loved him just as much, if not more. He had a special bond with Hannah, one of the longtime caretakers who had watched Bodie grow from a young pup into the dog he had become.

In quieter moments in the evening, Bodie would jump onto the couch beside her and curl up close. Sometimes, he’d roll onto his back, legs in the air, inviting belly rubs with a hopeful sigh and a mischievous grin. Other times, he’d rest his head on her lap, gazing up into her eyes with that soulful look that

All the regulars knew Bodie. He was friends with everyone because he was kind, fun, and genuine.

seemed to say, “Hello friend.”

Hannah often called him “my little buddy Bodie,” her voice always full of affection. It wasn’t just a nickname; it was a title. Bodie was her little buddy, the cause of so much of Hannah’s laughter and heartfelt moments.

There was something timeless about Bodie, as if he were an old soul in a young, fluffy body. He reminded everyone to be present, to find joy in the simple things — running full tilt with the wind in your ears, the warmth of a friend at your side, the quiet love in a gentle gaze.

Bodie may have come to the Bed and Biscuit as a guest, but he became something much more. He was a four-legged friend who made everyone feel like they were home.

He always will be Hannah’s little buddy.





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The Sasqualogist at Hartsel Days

The Hartsel Days Annual Festival will be held August 2 and 3 this year. A FREE screening of the Park County premier of the award winning movie, The Sasqualogist, will be at Hartsel Days on August 2 at 7 p.m. The director is Park County local, Joseph Granda who describes the movie as family-friendly coming of age story. Set in the Colorado Rockies, a researcher and his young protégé track a Sasquatch, uncovering the emotional depth of their adventure and the influence of fatherhood. The film runs 89 minutes and is rated PG for mild language, intense moments and off-color humor. FMI-www.thesasqualogist.com

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Critter Corner



Momma Foxy - Sarah, Cripple Creek, CO

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.

Margot the Mermaid

by Gilrund the Historian

It had been a long time since six-year-old Margot had been to the beach. Daddy's work had kept the family moving a lot and she hadn't been able to spend the summers with Grandpa and Grandma like she had before.

Now Daddy had a job that kept them in one place and Margot was with her grandparents for the summer again. It was a lot of fun.

This summer they were at a small house on the beach, and she would be able to swim and play all she wanted. There were rocks to climb and caves in the rocks to explore and she might even find a pirate treasure.

Grandpa was such fun; he would walk with her anywhere that she wanted to go and tell her stories about wherever they stopped to explore. They had climbed on the rocks and into the caves in the rocks and Grandpa had a story for each place.

Grandma usually stayed in the little house and baked cookies or made wonderful pies for dessert.

After a few days Margot really knew her way around the beach and Grandpa would let her go down to the beach by herself for an hour or so. That was when she would pretend that she was a pirate and make a sword out of a stick and hide rocks in a cardboard box that she had found in one of the caves. That was her treasure chest.

Day after day Margot played by herself on the beach, until one day she saw another person watching her from out in the water.

Margot waved and the other person waved back and started swimming in toward shore. It was then that Margot saw that the other person was a woman and a very pretty one at that. She had long dark hair and was a very good swimmer.

When the woman got up to the beach she stayed in the water until Margot came out to meet her. It was then that she saw that the woman had a long shimmering purple and emerald, green tail and a matching top on her chest. She was a mermaid!

Margot stared as the mermaid smiled at her and waited for the surprise to wear off. Then she said, "That's right, I'm a mermaid. I've been watching you play here on the beach for the last few days. You make a very good pirate. Maybe we could play together, if you don't mind playing with someone like me."

Margot was so excited to see a real mer-

maid that she started laughing and danced around in circles in the sand as she cried out, "Yes, I would love to play with you, anytime that we can. We can play every day if you like. Would you like to play pirate with me?"

That was all it took, and the two new friends started playing pirate, and ended up in the caves that had water in them.

Margot found out that her mermaid friend's name was Aquala, and she was 23 years old, which is very young for a mermaid.

Day after day they played together, there were even times when Margot would ride on Aquala's back through the water waving her stick sword in the air and talking like a pirate.

Sometimes Aquala would suddenly dive down into the deep water and Margot would hang on to her shoulders and hold her breath for a long time until the mermaid would surface again.

It was after the fourth day of playing that Margot told her grandpa about Aquala as they were having supper.

Grandpa laughed as she told him how she and the mermaid played pirate, and how she would ride on her back diving down deep into the sea. She told him that she was learning to hold her breath longer and longer as they dove down.

"Would you like to see how long I can hold my breath?" she asked him.

"Maybe some other time, Margot," he replied, "Tonight I want to watch 'Sleeping Beauty' with you; I think that you will really like it, and your grandma has a special surprise for you, too that you can have after the movie."

"Really? What is it?" cried Margot as she danced up and down.

"You'll see after the movie," replied Grandpa as he led her to the front room where the TV was set up.

Grandma put in the disc in the player as they all sat down, and the movie started.

Margot loved the movie, and Grandma gave her the surprise.

She opened the box and found inside a blue dress and shoes and a crown, just like the princess wore in the movie.

Grampa smiled as he took pictures of her in her new outfit on his cell phone.

She looked just like a real princess; she could hardly wait to show Aquala in the morning.

After breakfast, Margot ran down to the beach wearing her new dress, shoes, and crown.

Aquala was there in the water waiting for her. She smiled as Margot showed off her new princess outfit.

"Well," said Aquala as she watched Margot walk like a princess, "Since you are now a princess, you need a new name. I think that you should be called Sierra Azul. I think it's a pretty sounding name for a princess."

Margot was silent for a moment and then she said, "I like it, yes, I do! You should call me that from now on."

She did.

Aquala looked closely at Margot's new dress and suddenly started swimming out into the sea.

"Where are you going?" shouted Margot. Margot waited for what seemed like hours for Aquala to return; and as she waited, she danced on the soft sand of the beach like a princess would dance. As she had her back to the sea doing a dancing turn, she heard a splash in the water and finished her turn to see Aquala coming up out of the water and in her hands, she was carrying a small box.

It was dark brown with gold corners and handles and a latch. It had gold beads around the top of the lid.

"Look what I brought for you, Princess Sierra Azul," grinned Aquala as she swam for the shore holding the box up in the air, "I thought that if you're a princess now, you'll need some jewelry to wear with that new dress. I found an old pirate ship that had sunk long ago, and it is full of all kinds of sparkly things. So, I brought some of them up for you. I hope you'll like them."

Aquala had reached the sandy beach by then and placed the box at Sierra Azul's feet as she danced excitedly in the sand.

Sierra Azul sat down on the opposite side of the box from Aquala and opened the latch, then slowly lifted the shiny lid.

Inside she found a white pearl necklace and some metal bracelets and a small grey colored bag that was tied shut.

Aquala smiled and said, "This is the best part! You're going to love what is inside the bag."

"What is in it?" asked Sierra Azul as she stared at the small bag in her hand.

"Open it and find out," replied Aquala. Sierra Azul pulled at the strings that held the bag shut and they came apart, then she pulled the top of the little bag apart and looked inside.

She poured out the contents of the bag into her hand and saw that there were several gold and silver old pirate coins, but the most wonderful thing was the big crystal diamond that glittered and shined in the morning sun.

"That is a Wishing Diamond, Sierra Azul," said Aquala in a strange voice, as though she were telling a great secret that should not be told at all, "It will grant wishes if you hold it in your hand and really want what you wish for. So, you must be very careful if you ever use it."

"Really?" exclaimed Sierra Azul.

"Yes, really! So be very careful with it and don't wish for silly things, like a bowl of ice cream or a bag of candy; that would be silly and would waste the diamond's power. Only wish for things that are very important to you. You know, something that you really want and will make you happy."

Sierra Azul looked at the diamond for a moment and then put it back in the bag with the old coins as she looked up at the mermaid and said, "Maybe later. I really need to think about what I might want before I make a wish."

"That's my princess!" grinned Aquala as Sierra Azul put all the things back in the box and closed it.

She picked up the box and carried it along the beach as the mermaid followed in the water.

"Where are you going?" she asked as Sierra Azul continued down the beach.

"I'm going to hide this in the pirate cave where no one will find it and I can't see it all the time. I don't want to make silly wishes."



Aquala was proud of her princess, for she was making wise decisions for one so young.

The day went on and the two friends played as they always did. Sierra Azul changed into her bathing suit, and they swam and swam in the cool sea water, having a wonderful time.

Later in the day they talked about all sorts of things.

"What's it like to be a mermaid all the time?" asked Sierra Azul, and "What do Mermaids eat? Are there Merboys? And Mermoms and Merdads?"

Aquala answered her questions as best she could and sometimes, she laughed at the question.

Aquala asked questions, too, about what humans do. They talked for what seemed like hours until it started to get dark, and Sierra Azul had to go home.

"See you tomorrow!" They called to each other as they parted.

Margot told Grandpa and Grandma about Aquala during supper that night and they listened and smiled; but didn't believe her stories. They thought that it was just a little girl's imagination and Margot knew it.

"I'll prove that Aquala is real!" she thought when she had gone to bed that night, she had a plan.

The next morning after breakfast, Margot waved as she headed for the beach, but this time she had secretly taken Grandpa's cell phone, because it had a camera in it, and she was going to take a "selfie" with her and Aquala in it. That would prove that the mermaid was real, and they would have to believe her stories.

Aquala was waiting for her when she got to the beach and Sierra Azul showed her the cell phone and explained that it had a camera in it, and she was going to take their picture with it.

They had fun taking all sorts of pictures and looking at them on the cell phone. Then Sierra Azul put the cell phone on the pebbles and left it there and went off to play with her friend in the water.

Grandpa had been looking all over the little house for his cell phone and couldn't find it.

"Do you suppose that Margot might have taken it to the beach to take pictures?" asked Grandma.

"That could be," replied Grandpa, "But I'm surprised that she didn't ask first. I'll go and check."

So, Grandpa walked down to the beach looking for Margot. He didn't find her, because she and Aquala were playing in the pirate cave further away, but he did find his cell phone and he picked it up and returned to the little house. He would talk to Margot when she finished playing later.

More and more Sierra Azul wanted to be a mermaid like her dear friend Aquala. She wanted to be able to keep up with her in the waves and out at sea. She wanted to see what it was like having a long fish-like tail and be able to stay under the water as long as she wanted.

It was too much! Sierra Azul had to know; she had to become a mermaid herself. While Aquala was hiding from her in another pirate cave, in a game of hide and seek, Sierra Azul climbed into the cave that held the box holding the crystal diamond.

She quickly undid the shiny latch and opened the box and pulled out the small grey bag that held the diamond. She quickly opened the bag and pulled out the shining diamond. She squeezed the diamond in her right hand and then, thinking that the wish might work better, she held it between both hands and made her wish to be a mermaid.

She was very disappointed that the wish didn't work until she tried to stand up to leave the pirate cave and found that she couldn't stand up. She no longer had legs, she had a long green tail, and she had a matching top, just like Aquala wore.

She was a mermaid! "At last!!!" she shouted as she pulled herself toward the water at the entrance of the



pirate cave, "I'm a mermaid!"

Aquala heard the loud shout, but couldn't understand what was said, because she was in a different pirate cave. So, thinking that her friend might be in trouble, she hurried out to see what had happened.

There in the water she saw another mermaid that looked just like Sierra Azul, splashing wildly in the water and laughing.

"Sierra Azul is that you?" shouted Aquala as she swam towards the happy mermaid.

"YES!! It's me and look, I'm a mermaid, just like you! Isn't it wonderful?"

Aquala knew what had happened and understood what her friend had done. She wanted to be a mermaid so badly that she had used the wishing diamond and turned herself into what she wanted most; now she was truly happy.

Grandpa and Grandma walked down to the beach that evening looking for their granddaughter, for she had not returned to the little house at the beach for supper as she always did.

They looked and looked but couldn't find her and sadly returned to the little house alone.

It was then that Grandpa thought of his cell phone and quickly turned to the gallery to see what pictures Margot had taken.

"Look!" he called to his wife of 57 years.

He showed her the pictures of the mermaid and the pictures of Margot and the mermaid together. They saw the pictures of them playing together on the beach and in the water.

Grandpa knew what had

happened; his granddaughter had gone off with the mermaid. If only he had believed her, if only he had believed in mermaids.

Much later as Grandpa, still looking for Margot, walked along the beach, he looked into the "pirate caves" and found the box and he took it home.

He had the pictures printed, that were in his cell phone, and he put one on the top of the dresser to always remind him what had happened to his granddaughter and that mermaids are real.

He didn't know about the crystal Wishing Diamond and what it could do, so, he left everything in the box and put it on a shelf to remind him of Margot and how much he loved her.

~ The End ~

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







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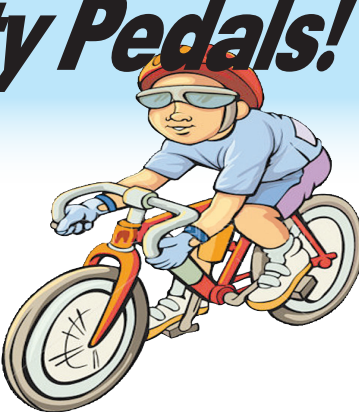
Along the way, play the Poker Run and see who has the best hand at the end of the ride. Last stop Pioneer Park. Lunch provided at the end of the tour.

Register at www.florencepioneermuseum.com • Click on the "Events" link then "Tour de Coal Town" link.

Registration: Adults \$25, Children 12 and under: \$10

The Museum will need a signed registration paper AND a signed release paper. These pages can be downloaded and mailed to: Florence Pioneer Museum, P.O. 131, Florence CO 81226

Along with registration check made out to the "Florence Pioneer Museum"





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No Kings March HUGE Success!

by Louise Peterson

The No Kings was a huge success! There were 200 in attendance both in Fairplay AND Bailey, 400 total, another record! We had a good contingent of folks from Teller, so thank you.



JOIN US JULY 17

Good Trouble Lives On

GoodTroubleLivesOn.org

Next one is Good Trouble Lives On. The resistance is strong in Park County! Join us for our next peaceful protest on July 17, 5:30-7 p.m. outside the OLD courthouse in Fairplay 418 Main (HWY 9) between 4th and 5th St. Park on side streets so we are visible.

<http://www.danesculptor.com>

Rooster in the Drive-Thru

by Peggy Badgett



Peggy Badgett painting a "barn quilt" for her old barn (above). Front cover of Peggy's book featuring her original painting (right).



THE ROOSTER in the DRIVE THRU
Tales of Life in the Midwest
PEGGY BADGETT

The Rooster in the Drive Thru (second edition, April 2025) is a whimsical story of a single mom's quest for happiness while raising three children and numerous rescued animals on a Midwest farm. It is filled with down-home adventures, original cartoons drawn by the author ("Chicken Strips"), and handwritten recipes. Peggy's book is available at Once Upon a Trapeze and BV Art and Photo, both businesses in Buena Vista, CO, Shipping Plus in Divide, CO, as well as on Amazon and Kindle.

Peggy Badgett is an artist, author, birder, hiker, mountain biker, snowboarder, paddleboarder, semi-retired pharmacist, and animal-loving adventurer. After her children flew their coop, she quit her job, sold the farm, bought

some gear, and moved to Colorado to explore, write and paint. She lives in the foothills of the Collegiate Peak range, displays her artwork in her shed (pharmgirlstudios), pens a monthly column for the Ute Country News, writes stories for her blogging website pharngirl.org, and serves on several non-profit boards in Buena Vista.

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A Look Inside the Artist

Mena Chillino, glass artist

by Mary Shell

Many artists begin their work with a vision, then apply the medium to attain the image of the vision. This process can be a bit more challenging when dealing with glass as the medium. Mena Chillino has honed this process and has become proficient in making glass art.

When did you discover you were an artist?
At a very young age, I always enjoyed drawing and painting.

What is your favorite subject?
I don't really have a favorite, I like painting people, animals, and landscape, usually combining one, two to all three subjects in much of my work.

What's your favorite medium?
Though I always liked acrylic and pastel painting, glass became my ultimate favorite three years ago.

What got you interested in glass art?
It's the excitement, the anticipation of the results, the formation that is created from melting the different sheets and crushed glass together.

What's your process in creating your art?
First, it is my imagination which is triggered by something I see or have experienced. I may take a photo or see an image in my mind of people, animals, or different landscapes. My inspiration comes from my environment or life experiences. I will draw out that idea on paper first then redraw it onto glass. If I am satisfied with my visual thoughts drawn on glass, I will proceed making it reality. I pre-make much of my glass by melting different colors of sheets and crushed glass together in the kiln at extremely high temperatures. Depending on my mind's projection, I may use a combination of premade glass, sheet glass or crushed glass. I will start building the design by cutting the pieces of colored glass to place onto a sheet of clear glass while building my painting like a puzzle. The firing process is very long and tedious. Each layer needs to be fired in the kiln before proceeding to the next layer. So, it may be fired several times per project. Once completed it becomes one solid piece of glass.

Do you do commission work?
Yes

What was your most difficult project?
It was when I was doing a wedding portrait



for a couple's anniversary with a deadline to finish. They had a specific idea while I had my own creative idea as an artist. The pressure was on. Besides the creative part in designing, time drawing the design, pre-making glass, building and placing that colored glass on clear, the process was long and tedious, and the deadline was short, especially when each several firings is approximately 48 hours in the kiln.

My journey has been characterized by the love for the natural world, domestic and wildlife animals, and the connection to the people in my life. My husband and I have two adult sons and three granddaughters. We fostered 17 children in need, some of whom I keep in touch with. They are all adults now, some have their own families or have moved on, but they all continue to have a place in my heart. I have a profound love for

animals. Over the years I have rescued many that we ended up becoming part of the family. They lived with us until they passed over the rainbow at an old age. I try to look at the positive things in life not just during the good times, but especially during the difficult times by focusing, capturing, and transforming those experiences into my artwork. Working in glass brings me such joy and keeps memories alive. Though my artwork is inspired by my own experiences in life, my hope is for others to relate and visualize their own life or dreams.

You can reach Mena at ChillinoGlassArt.com mena@chillinoglassart.com

Green Mountain Falls

Ute Pass Bronc Day Celebrates 135 years

Calling everyone who loves parades, horses, music, food, games and pie! All this and more will be at the 87th Annual Bronc Day Saturday, July 26, Green Mountain Falls. After a fun-filled day, a free barn dance featuring Tenderfoot Bluegrass will be held 6-8 p.m., at the Green Box Farmstand.

Come early for the Pancake Breakfast at Church in the Wildwood from 7:30-10 a.m. The Bronc Day parade starts at 10 a.m. The main road in GMF closes at 9:45 a.m. for the parade. Be sure to allow time to find parking and a great spot to watch the parade. Following the parade, the kids and family activities begin. All activities are free. There will be a

Bouncy House, a rubber ducky race, face-painting by Fairytale Fable Events Princesses, Professor Higgins Magic, Cool Science, Rocky Mountain Dinosaur Resource Center and much more. To cool off, Green Mountain Falls' swimming pool will open for free swims.

Everyone knows pie is the quickest way to a cowboy or cowgirl's heart so be sure to attend the Pie Contest and taste the best pies in the Ute Pass area. Want to enter your best pie? Follow this link to register your pie and find the rules and schedules. <https://www.broncdayfestival.org/pie-contest>

Bronc Day is one of the longest-running historical events in Southern Colorado. It began in

1939 to welcome cowhands, tourists and families who were coming to the Ute Pass area to rodeo, vacation or work the summer trades. It led to some fun times and Bronc Day became an annual day that people set aside to attend as part of their summer experience and family memories.

Over the years, Bronc Day has expanded with kids' games, lots of vendors selling their wares and fabulous food from our local merchants and local food trucks. You'll enjoy all this along with live entertainment, western costumes, and much more. It truly is the friendliest day in Ute Pass and the most fun event for your family to enjoy!

FMI: info@broncdayfestival.org



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New Electric Vehicle Charging Stations in Victor

Victor Main Street, in partnership with the City of Victor, is proud to announce the installation and grand opening of four new electric vehicle (EV) charging stations located at 414 West Victor Avenue, directly across from Victor City Hall. This exciting addition represents a forward-looking investment in sustainable infrastructure and supports the growing EV community in Teller County.

The two new stations include four ChargePoint Level 2 charging ports, delivering 19.2 kW per J1772 port to serve a wide variety of electric vehicles. Two of the parking spots are ADA accessible, ensuring inclusive access for all EV drivers.

“As electric vehicle adoption accelerates across Colorado, the need for reliable charging infrastructure is more important than ever — and Victor is proud to be part of that future,” said Jon Zalewski, Victor Main Street Manager. “These new stations reflect our community’s commitment to sustainability, while also encouraging tourism and providing a valuable service to residents and visitors alike.”

The project was made possible through the support of several partners, including grants from the Colorado Main Street Program, the Colorado Energy Office’s Charge Ahead Colorado Program, CC&V Mining Company, Victor Main Street, and the City of Victor. The charging stations are now open to the public and available on a free introductory basis. Usage details and pricing updates can be found through the ChargePoint mobile app.



Take a Hike!

by Tracie Bennitt
photos by Tracie Bennitt

When asked to go to a local Volksmarch, I had no idea what I was getting myself into. Held Saturday, June 7 in Florissant, the first annual “Volksmarch Walk in the Woods,” sponsored by Mountain Community Coalition (MoCoCo), was an overwhelming success. Over 100 attendees and participants had a chance to learn about topics ranging from forest health to wildlife to foraging natural plants at the 10 different stations set up on the four-mile trail. Volksmarch is German for “people’s walk.” It was a walk in the woods to encourage reconnecting with nature. The trails included a flat, safe trail for those not able to walk the more challenging trails along the route.

Checking in at the front table you were presented with a map of the hiking area showing the 10 different topics being covered in this year’s march. Setting out with high expectations, I headed down the trail through the fire mitigated area to the first learning station, Local Wildflowers, sponsored by Liz Shanks Real Estate. There I enjoyed a homemade banana muffin while visiting with Teller County Master Gardener Carolynne Forster, “Cookie Carolyn” Boshier from NoCoFlo and local realtor Liz Shanks. There was an assortment of paperwork regarding native wildflowers in the area as well as a packet of wildflower seeds to take home and plant yourself. It was also a great opportunity to catch my breath from the hike up the hill to their location!

Next, I headed to Tree Felling and Saws, sponsored by the Hitchin’ Post. At this learning station, Adam Blackwell, “Smooth” Ethan Atkinson and Taylorae Gilbert went through the safety protocols for cutting down a tree. OHLEC (objective, hazards, leans, escape route, cut plan) are the five steps for when you want to cut a tree down. Safety gear was also reviewed. The tree that was selected fell exactly where they had predicted!

Fire Mitigation, sponsored by CORE Electric, had information available for how to make the forest healthy around your home as well as making home wildfire mitigation zones. CORE and Colorado State Forest Service have printed information available on how to do this. Reducing your home’s wildfire risk is especially important in our area where past fires have ravaged our forest and our homes. It is ultimately the homeowner’s responsibility to prepare their property for wildfire to improve the chance of their home surviving a wildfire. Preparation ranges from eliminating flammable vegetation near the home to trimming lower branches of trees around the property to try to keep fires from being able to crown (when the fires climb the trees into the canopy).

Additional learning stations included Living with Wildlife where Linda Groat from CO Parks and Wildlife and a member of NoCoFlo spoke about how mitigating for fire is also good for local wildlife. Groat had a number of skulls and pelts from animals that are currently native to our area. Personally, I was surprised at how small a mountain lion skull was! I always thought their heads were much more massive!

Tree Diseases and Pests allowed Randy and Lisa Eisenhardt the opportunity to show you exactly what Pine Beetle damage looks like on your tree as well as Dwarf Mistletoe growing in the pine needles. It’s also important to know WHEN to cut down infected trees as the beetles fly June through August each summer. This can disrupt their life cycle and cause them to move to healthy trees nearby.

Andrea Schultz and Jody Rodine educated hikers on Invasive and Noxious Weeds in our area. I had no idea that the beautiful Mullein plants are considered noxious. They always were the “toilet paper” plants to me. Canada thistles and Yellow Toadflax (butter and eggs) were the two major noxious weeds I’d always viewed in the area, especially after the Hayman Fire in 2002. Unfortunately, beauty doesn’t always translate to a good plant to be growing in an area.

One of my favorite stops was the Plein Air art station. Local artist Michelle “Chef Chelle” Melville was set up with her easel painting the grandeur of Pikes Peak visible from the site. Pikes Peak Plein Air Painters has many area events that you can participate in. Reserve Our Gallery in Woodland Park has additional information on local painting opportunities. Tree Identification, Foraging, sponsored by the Iron Tree, and Home Hardening rounded out the learning stations at the hike. Plans are already being made for a second annual event next year. I’ll definitely be there!

Incorporated in December 2024, Mountain Community Coalition (MoCoCo) is the main



Pikes Peak in the distance.

501-C3 nonprofit with North Florissant Colorado (NoCoFlo) for fire mitigation on area properties, Mountain Community Services (MoCoSo), an outreach for area residents, and Florissant Live Arts, Music, Entertainment (Flame) for area artists, all under the main nonprofit. The Mission Statement of MoCoCo states that they are an inclusive community organization that is resilient, motivated, and focused on education and empowering others with opportunities and resources, to achieve a healthy and robust natural and cultural environment.

The NoFloCo Mission Statement is to assist private property owners within the Wildland Urban Interface footprint with fire mitigation, fire awareness, forest health according to the tenets of the Cohesive Strategy; to make the community safer from fire danger, improve property appearance, and have fun. The organization was just awarded the 2025 National Fire Mitigation Award. This is the highest national honor an organization can receive for outstanding work and significant program impact in wildfire preparedness and mitigation. Established in 2014, the Wild-fire Mitigation Awards are jointly sponsored by the National Association of State Foresters (NASF), the International Association of Fire Chiefs (IAFC), the National Fire Protection Association (NFPA), and the USDA Forest Service.

“Amidst ongoing challenges posed by climate change, our firefighting teams are increasingly tackling wildland-urban interface and extensive suburban fires,” stated IAFC President and Board Chair Chief Josh Waldo. “I am thrilled to extend my congratulations to Aleese Maples, Tyre Holfeltz, Aaron Johnson, Donald Moore and NoFloCo Fire Mitigation Posse, and Hawaii Wildfire Management Organization for their well-earned accolades. As we adapt to the evolving nature of wildfire incidents, this year’s awardees are at the



How to make a tree cut.



Linda Groat with animal pelts and skulls.



Basket giveaway.



Andrea Schultz and Jody Rodine with noxious weeds.

forefront, establishing innovative collaborations within government and communities to proactively diminish the impact of future wildfires.”

Information regarding community-wide home hardening and fire prevention projects, as well as to how to measure how much wire

mesh your home will need, is available at www.wildfiredefenseshield.com. If you are looking for ways to help protect your whole neighborhood from wildfires, this website offers a number of options, including wildland fire defense mesh, used to cover vents and crawl spaces, and to wrap decks and perimeter fences. NoFloCo organized a Wire Mesh Clinic held June 28 and 29, 2025. NoFloCo Fire Mitigation is purchasing coated wire mesh wholesale to provide “at cost” to the community and area residents can order from them. David Wise at WiseWorks is also available to measure your home and install the mesh. His contact information is 512-284-2251 and thatdavidwise@gmail.com.

The NoFloCo organization continues to provide mitigation services to private property owners, and the issues NoFloCo are encountering are the same issues that many are facing — the efficient and effective elimination of biomass, i.e. fuel. There has been a significant amount of mitigation efforts in our area, but the elimination of the fuel is becoming a huge problem. Not only has the group gained momentum in their efforts, but CORE Electric Association, state representatives, and Gov. Jared Polis have recognized and praised the work of the group.

Additional information on the organization and how to mitigate your property is available at www.nofloco.org or by emailing moco-co80816@gmail.com. You can also reach out to Don Moore at 719-839-0860, donmoore@nofloco.org if you have questions or want to volunteer.



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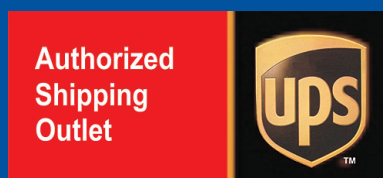


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Life-Enhancing Journeys

Strategies for dealing with bullies, manipulators and other difficult people

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

Last month's article focused on dealing with inappropriate questions and comments. After hearing numerous discussions about these topics in therapy sessions, I wanted to explore them further to better prepare you to avoid being negatively affected by their manipulation. When people attempt to portray you as the villain in their story, this article aims to help you remain calm, stand firm, and maintain your integrity.

Defining what manipulation and bullying mean is a practical first step.

Manipulators engage in a deceptive form of social pressure. A narcissist is one type of manipulator, often seeking what is commonly referred to as "narcissistic supply" (the constant need for attention, admiration, and validation that they rely on to maintain their sense of self-worth). They seek to exploit others to achieve their selfish goals. They crave praise, sympathy, and other emotional responses that boost their self-esteem. Manipulators often will exploit common social anxieties, especially the need to connect with others.

If you tend to be a "people pleaser," managing manipulative individuals can be difficult. Narcissistic individuals are experts at manipulation and often appear quite charming at first. (See UCN article July 2019). They hide their feelings of low self-esteem and inner emptiness. To those who do not know them well, they may seem extraordinarily confident, but that is merely a facade. They might share captivating stories, tell untruths, or exaggerate details to appear more attractive. Some people may exploit your fears to manipulate you. Beware! They may believe their difficulties justify mistreating you.

Bullying is different from manipulation. It involves repeated, aggressive behavior in an attempt to create a power imbalance. The intent is to inflict physical or psychological harm on another person.

Have you ever encountered people who seem determined to argue with you no matter what you say? Some bullies appear focused on inflicting emotional distress, misinterpreting your motives, and displaying aggressive or confrontational behavior. Maintaining your power and integrity is vital, especially when dealing with a narcissistic or bullying boss, a manipulative family member, or anyone who is hard to reason with. You may be talking to someone only to realize that nothing you say will sway them or enhance the situation.

During conversations, you may come across individuals who refuse to be influenced by data, facts, or research. It can be discouraging when they continue to hold onto their misunderstandings despite your best efforts to rephrase your words or adjust your approach. It is incredibly frustrating when reaching a resolution or finding common ground seems impossible. They might try to view you as their adversary. Some individuals intentionally choose a communication style that allows them to be confrontational, implying that they may be fully aware of the power their words carry. This behavior might make them feel more powerful or superior to you.

Manipulative individuals frequently use condescending or self-important comments in an attempt to undermine your character. They aim to manipulate you with hurtful comments, lies, or attempts to belittle you, while remain-

ing unconcerned about the impact. They seek immediate emotional reactions, wanting you to respond in anger. For instance, if they insult you, they expect you to retaliate with an even harsher one. If they escalate by yelling, they want you to shout back louder. Their goal is to escalate the situation, understanding that even if they may appear in an unfavorable light, it shifts the focus away from their harmful actions onto you. The point is that if they can provoke you into behaving poorly, it benefits them because it fuels the argument, often leading you to say something inappropriate. They then assert, "Aha, I knew it! I knew you were like this!" portraying themselves as victims while you, who participated in the conflict, are seen as giving the impostor what they want. They will insist, "You always treat me this way; you don't care about me." Thus, a bully's behavior is highly manipulative. Never let those who cast you as the villain win, as it empowers them. Protect your integrity and self-esteem by not allowing others' negativity to affect you.

Here are some key points:

- Avoid acting like the villain, making it harder for them to present themselves as victims. You might have felt optimistic about the relationship until their mean and deceitful side leaked out. If they make hurtful comments, avoid getting drawn into an argument. Stand up for yourself confidently and remember, you do not owe anyone an explanation. This approach helps you see your worth and maintain your dignity without letting others take advantage of you. When you notice a lack of respect, assertively say, "I refuse to accept that." "That doesn't work for me."
- Stop oversharing. It is risky to reveal too much personal information to people who are manipulators. Sharing less reduces their ability to manipulate you. Revealing too much personal information to the sly trickster can be dangerous. Sharing less limits their ability to trap you. Beware of their charm, which can inadvertently lure you into disclosing secrets. They often use your shared information to gaslight you (To cause a person to doubt their judgment, memory, or sanity using psychological manipulation), leading to confusion. A phrase like "I don't need to explain why this is important to me" can come across as forceful and self-assured. Therefore, it is wise to remain cautious and limit what you share about yourself.
- Use simple, unemotional language and tone. If you find yourself in an argument or confrontation, use phrases that can help you disarm them. Respond assertively and unemotionally to show you refuse to be victimized. Use a calm and straightforward approach, such as "I'm not going there," "I dislike your tone," or "Enough!" to shut someone down immediately. To avoid responding to an aggressor emotionally, it helps to practice the response first. A neutral sound can take away the attention and power they crave.
- Set firm boundaries. Boundaries are simple but not easy. Clearly communicate your needs and expectations. Be strong and consistent. Keep your responses short and direct, and put them in writing when possible. Avoid expressions such as "I'm sorry,"



"I think," "I might," or "I hope that's okay," as they can help the other person sense that you are still open to manipulation.

- If you choose to respond, stop and take a breath first. It can be helpful to step back rather than react in the heat of the moment. Once you have calmed down, consider saying phrases such as, "I'm unwilling to talk about that," "I am not going there," "I'm stepping away from this interaction." You also might say, "I remember it differently." If they try to draw you into an argument, make it clear that you refuse to participate. If they continue trying to intimidate you, use a phrase that helps you stay strong, such as "That is disappointing." This conveys your feelings without escalating the situation, especially when they are attempting to blame you.
- Never try to prove who is right or wrong. It is okay to feel and see a situation differently. Attempting to prove your point will give them more ammunition to use against you. Offer a statement like, "I can understand how you feel, yet I feel differently."
- Their behavior is not your fault. People who are manipulative, deceitful, and cunning can be very ruthless. Their anger or rejection will often be disproportionate to anything you may have done. Remember that none of their behavior is your fault, even if you make a mistake.

I have a family member who projects their unhappiness onto others, blaming them for their foolish choices and unfortunate failures without taking any responsibility for their decisions. Recently, I received hurtful text messages from this person after attempting to reconnect. Instead of explaining or apologizing for their accusations, I replied, "Okay," simply acknowledging their feelings. I then wrote, "I see things differently. I reached out because I care about you. I have no desire to hold a grudge or be hostile. If you decide to see me as a villain, that is your choice. I wish you well." I am glad I did not retaliate or defend myself.

I remember talking to a young girl who felt troubled because some kids were bullying her. Initially, I reminded her that bullies are

unhappy people who vent their frustrations on others. When bullies feel bad, they take it out on others because they want everyone else to feel as miserable as they do inside. I told her that everyone has inner strength and that bullies might try to make her feel weak, but she is strong. I reminded her that she has the power within her to overcome this challenge.

Bullies lose their influence when you stand your ground. I gently asked the girl if she thought she could respond with laughter to show the bully that they do not control her emotions.

Initially, she appeared uncertain. I then suggested that when a bully bothers her, she could take a deep breath and begin to laugh. After that, she could turn and walk away without saying anything. I explained that this approach frustrates bullies because they expect to elicit tears, not laughter. She smiled and inquired whether there were specific phrases she could use if she chose to respond. I offered suggestions like, "No! Stop it!" "Whatever," "Here we go again," and "I don't have time for this," before walking away. Most bullies anticipate that others will retreat instead of asserting themselves. Despite being only 10 years old, she understood the importance of finding her voice. I wrote those phrases on a card so she could remember to speak up whenever she felt the need, and I reminded her that she absolutely deserves to be treated kindly.

Always remain true to your beliefs and values, as they help you discern right from wrong. Never allow anyone to manipulate you into acting against your principles. It is crucial to stand your ground in such situations, especially when they try hard to provoke you into fighting back. True power during an interaction comes from staying calm, not from being aggressive or retaliating. True strength comes from recognizing that insults and arguments are powerless if you choose not to let them affect your life. This mindset is vital when dealing with difficult people. Protect yourself against their influence and only allow things that enhance your well-being or contribute positively to your life. Instead, focus on surrounding yourself with supportive, nurturing people who enhance your relationships and bring joy to your life.

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

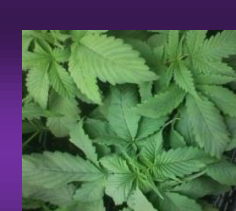
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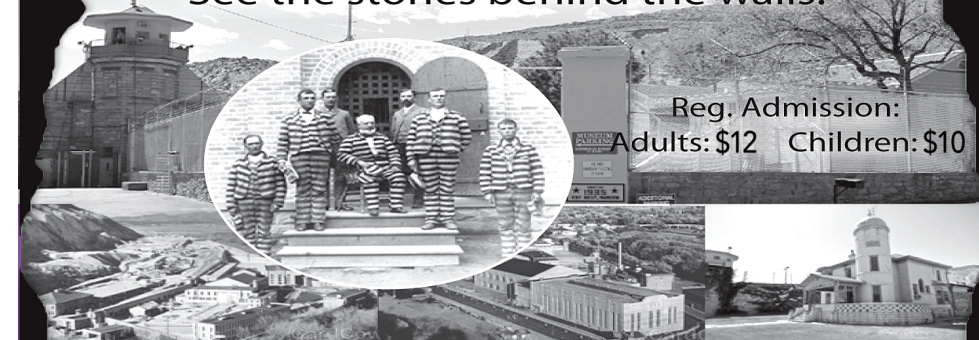


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AVAILABLE ONLINE

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

CAÑON CITY

- 19-20 The 950 Junktion 10-4 p.m. 43880 W US 50. Antiques, vintage, handcrafted and food!

LIBRARY

- 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-noon.
- 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.

CASCADE

- 19, 20 Marigene Pines Tours. Tickets available at UtePassHS.org or the Gift Shop in WP at 231 E Henrietta Ave. Wed-Sat 11-3 p.m.

COLORADO SPRINGS

- 12 Music on the Mesa. Soapdish delivers an exciting and lively show of ceaseless, high energy dance music by melding the sounds of power-pop and rock music spanning the 80s to today. 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. Voted Best Local Band Gold in 2023 and Best Local Band Bronze in 2022 by Colorado Springs voters.

CRIPPLE CREEK

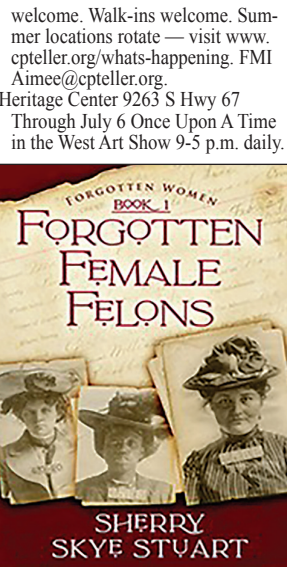
- 4-5 Gold Camp 4th of July events and fireworks, vendors, art show at Heritage Center.
- 10 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m.
- 10-13 Spay-Neuter Clinic offered by Dr. Erin Davezac, partners with Mile High Canine Rescue, Bissell Pet Foundation, Colorado Animal Rescue Express and ICHAS. Sign up via bit.ly/SIGNUP4BERGEN. Required appointment reservation fee \$20/animal. Sliding scale for dogs \$65-\$170, cats \$45-\$125. FMI Bergenspayandneuter.org.
- 12 History Talk Sherry Skye-Stuart "Forgotten Female Felons"
- 17 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.
- 19 Parks & Rec 5K/10K Poker Run/walk
- 19 History Talk Linda Womack "Bob Womack"
- 18-Aug 31 Beehive: The 60s Musical at the Butte Theater
- 25-Aug 3 Teller County Fair
- Cripple Creek Trading Museum and Colorado District & Transfer Gift Shop now open 7 days/week 10-5 p.m.

ASPEN MINE CENTER

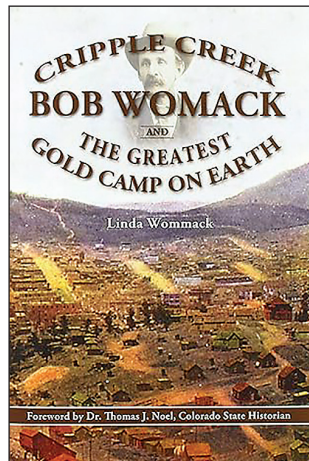
- 25 Commodities distribution 9-1 p.m.
- Mondays AM meeting 3-4 p.m. upstairs conference room.
- Tuesdays BINGO 10:30 a.m. for seniors.
- Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed, donations greatly appreciated, but not required.
- Mexican Train on Thursday 10:30a.m. All programs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

COMMUNITY PARTNERSHIP

- 23 Foam Party 10-11:30 a.m. City Park. FREE Community Luncheon 11:30-1 p.m. Aspen Mine Center. Join Community Partnership Family Resource Center for an exciting morning full of foam, fun and laughter. Afterward, walk over to AMC where CP will be providing a FREE lunch for the community. FMI Michelle@cpteller.org.
- GED Classes Mondays & Wednesdays 1-3 p.m. New students (min. age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org.
- Playgroup Fridays 9-10 a.m. No Playgroup July 4. Learn, grow, play and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playgroup is for families with children 5 years and under and their caregivers, older siblings are



12 Forgotten Female Felons lecture and book signing 10-noon. Based on facts and woven with elements of history, culture and human nature, this ground-breaking book uses never before seen original prison intake sheets and other historical documents to skillfully voice their imagined stories and to restore their dignity as women. Sherry Skye-Stuart is an award-winning author and ground-breaking historian. Her passion is to discover forgotten women in history, giving a voice to their unique stories and bringing them to light.



19 Bob Womack aka The Father of Cripple Creek discovered gold on Oct. 20, 1890 and staked his El Paso mining claim at Poverty Gulch. What he eventually ignited the greatest gold rush in Colorado's history. During Bob's lifetime, over \$250,000 worth of gold was mined from the Cripple Creek Mining District, which Womack was instrumental in establishing. Award-winning author and descendant of Bob Womack, Linda Womack tells the story of the man and gold discovery through first-hand accounts from not only Womack's quotes but other legendary figures such as Irving Howbert, Horace Bennett, Leslie Doyle Spell, and William and Ida Womack. Today over 125 years after that historic gold discovery, gold is still mined in the mining district of Cripple Creek.

DIVIDE

- 14, 28 Little Chapel Food Pantry Distribution 2-5 p.m. FMI 719-322-7610 or littlechapelfoodpantry@outlook.com
- 18 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!

FAIRPLAY

- WIZARDS OF THE PEAK 5, 12 All ages Pokemon 3-5 p.m.
- 6, 20 Amtgard Park Days 12 p.m. FREE
- 13 Amtgard Arts and Science Day 12 p.m. FREE
- 19, 26 Youth D&D and Teen D&D 4-6 p.m.
- Sundays game groups 2 p.m.
- Mondays cribbage games bi-weekly 6 p.m.
- Tuesday TTRPG 7 p.m. different each week
- Thursdays Learn to Play 6 p.m. "Smart As**"
- Friday Night Magic 7 p.m.
- Saturdays Adult PRGs 7 p.m. different each week
- Amtgard Park Days bi-weekly 12 p.m. FREE
- Boozy Board Games bi-weekly 6 p.m. FREE

FLORENCE

- 12 Reception at the Blue Spruce Gallery 5-7 p.m. The summer show has a theme of "Farms and Gardens." Entry forms available on our website www.bluespruceart.com. Cash prizes for the winners. Downtown mer-

chants will have specials during the day with a County Fair theme. The beautiful backyard patio at the Blue Spruce will be open for visiting. Blue Spruce Gallery is at 205 West Main St. FMI 719-784-1339.

JOHN C FREMONT LIBRARY 3 Our craft will be "Interrupted Art" at 2 p.m. Finish famous unfinished art pieces.

7 We will be showing a movie for adults at 2 p.m. Popcorn will be provided but bring a drink.

10 Kathy Herrin from the Cañon City Police Department will be at the library to do a presentation about "Recognizing and Preventing Scam Victimization" at 2 p.m.

11 The Cañon City Workforce will be at the library from 11-1 p.m.

14 Presenters from the Royal Gorge will be at the library to do a presentation on "History of the Royal Gorge Bridge" at 2 p.m.

18 We will be offering Bingo to people of all ages at 2 p.m. As with all of our other programs, Bingo is free. You can win prizes!

22 The Fremont County Master Gardeners will come to the library to talk about and give tips about gardening at 10 a.m.

25 Skye Stuart will be at the library for a "Behind the Scenes" and book signing for her new book at 3 p.m.

29 Kat McNeil from F&R (Fremont Adventure Recreation) will be at the library to do a presentation called "More than just a trail: the hidden power of dirt paths" at 1 p.m.

- We are still doing the Adult Summer Reading Program in July. It's very easy, we just need a name and phone number to register. Once a person is registered, any time they read a book they can put the name of the book and their name on an entry slip and be entered for prizes once a week. There is a registration prize, a prize for reading one book, a prize for reading two books and a prize for one entry winner a week.
- In August, we will be having a Puzzle Competition on Friday, August 15th at 1 PM. People may register with up to 3 friends and compete with other teams to see who can complete a 2002 piece puzzle the fastest! The fastest team will get a prize.

SWEET RADIANCE

- 19 Family Game Day! Join us to play some board games 2-4 p.m.
- 27 Silent Book Club 2-4 p.m.

FLORISSANT

- GRANGE
- 12 Pine Need 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. Text to reserve your spot.
- 26 Heritage Day! Start at the Florissant Fire Dept for their annual Pancake Breakfast, then head to the Grange for Crafters and Vendors, Quilters special sale, music, food, ice cream floats and a treasure hunt for the kids. Don't miss the fun and demonstrations at the Pikes Peak Historical Society Museum. To reserve a spot as a crafter or vendor text us.
- Grange Quilter meets Tuesdays 9-noon. We make quilts for Veterans. If you are a quilter and would like to join us, text us.
- Thursday Potluck and Music 6-8 p.m. Dancing encouraged! FMI to reserve your spot in classes 719-510-2325

LIBRARY 3 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.

9 Florissant Bookworms Book Club 10:30-12 p.m.

11 Food Crafts 11-3 p.m. Drop in after storytime for a fun food themed craft!

12 Reading Carnival 10-12 p.m. Join us for Florissant's first ever summer reading carnival! Games, prizes, face painting, cake walk, and more!

14 Romanics with Altitude Book Club 4-5:30 p.m. Read and talk about romance books with other lovers of love!

15 Read Amok Book Club themed "extinction" Bring up to 5 books within the theme to share! 11-12:30 p.m.

18 Chalk Storytime in the Park 10 a.m. Join us in the new park next to the library for a special chalk storytime!

20 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. July's theme is "sanctuary."

18 Teen Night at 5 p.m. Join us for magazine art! Dinner is provided. Ages 13-18.

22 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!

22 Tween Activity: Sharpie Tie-dye and cookie decorating! 2-4 p.m. Ages

9-12 are welcome!

• Thursdays 10-11 a.m. Homeschool Family Playgroup. Come make connections with other homeschool families!

• Tuesdays Tai Chi 10-11 a.m. Come relax with us!

• Thursdays Yarnia! 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 10 a.m. FMI 719-784-3939

GREEN MOUNTAIN FALLS

26 Ute Pass Brunch page 13.

GUFFEY

5, 12, 19, 29 Farmer's market at the Bakery 9-2 p.m.

12 Wildlife Mitigation 10-noon at SPCFPD FMI rebskillam@gmail.com

LIBRARY

1 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.

17 Watercolor Painting Basics 10 a.m. This class will give you the basics of how to paint with watercolor paints. At the end of the class there will be an assignment to create your own painting. Then in August the painting will be judged, and prizes will be given out to the winners.

23 Rocky Mountain Rural Health Outreach 11-2 p.m. Weather permitting. RMRH representatives will be offering free health screenings, sound financial medical advice, free clothing and much more.

27 Guffey Literary Society 1-3 p.m. Book choice for July is *Homecoming* by Kate Morton. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join.

FMI 719-689-9280 or Guffeylib@parkco.us.

JEFFERSON

- 5 All You Can Eat Breakfast at Jefferson Community Civic Center 7:30-11 a.m. All proceeds benefit the operation and maintenance of the historic buildings in Jefferson. Everyone is welcome!

• JCCA continues to take orders for peaches from now until the end of July. Peaches come from Palisade, CO and are available in a 9 or 18 pound box. Order blanks can be picked up at the Jefferson Real Estate Office or the Como Post Office or call Carol 719-836-1430. Peaches can be picked up Aug 9 at the Jefferson Community building 8-10 a.m. Money must accompany your order. There will be a breakfast that morning, as well.

VICTOR

- 18-20 Gold Rush Days: Pancake Breakfast to support the Victor Fire Department 7-11 a.m. Vintage Baseball games, Pack Burro Races (register at 8 a.m., race at 10 a.m.) and much more! See page 4
- 26 Under the Stars FREE concert featuring D'Lovelles 6-8 p.m. it's delightful, it's delicious, it's D'Lovelles! Blues for bohemians. Ragtime for rebels. "A savory gumbo of Fleetwood Mac meets Howlin' Wolf." Hard-swinging original Americana for dancing and carousing on Colorado's Front Range.
- Stranger Side of Victor History tours. Check our website VictorMuseum.com through Aug.
- Victor Lowell Thomas Museum now open daily 10-5 p.m.
- Victor Sunnyside Cemetery Tours Check VictorMuseum.com for schedules and information through Oct3.

WOODLAND PARK

4 Senior Center Pancake Breakfast at WP Senior Center. SE corner of Pine St and Lake Ave. 8-11 a.m. Start-off your July 4th Celebration with a BANG! All you can eat fluffy pancakes, scrambled eggs, sausage, fruit and the best biscuits and gravy around is the best bang for your dollar! Your home town seniors will be decked out in red, white and blue as they flip pancakes and scramble eggs, to be served with juice and coffee or hot tea for only \$1.0. Kids 6 and under eat for \$2. Our OPEN TO THE PUBLIC event helps to support the programs and activities of the WP Senior Center. We appreciate the support of each one of you!

12 Reserve Our Gallery's gala 6-8 p.m. featuring the theme Mountain Art. Attire is "sparkly and neat". FMI see page 10

20-21 The 19th Annual Quilt in the Aspens Show see page 4.

26 Our Lady of the Woods and St Pete's present Our Fest — Wild West of the Woods Fest 5:30 p.m. is social hour and dinner 7 p.m. at 220 South West



St. There will be BBQ buffet, games, auction, cocktails, and music. Wear your best western gear for a great night of Wild West Fun!

COMMUNITY PARTNERSHIP

1 Crossroads Co-Parenting Seminar 4:30-7:30 p.m. Teller County court approved parenting and divorce class seminar. \$35 fee. Pre-registration required. FMI Michelle@cpteller.org.

• Addition Support Wednesdays 9-4 p.m. Face It TOGETHER provides free personalized, nonjudgmental peer coaching for those impacted by addiction. 18 yr and older. Walk-ins welcome. FMI www.wefacetogether.org

• Career Center Tuesdays & Thursdays 10-3 p.m. Closed July 22 & 24. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with George@cpteller.org

• Community Garden Work & Learn Day Tuesdays & Thursdays 9-12 p.m. Meet us at Woodland Park City Hall! Hands-on gardening, helpful tips, and community connection — open to all ages and no experience required. Get involved with building, planting, watering, or to learn something new. Want to help with watering? We're looking for helping hands to keep the garden beds happy and healthy this season! FMI Michelle@cpteller.org.

• Family Café Monday-Thursday 9-4 p.m. Enjoy coffee, Free Wi-Fi, Kid's Corner, and a space for parents and caregivers in our community to connect.

• Foundation Training Innovative Exercise Program Wednesdays 7-7:45 a.m. No class July 2 & 9. 45 minutes of activation, breathing and stretching. Feel stronger and more connected with your body after one class. Bring your mat. FMI beth.foundationtraining@gmail.com

• GED Classes Mondays & Wednesdays 10-12 p.m. New students (min. age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org.

• Pearson VUE Testing Center Mondays 9:30-5:30 p.m. Schedule your certification or licensure exam at www.pearsonvue.com. Fees vary. FMI Katy@cpteller.org.

• Playgroup Tuesdays & Wednesdays 10-11:30 a.m. Learn, grow, play, and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playgroup is for families with children 5 years and under and their caregivers, older siblings are welcome. Walk-ins welcome. Summer locations rotate — visit www.cpteller.org/whats-happening. FMI Aimee@cpteller.org.

• Telehealth Location Monday-Thursday 9-4 p.m. Comfortable private rooms and equipment available for any virtual appointment including health care, therapy visits, interviews, parent-teacher conferences, and more.

• Yoga with Leah Mondays 10-11 a.m. First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org.

• Yoga with Leah Wednesdays 5-6 p.m. First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org.

• All programs at Community Partnership Family Resource Center 701 Gold Hill Place unless otherwise noted. FMI 719-686-0705.

LIBRARY 1 Woodland Park Book Club 10:30 a.m. Check our book clubs' page to see what we're reading next!

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

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

2 Evening Tarot Club at 7 p.m. Join us for an afterhours edition of tarot club! July's theme is "sanctuary."

5 Spill the Tea for Teens 10 a.m. Join us for an hour of casual hanging out and donuts!

10 Kids Bilingual Colorful Yoga 10 a.m. Join us for colorful kids yoga in Spanish and in English!

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

11 Coffee Chats 10 a.m. Join us for coffee and conversation. Meet new friends in Woodland Park!

11 LEGO Fridays 11-4 p.m. Build your own creation or build to a theme for prizes!

11 Accessible Gaming for Teens 12:30-2 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.

11 Accessible Gaming for Adults 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.

15 Bubble Storytime 10 a.m. Come for a special storytime with lots of bubbles!

15 For the Love of Writing 3-5 p.m. Come share in your love of writing with this club of those in love with the craft!

16 Celebrating Diversity 3:45 p.m. Join a community for LGBTQ+ youth and allies! Fun activities provide each month!

16 Metaphysical Book Club 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!

17 Bubble Storytime at 10 a.m. Come for a special storytime with lots of bubbles!

17 DMV to GO 10:30-2:15 p.m. DMV services at the library! By appointment only. Call July 2 & 9. 45 minutes of activation, breathing and stretching. Feel stronger and more connected with your body after one class. Bring your mat. FMI beth.foundationtraining@gmail.com

18 Mr. Kneel's Hip-Hop for kids! 10 a.m. Songs, stories, beatboxing and hip hop for kids!

19 Dinosaur Explorers with Rocky Mountain Dinosaur Resource Center 10 a.m. See and touch specimens, learn what a paleontologist does, look at fossils and learn about dinosaurs!

19 Teen Point Wars 12 p.m. Balloons and squirt guns full of paint! Wear clothes you're comfortable getting stained.

22 Art with Allison: Destination Creation 10:30 a.m. for ages 6-10. Let's use a variety of media to create a fun, one-of-a-kind self portrait of ourselves in a hot air balloon!

22 Art with Allison: Visual Art Journal and more! 2 p.m. for ages 11-15. Let's give a discarded page new life by working into it as our not-so-blank canvases! Students will explore different art journaling techniques in order to make a truly one-of-a-kind creation.

22 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.

24 Silly Songs with Beth Epley 10 a.m. Our Earth is a world of interactive art. Come celebrate our planet with songs, dance, movement and music as we giggle, wiggle and Color The Earth with Joy and Laughter.

24 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. July's theme is "sanctuary."

25 LEGO Fridays 11-4 p.m. Build your own creation or build to a theme for prizes!

26 Creative Spaces Grand Celebration 10-4 p.m. Come for snacks, drinks, demonstrations of our Studio and Makerspace, and more!

29 Intro to LGBTQIA+ with InsideOut at 4 p.m. This 90-minute training walks you through the LGBTQIA2+ acronym, defining common terms and dispelling myths and misconceptions about some of our beautiful identities. You'll also learn about proper pronoun use, and a few simple steps to best support LGBTQIA2+ people in your life and work.

• Pokemon Trading Card Game Club every Thursday 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 4:45 p.m.

• Fridays Tai Chi 10 a.m.

Save the Date — Aug 2 VINO & Notes 11-5 p.m. Memorial Park

Mueller State Park

by Anna Miller

Hikes, programs and events at Mueller State Park. Programs happen in 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.

4 Basic fly fishing 10-12 p.m. meet at Dragonfly Pond.

5 Nature trivia 7-8 p.m. meet at the Amphitheater.

6 Osborn homestead hike 9-12 p.m. meet at Black Bear TH.

6 Mining history of Colorado talk 2-3:30 p.m. meet at the Visitor Center.

6 Campfire storytime 7-8 p.m. meet at the Amphitheater.

8 Dark sky stories 8:30-9:30 p.m. meet at the Amphitheater.

10 Sketch hike 8:30-10 a.m. meet at Grouse Mountain TH.

10 Archery 10-12 p.m. meet at Dragonfly Pond Parking Lot.

10 Backpacking 101 for women 2-3 p.m. meet at the Visitor Center.

11 Basic survival for kids 2-3 p.m. meet at Camper Services.

12 Junior Rangers in the forest 11-12 p.m. meet in front of Visitor Center.

13 Forest bathing 9:30-12 p.m. meet at Outlook Ridge TH.

13 History of railroads in Colorado talk 2-3:30 p.m. meet at the Visitor Center.</

★

Farmer's Market 9-2pm

Starting July 5

★

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