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June 2025

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Vol. 17, No. 6

Welcome to Ute Country



**"A successful man is one who can
lay a firm foundation with the
bricks others have thrown at him."**

— David Brinkley

PEEK INSIDE...



**Project Healing
Waters**



**A Look Inside the Artist
Susan Marion, Watercolorist**



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On Deck

It was September 2024 when we had an extended weekend getaway to Denver. As we were at the crosswalk heading to the Molly Brown Museum, we couldn't stop laughing at the sight of these men in business suits on their scooters! I still laugh when I see it and we hope you do, too. These guys found a way to hold their briefcases while balancing on the scooters. We felt the whimsical photo and quote were an uplifting pair.

We like the idea of making the best of what life hands you and building firm foundations so well that we've got June's issue chock full of articles that match this theme. *Fitness on the Mountain* explains the foundation of weight maintenance "Calories in vs calories out." Flip Boettcher reviews the book *Healing Habits* for those seeking foundations of healing. "Project Healing Waters" is about transforming Veteran trauma into calm by fly fishing. "Donkey Derby Days" is a celebratory weekend of events with the core of the mining district as the focal point — they couldn't have done the mining without the donkeys! For anyone who may be feeling disconnected or simply seeking a solid ethical foundation, *Oyate Herbal's* "We are all related" reminds us ALL of life is interconnected.

We welcome our new Sales Representative Tracie Bennitt!

Please submit your photos of your favorite pets for Critter Corner 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

Mitakuye Oyasin, we are all related!

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



WE
ARE
ALL
RELATED

Han (Greetings!)
Welcome to Wójuپی Wi — Moon When the Leaves are Green.

Everything is getting so beautiful and green, and I don't know about you, but I'm loving it. I get to let my horses out to graze and watch as they frolic around the property, so excited to eat the fresh new green grass, running from patch to patch like little fillies (even though they are old ladies in their twenties). It also makes me take a step back and remember and think, what can I learn from these majestic animals? What can we learn from all our four-legged relatives? Maybe ask yourself what lessons or messages they are bringing as you go about your day and notice them in their natural surroundings. I am so blessed to live in the beautiful mountains, and I encounter many of our four-legged relatives daily. It might be deer or elk on the side of the road, coyote, rabbit or fox crossing the field, groundhogs, badgers and even the tiny field mouse. They all play a significant part in our world, culture and society.

As Lakota people, we believe that all living beings are interconnected, forming a harmonious web where respect, reciprocity, and reverence create a profound bond between humans, the natural world, and the animal kingdom. In essence, Lakota spirituality recognizes the sacred relationship between humans, nature, and animals. This spiritual connection manifests deep respect for the environment, reverence for animals, and the understanding of the interconnectedness of all living beings. We strive to live in harmony with the natural world, honoring the gifts it provides and seeking to preserve its beauty and bounty for future generations. Affirming the phase, Mitakuye Oyasin "all my relations".

This is also a time when we start to prepare for our sacred ceremonies, (specifically the Sundance for me) and make the fresh medicines that we will be using during those times and throughout the year. The indigenous cultures all over the world understood how to harvest plant medicine in a way to not take away from our mother earth and help to replenish those plants for future gathering. But unfortunately, there have been many people who do not understand or just do not respect this, and we are starting to lose many of these sacred plants. So, with this being said, I humbly ask you, if you're going to go harvesting or "wildcrafting" for plants and herbs, please do so in a respectful and responsible way. If you are not sure how to do this, then educate yourself prior to doing so. I am more than willing to guide you through the traditional process.

Our sacred ceremonies were given to us in the distant past by the White Buffalo Calf Woman, who arrived at a time when we had lost the connection to Wakháñ Thánka the Great Spirit and, so, we lost balance. The seven sacred rites restored that balance and, White Buffalo Calf Woman told us we would maintain the balance for us and all people, if the rituals were observed regularly.

As legend states, long ago, the Sacred White Buffalo Calf Woman came to Earth and gave the Lakota people a Sacred Pipe

In essence, Lakota spirituality recognizes the sacred relationship between humans, nature, and animals.

(Chanunpa) and a small round stone. These gifts would be used for the Seven Lakota Rites. After presenting the gifts and teachings, the Sacred White Buffalo Calf Woman left the people saying, "There will be four ages, and I will look in on you once each age. At the end of the four ages, I will return." As she left, she changed from a beautiful woman into a black buffalo. Her coat then changed to red, and then to yellow, until finally changing to white. She then disappeared into the clouds.

The bowl of the pipe she gave the people was made of red stone, representing the Earth. A buffalo head was carved on the pipe, symbolizing all the four-legged animals that roam the earth. The pipe's stem was made of wood, representing nature. Twelve eagle feathers hung from the place where the bowl joined the stem; this symbolized all the birds. The round stone was made from the same red earth as the pipe and had seven circles on it, representing the seven rites. When a Lakota person smokes a sacred pipe (Chanunpa), his or her voice and prayers is sent to Wakháñ Thánka the Great Spirit.

The seven sacred rites are:

- **Inipi** — Rite of Purification
- **Hanbléchéyapi** — Crying for a Vision
- **Wiwáyang Wáchipi** — Sundance
- **Huŋkálowagpi** — Making of Relatives

- **Iśnáthi Awíchalowagpi** — A Girl's Coming of Age
- **Wanági Yuhápi** — Keeping of the Soul
- **Thápa Wanjákeyapi** — Throwing of the Ball

As I mentioned above, The Wiwanyag Wacipi (Sundance) is the ceremony that most of the Lakota are preparing for at this time. Many of us are also doing Hanbleceya (Crying for a Vision), also known as vision quest to prepare for the Sundance. The Inipi and Chanunpa ceremony is also performed during most of the Lakota ceremonies.

This is also a time when the local farmers' markets are starting up. Fresh, chemical free fruits, vegetables and herbs are so important to our bodies and a healthy way of living. I really appreciate the hard work that goes into growing and caring for these much-needed essential foods. You can purchase many starter fruits, vegetables and herbal plants to grow on your own, either in your garden or greenhouse. This is a great way to take pressure off the "wildcrafting" of the native plants and herbs you might be needing. Oyate Herbals always participates at the Woodland Park Farmers Market on Fridays 8-1 p.m. We carry a large variety of bulk herbs, along with herbal tinctures and teas that also might fit your needs. We offer a huge selection of herbal bath and body products, essential oils and free personal consultations. Let the experts do the work for you so you know that what you're getting is chemical free and harvested responsibly. Look forward to seeing all your smiling faces this summer!

Anpetu Waste Mitakuye Oyate". (Good day relatives)

Many Blessings and May you walk in balance.

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

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Snitching Lay 7th Anniversary

by Flip Boettcher



Snitching Lady owners Thomas Williams and dad Richard Williams.

The Snitching Lady Distillery, a small batch distillery, is located at 500 on Fairplay's historic Front Street and will be celebrating their 7th anniversary and summer kick-off party June 14 from 1-10 p.m. There will be new summer cocktails, giveaways and live music. The band, award-winning, bluegrass band Moonstone Quill, will start at 5 p.m.

Owner Thomas Williams opened the Snitching Lady Distillery in 2018 at 526A Front Street but quickly outgrew the space and moved to his present location in 2019. The building William's purchased was one of the first Fairplay banks, built in the late 1800s, on the main town thoroughfare and business district, Front Street. The old bank vault and safe are still in the building, integrated into the distillery's tasting room.

In 2020, the Snitching Lady won first place for best American corn whiskey at the World Wide Whiskey Awards for their buttons blue corn whiskey aged at 11,600 feet on the side of Mount Sherman, according to Williams. They also won runner-up for the world's best corn whiskey in London. This was not an accident.

Williams does all the distilling on site behind the tasting room using old-time distilling techniques. He uses copper-pot stills that he has handcrafted and welded himself.

The still consists of a vessel, the copper pot, in which a liquid is heated and vaporized, and a cooling device or coil for condensing the vapor back into a liquid. They fire the stills with an open flame and distill each batch up to two times, said Williams.

There is more to making whiskey than meets the eye. Everything Williams has learned about distilling he learned from his father and grandfather, he said. It's a Williams' family tradition.

The first step is making the malt and Williams has created a malting floor in the back

room. Williams takes their white rye, barley and wheat and sprouts the grain. The sprouted grains are then evenly spread out on a sterile floor to dry and then ground down to a flour-like texture.

The next step is making the mash. The grain is added to warm water and agitated for up to six hours. The enzyme amylase converts the starch in the grain to sugar. Once the starch is converted to sugar, the mash is transferred to the fermenter and cultured yeast is added.

The open top fermenter breathes the fresh Fairplay mountain air, adding to the product, said Williams. Once finished fermenting, the mash is loaded into the copper pot for distilling.

The name Snitching Lady comes from a woman who really did turn him in for making moonshine in the woods, which is apparently true. Moonshine is illicitly distilled liquor, especially corn liquor. The Snitching Lady Distillery does have a liquor license and everything is legal nowadays.

Williams said that they make an amazing variety of spirits all from local Colorado grains including blue corn whiskey, rye whiskey, wheat whiskey, their signature 3-grain bourbon, and seasonal brandies from any type of local fruit and honey they are lucky enough to get.

All the distilled alcohol is barreled for a minimum of one year at 11,600 feet. "Amongst the open air, it's truly a unique taste from something that's this high in altitude," stated Williams. Williams co-owns the business with his father Richard.

The Snitching Lady Distillery's tasting room is open Monday-Thursday 1-9 p.m., Friday and Saturday 1-10 p.m., and Sunday 12-8 p.m. Give a call at 719-838-4224 or visit www.snitchingladydistillery.com and come in and sample their unique high altitude spirits.

Follow up on Food!

The Divide Post Office collected 366 pounds of food on their annual Letter Carrier Food Drive of May 10, 2025. The food was taken to the Little Chapel Food Pantry in Divide. Postmaster Cori Freed thanks you for your participation. It wouldn't be possible without you!

Visit with Ghosts of the Past

Victor Sunnyside Cemetery

by Ruth Zalewski

This event is sponsored by the Victor Lowell Thomas Museum and will be held at 10 a.m. on select Saturdays from June through October, weather allowing. Check VictorMuseum.com for schedules and information.

Local historian Alicia Harrington will guide you through the cemetery telling stories of grave robbers, insurance fraud, and unusual characters. Meet just outside the gate in Pauper's Field by 10 a.m. You can also purchase tickets at the museum ahead of the event. Advance reservations are encouraged and

can be made at VictorMuseum.com. Tickets at the gate are by cash only. Tickets are \$15 for a single ticket and \$12.50 per additional ticket.

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

FMI, visit VictorMuseum.com, email tours@victormuseum.com or call 719-689-5509.

Project Healing Waters

by Flip Boettcher

photos courtesy of Justin Park, PHW Colorado Alpine Program

Twenty years and going strong: Project Healing Waters (PHW) started in 2005 serving wounded service members who were returning from combat in Iran and Afghanistan at Walter Reed Medical Center in Washington, DC. The mission of "Healing America's Veterans through the Therapeutic Art of Fly Fishing" has been very successful and expanded nationwide to 48 states. Just in 2024 alone, PHW has helped 6,820 participants.

The mostly volunteer PHW helps active duty personnel and veterans with a program of fly fishing, fly casting, fly tying and fly rod building and is a leading non-profit in therapeutic outdoor recreation. The healing powers of nature and the outdoors are well documented.

The camaraderie, connectedness and community found in PHW along with the mostly one-on-one ratio between veteran and volunteer contribute to an increased sense of belonging, resilience, well-being and post traumatic growth, according to Mike Anderson, PHW volunteer.

The local program of PHW, Colorado Alpine, which started four years ago and is headed by volunteer Chris Benson, serves veterans of the Colorado high country counties, loosely represented by Eagle, Park, Summit, Lake, Grand, Chaffee and Routt and their surrounding areas, on their physical and emotional healing journey.

Colorado Alpine recently had their first PHW event of the summer on May 24 at the Hartsel Ranch, just outside of Hartsel, on their private waters on the Platte River.

Anderson was the volunteer event leader with his assistant leader Justin Park, who was also taking photographs. Anderson has volunteered with PHW for two years and this is his first time as an event leader.

Event leaders work with property owners to secure site access, coordinating mentors, making sure everyone has proper gear, directions, ride, lunch, water, sunscreen, etc.

There were four veterans — Ty Drake, Beverly Drake, Jeff Proctor and Paul Petro — and four mentors — Rick Rusch, Richard Jordan, Dave Powell and Kevin Geiger — for

that one-on-one ratio. The mentors are all experienced fly anglers and for this event, the veterans had no fly fishing experience. Sometimes participants have experience fly fishing and sometimes not. Mentors are picked depending on the needs of the participants, said Anderson.

Rick Rusch, the mentor I spoke to, started fly fishing when he was 30 years old and he is now in his 70s and has been at PHW for two years. The participant I talked to, Jeff Proctor from Dillon, CO, said he has always wanted to learn about fly fishing.

PHW supplies all the equipment and gear for participants and mentors. There is no cost to the veterans.

Just being out in the fresh air and sunshine with the sound of the water going by was stress-reducing, soothing, calming and was very therapeutic, I found. Each of the participants caught at least one fish before lunch.

The participants were fishing for planted, farm raised trout — rainbow, brown and hybrid cutbows (cutthroat and rainbow). Since there were private waters, it was catch and release; the barbs were taken off the hooks to make that easier and the fish were kept wet during the release process to stress them less. Also, Anderson monitored the water temperature. At greater than 68 degrees, the group would stop fishing because the trout get stressed, said Anderson.

Even though this PHW event was on private land, Anderson said the participants were asked to have a fishing license in case they went on to public land to fish. Actually, disabled Colorado veterans can get a lifetime free fishing license in Colorado.

As program lead for Colorado Alpine PHW, Benson recruits mentors, networks with other veteran groups to make sure our local veterans are aware of PHW, works on fundraising and relations with local fly shops and property owners. Funding comes from national funding from PHW, local fundraising (especially the Breckenridge Fly Fishing Film Tour) and donations.

One of the biggest challenges is getting the word out to local veterans about PHW and events, said Benson. The participants in the



The Project Healing Waters group at the May 24 Hartsel Ranch fly fishing event (above). Beverly Drake with her first fish (below).

Hartsel Ranch event heard about it at a Summit County Veterans Meeting where PHW had an information table set up, said Benson.

Colorado Alpine PHW has one all-volunteer event per month, and they also hire different shops to take veterans on float or wade trips once a month. According to Anderson, they should have 10 events over the summer including their first out-of-state, overnight event.

Colorado Alpine PHW's next event will be June 14 from 7-12 p.m. at Antero Reservoir and there will be space for six participants. Interested veterans can contact Benson at: chris.benson@projecthealingwaters.org to register as veteran participants with PHW. You can also follow them on Facebook: PHWFFAlpine.CO or on Instagram: phwcoloradoalpine.

It used to be that a veteran had to go through the VA to get a disability rating to participate in PHW, but not anymore, said Benson.

Any veteran interested in PHW or if you



know veteran who would be interested, please contact Chris Benson. One can get more information on PHW from their website: www.projecthealingwaters.org.

Colorado Alpine PHW is very grateful to the Hartsel Ranch for providing them with such a great venue and the exclusive use of their private waters for their first event of the summer.



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Summer at the District Museum

by Jeanne Gripp, Cripple Creek District Museum Archivist

Summer is upon us, and many folks are making plans for various activities. Be sure to include the Cripple Creek District Museum in those plans!

During the quiet winter months, the employees at the District Museum are busy creating new exhibits, improving signage, and freshening existing displays with newly arrived artifacts. This past winter was no different.

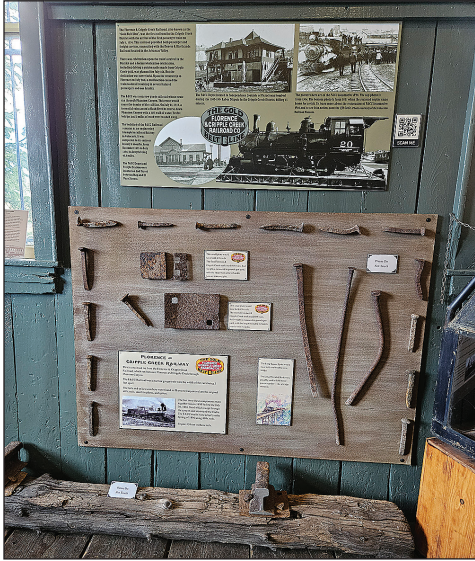
The District Museum has five buildings brimming with historical artifacts, photographs, and information. Even the buildings are artifacts. The main Museum is housed in what was once the Midland Terminal Railway Depot. The third floor was once the living quarters for the Stationmaster and today that floor is arranged as if someone lived there. The Parlor is home to a variety of musical instruments. A person can almost hear the piano or fiddle.

A new exhibit about one of Cripple Creek's more famous millionaires, Winfield Scott Stratton, showcases many of Stratton's personal items. The Assay Office has a new look — reorganized with new signage explaining many of the mining artifacts and a most unique phone booth. A double-walled phone booth. This double-wall design gave a person privacy while making a phone call — an important detail when phoning home to tell about a big gold discovery. The Museum's Train Room saw many Florence & Cripple Creek Railroad artifacts reunited over the past winter. A railroad tie, tie plates, and spikes were brought together for the first time since the 1895 flood which swept through Phantom Canyon. These items are currently on display. But not all of the artifacts are about mining.



Winfield Scott Stratton display.

There is a room dedicated to the theaters and other forms of entertainment which could be found in the Cripple Creek District during its heyday. See an elephant walking along Myers Avenue. Or marvel at the oil painting dated



Florence & Cripple Creek Railroad display.

from 1896. Cripple Creek's ranching roots are also represented. A custom saddle made by William Ardell, a Cripple Creek saddle and harness maker, made its way back home a few years ago. Now there is a set of chaps on display to keep company with the saddle. These chaps belonged to a true cowboy who was born and raised in Cripple Creek after the turn of the last century.

Returning for another year is the Mysteries at the District Museum. This is a scavenger hunt style game where the participants find answers to questions and then enter their answer sheets into a drawing to win a gold nugget. There will be three gold nuggets given away by the end of the summer season.

The District Museum's gift shop, the Colorado Trading & Transfer Gift Shop, is housed in a building by the same name. That building is the oldest wood structure in Cripple Creek. The gift shop offers something for everyone — unique jewelry, lotions and soaps, candles, packs and purses, t-shirts, rocks, and books about the region.

We can't forget the Train Car! Located next door to the main museum, this is great place to find information, buy a book or two, or simply take in the luxury and ambience of a restored train passenger car. While you're there, try on some vintage clothes and get your picture taken using the black and white filter on your phone. Guaranteed to look like you are ready to step off the train into bustling 1900 era Cripple Creek. What a memento to take home!

Both the Cripple Creek District Museum and the Colorado Trading & Transfer Gift Shop are open seven days a week, 10-5 p.m. Got a question? Call us at 719-689-9540 or drop us an email at ccdm1953@gmail.com. Check out our website, www.cripplecreek-museum.com and be sure to Follow Us on Facebook.

Stranger Side of Victor History

by Ruth Zalewski

Walk along with local historian Alicia Harrington on a tour of downtown Victor, highlighting some of the stranger, little known history of the town — from the Labor Wars to gunfights and shootouts and more. In addition, learn about the historic buildings that line the streets, and discover stories about some of the town's citizens.

This event is sponsored by the Victor Lowell Thomas Museum. Check VictorMuseum.com for schedules and to make online reservations. Tours will be the select Saturdays at 3 p.m. June-August. Tickets are \$15 for a single ticket and \$12.50 per additional ticket.

Be sure to dress appropriately for mountain weather (which can include wind, cold temperatures, snow, and rain), wear good hiking shoes or boots, and bring water and sunscreen. See VictorMuseum.com for schedule and more information.

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by Ark Valley Humane Society

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A special home is needed for 11-year-old senior cat, Obie. Obie came to Ark-Valley Humane Society a few months ago after his owner sadly passed away. Since arriving at the shelter, he has been very timid and hides in the more private area of his kennel. There are protocols in place at AVHS to help shy cats feel more comfortable with people and their environment. Despite many different techniques and hard work from the staff and volunteers, Obie has continued to be very reserved. Perhaps he is still grieving. He hasn't hissed or scratched at anyone and will tolerate being handled. Obie may be able to warm up with his adopters after a long period of time in a home. However, he might always be a shy cat. Obie is looking for a quiet home that is willing to accept him for who he is. Senior cats have waived adoption fees as finding a loving home for a senior cat is priceless! AVHS would love to find a patient and caring home for Obie to live out his golden years.

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



Life-Enhancing Journeys

Handling inappropriate questions and comments

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

Did you really just ask that? Have you ever been asked a question or heard a comment that seemed so personal it felt humiliating? Shock and disbelief are typical reactions when faced with an inappropriate question or a demeaning remark. When this happened to me, my heart instinctively started racing even before I fully grasped the question. This was my body reacting as though I were in danger. This involuntary response would be triggered before my mind could even realize what was being asked.

You have likely encountered probing questions such as: "Why are you still single?" "Why have you never had children?" "How much did that cost?" "Are you pregnant?" These questions can seem insensitive and are often none of the asker's business. It is understandable to feel flustered and struggle to come up with an appropriate response.

When you are stunned by a question, how do you usually respond? Do you remain silent or strike back? Whether to answer these questions is your choice. This article will provide information and tools for addressing intrusive questions and comments, enabling you to steer the conversation on your own terms when interacting with family, colleagues, friends, and acquaintances.

Confronting awkward questions can be difficult because your body will react as if it is facing a threat. Being asked an inappropriate, personal question can be uncomfortable, whether at a family gathering, in the office, or among friends. The individual asking for your personal information might mean well, but their inquiry can catch you off guard, potentially causing feelings of shame or embarrassment.

Telling the asker to mind their own business may seem like a good comeback in the moment, however, it is not always the best response. As can happen, your discomfort can lead to a sarcastic or snarky retort, so it is essential to calm yourself so that your body's survival instincts (like a racing heart or a knot in the stomach) do not overwhelm you. Composing yourself first will enable you to think or problem-solve, which becomes impossible if your brain remains stuck in survival mode. Pause and take a moment to breathe deeply (See articles on Breathing in UCN Sept - Oct 2022). This technique helps you stay present and protects you from past influences that you might not realize are still affecting you. Using bilateral movement, like tapping fingers or toes from left to right or side to side (walking or playing the drums are examples of bilateral movement), helps keep the brain engaged instead of shutting down.

Here is information and some responses that might help you handle situations such as these.

- Evaluate the other person's intentions.** Consider giving the asker the benefit of the doubt. Occasionally, people may ask personal questions out of boredom, curiosity, or even a fondness for drama or gossip. They might not fully understand that their inquiries can come off as intrusive. By understanding their reasoning, you can make a thoughtful choice about whether to respond, politely refuse, or walk away. Be honest and take a moment to reflect on your feelings about what you heard before you respond. You might ask, "Is there something about yourself that relates to this question?" Avoid responding solely for politeness (which can occur, especially with relatives or superiors), or out of guilt or pressure. These situations can be detrimental to your well-being.
- Stunned silence.** Feeling unsure about what to say? Sometimes, it is okay to say nothing at all. Just allowing the question to linger can be surprisingly effective. After taking a moment, you might consider expressing your disbelief or surprise with a facial expression to gently convey that the question might have been inappropriate. Oftentimes, this alone can do the trick. If you need to be more assertive, you can ask gentle questions like "What is your intention for asking me that?" or "What makes you want to know?" These can help clarify the situation while keeping the mood light. Ultimately, depending on who you are dealing with, you might find that a softer approach is the way to go.
- Choosing silence** can signal your point of view, like raising a hand to say, "No, I will not accept that." Never justify or defend your silence. Just because a question is asked does not mean it requires an answer. You can choose to respond, remain silent, or

walk away. It is easy to feel pressured to reply merely because a question was posed. If it feels inappropriate, you have every right to choose otherwise. It is about respecting your own needs and mental well-being by firmly saying, "You know what? No, I am not going to respond to that." Silence can prompt reflection, making them think, "Oh, that did not come out right at all." You can express everything through nonverbal cues without saying a

word. When faced with inappropriate questions, a look that subtly asks, "Did you really just say that?" communicates, "Is a response even necessary?"

- Use friendly humor to diffuse tension.** Use statements like, "I prefer to keep a bit of mystery," or "That is between me and myself." This may mean offering a light chuckle at the question or a friendly but teasing reply like, "Did you really just ask me that?" This creates a light-hearted atmosphere while signaling that you will not share certain information.
- Everyone makes mistakes.** Everyone occasionally makes inappropriate comments. This is often called "putting your foot in your mouth," when someone says something unintended and is surprised by their own words. They might think, "Oh my goodness, did I just say that?" wishing they could take it back. Inappropriate comments do not always indicate bad intentions. Some people may hurt others with an embarrassing question, but that does not define them as cruel. They might be having a rough day or just need help recognizing their mistakes.
- Ask them a question.** Consider asking a follow-up question instead of jumping straight to an answer. Sometimes, people may need help reflecting on their true intentions. You might ask them, "What is your point?" or "What do you mean by asking that?" After an inappropriate remark, they often respond with, "Oh, well, I meant..." in an attempt to clarify their reasoning. Alternatively, you could inquire, "What makes you curious about this?" Such questions can help uncover the motive behind their inquiry. If the response feels evasive, try some light-hearted banter like, "I'm keeping this private..." it is just for me." This shows that you prefer to keep some personal matters to yourself and promote a friendlier atmosphere while maintaining privacy.
- Avoid asking the question, "Why?"** Questions like "Why do you want to know?" can seem offensive. Instead, try asking, "What makes you ask? Or What is behind that question?" This language is friendlier and less likely to provoke defensiveness, indicating that their question was likely innocent. Using "what," "when," or "how" instead of "why" opens a more agreeable dialogue without assumptions about their intent. Be sure to maintain an approachable and inquisitive tone, rather than sounding irritated or angry.
- Take a Breath.** Take a deep breath and pause before responding. This may seem simple, but it serves two valuable purposes. It helps calm you and gives you a few extra moments to decide how to reply. This can aid in gathering your thoughts and responding respectfully.
- Avoid nervous laughter.** Redirect nervous laughter into a more thoughtful response,

then take a moment to focus on your breath. Instead of laughing it off, embrace the silence, which can help if you feel uncomfortable. When you feel tense, take a moment to breathe deeply and ease any agitation in your body first; then you can choose your words more thoughtfully.

- Navigating awkward situations at work.** You may find yourself in a difficult situation at work where you spend a significant amount of time together. Being close to colleagues can encourage people to ask questions or

share personal thoughts they typically keep private. Implying that you have a usual way of acting can be an effective strategy if you are confronted with uneasy inquiries. You could use phrases like "I keep that private... I do not discuss that..." That

is something I only talk about with my partner." Discussing your standard practices might relieve the tension. This approach helps the other person see it as just a part of your usual behavior, rather than feeling like they are being singled out. This clarifies that it is not about being disrespectful for asking inappropriate questions, but rather about establishing personal boundaries regarding shared information.

It may help to clarify what you find concerning about their question. They might reply, "Oh, I'm so sorry," suggesting they are reconsidering the appropriateness of their inquiry. Ideally, they would acknowledge their actions and express regret. If inappropriate comments persist, think about reporting the behavior to Human Resources as unacceptable.

- Keep it simple.** If you prefer not to answer, use straightforward language like: "I am uncomfortable discussing that" or "I would rather not talk about it." Avoid comments like "That is rude" or "That is offensive" to prevent escalation. If someone persists, you can disengage and walk away. Everyone has a right to privacy; share what you want and withhold what you do not wish to disclose. Never let anyone pressure you into anything against your will.

In summary, take a moment to reflect on your thoughts, values, and principles. Remember that comments and questions are neither good nor bad; their interpretation relies on your viewpoint. Most of the time, people ask questions without any harmful intent. Usually, an individual is unaware that their inquiry is insensitive or can be interpreted as disrespectful. If a comment or question triggers you, attempt to view it within the larger context of the discussion. Avoid jumping to conclusions about someone's character based solely on their questions or remarks.

Handling inappropriate questions or comments can be difficult; however, effectively addressing these situations can positively influence your life. Preparing and rehearsing your responses can enhance your confidence and help maintain your self-respect during tough interactions. This strategy can create the opportunity for healthier relationships and better communication.

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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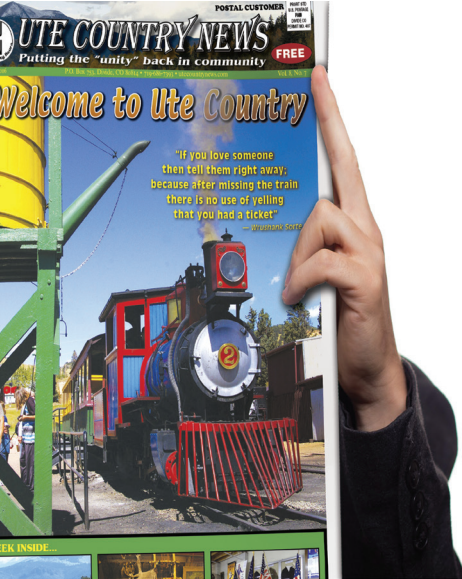
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Donkey Derby Days!

The 94th annual Donkey Derby Days will be held on June 27, 28 and 29. Wild Blue Country from the United States Air Force is the headliner band on Friday evening. The Flying W Wranglers will entertain on Saturday afternoon, along with other outstanding bands all weekend long. A tremendous patriotic parade kicks off Saturday festivities, which includes two days of burro races up Bennett Avenue, along with a variety of vendors, beer gardens, food trucks and an expanded Kids' Zone.

Save the date of October 4-5 for Fall Fest, more information coming soon!

None of this happens without donations, sponsors and volunteers. To learn more about the Cripple Creek Donkeys, please visit our website <https://cripplecreekdonkeys.com> and Facebook @CCDonkeys and in Instagram: @ccdonkeysofficial and on TikTok @ccdonkeysofficial.

Two Mile High Club, a 501(c)(3), operates on donations from Colorado businesses, club memberships, individual and family sponsorships, and grants. Donkey Derby Days is its largest fundraiser of the year and helps to provide money for vet care, food, and shelter at approximately \$2,500 per donkey annually. Club volunteers work tirelessly to care for this herd of donkeys 365 days a year, rain or shine, sleet or snow.

The next goal of the TMHC is to build a new barn for the herd. The current barn shows its age and needs replacing and upgrading. The new facility will feature a storage room for merchandise, stalls for individual donkey care, a large pen inside the barn for the whole herd to get out of the elements, an office to keep all health records, a clean/vet room to perform necessary care the donkeys needs onsite and a lean-to off the new barn for a new group feeding area. The Club cares for several senior donkeys that require more care and at-

tention, and a new barn is just what they need. For us to provide the care they need, please consider partnering with us to build a new barn to give these precious "beasts of burden" the life they deserve.

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Uncomfortable with where our country is headed? You are not alone!

In America, we don't put up with would-be kings. NO KINGS is a national day of action and mass mobilization in response to increasing authoritarian excesses and corruption from Trump and his allies. We've watched as they've cracked down on free speech, detained people for their political views, threatened to deport American citizens, and defied the courts. They've done this all while continuing to serve and enrich their billionaire allies. EVERYONE is welcome to join Park County Democrats on Flag Day, June 14 in Fairplay 12-1:30 p.m. We gather along Highway 9 between 4th and 5th Streets. Please park your vehicle on a side street instead of on Highway 9.

Join us afterwards at Highside Brewing (411 US Hwy 285) for a brew, some food and social time.

You can bring your own sign or use one we have prepared. The sign should be easy to read with few words as most who see it will be driving — safety first! This is a peaceful protest. We stay on the sidewalk and respect others. We wish to continue to receive waves from the local police department and are thankful for their watchful eyes.

The April protest had up to 78 in attendance and the May protest had up to 66. Let's all show up for June!

ParkDems.org or email chair@parkdems.org.

Adopt Me by SLV Animal Welfare Society

Gucci

Gucci is a 10-month-old Australian Cattle Dog (heeler) who is spayed, current on all vaccines and microchipped. She came to us after being found emaciated on a farm. Gucci is very affectionate and loves attention! She gets along with other dogs, but demonstrates food aggression due to the emaciated state she was found in. To cope with food guarding, the shelter feeds Gucci separately and makes sure that no other dogs have treats when in the same area as Gucci. This breed needs lots of exercise and cognitive stimulation. Potential adopters must remember that her breed was trained to herd animals, so she may nip at your heels in an attempt to "herd" you. This is NOT a sign of aggression! She simply thinks she knows best and is letting you know where she wants you to go. Adoption events schedule is posted on our website www.slvaws.org.

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



A Look Inside the Artist Susan Marion, Watercolorist

by Mary Shell

I admire watercolorists for their ability to create art with such an elusive medium. Watercolors are unpredictable...too much water and you lose shapes; too little water and you have a solid color. Susan's work is clearly a result of being fearless and beautifully executed.

How long have you been creating art?

I've created art from a very young age, dubbed the "artistic kid" in my family early on. In a high school art class, I discovered my love of watercolors and have painted exclusively in that medium ever since. Even when I worked full-time in my careers, I always painted for friends and occasionally exhibited. For the past 15 years, as my work life evolved to part-time, then retirement, I've had the opportunity to paint, show, and sell my artwork more extensively. These days, I'm able to paint nearly every day!

What's your favorite subject?

Close-ups of flowers have been a longtime favorite, as have wildlife and southwestern-themed subjects. Also, I'm drawn to painting dancers, especially Native American powwow dancers. To make a good painting, I have to have some kind of emotional attachment to my subject, and work only with reference photos that I've taken myself.

Have you tried other mediums?

Only briefly — I've tried acrylic, then oils, then making collages with pieces cut out of old paintings of mine. The collages were kind of fun, but nothing is as natural and enjoyable for me as watercolor on paper.

Who inspires you?

My flower close-ups were originally inspired by Georgia O'Keefe. Currently, no artists inspire my style, and I haven't studied with any contemporary artists although I admire many of them. My bachelor's degree in advertising art/graphic design included some fine art courses, but when it comes to my painting, I'm pretty much self-taught.

What is it about watercolors that you like?

I like the fluidity — the tactile feeling of moving water around on the paper so that it interacts with the pigment, air, and my brush strokes, in a manner that can be very spontaneous — or, more controlled. Recently, I've been working to master transparent watercolor techniques like "glazing" — building up multiple layers of thin, see-through paint after previous layers have dried. I love how this technique lets me refine and deepen the value and hue of the colors as the painting progresses. Transparent watercolor is challenging (no white or opaque paint is used) but creates rich, deep colors.

What's the future for you?

Just more of what I love — work towards mastery of my medium, having fun doing so, and discovering good places to show my work. I'm always entering various regional and national watercolor competitions, and look forward to being juried in, and maybe even some awards this year.

Do you find watercolors difficult to work with?

Everybody asks me "You paint in watercolor? That's so hard!" My answer is "Yes, even after decades of practice!" My advice to my beginner artist friends is to invest in higher quality materials, which makes watercolor easier. The very thing I love about watercolors — the often-unpredictable interactions of water, paint and paper — is also what makes it challenging. Painting in watercolor requires lots of mindfulness — that is, I have to stay in the moment with what the water, paint and paper are doing. But this challenge is worth it, so I can be part of the process and "join in the dance."

What would you like to say to the readers about you?

I'm originally from suburban New Jersey but found the "home of the heart" in the Colorado Rockies in my 20s and have lived here most of my adult life. My home, on a few acres in Florissant, is shared with my husband, dogs, garden, and a view of Pikes Peak. Creating art has been not only a solitary pleasure for me, but a social one as well. I've been honored to participate in and earn Signature memberships in the Colorado Watercolor Society and the Pikes Peak Watercolor Society. These connections have led me to exhibiting

at the Fremont Center for the Arts, the Bell Tower in Florence, and Sangre's Art Guild's 3rd Street Gallery in Westcliffe, as well as in Colorado Springs.

Why do I paint? For me, my paintings are a meditation about the piece, an archive of my presence with it, and an invitation to the viewer to share my sensory and emotional experience of that subject.

You can meet Sue and enjoy her paintings at the Once Upon a Time in the West Art Show in Cripple Creek June 20-July 6, and you can reach her at bobapac@aol.com


You can reach Mary Shell at creatingfromthesoul@yahoo.com



Three Wolves (above) by Susan Marion (left). Cover: Dancer.


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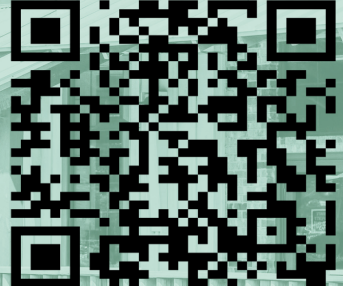


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The Living Doll

by Gilrund the Historian

Ellie was seven years old and today was not feeling very well, so she told her mom that she wanted to stay home from school.

Mom took Ellie's temperature and sure enough it was too high, so Ellie was to stay home from school.

Mom had to go to work, even though Dad was on vacation. She told Ellie to stay in bed and rest until Mom got home in four hours to prepare her lunch and then return to work for the rest of her shift. Dad would be in his workshop if she needed anything.

Ellie smiled and said that her doll "Missie" would take care of her while Mom was gone. Ellie took the medicine that mom gave her and laid back down in her bed.

Mom made sure that Ellie was comfortable and left for work.

Mom was gone for several minutes before Missie left her stand at the foot of Ellie's bed and came to the side to see if there was anything that she could do for her friend.

"Hi Ellie, I heard what you told your mother. Are you really feeling that sick?"

Ellie smiled at her favorite doll and answered, "Yes, Missie, I don't feel very good at all. My stomach is sick, and Mom says that I have a fever too. So, I have to stay in bed today. I wonder if I ate something that I shouldn't have."

"Do you think it might have been all of the Halloween candy that we ate yesterday afternoon?" asked Missie.

"I don't know, do you feel sick too?" asked Ellie.

"Oh, no. I feel just fine," answered Missie, "But I didn't eat as much as you did. I will watch over you today, unless dad comes in, or until mom gets home again. Do you want anything?"

"I'd like a glass of cold water, if you don't mind," answered Ellie.

Missie walked over to the kitchen sink and moved the step stool over so that she could reach the faucet and filled a plastic glass she found there with water from the faucet. Then she climbed down from the stool and took it over to Ellie.

Ellie thanked Missie and drank the water, then turned over in her bed and fell asleep.

Missie walked back to the end of the bed and back onto her stand, but this time she stood facing Ellie, instead of facing the door. She wanted to be sure that she could see Ellie and could help her if she was needed.

You must understand that Missie was not like other dolls that you might have seen. Missie was a Victorian doll. She stood over three feet tall and was

dressed in a long pale blue and white dress that reached to her beautiful white shoes.

She carried a cloth handbag that matched her dress in her left hand and in her right hand she carried a parasol that went along with the rest of her outfit. Her frilly bonnet covered the top of her long dark brown wavy hair that fell to just below her shoulders.

Missie looked like a beautiful young Victorian woman, but she was smaller because she was a doll that Ellie's grandmother had bought for Ellie for her birthday a year ago.

What Ellie's grandmother didn't know was that Missie was a special doll. Missie was the kind of doll that came to life because she was loved by Ellie.

Missie went to the other dolls in the room and told them that Ellie was sick, and they must watch over her until mother came home, for dad was busy in his shop. He knew that Ellie was not well, but he was very busy and sometimes forgot to check on his daughter.

Ellie slept for several hours until she awoke, still quite ill. Missie got down and gave her the medicine that her mom had given her before. Ellie thanked her and fell back asleep until mom came home and came in to check on her.

"How are you feeling Ellie?" she asked, "Did you take your medicine?"

Ellie smiled and replied, "Yes, mom, Missie was good enough to give it to me, and I feel a little better now."

"Missie gave you the medicine?" asked mom.

"Oh, yes, she always helps me when you and Dad are gone," said Ellie.

Mom smiled and looked over at Missie. "Thank you, Missie," she said, "I'm glad that you help Ellie sometimes."

Missie stood a little taller on her stand as mom turned back to her daughter and took her temperature again.

"Your temperature is going down and that's good. Well, I have to go back to work now, so you rest until I get home. You make sure that she does, Missie!"

Mom grinned as she left the room. She really didn't believe that Missie was alive and helping her daughter.

Mom didn't come home that night because she was hurt in an auto accident, and dad had to go see her at the hospital.

He totally forgot about Ellie as he rushed out of the house and jumped into his car after he received the phone call about the accident.

Ellie awoke a few hours later and found that she was all alone and it was dark now. She had wondered where her dad was.

Missie had gone to look into the shop window and saw that dad was gone. One of the other dolls, a Soldier doll, had heard the phone ringing and had seen dad run out of the shop and drive away in his car. He had told Missie what he had seen so she knew that Ellie was now alone at home.

Now Missie and the other dolls would have to take care of her until mom and dad came home again.

Ellie woke up and felt hungry and called to her mom. Missie came to Ellie and told her what had happened, and Ellie started to cry. Missie told her that she and the other dolls would take care of her. "What do you want to eat?" asked Missie.

Ellie wanted a peanut butter and jelly sandwich and a glass of milk.

Missie walked away to the kitchen and

made the sandwich and poured the glass of milk. Then brought them to Ellie to eat.

Ellie ate the sandwich and drank the milk, then fell asleep again. Missie went back to her stand and watched over Ellie until dad came home again with mom.

Mom was hurt from the accident but wanted to check on her daughter before going to bed herself.

Dad was a busy man as he tried to take care of his family. He was surprised when he found the empty plate in Ellie's room. He wanted to ask her if she had made her own food, but she was still asleep.

The next morning dad asked Ellie if she had made her sandwich. She said, "No, Missie made it for me. And she got me a glass of milk too."

Dad smiled as he left the room and went to talk to his wife.

"Ellie says that her doll made her a sandwich and got her a glass of milk too. I saw the dirty plate and the empty glass in her room. But I didn't get it for her. Who do you think actually did that for her?"

"Oh, she always tells me that her doll helps her with things," she said, "I'm sure that she made it herself."

Dad still wondered about it.

Missie brought Ellie her medicine at the right time and Ellie took it and went back to sleep. Later Dad remembered the medicine that Ellie needed and went to her to give it to her. He saw that she was already asleep, and the empty spoon was on the nightstand next to her bed next to the bottle of medicine. So, he thought that his wife had given Ellie the medicine and went back to finish watching his favorite TV show.

An hour later mom came out of the bedroom and went to see how Ellie was doing. She saw the empty spoon and was glad that dad had given Ellie her medicine, then went back to bed.

An hour later Dad went to bed and the house was quiet as Missie came to the front of Ellie's bed and looked closely at her. Ellie was sound asleep.

Missie knew that Ellie had to take her medicine every four hours, and it had been an hour since she had given Ellie her last dose. Missie went back to her stand and watched Ellie.

The three hours went by, and no one came to give Ellie her medicine. Missie waited for another half of an hour, but no one came.

Missie climbed down from her stand and walked over to Ellie's nightstand. She opened the bottle of the medicine and poured some into the spoon as she called out Ellie's name and woke her up.

"Oh, thank you, Missie," said Ellie softly, for she was not really awake yet, "I forgot to take it. It really makes me sleepy when I do."

Ellie took the spoon from Missie and took the medicine, laid the spoon back down on the nightstand and rolled over to go back to sleep.

Five minutes later dad came into the room, turned on the light and saw that Ellie had taken her medicine.

"What a good girl she is," he said to himself as he turned off the light and went back to his bedroom.

Mom was awake when he got back in bed and asked, "How was she?"

"Oh, she is doing fine. She was asleep when I got there, but I could see that she had taken her medicine just before and was back asleep. She is such a good girl. I'm very proud of her, the way that she takes care of herself is amazing," he replied. How many kids her age would know to take their medicine like she does?"

Dad rolled over and went back to sleep, but mom laid there and wondered how her daughter could know just when to take the medicine?

Mom got up and quietly walked into Ellie's room and turned on the light. She picked up the spoon and looked

closely at it. She could tell that Ellie really had taken the medicine, for the liquid in the bottle was a bit lower and the spoon was still a little wet from the liquid medicine that had been put on it.

She looked up at the Mickey Mouse clock that hung on the wall and wondered how Ellie could see it from her bed. It was hanging above the headboard and the room was dark.

It made her think of what Ellie had said earlier about Missie. Could the doll actually have given her the medicine? She had to figure out a way to find out for sure. Dolls don't actually come alive, or do they?

Mom took a piece of string she found on the nightstand and tied Missie to her stand. Then she

went back to her bed and to sleep and set the alarm for four hours later.

The alarm went off and mom woke up and quickly walked to Ellie's room to give her the medicine. She could see that Ellie had already taken the medicine and Missie was still tied to her stand.

"Well, I guess she does take her own medicine," thought mom, "What a good girl. But how does she know when?"

Later it was time for mom and dad to get up, but mom wasn't going to work, because of her injury. Dad was and he was soon out of the door and gone. He had taken a day off to complete a project the day before, that was why he had been home to take care of Ellie.

Mom went into Ellie's room to check on her again and to give her the medicine. The spoon was dry, and the bottle was at the same amount as the last time mom had been in the room. But it was a little early for the medicine. So, she went back out into the kitchen to fix breakfast.



Mom walked over to Missie and saw that she was still tied to her stand. "Ellie, I tied Missie to her stand. How could she give you your medicine?" asked Mom.

"She's not stupid, Mom," replied Ellie, "She knows how to untie and tie a knot."

Ellie slid down from her bed and started walking toward the kitchen as mom looked closely at the doll. She was still tied to the stand as she should have been.

After breakfast, Ellie watched some cartoons while mom did the dishes and cleaned the kitchen. Then it was time for her medicine and then back to bed.

Mom gave Ellie her medicine and tucked her into bed then went back to the living room to read a book.

She fell asleep because of the medicine that she had to take for the pain in her head due to the accident and missed giving Ellie her medicine after four hours. She was an hour late and rushed into the bedroom only to find that the bottle was down a little more and the spoon was just a little damp.

Missie was still tied to her stand and Ellie was asleep.

Mom went back into the kitchen and prepared lunch. It was a little late for lunch when she woke up Ellie again and told it was time to eat.

Ellie ate her lunch and then watched more cartoons. By then it was time for her medicine and mom gave it to her and put her

back to bed. Dad was home when Ellie woke up again and she walked out to the breakfast room. Dad gave her a big hug and asked how she was feeling. She told him that she was feeling better and was hungry. Mom jumped up and gave her what they had been eating and watched as she ate her dinner.

Ellie watched a little more TV and then she went back to bed. After mom gave her the medicine and tucked her into bed she said, "Tell Missie 'Thanks' for giving you your medicine."

As she left Ellie's bedroom, she untied the string from round Missie and said, "Thanks, Missie."

~ 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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Fitness ON the Mountain

Calories in vs calories out

by Lori Martin

The concept of regulating the calories we take in on a daily basis and the calories we burn throughout that day has taken a back seat to the multitude of more glamorous diets available on the internet. I am currently in the throes of being refreshed on this topic but not for the reason of weight loss.

Last winter while visiting family, I spied a very nice scale and helped myself to check in on my weight. I was shocked to discover that I was seriously underweight due primarily to the stress I had been under for the last year and half. I wasn't working out, but I was constantly engaged in physically demanding activities. My dog needed exercise, so we still walk twice per day and that isn't going to change. The only solution is to journal my meals and my calories burned.

I use Apple Watch which measures:

- Cardio Fitness (VO2 max) which is always high.
- Any physically demanding work I do.
- My sleep patterns
- Resting energy described by my phone as "an estimate of the energy your body uses each day while minimally active."
- Active Energy measures the amount of calories burned in a day over and above Resting Energy Expenditure (REE).

There are many more benefits to tracking my health but, these are the ones that I want to focus on in this article.

I'd like to explore the definition of Resting Energy Expenditure. Harvard Health Published in their article, "Exercise and weight loss: the importance of resting energy expenditure" describes different scenarios for weight loss.

Person A cuts 500 calories per day but doesn't exercise.
Person B increases calories burned through regular exercise.
Person C reduces calories per day AND increases exercise.

Person A would likely lose weight faster than Person B because it takes a lot of exercise to burn 500 calories. The drawback for Person A is s/he is more likely to gain the weight back. The obvious solution to both Persons A and B is to adopt the habits of person C. Not only reduce calories, but also increase calories burned though consistent exercise.

Benefits of calories in vs calories out

Longer term weight loss due to burning calories PLUS REE increases the duration of the calories burned after the workout has been completed.

According to my Apple Watch I average:

- 10,728 steps/day
- Resting energy = 1375 calories/day
- Active energy = 404 calories/day

In addition to calories out, I should also know my basal metabolic rate (BMR) which is the amount of calories my body burns at rest. Cleveland Clinic's website defines BMR, "It's the number of calories your body needs to function at a basic level." We're talking about how many calories my body needs to just breathe, digest, sleep, etc. In essence, every system of the human body requires energy while at rest.

I have yet to calculate this number, so here I go. The Mifflin-St. Jeor Equation is going to help me figure this out. The more accurate measuring formulas require specialized equipment and an in-person visit.

There are separate formulas for men and women.

My results:

- Weight in KG = 54.88 x 10 = 548.8
- Height in CM = 172.72
- Age 66 x 5 = 330 - 161 = 169.
- 548 + 172.2 - 161 = 169.
- My BMR = 551.72 calories.

Well, that was fun! Here is the formula, so you can have some fun, also.

Females 10x weight (in KG) + 6.25 x height (in cm) - 5x age (in years) - 161.

Males 10x weight (in KG) + 6.25 x height (in cm) - 5x age (in years) +5.

How about those calories?

At www.healthline.com I was able to calculate how many calories I need. After inputting my sex, age, weight, height and activity level the formula calculated the following:

To maintain weight, I need to eat 1962 calories.

To lose weight 1570 calories.

To lose weight fast 1177 calories.

I guess most people are looking to lose weight, but I can see that in order to gain weight/muscle mass that amount should be at least 2000. Eating that many calories is going to be a chore.

Over the years I have found that my body rejects some foods limiting my choices. Proteins are my main source of calories, and they only have 4 calories per gram, the same as carbohydrates. Fat has 9 calories per gram, which is good because I love healthy fats like avocados and olive oil. I never drain the oil from tuna fish.

Now we're talking macronutrients

There are many apps to help you through all of this. MyFitnessPal.com is probably the most recognized. If old fashioned handwritten journaling or creating a spreadsheet is your vibe, go for it! Tracking macronutrients from an app is going to be my next step. For optimal adherence to this new diet, I want to fill my caloric needs with the most efficient and beneficial calories.

Most efficient and nutritionally dense foods are NOT processed, and they are NOT purchased from a drive through.

Most efficient and nutritionally dense foods are NOT processed, and they are NOT purchased from a drive through.

Efficient and nutritionally dense foods according to the National Cancer Institute are "Food that is high in nutrients but relatively low in calories." We're looking for foods with the best source of vitamins, minerals, carbohydrates, lean protein and healthy fats. So, which top 10 foods fill those shoes?

Of course, fruits and veggies, whole grains, seafood, lean meats, eggs, peas, beans, nuts and low fat or fat free milk products. I'm a bit of a rebel and never eat or drink low or fat free items. This is from www.cancer.gov, so discuss this with your doctor and make your own decision. I do recommend we stop using dairy products containing hormones, antibiotics and those fed anything other than grass. These products are more expensive but a more health-worthy investment.

A macronutrient cheat sheet for all the major food groups can be found on www.ownyoureating.com. It is organized to show a variety of options including "carbs and fat" under which is donuts, and I honestly cannot wrap my mind around that. I have seen a lot of social media content showing how to make a "macro version" of foods to help break up the monotony. This list will be helpful on my weight gain journey. I know many people who have had great success with the Macro Diet but eventually follow it more loosely. Moderation is the key for me.

The Mediterranean Diet, the Anti-Inflammatory Diet and the Anti-Fungal diet are all on my radar, but mostly, I am big on proteins and healthy fats. Simple carbs are not my friend (examples are raw sugar, brown sugar, corn syrup and high-fructose corn syrup, glucose, fructose and sucrose, and fruit juice concentrate). For complex carbs I try to eat a large salad daily with microgreens, avocado, cheese and a meat of some sort.

Summary:

1. Get a journal, spreadsheet or app.
2. Determine calories in
3. Determine calories out
4. Choose nutrient dense foods
5. Enjoy the results: more muscle mass, energy, strength, endurance, confidence and less fat, diseases, chronic conditions, brain fog, depression.

If that sounds too easy, you're right! It's going to take a lot of discipline and organization on my part, as well. I hope you'll join me on this journey.

Move, heal, live...MORE!
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Colorado Pharmgirl

Helpers could say no

by Peggy Badgett

NO. One syllable. A vowel and a consonant. It shouldn't be difficult to say. But I grew up in closely-knit Midwest communities. Helping neighbors and friends was automatic. We never rejected requests to herd errant calves back into pastures, supply a cup of sugar, or lend a hammer. I volunteered with the PTO, school board, and local hospice organization. But after 65 years of acquiescing to requests, I'm finally learning that it is ok to say, "no thank you."

It would be unthinkable to say no to real emergencies. Especially in rural areas where help is distant. The first memorable rescue we experienced on the farm involved rushing one of our farm neighbors to the nearest hospital after his plow dug up a beehive. He pulled into our lane on his tractor unexpectedly as the kids and I (barefoot and in swimsuits) played

around our sprinkler. At least 200 bees had attacked him. I loaded him into our old van and sped along gravel roads until we screeched to a stop at the ER. We were all lucky that day; he received excellent care, and the kids survived the terrifying hospital labyrinth. The second event happened when an elderly gentleman collapsed in the admission line for a high school basketball game. Again, I didn't think about it; I just performed chest com-

pressions. One of my friends operated the AED. Just as the EMTs arrived to transport him, our patient awoke to thank us (he wanted to stay for the game; we told him no.)

My career as a small town pharmacist required truly caring for folks while patiently answering their questions and the mission didn't stop at the pharmacy counter. I took flowers to residents in nursing homes, brought fresh tomatoes for customers to take home with their prescriptions, and even helped string Christmas lights for one of our patients who couldn't be trusted on a ladder. In the mountains it is the same. So it wasn't surprising when a new acquaintance approached me with a need for a ride back and forth from a local hospital for elective surgery. He had no family nearby. I said yes, despite a whispered warning from the little voice in my head. I didn't know him well.

As the date grew closer, I began to rethink my commitment. His procedure had grown more complicated, and it seemed doubtful he would be released as planned. That was crucial, because the small town pharmacy I had worked at last year needed help. I had no qualms about saying yes to them: I really liked the owners, customers, and coworkers. But I was supposed to start within two days of my acquaintance's surgery.

Family and friends urged me to break the first agreement. Guilt held me back. This person had no back-up plan. Then I remembered meeting one of his friends in the fall. The wife had given me her number. I sent her a message outlining the situation. She immediately volunteered her husband to pick up their friend when discharged from the hospital. I'd provide transport for the pre-surgery check and surgery the next day.

After delivering my acquaintance to his hotel, I threw my backpack into the free room he

had booked for me at the hospital guest house. After an evening walk around the neighborhood, I decided to set an early alarm for a pre-dawn hike on the Manitou Incline. Totally unplanned, I was one of the few stumbling up 2,700 timbered steps without a headlamp. But my slow pace allowed plenty of chances to turn around and gaze at incredible sunrise views. After jogging down the Barr Trail, I picked him up at his hotel and delivered him to the hospital on time. In the waiting room, clusters of families gathered: some with hopeful faces, others with dread in their eyes. The urge to run away from those antiseptic hallways was strong.

Then I remembered I was supposed to pick up his prescription before the pharmacy closed. I called the outpatient clinic, but they couldn't

Illinois.

As a thousand miles of ribboned highway slipped under my tires, I vowed to say "NO" more often. I didn't need to save the world. Caregiving outside of family or dear friends isn't something I want to add to my repertoire of dog sitting, relief pharmacist, writing, painting, and serving on non-profit boards. But volunteering to help herd stray bovines is still an option: it is hard to say no to a pair of gentle big brown eyes.

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

Call for Entries!

31st Annual Emma Crawford Coffin Races T-shirt Design Contest

Visit Manitou Springs invites community members, artists, and graphic designers to submit their t-shirt designs for a chance to become the featured artist on the official 31st Annual Emma Crawford Coffin Races commemorative t-shirt. All artwork will be reviewed by Visit Manitou Springs prior to being voted on by the public.

The winning artist will receive \$100 in Manitou Money to spend at Manitou Springs businesses, 2 coffin race t-shirts featuring their design, and 2 VIP tickets to experience the races firsthand. Their name will also be announced from the stage on race day. Submissions are now being accepted. Please

submit files online at manitousprings.org/coffin-race-t-shirt-entry/ or drop off original art at 354 Manitou Ave. Please provide your name, address, phone number, and email when you submit your artwork. The entry deadline is 5 p.m. MST on Friday, July 29th. Public voting will begin August 1st, and will conclude on August 22nd at 5 p.m. The winning artist will be notified, and the design will be announced on September 1st.

We encourage artists to carefully consider the canvas when creating their art. Each design is required to incorporate the following words, either as added type or integrated into the artwork itself:

Required t-shirt text:

- "Manitou Springs"
- "Emma Crawford Coffin Races"
- "31st Annual" or "31st Anniversary"

Artwork specifications:

- Please submit digital designs as a singular .JPEG, .TIFF, .AI, .PSD, or PDF file.
- Please design your no bigger than 12" x 18" with a resolution of 300 DPI.
- Background must be transparent and/or plain.
- Artwork submitted on lined paper will not be accepted.

Contest guidelines:

- The primary subject matter should be coffin-race or Emma Crawford related.
- All entries must be original.
- No AI can be used in any part of this creation.
- The contest is open to artists of all ages.
- There is no entry fee.

The Emma Crawford Coffin Race will take place on Saturday, October 25, 2025, in Manitou Springs, CO. For any inquiries about the coffin races, please contact Visit Manitou Springs at 719-685-5089 or visit our website at manitousprings.org.

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Barbara Pickholz-Weiner



Finding Zircons in North Cheyenne Canon

by Steven Wade Veatch

A long-forgotten Colorado Springs rockhound—Aing memory reawakened for me as I looked at a vintage postcard (figure 1) that shows the crossroads of High Drive and the Colorado Springs and Cripple Creek District Railroad, also known as the Short Line Railroad. It was just a short distance from here that I had stepped away from my motorcycle to take a deeper look at the area. On the edge of a steep slope, the shape of some crystals leaped to eye and mind.

I thought about the rich history of the area. Workers completed the Short Line in 1901. Today, the Gold Camp Road follows the old route of the railroad as it winds its way up the mountain to the goldfields of Cripple Creek. Both the Short Line and High Drive were used to access the Bruin Inn (figure 2), which was located near Helen Hunt Falls.

General William Jackson Palmer, founder of Colorado Springs, commissioned the construction of the High Drive in 1903 as a scenic carriage route. Gold Camp Road follows the old Short Line Railroad between Colorado Springs and Cripple Creek. The railroad went bankrupt in 1919. W. D. Corley purchased the line in 1922, removed the rails, and converted the right-of-way to a toll road (known as the Corley Mountain Highway) for cars in 1926.

In March 1982, I was riding my Yamaha all-terrain motorcycle with a rock-hunting friend, Jerry Odom, who was also on a motorcycle. I was working for 7-Eleven then, and had the day off. Jerry was an officer with the Colorado Springs Police Department. We rode past the intersection of High Drive and the Gold Camp Road, continued on the Gold Camp Road, and entered North Cheyenne Cañon, a 1,000-foot-deep cut into the billion-year-old granite. With its hidden geological wonders, the area has long been a treasure trove for gem and mineral hunters. We did not make it far, as the road was soon filled with snow and we had to stop. We turned our motorcycles around and then stepped off of them to stretch our legs.

We lost the sun as it sank below the canyon rim. Shadows lengthened as the afternoon moved on, and the air was cold. Some snowflakes under a pine tree swirled about on a lofting breeze. Below, a stream flowed over immensities of time and through cycles of erosion and deposition.

I looked at the ground and saw, next to the road, near the edge of the canyon, a hunk of Pikes Peak granite that had been broken loose by a road grader. I noticed that it had a long cavity running through it. I looked a little closer and found crystals that resembled two tiny Egyptian pyramids that had been glued together. I had stumbled on a pocket of zircon crystals!

The discovery of the zircon crystals' unique shapes among the granite rocks was exciting — a moment of wonder that linked me to Earth's ancient past. These reddish-brown crystals

held a billion years of history, adding deep time to my early spring adventure. The excitement continued beyond the discovery as we rode back down the mountain and then into Colorado Springs.

Collectors continue to find zircons at a half-dozen sites in the area. At the nearby Eureka mine — where prospecting is more intentional — collectors use a black light in the dark tunnel that causes zircons to fluoresce a vibrant yellow, making them easy to find.

This is an experience that I vividly remember nearly 44 years later. It is just one of many adventures for me hunting for rocks, minerals, and fossils in the Pikes Peak region. For both expert geologists and amateur rock collectors, finding a zircon crystal sparks a passion for rockhounding and searching for local mineral treasures that are part of El Paso County's rich geological heritage.

Acknowledgments:

The author thanks Eric Swab for his assistance with this manuscript. Bob Carnein improved this manuscript. Many thanks to his years and years of editing my work.

Figure 6. Zircon specimen from the North Cheyenne Cañon, El Paso County, Colorado. Courtesy of the Denver Museum of Nature and Science. DMNS EGM.10328.



Figure 4. High Drive in North Cheyenne Cañon. Postcard from the S. W. Veatch collection.

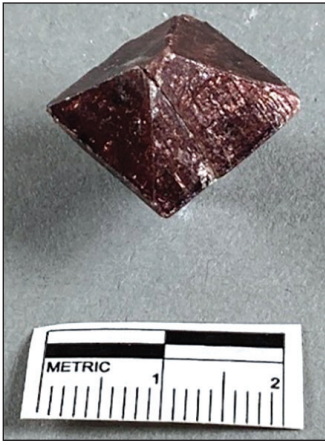


Figure 5. View of the Corley Mountain Highway, now known as the Gold Camp Road, on the southwest side of Colorado Springs. Postcard from the S. W. Veatch collection.



Figure 1. Intersection of High Drive and the Short Line railroad. Note buggy tracks on High Drive. Postcard from the collection of S. W. Veatch.



Figure 2. Bruin Inn (circa 1910) located at the base of Helen Hunt Falls in North Cheyenne Cañon Park. Built in 1881, it was originally intended to be the home of Edward Payson Tenney, then-President of Colorado College. Over time, it became a popular tourist attraction. It burned down in 1957. Postcard from the collection of S. W. Veatch.

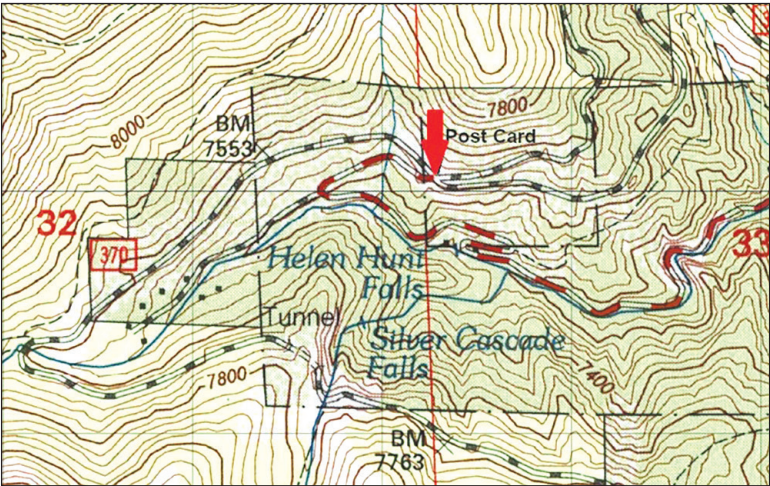


Figure 3. The red arrow on the topographic map shows the intersection shown in figure 1. The post card photo was taken a short distance north of Helen Hunt Falls and the Bruin Inn.

Gem and Mineral Show, Live Music and Oddities Alley

The annual Victor Gem & Mineral Show presented by the Southern Teller County Focus Group (STCFG) in Victor, Colorado will be held June 20-22. The event will be held in downtown historic Victor and is open and free to the public.

The show will include vendors selling polished gems, hand-crafted jewelry, rough slabs, specimens, cabochons, geodes, turquoise, and more. There will also be gold and gem panning at the Victor Lowell Thomas Museum.

Show hours are 9-5 p.m. Friday/Saturday and 9-4 p.m. on Sunday.

Saturday night, June 21, the City of Victor will sponsor free live music on the Pinnacle Park Plaza stage.

June 21 and 22 you can experience Oddities Alley, a concurrent event with a unique blend of vendors, food trucks, and live entertainment. The Enigma will be performing during the weekend. The Enigma is a bizarre show of original music, odd humor, and amazing

stunts. The concurrent events are sponsored by the Black Monarch Hotel in Victor.

In addition, the Victor Lowell Thomas Museum gift shop will be open with its collection of rocks, gems, minerals, rhodochrosite and aquamarine jewelry, geodes and gold panning for kids of all ages. The museum also houses a mineral collection as well as historic mining equipment, photos, and historic oddities. See VictorMuseum.com for information.

Victor's many shops and attractions will

also be open, including Victor's Gold Camp Ag & Mining Museum, antique, art, and gift shops, the German bakery, the local bars and eateries, as well as the local parks and Trails of Gold where you can explore the outdoors in historic gold mining country.

FMI on the STCFG or this event, visit STCFG.com, email info@stcfg.com, or call 719-689-3509.

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Armed Forces Art Exhibit and Sale

by Flip Boettcher
photos by Flip Boettcher

This year marks the 6th Annual Armed Forces Art Exhibit and Sale in Florence. May is armed forces month with Memorial Day at the end of the month.

The event opened May 10 with the artists' reception from 2-4 p.m. The artwork was for sale and on display through Memorial Day weekend, according to Virginia Lindley, event organizer and owner of the Antique Warehouse.

The art exhibit and sale showcase the artistic talents of active duty personnel, their spouses and children, veterans and retired military personnel in Colorado and can include 2-dimensional and 3-dimensional works in any media with no size limit and no entry charge. The event is hosted by the Florence Colorado Downtown Merchants Association.

Eleven businesses displayed artwork by 18 artists including pieces of WWI Trench Art. Special this year, performing arts were added including readings of books; stories or dramatic presentations or poems; music, instrumental or vocal; or dance performed at the Bell Tower May 10, 1-3 p.m.

Another very special event this year was the awarding of a Quilt of Valor to 93 year old Korean War veteran Richard Keibler, the oldest displaying artist in the art show. A Quilt of Valor is a civilian award for a US veteran.

The Quilts of Valor Foundation (www.qovf.org) was started as a dream, literally, in 2003 by Catherine Roberts after she had a dream; her son was deployed to Iraq. The message of Roberts' dream was that Quilts = Healing.

The first Quilt of Valor (QOV) was awarded in November 2003 and by 2014 QOVF had awarded 100,000 quilts to service members and veterans; by 2019 over 125,000 quilts had been awarded.

A QOV is a quality handmade quilt that is machine or hand quilted. It is awarded to a service member or veteran who has been touched by war. The quilt says unequivocally, "Thank you for your service and sacrifice in serving our nation," from www.qovf.org.

To use the term Quilt of Valor the quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded, www.qovf.org. Someone has to nominate the recipient for the QOV.

Mission statement of QOVF is to "Cover service members and veterans touched by war with comforting and healing Quilts of Valor," www.qovf.org.

Janice Weber of the Smoky Hill Quilt Club in Centennial, CO presented Keibler with his QOV. Smoky Hill Quilt Club, which consists of 93 women and 2 men, have awarded 153 quilts, according to Weber, and the QOVF has awarded 410,000 quilts to date.

The label in Keibler's quilt says "Thank you for your service to our country. Pieced, quilted and bound by the members of the Smoky Hill Quilt Club, Centennial, CO," according to Weber. The hardest part is not making the quilt, she said, but getting the veterans to accept it. Most feel that what service they did was not worthy of the quilt.

Congratulations to Richard Keibler for his QOV and thank you for your service.

Keibler makes beautiful inlaid mosaic wooden pieces of art which were on display at the art show. On the bottom of his artwork is the number of pieces in his creations.

If you missed this year's Armed Forces Art Show and Sale, look for it next year in May in Florence.

"The Florence Merchants would like to thank and honor military personnel during May in observance of Armed Forces month and Memorial Day," from the flyer.

One can donate, volunteer, join a group or nominate someone for a QOV at www.qovf.org.



Some of Richard Keibler's wooden mosaic artwork. Each piece has the number of pieces in it on the bottom.



Richard Keibler draped in his Quilt of Valor.



The Quilt of Valor. The awarding of the QOV was done in the Bell Tower, Florence.

Historic Manitou Springs Penny Arcade under new ownership

After 92 years of ownership by the Kerns family, the Manitou Springs Penny Arcade has changed hands. The new owner, long-time Manitou resident John Weiss, pledges to have a lot of fun while caretaking America's largest historic arcade west of the Mississippi.

In 1933, Jack Kerns launched Bingo Jacks as a gaming hall. After the Colorado Attorney General ruled that for-profit bingo games were gambling, and thus illegal, the Kerns family pivoted to coin-operated arcade games and instant photo booths. Jack Kerns died in the early 1970s, and his wife sold the Arcade to two of his sons.

Today, the Penny Arcade features more than 450 coin-operated games and rides, providing a unique and immersive entertainment experience for kids of all ages.

Weiss graduated from Colorado College and returned to Colorado Springs in 1993 to launch the Colorado Springs Independent, a news

weekly that provided an alternative to the hard-right daily that dominated the local media.

Over the next few decades, he launched or acquired the Colorado Springs Business Journal as well as neighborhood newsweeklies that served Manitou Springs, Southeast Colorado Springs and the Fort Carson Army Base.

"I see myself more as the Arcade's caretaker than as its 'owner,'" Weiss added.

The current General Manager "AJ" will continue to oversee day-to-day operations, assisted by a team of 30 full- and part-time employees. "After working at the Arcade for the past eight years, what I love the most about my job is helping people have a wonderful time when they are on their vacations," she said.

Long-time Manitou residents Maria and Alain Navaratne will help John and AJ lead the Arcade team. "If the weather is fine, more than 2,500 people will visit the Arcade over the upcoming Memorial Day weekend," said

Maria. "We will be working to ensure that we are well prepared."

The Possibilities Project

The Manitou Art Center (MAC) has been hired to catalyze and coordinate public engagement. "The Arcade is an integral part of our community story," said MAC Executive Director Natalie Johnson. "The possibilities for partnerships, collaborations and workforce development are endless. We want to hear from you and work with you."

FMI, to sign up for our newsletter or to apply for summer jobs, please visit manitouspringsarcade.com.

About the Manitou Art Center: The Manitou Art Center is a nonprofit that cultivates an inclusive and resilient creative economy of people and resources through active participation and outreach. Manitouartcenter.org

JA in a Day

Students experience JA Finance Park

by Sherri Albertson

Students in the 7th and 8th grades at Lake George Charter School recently participated in Junior Achievement's Finance Park activity for the first time in the Pikes Peak Region! The JA Finance Park is a separate curriculum from the rest of JA in a Day learning platform. It is for 7 & 8th Grade students or for high school. It's half-day, 8:30-1:30 p.m.

During this realistic on-site event, featuring personal financial planning education and an assigned hypothetical life situation, students engaged with community volunteers and put into practice what they learned earlier in the school year about developing personal budgets and career exploration.

Students became an 'adult' for the day and were immersed in a reality-based decision-making simulation addressing aspects of individual family budgeting, including housing, transportation, food, utilities, healthcare, investments, philanthropy, and banking.

At the end of the event, the majority of the students had succeeded in making productive financial decisions that matched their unique life profiles, like income, marital status, and



Cathy Skiles, JA volunteer working with students.

family scenarios. "It was an interesting day," said one 8th grader. "I appreciated that the volunteers helped me make good financial decisions during the simulation and everything I learned about planning for my financial future."



Beth Beene, JA USA working with students.

JA programs support national and state standards in reading, mathematics, social studies, and work and career readiness. For more information contact Sherri L. Albertson, Junior Achievement Teller County Coordinator, at sherri.l.albertson@ja.org.

Healing Habits

by Flip Boettcher

Recently released *Healing Habits: How to Help Your Body Heal from Chronic Illness* by local author and Lifestyle Coach Rebecca Renck, is based on Renck's 35 year journey with Crohn's disease and cancer using a holistic lifestyle approach to manage her symptoms and whole body health using minimal medical intervention.

About 80% of American adults live with one or two diagnosed chronic illnesses. Chronic illness is the leading cause of death and disability in the US and contributes to 75% of the nation's health care spending.

When did our health care become an industry and when did medical health care become disease care? With all the advances in medical science, why are these diseases becoming more and more common? Is Western medicine failing us or are we failing ourselves? "Are our culture, foods and lifestyle literally making us sick," Healing Habits. "Even with all the 'advancements' in medicine, as a society we are sicker than ever," website. People seem to be searching for other ways to manage their health.

Imhotep (2686-2613 BC) is considered to be the "father of medicine" in ancient Egypt. Imhotep used a comprehensive approach to medicine, treating disease holistically integrating surgery, herbal medicine and spiritual healing. Over time Western medicine became increasingly materialistic, separated from its holistic, spiritual and philosophical elements.

"Modern medical training focuses on physician diagnosis and pharmacological treatment but lacks meaningful education on nutrition, alternative healing methods and mind-body connections," from the forward to *Healing Habits* by Tracy Latz, M.D., M.S., Mh.D. Modern

medicine needs to integrate mind, body and soul into a whole body approach to well-being, rather than focusing on the disease and treating only symptoms, finding the root causes of illness.

Renck's premise in *Healing Habits* is that chronic illnesses are better managed by one's lifestyle rather than conventional medicine. One needs to take responsibility for their own health with a holistic lifestyle approach, which anyone can benefit from whether they have a chronic illness or not, addressing all aspects of your mind, body and soul.

This isn't about a quick fix or suppressing symptoms; it involves looking realistically at yourself, being willing to make a commitment to yourself and make changes in your life to become a healthier and happier you.

Our habits and lifestyles have brought us to where we are today and you don't "catch" a chronic illness, you develop them. With the right support your body will heal itself. It's about taking small steps, which add up over time into larger gains. It's about "unlocking your body's wisdom and reclaiming your health from inside out," website.

Healing Habits is about lifestyle centered on self-care, listening to your body, reducing toxins and using holistic remedies to manage your symptoms. Your actions, emotions, toxins, meditation, stress reduction, sleep, sunshine, eating wholesome foods and more; all are important to your overall health.

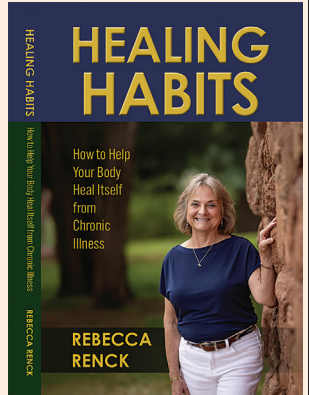
Healing Habits is a well-written and easy to understand book and Renck helps us unravel the roots and triggers of illness leading to a healthier you. Taking one from being a victim of disease to being able to again live a fulfilling life. One's health and lifestyle are shaped by one's behaviors and habits.

Renck is a Colorado native, author, Lifestyle Coach and Lifestyle Course Director. *Healing Habits: How to Help Your Body Heal from Chronic Illness* is self-published and is available on Renck's website: www.rebeccarenck.com. Renck can also be contacted at rebecca@rebeccarenck.com.

"Life does not stand still, and each day we are pushed to become the future selves we didn't know we could become."

—Renck

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July 5

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Park County Library's Telehealth Program

by Flip Boettcher

June will see the launch of the new library telehealth program at all the Park County Libraries — Bailey, Fairplay, Guffey and Lake George — for their patrons. We are excited to bring this ground-breaking step in bridging the digital and healthcare divide, said Rita Mick, Park County Public Library District Manager.

Often times, residents in rural areas don't have reliable internet, technology, or safe places at home. This program will provide private access to virtual health care appointments for those community members.

Many Park County residents don't have adequate health care due to transportation or internet access. This initiative brings health care within reach, said Mick.

Telehealth allows patients to get medical healthcare remotely with virtual visits via video calls with their healthcare provider, mental health therapy, speech therapy and simple follow-up appointments.

The libraries are providing secure, soundproof telehealth rooms, as well as some basic equipment including high-speed internet, a user-friendly computer, and other equipment like a pulse-OX meter, blood pressure monitor, scale, thermometer and Bluetooth headsets.

Interested patrons make an appointment with their telehealth care provider who gives them a Zoom link via their email address and

then they reserve the space at their library for the appointment. Privacy is strictly maintained, said Mick.

According to Mick, this initiative has been made possible through partnerships with providers across Colorado and funding from the Colorado Department of Healthcare Policy and Financing for Connect to Health @ Your Library Department and the Colorado State Library acting as representatives for the pilot program.

Many healthcare providers have found that by working with the libraries they can meet their patients where they are so they can get the care they need.

Since these telehealth rooms are private and soundproof, they can be used for other things as well. Since the library provides pro bono legal services these rooms can be used for those appointments. Also, they can be used just for a private access space.

Community members interested in using the telehealth service can visit their local branch or call for more information or to book. All contact information can be found at: <http://parkcounty.colibraries.org>.

This program is becoming available at a time when telemedicine is critical to modern healthcare, particularly the under-served population. "Park County Libraries is grateful to have been awarded these funds to help pilot telehealth spaces for its community members," said Mick.

Diane DelDuca and Terri Baker on Second Saturday

by Blue Spruce Gallery

The Blue Spruce Gallery in historic downtown Florence is proud to host an exhibition of Diane Del Duca and Terri Baker's latest works. Diane and Terri have put together a diverse and entertaining fiber show combining quilt art and needle felting. The opening reception is on June 14, during Second Saturday from 4 to 6 in Florence at 205 West Main Street in Florence.

Diane DelDuca is a fiber artist specializing in animal sculptures. Using alpaca wool from her much loved herd of nine alpacas, she painstakingly needle-felts each sculpture, with amazing life-like results. Recently her work has incorporated bright colors and fanciful creatures. Frogs, bunnies, horses and a multitude of other animals are beautifully rendered. She has won awards in professional shows and has been a member of the Blue Spruce Gallery for many years.

Terri Baker is a quilt specialist who creates beautiful wall hangings, ranging from landscapes to geometric to abstract designs. Her vibrant colors result in striking one of a kind fabric art pieces. A Pueblo resident and teacher, she has been a member of the gallery for several years, and coordinates the concert series at the Bell Tower Cultural Center.

These two talented artists have a "not to be missed" show with sculptures and quilted wall hangings. Come to Second Saturday on June 14 and meet the artists. The back garden area

will be open, and there will be light refreshments and good conversation. A variety of activities will be provided during the afternoon on Main Street by the Chamber of Commerce for Second Saturday festivities.

The gallery is located at 205 W. Main, Florence. 784-1339. The exhibit hangs through July 8.

Adopt Us

by TCRAS

Reba

Hello, my name is Reba. My foster mom says I'm a very sweet cat that loves chin scratches and lots of petting. I will purr and even rest my chin on your lap. I have lived with other animals but now that I'm muddled aged, I think I would prefer to be an "only child" in a quiet home. Loud noises and fast movements scare me! I eat well and I always use the litter box, but I need high-sided boxes because I don't like to squat down. If you are interested in meeting me or would like to know more about me, please call TCRAS 719-686-7707, so my friends can set up an appointment with my foster family!

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



Tales From the Big Sky Ranch Bed and Biscuit Chorus at dinner time

by Kendra Hall

Dinnertime is not the only time the dogs sing in symphony. Being serenaded by my dog friends is not in a typical day. When it does happen though, it is truly hilarious and endearing. The following story is about a beloved Basset Hound guest whom I loved with all my heart. He has since passed and is missed dearly. I am lucky that I can still enjoy his two brothers when they visit.

It was early evening in the winter at Big Sky Ranch Bed and Biscuit, a sprawling dog boarding ranch nestled in the Rocky Mountains. The sky outside the window glowed in hues of gold and lavender, and the branches of the bristlecone pines sparkled as the last rays of sunlight reflected off the snow crystals.

The dog guests lay about, contented after a full day of play, fun and companionship. Big dogs, little dogs, fluffy and silky dogs — all curled up or sprawled out, some on the floor, others on dog beds or the couch. Maddie, the resident Terrier, absorbed the warmth in front of the wood stove. The melodic snoring of sleeping dogs filled the room and made Lindsey, the dog caretaker, smile as she washed some bowls.

It would be feeding time soon, and she had Bentley in-house, a Basset Hound who always ushered in a meal with exuberance and joy. Bentley was one of Lindsey's favorites, with his long floppy ears that always ended up in the water bowl as he drank, and his endearing sweet personality. Lindsey chuckled as she set the last washed bowl aside, knowing that as she began to prepare the dogs' evening meal, Bentley would show his enthusiasm with his usual dramatic flair.

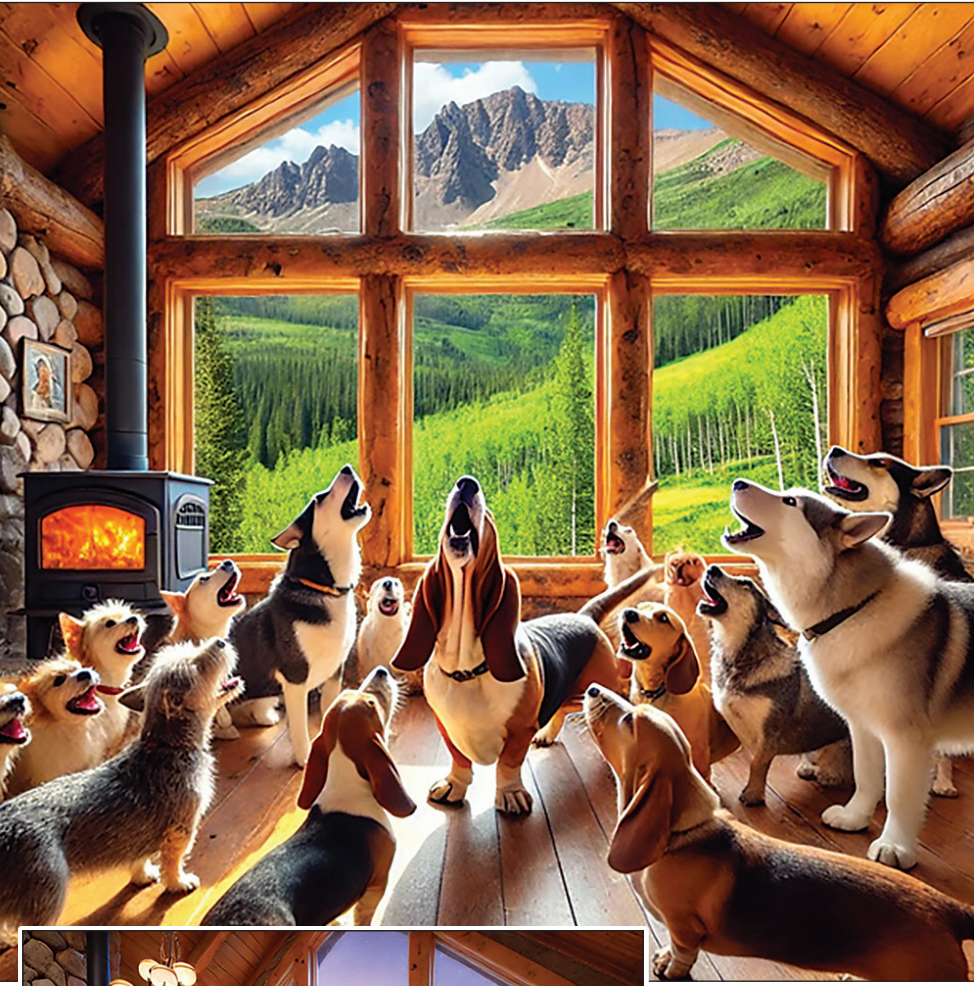
Bentley was a frequent guest and knew the routine. Because he knew it was close to dinnertime, he appeared to be sleeping but Lindsey knew he was actually surreptitiously watching every move she made.

"Everyone in your place," she called out, ushering the dogs to their designated pens for feeding. The dogs got up and dutifully went to their spots. Daisy, the Australian Shepherd puppy, needed some guidance as it was her first visit, and she was not yet familiar with the ways of the Bed and Biscuit.

When everyone was settled, Lindsey lined up the bowls on the counter, preparing to dish out the meals. Bentley tilted his head up and let out a soulful "Aaarhooooo," wagging his tail furiously.

Luna, the Husky in the pen next to Bentley, who was usually quiet and docile, pointed her nose to the ceiling and joined in with an "Awoooawooawoo," a little off-key but no less passionate.

Then came Winston, the tiny Dachshund, with his high pitched "Aroo-yip-yip-aroo-yip-yip." Soon, every dog in the room joined in, a chorus of joyous howls, yips and barks. Some were resonating woofs, while others were squeaky pup-like yaps, all contributing to a dog chorus, the most talented choir would be proud of.



Bentley and his choir



Another evening, another choir

The cacophony of howls was so joyous and hilarious that Lindsey laughed so hard she had to wipe the tears from her eyes. She let out her own version of a howl to join the chorus, which encouraged the dogs. They gave their best performance with gusto!

This went on for several minutes, the sound of the happy canine symphony filling the

room. Tails were wagging, eyes were glowing with glee, and Aspen, a Bernese Mountain dog, who was always so comical hopped up and down on her front paws as she sang.

As suddenly as Bentley had let out his first howl, he stopped and flopped down on his dog bed, his head up and alert, ready for his bowl. The chorus of howls and barks waned until the last one, which was little Daisy who was enjoying her newfound voice and part in the chorus. Until she, too, let out one last triumphant "Yip, yip," and sat expectantly, waiting for her turn to be fed.

Having Bentley in-house at feeding time was one of Lindsey's favorite parts of the job. Sometimes it was just Bentley, ushering in dinner as a solo, but this evening she had been serenaded by the group. It would be one of her fondest memories of her job that she loved so much.

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

by Readers of Ute Country News

This column is dedicated to acts of kindness so that we can all remember what it is to extend kindness to others. Please feel free to share the acts of kindness you witnessed or experienced by emailing utecountrynewspaper@gmail.com, leave a voice mail 719-686-7587 or stop in at Shipping Plus to tell us in person!

• As I listened to her retell the conversation, I was struck by all the kindness. I heard compassion, giving the benefit of the doubt, deescalating techniques and willingness to simply hear the other side. It would have been easy to jump to erroneous conclusions, yet she chose to take it all at face value, chose not to take it personally. She clearly came from her heart!

• We were grateful for the thoughtful gift of organically made muffins. That they came in a compostable bag was a gift for the Earth, as well.

• What a great trade: split pea soup for heads of garlic and/or muffins! Trading is engaging, fun and a gift of kindness.

• It always warms my heart to see someone

open and hold a door for another. Saw it four times today alone!

• Kindness is asking if you need anything when someone says they do not feel well. It is a good idea if you have a suggestion to offer it because it's really hard to think clearly when you don't feel well. "Thanks for the reminder!"

• Receiving a "thank you" note means the act of kindness meant so much that they took the time to hand write a note to let us know.

• I am so glad to hear that! That is exactly the result we are looking for. Thanks for letting us know we're attaining our goal! Feedback is an act of kindness.

• She said, "I'm so proud of you!" then her arms opened wide for a hug. Both the words and the hug felt good. Appreciation is a form of kindness!

• Donations to those in need is an act of kindness.

• They followed up! How nice to know they cared enough about the situation to follow

up. Following up is an act of kindness.

• The intention was to make sure the food was eaten instead of going to waste. The words of gratitude that followed were heart-warming. In one case, it was a childhood memory and in another, it was a way to celebrate a birthday. The words of gratitude meant more than the food itself! Sharing what the food meant to you is the greatest kindness!

• The neighbor put their trash out five days before trash day. The very next morning, the dumpster was on its side and the crows, squirrels and raccoons were already picking out the goodies. The bear may have been the one to knock it over. We've cleaned this up again, because it is a kindness for our neighborhood, to the animals and certainly for us to NOT have to look at trash. We were very impressed that the trash service also helped to pick up trash that was strewn about from the critters able to get into the container.

• Creating a handle made of tape to easily tote the package was a fantastic idea and also an act of kindness!



To Whom it May Concern

by Steven Wade Veatch

Let me tell her story — not in tidy lists, but in the weight of what she's done.

Let me tell you about the way she tilts her head when she's listening, absorbing the unspoken edges of your worry, the radiant spill of your joy.

Can I tell you a bit about the quiet strength that settles over a room when she enters, not demanding attention, but providing a steady anchor?

I'd like to share something else. She looks beyond the shine, past what the eye first catches, to where unexpected beauty waits in broken fences, abandoned farms, and fresh shoots pushing through the fields of thawed spring soil.

She laughs like the sun finally showing up, and when she listens, it's like someone holding your hand just right — no words, just understanding.

Let me give you a little insight: she navigates challenges with a quiet determination, solves problems with a gentle touch — never bulldozing, always building. I want to tell you her kindness isn't loud.

It's in the small things — a message, a meal, a moment. She gives, to family, friends, and strangers without needing to be seen.

Within her, a rare balance lives: loyalty that never wavers, compassion that knows no bounds, a mind keen as winter air, a heart soft as spring rain.

She is more than capable. She is remarkable.

Sincerely,
Someone who knows

~OUT AND ABOUT~

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

AVAILABLE ONLINE

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

CAÑON CITY

- 21-22 The 950 Junction 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.
- Summer Learning Program runs through July 18. Special programs. Check www.canoncity.gov/6477 Library.
- Silent Auction to support summer learning runs through July 18.
- School lunch program 11-11:30 a.m. M-F in Macon Plaza. Ages 18 and under are free, over 18 \$5. All at 516 Macon Ave unless otherwise specified. FMI 719-269-9020 www.ccpil.lib.co.us

CRIPPLE CREEK

- 5 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Can St., Food and refreshments at 5 p.m.
- 7 The 6th Annual Pearl DeVere Day Bed Races.
- 8 APEX Queen of the Canyons – Old Homestead House stop
- 13-15 Gold Rush Rodeo Rocky Mountain Mustang Roundup
- 13-15 July "The Colorado Colleen" at Butte Theater
- 14 Community Garage Sale CC Parks & Rec
- 18-19 Colorado Shelby Rally
- 19 Two Mile High Club meets the third Thursday of each month 5:30 p.m. in the lower level of the Double Eagle Casino Complex 442 East Bennett Ave.
- 20-July 6 O.U.T. West Art Show at Heritage Center
- 27-29 Donkey Derby Days
- Cripple Creek District Museum and Colorado Trading & Transfer Gift Shop now open 7 days/week 10-5 p.m.

ASPEN MINE CENTER

- 20 or 27 Commodities distribution 9-1 p.m.
- Mondays AA 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 10:30 a.m. All programs at 1601 E. Bennett Ave. FMI 719-689-3584 x112
- Volunteer TODAY! Call Mindy 719-689-3584 ext.113 to learn about all the possibilities!

COMMUNITY PARTNERSHIP

- 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 Katly@cpteller.org
- Playgroup Fridays 9-10 a.m. at Cripple Creek Parks & Recreation. 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. FMI Aimee@cpteller.org
- Gold Camp Victorian Society will be at the following events:
- 14 Top of the World Rodeo
- 28 Donkey Derby Days
- Ambiance on Bennett Ave every Saturday noon-3 p.m.
- History Comes Alive in the Pocket Park Saturday's noon.
- Walking Tours 12:30 p.m.

DIVIDE

- 6, 20 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!
- 9, 23 Little Chapel Food Pantry distribution
- 15 Father's Day with the Wolves 9-11 a.m. Wolf tour, breakfast burritos, raffle. \$40 12 and older, \$20 ages 6-11, no one under age 6 is permitted. Advanced reservations required 719-687-9742 or www.wolfeducation.org
- 21 FREE Veteran's Appreciation Lunch

Once Upon a Time in the West Art Show June 20-July 6

The 28th Annual Once Upon a Time in the West Invitational Art Show will be held June 20 through July 6 at the Cripple Creek Heritage Center. This popular free event features local artists displaying their work in various media, including paintings, sculpture, jewelry, pottery, and more. The theme of the show is "Ma'-iin gan - Year of the Wolf" so "critters" and staff from the Colorado Wolf & Wildlife Center in Divide will also participate in the event. In addition, Cripple Creek High School art teacher Laura Klein and her students display artwork and receive a portion of all sales. Once Upon a Time in the West opens Friday, June 20, when visitors can meet the artists and enjoy refreshments from 12 noon-5:30 p.m., followed by a Native American blessing ceremony honoring the Summer Solstice. The Cripple Creek Heritage Center, located at 9263 S. CO 67, Cripple Creek, 80813, is open 9-5 p.m. daily. Contact show organizer Jon Zimmer at 719-687-0946 for more information.



- 5 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.
- 6 Family Craft Day from 11-3 p.m. Drop in after storytime for a family friendly craft!
- 6 Book, Bake and Plant Sale 10-2 p.m. Support the library by purchasing books, baked goods and plants!
- 7 Book, Bake and Plant Sale from 10-1 p.m. Support the library by purchasing books, baked goods and plants!
- 9 Romantics with Altitude Book Club from 4-5:30 p.m. Read and talk about romance books with other lovers of love!
- 11 Florissant Bookworms Book Club 10:30-12 p.m.
- 13 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. June's theme is "breath."
- 17 Read Amok Book Club theme "extinction" Bring up to 5 books within the theme to share! 11-12:30 p.m.
- 20 Teen Night at 5 p.m. Join us for tie dye! Dinner is provided. Ages 13-18.
- 24 Library Book Club at 3 p.m. Join this book club where we read books that have libraries as a part of the title or a central role in the setting or story! Check our website for the titles we're reading each month.
- 24 Teen Activity: Mug Cakes! 2-4 p.m. Ages 9-12 are welcome to come make mug cakes and watch *Freaky Friday* with us!
- 27 Playdough Play 11-1 p.m. Play with playdough, kinetic sand and slime!
- 28 Adult Book-Art Craft 10-12 p.m. Make art using book pages! One of three crafts will be available. Please call 719-749-3939 to register!

LIBRARY

- 2 We will be showing a movie for our adults 2 p.m. We offer free popcorn. If anyone would like to know the title of the movie they can visit our website at <https://www.jcld.org/services/adult-programs/>
- 2 Our Adult Summer Reading Program, "Color Our World" will run through July 25. Anyone over the age of 16 can come into the library to register for the Adult Summer Reading Program and registration will be open the duration of the program. You receive one entry for every book you read. Each week one entry will be chosen for a prize. The last two weeks of the program one entry will be chosen out of all of the entries that have been entered during the program for grand prizes!
- 5 "Bad Art Craft" for adults at 2 p.m. a competition to see who can create the "worst" art. At the end of the program everyone will vote on the "worst" art and that person will win a prize!
- 6 We will begin a monthly bingo program for all ages! Anyone can come into the library at 1 p.m. to play three games of bingo. You have a chance to win a prize for each game!
- 9 The library will be offering a computer class to help people learn about Microsoft Word. This class is by registration only; register by calling Abby at 719-784-4649 ext 3.
- 12 Roxanne Schuster will be at the library to do a cooking demonstration at 1 p.m. Registration is required.
- 13 The Cañon City Workforce will be at the library 11-1 p.m. to answer any career related questions.
- 17 The Fremont County Master Gardeners will be here for a Garden Talk at 10 a.m.
- Wool Gatherers meet Wednesdays 10-noon.
- Thursdays is Storytime at the Farmers Market 10:30 a.m.
- Fridays is Storytime at the library 10:30 a.m.
- Artist of the month is Sandy Dale. All programs at the library are free to attend.

FLORISSANT

- GRANGE
- 6 BINGO! 3:30-5:30 p.m. Snacks available. The cost to play is a non-perishable food item. Join the fun! Donation to grange is appreciated. Children welcome with parents.
- 14 Dessert Night Fundraiser 5-7 p.m. Bake a pie for the pie auction and bid on your favorite pie, or just come enjoy dessert, coffee, tea, soda and visit with your friends and neighbors. \$10 suggested donation per person. No limit on desserts you want to try, until they are gone. Text to enter pie in auction, number below.
- Quilts of Valor meets Tuesdays 9-noon. We make quilts for Veterans.
- Thursday Potluck and Music 6-8 p.m. Dancing encouraged! Bring a dish and small donation and join the fun. FMI to enter pie or reserve your spot in classes 719-510-2325

LIBRARY

- 14 Stroke Awareness and Prevention & Sepsis 10-noon. FMI rebskillam@gmail.com
- SAVE THE DATE! July 5 Bringing back the Chicken Fly! There is also a Farmer's Market at the Bakery. There will be vendor booths, the chicken drop and chicken rodeo for kids.

- LIBRARY
- 3 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.
- 7 Socrates Cafe 11 a.m. Please come and join us as we exchange philosophical perspectives based on personal experiences. Everyone is welcome regardless of age or background.
- 25 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.

MANITOU SPRINGS

- 7 The 22nd Annual Manitou Spring Wine Festival takes place 11-5 p.m. in Memorial Park. Tickets are on sale now, but sell out every year, so get yours early by going to www.manitousprings.org.
- 20-22 Victor Gem & Mineral Show and Oddities Alley see page 14.
- Stranger Side of Victor History Tours See page 6.
- Sunnyside Cemetery Tours check VictorMuseum.com for schedules. See page 4.
- Victor Lowell Thomas Museum now open daily 10-5 p.m.

VICTOR

- 20-22 Victor Gem & Mineral Show and Oddities Alley see page 14.
- Stranger Side of Victor History Tours See page 6.
- Sunnyside Cemetery Tours check VictorMuseum.com for schedules. See page 4.
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WOODLAND PARK

- 6, 7 Munchkin Market is a HUGE consignment sale of gently used children's items: clothing, shoes, all types of baby gear, strollers, high chairs, toys, media, health and safety accessories, maternity and more! We are at Radiant Woodland Park 1061 Rampart Range Rd. Friday 10-7 p.m. Saturday 9-2 p.m. (half

- price day, ALL items 50% off). FMI munchkinmarket@gmail.com
- 7 WP Senior Rummage Sale 9-2 p.m. Come and browse inside or out for housewares, pictures, fabric, yarn, puzzles, games and much more. We have been collecting since January and our sheds are overflowing. Plan to make several trips as you load up with treasures. This annual event helps to support the programs and activities of the WP Senior Center. We appreciate the support of each one of you!
- 7 American Legion Pig Roast & Silent Auction at the Pass Cultural Center, presented by the Eric V. Dickson Post 1980. Silent auction 11-2 p.m. Pig Roast noon-3 p.m. Everyone is welcome! Pig out with the legion! Proceeds support our veterans, our youth and patriotic programs/activities within our wonderful city of Woodland Park and the Pikes Peak region. To learn about ALL this post does, please visit <http://post1980.org>

- Friday mornings Farmers Market in Memorial Park 8-2 p.m. CSU Extension will be there for a plant sale on the 6, 13 and 20th.
- Yoga in Memorial Park with Julie Thursdays 10 a.m. Donation appreciated.

JEFFERSON

- 28 Jefferson Community Civic Association is having a July 4 All You Can Eat Breakfast at the Jefferson Community Building 7:30-11 a.m. All proceeds benefit the operation and maintenance of the historic buildings in Jefferson. Everyone is welcome! FMI 719-689-9280 or GuffeyLib@parkco.us
- Also, JCCA is taking orders for Palisade peaches again this year. Orders will be taken from now through the end of July. There is a 9 lb. box available for \$25 and 18 lb. box for \$45. Order blanks available at the Jefferson Real Estate Office, Como Post Office, or by calling Carol 719-836-1431. Peaches will be available for pickup on Saturday, August 9. There will be a breakfast that morning as well.

LAKE GEORGE

- LIBRARY
- 11 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.
- 12 Free Legal Clinic 2-4 p.m. Volunteer attorneys will answer questions, help fill out forms and explain the process and procedure for legal issues. By appointment call 719-748-3812.
- 18 Adult Coloring 1:30-3 p.m. Color me red, color me blue, come to the library to be creative with colored pencils, paint, pastels, pens collage and glue. Basic art materials supplied or bring your own. We meet on the third Wednesday of the month, all are welcome!
- 27 Friends of the Library Book Club 9:30 a.m. Book choice for June is *Chipeta, Queen of the Utes* by Vickie Leigh Kruidwig. We meet the 4th Friday of the month, all are welcome to join!
- FMI 719-748-3812 or lakegeorge.library@parkcountycogov

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- welcome. Walk-ins welcome. Summer locations rotate – visit www.cpteller.org/whats-happening. FMI Aimee@cpteller.org.
- Telehealth Location Monday through 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. No Yoga June 16 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 701 Gold Hill Place unless otherwise noted. FMI 719-686-0705.

LIBRARY

- 3 Woodland Park Book Club 10:30 a.m. Check our book clubs' page to see what we're reading next!
- 4 Kids Crafternoon from 3-5 p.m. Join us for a craft and downtime to read, work on homework or projects!
- 4 Evening Adult Fiction Book Club 4:45 p.m. A book club for those looking for an evening group!
- 4 Evening Tarot Club at 7 p.m. Join us for an afterhours edition of tarot club! June's theme is "breath."
- 5 Zoomobile at 10 a.m. Cheyenne Mountain Zoo brings animals to the library for this special storytime!
- 6 Coffee Chats 10 a.m. Join us for coffee and conversation. Meet new friends in Woodland Park!
- 6 LEGO Fridays 11-4 p.m. Build your own creation or build to a theme for prizes!
- 7 Spill the Tea for Teens at 10 a.m. Join us for an hour of casual hanging out and donuts!
- 11 DMV to GO 10:30-2:15 p.m. DMV services at the library! By appointment only. Call to reserve a spot!
- 11 AARP Smart Drivers Course 1-4 p.m. Improve your driving skills! Call to register. \$20 for AARP members and \$25 for non-members. Completing this course may qualify you for lower insurance rates.
- 12 Reader's Circle Book Club 10:30 a.m. in the Large Meeting Room.
- 13 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!
- 17 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!
- 18 Celebrating Diversity at 3:45 p.m. Join a community for LGBTQ+ youth and allies! Fun activities provided each month!
- 18 Teen Tie-Dye Day 2 p.m. Come dye socks and bandanas! Bring other items to dye if you want!
- 18 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!
- 20 LEGO Fridays 11-4 p.m. Build your own creation or build to a theme for prizes!
- 21 Ladybug Day! 10-12 p.m. Be part of our annual release of live ladybugs! There will be themed crafts, a story-time and face painting.
- 21 CPR Class 12 p.m. For this event you must register with Ute Pass Regional Health Services District online.
- 24 Papermaking class 1-2:30 p.m. Learn how to make paper! Please email meganr@rampartlibrary.org or call 719-687-9281 x100 to register for a spot!
- 25 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.
- 26 Nature's Educators 10 a.m. Come see and learn how animals camouflage to survive!
- 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 at 4:45 p.m.
- Fridays Tai Chi at 10 a.m.
- "Color Our World" with Summer Reading events, reading challenges and prizes for infants to 12th graders from June 1st to July 31st! Register online at rampartlibrarydistrict.org/summerreading or in person.

Mueller State Park

by Anna Miller

- 2 Short Nature Hike 9-10:30 a.m. meet at Grouse Mountain TH.
- 4 Sensory Walk 9-10 a.m. meet at Visitor Center parking lot.
- 5 Nature Loop 9-11 a.m. meet at Preacher's Hollow TH.
- 6 Wildflower Hike 10-11:30 a.m. meet at Visitor Center
- 6 Junior Rangers in the forest 1-2 p.m. meet in front of Visitor Center.
- 9 Basic Fly Fishing 10-12 p.m. meet at Dragonfly Pond parking lot.
- 9 Wildflower Hike 1-2:30 p.m. meet at Visitor Center.
- 11 Fly Fishing Plus 9-1 p.m. meet at Visitor Center.
- 11 Full Moon hike 8-9:30 p.m. meet at Outlook Ridge TH.
- 12 Sketch Hike 8:30-10 a.m. meet at Outlook Ridge TH.
- 12 Archery 10 a.m. meet at Dragonfly Pond Parking.
- 14 Forest Bathing 9:30-12 p.m. meet at Outlook Ridge TH.
- 14 Junior Rangers at the Pond 1-2 p.m. meet at Peak View TH.
- 16 Nature Journaling workshop 1-3 p.m. meet at Outlook Ridge TH.
- 18 Beneficial Bugs 10-11 a.m. meet at Dragonfly Pond.

- 21 Outdoor Skills Day 10-3 p.m. activities throughout the park.
- 25 Sensory Walk 9-10 a.m. meet at Visitor Center parking.
- 25 Dark Sky Hike 8-9:30 p.m. meet at Outlook Ridge TH.
- 27 Basic Fly Fishing 10-12 p.m. meet at Dragonfly Pond parking.
- 27 Junior Rangers on the Trail 1-2 p.m. meet at Outlook Ridge TH.
- 27 Basic Survival for Kids 2-3 p.m. Camper Services
- 28 Fishing Meetup 9:30-11:30 a.m. meet at Dragonfly Pond.
- 28 Bring Back the Beaver Talk 12:30-1:30 p.m. meet at Visitor Center.
- 29 Cheesman Ranch Hike 9-11:30 a.m. meet at Grouse Mountain TH.
- 29 Junior Naturalist — Summer Begins! 1-2 p.m. meet at Camper Services.

TH = trailhead

Programs happen rain, snow, or shine unless posted otherwise.

All hike and walk end times are an estimate and will depend on the pace of the group.

FMI 719-687-2366.

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