



UTE COUNTRY NEWS

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July 2026

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Vol. 18, No. 7

Welcome to Ute Country



"The greatest patriotism is to tell your country when it is behaving dishonorably, foolishly, viciously."

— Julian Barnes

PEEK INSIDE...



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A time of mourning*



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Sheep Shearing

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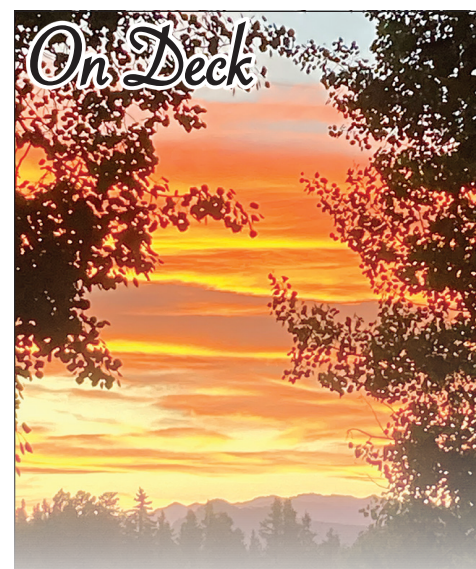
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On Deck

We celebrate 250 years as a democracy on July 4 this year. Many citizens have concerns that our president is behaving as a dictator and many in Teller County are concerned about the favoritism the County Commissioners are showing, while disregarding the need for wildfire mitigation. We have two candidates for Teller County Commissioner who have submitted their campaign promises. Park County is also quite active with their mid-term positions. We felt the photograph from the June of 2025 protest in Fairplay to be a great example of how the PEOPLE will not stand for a king as president from the No Kings Protest. This is democracy in action!

There are also MANY celebrations and events happening in July. Green Mountain Falls has Bronc Day, Florissant and Lake George combine the day for Flo-Geo Heritage Day, Guffey has Heritage Day and Fairplay hosts South Park Heritage Archaeology Day. Be sure to read more details in their articles in this issue. All are mentioned in our Out & About section, which also lists the details of the Woodland Park Ol' Fashioned 4th of July Celebration. You will also find that the Museum of Colorado Prisons has a unique offering. Learn how being curious has the power to diminish worry from *Life Enhancing Journeys*. Find out exactly how one goes about shearing a sheep or ram. When feeling overwhelmed, a detox may be in order; check out *Notes on Nutrition*. We have lots to offer in our July issue!

We'd love to print pics you took of your indoor and outdoor animals. Please send them 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, we are happy to publish them!

Our office has moved to 121 County Road 5 as of June 1, 2026. Come on in and see what's new!

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 A time of mourning

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

>Welcome to July campasapa wi "the moon when the chokecherries are black" or wiocokan-kan "the middle moon." We are in Summer or Blokëtu "The Warm Moons." Many moons ago, throughout the summer, the people of the camp moved often to follow the migrating buffalo. Packing, transporting and unpacking the family's belongings was the responsibility of the women. They were also busy with preparing food, making, and setting up the tipis. The girls received instruction in quillwork and helped prepare food by gathering firewood and water. Boys began honing their hunting skills while hunting small game. The men spent their time making weapons, hunting for wild game, and defending the camp. The summer months were also the time for ceremonies and celebrations.

Last month I wrote about one of our Lakota seven sacred rites, the Sundance" *Wiwányang Waçipi*." This month I'm going to share another sacred rite with you. This one is called "Wanági Yuhápi" or "Nagi Gluhapi" the keeping/releasing of the soul. This Lakota rite of purification and remembrance was also passed down by the Sacred White Buffalo Calf Woman. It ensures the soul of the deceased is cleansed so it can reunite with Wakhán Thánka (the Great Spirit). This rite honors the life of the departed, especially in the case of a child, and serves as a spiritual and communal act of love and guidance. It reminds the living to live harmoniously, remember death and maintain respect for all life, the Lakota culture and our Spirituality.

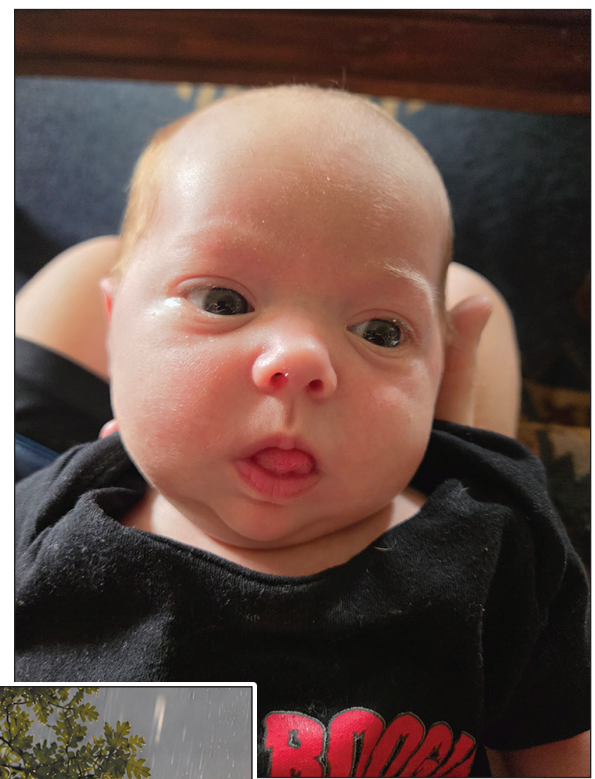
As tradition was told, a small lock of the hair is taken from the deceased. This symbolizes the soul of the person. The hair is held over the smoke of burning sweetgrass to purify it, removing impurities and preparing it for the journey to the spirit world. The purified hair is wrapped in sacred buckskin and made into a bundle. This bundle is called the soul bundle. A relative, often a close family member, was chosen to keep the bundle. The keeper vows to live a harmonious, peaceful life, avoiding conflict and violence, and to honor the soul's purity. The bundle is stored in a designated spot in the keeper's tipi or now a days would be their home, usually for about one year, though the time can vary. At the end of the mourning period, the bundle is removed from the tipi or home. A buffalo hunt is often performed, and a special lodge is built. Sacred tobacco is filled with prayers and is smoked in the Chanupa or Sacred Pipe. Special food is buried as an offering to the earth. The bundle is carried outside; as soon as it reaches the air, the soul is released. The soul travels along the Spirit Path (the Milky Way) to Maya Owichapaha, the old woman who judges each soul. If judged worthy, the soul is sent to the right to join Wakhán Thánka or Great Mystery. Unworthy souls are sent to the left to remain until purified.

This tradition is still practiced today by many of our people. It is also integrated with other more modern ceremonies that are known to society today. Burials and mourning ceremonies are designed to help the spirit's journey to the afterlife. Offerings such as food, drink, weapons, tools, and personal items are left at the burial or memorial site by family, friends and members of the community to assist the spirit's passage.

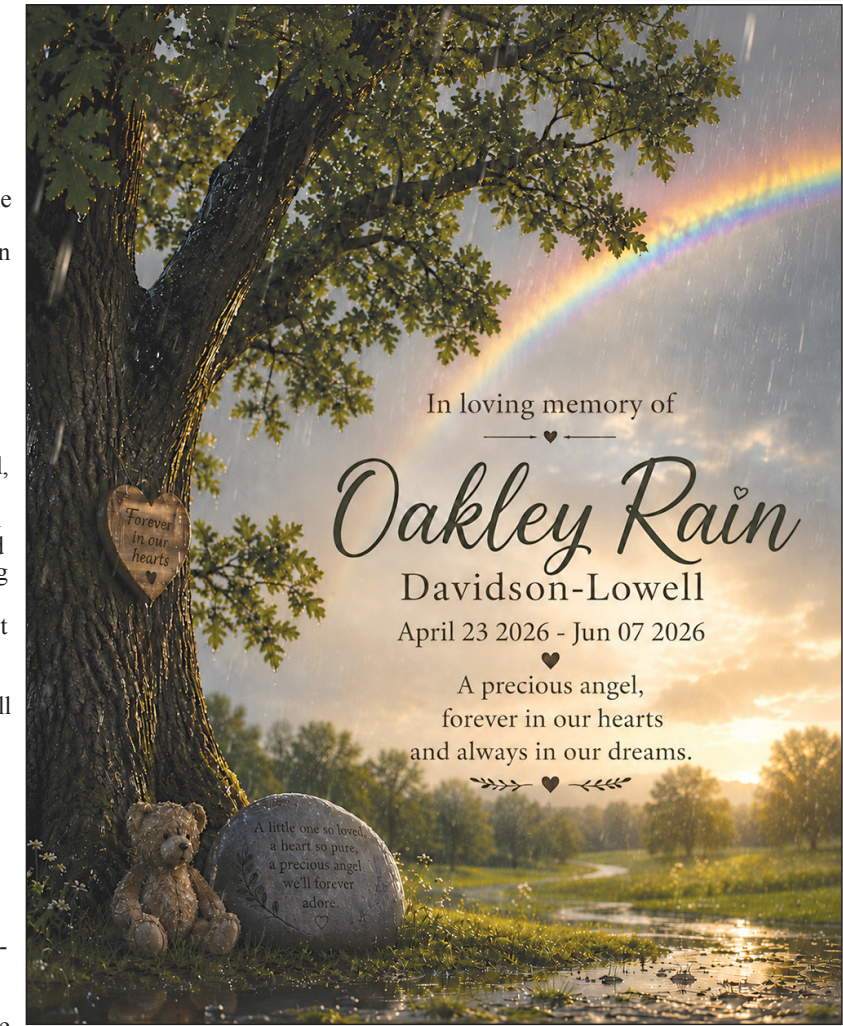
The Lakota mourning period can last up to a year. It is rooted in our spiritual beliefs about death, the afterlife, and the relationship between the living and the dead. Mourning is not just personal; it is a communal act. It reinforces tribal identity, strengthens bonds among survivors, and ensures that the deceased's role in the community is remembered. In this way, the year of mourning becomes part of the cultural fabric, preserving traditions and spiritual teachings for future generations. The year-long mourning period reflects deep respect for the person who has passed. It is a time for the community to process grief, maintain cultural traditions, and keep the memory of the deceased alive. Mourning is expressed through singing,

crying, wailing, cutting hair, or other symbolic acts. This extended period also allows the living to adjust to the loss and to reaffirm their connection to the departed in the spirit world. In short, the Lakota mourn for a year because it is both a spiritual necessity, to honor and guide the spirit, and a cultural obligation to express deep respect, maintain community ties, and preserve the legacy of the deceased.

With all of this being said, I am also here to honor and pay tribute to my beautiful granddaughter Oakley Rain. Our sweet little Oakley Rain, who was only seven weeks old, took her journey unexpectedly to the spirit



Oakley Rain was only 7 weeks old (above).
Oakley Rain's memorial (left).



In loving memory of
Oakley Rain
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A precious angel,
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grieves or cries twice when we lose a grandchild; once for the grandchild that has passed and then for your child that is so desperately grieving. You can't take the pain away or fix their boo boo like parents want to do.

A beautiful life was given to us for such a very short time and although we don't understand why, we were so blessed to have had her, and we are so devastated that she had to leave us! The Oyate Herbals family is heartbroken, and we are trying to heal currently. We have performed all necessary ceremonies to help this little one on her sacred journey. We are now at the beginning of our mourning period that will continue for the full year. There are certain things we are not allowed to do during this time of mourning, so please show respect and ask if you don't understand and want to learn more.

I humbly ask that you keep Oakley Rains' momma Kodi Bear, sisters Aspen Rose and Willow Sage in your prayers.

They need all the thoughts, prayers and help they can get. We do have a go fund me page going around on Facebook that was started by my sister Lori Boess to try and help cushion this heavy hit. Thank you in advance for anything you can do. Even stopping by the stores and purchasing your favorite items will be a great help! You can also contact me directly for the link or just stop by the store.

If you want to learn more or need assistance with traditional medicines, stop by the store at 38 Costillo Ave, Florissant Co. or call me 719-661-0410. I'd be happy to speak with you.

*Mitákuyepi Anpëtu wašté (Good day relatives)
Many Blessings and may you walk in balance on your path*

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You're Invited! Do NOT Click

by Kathy Hansen

It is exciting to be invited to a special event. So, when spammers attempt to get into your computer, they have learned enticing subject lines can be effective.

I fell for it. Then, before I realized it, I was getting all kinds of "Mailer Daemon Undeliverable" emails in my inbox. That is how I knew my computer was infected.

If it has happened to you and you have a Personal Computer (PC seemed to be affected but not Mac), here are steps you can take...

- Go to Control Panel

- Select Programs
- Select Programs & Features
- Right Click on "ScreenConnectClient"
- Select "Uninstall"
- Right Click on "GlanceGuest"
- Select "Uninstall"

This assistance came from Malwarebytes.com. Please note that Microsoft defender did NOT identify or stop the issue. Malwarebytes.com was affordable and I was very happy with their level of assistance!

Behind the Scenes

There's more to a book than its cover

by Tracie Bennitt

Welcome to this column celebrating the people we never see behind the scenes. You know who I'm talking about: the cooks, the linemen, the snow shoveler, the janitor; those folks. The ones behind the scenes who keep us going every day. That's who I'll be celebrating each month. Have a recommendation? Email me tracie.bennitt@gmail.com

There's a new "kid" on the block and she's making waves with the pages at the Rampart Library District (RLD). Lisa Miller arrived in Woodland Park four months ago. She has taken on the role of Activities and Marketing Coordinator and has launched the most epic summer reading program ever.

Born in Shreveport, LA, Lisa was raised in Littleton. Starting out as a busser at a friend's Italian restaurant, she got her start in the hospitality industry at 16. "My dad was intense," she said. "I couldn't have my 16th birthday cake until I had a job." Moving to retail, she worked at Claire's for 3 years and then followed a lead to Elitch Gardens for a summer job. "It took seven interviews, but I was hired for Guest Services and worked at that for six years until Six Flags took over." Lisa worked with nonprofits, church groups, schools and other groups as a Group Sales Coordinator for another three years.

"When my dad passed, I moved to Leadville to get an Associate's Degree in Natural Resource Management." Lisa then moved into a camper and traveled conducting environmental site assessments at different national parks. "I worked for a couple of different companies in sales and marketing and ended back up at Elitch's as a Corporate Rep and Assistant General Manager," she said. "When COVID hit, I took my camper and headed to Corpus Christi, where I worked for five years." Lisa wanted to get back to Colorado and found the position with RLD in February. "I book out meeting rooms, plan and execute programs, define those programs and find partners to get those programs implemented," she said. She currently lives with her two Chihuahua rescue pups, Ellie and Bowman.

In her spare time, Lisa hiked 14 (14ners) then stopped, "because I liked that number and it was easy to remember," she said. "I served on numerous boards, holding positions from Vice President to Secretary, which ranged from helping foster children, to getting inner-city youth out into the wilderness to build confidence and skills. I am also extremely passionate about animal rescue and spent 3 years helping a Denver non-profit with dog transport and dog placement into homes." Sitting with Lisa and Director Tim Miller, both had a lot to say about activities at RLD. "This summer's reading program is "Unearth a Story" for all ages," Tim said. "Folks register to get a free book and bring their bingo card in at the end of the program in August." They said that reading helps stave off dementia and Alzheimer's for adults. Kids experience a "summer slide" and reading levels drop during the summer because the kids don't keep their minds active. "The plan is to help



Lisa with her dogs, Ellie and Bowman.

keep reading scores high," Tim said. "Kids are really excited and enjoy being engaged as a family," Lisa added.

Over 18,000 people attended educational and fun activities at the library last year. "Meeting rooms were also at a record high," Lisa added. "In the age isolation with social media, we need a place to have people connect with each other. The library is that place. Our library here is so unique compared to other stuffy library settings around the country." Lisa applauded the staff and noted the great service and proliferation of services available.

July 30th is the date RLD is hosting Rocky Mountain Dinosaur Resource Center at the Woodland Park Library, this program is just for our Tween market. "RMDRC will be bringing a 3D printer and print dino claws for the kids," she said. Then on August 1, the Colorado 150th birthday party will occur with a scavenger hunt to find the most bigfoot stickers (in the building), activities, and a presentation by Mike Bryant with the Ute Pass Historical Society at noon on, "The Possibly Treasonous Expedition of Zebulon Pike" followed by a tour of the Ute Pass Historical Society Museum (right behind the Florissant Library).

August 6th will be the Foam Party, ending the Most EPIC Summer Reading Program EVER! There will be a Short-Faced Bear skeleton on exhibit during this time courtesy of Dinosaur Brokers owner John Bennitt.

There are always interactive elements within the library, which include Take and Make kits, which are free and offered on each level of the library, for all different ages. Each month, a new craft is hand built by library staff and placed for guests to take and make at home! "We encourage our guests to take time, walk the library and discover all the gems hidden in each corner! We are not just a library, we are a destination," she added.

RLD libraries are located in Woodland Park, Divide and Florissant. FMI 719-687-9281.

Adopt Me by SLV Animal Welfare Society

Frannie Sorcha

Frannie Sorcha is an Irish Wolfhound mix. She is about 3 years old, weighs about 60 pounds. Frannie is good with other dogs, loves to play and loves attention. She is spayed, current on all vaccines, and microchipped. Please visit our website to learn more or connect for a visit: <https://www.slvaws.org/>
 This space donated by the Ute Country News to promote shelter animal adoption.



A Look Inside the Artist Beth Diane, multi medium artist

by Mary Shell

Not too many artists venture into mediums different from what they are familiar with. To Beth, nothing is sacred. She can go from a soft painting of a woman to welding a scrap metal sculpture. To me, she is the ultimate artist, creating something from nothing. I am looking forward to seeing what she creates next.

How old were you when you first began creating?

I would say I was in First or Second grade. I would spend summer vacation at my grandparents in a small town. My cousin and I had a roadside stand where we sold our creations to people who drove by. (Think of it as a lemonade stand, only for arts and crafts!) We would spend all school year at home making our wares and stocking our stand shelves with our creations.

What's your favorite medium?

It is so difficult to pick a favorite!!! Right now, I really like welding and structural art... trash to treasure... Metal art/Yard art. I owned a flower store for 12 years and I loved using "Roadside" (whatever free stuff that grew by the roadside) ... I am also drawn to acrylics right now because I have found a little creative family at your studio, Mary Shell. I'm also looking into and reading up on the native clays that are on my property. I'm not sure I have a favorite.

What is your favorite subject?

Subject? I'm not sure I have a "subject." I am drawn to erotic lines and subtle nuanced curves in all medium forms. If it curves, I like building form around it. Lately I have been trying to create art as a personal gift. That's the hardest ...trying to find something that interests the recipient of the gift... finding the subject that interests them.

Can you explain your process?

For my 3D art, I gather the pieces that catch my eye and then figure out how I see them coming together in a pleasing form. It all becomes unique, because I don't usually

have more than one of something in my scrap pile. In painting, I am still trying to figure out my style, so I must find a couple pictures I like and then put them together to find the basis of my composition.

Who inspires you to create?

I grew up in an extremely creative family. My mother could draw horses so easily... like her own brand of doodling. My father could see things in 3 dimensions and helped me understand the structural support of welded art. One of my brothers uses wood as his medium of choice. My other brother is a knife maker and also does beautiful etched glass. I grew up thinking that everyone was intensely creative in their own way. I didn't realize until I was an adult that not everyone could "see" art in their mental aptitude. So, I think my inspiration comes from within and understanding what is hiding within the medium.

Who's your favorite artist?

Maxfield Parrish. I love his color and movement.

What's your favorite subject?

I would have to say the female form. It all leads back to those curves.

What is the most difficult creation you have created?

Right now, I am working on a wedding gift, and I am so stuck on the rocks that friends are kidding me that the couple will be divorced by the time I get the picture painted. Ha! I suppose trying to get it "Just Right" for my friends puts a lot of pressure on the finished product.

Is there anything new in your future?

I have recently had to retire, due to medical reasons. So once my health settles down, I am really looking forward to having the time to play in my scrap pile and delve into the clay



found on my property.

What haven't you tried that you would like to do in art?

I'm lucky that I have always had the opportunity to try anything I have ever wanted. I am looking forward to assessing and creating with the wild clays of the area.

What is your favorite creation that you made?

I recently did a larger piece to hang in my kitchen, the colors really came together well, and I created a garden witch out of scrap metal for my Mom's yard. We did it together and I have fond memories of the creative process with her every time I pull up and see it in her yard.

What is it that you want people to see in your art?

Maybe a piece of themselves. I'm always fascinated by what a person picks and why. Seems like most people like art for deeper personal reasons, it reminds them of something in their life or their past.

How do you choose your subjects?

Whatever reaches out and grabs me at the time... Subjects are fleeting, kind of like Glitter Squirrels, so to pick one just depends on timing and mood.

Mary Shell can be reached at creatingfromthesoul@yahoo.com and Facebook.




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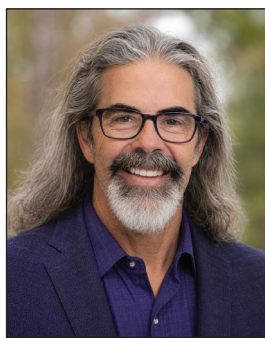
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Don Moore, Write-in Candidate for Teller County Commissioner

Don Moore, a Teller County resident, community volunteer, wildfire mitigation advocate, and write-in candidate for Teller County Commissioner, will officially launch his campaign on Wednesday, July 1, 2026, at 6:15 p.m. at 965 Pathfinder Road in Florissant.



The kickoff event will be informal, family-friendly, and open to the community. Guests are invited to enjoy free hot dogs, chips, homemade lemonade, campaign swag, photo opportunities, and a chance to meet Moore and learn why he is running a unique write-in campaign for Teller County Commissioner.

Moore's campaign theme, "Fill in the bubble. Write in Don Moore," reflects the practical challenge of a write-in race. Because his name will not be pre-printed on the ballot, voters must both fill in the write-in bubble and write in "Don Moore" for their vote to count.

"This campaign is about giving Teller County voters a real choice," Moore said. "I am running because I believe our county government should be more transparent, more accountable, and more responsive to the people who live here. A write-in campaign is not easy, but nothing meaningful ever is. We are going to meet people where they are, listen carefully, and earn every vote one conversation at a time."

Moore brings a professional background in asset management, fiduciary services, regulatory compliance, risk management, and responsible stewardship. His career included leadership roles involving U.S. Treasury, trust examination, fiduciary oversight, national bank policy development, and service as an adjunct instructor and international subject-matter expert with Cannon Financial Institute. Moore says that background shaped his belief that public office is a position of trust, not entitlement.

Locally, Moore is also known for his volunteer work in wildfire mitigation, forest health, and community organizing. He and other volunteers have worked to address mountain pine beetle damage, reduce wildfire risk, promote practical mitigation efforts, and encourage citizen participation in local decision-making.

The July 1 kickoff will also introduce Moore's "Running Teller County" campaign promotion. Beginning that day, Moore plans to run in visible areas around the county, including roads near local subdivisions during commuter hours, as a way to meet residents, promote health and persistence, and bring attention to the write-in campaign.

"Don is literally going to run Teller County," said Adam Blackwell, a supporter of Moore. "He will be out where people can see him, wave, stop to talk, ask questions, and learn how to write him in. This campaign will not be built from back rooms. It will be built on roadsides, patios, kitchen tables, barns, and neighbor-to-neighbor conversations."

The campaign will also host small "Coffee with a Candidate" gatherings throughout Teller County. These informal meetings are intended to give residents an opportunity to share their concerns, priorities, and hopes for the county directly with Moore.

At the July 1 kickoff, attendees will be able to pick up door hangers, sign up to host a small gathering, volunteer, learn how write-in voting works, and decorate car windows with campaign slogans such as "Fill in the bubble. Write in Don Moore," "Moore Focus on Teller," and "Don Moore for Teller Commissioner — Write It In!" Meet the candidate at 965 Pathfinder Road in Florissant. There will be free hot dogs, chips and homemade lemonade. FMI 719-839-0860 or donmoore@donmoore.org.

Moore says the campaign will focus on transparency, accountability, responsible stewardship, wildfire mitigation, and restoring public confidence in local government.

"This is a campaign for people who believe Teller County deserves careful leadership, open communication, and respect for ordinary citizens," Moore said. "If people want more accountability, more listening, and more focus on Teller County, we are asking them to fill in the bubble and write in Don Moore."

Paid for by the Committee for Don Moore, Registered Agent, Don Moore.

Dennis Luttrell, Former Teller County Commissioner Seeking to Serve Again

Dennis F. Luttrell has been a Teller County taxpayer since 1979. Years ago, he left his private sector position as a geotechnical engineer to enter full time public service. Since then, he has continued to do so ever since the decades. First as a volunteer firefighter, Teller County Commissioner for eight years and later as Colorado State Wildlife Commissioner for Governor Romer for four years and Colorado Natural Areas Council member for two of those years. Later, he served as an environmental planner for EPA, community development director, grants administrator and Town and City Administrator. Some of his projects have won national awards.

Currently, he serves as a Director for the Divide Fire Protection District and before that as a Teller County Planning Commissioner and a NO FLO Mitigation volunteer.

He learned a lot over these decades regarding public service, governmental administration and governmental policy making. It has been through these lenses of experience that he has observed our county government. He knows that we can do better on several fronts. Poor policy making has led to reduction in county services at taxpayer's expense. For example: We are short-staffed at Public Works. All the missions of the county departments are not being met. Your hard-earned tax dollars that have already been paid for these services and yet not received as a result. Whether it's not getting your road plowed, graded, paved, or dust controlled, things are not getting done as they



On the job for YOU, not the money.

should be.

He believes that his acquired knowledge, understanding of government and public administration would be helpful in correcting several Teller County's problems, such as the number one threat to our safety, wildfire. Therefore, he has decided to come off the bench and seek once again the position of Teller County Commissioner. He intends to do so this time as a Democratic candidate.

The number one issue today is WILDFIRE preparation, mitigation, planning, response and recovery. Believe me, after nearly 50 years in the fire service, I know we can do so much better than we are currently doing across the board from burning permits to planning and execution.

• He hopes to instill Total Quality Management approach to county government and increase efficiency in county operations and reduce taxes as he has done for each of the governments that he has served over the decades.

• He chooses not to accept the salary for the position, so that it may be used instead to improve the county's quality of life. He will donate the salary to Teller County charities instead.

• He looks forward to meeting you in the months ahead and to learn from you your opinions and expectations, so that he may reflect those in service to you over the years ahead. He thanks you for your consideration and would appreciate your support.

• In the weeks ahead, he will construct a Facebook presence for the campaign and provide you with further detailed information.

Flo-Geo Heritage Day

by Marianne Mogon

In 2026, the United States will mark the 250th anniversary of the Declaration of Independence — our nation's sesquicentennial. At the same time, Colorado will mark the 150th anniversary of our entrance into the Union — our state's sesquicentennial.

The America 250 - Colorado 150 Commission was established to guide Colorado's twin commemorations in ways that enable all Coloradans to participate. The communities of Lake George and Florissant have come together and are inviting everyone to celebrate the history, culture, and mountain life of both communities.



The communities of Lake George and Florissant are rich in history and played significant roles in the development of the nation and the state of Colorado. Florissant Fossil Beds holds traces of life from billions of years ago. This area was home to Native Americans, primarily the Utes, who hunted and roamed the area. Then came the Spanish, the Europeans, and the Mountain Men who came to trap the beaver. Soon miners followed and then came homesteaders' ranchers, and farmers. Judge James Costello came to the area, naming it Florissant, and set up a trading post catering to the Indians, Mountain Men, miners, and settlers. George Frost built a dam on the South Platte River to create the reservoir that supplied ice to Denver and surrounding mining camps. When the Midland Railroad came through, the ice was also utilized by the railroad. George's Lake was renamed Lake George. Pikes Peak Historical Society has a museum that displays many remnants of this past, and the Florissant Cemetery pays homage to Civil War Veterans buried there. The two communities have come together to showcase the history and culture of the area as well as good ole mountain hospitality.

Plenty of activities are scheduled for visitors of all ages and it is all jam-packed in one exciting day, Saturday, July 25, and better yet, it won't cost an arm and leg, because most of the activities are free.

Start off the day with a hearty breakfast at the Florissant Fire Station by donation only. The Cripple Creek Donkeys will be there to welcome everyone to Flo-Geo Heritage Day. You can take part in an on-line auction of assorted items. The auction proceeds will

benefit Florissant Fire Protection District. Passports will be available; you will get a stamp from each activity you attend. Passports are also available at Pikes Peak Historical Museum and High Country Realty. The first 10 to turn in their passport will receive a special prize. The top two with the most stamps collected will receive a prize. Winners will be announced following the event. Passports can be dropped off at High Country Realty.

Visit the Florissant Fossil Beds, Hornbeck Homestead, Pikes Peak Historical Society Museum, the Teaherage (former residence of teachers at Florissant School), the Grange (former Florissant School), Granite Canyon General Store in Lake George (one of the original buildings of Lake George), Lake George Community Park where you can observe a Gymkhana or visit

the Snare Cabin and Lake George Ice business display. Each location is offering different events like a Lapidary Demonstration, Craft Show, Wild West Gunfighters Reenactors, Live Entertainment, and an Art Contest of students of Lake George Charter School, and much more. To get a list of all locations and activities, visit the web site flo-geo.com or pick up a passport, or click on the QR code.

Visit our local restaurants; Serranos Authentic Mexican food, the Historic Thunderbird Inn Bar and Grill in Florissant. In Lake George there is Gold Water Café for casual dining or award-winning BBQ at the Fat BBQ Shack.

The organizers of Flo-Geo Heritage Day would like to thank the following for their generous support of this community event; High Country Realty, Florissant Family Medicine, Crippen's Processing, Hitching Post Trailer and Tractor Sales, Sparks Automotive, Ace Hardware, Outpost Feed & Ranch Supply, Lake George Cabins & RV Park, The Mercantile, Tumbling Trout Fly Shop, and Apex Waste Solutions.

A special thank you to Paul del Toro and Scott Miller for their efforts. Everyone is invited to spend the day surrounded by mountain splendor, friendly hospitality, and a good time on Saturday, July 25, within the communities of Lake George and Florissant.

Call for Artists

Opening Reception for "Americana" show at Blue Spruce

by Lynn Lemmon-Oliver

The Blue Spruce Gallery is celebrating the 250th birthday of the nation in July with "Americana," a show focused on everything in our beautiful country. This show is open to all mediums... oil, clay, watercolor, fiber... we welcome it all! Artists need to have their work at the gallery by Tuesday, July 7. Each artist may enter up to 3 pieces.

The show opens on July 8, with a reception on Second Saturday, July 11, from 4:30-6:30 p.m. Cash prizes will be awarded, as well as ribbons in several categories.

Come to Florence on Second Saturday, and enjoy the public reception at the Blue Spruce Gallery, 205 West Main Street. In addition, many of the downtown merchants have sidewalk sales on "Second Saturday" and there is "Junktique Off Main" just a few blocks away. So much to do and see in Florence! FMI 719-784-1339.

Guffey Heritage Day, Vendor Fair and Community Dinner

by Gail Carver and Flip Boettcher

Guffey Heritage Day has some history in this little South Park County town. Conceived over 10 years ago by townspeople and business owners to draw locals and tourists to the tiny mountain town in the summer, this annual event has seen great attendance in some years. However, since COVID and economic downturns, it has been a challenge to find volunteers to organize it and visitors willing to make the drive to spend a day in this out-of-the-way place.

Members of the Guffey Community Association (GCA) hope 2026 is a different story. This year the non-profit GCA run by local residents hopes that some milestone birthdays are a reason to celebrate. This year is the nation's 250th birthday, Colorado's 150th birthday and the 130th year since the Guffey post office changed its name from Freshwater to Guffey.

Held on July 4th in the past, this year the event will be held on Saturday, August 1. Sponsored by the GCA, this year's Guffey Heritage Day will include a vendor fair 10-3 p.m., followed by a community dinner from 5-7 p.m., all to take place on Main Street in downtown Guffey.

The vendor fair will feature local artisans selling handcrafted goods such as gourmet food items, soaps and lotions, hand-turned wooden bowls and vases, jewelry, clothing, homegrown vegetables, chicken eggs and lots more.

Following the vendor fair, Main Street will be cleared of vendor booths and replaced with tables lined up end-to-end in preparation for Guffey's first community dinner. This is an opportunity for Guffey locals and their friends and families to gather together for good food and community. The dinner will take place 5-7 p.m. and attendees will bring their own food, drinks, and table settings. Tables and chairs are provided at no charge, but donations of \$25 per table are requested to cover the cost of rental.

Both the vendor fair and dinner are free. Local artisans interested in reserving a booth space should complete the online registration form on www.guffeyshares.net/home/ghd-vendor-fair-and-dinner. Booth space is available for a \$20 deposit, \$10 of which will be refunded when the vendor arrives.

If you would like to reserve a table for the community dinner, use the Table Host Registration form on the same website. Each table seats eight people.

Information can also be found on the Guffey Heritage Day Facebook page.

So, escape the heat, come up to the mountains and enjoy the fresh air and sunshine. Check out the Heritage Day Vendor Fair and explore the historic mining and ranching hamlet of Guffey.

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FLO-GEO HERITAGE DAY

JULY 25, 2026
WWW.FLO-GEO.COM

- SCHEDULE -

<p>7:00-11:00 a.m. Florissant Fire Station Pancake Breakfast</p> <ul style="list-style-type: none"> Pick up Passports for today's events Cripple Creek donkeys Silent auction - ends July 26 at 5 p.m. <p>9:00-1:00 p.m. Teaherage (next to Grange)</p> <ul style="list-style-type: none"> Art contest with students of Lake George Charter School <p>9:00-3:00 p.m. Florissant Grange</p> <ul style="list-style-type: none"> Craft Show & Grange Quilters Flea Market Music by Sadie & Bret Gunfighter Reenactors 11 a.m. & 2 p.m. Ice cream <p>9:00-4:00 p.m. Pikes Peak Historical Society Museum</p> <ul style="list-style-type: none"> Lapidary demonstration Storytime and Crafts in the Tipi 	<p>9:00-4:00 p.m. Lake George Community Park</p> <ul style="list-style-type: none"> Horseback competition Concessions Snare Cabin and Ice Business Exhibit <p>9:00-4:30 p.m. Florissant Fossil Beds & Hornbeck Homestead</p> <ul style="list-style-type: none"> Fossil Deposits and Petrified Redwood Stumps 1878 Homestead Building 10-3:30 p.m. <p>10:00 a.m. & 1:00 p.m. Florissant Pioneer Cemetery</p> <ul style="list-style-type: none"> Civil War Heros Presentation <p>10:00 a.m. & 2:00 p.m. Granite Canyon General Store</p> <ul style="list-style-type: none"> Tour Historic Store, George Frost Mansion, historical slide presentation 	<p>10:00-3:00 p.m. Lake George Library</p> <ul style="list-style-type: none"> Used book sale by donation <p>10:00-4:00 p.m. Teva Cultural Arts & Visitor Center</p> <ul style="list-style-type: none"> Area information Photo Opportunities with Special Characters & Pikes Peak Art Gallery Hydration Station <p>11:00-2:00 p.m. High Country Realty/ The Thetford Team</p> <ul style="list-style-type: none"> Pick up and return Passports Hydration Station
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RESTROOMS located at:
• Florissant Grange
• Lake George Community Park
• Teva Cultural Arts & Visitor Center

FLO-GEO HERITAGE DAY

A DAY OF CELEBRATION IN THE COMMUNITIES OF FLORISSANT AND LAKE GEORGE

JULY 25, 2026

AND MORE!

PASSPORT
Pick-up a Passport at Pancake Breakfast, PPHS Museum, or Thetford Realty. Get a stamp for each location you visit. Return Passport to Thetford Realty. First ten to turn in their Passport will receive a special prize. There will be two prizes given to ones who visits the most places. Winners will be notified after event.

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Museum of Colorado Prisons Sesquicentennial & Semiquincentennial

by Flip Boettcher

For Colorado's 150th birthday and the country's 250th birthday, the Museum of Colorado Prisons will be celebrating on Tuesday, July 14 from 10-5 p.m. featuring an Interactive Time Capsule. 6,000 guests have been invited.

The museum is housed in the old Women's Correctional Facility, which was part of the Colorado Territorial Prison located on the far west side of Cañon City.

Tents will be set up on the prison lawn, including a Museum Public Relations tent. They will be serving lemonade and water and admission to the prison museum will be free all day, although museum donations are always welcome.

The main event though, will be the opening of the old safe in the morning. There will be live streaming viewing of the safe opening on the prison lawn and at the museum.

The safe was made sometime between 1854-1867, according to museum director Stacey Cline, and was housed at the Territorial Prison in the basement of Cell Block #3, death row. The safe was last opened maybe in the 1960s or 1970s and speculation about what might be inside runs the gamut from nothing, to a severed head, to gold bars, to Klu Klux Klan items, said Cline. They have a locksmith to open the safe.

The safe is large on the outside, but small inside and once opened anything inside will stay and other items will be added, like a letter from the governor, past and present wardens. Then it will be re-locked and the Time Capsule will be locked into a cell in the basement of the museum to be opened in 100 years, said Cline.

The interactive part of the Time Capsule, a four foot giant kiosk, will be outside the cell and will have prison information for guests to view. The Women's Correctional Facility was

built in 1935 by Warden Roy Best to house 32 women and served until 1968. At first though, there were not enough women in Colorado to fill the facility and inmates came from other states, stated Cline.

Other wardens before Best had tried to get funds to build a women's facility but were turned down for lack of funds. With Prohibition (1920-1933) swelling the prison ranks, then Warden Crawford begged for money for the prison before the 1929 riot in which three cell houses were lost, according to Cline.

After the 1929 riot, the youngest warden, Roy Best 32 years old, was appointed interim warden and then warden in 1932. After the riot, money flowed into the prison and Best rebuilt the destroyed cell houses as well as the Women's Correctional Facility in 1935 which now houses the Museum of Colorado Prisons.

The Territorial Prison, built in 1868, has seen riots, escapes, executions, and led the way to prison reform within the Colorado prison system, according to the museum pamphlet.

The first meeting of the Colorado prison committee was in 1983. This led to the establishment of the Museum of Colorado Prisons, which opened in June of 1988.

For an interesting and informative day, visit the Museum of Colorado Prisons July 14 10-5 p.m. and celebrate the state's 150th birthday and the country's 250th birthday.

The museum also features special paranormal investigations. Upcoming investigations are scheduled for July 18, August 15, September 19 and October 31. Limited spots are available, so call the museum to book a spot 719-269-3012, or online prisonmuseum.org.

The museum is open 7 days a week 10-5 p.m. and regular admission is adults \$15 and kids \$10.

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

by Readers of Ute Country News

This is a column dedicated to acts of kindness to remind us all how we can kindle more kindness in our communities. You will not read names of people or businesses because it is all about the behavior. Have you witnessed or experienced an act of kindness? Please share it! You can email us at utecountrynewspaper@gmail.com, stop in and tell us at Shipping Plus in Divide (we're at our NEW LOCATION 121 County Road 5, between the Little Chapel of the Hills and the car wash) or snail mail to Ute Country News POB 753 Divide, CO 80814. Thanks for sharing!

- It was completely spontaneous and fun to watch! She was bringing a box to her car, and he immediately offered to help her. She didn't need assistance, so she politely thanked him for the offer and mentioned how it brightened her day that someone would care enough to offer.
- While we were reluctant to accept assistance, it became clear that we really needed help. They offered to help pack, move and clean. Before I knew it, in less than 2 hours these fine ladies had all packed boxes, loaded and moved to the new location! Then they came back to help pack. So much was done, we cancelled the folks for Friday. The Saturday folks helped us with several large, bulky or heavy items — the help was welcomed!
- The unexpected gifts of flowers, eggs, and a personalized plaque brought us smiles and a sense that we mattered enough to be welcomed to the new digs — such a good feeling of belonging!
- She left a text that they would be on vacation, so would we please put their garbage totes in our garage, so the bears or other wildlife won't get into it. We were so happy to accommodate the request! It is so much easier

to put the totes in the garage than to pick up the remnants after the wildlife explores it.

- He told me that he got the new job! Then he said, "But I'm going to help them out on my day off, Thursdays. You know, they are GOOD people and I don't want to leave them hanging, so I can at least help them out on Thursdays until their contract expires in September." Helping out good people surely sounds like kindness to me!
- We were more than happy to receive a call that they have difficulty getting in and out of the vehicle. By calling ahead, we could anticipate their arrival and make the transaction as easy as possible by going to their vehicle. Letting people know how to help is an act of kindness!
- I just opened the hatch and began putting groceries in the back when a gentleman asked to see my bumper stickers. I obliged. We had a very pleasant conversation. He then offered to take my cart to the cart corral for me, which saved a few steps for my aching knees and hips. I was grateful for the act of kindness.
- The very day after I sent the email about the oversight, he came in to pay for the error and gave a tip, too!
- She offered to make a meal for us during the busy time. However, we were too overloaded to identify a time that we would have available, working day and night. In the middle of the night during the busy time, I woke up stressed and to calm I began counting my blessings. Remembering the invitation open to when it would work for our schedule, was the first to recall because she intended to feed us to nurture us during a very busy time. Thinking of providing food is an act of kindness that was powerful enough to assuage the stress.

Generous Grant from SSR Mining is Graciously Received

by Ken and Judi Hesselberg

Little Chapel Food Pantry has been notified that we will be receiving a generous grant from SSR Mining Cripple Creek and Victor for the purchase of food to distribute to our community! Because of rising food, fuel and housing costs in our area, our numbers are constantly increasing, while our food donations have been drastically cut. This grant will help to ensure that no family has to go without food in our community! Our grateful appreciation to this generous organization for this much needed grant!

Buena Vista Gem & Mineral Show

The Largest Mountain Town Gem Show Returns August 6-9

by Lisa Cooper

Surrounded by the breathtaking peaks of Colorado's Collegiate Range, the Buena Vista Contin-Tail Gem, Mineral & Fossil Show returns August 6-9, 2026, bringing together collectors, artisans, families, and outdoor enthusiasts for four days of discovery, shopping, and hands-on activities.

Celebrating more than 55 years of tradition, Contin-Tail is Colorado's largest mountain town outdoor gem, mineral and fossil show. Held at Buena Vista rodeo grounds near the Continental Divide the event has grown from a small gathering of vendors selling from their tailgates into one of the state's premier summer attractions. The name "Contin-Tail" honors those humble beginnings, combining "Continental Divide" and "tailgate."

Approximately 100 vendors from across the United States and abroad will offer an impressive selection of minerals, fossils, gemstones, lapidary art, handcrafted jewelry, home décor, rough rock, polished specimens, and one-of-a-kind collectibles. Many exhibitors are miners, prospectors, and artisans who personally collect or create the items they sell, giving visitors the opportunity to meet the people behind the treasures.

The show also features interactive experiences for all ages. Guests can pan for gold with the Gold Prospectors of Colorado, search for treasures in the children's dig pit, have their own stones cut and polished at the on-site mobile lapidary facility, and watch geodes split open to reveal sparkling crystal interiors. Live demonstrations throughout the weekend showcase jewelry making, stone carving, sphere making, glassblowing, and other lapidary arts.

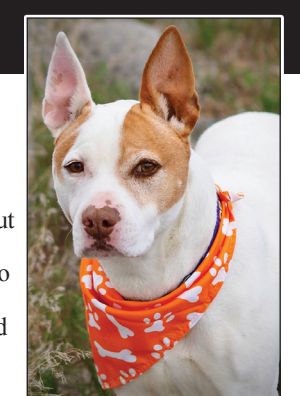
The event takes place August 6-9, 2026, from 9-6 p.m. daily at the Buena Vista Rodeo Grounds, located on Gregg Drive just off Highway 24, approximately one mile southwest of downtown Buena Vista. Admission and parking are free. Affordable on-site dry camping for RVs and tents is available on a first-come, first-served basis for visitors wishing to enjoy the full four-day event. Well-behaved pets on leashes are also welcome.

Whether you are a serious collector, a jewelry enthusiast, or simply looking for a memorable family outing in the Colorado mountains, the Buena Vista Contin-Tail Gem, Mineral and Fossil show offers something for everyone. FMI www.BVRockShow.com

Adopt Me by Ark Valley Humane Society

Miller

People adopt dogs for many reasons, and if you're looking for a low-maintenance companion, senior boy Miller may be the perfect match. At nearly 10 years old, Miller enjoys going for leisurely walks but doesn't need long adventures to be happy. He's just as content relaxing at home, curled up at your feet. Not only is he a cuddle bug, but he's also exceptionally well-behaved in the home. Miller has been lucky enough to stay with a few wonderful foster families; all of whom have described him as the best foster dog they've ever had. He rarely barks, is potty-trained, and has a calm, easygoing personality that makes him a joy to live with. Miller has a few canine friends he enjoys spending time with and may do well in a home with another dog. At this stage of life, he would prefer an older or more laid-back companion. He would also be perfectly happy soaking up all the love as your one and only pet. Everyone at Ark-Valley Humane Society has fallen in love with Miller — from the staff and volunteers who walk him to the foster families who have opened their homes to him. He is a truly special boy who deserves a loving home where he can spend his golden years surrounded by comfort, companionship, and care. To make an appointment to meet Miller call 719-3695-2737.



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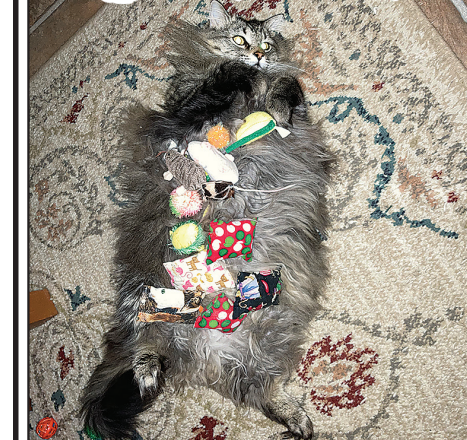


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Critter CORNER



Cat Masterson surrounded by his friends - Jeff Hansen, Florissant, CO



"Face of Grass" takes a break - Jeff Hansen, Florissant, CO

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

The Lighthouse Treasure

by Gilrund the Historian

Randy was 16 years old and had been listening to his parents for a long time talk about the old lighthouse that was down the beach. It stuck out over the water at the most rocky place on the beach. He had watched it at night for several years after it was replaced with another one about three miles further on down the beach.

It sat dark and silent, and the rumors started about what might be hidden inside. There were even tales of ghosts and furniture that moved by itself, voices that screamed in the night and a woman supposedly was heard crying on certain nights.

Randy had talked to his friend Billy about all of the things that they had heard about it as they sat on the school bus riding home on Friday.

"So, do you think that any of that stuff is real?" asked Billy.

"I'm not real sure," replied Randy, "But my folks talk about it all the time, so some of it might be."

"So, do you want to find out if it's real or not?" asked Billy.

"What are you saying, man?" replied Randy, "Do you want to go inside the place and investigate or something?"

Billy shrugged his shoulders and said, "What else? How are we going to learn the truth? Listen to mommy and daddy? They don't know either, man. So, I say we find out for ourselves."

Randy was quiet for a moment and then smiled and said, "Let's do it!"

"Okay, man, when do you want to go inside?" grinned Billy.

"Well, it's Friday and we have the whole weekend, Let's go in tonight," suggested Randy, "I live a little closer to it than you do. So, you can come over to my place, you know, for the night and we sneak out the window of my room and get there quick."

"Yeah, and I'll be sure and bring my phone to get pictures and maybe even a video," said Billy.

"Yeah, that would be really cool to get a video of you and the ghost," laughed Randy.

"Or even a selfie," laughed Billy.

The bus stopped and the boys got off and started walking down the sidewalk to Randy's home to see if Billy could spend the night.

Billy called his mom on his phone to get permission, and she said it was okay.

As they walked up the steps of Randy's house his mother was coming out to get the mail, so they asked if Billy could spend the night. She said that he could. The boys hurried on into the house and into Randy's room.

The rest of the day was spent planning what to do inside the lighthouse and what to look for.

It was nine o'clock and they went to bed. Randy and Billy stayed quiet for about an hour to make sure that Randy's parents were asleep then they opened the window and slipped out and ran for the lighthouse in the dark.

What they weren't planning on was the thunderstorm that was brewing just off the coast. The wind was already blowing hard, but it didn't stop the two boys from getting to the lighthouse and forcing the door open then quickly going inside.

They were glad that they had brought their flashlights, because it was really dark inside.

"Remember not to flash the light on the window," warned Billy, "We don't want anyone to know that we are here."

Randy nodded his head, and they started looking around the bottom of the lighthouse.

There wasn't anything of real interest to see, just, of course, the stairs that led up to the top.

Randy started up the stairs and Billy was right behind him. The stairs were

steep, but up they went until they came to a room where the door was still open.

Randy shined his light inside and saw a twin bed and little nightstand. There was an old oil lamp on the nightstand and a box of matches.

Billy went inside the small room and looked around. He found an old worn-out shirt and a torn pair of blue pants and a small toilet. Nothing else but the door to a closet.

On up the steps they went, until they found another small room. It was a sort of kitchen; there was an old gas stove, a small refrigerator and also, a tiny sink. There was nothing much in the fridge, which was good because it wasn't working.

On up the steep stairs they went until they came to the top to find the foghorn and the light itself.

"Look at all the glass, Randy," said Billy, "I'm glad I don't have to clean all of those. You would never finish cleaning all of these."

Randy was inside the room where the actual light was generated by an oil lamp and lenses that turned and made the light shine out over the ocean. He shined his flashlight at the glass lenses. A bright light flashed out into the clouds that had come in from the ocean and covered the lighthouse.

"Wow, did you see that?" said Randy.

Just then there was flash of lightning from the storm, and the thunder was very loud on the top of the lighthouse. Randy and Billy ducked down behind the central part of the light.

The storm was rumbling constantly, and the lightning was flashing more than usual.

"I think we need to get out of here," said Randy.

"Yeah, let's get downstairs where it's safe," replied Billy.

The two boys ran through the pounding rain to the door to the stairs, then down the stairs to the first room they came to.

It was the kitchen. They walked inside and started really looking around with their flashlights.

The door to old refrigerator was still open as Randy looked inside. There was only one thing in it, it looked like an old bottle of wine. It was laying on its side with the cork pointing out.

Randy pulled it out to look at the label. It was then that he noticed that there was no wine in it, but there was a piece of paper rolled up inside the bottle.

"Hey, Billy," Randy called out over his shoulder, "look what I've found. A message in a bottle. Can you believe that?"

"Cool!" replied Billy, "I think I've read a million stories about finding a message in a bottle and then a great adventure to find lots of gold."

Randy laughed and said, "Wouldn't that be cool? We'd be really rich."

"Open it and see what it says," said Billy.

Randy tried to pull on the little bit of the cork that stuck out of the bottle but couldn't get the cork out. Billy took the bottle and then he tried to pull it out.

"No deal, it won't come out!" said Billy.

Randy took the bottle back and looked in the one drawer that was in the small kitchen but found no opener.

"Only one thing left to do." He said as he smashed the neck of the bottle on the edge of the metal sink.

Billy had jumped back but then came back to see what the message said.

Randy read it out loud,

To whom it may concern: I am David Winslow. I have worked in this lighthouse for over 20 years and have wandered the surrounding beach most of that time. I have found things

that were washed up on the shore that you would find hard to believe. But it is true for I have collected them and kept them in a secret room that I made myself during my long shifts here. Some may be of some value; some may be worthless or just collector things. That would be for you who have found this message to decide. I have left them here for you to find. Because of my illness I have no use for them. I have only months to live and no family. They are building a new better lighthouse just down the beach and will be closing this one. So, this place and I are done for sure.

My treasure will be found if you can lift a heavy weight and see in the darkness. I will tell you no more than that. Good luck and I hope you enjoy what I have found over the years.
Signed, David Winslow.

Randy looked at Billy and grinned as Billy grinned back.

"This is our lucky day, Billy," Randy almost shouted as he then quickly quieted down, "We might be rich, depending on what this Winslow guy found."

Billy looked at Randy with a question on his face, as he said, "But where do we start?"

Randy looked at the message again and said, "Heavy and dark. What could be heavy and dark in a lighthouse?"

Billy came back with, "Does it have to be in the lighthouse?"

Both of the boys were quiet for a few minutes as they thought of what the message meant by heavy and dark.

Billy was sort of talking to himself as he said, "Anything could be heavy, but what did he mean by 'See in the dark?'"

Randy had heard what Billy had said and thought, "It must be in a dark place. But what is dark in a lighthouse?"

The boys started looking around in the kitchen for anything that would be "heavy." The sink would be heavy, but it couldn't be lifted. The refrigerator couldn't either. There was a small table, but it really wasn't very heavy. Either of the boys could lift it easily.

They left the kitchen and went up to the top of the lighthouse to look around but found nothing that could be lifted. There were a few things that could be opened but not lifted. So, it was back down the stairs to the room that was a bedroom.

There was only a twin bed, a nightstand and a small closet.

The boys lifted the bed and looked under it for something dark, like a trap door. Nothing. Then Billy lifted the nightstand with little effort. Nothing.

Randy went into the little closet and found only a few empty wire hangers. He checked the walls for ways to open them or push the walls to the side. Nothing.

On down the stairs they went to the bottom of the lighthouse. There they found the mechanical parts that kept the clock going and other things that the workers had to use in the lighthouse: tools and oil, extra wicks and cleaning supplies. There was large tool chest that was on small castors that were broken, and a tall ladder that could be extended to make it even taller, all at the bottom of the stairs.

There was a door under the stairs that Billy opened to find even more tools, mops and brooms and a bag of rags. Nothing that couldn't be lifted easily.

The boys looked at each other and shrugged their shoulders.

What had they found that couldn't be easily lifted?

There was only one thing, the tool chest. The castors were broken, so it wouldn't roll. It would have to be lifted. Could they lift it? It would take both of them to do it.

Billy looked at Randy and they laid their flashlights on the stairs shining toward the tool chest.

~ To be continued ~

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

Randy went to one end, and Billy went to the other. They grabbed the built-in handles and lifted. It came up a little as they moved it out from the wall to the center of the room, then put it down.

Randy grabbed his flashlight and shined it down onto the floor. There it was, what they both had thought might be under the heavy object the message talked about, a trap door.

Billy had his flashlight by then and looked closely at the trap door. There under all of the dust, sand and a few sheets of thin sandpaper was the handle.

"Come on, Randy, we've found the dark place," said, Billy, as he lifted the door.

It was really dark; the boys were glad that they had brought their flashlights.

There were 10 steps down into the small room that was about 15 feet square and full of all sorts of things that David Winslow had found over the 20 years he had worked in the lighthouse.

The boys slowly shined their lights around the room to look at what was there. They saw old small boxes, bits of clothing, oddly shaped wood and sticks, some with ship rigging attached, an old sail and lots of thick rope. There were bleached bones of all sorts, books with ruined covers and pages that were very wrinkled and brown.

There were grooming utensils, brushes and combs, and a small hand mirror, along with fancy dining plates, cups and saucers, goblets of various kinds of metal and glass, candelabras of different kinds of materials, some wood, some of brass and some of silver. In one corner there were several canvas sails of large size folded carefully. In another they found stacks of clothing.

As the boys picked up the clothing, they saw that they were of different, earlier times. In another pile they found all sorts of paper things. What appeared to be the logs of ships and letters, books, magazines and a few newspapers. They were dry, but when they tried to pick them up, they started to break apart.

Billy looked at Randy and said, "This is really a treasure for a museum, not for us. I see no gold or silver like we were expecting, but things that we see in books at school."

Randy looked at Billy and said, "But there must be some sort of treasure that we wanted to find in here some place."

The boys stared looking closer at the piles of stuff that David Winslow had collected.

Then Billy called Randy over to his side of the room to show him an old warped wooden box that he had found under some of the old bones.

"What do you think is in here?" he grinned.

He opened the box as the top lifted in his hands. There was just what he was hoping to find, a set of two of the finest flintlock pistols he had ever seen. They were slightly rusted, but the ivory grips were wonderfully carved and in perfect shape.

"This is what I was hoping for," said Billy and Randy at the same time.

"They are just like in the pictures in the books," said Randy.

The boys had found what they wanted. They reported their find to their parents the next day.

The local Historians were informed and soon the lighthouse was filled with people from the museum coming to study and remove the things found in the old lighthouse collection.

Billy and Randy were allowed to keep the flintlocks for themselves as a reward for their find.

~ To be continued ~

~ To be continued ~

~ To be continued ~

~ To be continued ~

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Bronc Day Returns to GMF Local Celebrity, Dennis the Emu, Takes Judge's Seat

by Heidi Bailey

The Bronc Day Festival on Saturday, July 25, offers a full day of family fun, food, music, and entertainment in Green Mountain Falls.

The day begins at 7:30 a.m. with a Pancake Breakfast fundraiser, followed by the Bronc Day Parade at 10 a.m. One of this year's parade judges is local celebrity, Dennis the Emu!

Free activities for children include Rubber Duck Races, Fairy Tale Events princesses, Bounce House, Cool Science experiments, Dinosaur Resource Center activities, Touch-a-Truck, face painting, balloon animals, magic shows, bubble fun, and an all-ages coloring station.

Kids can participate in the Bronc Day Games, where little buckaroos test their skills and speed. Events include Stick Pony and Gunny Sack Races, Egg Toss, and Pony Lasso challenges. Cool off with free swimming at the Green Mountain Falls Pool.

Browse art vendors in Gazebo Lake Park. Live music provided by Backroads Band under the Farm Stand. Food trucks include Grilled Cheese, City Dogs, Dani's Thai BBQ, Kona Ice, and Pikes Peak Funnel Cake.



CALL FOR PARADE PARTICIPANTS:
 This year's parade theme is "Let Freedom Ring" in recognition of two historic milestones: the 250th anniversary of the United States and the 150th anniversary of Colorado. Participants are encouraged to incorporate bells into their entries. All sizes welcome: from kids on foot to bicycles and floats. Register by July 24.

CALL FOR PIE ENTRIES:
 Submit a homemade pie with a brief story about what makes it special. Creative names, attractive presentation, and great taste are

popular with judges. Pre-registration required. Bronc Day is presented by Building Ute Pass Community thanks to The Colorado Trust, Colorado Horse and Hay, Park State Bank and Trust, Wines of Colorado, and individual donors. For registration, sponsorship, donation, and event information, visit BroncDayFestival.org.

South Park Heritage Archaeology Day

by Flip Boettcher
 photos courtesy of the South Park Site Stewards

Have you ever wondered about the pre-historic culture of South Park and our shared heritage? Are you ready to step back in time? A good place to start exploring, as well as having a fun day with hands-on discovery, would be to attend the upcoming Archaeology Day in South Park on Saturday, July 11 from 10-3 p.m., held on the lawn outside the old courthouse in Fairplay. The event is free and open to the public — NO PETS please.

This year's exhibits will include: a master flint knapper, demonstrating how stone was worked into tools and spear points used for hunting, hide and food processing; an erupting volcano showing how lava cooled to form obsidian, which was used for knapping to make sharp points and tool blades and learn why obsidian was pure gold to early civilizations;



Throwing the atlatl.



The storytelling tipi.

a tipi with story time for kids; kids and kids at heart can try painting with yucca brushes; you will also explore the cosmos through the eyes of ancient cultures with a fascinating look at astroarchaeology; chat with professional archaeologists and discover the secrets hidden right beneath our feet; and atlatl spear throwing, which will test your skill; and much more.

An atlatl is a spear throwing tool, and last year very few people could hit a target 30 feet away, showing how hard our ancestors worked to provide their food.

The event is sponsored by the South Park Site Stewards (SPSS) and the South Park National Heritage Area (SPNHA). The SPSS find, map, monitor and take care of archaeological sites in South Park.

For a very educational, interesting and fun day plan on visiting the Archaeology Day in South Park on July 11 in Fairplay.

Adopt Us

by TCRAS

Twinkles and Castiel



The bonded pair, Twinkles and Castiel are about 10 months old and VERY friendly! Castiel is a handsome orange boy that came all the way from Texas with his sister Twinkles. They are looking for a home together. If you are looking for a couple of sweethearts to add to your life, please consider them. They are located at the Care House, so if you are interested in meeting them please call TCRAS to set an appointment 719-686-7707. This bonded pair comes to your home for only \$175 for both!

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

Notes on Nutrition Feeling Overwhelmed?

by Catrina Lynn, Nutrition Enthusiast, Dance Instructor



We live in a fantastic age where almost any product or convenience imaginable is available to us. We sure need them too! There are few jobs or roles that are slow and steady paced enough to allow for a balance in daily life. We are urged to do more and be more and solve more all of the time. The modern household where everyone works and spends much of the day outside of the home, and rushing from one activity to another, prevents anyone from having a complete handle on what is really going on in our homes and bodies.

It has been interesting over the last several years seeing more and more of what was taught in "alternative" health circles, being called pseudoscience (or worse), become common knowledge and common practice. I'm both heartened and appalled. We have the research to help ourselves and each other thrive; it's often tied up for financial benefit. We can seek out ways to reduce our interaction with harmful substances, increase intake of well sourced nutrients, and balance our modern lifestyle with a little more critical thinking and awareness.

We adapted to our world for millennia with combinations and structures of chemicals and elements that were around us and we still do; yet the amount of new and often impossible to process molecules we encounter has skyrocketed in ONLY a few hundred years and with increasing rapidity. We have toxins hiding in paints and resins, pesticides and preservatives, cleansers and hygiene products, to name a few. Not to mention the constant use of different petrochemicals in plastics (constantly found harmful and occasionally banned). Of course, we also must consider the explosion of prescription and over the counter medications, most of which are symptom blockers, not root cause solvers, and we partake in them without much consideration.

There are concerns that the life expectancy is going down for the first time since keeping track, starting with those born in 1970. (https://www.unc.edu/discover/u-s-life-expectancy-drop-caused-by-more-than-pandemic/) A relative recently shared with me her concerns about seeing an increasing number of younger and younger women treated at a breast cancer facility she has worked at for nearly a decade. While we certainly have stronger interventions for life threatening accidents and illnesses, it seems we may not be achieving quality of life, longevity, equality and healthy reproduction as successfully as we'd like. While we constantly innovate for convenience, we are becoming overwhelmed.

Detoxification is often laughed off in doctors' offices as a nonsensical, useless activity. The common wisdom is that our bodies are designed to detoxify themselves, and if they aren't doing so, we are very sick and must receive medical care. It is true that the body does a miraculous job of maintaining a very fine balance in levels of all kinds, acidity, blood counts, cholesterol levels, etc. We also need to help it fight the good fight, and for me, detoxification is first and foremost to clarifying the environment and input the body deals with. It can be overwhelming and even scary to consider how much we interact with and consume on a regular basis and how much of it disrupts our bodies. With the high rate of disorders (especially autoimmune system) experienced,

and increasingly diagnosed, one wonders what is the cause? What can help those who are in chronic pain, exhaustion, can't stay nourished, and are often unable to follow through with advice to eat better and exercise more (if their concerns are considered)?

Autoimmune disorder is often misunderstood. It is not that the body is attacking healthy cells instead of antigens (viruses, bacteria, foreign molecules and loose electrons known as free radicals). The immune response to these invaders is often damaging to the surrounding cells and tissues. An interesting comparison I recently heard was, "It is as if you used a hammer to deal with an infestation of house flies." Prolonged inflammation and the resulting repairs are taxing for us and we get very tired.

We can begin by reducing the amount of toxins clogging our filtration system. Pain and excess weight are reduced when we lessen or remove the amount of matter that our bodies do not know what to do with and can't always eliminate. Toxins are shielded by fat cells and stored in various places in our bodies. Toxins can also be present in our joints and other tissues, causing inflammation (arthritis). Additionally, ongoing cellular and structure changes (cancer), as well as neurological issues and cardiovascular disease can be impacted by toxins. A search for Free Radicals on nature.com and PubMed with the National Library of Medicine will return published scientific articles with this information. Atherosclerosis (clogged arteries) is a build-up of cholesterol. If proper diet and exercise (which is not the same for everyone) is achieved with no changes, it's genetic and only medication will help. Meanwhile, diet only affects 20% of total cholesterol in the body. The liver produces 80%. Why is the liver sending cholesterol to the heart? Look into the link between free radicals and atherosclerosis. Free radicals can come from normal metabolic processes in the body or from exposure to cancer-causing substances (carcinogens) or other harmful substances in the environment.

Since we are already overloaded with information and things to do, let's simplify taking charge of our environment and what we take in. We are creatures of habit, so I like to begin one thing I want to be doing and let go of one thing I do not want to be doing.

Perhaps I will get rid of plastic bowls and begin heating foods in a stainless steel, cast iron or glass pan.

Maybe I'll start making homemade pizza with the kids instead of ordering out on Friday night and that counts for both!

I'll drink more water and skip the soda stop on the way home from a long day.


I'll choose non-toxic paint the next time, and begin taking a walk in nature once a week.

Once one thing has been established, I pick something else. The pick-up choice and put-down choice do not need to be related. Creating awareness of routines, rituals, and spiritual practices can have a big impact on how intimidating and impossible making changes can be. Understand how much of our activity is unconscious and begin to be more intentional about your choices. You'll be surprised how quickly you begin to feel better, even as you start to recognize (or finally


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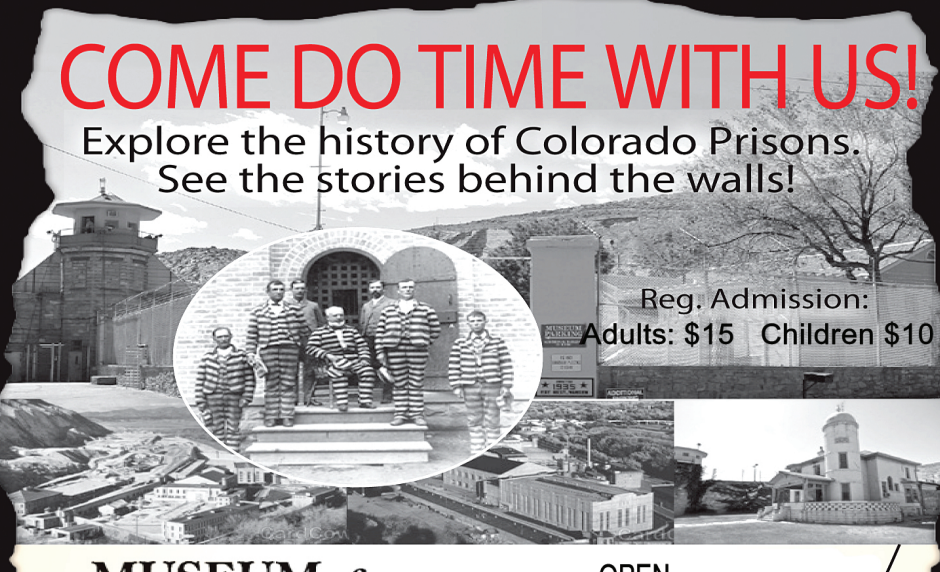
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Sheep Shearing

by Flip Boettcher

When you are donning your wool sweater or wool socks, do you ever wonder where that wool came from? It obviously starts with the sheep growing the wool.

Recently, I was invited to La Dolce Vita Ranch (LDV) for their sheep shearing. LDV is located northwest of Guffey between 9,000 and 10,000 foot of elevation on the southern slopes of Thirtynine-Mile Mountain.

When I got there, the group was just finishing up shearing Thunder, the 300 pound ram who they started with. The shearing crew consisted of Anna Clare Monlezun, ranch owner; Corbin Michael, ranch associate; Avery Kim, the summer intern at the ranch who is a student at Cornell University majoring in Agriculture Science and who will be a junior in the fall; Will Edwards, a friend and helper; Jo Suomala, a friend, helper and artist from Westcliff who buys some of the wool and turns it into items to sell in her shop; and, of course, the shearers, Erin Miller and her husband Greg Miller.

The crew had 26 ewes to shear; most would be sheared that Saturday, and the rest finished the next day, Sunday, according to Anna Clare. LDV sheep are a Rambouillet-Cross a breed originating from the French mountains, and are dual purpose sheep providing wool and meat.

The crew also had three much smaller Icelandic sheep to shear. Michaela Vannote, a friend of Anna Clare's, had brought them to the shearing party at LDV because it was not practical to have the Millers come to her place to shear them. The whole process was quite fascinating. Two people backed the ewe from the holding pen across the barn corridor to one of the two large sheets of plywood on which they were to be shorn. Erin wore special shearing moccasins which gave her feet purchase on the plywood while the sheep hooves slipped on the plywood.

The sheep were first propped up on their rumps and backs with their head supported between the shearer's legs. First the legs were shorn and then the sheep were turned onto their sides and both sides were shorn, finishing up the neck. The sheep really did not struggle very much. The idea is to get the fleece off in one whole piece without nicking the sheep's skin with the shears. After shearing, the hooves were clipped. All the wool from one ewe was gathered up before another ewe was brought in.

Each sheep yielded about 10 pounds of wool, and the fleece is hard to pull apart. Sometimes though, said Anna Clare, you get a break in the fleece, which is shorter wool and easy to pull apart. This is usually caused by a stressful event like predation, nutritional deficiency or illness in the past year. The fleece is still usable though.

Shearing is not the Miller's day job, both have full time jobs. Greg is an engineer and



Greg on left and Erin Miller shearing the ram, Thunder. Cover: Erin on left and Greg Miller shearing the ewe.

Erin is the librarian at the Boulder County Jail. During shearing season though, they add shearing to their busy schedules.

Most sheep get shorn one time per year, but some breeds are shorn twice a year because their wool grows faster. Shearing season is typically from January or February through June and should be done ideally six weeks before lambing.

During shearing season, the Miller's go all over the state and shear several hundred sheep each year. They only shear small flocks of 30 sheep or less, but on some large farms, shearers shear 200 sheep per day.

This is Greg's first shearing season and Erin's fifth. Erin's interest in shearing comes because she likes to know how things work and after she started knitting and sewing, she read the book "Fiber Shed," all about wool and textiles. Erin saw a need for small-farm shearers working together with farmers, spinners and weavers with local fiber and building a fiber economy.

For her training, Erin has taken several classes sponsored by the American Sheep Industry Association (ASI) through the University of Colorado extension program in Craig, CO one time per year. The classes are 3-4 days with some classroom teaching, but mostly hands-on training, working 8-5 p.m. Local people donate sheep for the classes to work with. Erin is on the ASI list of Colorado sheep shearers, www.sheepusa.org and on the Colorado Sheep Industry list, www.coloradosheep.org, under the name of info@nerdysheepfiberworks.com.

It takes Erin 5-30 minutes to shear a sheep, about an average of 20 minutes per sheep, she said. Some of the shearers in shearing sport contests can shear a sheep in one minute! Erin said she doesn't force a position or change what she does. She is into the animal's comfort and animal kindness. Basically, she said, the LDV sheep are easy to shear and don't protest too much.

All the shearing equipment the Miller's get come from the Longhorn Shearing Company & Horner Shearing in the United Kingdom. They also have clothing.

Once the fleece is off the sheep, that wool still has a long way to go — cleaning, washing, carding, spinning, weaving, knitting and more — before you get your sweater or socks. So, enjoy your wool items and think of how they got to you!

Colorado Pharmgirl

A wild life by Peggy Badgett



Dirty gray water flowed sluggishly past rocky banks. I wasn't tempted to skinny-dip, even though North Dakota wasn't checked off my list yet and there wasn't a soul in sight. Apparently when the national park trail guide said river crossing, they meant river crossing. No bridge. No cleverly linked logs allowing passage. No groupings of stones to hop between. How was I going to cross the 30-foot expanse?

My first day in the southern unit of Theodore Roosevelt National Park dawned sunny but cold. Hannah was working the visitor center in Medora until late afternoon; I was exploring while she tended the shop. I'd chosen a seven mile hike offering prairie dog towns and interesting rock formations. It was relatively flat compared to the mountains I frequented. The river was an unexpected challenge.

I sighed, sat down on a rock, pulled off my boots and socks, tied them together and put them over my shoulder. Then I waded in. Sharp stones lurked on the bottom, between slippery ones. I walked slowly until I found myself thigh deep in a strong current.

Barely escaping a fall, I windmilled my arms, turned around, and limped back to shore. Should I give up? Nah. There had to be a way across. While chucking stones into the water, I noticed a spot downstream that had collected a few branches. Maybe that was shallower. I picked up a stick and used it to help balance and determine how deep the water was. Slow progress was accompanied by more than a few bad words. Finally I reached the other shore, sat on a patch of grass, and put my hiking boots back on. Just as I was getting ready to stand up, the weeds rustled next to me. A long snake slithered away. I shivered. It would have been ugly if I'd stepped on him. Even worse if I'd sat on him.

I took a deep breath and started up the trail. Unmarked posts were set at regular intervals along the worn path but held no signs. At least I had surprisingly good cell signal, so I checked my "Strava" fitness app frequently to make sure I didn't stray. After a mile, a large prairie dog town appeared. The critters sounded

continuous alarms as I walked the path, hoping none of them had plague. When I passed the last sentry, I faced another water crossing. Narrower, but possibly deeper. Too wide to jump. I took my boots and socks off again, and placed my right foot into the brown water. Mud sucked my toes under. "Go for it" I told myself and slogged across. I pulled myself up the steep bank, wiped my feet and calves best I could with grass, put my boots/socks back on, nibbled a granola bar, shouldered my pack, and walked on. Silence lay heavily in the air.

When I heard voices, I thought it was an auditory mirage. It wasn't. Three hikers approached from the opposite direction. Overjoyed at human connection in a very wild rugged place, I chatted with them for a few minutes. Then we parted ways, and I found myself in front of another mini-river. I was tempted to leave my footwear on, but hiking in soggy boots for three more miles sounded awful. So I took everything off again, slogged through the muck, and pulled myself out on the other side. I was past caring about cleanliness, so just sat in the dirt and pulled my boots back on. Reminding myself to drink as I went along, I crested a plateau and found myself smack in the middle of an even bigger prairie dog colony. Several deer tracks skirted the edges, but one went directly through it. I took the shortest route, and carefully avoided the rodent holes. Breaking a leg in that wilderness might encourage the varmints to call their friends for a feast. Death by gnawing wasn't on my itinerary.

At the river, I found my stick, looked for snakes, wrestled my stinky boots and socks off, and yelped every time my tender feet contacted a sharp surface under the water. Knee deep and half-way across, I heard a loud snort. To my right, a huge bison stood 20 yards away. His huge head swiveled toward me. Two brown eyes watched me guardedly. I froze, trying to remember what I was supposed to do. Make myself bigger, or back quietly away? Stare or avoid eye contact? Scream or be silent? Pretend I was having a seizure? Thankfully the huge animal just lowered his

head and drank, probably thinking to himself "stupid human" and meandered away. My legs, weak with relief, somehow carried me to the other shore. I was too tired to put those boots back on, so I barefoot jogged and poked the ground with the stick while singing "Row row row your boat" all the way to the parking lot. I kissed the van's hood, rinsed my filthy feet with a spare water bottle, and put sandals on. Then I lingered under a delicious shower at Hannah's house before we grabbed an early dinner.

Over old fashioned, salads, and pasta, I regaled my day's adventures. My youngest child sheepishly grinned and said, "Oh yeah, I forgot to tell you to take water shoes. We tell everyone hiking out there to do that." I rolled my eyes, and bought another round.

Peggy Badgett is an artist and writer. She has several years' worth of adventures you



The river looks easy from the picture (above), ha ha. Encountering the bison was pretty cool.

A wild horse herd was right behind my campsite (below).



can read for free on her website pharmgirl.org, and can be reached at coloradopharmgirl@gmail.com Her book Rooster in the Drive-Through is available for purchase at Shipping Plus (new location 121 County Road 5, in Divide.)

OPEN HOUSE

Stop by to Learn about Park County Water Resources and Meet your District Representatives

Saturday July 25th
10:00 am to 2:00 pm
at 548 Front St

Presented by your Water Conservancy District Partners

Center of Colorado Water Conservancy District
Park County Water for Park County

HASP
Headwater Authority of the South Platte

Upper South Platte Water Conservancy District

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We wish you a joyful and safe celebration!

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Life-Enhancing Journeys

What, Me Worry? Stop Worrying; Be Curious

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

As a kid, I loved reading Mad Magazine. For years, Alfred E. Neuman's goofy grin was paired with the catchphrase: "What, me worry?" Many people thought it was funny because they knew the opposite was likely true. That phrase really stayed with me, and it made me realize that sometimes, not worrying might actually be a good thing.

Worry seems to come naturally to many of us. We worry about our children, our health, our finances, our jobs, our relationships, and the uncertain future. Sometimes we even worry about whether we worry too much.

What if worry is not just a personality trait but a habit? For many people, worrying is no longer a choice because it has become a habit.

Research on this topic uncovered a key insight from addiction psychiatrist Dr. Jud Brewer, MD, PhD. His studies indicate that worry continues because the brain turns it into a habit. The more we do it, the more automatic it becomes. This may be surprising, but neuroscience shows that worry is a learned behavior that we deem helpful.

Worry initially acts as a protective instinct, alerting us and making us cautious during difficult times. It evolved because our brains are wired to anticipate threats, helping our ancestors survive by noticing dangers. When we worry, it often feels helpful because it signals that we are preparing for future problems. However, worry seldom actually resolves these problems. Many worries are about things that have not happened and may never occur. Despite this, our brains keep worrying because they have learned that it provides immediate psychological rewards. Dr. Brewer describes this as the brain being caught in a "reward-based learning loop." Although worry can seem useful and protective, it rarely addresses what you are worrying about.

Sleep disturbance, like insomnia, can be caused by worry. A man I know mentioned that after a distressing experience, he was unable to sleep because his persistent worries made him feel paralyzed. When he shifted his attitude towards curiosity, he was able to sleep again. The good news is that habits can be changed. Dr. Brewer emphasizes that curiosity serves as a powerful tool for breaking worry cycles. It shifts your reaction from an automatic response to that of an observer, enabling you to view the concerning situation from a detached perspective instead of being immersed in the problem. This approach helps interrupt and gradually diminish worry.

Initial worries often include a variety of "What if...?" questions focused on the future: "What if I lose my job?" "What if my child gets hurt?" "What if something is wrong with my health?" Over time, the brain learns: "When I worry, I feel more prepared." So, it associates worry with being ready to take action.

Dr. Jud Brewer, explains the "Habit Loop of the Worry Cycle" like this: Trigger → Worry → Feel Better for a bit → Worry more

Here is an example:

- You feel an odd sensation in your chest (all emotions are felt as a body sensation first).
- You start to worry.
- You search online for an explanation, think through possibilities, or seek reassurance.
- Your anxiety feels a little better.

• Your brain then thinks, "Worrying helped."

Next time you are uncertain, your brain automatically worries again. Recognize that worry often feels like you are trying to fix a problem, even when there is no problem to fix.

Why worry is so hard to stop

Many people try telling themselves:

- "Stop worrying."
- "Think positive."
- "Calm down."

Remember, habits do not just vanish if we dislike them. Think of worry like driving home on autopilot, where your brain remembers a familiar route and keeps repeating it. The more we take this worrying road, the deeper the pathway becomes embedded in our minds.

The unexpected power of curiosity

When Dr. Brewer says, "curiosity is the cure," he does not mean curiosity magically erases all anxiety overnight. He means being curious about your feelings can change how you perceive them, making them less frightening and easier to handle. Curiosity interrupts the automatic habit loop. Curiosity creates space between you and the anxious reaction. Instead of saying, "I have to get rid of this feeling,"

Try asking,

- "What does this feeling actually feel like?"
- "Where do I sense it in my body?"
- "Is it changing?"
- "What if I just observe it?"

When you allow yourself to be curious, you change how you experience these sensations, shifting from feeling like a victim to simply observing and learning. This approach encourages you to face your experiences with an open mind and understanding, helping you feel more powerful and connected to what you are going through.

Curiosity activates a different part of the brain

Becoming curious about something shifts your focus from just reacting with fear to exploring and understanding it more clearly. Worry often narrows your attention to threats, reducing your ability to be aware of the environment. In contrast, curiosity encourages you to observe your surroundings, notice new details, and seek a deeper understanding.

When feeling anxious, you might wonder, "What if something terrible happens?" Meanwhile, curiosity may ask, "What is actually happening right now?"

This small shift in your way of thinking can really help reduce those worries and make you feel more at ease.

Understand that curiosity is different from positive thinking

Curiosity does not mean pretending everything is perfect. It encourages you to explore reality rather than assume the worst-case scenario.

Instead of thinking, "I'll never get through this," consider, "I'm predicting the future. The future is not here yet, so what evidence do I have?" Instead of feeling, "This anxiety is unbearable," ask, "How intense is it right now on a scale of zero (feeling nothing) to ten (the most intense)?" Ultimately, curiosity can guide you back to the facts rather than to fears.

When you allow yourself to be curious, you change how you experience these sensations, shifting from feeling like a victim to simply observing and learning.

Three practical exercises to turn worry into curiosity

Understand that curiosity can interrupt the cycle of worry, but lasting change depends on practice. Keep in mind, the more you do it, the more automatic it becomes. The exercises listed below can be used immediately whenever you start noticing anxious thoughts.

1. The "What Am I Feeling?" Pause

When you catch yourself worrying, stop for a moment and shift your attention from the story in your mind to the sensations in your body. Visualize yourself exploring your worry by asking:

- What am I feeling right now?
- Where do I feel it in my body?
- Is it tight, heavy, warm, cold, tense, or restless?
- What caused it?
- What thoughts arose?
- What happened next?

Perform a body scan by tuning into how your body feels, such as chest tightness, stomach knots, or shoulder tension. This practice helps reconnect with physical sensations, identify early signs of stress or emotion, and observe your experience with curiosity rather than reacting immediately.

Notice these sensations and how you feel overall, without judging or trying to change anything. Think of it like checking your phone messages: slowly moving through each body part and simply noticing what is present. Spend 30 seconds simply observing. The goal is not to fix anything but to become interested in your experience. Curiosity helps move you out of the mental loop of worry and into present-moment awareness.

2. Discover the scientist inside your own mind.

Imagine you are a researcher trying to understand what people feel when they worry or feel anxious.

- When a worry arises, ask:
- What triggered this thought?
 - What happens next?

- How does my body respond?
- Does worrying actually help me solve the problem?

Thinking of worry as a simple experiment rather than a dangerous threat can help you disconnect emotionally. This may help you see certain habits or patterns in your thinking that you might not have noticed before. Now that you are more aware of the habit, you have a greater ability to be in charge of it. Do you truly believe that worry helps you find solutions to your problems?

3. Ask "What's Happening Now?"

Worry typically focuses on an uncertain future. Curiosity brings your attention back to the present.

Whenever you notice yourself projecting into worst-case scenarios, calmly ask:

- What is happening right now, at this moment?
 - What do I see, hear, sense, or feel?
 - What facts do I actually know right now?
- These simple questions anchor you in reality rather than in imagination.

Some final thoughts

Next time worry comes up, remember you do not have to fight it, push it away, or believe what it tells you. Instead, approach it with curiosity. When you explore your worries with curiosity, their power over you gradually diminishes, creating greater awareness, flexibility, and calm in your mind and body. Over time, these small moments of curiosity can help you change your relationship with anxiety. You realize worries are not commands you must follow, predictions you must believe, or problems you need to solve right away. They are just experiences you can notice, explore, and learn from.

It does not happen overnight or perfectly, but with patience, meaningful progress is possible. Instead of asking, "How do I get rid of this feeling?" you ask, "What is this experience like right now?" In that moment, you step out of your usual habits and become aware.

Maybe the famous Mad Magazine character Alfred E. Neuman was partly correct. "What, me worry?" is not a realistic goal for humans. Our brains have evolved to detect uncertainty, anticipate problems, and watch for potential threats. A certain degree of worry is a natural part of life. The real question is not whether worry will come, but whether we let it take control. Perhaps Alfred E. Neuman's iconic question should be revised. Instead of "What, me worry?" it could be "What, me curious?" The opposite of worry is not necessarily certainty but rather curiosity. In fact, developing curiosity might be the best way to reduce worry and regain peace of mind.

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

Tales from Big Sky Ranch Bed and Biscuit

The more you laugh, the more they spin

by Kendra Lee Hall

Dogs are masters at getting humans to laugh and love. They know how to read us, and they never fail to do their best to touch us to our souls. Whether it's through a look, a quiet cuddle on the couch, or more often than not, a performance!

Lee realized from day one at the Bed and Biscuit, that the more she laughed, the more the dogs added flair to every move, every antic they performed to get her attention. It could be the zoomies — the full-body bursts of joy, often with their butt to the ground, that turn calm dogs into speedsters. Or the happy spin, some turning it into all out spinnies, some of the dogs even adding the extra hilarity of the tail in the mouth. Or it could be a tap dance, paws prancing on the floor like circus dancers. The dogs would do something endearing and then look to Lee for her reaction. The moment Lee laughed, they threw added exuberance into their act. A Lab with the zoomies would take another lap, a Doodle would leap through the air with extra bounce, a spinning dog would go faster. The more she laughed, the faster they would go.

It was comedy — pure and intentional. The dogs loved the laughter. They knew how to fill Lee with joy and delight, and they got just as much back in return.

Then came Maizey, the English Cream Retriever — a fun dog with the heart of a comedian. Maizey had one particular act that could make every human in the room laugh, sometimes to the point of tears. It started when she'd grab her long, feathery tail in her mouth and begin to spin. At first, it was slow and deliberate, like a snowflake drifting in circles slowly to the ground. But as soon as Lee giggled, Maizey would spin faster. A chuckle meant another rotation. Laughter meant full twirls at lightning speed, her paws bouncing off the ground.

Soon everyone at the ranch — dogs and humans alike — would stop what they were doing just to watch her. Maizey's ears flopped, and her big playful eyes sparkled with pure delight. The other dogs would bark encouragement, as if cheering her on: *Go, Maizey, go!*

Then, without fail, she'd suddenly stop mid-spin, and trot straight over to Lee. With a tender but playful look, she'd gently place her

head against Lee's leg or lick her hand, as if to say, "Did I do good? I got you to laugh again. That's what I wanted."

Lee always found herself laughing through tears by the time Maizey stopped her antics. She couldn't help it. It was just so funny to see not only her twirling, but how she was encouraged by the laughter to be even more comedic.

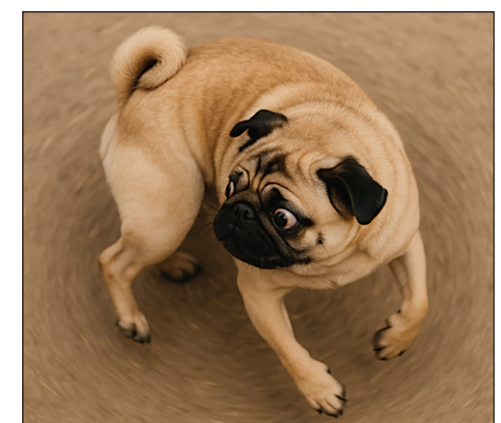
But it wasn't just Maizey's game — it was a language many dogs spoke. Each had their own way of drawing out laughter.

There's Gnarly, the Catahoula Mix who is famous for her body wiggles — she'd curve her body so far one way, then the other, faster and faster. Her body would arc so much that her butt would hit her shoulder.

Then there was the wire-haired terrier mix, named Tippi, who'd bound around the play yard, butt to the ground, caught up in the sheer fun of the zoomies. He'd dash around the other dogs, who watched in amazement at his speed. He never failed to get Lee to laugh and always got belly rubs in return.

Trixie, a little Chiweenie who could melt any heart with her endearing brown eyes. She loved to stand on her back legs and spin like a ballerina.

The ranch became a place where the dogs expressed their love, happiness and humor. They taught Lee that their antics and her laughter could build something lasting — a bond so



Spinning as fast as you can brings laughter and belly rubs!



Maizey starts with her tail in her mouth, slowly and deliberately at first.

strong it made the dog guests feel like family.

One spring evening, as the sun glowed just above the mountain peaks, the air was soft and cool, carrying the scent of thawing earth and fresh pine. New green aspen leaves shimmered in the breeze, and the first wildflowers were sprouting through the ground on the other side of the play yard.

Maizey began her best "Happy Spin" yet. She started slow as she did, and as Lee laughed, she spun faster and faster, tail still clamped in her mouth, paws thudding the ground with pure happiness. Lee stood holding on to a fence post, laughing hard, as Maizey spun. Finally she stopped, and looked at Lee with her pride, knowing she had brought such joy to her two-legged friend.

Then she did what she always did — walked straight over and gave Lee's hand a soft lick.

At the Bed and Biscuit, laughter comes and goes throughout the day — sometimes filling a room, sometimes drifting across the yard with the mountain breeze.

The dogs' antics remind Lee that life is fuller, brighter, and infinitely happier in the company of dogs and their joyful, lighthearted spirits. They spin, zoom, and dance their way into hearts, one chuckle at a time.

As for Lee? She'll tell you with certainty: if you ever want to see pure happiness in motion, just laugh — and a dog will show you what joy really looks like.

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~OUT AND ABOUT~

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AVAILABLE ONLINE

- NAMI Colorado: <http://www.nami-colorado.org/>
- Suicide prevention: <https://suicidepreventionlifeline.org/dial988>

CANON CITY

- Sundays Paint with Mary Shell - see page 13.

LIBRARY

- 6 Southern Colorado Community Band 1 p.m. in Macon Plaza, free to all. They will play patriotic tunes.
- 24 Summer Learning Program 2 p.m. with special programs every Thursday. Each week something different, through July 24.
- Tuesdays after storytime Face Painting in the Plaza.

- 1st Friday Lego Club 3 p.m.
- 2nd Friday Breakout Box 3 p.m.
- 3rd Friday Creative Crafting 3 p.m.
- B.O.K. (Babies on our knees) story time Mondays 10:30
- Chess Club Wednesdays 2 p.m.
- Cribbage Club Fridays 10-noon.
- D&D for teens 12-2 p.m., Saturdays adults and younger kids 2-4 p.m.

- Registration is required.
- Duncme Club for kids 2nd and 4th Wednesdays 3:30-4:30 p.m.
- GAME Dice with D.I.C.E. 2:4 p.m. Saturdays. Local police officers play board games with teens in our teen room.
- Mahjong Club Tuesdays 1-4 p.m.
- Metaphysical Group Second Saturdays 10:30 a.m.

- Rummikub Club meets 3rd Monday of each month 1 p.m.
- Story Swap Book Chat 1st and 3rd Tuesdays 3 p.m.
- Story time and craft Tuesday and Thursdays 10:30 a.m.
- All at 516 Macon Ave unless otherwise specified. FMI 719-269-9020 www.ccpil.lib.co.us

MUSEUM OF COLORADO PRISONS

- 14 Interactive Time Capsule 10-5 p.m. see page 8.
- 18 Paranormal Investigation call to book a spot 719-269-3012, see page.

CASCADE

- LIBRARY
- 2 DIY Chainmail 4-5:30 p.m. Are you a fan of historical fiction and fantasy novels? Learn a new skill as we teach you the historic European 4-1 pattern (the most common pattern used in chainmail) to make a full slip on chainmail cuff bracelet. All supplies will be provided. 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. Playgroup moves indoors to Community Partnership when temperatures are 50° or below. Follow Community Partnership's Facebook page and website for schedule and location updates. FMI Aimee@cpteller.org

- 10 Playgroup 10-11:30 a.m. Hayden Community Park. 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. Playgroup moves indoors to Community Partnership when temperatures are 50° or below. Follow Community Partnership's Facebook page and website for schedule and location updates. FMI Aimee@cpteller.org

- 13, 27 Little Chapel Food Pantry Distribution 2-5 p.m. For more info 719-322-7610 or email littlechapel-foodpantry@outlook.com
- 17, 31 Teller Senior Coalition BINGO! 10-11:30 a.m. Little Chapel Church 69 CR 5. Please call to set up a ride 719-687-0256 and join us for doughnuts, coffee and FUN!

- 29 Teller Senior Coalition is heading to the Teller County Fair 10:30-2 p.m. Free admission, lunch & talent show at the Teller County Fairgrounds. Meet at Teller Senior Coalition and our shuttle will drive us to the Fairgrounds. Reserve your spot 719-687-3330.

- 24 Paper Marbled American Flags 3-4:30 p.m. Celebrate the 250th Anniversary of the United States by creating an artistic paper marbled American Flag. All supplies will be provided. Ages 18 and up. Registration required at <https://ppld.librarymarket.com/event/paper-marbled-american-flags-545082> or by calling 719-531-6333 x7011.

- Storytime on Fridays from 10:30-11:15 a.m. Stories and more for children ages 3-7, and their parents or caregivers.

COLORADO SPRINGS

- 18 Gold Hill Mesa presents Funkology 4-7 p.m., the ultimate dance party and entertainment band consisting of professional, highly trained musicians with years of experience. Free. Food trucks and adult beverages for purchase at all events.

CRIPPLE CREEK

- 3, 4, 5 The Lake George Gem and Mineral Club has announced that they will be holding their annual show in Cripple Creek this year. They will be setting up in the parking lot of the Cripple Creek District Museum 510 Bennett Ave, corner of Bennett and N Fifth Hwy 67.

- 4 Fireworks
- 4.5 Craft Show at Heritage Center, food vendors, family craft activities, spin the wheel prizes for \$5 or more donation, scavenger hunt and "Once Upon a Time in the West" art show.

- 16 Third Thursday of the month is the Two Mile High Club monthly meet-

ing at 5:30 p.m. in the lower level of the Double Eagle Casino complex 442 East Bennett Ave.

- 22 Foam Party 10-11:30 a.m. Cripple Creek City Park. An exciting morning full of foam, fun, and laughter. Afterward, walk over to Aspen Mine Center, where Community Partnership will be providing a FREE lunch for the community. Bring a towel, a change of clothes, and sunscreen. You will get wet. FMI Michelle@cpteller.org

- 24-Aug 2 Teller County Fair at the Fairgrounds
- 25 Colorado Z Fest downtown

AMERICAN LEGION

- 2 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m.

- 11 BINGO the second Saturday each month 6-8 p.m. at the American Legion Post 171. The Victor Elk's has teamed up with American Legion Post 171 to raise funds and support veterans, youth and community services in Teller County. Teamwork building a better community.

ASPEN MINE CENTER

- 31 Commodities distribution 9-1 p.m.
- Tuesdays BINGO 10:30 a.m. for seniors.
- Wednesdays Moral Reconciliation Therapy 6:55-11 p.m. CCC building.

- Second Tuesdays Grafting Group 12-1:30 p.m. Join us in a welcoming space designed for self-expression and connection! FMI 719-471-8181 ext. 163.
- What Matters Wednesdays 10:45-11:45 a.m. Learning Series upstairs conference room. Join us every week as we bring professionals to you. We may cover different subjects like fraud protection.

- 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 166 E Bennett Ave. FMI 719-689-3584 x112.

FAIRPLAY

- 11 Archaelogy Day 10-3 p.m. see page 12.
- 12, 18, 19 Park County Fair at the Fairgrounds.
- 24-26 Burro Days downtown.

- 24 Shape the Future of Aging Services 10-noon at Park County Administration Building 856 Castle Ave. Provide your input in the regions' Four-Year Plan update to guide future funding recommendations on aging-at-home, caregiving, insurance counseling, meals, transportation. Sign-up for sessions, learn about existing plan, stay informed ppac.org/4YearPlan

MOUNTAIN ESSENTIALS

- 4 Petting Zoo 11-4ish.
- Burro Days Petting Zoo 11-4ish.

WIZARDS OF THE PEAK

- 4 One Shot Saturday 7 p.m.
- 5 Catan Group 2-5 p.m.
- 12 Chess Group 2-5 p.m.
- 19 Cribbage Group 2-5 p.m.
- 26 Word Game 2-5 p.m.
- Sundays Amtgard Park Days, bi-weekly 12 p.m. FREE at old Courthouse lawn.
- Sundays Youth D&D bi-weekly 12 p.m.
- Mondays Monster RPGs 7 p.m., different RPG each week.
- Tuesdays Trivia Night bi-weekly 6 p.m. FREE at Snitching Lady Distillery
- Thursdays Learn to Play 6 p.m. fgame Bulldonkey
- Thursdays Boozy Board Games bi-weekly 6 p.m. FREE at Snitching Lady Distillery.
- Fridays Night Magic 7 p.m.
- Saturdays Adult RPGs 6 p.m./7 p.m., different RPG each week.

FLORENCE

- 7 "Americana" art show deadline to submit artwork.
- 8 "Americana" show opens.
- 11 "Americana" reception 4:30-6:30 p.m. See page 7.
- 11 Second Saturdays 10-4 p.m.
- Thursdays Farmer's market 8-1 p.m. Pioneer Park

JOHN C FREMONT LIBRARY

- 2 Tiny Art 2 p.m. Have some small easels and canvases and we will paint, color and draw on them to our liking. Once they are done, they can stay at the library for the month of July as our Artist of the Month. Art made by the community for the community! Once the month is over, participants may pick up their art or they can leave it to be disposed of.

- 6 A movie for adults at 2 p.m. There will be free popcorn but bring a drink in case you get thirsty!
- 21 Playdough Palooza 12 p.m. Explore texture while you play with dinosaurs and various types playdough!
- 24 Writing Club 2 p.m. Share progress, talk about the craft, bring snippets for critique and troubleshoot your projects!
- 31 Prehistoric Terrariums for Tweens 11-1 p.m. Come make your own terrarium for a dinosaur friend!
- Thursdays 10-11 a.m. Homeschool Family Playgroup. Come make connections with other homeschool families!
- Tuesdays Tai Chi 10-11 a.m. Come relax with us!
- Storytime every Friday 10 a.m. FMI 719-748-3939

GREEN MOUNTAIN FALLS

- 4-19 Green Box Art Festival, FMI greentownarts.org.
- 25 Bronc Day Festival 7:30 a.m. to ? See page 12.

GUFFEY

- 4 Celebrate the Bakery's 10th Anniversary all day!
- Farmer's Market 10-2 p.m. every Saturday in the parking area of the Bakery.
- Save the date: August 1 Guffey Heritage Day, Vendor Fair and Community Dinner see page 7.

LIBRARY

- 7 Craftsman 1-3 p.m. Meets every first Tuesday of the month. Meet at the library to crochet, knit, craft, learn, and get to know your neighbors! All crafters welcome!
- 7 Socrates Cafe 6 p.m. Come and exchange philosophical perspectives based on personal experiences. Everyone is welcome regardless of age or background. This will not be a class, lecture or debate, just simply community dialogue. This will be held at the Community Center.
- 22 Rocky Mountain Rural Health Outreach 11-2 p.m. Free health screenings! RMRH can check your blood pressure, blood sugar, pulse and oxygen levels. If you need to see a doctor, they can help you find one! RMRH comes every fourth Wednesday of the month.
- 27 Guffey Literary Society 1-3 p.m. July's book is [The Correspondent] by Virginia Evans. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join.
- Tuesdays through Aug 4 the Guffey Library Summer Reading and Craft Program 10 a.m. All ages welcome! FMI 719-689-9280 or Guffey.Library@parkcountycgo.gov

JEFFERSON

- 4 All You Can Eat Breakfast at Jefferson Community Civic Association 98 Main St, follow signs. 7:30-11 a.m. Serving bacon, sausage, scrambled

eggs, pancakes, potatoes, biscuits and gravy, green chili, coffee and orange juice. Ask about our peach delivery July 25 or Aug 1. Proceeds go toward repairs, new boiler and paint. FMI 303-838-7491 or visit <https://www.jeffersoncolorado.org/>

LAKE GEORGE

- 25 Flo-Geo Heritage Day see page 7.

LEADVILLE

- 21 Mining for Knowledge: The Importance of Responsible Tailings Management: Lessons from Failure, Governance, and the Path Forward monthly zoom lecture series 5-6 p.m. \$20/login mininghalloffame.org

MANITOU SPRINGS

- 31 Deadline for Call for Entries for Emma Crawford Coffin Races 5 p.m.

LIBRARY

- 1 Healthy Eating Community 10 a.m. Join this support group focusing on how to make healthy food choices, meal prep and improve health through eating! Each month will have a different focus. This month is Sugar 101, with guest speaker Nutritionist Tuesday Hoelscher.
- 2 Book Club 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.
- 3 Family Art: Shrinky Dink Dino Key-chains 11 a.m.
- 8 Florissant Bookworms Book Club 5-7 p.m. Join us to discuss and think about how powerful computational tools can be used to crack it. Ages 13-18. Registration required at <https://ppld.librarymarket.com/event/coding-encryption-544558> or by calling 719-531-6333 x7004.
- 27 Library Explorers 10:30-11:30 a.m. Library Explorers gives adults with differing physical and developmental abilities the opportunity to enjoy accessible Library programs that fit their abilities and individual needs. This month, join us for a crafting day, during which we will be making custom buttons and magnets.
- Wednesdays Manitou Springs Library Lawn Concert Series 6-7:30 p.m. The Pikes Peak Library District is proud to present the 2026 Manitou Springs Library Lawn Concert Series! Concerts will be on Wednesdays from 6-7:30 p.m., through July 22. This season's concert series will be held outdoors on the lawn to the north of the Manitou Springs Carnegie Library. Bring your lawn chairs or blankets and enjoy the music of this summer concert series.

VICTOR

- 4 Heritage Society's 4th of July Picnic at Wallace Park
- 11 Rita Run downtown
- 17-19 Gold Rush Days downtown
- 19 Pack Burro Races downtown
- CC&V Mine Tours Thursday through Sunday Mid-July. See VictorMuseum.com for reservations.
- Sunnyside Cemetery Tours, first Saturday at 10 a.m., third Saturday at 1 p.m. Check VictorMuseum.com for schedules and info.
- Under the Stars Free Concerts Saturday nights in the Pinnacle Park Plaza 6:30-9 p.m.

WOODLAND PARK

- 4TH OF JULY CELEBRATION IN MEMORIAL PARK
- 7 a.m. Sunrise Yoga
- 9 a.m. Bark & Sparkle Animal Owner Costume Contest
- 9:30 a.m. Fishing Derby
- 10 a.m. Pie Eating Contest
- 11 a.m. Line Dancing
- 11 a.m. Battle of the Bakers: Pie Edition
- 12 p.m. VFW Flag Raising
- 12:30 p.m. Karaoke
- 1:30 p.m. Watermelon Eating Contest
- 2 p.m. Potato Sack Races
- 2:30 p.m. Tug of War
- FMI 4thofjulywp@gmail.com to check Facebook: www.Facebook.com/4thofjulywp

WOODLAND PARK

- 4 Pancake Breakfast at the WP Senior Center, SE corner of Pine Street and Lake Avenue 8-11 a.m. Start off your July 4th celebration with a bang! All you can eat fluffy pancakes, scrambled eggs, sausage, fruit and the best biscuits and gravy around; it is the best bang for your dollar! Your home town seniors will be decked out in red, white, and blue as they flip pancakes and scrambled eggs, to be served with juice and coffee or hot tea for only \$10. Kids 6 and under eat for \$2. Our open to the public event helps to support the programs and activities of the WP Senior Center. We appreciate the support of each one of you!
- 8 FREE Outdoor Concert 6-8 p.m. at Ute Pass Cultural Center Pavilion featuring Harriette and the Harmony. Sponsored by Pikes Peak Credit Union.
- 11 Western Art Show at America's Mountain Festival 11-5 p.m. (awards at 4:30 p.m.) This event is curated for artists, art connoisseurs, Tava House and America's Mountain Festival. It is hosted with Pikes Peak as the backdrop because Teller County is "Destination Art Pikes Peak." The event is in the River Room at Tava House and features the perfect mix

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of western & mountain home décor. For tickets to the concert: www.americasmountainfestival.com

- 22 FREE Outdoor Concert 6-8 p.m. at Ute Pass Cultural Center Pavilion featuring Boomtown Stringband. Sponsored by Pikes Peak Credit Union.

BOARDS AND BARRELS

- 2-5 Independence Day Specials Indiana Jones Weekend "We named the dog Indiana"

COMMUNITY PARTNERSHIP

- 7 Crossroads Co-Parenting Seminar 4:30-7:30 p.m. Teller County court approved parenting and divorce class seminar. \$35 fee. Pre-registration required. FMI Michelle@cpteller.org
- 18 Community Garden Work & Learn Day 10-11:30 a.m. CP's Community Garden at City Hall. Worms at work and open-door day. Learn how worms turn waste into rich garden soil or drop in to catch up on a missed wedding session, revisit a topic, or ask our Master Gardener questions. FMI Michelle@cpteller.org
- Addition Recovery Tuesdays 9-4 p.m. Serenity Recovery Connection provides peer and telephone recovery support and coaching. Walk-ins welcome. FMI 719-465-2295.
- Career Center Tuesdays & Thursdays 10-3 p.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with George@cpteller.org
- Community Garden Work & Learn Day Tuesdays & Thursdays 9-12 p.m. CP's Community Garden at City Hall. Hands-on gardening, help with soil, and community connections. Open to all ages and no experience required. Get involved with planting and watering, or to learn something new. There's something for everyone. FMI Michelle@cpteller.org
- Family Cafe Monday-Thursday 9-4 p.m. Enjoy coffee, Free Wi-Fi, Kid's Corner, and a space for parents and caregivers in our community to connect.
- Foundation Training Innovative Exercise Program Wednesdays 7-7:45 a.m. 45 minutes of activation, breathing and stretching. Feel stronger and more connected with your body after just one class. Bring your mat. FMI bhfoundationtraining@gmail.com
- GED Classes Mondays & Wednesdays 10-12 p.m. New students (min. age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org
- Pearson VUE Testing Center Mondays 9:30-5:30 p.m. Schedule your certification or licensure exam at www.pearsonvue.com. Fees vary. FMI ged@ppcd.org
- Playgroup Tuesdays, Wednesdays & Friday 10-11:30 a.m. (canceled July 3) Summer playgroups at rotating locations (varies weekly) 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. Playgroup moves indoors to CP when temperatures are 50° or below. Follow CP's Facebook page and website for schedule and location updates. FMI Aimee@cpteller.org
- Telehealth Learning Monday - Thursday 9-4 p.m. Comfortable private rooms and equipment available for any virtual appointment including health care, therapy visits, interviews, parent-teacher conferences, and more.
- Yoga with Leah Mondays 10-11 a.m. (No yoga July 27) 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. (No yoga July 29) First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI Michelle@cpteller.org.

LIBRARY

- 1 Evening Tarot Club 7 p.m. Join us for an afternoon edition of tarot club! July's theme is "Receiving."
- 2 Photography Club 7 p.m. For the beginner and the enthusiast! Share your work, learn new tricks, and participate in monthly challenges!
- 3 Fiber Arts Club 1 p.m. Join a local group of crafters! Bring your project for some cozy worktime, share and gain inspiration.
- 15 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; share your thoughts and ideas to bring. Check the website for each month's theme and book picks!
- 15 Celebrating Diversity 4:15 p.m. There is a place in your community to be recognized and supported. A teen LGBTQIA and allies group for making connections, sharing, and helping. Library staff will be present to ensure respect, safety, and enjoyment of the facility by all who participate. Snacks and an activity are provided!
- 16 Medieval Arts, Life and Warfare 10-12 p.m. Make a dragon and learn embroidery! Call to register.
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PSBTrust
Park State Bank & Trust

Our Team Is What Makes Us Different

At Park State Bank & Trust (PSB&T), our dedicated management team delivers exceptional service for your banking, financial, and planning needs--whether you're an individual, family, business, or seeking estate or succession planning.

We listen to your goals to work smarter toward achieving them, building lasting relationships as your trusted community partner in Woodland Park, Colorado.

Reach out today: Schedule an appointment or drop by at your convenience. --Tony L. Perry, President | CEO



Kathryn Perry
SVP CLO | CFO
NMLS 2018949



Jack Galsterer
AVP Construction Officer
NMLS 2230404



Craig Spivey
AVP Mortgage Loan Officer
NMLS 2035040



NMLS 684265



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EXPERIENCE WHAT GOD IS DOING—JOIN US FOR THESE FREE EVENTS

JUNE 29 - JULY 3

SUMMER FAMILY BIBLE CONFERENCE
250 Years of Faith, Family, and Freedom

HEALING IS HERE

AUGUST 4-7

DO YOU NEED HEALING?
You're only one word away. Encounter the living Word that brings restoration and hope. Because Christ is here, healing is here.

ANDREW WOMMACK **DANIEL KOLENDA**

SEPTEMBER 10-12

TRUTH & LIBERTY CONFERENCE
Proclaim Liberty Throughout the Land

Be encouraged and equipped to stand boldly for truth in today's culture.

FINDING AMERICA
JULY 3-4

Experience *Finding America*, a powerful live musical celebrating 250 years of courage, faith, and sacrifice—perfect for the whole family.

VISIT AWMI.NET/EVENTS TO LEARN MORE AND TO REGISTER.

