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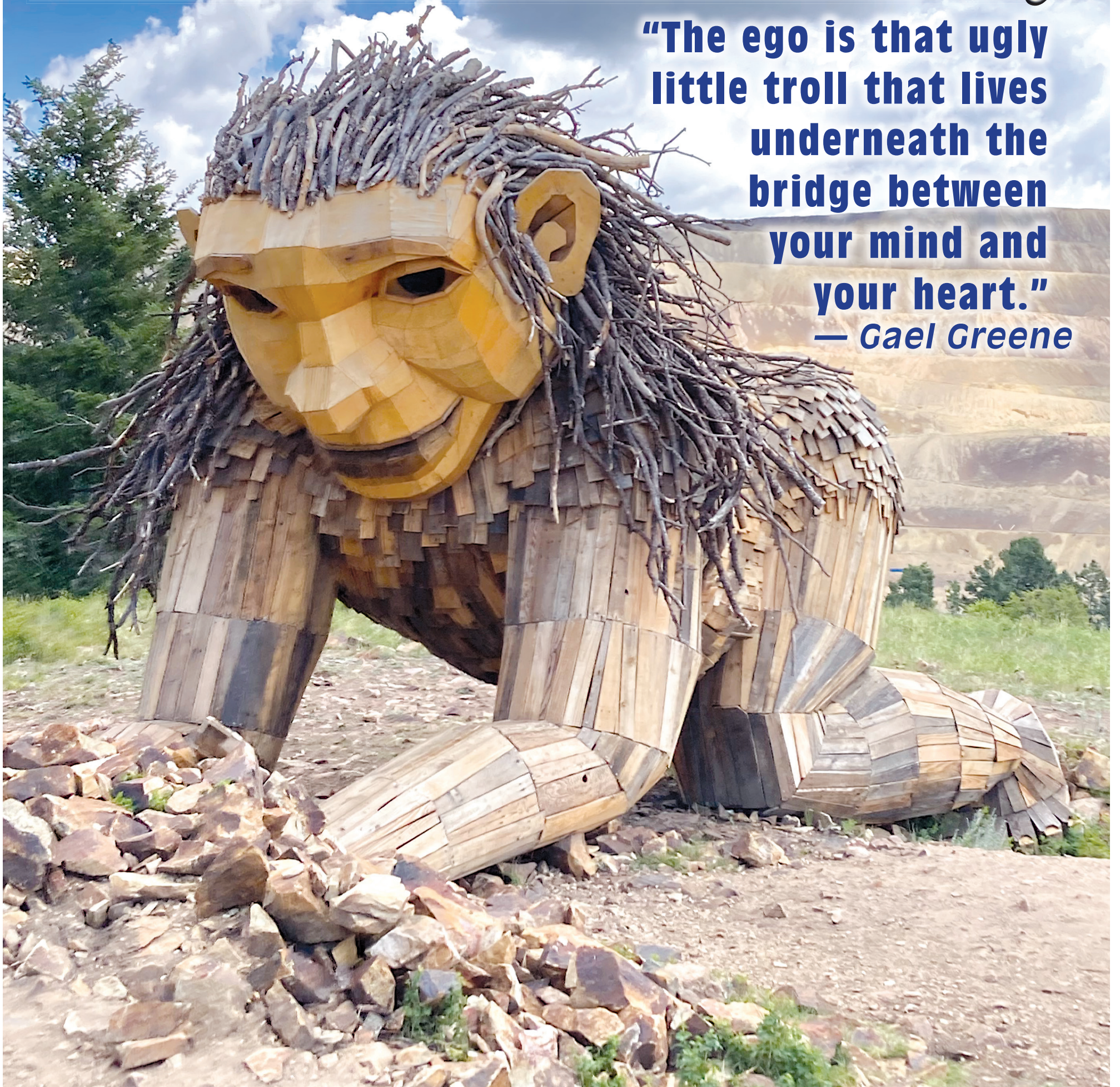
September 2026

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

Vol. 18, No. 9

Welcome to Ute Country

"The ego is that ugly little troll that lives underneath the bridge between your mind and your heart."
— Gael Greene



PEEK INSIDE...



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A Totem of My Appreciation



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Thirty-Eight Years of Unearthing Stories



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It was August of 2024 when we visited the Rita sculpture in Victor, CO. If you haven't been, you may want to check it out! You may either hike or drive to Rita; we enjoyed the hike. The parking up top is very limited. Once at the top, not only can you explore Rita from all angles, but you are also at a summit, so you have amazing views of magnificent landscapes. We felt the whimsical quote was fun and fitting; we have articles to stimulate your heart and your mind!

Be sure to read "Why I'm Running" by Dennis Luttrell so you can see for yourself how qualified Dennis is and his extensive experience; Dennis is just what Teller County needs for a County Commissioner. *Life Enhancing Journeys* uses the Buddhist teaching of "The Second Arrow" to help us to better understand the workings of our inner critic. *Notes on Nutrition* teaches us about "Food for Fascia" so we can better manage our diets, our aches, and to be aware of this incredible connective tissue. Whether you are training for Olympics or Collegiate sports, recovering from surgery or realizing you need to work out that body part you never knew you had, "Grit to Greatness Performance Center" can help you make the choice that will optimize your performance. A very enjoyable read is "Totem of My Appreciation" combining heart, mind and soul as you journey with the artist on the development of this creative project.

We LOVE getting your critter pictures! Is there any chance you took pictures of your indoor or outdoor pets this summer? 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

Herbs, Roots and Berries for Autumn Harvest

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



Han (Greetings!)
Welcome to Canwapekasna Wi "Moon When the Wind Shakes off Leaves" After the leaves turn a rich variety of colors, they were easily blown to the ground by the cool fall winds. When this happened, the people knew that winter would not be long in coming. During this time preparations were in full swing to fill food reserves in preparation for the long winter.

As Lakota people we prepared for winter by engaging in various cultural practices and survival techniques, recognizing winter as a time for introspection and rest, often participating in storytelling and sharing oral histories to reinforce the cultural identity. We gathered resources such as buffalo meat, firewood, and preserved foods to sustain the community through the cold months. We conduct winter ceremonies to honor spirits and ancestors, reflecting a deep respect for those who have come before. The fall equinox is a significant time for Lakota people, symbolizing renewal, change and the bond with our ancestors. This year's equinox falls on Tuesday, September 22. We will be having a talking and prayer circle at the Oyate Herbals Apothecary 38 Costillo Ave. Florissant Co. at 11 a.m. that day. This gathering is free; please let us know if you plan to attend, how many people will be joining you, and bring a chair to help ensure there is enough seating for everyone. Let's bring in the fall with good intentions, balance and blessings for all as we move forward toward a time of introspection.

Every season gives us herbalists unique gifts. But autumn herbal remedies are very different than those of summer and spring. The fall season gives us deep roots and thick fruits from which to make good strong medicines for the winter months and the following year. The plants are putting their energy into the roots instead of their leaves and flowers the closer we get to winter. This makes fall an ideal time to dig up those roots and use that energy for our own herbal healing. Please be very considerate of digging up the roots. Do not take more than you need in one specific area; you do not want to deplete or disrupt the natural growth process. Know how to harvest responsibly prior to getting your roots and herbs. The following is a list of roots, herbs and fruits to harvest or purchase during autumn.

Echinacea:

Scientific Name: Echinacea purpurea and Echinacea angustifolia
Compounds: Alkaloids, chioric acid, polysaccharides, and flavonoids.
Regions: Native to North America, especially the eastern and central parts.
Plant Type: Perennial herb with purple blooms resembling daisies.
• Echinacea, often recognized by its vibrant purple petals, has a rich long history of use in Native American medicine. As one of the classic medicinal plants, echinacea's popularity in modern herbal practices hasn't waned thanks to its bounty of proven benefits.



Benefits: Echinacea has been shown to enhance the immune response, making it an ally during cold and flu season. The presence of natural compounds, like alkaloids, help in reducing inflammation in the body. Echinacea can aid in wound healing and reduce skin inflammation thanks to its antimicrobial and anti-inflammatory properties. It can provide relief from respiratory conditions, assisting in easing symptoms like bronchitis and other respiratory infections. The plant's rich flavonoid content makes it a natural antioxidant, helping to combat oxidative stress in the body.

Burdock Root:

burdock, burdock root, arctium lappa
Scientific Name: Arctium lappa
Compounds: Inulin, mucilage, tannins, and flavonoids.
Regions: Native to Europe and Asia but now naturalized in North America.

Plant Type: Biennial known for its large, heart-shaped leaves and spiky purple florets.
• Burdock Root is a hardy plant with long, slender roots and bur-like seeds. While its rough exterior might not suggest it, the root of the burdock is packed with beneficial compounds that have made it a staple in folk medicine and herbal preparations for centuries.

Benefits: Burdock root is renowned for its blood-purifying properties, assisting the body in eliminating toxins. Its anti-inflammatory and antibacterial properties can help in treating skin conditions like acne, eczema, and psoriasis. The inulin content acts as a prebiotic, promoting healthy gut flora. Burdock can increase urine production, helping in the removal of waste from the body.

Dandelion:

Scientific Name: Taraxacum officinale
Compounds: Inulin, sesquiterpene lactones, flavonoids, and phenolic acids.
Regions: Indigenous to Europe and Asia but has since become widespread in many parts of the world.
Plant Type: Perennial herb with recognizable yellow blooms and serrated leaves.
• Often dismissed as a mere lawn invader, the dandelion is a treasured medicinal plant. Research has produced evidence that the whole plant has medicinal benefits, from the sunny yellow bloom to the intricate roots.



Benefits: Dandelion has been used to enhance liver function and prevent liver disease. A mild laxative and its effect can assist in digestion and relieve minor digestive disorders. Dandelion tea promotes the removal of excess fluid, supporting kidney function. The rich phenolic acids and flavonoids help to neutralize free radicals. Some research suggests the root can help in managing blood sugar levels, making it potentially beneficial in the treatment of diabetes.

Astragalus Root:

Scientific Name: Astragalus membranaceus
Compounds: Saponins, flavonoids, and polysaccharides.
Regions: Native to China and parts of Mongolia.
Plant Type: Perennial herbs commonly found in mountainous regions.
• Astragalus root has carved a significant space for itself within both traditional and modern herbal medicine. It is a cure-all herb in traditional Chinese medicine, often applied externally in the form of skin creams for its anti-aging effects.
Benefits: Astragalus is valued for its immune-supporting properties and may help strengthen the body's natural defenses. Warning: Speak with your healthcare provider before

taking astragalus if you have an acute infection, an autoimmune condition, or are taking medications that suppress the immune system. Some evidence suggests the root may support heart function and help reduce symptoms associated with heart disease. Astragalus may also ease respiratory concerns such as asthma and chronic bronchitis, and it is often used to help the body adapt to physical, mental, or emotional stress.

Stinging Nettle:

Scientific Name: Urtica dioica
Compounds: Silicic acid, tannins, flavonoids, sterols, and a variety of minerals.
Regions: Widely spread across Europe, Asia, North Africa, and North America.
Plant Type: Perennial herb characterized by its stinging hairs.
• Despite its fearsome reputation for causing a tingling sensation upon contact, nettle is a powerhouse of nutrients and medicinal qualities. While the plant's sting can be off-putting, once processed (dried, cooked, or steeped), the sting disappears, leaving behind only the good stuff.
Benefits: Nettle may help ease inflammation, pain, and muscle soreness. Its rich mineral content can support healthy hair growth and help address dandruff. Nettle root is also commonly used to support prostate health and may help reduce symptoms of benign prostatic hyperplasia. In addition, nettle may soothe digestive concerns such as acid reflux, gas, and bloating, and some evidence suggests it may help lessen hay fever and other allergy symptoms.

Rose hip:

Scientific Name: Rosa canina or Rosae pseudo-fructus.
Compounds: Flavonoids like quercetin, along with derivatives of caffeic acid and ellagic acid.
Regions: Northeast, Pacific Northwest, and parts of the Great Plains.
Plant type: Hypanthium is the freshly, berry-like floral cup, or hypanthium, of a rose plant that contains its seeds.



Benefits: Rose hips contain a broad spectrum of antioxidant compounds. These compounds work together to reduce oxidative stress throughout the body. Rose hips are a rich source of vitamin C and are sometimes used in preserves. Also called the fruit of the rose, rose hips are usually red orange, though yellow and black varieties can also be found. Unlike rose blossoms, which bloom in the spring and summer months, rose hips generally grow after the petals have bloomed and started falling off,

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Oyate Herbals

Herbs, Roots and Berries for Autumn Harvest

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which is usually in early to mid-fall. In fact, they're considered sweeter when picked after the first frost of the season. Rich in nutrients and beneficial compounds, rose hips are valued in health and beauty products. I use infused rose hip oil to make a nourishing anti-wrinkle cream, and Oyate Herbals also offers the infused oil for purchase. It can be added to your favorite shampoo or conditioner, or applied directly to the scalp to support thicker, healthier-looking hair and may encourage hair growth.

Elderberry:

Scientific Name: Sambucus nigra
Compounds: Anthocyanins, especially cyanidin-3-O-glucoside and cyanidin-3-O-sambubioside.
Flavonoids such as quercetin, kaempferol, and isorhamnetin. Polyphenols such as phenolic acids, tannins, and stilbenes are also present.
Regions: Sambucus nigra is native to Europe and parts of western Asia, American elderberry (Sambucus nigra ssp. canadensis) is native to most of North America.
Benefits: Elderberry is rich in antioxidants that help protect cells from oxidative stress.

Research also suggests elderberry extracts may have antimicrobial activity against bacteria such as Staphylococcus aureus and Pseudomonas aeruginosa. Its anthocyanins and other polyphenols may also support antiviral activity by interfering with how certain viruses, including influenza, enter host cells.



Elderberry polyphenols may also support gut health by encouraging beneficial bacteria such as Lactobacillus casei and L. plantarum. For many Native American tribes, elderberry has long held medicinal, cultural, and ceremonial importance. In several Indigenous

traditions, it is considered a sacred plant and is sometimes called the "tree of music" because its hollow stems were used to make flutes, whistles, and other ceremonial instruments.

At Oyate Herbals, we carry all the roots, plants, and berries mentioned in this article in a variety of forms, including tinctures, teas, infused oils, and bulk herbs sold by the ounce. Not everyone has the time or knowledge to harvest these traditional medicines, which is why we are here to support you and your loved ones on your traditional medicine journey.

Stop by and see us — we are always happy to answer your questions. We also now offer Lakota Sweat Lodge Card Readings to help you receive any messages the universe may have waiting for you for only \$30. Garren Farrenbach offers sound healings on Thursdays from 5:50-7 p.m. Please RSVP. We honor fall equinox on September 22 at 11 a.m. with a talking-prayer circle. Please RSVP with how many will attend and bring a chair 719-661-0410.

Mitákuyepi Anpétu wašté (Good day relatives) Many Blessings and May you walk in balance on your path

4th Annual Disc Golf Tournament

Double Down for the Byway

by Charlotte Bumgarner

Gold Belt Tour Scenic Byway is excited to host our 4th Annual Disc Golf Tournament 'DOUBLE DOWN FOR THE BYWAY.' The September 12, 2026 event will be held at the fabulous Alta Vista Disc Golf Ranch just out of Victor, CO along our famous Phantom Canyon route. <https://altavistadiscgolf.com/>

The tournament is a doubles format with a shotgun start on this unique disc golf course at 9400 ft, where you can find spectacular views of Pikes Peak and the Sangre De Cristo Mountain Range in the background. Registration is \$60 per team with an optional \$5 ace pot, if more than one ace is hit, there will be a tie breaking throw off, winner will receive

the entire pot. (If no ace is hit there will be a throw off with 1/2 the money going to the winner and half to the byway association.) Get your partner found and sign up at: https://www.discgolfscore.com/tournament/Double_Down_for_Gold_Belt_Byway_2026

This is a trophy and cash prize event, with all proceeds going to help raise money for the Gold Belt Byway. CTP prize on hole 16. All participants will receive commemorative towel and a disc. There will be additional door prizes available with purchase of ticket. Lunch featuring local BBQ will be available for just \$15 per player. It will be a delightful day to enjoy with your friends and family, while supporting an important non-profit.

Gold Belt Tour Scenic Byway was dedicated a State Historical Byway in 1989 and then a National Scenic Byway in 2000 featuring our special scenic views, adventurous routes, and unique historical features.

Our non-profit organization formed in 1998 coordinates the education, safety, promotions, conservation, and preservation along the 131 miles of designated roads. Check out www.goldbeltbodyway.com to learn more about the byway and our event that will help us continue important endeavors in the region.

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A Totem of My Appreciation

by Mike E. Walker

There is something sacred in the creative process. For me, it fulfills a deep longing for self-expression that can only be appreciated in the process of the creative act.

Afterward, once completed, each creation takes on a life of its own. A vision just barely glimpsed at first and often incomplete is suddenly thrust into the world in an often surprising and delightful way.

We bought this totem pole about 35 years ago. It had never been varnished or painted. It was simply raw carved wood.

For years it stood outside the window just off the deck where it became a source of recurrent entertainment. Whenever the kids would visit, we put out the paints and acrylic pens and just let everyone color it in any way they wanted while we relaxed in the cool, dry Colorado air with drinks in hand. I partially colored some of the faces years ago and unfortunately, I failed to photograph it before I started this new extensive and complete update after I moved it.

The new location became necessary because it was in the way when the bay windows were being replaced. You can see one residual painting that our nephew created in the picture above that says, "Go Pack". The bright red lips and the star on the forehead of the second face down that I brought back to life were painted by my great-niece and her mother.

Once I started, taking photographs became an essential part of documenting the progress of this creative endeavor as you can see from this sequence of images. I moved it to the spot at the top of the driveway digging it into the earth and supporting it with rocks before I began to paint. Brilliant. It would have been much easier to paint it first in the garage instead of being forced into uncomfortable positions, straining my neck and back as I stooped and knelt. I had to get out early in the morning because if I waited too long it would get too hot to work comfortably. Had I been really smart I could have spray painted the white primer instead of hand painting it.

In truth, I was too cheap to purchase any new paint or acrylic pens, so I used only what I had on hand. The primer was old and thick as tapioca but did seal the raw wood quite nicely. But then instead of priming the faces along with the headdress, I colored the top two faces drawing directly on the dried-out raw wood. Bad idea. After struggling with that, I made the brilliant decision to prime the bottom two faces before applying the colored

acrylic pens. Hurray! Whoever said you can't teach an old dog new tricks? Anyway, the end product is bright and colorful, weird and original and fits right in with our rather eclectic taste. It probably irritates the neighbors. Oh well, they can always move!

One couple that regularly walks by with their dog called out to me when they saw me on the deck and expressed their appreciation of the totem pole. I'm happy that my effort gives them joy as I hope it does for you as well. I enjoy seeing the totem pole in all its bright colors daily as we walk past with Bugsy or every time I drive up and down the driveway or ride past on my E-bike, Midnight. As I grow older, I try to stay young and more childlike. I'm more content to stay closer to

home now. Simply stopping to study and take in the colors of this labor of love touches me in a way that money or fame or any other measure of success never can. It is the simple things that ultimately matter and who we become in the process of living. I hope those I leave behind will see my soul in this creation and maybe, for just a minute, think of me. I can't ask for a better legacy than that.

The totem pole is surrounded by stones, flowers and metal sculptures: a scorpion, a fly, a turtle, an ant and a crow. The crow looks on from a perch on a fence post while the turtle sits on a large boulder behind it. I have moved the ant from the top of totem pole to the bottom where it lurks with the scorpion, fly, pieces of a deer skull and a single vertebra. A final touch was adding the butterflies. The turtle and the bee paintings are in memory of my in-laws — dad was always the turtle and Ma the queen bee. The three pink strips and one blue that surround the turtle represent their children: Jimmy Guy in blue, Jamie, Tracy and Kelly in pink. You can also see Kiki's blue eyes in the second face down. I wrote a song about her passing entitled, you guessed it, Blue Eyes.

Pa always claimed he had Indian blood; 23 and Me proved otherwise. There is no trace of Indian blood in the family. But the Indian theme is one I think we can all appreciate. The way the Native Americans of this country are in touch with the land and their fellow creatures is something we should all emulate. I share this creation with you as a "totem of my appreciation". A play on words certainly but one expressed with all sincerity. The ability to share this work of art with you is the icing on the cake.



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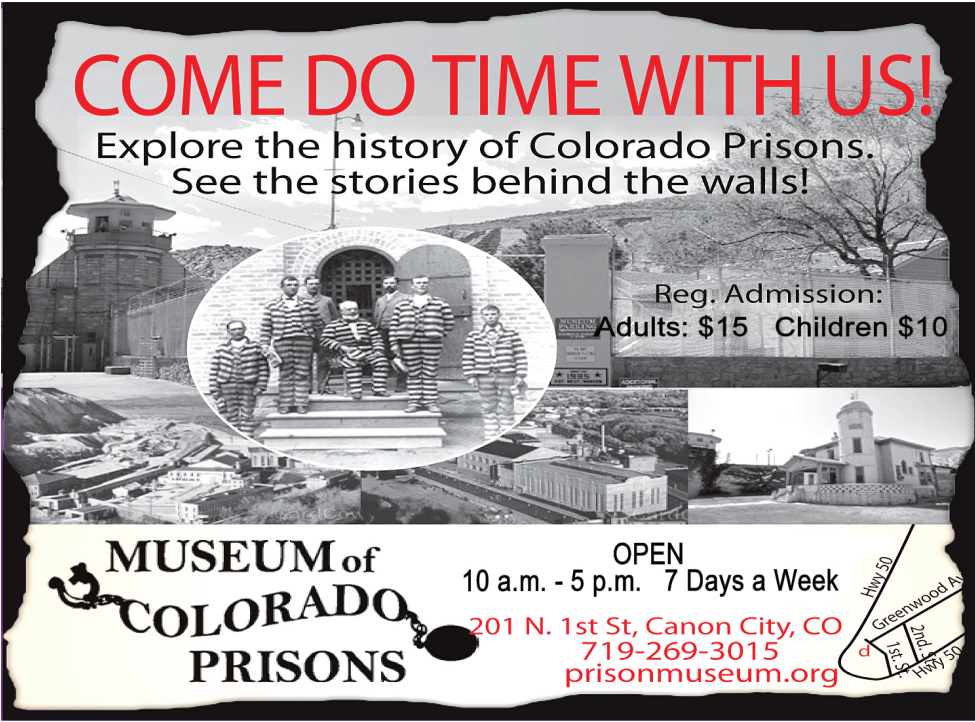
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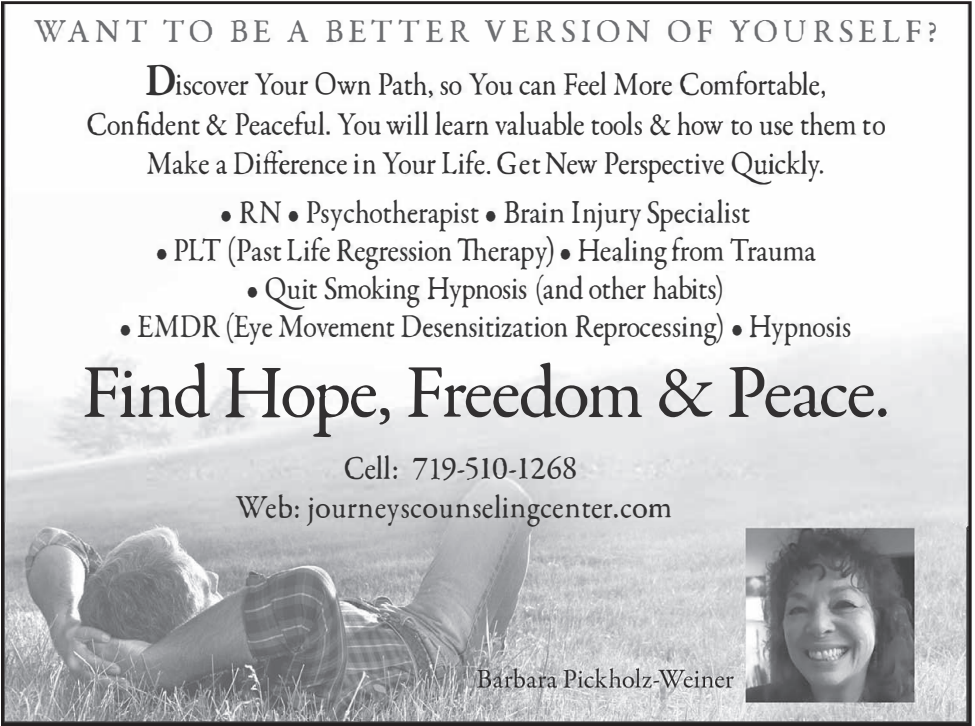
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Reasons I am Running

by Dennis Luttrell

As a Christian gentleman, the second commandment “Love thy neighbor as thy self” resonated with me and I have strived to love my neighbor through my public service. As an adult, my first opportunity to serve in public service was as a volunteer firefighter in Florissant in the 1970s and have continued in the fire service ever since. Other opportunities followed and I ran for public office. I ran because I was greatly concerned with the rapid population growth in our county at the time. I noted back then that we can be managed by growth, or we could manage the growth in the best interests of the county residents. I was twice elected to that position, and I was able to put together a master plan for the county which I named “The Teller County Growth Management Plan.” It was an exercise in democratic planning as opposed to agency dominated planning. This allowed for the designated growth areas to develop detailed plans by the residents of those communities. It took two years to draft after an extensive period of listening to the input of county residents and in 1990 it was adopted as county policy. It is still in effect today.

Governor Romer took note of my efforts here in Teller County and appointed me as State Wildlife Commissioner and was affirmed by the state senate. There I spearheaded a study to determine the impact of wildlife to the state’s economy, and it turned out to be significant. We started non-consumptive wildlife programs, brought moose into our state, protected critical wildlife habitats around the state, and resolved all issues with county governments in the state I was also appointed to the Colorado State Natural Areas Council and protected those important areas.

After my commissioner days I served as an environmental planner for the U.S. Environmental Protection Agency as part of the first National Estuary Project. I volunteered with the U. S. Coast Guard for 20 years and rose to the rank of Nation Branch Chief for Marine Safety and the Environment. Later I went into municipal management and served as Director of Community Development for a city and won a national award from the Department of Housing and Community Development for my work in creating affordable housing. I later served as a town administrator and city manager and accomplished quite bit to improve the lives of those in these communities as well.

As a fiscal conservative, one of the aspects of my career that I am proud of is the fact that I never raised property taxes for the county, towns nor city. Instead, I searched for ways to improve services while cutting costs with greater efficiency utilizing the Total Quality Management approach to government. This was developed by Dr. Demming, a Massachusetts Institute of Technology professor of Economics, for post-war Japan.

The following are some of the improve-



ments made while I was county commissioner the first time: I began the paving of our county roads; dust control on other busy roads for the first time while improving public health and transportation; replaced all of the unsafe county bridges; brought county services for the first time to Woodland Park and Divide and unlike today, we did not pay rent for these offices; we modernized county operations with the addition of computers, fax machines, cell phones; instituted critical wildlife habitat protection into the subdivision regulations; adopted then current building codes for public safety; I started the Divide Florissant Fire Protection District with the approval of the residents of those communities. As I look back, I am pleased with what we were able to accomplish for the good of our county.

Today, the number one issue facing our county is wildfire. Wildfire planning, education and mitigation needs to be adequately addressed at the county level before the next big one hits. I believe I am well qualified to fill the position of Teller County Commissioner as I am a Nationally Certified Planner with decades of experience in the fire service. Today I have been twice elected as one of the Divide Fire Protection District’s Directors. I know what needs to be done and will work diligently to accomplish it.

As a public servant I have got things done and with your help and support will continue to do so.

My favorite president was Theodore Roosevelt. He started out as a republican conservative and evolved into a progressive. He left the republican party over disagreements regarding policies and leadership. He accomplished so much during his time in office, think of national parks and national forests. His environmental record is the best of all presidents

While I may not be as fit as a bull moose, I am fit and well abled for the contest ahead. Thanks for reading.

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

by Readers of Ute Country News

This is a column dedicated to acts of kindness. The purpose is to share acts of kindness that have been experienced or witnessed in hopes that we can co-create a kinder community. If you have experienced or witnessed an act of kindness, please share! You can call us 719-686-7587 or email ShippingPlusCO@gmail.com or stop in at Shipping Plus to share in person!

- “You two are great humans and I appreciate your support and warm good feelings I always have while in your business. Thank you for always being caring.” Feedback about what you are doing right is an act of kindness.
- “Here’s what they have been saying since you took over, “They notice something needs fixing and fix it, something needs to be replaced it is ordered and installed, like asap. The old management made a note; these people actually fix or replace! You can tell they really care. The produce looks better than it ever has!” She said, “It was so kind of you to share that with me, thank you!”
- She has been a good and regular customer since we’ve owned the business, so when it came to some items she might be able to use that were not selling, just taking up space, it made sense to offer those to her at a reduced price. She thanked us for the kindness of making that offer.
- Birthday wishes always feel good, even if you just turned 66.
- Anniversary and birthday cards are always acts of kindness!
- “We happened to have extra meat, and this new batch just came in. We knew they could use the food. Did you know it costs them \$10/

lb. for burger where they live? I know they can use this meat!” What better act of kindness than to meet the basic need of food?!

- “I also asked them to support you with an ad for the tours. . . . Not sure what their budget is but I tried.” Wow! That was an act of kindness, whether or not they follow through.
- A simple act of kindness can be as easy as helping out with an errand, like picking up a package for your co-worker or friend. As long as you’re out, why not save the gas and get a grin of appreciation?
- The customer told me how she misses the driver that would deliver their packages, since he had recently retired. She said, “My daughter was 5 years old, that was 15 years ago! I can still remember how she would wait and watch for him, saying to me, “Here is that nice man that ALWAYS brings me presents!” Now she is 20 years old. We surely miss him!” With such a personal review, I HAD to text him the message to let him know his service truly meant something. He immediately called back. We had a very nice, but brief conversation. The act of kindness to text him the review and his call confirmed we would stay in touch, which was the best gift ever!
- “I’m sorry I’ve given such a long explanation, it is just that this whole thing has been such a frustrating experience. I know you don’t work for *company name* and you certainly didn’t deserve to listen to all of that. I’m sorry.” Apologizing for venting at the wrong person is an act of kindness that has the power to erase the negative vibe!



A Look Inside the Artist Rose Starling, Multi-Medium Artist

by Mary Shell

Most of the artists I interview work principally in one medium. The one medium they are comfortable with and can work with easily. I seldom find someone who works well with watercolors and oils while maintaining a comfortable relation with either medium. But going from watercolors to oils is like going from classical music to rap. Oil paint and watercolor paints are so different from each other; one thick and creamy and the other watery and loose. Rose has found within her creativity to work with both. Her detail in either medium is amazing.

How old were you when you first started painting?

I was 25 years old when I took my first painting class.

What’s your favorite medium?

I love my oil paints. I do watercolor from time to time but always go back to my oils.

What is your favorite subject.

I have many favorite items to paint — barns, landscapes, animals, old trains, cars and trucks.

Can you explain your process?

I see or think of something I would like to paint and then I come up with my design and colors and then start painting.

Who inspires you to create?

Life and nature.

Who’s your favorite artist?

Kenneth Shanika.

What is the most difficult painting you have created?

Several years ago, I painted a 48 x 72 painting of the mining district and railroad coming off Red Mountain into Silverton, CO. Had the train and Mines in it.

Is there anything new in your future?

I want to take more classes. In October I’m going to Cheyenne, WY for a weeklong class with Suzanne Seery-Lester and David Rankin.



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

I found out about a new technique using Gold Leaf under my oils that I am anxious to try.

What is your favorite painting that you made?

One of my favorite paintings I have done is a mountain lion portrait called Whiskers.

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

I want people to see how beautiful life and nature are.

How do you choose your subjects?

It depends on my mood at the time and what I might see that inspires me.

Do you create a story with your paintings?

I try to. It’s something that I struggle with at times.

Add anything that people would like to know about yourself.

I have done a lot of custom work over the years. I paint on sawblades, crosscuts, cream cans and many other unusual items beside canvas.

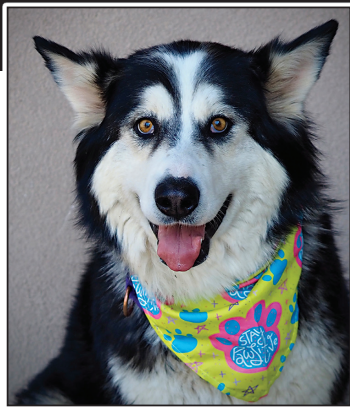
You can learn more about Rose on Facebook. Contact Mary Shell at www.maryshellart.com

Adopt Me by Ark Valley Humane Society

Clara

Clara’s past remains a mystery. She arrived at Ark-Valley Humane Society as a found stray, and after searching for her owners, sharing her on our website and social media, and completing her stray hold, no family came forward. She officially became part of our AVHS family. While we may not know where Clara came from, we do know one thing for sure: she is an absolute sweet-heart! Clara has loved every person she has met so far—from staff and volunteers to strangers she meets out in the community. She’ll happily flop at your feet and roll over for belly rubs! Clara is much more interested in cozing up on the couch than heading out on a big outdoor adventure. She’s happiest relaxing alongside her people and soaking up all the love she can get. Clara has met a few dogs and has done well, but she would prefer a canine companion with a calm energy that matches her own. As with all adult dogs at AVHS, if you already have a dog, we ask that you bring them in for an introduction to make sure it’s a good match. Clara has so much love to give and is hoping to find a foster or adoptive home where she can give all that love right back. Could you be the person she’s been waiting for? Make an appointment to meet Clara by calling 719-395-2737.

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LENDER

Cripple Creek Donkey Deeds

by Annie Valades & TMHC Board of Directors

Cripple Creek witnessed a record-breaking turnout for the 95th annual Donkey Derby Days, as locals and visitors from across the country flocked to celebrate Colorado's most iconic four-legged residents. Hosted by the Two Mile High Club, devoted caretakers of the world-famous Cripple Creek Donkeys, this year's festivities were an overwhelming success — thanks to community partners, tireless volunteers, and generous sponsors, including the City of Cripple Creek, Police, Fire, EMS, National Guard, and a vibrant network of local businesses.

But the excitement isn't over! The summer's grand finale, Cripple Creek's "Fall Fest," is set for October 3-4. This highly anticipated event will feature the beloved donkey herd, electrifying live music, a mouthwatering lineup of food trucks, diverse vendors, gold panning, pumpkin carving competitions (with both amateur and professional entries), thrilling wood carving contests and sales, a kids' hay treasure hunt, and the ever-popular pet parade. To top it off, movie night plans are in the works, promising something unforgettable for every member of the family.

In an endearing twist to this year's festivities, the Two Mile High Club Wranglers released part of the donkey herd to roam Cripple Creek on Memorial Day freely.

But the donkeys had their own plan: led by charismatic Alpha Male "Deckers," they chose to return to their pasture, reuniting with their herd. This heartwarming decision highlights the deep bond within the donkey community, as well as the club's unwavering commitment to animal welfare. With many donkeys now seniors requiring daily medication and protecting their food intake by using the "Healthy Herd Campaign" guidance, keeping the herd together ensures their safety and well-being — a strategy always guided by expert veterinarians. Even the younger donkeys, given a taste of summer freedom, opted for the comfort of their companions, reminding everyone that family comes first.

We appreciate your support of the Cripple Creek Donkeys. See you at Fall Fest!

Call for Entries: "Everything Wild!" Theme show at Blue Spruce

by Lynn Lemmon-Oliver

The Blue Spruce Gallery is hosting another exciting theme show in September, "Everything Wild!!" This fun and exciting event always encourages artists to be creative with the theme. All artists are encouraged to enter the show — we are looking for a wide variety of work, including both two dimensional and three dimensional. Paintings, photography, jewelry, weavings... all will be featured in this show. Deadline for work to be at the gallery is September 8, 2026. The show will open on September 9, with a reception on Second Saturday, September 12, 4:30-6:30 p.m. Cash prizes will be awarded, as well as ribbons in several categories.

Entry forms can be picked up at the Blue Spruce Gallery, 205 West Main Street in Florence or downloaded from our website at www.bluespruceart.com. FMI 719-784-1339.

New School Year for JA in a Day

by Junior Achievement-Rocky Mountain

As the new school year starts, all of us at Junior Achievement-Rocky Mountain thank you for your continued commitment to our region's students and the future leaders you are helping to build.

We are deeply appreciative of educators bringing Junior Achievement (JA) learning experiences into your classroom in the past and we invite you to request JA programs for the 2026/27 school year as we continue to prepare students for what's next. Remember that JA's learning experiences are provided at no cost to schools and teachers.

We couldn't make the difference we do without the support of our amazing volunteers. Volunteers are the heart of our organization, and we look forward to having you back in the classrooms this year. We'll be reaching more middle and high school students this year, and we'll need you there with us!

JA programs support national and state standards in reading, mathematics, social studies, and work and career readiness. For more information contact Sherri L. Alberson, Junior Achievement-Rocky Mountain, Mountain Regions Program Manager, at salbertson@jarockymountain.org.

John C. Fremont Library District – Thank You!

by Deborah Plonkey

The John C. Fremont Library would like to thank all of our wonderful sponsors that supported "Unearth A Story" the 2026 Summer Reading Program. The following sponsors: City of Florence Pool, Royal Gorge Bridge, The Cañon Cinema, Friends of the John C. Fremont Library, Florence Rotary Club, Big D's, Love's Travel Plaza, generously donated to make all the programs possible and keep the kids coming back.

We had so many fantastic programs during Summer Reading Program at the Pioneer Park. Our presenters were: Delores and her team from Fremont Search and Rescue presented their Hug-A-Tree program. Nick Knezevich from Pueblo Community College presented twice on STEM topics. Terri Packard from the Cañon City Geology Club got us started on our rock collection. Thank you, so much to Melissa

Neff from the Colorado Department of Public Safety, Division of Fire Prevention and Control for educating us about the Aspen Acres fire. We really had a lot of fun with Bela from Estes Rockets. It was so wonderful to have Nature's Educators present their Native Animals program. Rachael Bottenfield and her co-worker from the Combined Regional Communications Authority taught us the times we should use 911.

A very special thanks to Joanne Mohr and the Florence Farmers Market for such a hospitable venue for Story Time every Thursday in Pioneer Park.

Congratulations to the Summer Reading Program Participants for all their efforts and many hours of reading. We are so grateful to our wonderful patrons and community supporters and we are looking forward to another great Summer Reading Program in 2027.

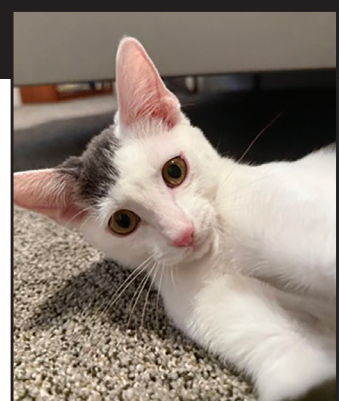
Adopt Me

by TCRAS

Cap

Cap is with a foster family. Here is what they have to say about Cap, "Cap is a big-shy guy. Once he warms up to a new person, he loves to snuggle. He is playful but also gentle. If you hold him near your face, you are asking for being nuzzled and licked. This little Casanova also loves his dinner and hasn't met a plate of food he didn't like. He looks like he has cow spots like his little brother Frank, but he is grey and white." Cap is 3-months-old. If you are interested in meeting Cap please give us a call 719-686-7707 to schedule an appointment.

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



Life-Enhancing Journeys

The Second Arrow: How to stop adding suffering to your pain

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

Have you ever experienced a day when everything seems to go wrong and it feels like your world is falling apart? Life can surprise us in many ways. Sometimes, what we never expected turns out to be wonderful, like welcoming a new grandchild (as I did a year ago), forming an unexpected new friendship, enjoying a beautiful Colorado morning or a long-awaited opportunity. At other times, life presents tough challenges, such as a frightening health report, the loss of someone dear, marital problems, a struggling child, money worries, a regrettable decision, losing a job, or realizing your body or life is not what it used to be. While you cannot control every challenge in life, it helps to consider when pain arises, which experiences stem from real events, and which come from the stories you tell yourself about what happened. This idea is rooted in an ancient Buddhist teaching known as the Second Arrow.

The teaching begins with a simple image. Picture yourself walking through the woods when suddenly an arrow strikes you. It causes pain. You did not ask for it, cause it, or deserve it. This arrow stands for the hardships in life, such as losing loved ones, getting sick, making mistakes, or relationships changing. The first arrow is the source of pain.

According to the teaching, something else can happen. You pick up another arrow and shoot yourself with it. This is called the second arrow. The second arrow happens when your mind intensifies the pain with judgment, blame, fear, shame, worst-case scenarios, resentment, or the belief that something is wrong with you.

The first arrow brings pain.
The second arrow causes suffering.

Imagine forgetting an important appointment. When the first arrow strikes, you might think, "I forgot my appointment," which can be frustrating and may require rescheduling. Then, with the second arrow, you might criticize yourself harshly, saying, "I can't believe I did that... I'm so irresponsible. I always mess up.... What's wrong with me?" Although you missed the appointment, these negative thoughts make you feel ashamed. The problem grows from simply forgetting to also feeling bad about yourself, which makes everything worse.

What if someone you care about does not return your call? The first arrow starts with: "They haven't called me back." Then the second arrow shifts to: "They don't care about me...nobody does." or "I'm going to be alone." A single unanswered call can turn into a story about your entire life.

Your mind instinctively aims to anticipate upcoming events, quickly analyzing information and alerting you to potential threats. When something goes wrong, it searches for causes, predicts outcomes, and tries to prevent future problems. While this is helpful, the fear, hurt, or overwhelm it can bring can impair its accuracy, causing it to mistake a single event for a recurring pattern. A single mistake might be seen as "I always fail"; a single rejection as "Nobody will ever want me"; a difficult conversation may mean "This relationship is doomed"; or a health concern might lead to "My life is over." The mind tries to protect

you by anticipating the worst, but this can trap you in false beliefs. Recognizing that you do not have to shoot the second arrow can help break this cycle.

An experience I had several years ago really opened my eyes to this pattern. I was a consultant at a medical facility for many years. Around Christmas, the new administrator asked me to come by her office before I left. I started imagining all sorts of scenarios: Will she fire me? Will she change the program I created? I was dreading meeting with her. When I entered her office, I was shocked when she handed me a \$100 bill and wished me a Merry Christmas. Now, whenever someone asks me to come into their office, I tell myself I am about to be gifted a \$100 bill.

When something upsetting happens, rather than reacting immediately, the first step is simply to pause. Take a breath and ask: What actually happened?"

Attempt to describe the event as if it were recorded by a camera:

- My daughter canceled dinner.
- My boss criticized my work.
- My partner didn't call.

These are straightforward descriptions of events. Then ask yourself a second question: "What am I telling myself about what happened?"

Possible second arrow thoughts include:

- My daughter doesn't want to spend time with me.
- My boss thinks I'm incompetent.
- My partner doesn't care about me.

These ideas might seem true, but they are opinions, not proven facts. (See article "Think differently, feel differently — resetting your internal dialogue" May 2023 and "How to outsmart your inner critic" May 2026). Understanding this concept enables you to think in a more open-minded way.

A helpful question to ask is, "What do I actually know, and what am I just assuming?" This question can be surprisingly powerful. It does not tell you to ignore your instincts. It does not tell you that your fears are irrational. Instead, it asks you to differentiate what you actually know from what you are merely predicting.

Another helpful clue is to listen for words such as always, never, everyone, nobody, everything, and nothing.

- I always make mistakes.
- Nobody understands me.
- Nothing ever works out for me.

These words often signal that your pain has extended beyond the original event. Instead of saying, "I always make bad decisions," try saying, "I made a decision I regret." Similarly, instead of saying, "Nobody cares about me," consider saying, "I feel hurt that this person didn't respond." These changes can still be painful, but they are more precise and truthful. Precision is key because it helps you target the real issue. Wise responses become easier when you focus on specific problems rather than making broad judgments about yourself or the future.

The second arrow shows up when you think you should not be struggling at all. Examples include:

- I shouldn't feel this anxious.
- I expected to be over this by now.
- Other people manage this; why can't I?

This kind of thinking is especially common during times of grief, aging, illness, caregiving, or major life changes. People often experience something difficult and then criticize themselves for struggling. This creates a painful cycle: something hurts, self-criticism follows, feelings worsen, and more self-criticism happens. Eventually, you are no longer just dealing with the original problem but also fighting your own negative thoughts. Instead of asking, "What's wrong with me?" consider asking, "What's happening to me right now?" This small change can help you see the situation differently.

- I'm feeling overwhelmed.
- I'm grieving.
- I'm scared.
- I'm exhausted.
- I'm disappointed.
- I'm having a tough day.

These statements do not excuse behavior or eliminate responsibility. They help you understand your experience without immediately turning it into a judgment about your worth. This is where self-compassion plays a key role. Often mistaken as excusing oneself, self-compassion is not about letting yourself off the hook. It does not mean ignoring mistakes or refusing to improve. Rather, it involves responding to yourself with the same basic kindness you would show to someone you care about.

Imagine a close friend who came to you and said, "I made a terrible mistake today." Would you instantly call them stupid, hopeless, or incapable? Most likely not. You might respond with:

- That must have been difficult.
- Everyone makes mistakes.
- What are your options now?

Self-compassion encourages you to extend the same kindness and understanding to yourself.

Another useful step is to calm your body before trying to fix the problem. When you are upset, your nervous system is triggered, leading to shallow breathing, tense muscles, and racing thoughts. Focusing too much on threats can cause you to miss the bigger picture. Sometimes, the best first steps are surprisingly simple.

- Set both feet firmly on the floor.
- Take a deep, slow breath.
- Let the exhale be a bit longer than the inhale.
- Look around the room and notice what you can hear, see, and feel.

Remember, while this may be challenging, acknowledge that it is your current reality. You are not ignoring the problem. You are allowing your body time to settle down so you can respond calmly instead of reacting impulsively. This is especially important when you are tempted to make a major decision during an intensely emotional moment.

- A heated argument might make you feel like ending a relationship right away.
- A tough day at work could lead you to

want to quit.

- A scary medical concern might cause you to envision the worst-case scenario.

Sometimes action is necessary, but whenever possible, allow yourself time to settle before interpreting a situation or deciding on your next step.

- Drink water
- Eat something
- Get some sleep
- Go for a walk
- Talk to someone you trust.

Afterward, revisit the problem. Even if you arrive at the same decision, you will do so with greater clarity rather than with panic.

Typically, the appropriate response to the first arrow involves actions like setting boundaries, scheduling a doctor's appointment, having a difficult conversation, seeking help, apologizing, or changing course. The Second Arrow teaching is not about passivity; it does not mean tolerating mistreatment, ignoring health issues, remaining in harmful relationships, or pretending that everything is okay. This is when you ask yourself, "What do I actually know, and what am I just assuming?"

The main difference is that you can take these actions without suggesting there's anything wrong with you. This could be the most crucial distinction. Pain need not become a judgment of yourself. Instead, you can recognize:

- This happened. It hurts.
- I don't like it.
- I might need to do something about it.
- I'm unsure what will happen, but I trust I will figure it out.

This reflects real strength.

Learning to avoid the second arrow requires time and effort, but patience makes it easier. It is common to forget, react instinctively, criticize yourself, or assume the worst. The key is not perfection but developing awareness.

Next time something difficult happens, try remembering five words: Pause. Notice. Breathe. Question. Choose.

You cannot prevent the first arrow because life inevitably involves pain, loss, disappointment, uncertainty, and change. The second arrow represents the additional suffering caused by fear, self-blame, or the struggle to change circumstances. While you may not control what happens, you can choose how to respond. Healing is not always about removing pain but rather preventing it from turning into suffering. In difficult times, acknowledge the pain without inflicting more suffering. Although preventing the first arrow is not always possible, you can learn to avoid shooting the second.

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.

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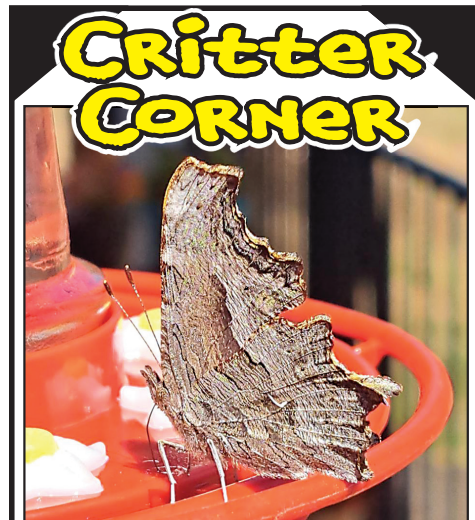
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The Shadow House

by Gilrund the Historian

Sandy Andrews had been hiking with her brother, Jack, for nearly two hours. They were in their late teens and had spent much time hiking in the mountains of Colorado.

Suddenly they came upon an old house that they hadn't seen before in the many times that they had hiked this trail.

Granted, they had not gone this far on the trail before through the thick wood that the trail ran through, but because of where the trail went, they didn't expect to find such a house, a cabin perhaps, but not a large house.

The house looked to have been built in the 1940s and was made of wood. It was three stories tall and looked to be a three-bedroom two-bathroom house with a basement. It had a front porch that was wrapped around the house and two brick chimneys on either end of the house.

The house was located in the only really open portion of the forest on the mountain. Of course, the land may have been cleared, but the forest seemed to be sparse all around the house. The only trees that were close to the house were in the front and looked to have been dead for some time.

What was odd was that there was no driveway to the house, not even a path to the front steps of the porch. The ground around it was covered with leaves from the trees, though it wasn't the fall season, and the sky was an odd, hazy-gray color above. It hadn't been that way when they had started their hike.

The whole area looked like it was in late October, which didn't make sense, because it was just June.

Jack stopped and looked at the house as his sister walked around it looking for any evidence of someone living in it. There were curtains in the windows and the shutters on the second story windows were open, but Sandy could see no movement through the windows.

Jack walked up to the front door and knocked, then waited with no response. He called out, "Hello!"

No one replied.

He knocked again and tried the glass doorknob and the door opened quietly. Jack put his head through the small opening that he had made when opening the door and called out again as Sandy came up the porch steps behind him.

"No one home?" she asked.

"I guess not," was Jack's reply, "but I'm surprised that they didn't lock the door." Jack had walked on into the entryway as he spoke and was looking around.

"This looks like Grandpa's place just before he died," said Jack, "See, there is even an old grandfather's clock in that room ahead. The furniture even looks similar to what Grandpa had."

Jack had walked into the next room and was looking around with wonder in his face as he walked from one piece of furniture to another. He ran his hands over various things as though to make sure that they were really there.

Sandy was doing the same thing in a different part of the room until she stopped and looked at her brother with a question on her face. "Jack, this looks exactly like Grandpa's old house. Look, here is his pipe on the coffee table, where he always left it. This ash tray is the same one that he had. Look at the pictures on the wall! They are the same too! Jack, what's happening

here?"

Jack was still looking at the furniture and rubbing his hands over various pieces. Suddenly he shoved his hand between the cushions of the old brown couch and pulled out two coins. He looked closely at the dime and quarter that he had in his hand, then looked at his sister.

"Sandy, these look like the same two coins that I found when I last sat on this couch when we were kids! This just can't be happening!" Jack exclaimed.

Jack looked at his sister and saw that she was staring at the old, ornately

"Oh, Jack, was that really Grandpa and Grandma?" said Sandy in a soft voice, "They were smiling at us as though they were actually looking at us."

"It sure looked like them. But we should have been seeing us, not Grandpa and Grandma. But it was them," he replied. "Did you hear anything like a woman's voice a moment ago? I would have sworn that I heard Grandma asking if I needed anything. You know, like she always did when we came to visit with them."

Sandy looked at her brother like he was crazy and then remembered what

opened the door to the large attic room at the top of the stairs. "I hid something in this room that nobody else ever knew about when I was a kid," explained Jack, "It was very special to me, and I remember that I wanted to keep it forever."

Jack stopped and looked around the attic room remembering. It was just as it was when he was young. There were the table and chairs where he and dad had played checkers, and he had tried to learn to play chess with his dad.

The bunk bed was still there against the far wall with the plaid blankets on the two beds. The wardrobe door was

boards. The cross guard was nailed to the cracked wooden blade with bent rusted nails, and the grip had been wrapped with a pale brown handkerchief and scotch tape.

Jack showed the sword to his sister with a big grin on his face. "I made this myself," he said with some pride, "I was afraid that I wouldn't be allowed to keep it because I had made it with some of Grandpa's fence wood. I hid it there in the back corner of the wardrobe. I was the only one that knew where I had put it. This is Grandpa's house, Sandy, it has to be. It just has to be. How it got here, I can't explain, but

stood with tears running down her face as she took out what looked like an old book. Her brother had come up behind her.

She turned and showed Jack the book. It was an old and very much read bible. The cover was leather, and it curved up on the corners with much use and on the worn, wine-colored cover was a name in gold. Its chipped letters said, "Sandy Andrews."

"This is mine," she said, "Grandma got it for me when I accepted Jesus as my savior. I was nine years old. I kept it here in this room that I used when we came here every summer. Remember?"

Jack smiled as he hugged his sister and held back the tears. "I remember, Sandy," replied Jack in a soft voice.

Sandy kept the old bible in her hand as they left the room and walked back down the stairs to the living room. Jack was holding the old wooden sword in his left hand as he held his sister's empty hand with his right hand.

Jack looked again at the mirror as they walked to the front door to leave the old house and the memories.

Grandpa was there again, smiling, as was Grandma.

They stopped and looked at their grandparents as Jack said, "We found them, Grandpa. They were right where we had left them. Thank you for the memories."

Jack waived and continued on out the door with his sister.

The trail was clear as they started back down toward their camp that was three miles down the side of the mountain.

Jack took one more look back at the old house and stopped as he called to Sandy, "Sandy, look!"

The two stood and watched as the old house was enveloped in a gray mist and then disappeared, leaving the hill-top covered in trees that hadn't been there before.

"Mom and Dad will never believe this, Jack," said Sandy as she stood and stared at where the old house used to be.

"Do we need to tell them about what has happened?" replied Jack, as they started walking back down the trail to their camp.

Sandy held up her old bible and then pointed at Jack's wooden sword. "How do we explain these?" she asked, "Grandpa has been gone for over nine years, and his house was sold right away. At least I think it was."

When they got back home, they showed the bible and the old wooden sword to mom and dad as they explained what had happened that day.

Mom and dad looked at each other and then they had a group hug as Mom said to their children, "They really loved you. You need to know that. I know we didn't get to see them a lot, but they loved you very much."

Dad just hugged them both as the tears ran down his face. He quietly said, "I wish I had been there with you. I miss my dad."

~ The End? ~

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



framed mirror that was hanging on the wall across the room. Her face was filled with fear and wonder.

Jack was looking around the room as though he was trying to understand what was being said by the soft voice that he was hearing.

"Grandma?" he said softly as though questioning that he was hearing anything other than his sister's voice as she quietly called to him to join her as she looked at the old mirror.

Jack shook his head and then quickly looked in the mirror and there he saw, not the reflection of his sister, as he should have seen, but the face of his long passed, grandfather and he was smiling at them. Behind him was Grandma and she was smiling too as she waved her old tired looking hand.

Jack moved quickly, to stand next to his sister where they both stared at the old mirror for a moment. The figures faded from the glass until only their own reflection remained.

they had just seen together. Then said "No, Jack I didn't hear anyone. Are you sure you heard someone? Especially Grandma? I mean, she died two years before Grandpa did. Maybe we should get out of here, Jack. Things are getting really weird in this place."

Jack looked at his sister as though he was going to agree with her to get out of the house, when he said, "Let me check on one more thing, Sandy." He suddenly turned to walk quickly toward the stairwell through the doorway at the other end of the room. Sandy was right behind him.

"You're not leaving me here alone!" she called as she hurried quickly after Jack.

Jack was nearly running up the stairs toward the second floor and then continued on up to the third floor.

"Where are you going?" asked Sandy as she ran after him.

"I want to make sure that this really is Grandpa's house!" Jack replied as he

still slightly crooked and open a little because it wouldn't fit in the frame.

Sandy had walked up beside him just then.

"Let me see if what I left here is still here. If it is, then I'll know that this is Grandpa's house," Jack said as he walked away from his sister toward the wardrobe and opened the door. He walked inside to the left and was out of sight of Sandy for a few moments.

She could remember the hours spent in this room, playing games and pretending to be a princess and her brother was the king of an imaginary kingdom. Jack had made a crown of tinfoil to wear, and she had made a tiara of blue plastic beads that she wore on her head and a bead necklace too.

Sandy could hear a scraping sound coming from inside the doorway and then out stepped Jack with a smile covering his face. In his hand was a small wooden sword that looked to have been made from broken old fence

this proves it to me!"

"I remember that sword," said Sandy, "You used it a lot when we played up here. Sandy stood looking at her brother holding the wooden sword and said, "This will all be real to me if I see something else. Come with me."

The two left the room and walked back down the stairs to the second floor where Sandy opened the door to the hallway on that floor. She walked down the hall to the last room, where she walked through the open door into a bedroom.

The room had one queen-sized bed with nightstands on both sides. It was the bedroom where she slept when they would visit her grandparents.

The old dark blue glass lamps were still there with their white shades and the old wind-up alarm clock that was next to one of them. The old clock had stopped at twelve o'clock.

Sandy walked to one of the nightstands and opened the drawer in it. She

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Colorado Pharmgirl Brown Eyes

by Peggy Badgett

My heart skipped a beat. Then another. He stood eight feet away. Big brown eyes. Majestic. Muscles rippled beneath his burnished coat. Eleven hundred solid pounds on four hooves. A small branch of leaves disappeared into his mouth as his teeth worked their way through it. The jeep ahead of me stopped at the switchback; one of the women leaned out the window to video the potential U-Tube disaster. I didn't want that kind of fame. Thick forest bordered the gravel road. I was too close, but pedaled slowly past, avoiding eye contact and begging the wilderness gods for mercy. The moose merely watched me go by as the breath I'd been holding whooshed from my lungs. I was lucky, high-fived the woman filming, and powered up the next incline.

I'd snagged a site at Rocky Mountain National Park for a few nights and was excited to explore it. Twenty years before, I'd ridden my bicycle up Trail Ridge Road amid heavy tourist traffic, but the crowds were worse now. The original route to the top was a gravel option. Two rangers at the park's entrance visitor center shook their heads when I inquired about it. Too steep and narrow, they warned. I was disheartened but took the maps they offered and proceeded to the Aspenglen campground after registering with the camp host.

At my site, I set up my camp chair and skimmed the description of nearby hiking trails. Nothing piqued my interest. The blue mountain bike in the back of my van whispered she needed an adventure. Could Fall River Road really be that bad? I looked at the elevation gain and distance. It was no worse than any pass I had ridden already this summer, and I was in decent shape. If it turned into a disaster, I wasn't too proud to hitch a ride if rescue was necessary.

I got up early the next morning, guzzled some coffee and choked down a couple of pop-tarts (breakfast of champions.) Then I double-checked supplies in my back-pack, put a little oil on the chain, and hopped on the bike. I pedaled through the quiet campground and out on the road. Chickadees sang from groves of aspens and squirrels scurried in the ditches. I stopped briefly at Sheep ponds to watch several

moose wading and grazing on water plants. After a few miles, warning signs appeared that the pavement was ending. Fall River Road was one way only, no vehicles over 25 feet allowed.

After a few miles, my ears picked up the sound of gears clicking behind me. Two cyclists passed, wishing me good morning. They looked 30 years younger and had calves the size of my thighs, but I was encouraged. If they were doing it, so could I. The road narrowed, and I hugged the edge whenever I heard a vehicle behind me. Most gave me as much room as possible. I stopped frequently along the way to look at waterfalls, admire the increasingly amazing views below, and catch my breath. Lots of people cheered me on from their cars and trucks, which carried me through the steep turns and long grinding up-hills. My little stuffed banana slug poked his head from my back-pack, and received just as many encouraging words as I did. We weren't setting any speed records, but nothing made me stop to hike-a-bike.

When I spotted the Trail Ridge Road visitor center several miles above, adrenaline coursed through my body. I powered up that last long hill and even passed an Oldsmobile sedan. I celebrated with a squished peanut butter and jelly sandwich dug from my backpack. Anticipating the lengthy descent back to the campground, I smiled my way through the little gift shop and filled both water bottles. More than a few folks expressed their amazement that I'd pedaled all the way up. My ego deflated like a popped balloon when I hopped back on the bike and saw the long incline heading back to the campground. What the heck? More climbing?

I took a deep breath, clipped into my pedals, and gritted my teeth. Both quads screamed their protest, aching from the heavy work. I felt like a tortoise as cars and motorhomes



The banana slug is enjoying the view.

shower between the curtain and back doors. I set my sweat-soaked backpack in the sun to dry, and sat with my slug in the camping chair to sip a well-deserved beer. Another great adventure to add to memory. I was glad I'd let the rangers' dire warnings go unheeded. One of these days, they will be right, my guardian angels will be looking the other way, and I'll pay the ultimate price for an adventuresome life. I'm ok with that.

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



Peggy and banana slug after the moose.

whizzed past. Even banana slug was unhappy and whined from his perch. We stopped more than we had on the gravel. At last, a sign announced the highest point of the road. Two miles away. Still more climbing. My lungs worked hard to glean whatever oxygen they could get from the thin air. When I finally reached the top, I tried to whoop a victory yell, but it came out as a squeak. I wobbled to a stop, dismounted, and sat to watch pika scurry through the rocks while I recovered. Before me, the road wound like a sliver ribbon through the peaks, downhill all the way.

My bike, slug and I swooped down the smooth pavement into the valley, playing on the curves and steady descent. It was wonderful, and the torturous effort of ascending all those miles was quickly forgotten. The camping van was a welcome sight when I coasted into the campground, and I luxuriated under my outdoor solar

and content.

At home on Husky Mountain, their lives are full of adventure — hikes through wooded trails, splashes in mountain streams, and quiet afternoons in their fenced yard, beneath aspen trees and evergreens. It's a husky paradise, and they love every minute of sharing it with each other and their mom.

Then there's Ginger, a beautiful honey-colored Goldendoodle, and her little sister Coco, a black dog with brown highlights. Especially endear-



Truly, Harry and Rocky

fur stands on end when she's done. Coco, of course, copies every move, adding her own twist of glee.

Like so many other close families, they often end up curled together when the play is done. Outside, they chase each other in turns — first Coco after Ginger, then Ginger after Coco — switching roles in a game that never grows old. Eventually, they settle under a tree, content just to be near each other, sharing the simple joy of family and belonging.

At the Bed and Biscuit, love takes many forms — sometimes it's a joyful chase through the yard, other times a quiet nudge or the comfort of lying close. Each family shows it in their own way: through watchful eyes, a body curled into another, or a happy howl that seems to say, "I love you."

Each family has its own way of showing love — whether it's Cleo and Velvet's tender sisterhood, Harry, Rocky, and Truly's trio of loyalty, the huskies' soft melodies or Ginger and Coco with their comical games on the couch. Each bond reminds Lee that dogs love deeply and with unwavering devotion.

Lee often thinks how lucky she is to witness it all — the everyday moments that speak louder than words ever could. Here, love is steady, loyal, and usually covered in fur.



Ginger and Coco

Tales from Big Sky Ranch Bed and Biscuit Loving families of the bed and biscuit

by Kendra Lee Hall

At the Bed and Biscuit, you learn quickly that dogs know the meaning of family. Some are littermates — siblings by birth — others by circumstance, adopted from shelters at different times yet bound by love just the same.

One of Lee's favorite families is a grand white Standard Poodle named Cleo and her small sister Velvet. Cleo carries herself with elegance and pride. Long-legged and graceful, she embodies the perfectly proportioned pup. Her topknot — the soft, puffy mound of fur atop her head — bounces gently as she trots.

What endears Lee most is the tenderness Cleo shows her little sister, a black poodle half her size. The two are inseparable. When they rest, Velvet is always curled into Cleo's side, her tiny head tucked against Cleo's chest. Cleo never settles down for the night until she's certain Velvet is safely asleep in dreamland.

In play, Velvet loves to dart beneath Cleo's tall frame and then circle back and do it again, tail wagging all the while. The sight of the tiny sister weaving beneath her elegant companion never fails to make Lee laugh. When Cleo bows her head to nudge Velvet gently, it's a picture of sisterly affection — grace meeting playfulness in perfect harmony.

But perhaps Lee's favorite moment comes at the door. Every time they come inside, Cleo waits, still and patient, until Velvet scrambles across the threshold. Only then does she step in herself, content that her little sister is safely by her side.

Then there's Rocky, Truly and Harry another of Lee's favorite families. They are a trio as close-knit as any family could be. Rocky, the little Pomeranian, is the picture of cuteness, his tiny face framed by fluffy black fur and his eyes bright and alert.

Truly, a shy little mix with plumed ears and tail, reminds Lee of her childhood dog, Huckleberry. Truly is shy, but when the evening comes and it's time for Lee to unwind on the couch with her four-legged friends, Truly is the first to sit next to her.

Harry, their big brother — more in heart than frame — watches over them both. If one lingers at the bottom of the play yard stairs,

Harry gently guides them upward, waiting at the top until everyone has regrouped before heading inside.

When they rest, it's always in a little stack — Rocky pressed into Truly, Truly leaned into Harry, and Harry draped gently across them both, as if keeping them safe.

Outdoors, Lee loves watching them together. Their play is in perfect harmony — not the wild, mad-dash-around-the-yard kind of chase that Pepper the Jack Russell loves, but something softer and more in sync. They explore the play yard side by side, noses to the ground, pausing to share interesting scents and then bursting into brief, joyful sprints before returning to their calm rhythm exploring the yard.

Rocky is especially comical with his occasional handstands — his fluffy body perfectly vertical on tiny legs. It doesn't happen often, but when it does, and he holds it for a second or two, it always makes Lee laugh.

Of course, there are also the three huskies that live on Husky Mountain — Aspen, Lucy and Snoopy. Aspen has been coming to the ranch from almost day one. In those early days, he often arrived with various foster dogs his mom, Debi, was caring for. One of those fosters, Nakita, came with a surprise — she was pregnant! Debi planned to find homes for all the puppies, but two of them, Lucy and Snoopy, quickly won her heart with their playful antics and the strong bond they shared. They also grew very close to Aspen, and so Debi decided to keep them all together.

At the Bed and Biscuit Lucy and Snoopy romp around the large, fenced yard, hopping and twirling at times. Aspen usually observed from his spot atop the picnic table, but sometimes he joins in, much to Lucy and Snoopy's delight.

They are all pros at the happy howl — especially Aspen, whose soft "aroooooh" melodies carry through the air. Eyes closed and head tilted back, his songs make the others feel safe

Mt. Pisgah Speaks

by Kris Wallen

Once again, the ghosts of the World's Greatest Gold Camp will speak... Do you hear them?

Please join The Gold Camp Victorian Society (GCVS) of Cripple Creek on Saturday, September 19th and Sunday, September 20th for our 26 annual presentation of Mount Pisgah Speaks, an historic tour of Mt. Pisgah Cemetery, Cripple Creek's historic resting place for its endless host of characters from days gone by.

The Gold Camp Victorian Society members will again be portraying many of the most colorful characters of the World's Greatest Gold Camp of the 1890s. It's as if the dead are rising from their graves to entertain all who come to visit with their riveting, hilarious and often heart-rendering stories.

The 2026 cast of characters will include:

- Pearl DeVere, the most beloved Madam of the gold camp and the only Madam to be buried in the cemetery;
- The Ghost of the Potter's Field, and the unknown and unnamed buried there;
- Father Volpe, a prominent, eclectic Catholic priest philanthropist in 1890 Cripple Creek
- Mabel Barbee Lee, Cripple Creek's most beloved teacher and author of Cripple Creek Days;
- Doc Susie, the famous female doctor of the frontier;
- Digger O'Dell, the man who dug the graves of Mt. Pisgah (in a creative way) And others.

These famous ghosts, as well as the common folk who lived and worked in the gold camp, will tell their tales of life in one of the most active mining districts in the world where gold is still mined today. You will see the apparitions come alive as they stand at their own graves to tell their stories. This remarkable historic production portrays some of the gold camp's most famous, infamous, nefarious and loveable characters in an entertaining and slightly spooky atmosphere.

Tours leave the Cripple Creek District Museum parking lot (510 Bennett Avenue) in Cripple Creek every 30 minutes beginning at 9 a.m. and running until 1:30 p.m. Each tour is approximately 3 hrs.

Tickets are \$20 per person and may be



purchased at www.goldcampvictoriansociety.org, by scanning the QR code above, or in person the day of the event (a limited number available day of the tours) at the GCVS District Museum ticket booth. No pets are allowed, but clearly marked service animals are welcome. Free cookies, water and coffee are offered at the Cookie Tent at the end of each tour. Tickets should be purchased early via the QR code above, as this is a popular event which sells out quickly. As this is an outdoor walking tour, comfortable shoes and appropriate clothing are recommended.

The Gold Camp Victorian Society is a non-profit 501(c)3 organization whose members are dedicated to the preservation of the history of Cripple Creek and the surrounding areas, as well as the history, fashion and lifestyle of the late 19th and early 20th centuries. The Society is known and respected throughout the state of Colorado and beyond, and is applauded by history buffs and historical societies everywhere for the attention given to authenticity in clothing, manners, activities and our deep dedication to the City of Cripple Creek's ongoing efforts to preserve the historic culture of the Gold Camp for future generations.

EMI email us at info@goldcampvictoriansociety.org or go to our website www.goldcampvictoriansociety.org

4th Annual Teller County Suicide Awareness Symposium

It is time for the 4th annual Teller County Suicide Awareness Symposium on September 19th at Columbine Elementary! This year's event offers a fresh approach — bringing together community members, professionals, advocates, individuals with lived experience, and local leaders to explore how connection, storytelling, and resilience can strengthen rural community. We are going to have panel discussions, keynote speakers, and breakout sessions dedicated to bringing awareness to topics such as SUD, suicide prevention, ADHD, brain science, trauma recovery, and much more. This is a great event to ask questions, learn about topics you have been interested in, and network with local resources and each other. Food will be provided.

Come to Columbine Elementary School on September 19, 8:30-3:30 p.m. To register for the event visit: <https://impact.changeline.org/s3/2026-Suicide-Awareness-Symposium>

EMI Ashlee.Shields@changeline.org

A Little Grace

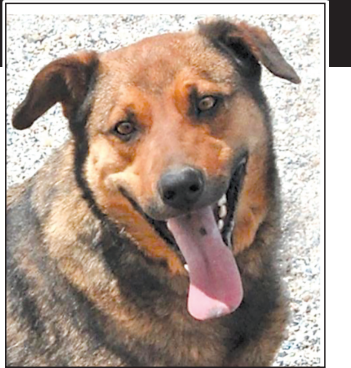
I have come to understand this: All humans make mistakes and wear down, break down. All machines make mistakes and wear down, break down. Perhaps it is our EXPECTATION that everything be PERFECT that is the true error! Coming to understand and possibly expect that hitches in the giddyup are likely, might be a more realistic expectation. Let's give us all and the world a little grace!

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Scrappy is a sweetheart! He is 3 years old, neutered, weighs about 60 lbs., and is current on all vaccines. He does not live up to his name; he is a people lover. His best friend was adopted and now Scrappy is alone and sad. Check out our website to see how to meet Scrappy or any of our other dogs ready for adoption <https://www.slvaws.org/>

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Notes on Nutrition

Food for fascia

by Catrina Lynn, Nutrition Enthusiast, Dance Instructor

Sore muscles? Tight and tense all over? Relaxation techniques, massages, salves not reaching and relieving the pain? Your fascia is likely to blame and THANKFULLY we are learning more about this important tissue in our bodies and how to care for it. Fascia is connective tissue, made mostly of layers of collagen and elastin, and hyaluronan (hyaluronic acid), that covers every cell, nerve, joint, ligament, tendon and muscle in your body. Healthy fascia is pliable, smooth and slippery, allowing muscles to contract and expand for mobility, keeping joints in place and in motion, blood flowing smoothly throughout the body, nerves receiving and sending signals; all parts and functions of the body rely on fascia tissue. Unhealthy fascia is dry, tight, stuck, bunched, immobile.

Ever try to work out a knot in your neck and it moves? This was fascia, not the muscle itself in a ball. Plantar fasciitis is a common ailment, many of us have heard of it or experienced it ourselves. It results from excess stress on the plantar fascia (a thick band of tissue connecting the toes to the heel). Causes could be improper shoes, standing all shift at work, flat feet or overly high arches, carrying excess weight. Dietary concerns also contribute to this and similar fascia related ailments, like high sugar and low hydration. Is there another place in your body that is tight? Painful? Chronic nerve pain like Sciatica? A lack of pliable, hydrated, well developed fascia is very likely the culprit. Even old injuries and surgeries can be less (or not at all) painful with some awareness, good nutrition, and movement that focuses on loosening and energizing the fascia. Want another benefit? Lose the cellulite when you smooth out the fascia. It is the bunched up webbing that creates uneven skin texture.

All bodies are beautiful, something to consider is that often aesthetics point to a question of good health. Without prioritizing youth and beauty for the sake of it, we can take note of how much better we feel and are able to accomplish when we take good care of ourselves.

What can we do to give this protein based, highly (75 %) liquid tissue the ingredients it needs to be elastic, slippery, and strong?

- Water and water based foods such as cucumbers, melons, berries, greens and celery. Let's make sure we have plenty of electrolytes like sodium, potassium, magnesium, calcium, phosphate, bicarbonate, and chloride, most of these from nutrient dense foods like green leafy vegetables, pickled foods, sweet potatoes, broccoli, beans, pistachios, and any kind of table salt.
- Collagen building nutrients are vital. While popular and easily purchased, supplements are less bioavailable. Bioavailability describes how quickly a body can use the nutrients in foods and supplements. They may also have undesirable ingredients and production methods. Amino acids like lysine, proline and glycine are available in protein rich foods like fish, chicken, legumes, egg whites. Bone broth is a super star! Zinc and Vitamin C are critical for synthesizing collagen, so berries and citrus fruits are great, as well as leafy greens. Let's not forget sulfur, who doesn't love garlic?
- Anti-inflammatory foods are important to protect fascia and keep blood and nutrients flowing freely. Healthy fats and vitamin E are available in avocados, salmon, sardines and other fatty fish, flaxseeds and walnuts (also great for Omega-3s). Turmeric, cinnamon and other spices reduce inflammation, fresh fruits and slightly cooked vegetables, in a variety of colors, reduce oxidative stress and prevent the breakdown of collagen. Whole grains are also full of great nutrients and can help reduce inflammation.
- Avoiding unnecessary ingredients and toxins is critical to keeping inflammation low.
- Avoid: Fried foods (especially cooked in seed or vegetable oils), sugary snacks and drinks, packaged/processed foods, refined carbohydrates (grains and sugars), alcohol, and excess caffeine.

Another important consideration for fascia health is movement. Many of us spend long hours working in ways that don't provide sufficient stretching, strengthening, cardiovascular support and lymphatic flow. We have areas that remain tight and painful, sluggish immune responses, and many nerve issues that are not damaged, but the nerve being wrapped tightly in dry, bunched up fascia. Old

injuries that give us a bias to one side or cause us to limit or change the way we move, are definitely some areas that can be addressed by awareness of the bias, and focused movement to improve the situation. It takes a combination of proper building blocks and proper use of our bodies to improve the health of this critical tissue.

- Cardiovascular exercise is a must, fascia loves heat! It does not need to be daily, high impact, boring or repetitive. Dancing, swimming, a brisk walk, short hike, backyard games, participating in a sport you enjoy; these can all provide a significant improvement in heart health, lymphatic flow (improving immune function), lung function, and more.
- Have you seen a vibrating board at the gym? When belly dancing we use shim-mies, basically quick bouncing/vibrating movements with relaxed muscles, to help loosen up and release caught up areas of fascia throughout the body.
- Stretching is also important, doing so before and after activities can prepare the muscles and fascia for more mobility. It also redistributes blood to the whole body, which helps to release areas of fascia that are tight.
- Take a regular class or find free videos online in yoga, tai chi, dancing, and begin a journey of physical therapy that does not require a doctor's referral. You can even search specifically for exercises that improve fascia health. You'll find at any age, less injuries, easier recovery, better sleep, higher libido; you'll simply feel better.

Other fascia health tips:

- Somatic Exercises - these are specifically designed to reconnect the nervous system with the body so that it can reorganize itself. Most of them cause you to put positive and/or negative pressure on your tissues, allowing the fascia to be energized, begin to loosen and clear the way for signals, blood and lymphatic flow in the areas addressed. You might even feel twitching as it happens! It's a very interesting avenue of self help.
- Acupuncture - this treatment actually works with the fascia, penetrating the tissue to improve blood flow, nervous system response,

it can untangle fascia, relieve imbalances and increase mobility and immune function.

- Massage - get regular deep tissue massages, and/or as a response to injury or overwork of the body, to assist before the limited mobility creates tightened fascia.
- Foam Rolling - especially before and after a workout, rolling a large, firm but not hard (foam) cylinder between yourself and the floor (or other hard surface if more comfortable for upper body) massages the fascia and muscles, getting the neuromuscular system going and building heat to prepare for stretching tissues and building muscle.
- Saunas - in line with the idea that fascia (and most of our systems and tissues) love heat when being used and activated as well as afterward. Many health benefits can be found in using warm steam.
- Insoles and Shoes - appropriate footwear is critical to more than the fascia in the feet. Balanced mobility without crushing or pinching the feet is a big boon to the entire body, keeping muscles, tissues and blood in their proper places and flow.

Things like foam rolling, steam treatment, massages and exercises can be studied and done in the comfort of your home, perhaps with a friend or loved one to assist and encourage one another. Acupuncture and other intensive treatment methods should always have a professional involved. Arthritis, hypermobility, cardiac disorders, sprains, hernias, you name it, the fascia has something to do with it. Knowing more about building and maintaining this imperative tissue can save your life, or at least make it feel better. The research and recommendations are abundant right now. Go take a look and begin to add a thing or two into your routine that will support your fascia so it can support you.

Love!

This article is not intended to replace medical advice. Always consult your healthcare providers.

You can reach me at magpieatthespring.com and facebook.com/magpieatthespring

Guffey Heritage Day

by Flip Boettcher

photos by Flip Boettcher

The Guffey Heritage Day, Vendor Fair and Community Dinner were well-attended. There were over 15 vendor booths and vendors said that the turnout was really good throughout the day; more in the morning than the afternoon. The booths were set up on Main Street, which was closed for the day.

At 3 p.m. the vendor booths were taken down, and tables were set up end-to-end up and down Main Street for the first ever Community Dinner from 5-7 p.m. About 170 people attended the dinner with 21 tables, each seating 8 people, set up. Each table brought their own food, beverages and utensils.

Toward the end of the dinner, Guffey Community Association (GCA) secretary Gail Carver presented an award to local resident Denise Krey on behalf of the GCA for her service above-and-beyond to the community.

Krey started and maintains Dylan's Pantry, which offers community donated shelf-stable food items and pet food free to the folks who need them. Dylan's Pantry is located in the foyer of the Guffey Community Building, it is open 24/7 and is available free to everyone in need with no card to show and no sign-in.

For right now though, Dylan's Pantry is closed

and the items have been removed because of town bear break-ins. So, before coming to donate food items or to come and "shop," check with the library to make sure Dylan's Pantry is open by calling 719-689-9280.

Last fall with the partial government shutdown and lost SNAP food benefits for those in need, Krey saw a need with little or no local Park County benefits for those people, she said.

So on October 28, Krey got a plastic storage box, filled it with food and put it in the Community Building foyer. Krey put out a call to the Guffey community and Dylan's Pantry has blossomed from there.

Dylan's Pantry is named after Krey's son Dylan who chose to end his life in 2019, according to Krey. "When the idea of the pantry came to me, I knew Dylan would be proud. When he was in high school, he saw a mother and her two young kids panhandling in a King Soopers lot. He bought them groceries. He was so happy he was able to help them. It just seemed a natural fit. Dylan had such a big heart," Krey said in an email.

Guffey Heritage Day was sponsored by the



Guffey Heritage Day Community Dinner looking north on Main Street.

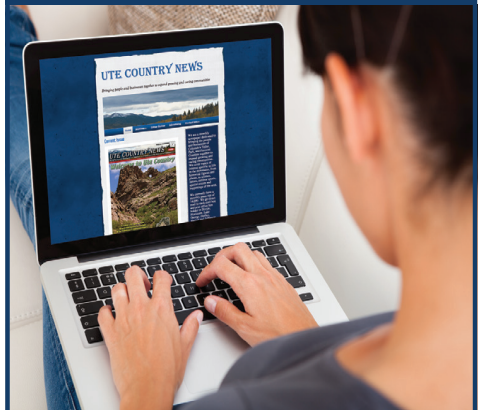
GCA and there was a Heritage Day Planning Committee who organized the event. Celebrating Guffey's 130th anniversary, Colorado's 150th and the US 250th birthdays all on the same day.



Dylan's Pantry - by Denise Krey.

We're on the web!

- Current Issue
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Currant Creek Cemetery

Quite the gathering

by Flip Boettcher

Last month, distant and not-so-distant relatives converged on the Currant Creek Pioneer Cemetery (CCPC) to visit their ancestors' grave sites, to see the restoration work done on the cemetery by Steve Plutt and Linda Allred last year and to meet and thank them for doing that work.

The CCPC, located on private property, is the final resting place of some of the Bender and Hammond clan. The family settled along what is now Colorado Highway 9 below the Currant Creek Pass in the 1870s.

Family matriarch Hannah Hammond 1820-1897 had the first 160-acre homestead there

dated 1881 and her son-in-law Johannes "John" Bender's first homestead is dated 1882.

Last year, the Plutt and Allred restorative work included straightening Martin Bender's 1869-1905, 1000 pound, 7-foot-tall headstone that had almost fallen over and re-setting the wrought iron fencing around Martin and his two daughters grave sites, Josephine 1901-1905 and Myrtle 1898-1905. The trio all died of scarlet fever within days of each other.

Plutt and Allred also worked on Hannah's headstone, which had fallen over and broken, her grave site had sunk, and a huge pine tree is nestled up to her site. They patched Han-



Hannah Hammond's fallen down headstone before restoration. photo by Flip Boettcher

nah's headstone, cleared out the pine needles and got the headstone back up to vertical. They also realigned the markers for Johannes Bender 1837-1902, Annie Bender 1844-1910, Henry H. Taylor 1860-1894 and Hannah. All are in another wrought iron enclosure.

Just to the north of Hannah are the two headstones for the Beery children — James C. 1870-1881 who died of diphtheria and Julia A. 1875-1881 who died of cerebral-spinal meningitis. Both headstones had fallen over and broken apart. Plutt and Allred cemented them back together and put them back upright. William Beery homesteaded on the north side of the Hammonds and Benders at the top of Currant Creek pass. Future plans are to put wrought iron fencing around them to protect them.

Plutt is now retired. He was on the Park County Historic Preservation Advisory Commission (PCHPAC) for 25 years doing cemetery work and is currently on the Park County Cemetery Board.

Allred, an architect in Woodland Park and also vice-chair of the Woodland Park Historical Preservation Committee, has been doing cemetery restoration work with Plutt for a few years now.

Last summer Plutt and Allred spent one or two times a week from June 10-August 10, 12 days total and 125 hours each working at the CCPC. PCHPAC paid for the restoration work. PCHPAC is a Park County government



Hannah Hammond's great, great, great granddaughter Doug Stiverson standing by Hannah's newly restored headstone. photo by Flip Boettcher



Part of the family group who visited the Currant Creek Pioneer Cemetery: far left Steve Plutt, Linda Allred, cemetery owners Alan and Kris Verdeale, some of the visiting family members, and Doug Stiverson on the far right. photo by Flip Boettcher

group that is all about historic preservation of any kind, said Plutt, including cemeteries and restoring existing pioneer cemeteries, said Allred.

All-in-all, it was a very interesting day. A big THANK YOU to Steve and Linda for all their cemetery work in Park, Teller and soon Summit counties and their very hard work at the CCPC.

Thirty-Eight Years of Unearthing Stories

by Steven Wade Veatch

The Deepest Secrets of the Earth

They say that a person starts writing to record history, but they keep writing because they've become a part of it. I still remember the physical toll and the sudden, breathless reward of a specific dig in the Colorado dirt: my rock-hounding partner and I had excavated 18 feet down, a vertical journey through layers of time. Then, we found it.

Reaching into a fresh rock pocket, my fingers brushed against the cool, sharp faces of blue, blocky amazonite and smoky quartz crystals. The amazonite crystals were stunning. We found over 100 specimens; several amazonite clusters could cover a dinner plate. Some of the smoky quartz crystals were long, elegant scepters; others were stubby crystals larger than an apple. In that moment, I set aside the heavy metal tools for the delicate touch of wooden chopsticks or a small branch, gently coaxing these treasures from their dark berths.

That tactile connection to the Earth is part of the reason I have spent the last 38 years writing for the Colorado Springs Mineralogical Society (CSMS) newsletter. For me, writing isn't just about documenting minerals, rocks, and fossils; it's about the human connection — the friends I have made through the CSMS, the field trips I have gone on, and the memories that fill a lifetime.

A Legacy in the Rock

I write a lot about Cripple Creek. My fascination with the "World's Greatest Gold Camp" isn't academic — it's ancestral. When I write about Cripple Creek, I'm not just tracing veins of gold; I'm tracing the footsteps of my own family. Sharing stories of my great-grandfather, who worked at the Elkton mine, allows me to honor the grit it took for him to survive and prosper in the gold-rush atmosphere of the mining district.

The same holds true for Boulder County. Researching my grandfather's family and their time at the Caribou mine transformed a cold piece of silver ore into a warm family legacy. Through these articles, I've been able to bridge the gap between the modern collector and the pioneer miner, reminding our members that every specimen in a display case once represented a person's livelihood.

My writing has taken me back to the stories of my grandfather, who was the personal private secretary for Spencer Penrose. Penrose made his first fortune in the goldfields of Cripple Creek and then his biggest fortune in the copper mines of Utah. My grandfather told me many "insider" stories about Penrose. After Spencer Penrose's death my grandfather worked for his widow, Julie Penrose, and then for the El Pomar Foundation until his retirement in the 1960s.

From Dinosaurs to Diamonds

Writing for the CSMS has granted me a "press pass" to explore the vast geological timeline of our state. Over nearly four decades, I've had the joy of diving into:

- **Ancient Life:** Documenting the delicate preservation of the Florissant fossils and the towering giants of the Garden Park dinosaur beds.
- **The Mining Frontier:** Recording the fasci-



Breaking into a pocket at the Red Elephant. A blocky cluster of amazonite crystals is being held in place by tree roots. photo date 1997 by S.W. Veatch

Cover: View of the Elkton Mine. My grandfather worked there for over 20 years. photo courtesy of the Cripple Creek District Museum. CDDM A82-143

nating and often rowdy histories of Alma, Buckskin Gulch, Gilman, Victor, and other Colorado boomtowns.

- **Exploring the diamond fields:** Finding red garnets, bright green chromium diopside, and other minerals among diamond-bearing kimberlite pipes on the Colorado-Wyoming border.

- **The Thrill of the Find:** Sharing the technical and visceral excitement of field collecting topaz and amazonite across the rugged terrains of Park and Teller counties.

The Heart of the Society

While the rocks are the catalyst, the people are the soul. Some of my most rewarding experiences have been working with and being a friend of CSMS members for over 59 years. Recently, I have been writing profiles of past members of the CSMS, individuals who were the stewards of our hobby. By recording their stories, I ensure that their contributions to Colorado rockhounding aren't buried by time. We are a community built on shared wonder, and their stories are just as bright and faceted as the gems they collected.

Why I Keep Digging

People often ask how I haven't run out of things to say after 38 years of writing for the CSMS Pick and Pack. The answer is simple: the more you dig, the more you find. Every article is an excuse to explore a new wonder or unearth a forgotten narrative. Writing has turned my hobby into a lifelong quest for discovery.

I don't just write to fill a page; I write because, like the miners of Cripple Creek or my great-grandfather at the Caribou mine, I know there is always something precious waiting just beneath the surface. As long as there are stories

left to tell in the shadows of Pikes Peak, I'll keep my pen — and my rock hammer — ready.

Note: The Colorado Springs Mineralogical Society meets from 7 p.m.-9 p.m. on the third Thursday of the month at the Colorado Springs Christian School, 4855 Mallow Rd, Colorado Springs, CO 80907.



Spencer Penrose reshaped Colorado Springs, transforming it into a destination city through landmark projects like the Broadmoor Hotel, the Pikes Peak Highway, and the El Pomar Foundation, leaving a civic and cultural legacy that still defines the region today. photo from the Collection of S. W. Veatch



Fitness ON the Mountain

Rock on! The benefits of unstable surfaces

by Lori Martin

As we age, our bodies change, in ways MOST are not all too excited about. We’ve witnessed these changes in our parents and grandparents and now we see some signs of aging in our own bodies. The great thing is we all get to choose to what extent these changes are going to modify our lifestyles. Even with acute or chronic illness and/or injury we can choose to do nothing about our situation or we can choose to find something... just one little thing that we can do to enhance our lives.

A few years ago, my 93-year-old friend proudly informed me that she painted the eaves of her house. My reactions were fear for her safety; guilt at not having been there to help her; disappointment that the neighbors didn’t help her; and eventually I settled on peace. In addition, I learned an important lesson. This friend wasn’t quite bragging when she explained all that went into this task. What she accomplished at 93 most 50-year-olds would have hired out. What I saw was a twinkle in her eyes, a beaming smile and confidence that she proved to herself she could continue to live an independent lifestyle. This pride in her accomplishment and her determination not to burden others drove her to plot her strategy to get the job done safely.

From early on in our friendship, I’ve admired her determination and her discipline. To this day my friend successfully:

- Navigates the internet following top alternative health providers.
- Knows and can quote the science behind the information she finds worthy.
- Keeps a library of reference manuals on nutrition, herbs and natural healing protocols.
- Preps organic vegetables to make 5 different

varieties of soups which line an entire shelf in her freezer.

- Believes in the benefits of a positive attitude and laughter.
- Has been the sole caregiver of multiple family members, extending the lives of two of those family members who had terminal cancer and managing the third member’s multiple mental health disorders while allowing him to maintain as independent a lifestyle as possible.

Everyone should be so blessed to have such a friend. Our phone calls don’t begin with “hello,” they begin with laughter, usually taking a few minutes to get control of ourselves. Every conversation starts this way and ends with “love and hugs”... no good-byes.

Over the years, I’ve said time and time again, “When I get that age, I’m going to be just like her.” She has shared her tricks and one of those tricks I never thought I would have adopted is now the focus of my own fitness protocol. While most actively aging people have had one or more falls in the last 10 + years, including me, this now 97-year-old friend has been preparing her body by spending 10 minutes jumping on a trampoline every day. Initially, I thought this is good:

1. Unstable Surface - Great for core strength and balance
2. Low Impact - Possibly even strengthening the muscles and tendons that strengthen the joints
3. Safety First - She is careful getting on and off the mini trampoline holding on to a handle, it passed my approval!
4. Besides, it brings her joy!

A few months ago, she was unexpectedly injured and is still recovering from an incident. She uses her DNA Vibe, she rests, eats healthy, stays hydrated and most importantly, she listens to her own body!

Her wisdom and experience have always had a profound effect on me. So when I recently experienced some glitches I had lessons from my friend to pull me through. I had fallen on ice after a California snow-storm. The fall wasn’t too bad. Mostly, I was concerned about my tailbone. After one week of using DNA Vibe Red Light Therapy the soreness was completely gone. The headaches I still have are under investigation but could possibly be a result of the fall even though I don’t believe I hit my head.

The headaches have been diverse in all aspects including triggers. One type of headache seemed aggravated by the impact of walking. I wasn’t about to stop walking and had no intentions of taking an NSAID’s cocktail daily.

It appeared I was in a bind as to how to proceed with taking care of my 94-year-old mom

with dementia, making sure my dog continued to get the exercise he needed and take care of my own self.

Eventually, I found moments here and there to ponder my situation. What would my friend do in this situation? In my backyard is a mini trampoline I bought at a yard sale for \$1.00 hoping that my dog would lay on it instead of in the dirt and weeds.

My body was trying so hard to communicate what I needed, and the message was not “hey jump on a trampoline.” The mind was saying, “You need to move your body.” The research was saying, “rest, recover.” It was a beautiful day: Blue skies, hawks and ravens sailing about me with mountains in the background, wildflowers, and my dog lying in the dirt enjoying the warmth of the sun.

Cautiously, I stepped onto the trampoline. Gently I just shifted myself right to left. It felt pretty good and the old-weathered trampoline withstood my weight. After a few days, I got online and found myself a “personal” trampoline. It’s a little bigger than the mini trampoline outside and much more pliable. It arrived quickly, and I assembled it myself. The trampoline provided a whole different experience. It was more forgiving and allowed me to move more while still having less impact. In addition, my body experienced increased lymphatic flow, which seemed to help with headaches and overall, a general sense of peace.

Some of you may be thinking, “This is not for me.” For most who struggle with stress incontinence relief can be found by strengthening of the pelvic floor, which can be achieved through your newly found enjoyment of jumping. Whether you have stress incontinence or not please review the following.

Tips to Getting Started:

1. Easy does it! 1-3 minutes 2-3 x’s per day.
2. Hold on. Use the handle until you gain confidence in your balance and ability.
3. Warm-up. Gentle shifting weight right to left never entirely taking your foot off the trampoline surface.
4. The health bounce: Instead of bouncing for height, drive into the mat toward the floor — the feet barely leave the surface on the release.
5. Resistance bands: Add strength training intervals (1 minute gentle jumping followed by 1 minute upper body).
6. Motivating music: Start with slow BPM that you can keep time with and music you love.
7. Gradually, increase duration or frequency or intensity (one at a time over a period of weeks).
8. Get Creative: Get on all fours for hip extensions or side-lying for hip abduction.

9. Balance and Core! When doing strength training segments we can have the added benefit of working our core in addition to every exercise we perform. The trick is to minimize shifting of weight in our feet. Staying stable while standing on an unstable surface is quite challenging but your core will thank you. Holding very still from the bottom of the feet to the top of your spine while, standing on an unstable surface and executing upper body movements is great work for the core musculature.
10. Neutral Posture: From the side view — Ears in line with the shoulder, shoulder in line with the hip, knees slightly bent. No forward head, no rounded shoulders, no swayed back, no locked knees.

Unless I am sweaty, I’ll jump in my bare feet while other times, I jump with Ugg boots or barefoot shoes. Some use yoga socks with ‘gription’ pads. You can purchase socks specifically for trampoline workouts. Please don’t jump while wearing socks that may cause you to slip and jump only on a dry surface.

Trampolines are just one example of an unstable surface. A piece of foam, a BOSU or even doubling up a yoga mat can help you gain confidence as a precursor to stepping on to a personal or mini trampoline. Have a partner close by to remind you to stay in good posture, to keep your movements smooth or keep your hands on that rail.

Like aqua exercise, yoga, Pilates, and so many other fitness formats, think of this as one of many items on a menu that will improve the experience of living a fit and healthy lifestyle. Variety is key!

Even with a resistance band component using a trampoline is not a complete workout on its own. It’s a great way to get moving. There is research documenting improvements to bone density, cardiovascular benefit and when done in moderation can help to strengthen weak joints of the lower body.

NOTE: Be sure to discuss this with your medical provider before attempting any new activity, especially if you have any pre-existing condition.

Finally, your DNA Red light device will assist you in muscle recovery after any new fitness activity and will play a huge part in your success as you grow more confident, stronger and ready for the next level.

I have a feeling that pretty soon there will be a lot of bouncing on the Mountain.

Go to: www.DNAVibe.com/lorimartinfitness to learn more about how we are helping people improve their lives through red light therapy and order your own DNA Vibe.

FM! go to: lorimartinfitness@icloud.com

Grit to Greatness Performance Center

Training Done Right

by Kathy Hansen

photos by Kathy Hansen

Grit to Greatness is perhaps the best equipped, most accommodating fitness center I’ve ever been to. What is most impressive is the vibe from qualified trainers that truly care, who are dedicated to their skill and craft, and willing to share with those interested in learning or developing. I now know this is why Grit to Greatness is a performance center, not a gym or fitness center. It is clear from the start that their expertise is customized to each individual, rather than expecting each individual to fit their program or equipment available. This is truly a personalized approach to fit everyone from the elderly person recovering from surgery to the young athlete training for collegiate sports or qualifying to compete in the Olympics; they cover the gamut. The youngest client they serve is 9 years old and their oldest client boasts 84 years old. Justin said, “We will help anybody who is serious about making a change.” How about that, a personalized approach to fit each person! This is why Grit to Greatness is a Performance Center, not a fitness center or gym.

Assessment in Private Training Room

Our tour with Justin Collen, the owner and founder, began with the Private Training Room, which is where each individual will start. This session is you and your coach only. Here you will get an assessment that includes muscle testing, local- and global-range-of-motion, a strength assessment, cardiovascular and plyometric assessment, which measures explosive movement, neuromuscular coordination and the stretch-shortening cycle. This thorough assessment will point out areas of weakness, restriction and dysfunction with the goal of identifying which target areas you need to build to prevent injuries. This baseline is recorded and used to customize your program, which can help you to build those weaker areas at a pace that will match your strongest areas.

Cardio Room

The next room toured was the Cardio Room. The variety of machinery in here was impressive and each has its benefits. Those recovering from surgery, injury, stroke or need to build range-of-motion will likely use the recumbent bikes as they are easier on knees and hips. Those ready to build in strength are better served with fan bikes. The fans cause resistance so that the faster you peddle the more resistance you meet. These bikes have the option to include your arms for a higher degree of cardiovascular workout. The air rower works opposite arms and legs simultaneously for bilateral movement. Those in collegiate training might use the air rower to practice for qualifying times. There are two different treadmills; the traditional flat treadmill and the Skill-mill, which has a natural curve to match the angle of the foot when running. The more forward your foot is placed the faster it can go. It can also provide the same resistance as pushing a sled. The Cardio Room has two restrooms that have benches and hooks for easy changing of clothing. Lockers are available on a first-come, first-served basis; bring your own lock. A water fountain is available to fill your bottle or wet your whistle as needed.

Main Training Space

The Main Training Space is the largest area of this 6,000 sq ft space. There is a lot of duplication of machinery and equipment in here. This is so that when a group class is happening, the same equipment and machinery are available for the individual who happens to come in at this same time. There are plenty of options for everyone, which means no waiting! Who wants to be in the middle of their circuit, ready for the next step but now having to wait for machinery or equipment currently being used. Then your heart rate goes down and your muscles cool, creating potential injury. Not at Grit to Greatness because they are so well equipped!

In addition to the equipment that has a capacity to set different levels of weight, a plethora of supportive equipment is available. For example, there are seven styles of grips for training. Pinch is different from grip. Did you know that grip strength is an indicator of health? First, a stronger grip is safer for your shoulder. An increased level of strength is correlated with lower rates of health markers such as Alzheimer’s disease and a lesser grip can be an indicator of cancer. By increasing the diameter of a grip on your free-weight you can increase your pressing ability by 8-12% and pulling ability by 12-18%. Next time you push or pull something consider how this abil-

ity allows you to be independent and ponder what steps would you need to take if you could NOT push or pull something.

The amount and variety of equipment is truly impressive! I was shown stepping boxes of various heights, weighted vests, dumbbells, barbells, weighted racks, a monolift, and so many benches that can secure your body as you work from just about any position, each serving specific functions. Balls anyone? I had no idea there were so many types of balls: kettle balls, medicine balls, slam balls, La Cross balls are all at the ready. Most of their equipment is duplicated to prevent waiting time. They have equipment that helps with shin splints or other types of fascia issues. The turf area can be used to push various sleds and sliders or you can practice your baseball pitch because it is 70 feet in length. While all this is impressive, it was only about 5 weeks old at the time of our interview, at which time I was told there are some pieces of equipment that will be replaced with something better.

Let’s get to what truly makes Grit to Greatness a performance center — the highly trained coaches!

Head Coach Justin

Let’s begin with Owner and Head Coach Justin Collen. By the age of 5, Justin realized he was faster and stronger than his classmates. By the time he was a sophomore in high school, he was deadlifting, squatting and playing football. He has since earned 15 certifications in training, along with his Master’s Degree in Exercise Science with a concentration on Strength Training and Conditioning. He remains friends with several of his mentors and coaches and I can see why; Justin is very personable and easy to relate to. As we were going through the tour, I noticed he picked up on my example of liking to hike the steep incline of our road. Later in the interview, he referenced my penchant for that hike. I found this to be unique from my past experience with gyms; it made me feel like I mattered and that I was worthy.

In 2019 Justin won first place in the Strong Man Competition, which offers 5 events. Justin entered 4 of them, winning first place in all 4! He showed me a video of the Atlas load, where he lifted a 440 pound ball over a bar that was 53” high! That was certainly something to see. I was so glad when he could release that ball!

Justin holds Certifications as a Sports Nutrition Specialist and a Certified Functional Nutrition Coach. He believes nutrition, lifestyle and training need to work hand-in-hand and can provide the guidance you need for optimal results.

Because he knows what the body needs for optimal health, he has done his research when it comes to supplements. He is also aware that the United States doesn’t regulate supplements so the nutrient on the bottle may not actually be in the product. The two pharmaceutical grade supplement brands he has chosen to carry meet his high standards and are safe for collegiate athletes and military personnel, meaning there are no surprises when a drug test comes about. These are all third party tested because he wants the best outcome for his clients.

Performance Coach Cherry

Performance Coach Cherry Hudnall, Certified Personal Trainer (CPC), Precision Nutrition 1- Nutrition Certification (PN1-NC), Certified Sports Nutrition Coach (CSNC), and Health Mindset Coaching Certification (HMC) was at the performance center when I toured. She was also very friendly and personable. We made a connection given we both look forward more to our weight workout than the elliptical workout and another connection through the habit of closing our eyes for photographs. Cherry is very approachable! “She is passionate about helping active girls and women build strength, confidence, and learn how to train and fuel their bodies for performance. I hold additional certifications focused on training and nutrition for women, and use science-based strategies to guide my approach.” (website)

Performance Coach Rachel Norris

Performance Coach Rachel Norris was not in at the time of my tour and interview. Her credentials are Certified Personal Trainer and Certified Stretch Practitioner. From the website I found it interesting that she has a “background in collegiate rodeo and athletics, I understand the discipline required to perform at a high level and achieve results. Along with



Justin & Cherry

personal training, my experience as a stretch practitioner has given me a strong understanding of mobility, muscle imbalances, and movement patterns that impact performance.”

Owner and Operations Manager, Danielle Collen

Every successful business has a person making all the day-to-day operations run as smoothly as silk. I had the pleasure of meeting Danielle, who is very pleasant, inspiring and motivating! She manages Gymdesk, the app this performance center uses. Suppose an emergency comes up and a client cannot make



A wall of balls.

their scheduled time; they can use the app to back out of that appointment, freeing that time for another interested party. Clients may sign up a month out to reserve their spot; perfect for those as dedicated to their workout as they are to other aspects of their life.

Yes, this is a family owned business. Justin and Danielle have 3 children: Wade is 4 years old, Everet is 2 years old, and Abigail is 5 months old (Wade might say, “She is zero years old.”) They live in Teller County.

Grit to Greatness offers many plans and opportunities to workout. They are open 7 days a week, starting at 4:30 a.m. through midnight. They do suggest 45 minutes to 1 hour because after 1 hour, testosterone drops, and benefits of working out drop then, too. Visit their website: <https://gotperformance.com/> give them a call 254-613-1217 or stop in at 520 W. Midland Ave in Woodland Park. I trust you’ll be welcomed with a smile that says we’re happy you’re here and we can help! Whether you are training for the Olympics, collegiate sports, recovering from surgery or realizing you need to strengthen that body part you never knew you had, Grit to Greatness is the place to help you achieve your optimal performance.

One last note: Because Justin truly cares



70 ft turf



The cardio room

about people and because he is aware of his limitations, he has elected to offer some of the space to Elevated Wellness, founded and led by Dr. Kelly Knott, who is a Physical Therapist with over 12 years of experience. Per the website, “Kelly provides specialized treatment in pelvic floor health, orthopedics, and neurological dysfunction, always focusing on individualized care that supports long-term wellness. As a cash-based, direct-access provider, Elevate Wellness allows patients to begin treatment without a doctor’s referral, ensuring minimal wait times and highly personalized sessions. Each evaluation lasts 75 minutes, giving Kelly the time to fully understand each patient’s needs and design a plan tailored to their goals.



Trooper Tips

Your Child’s Safety is Your Responsibility

by Trooper Hunter Mathews

On August 12, 2026, a new law took effect that directly affects the growing trend of e-Bikes and e-Motos for kids. Many parents are buying these devices for many different reasons — whether for ease of transportation, entertainment, low cost compared to a vehicle, etc.

While the law fluctuates on where you can ride each type of e-device depending on your local municipality, the onus of your child’s safety falls on you as a parent. As a parent myself, I never want to receive a call that my child was injured in a crash or injured someone else. But the reality is that it’s possible, so I need to take every precaution to protect my kids and to help teach them to ride responsibly.

If you opt to buy an e-Motorcycle, the rider must have a valid driver’s license with a motorcycle endorsement, a valid registration, and proof of insurance. The minimum age for a motorcycle license in Colorado is 16. In addition, minors are required to wear a helmet. The law has gone into effect that impacts what you have to do so your teen can obtain that motorcycle endorsement.

A minor (anyone under the age of 18) must now have written permission from a parent or guardian to obtain a motorcycle endorsement. Previously, a minor just needed consent from anyone over the age of 21. It is believed that requiring a parent or guardian’s permission will increase the safety and education of your child and decrease the number of traumatic incidents your youth are involved in. As these devices become more and more popular and accessible, the number of crashes involving juveniles has increased.

To protect your children, educate yourself on your local municipality’s laws regarding these devices. Parents are the number one influence on a child, so take advantage and keep your child safe.

City of Cripple Creek to Participate in the Destination Blueprint Program

by Marie Rieger

City of Cripple Creek was awarded as one of four destinations to take part in the Colorado Tourism Office’s (CTO) Destination Blueprint Program. The Destination Blueprint program is a year-long program designed to help communities plan and advance important tourism projects while protecting local community resources and vibrancy. The City of Cripple Creek will work with members of the CTO team to assess their area, lead a community action planning workshop and implement project-based consulting.

The Destination Blueprint Program grew out of the CTO’s landmark Destination Stewardship Strategic Plan, which aims to advance sustainable and regenerative tourism, enrich visitor experiences, enhance Coloradans’ quality of life, and protect natural resources. To support these objectives, the Destination Blueprint Program provides tailored assistance to each participating community, helping participants develop long-term plans with specific and actionable goals.

“Being selected for the Colorado Tourism Office’s Destination Blueprint Program is a great opportunity for Cripple Creek,” said Marie Rieger, Director of Marketing and Events for the City of Cripple Creek. “We look forward to partnering with the CTO to plan for the future in a way that protects our community resources, preserves our vibrant character, and enhances the visitor experience.”

Phase one of the program will bring to-

gether tourism champions, stakeholders from the public and private sectors, and residents throughout the City of Cripple Creek to discuss barriers and opportunities throughout their destination. As part of the second phase of the program, the City of Cripple Creek will receive 100 hours of free consulting from a CTO designated tourism expert. The focus of this consulting will be implementing priority projects that support the development, marketing, and management of the visitor experience in Cripple Creek.

“The Destination Blueprint program empowers Colorado destinations to design specific strategies for sustainable growth, ensuring that tourism benefits both visitors and residents. This work advances the CTO’s mission to develop responsible tourism and supports local com-

munities with the tools they need to create long-term economic resilience,” said Eve Lieberman, Executive Director of OEDIT. Coordinator



Kerri Spillane Destination Marketing

~OUT AND ABOUT~

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

AVAILABLE ONLINE

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

CAÑON CITY

- 19 Paramount Investigation at the Museum of Colorado Prisons call to book a spot 719-269-3012.
- Sundays Paint with Mary Shell - see page 4.

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 storyline Face Painting in the Plaza.
- 2nd Friday Breakout Box 3 p.m.
- 3rd Friday Creative Crafting 3 p.m.
- B.O.O.K. (Babies on our knees) story time Mondays 10:30
- Chess Club Wednesdays 2 p.m.
- Cribbage Club Fridays 10-noon.
- D&D for teens 12-2 p.m., Saturdays adults and younger kids 2-4 p.m. Registration is required.
- Dulcimer 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.cepl.lib.co.us

CASCADE

- UTE PASS LIBRARY
- 11 LEGO Build 3:30-4:30 p.m. Engineering your best LEGO creation and completing LEGO challenges are only some of the possibilities at this open-ended LEGO program using the Library's LEGO resources. Join us for creative fun! All ages welcome.
- 14 Homeschool: Cool Cave Creations! 10:30-11:30 a.m. Discover the long life of a cave! After listening to the Caldecott Honor book *Stalactite and Stalagmite: A Big Tale from a Little Cave*, you'll investigate how caves are created and participate in hands-on activities. Ages 5-12. Registration is required at <https://ppld.librarymarket.com/event/homeschool-cool-cave-creations-564141> or by calling 719-531-6333 x7011.
- 17 Homeschool: Creative Writing Bases 11-12 p.m. Did you love to read and go on fantastical adventures? Why not create your own? Learn the basics of creative writing and go home with a reusable writing template in this fun and instructional workshop! Ages 13-18. Registration required at <https://ppld.librarymarket.com/event/homeschool-creative-writing-bases-564566> or by calling 719-531-6333 x7011.
- 21 Felt Coasters and Banners 3-4:30 p.m. Felt offers the opportunity to make personalized pieces of art for both you and as a gift for friends! Bring your imagination, and we will provide instructions and materials to make personalized felt coasters and banners! Ages 18 and up. Registration required at <https://ppld.librarymarket.com/event/felt-coasters-and-banners-564723> or by calling 719-531-6333 x7011.
- 24 Ute Pass Library Open House 3-5 p.m. Did you know The Ute Pass Library was once a schoolhouse for the children in Cascade? Visit the library for the Open House to learn more. Plus, try out a craft in the children's area and explore all there is to know about the history of the Ute Pass Library while taking in the fall colors on Ute Pass.
- 25 Idea Lab: Marble Run Mania 3:30-4:30 p.m. Explore the potential energy of gravity through engineering and problem solving, using recycled materials to create a marble run. Work together on a large collaborative project or on your own with a smaller idea. Ages 5-12.
- Storytime Fridays 10:30-11:15 a.m. Stories and more for children ages 3-7, and their parents or caregivers.

COLORADO SPRINGS

- 5 Gold Hill Mesa presents Soapdish 4-7 p.m., delivers an exciting and lively show of ceaseless, high energy dance music by melding the sounds of power-pop and rock music spanning the 80s to today. Free. Food trucks and adult beverages for purchase at all events.
- 12 Gold Hill Mesa presents Boots on the Mesa 12-6:30 p.m., a music festival featuring 3 of the top country music bands from Colorado. Free. Food trucks and adult beverages for

- purchase at all events.
- 19 Gold Hill Mesa presents The Tony Lake Band 4-7 p.m., delivers a soul-stirring, passion-driven musical sound stretching from gritty, classic blues, rhythm & blues, funk rockability and jump! Free. Food trucks and adult beverages for purchase at all events.
- 26 Gold Hill Mesa presents Rock 'n on the Mesa noon-6:30 p.m., the second third band music festival and final concert of the season, featuring Steely Dead, Zeppelin Alive, and Grizzly Gopher Free. Food trucks and adult beverages for purchase at all events.

CRIPPLE CREEK

- 24-OCT 4 Autumn & Art Show at Heritage Center
- 13 Cruise Above the Clouds downtown
- 17 Third Thursday of the month is the Two Mile High Club monthly meeting at 5:30 p.m. in the lower level of the Double Eagle Casino complex 442 East Bennett Ave.
- 19-20 Mt. Pisgah Speaks at Mt. Pisgah Cemetery see page 13.
- 25-26 The Colorado Mission of Mercy will be hosting a free dental clinic at 410 North B Street. Open to anyone in need of dental care. Services include fillings, extractions, root canal treatments, cleanings, and children's dentistry. On a limited basis services include crowns, fillers, and dentures (Friday only). Clinic doors open 6 a.m. and remain open until clinic is full. Service is on first-come, first-served basis. FMI 720-648-0919 or at: <https://comom.org/about-us/>

AMERICAN LEGION

- 3 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.
- 12 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

- 18 Commodities distribution 9-1 p.m.
- 25-26 COMOM's 2026 Free Dental Clinic
- Tuesdays BINGO 10:30 a.m. for seniors.
- Tuesdays Moral Reconation Therapy 5-7 p.m. at ACCC building.
- Second Tuesdays Grafting Group 9-10 a.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 not offer 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 Thursdays 10:30 a.m. All programs at 166 E Bennett Ave. FMI 719-689-3584 x112.

COMMUNITY PARTNERSHIP

- 1 Playground 9:30-11 a.m. Cripple Creek Parks & Recreation Learn, grow, play, and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playground is for families with children 5 years and under and their caregivers, older siblings are welcome. FMI Aimee@cpeteller.org.
- GED Classes Mondays & Wednesdays 1-3 p.m. New students (min. age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpeteller.org
- 11, 25 Teller Senior Coalition BINGO! 10-11:30 a.m. at Little Chapel Church 69 CR 5. Please call to set up a ride 719-687-0256 and join us for doughnuts, coffee and FUN!
- 14, 28 Little Chapel Food Pantry Distribution 2-5 p.m.
- 26-27 Friends of Mueller State Park would like to invite you to participate in our Fall Arts & Crafts show at the Visitor Center 9-4 p.m. We will have paintings, etchings, photographs, toy critters for kids and much more. FMI <https://friendsofmuellersp.com>

COLORADO WOLF & WILDLIFE CENTER

- 25 Full Moon Feeding Tour 3:30 p.m. Tickets are \$35 for adults (12+) and \$15 for kids (8-11)
- 26 Full Moon Tour 6 p.m. Tickets are \$35 for adults (12+) and \$15 for kids (8-11)
- 27 Full Moon Feeding Tour 3:30 p.m. Tickets are \$35 for adults (12+) and \$15 for kids (8-11)
- LIBRARY
- Wiggle Wednesdays Storytime every Wednesday 10 a.m. Come get your wiggles out at this new storytime for ages 0-5!
- Mahjong Club every Monday 2-4 p.m. Learn to play and then play as

- a group!
- 1 Fiber Arts Club 11 a.m. Are invited to join this club of fiber artists! Some of these arts include crochet, knitting, felting, needle point, sewing, macrame and more.
- 9 Divide Family Art Day 11-4 p.m. Come make rock family portraits!
- 10 Fiber Arts Club 11 a.m. All are invited to join this club of fiber artists! Some of these arts include crochet, knitting, felting, needle point, sewing, macrame and more.
- 16 Messy Science 10:30 a.m. Let's learn about chemical reactions and get messy with milk magic!

FLORENCE

- 12 It's time to wheel in on the Tour de Coal Towns bike ride, a fundraiser for the Florence Pioneer Museum, 100 E. Front St. At 9 a.m. riders will take off on a bike ride through the western coal towns of Florence. \$25 per rider. Lunch in Pioneer Park at the end of the ride. Registration/release papers available at www.florencepioneermuseum.org. Let's bike!
- 12 Second Saturday and Blue Spruce Art reception, see page 8.
- Farmer's Market Thursdays 8-1 p.m.

JOHN C FREMONT LIBRARY

- 1 The Fremont Library Legal Foundation will be at the library 10-noon to offer table hours for people who have legal questions.
- 3 Erin Davidson offers Zentangle craft program at 2 p.m.
- 10 Erin Davidson offers Origami craft program at 2 p.m.
- 11 The Cañon City Workforce Center 11-1 p.m.
- 14 Valley Wide Health Systems Mobile Health Unit 9-noon. The mobile unit provides preventive health services with activities focused on screening for conditions such as hypertension and diabetes. It includes basic vital signs check, point of care testing, health education, and lifestyle modification.
- 14 Matinee Movie Monday 1:30 p.m. There will be free popcorn but movie goers are encouraged to bring a drink in case they get thirsty!

- 17 Creative Writing at 2 p.m.! Come learn something special about writing and practice writing with some fun prompts!
- 21 Matthew Valdez will do a presentation about John C. Fremont at 2 p.m.
- 22 Family Crisis Services will have a Mobile Advocacy Clinic 10-12 p.m.
- 24 Fantasy Maps 2 p.m.
- 25 Unplugged Adults Club, a casual board game club, 2 p.m. We will play a family friendly version of Cards Against Humanity.
- Fridays Story Time 10:30 a.m.

SWEET RADIANCE

- 5, 6 Sampler Weekend during hours
- 27 Crochet Class 2-4 p.m. \$15
- YOGA
- Yoga in Pathfinder Park Event Center, Community Meeting Room and on Zoom.
- IAM Yoga Open Class Tuesdays 8:30-10 a.m. Join on Zoom Meeting ID 950-5014-4447, password 18-Yoga
- IAM Yoga Open Class Tuesdays 5:30-7 p.m. Join on Zoom Meeting ID 932-9489-3063, password W5-Yoga
- FREE Yoga Nidra Meditation Tuesdays 7:15-8 p.m. Zoom only Meeting ID 908-0308-4414, password YogaNidra
- First Class is FREE! Discount for multiple classes - 4 weeks \$1 - \$52, Drop in \$15.

FLORISSANT

- FLORISSANT GRANGE
- Every Tuesday Quilters meet 9-noon.
- Every Thursday Potluck and Music 6-8 p.m. Dancing encouraged!
- FMI to reserve your spot in classes 719-510-2325

LIBRARY

- 2 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.
- 3 Book Cover 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.
- 5 Annual Library Carnival 10-1 p.m. Come one, come all to our biggest carnival yet! Games, snacks, bounce house, and more!
- 9 Florissant Bookworms Book Club 10:30-12 p.m. Dig into books!
- 11 Writing Club 2 p.m. Share progress, talk about the craft, bring snippets for critique and troubleshoot your projects!
- 11 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. September's theme is "Releasing."
- 13 Teller County Democrats' Picnic 11-3 p.m. Hamburgers, hot dogs and

- veggie burgers supplied, please bring a dish to pass at Blue Mountain Ranch 1127 County Road 98.
- 14 Romantics with Altitude Book Club 4-5:30 p.m. Read and talk about romance books with other lovers of love!
- 15 Read Amok Book Club 11-12:30 p.m. Bring up to 5 books within the theme to share! September's theme is "Fashion Trends."
- 18 Drawing and Painting with Ms. Raschel Part 1, 2-4 p.m. For ages 8+! Come learn to draw and paint! Please call 719-688-3939 to register! This is a two part class.
- 25 Writing Club 2 p.m. Share progress, talk about the craft, bring snippets for critique and troubleshoot your projects!
- 25 Drawing and Painting with Ms. Raschel Part 2, 2-4 p.m. For ages 8+! Come learn to draw and paint! Please call 719-688-3939 to register! This is a two part class.
- 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

- 12 It's time to wheel in on the Tour de Coal Towns bike ride, a fundraiser for the Florence Pioneer Museum, 100 E. Front St. At 9 a.m. riders will take off on a bike ride through the western coal towns of Florence. \$25 per rider. Lunch in Pioneer Park at the end of the ride. Registration/release papers available at www.florencepioneermuseum.org. Let's bike!
- 12 Second Saturday and Blue Spruce Art reception, see page 8.
- Farmer's Market Thursdays 8-1 p.m.

- LIBRARY
- 9 Ask a Lawyer 2-4 p.m. Meet briefly with an attorney to ask your questions. The attorney will be able to offer general legal information and resources. First come, first served. If you plan to attend please email dhamilton@ppld.org or call 719-531-6333 ext. 6058.
- 14 Bad Art Night 3-4:30 p.m. Being bad has never felt so good! If you love art, but don't consider yourself an artist (or even if you do), join us for Bad Art Night where we will do our best to make something imperfect, peculiar, or downright hideous. In this freestyle craft event, create your disaster piece using a random assortment of craft supplies - paint, collage, or sculpt, as long as it's really bad! Ages 9 and up. Registration required at <https://ppld.librarymarket.com/event/bad-art-night-564836> or by calling 719-531-6333 x7004.
- 21 Library Explorers 10:30-11:30 a.m. Library Explorers give adults with differing physical and developmental abilities the opportunity to enjoy a different Library programs that fit their abilities and individual needs. This month, join us to learn about and enjoy custom button-making. Registration is required at <https://ppld.librarymarket.com/event/library-explorers-564823> or by calling 719-531-6333 x7004.

- Addition Recovery Tuesdays 9-2:45 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. (Sept 8 closing at noon, Sept 17 closed) Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with George@cpeteller.org
- Community Garden Work & Learn Day Tuesdays & Thursdays 9-12 p.m. CP's Community Garden at City Hall. Hands-on gardening, helpful tips, and community connection. 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@cpeteller.org
- Family Café Monday-Thursday 9-4 p.m. Enjoy coffee, Free Wi-Fi, Kid's Corner, and a space for parents and caregivers in our community to connect.
- Foundation Training Innovative Exercise Program Wednesdays 7-7:45 a.m. 45 minutes of activation, breathing and stretching. Feel stronger and more connected with your body after just one class. Bring your mat. FMI btfoundationtraining@gmail.com

- 15 Mahjong 101 10 a.m. Learn to play mahjong in this two part class! Please call us to register.
- 15 AARP. Understand the Pillars of Brain Health 2 p.m. Please call us to register.
- 16 Metaphysical Book Club 5:45 p.m.

- Victor Celebrates the Arts downtown
- 12-13 Victor Heritage Days citywide
- 14 Victor Museum Tours - Thursday through Sunday Mid-July through October. See VictorMuseum.com for reservations.
- Through Sept 19 Sunnyside Cemetery Tours, first Saturday at 10 a.m., third Saturday at 1 p.m. Check Victor Museum.com for schedules and info.

- WOODLAND PARK
- 11, 12 Munchkin Market is a consignment sale of gently used children's items: Clothing (size 0-junior 16), shoes (infant to juniors), all types of baby gear, strollers, high chairs, toys, media, health and safety, accessories, maternity and more! Volunteers entire run the sale and the benefits go to the MonCo Village grove in Woodland Park. We accept cash, checks and all major credit cards. If you are interested in consigning, we'd love for you to join us! You can receive up to 70% of the selling price of your items. Register to consign or FMI, please visit our website: munchkinmarket.net. Sale runs 9-7 p.m. Friday and 9-2 p.m. Saturday (1/2 Price day, all items 50% off). Sale is held at 1061 Rampart Range Road, hosted by Radiant Woodland Park and MonCo Village.

- 13 Ted Vigil Tribute to John Denver featuring Theresa Britt, special guest Cari Dell 2 p.m. at Dickson Auditorium, WP High School. \$15 suggested donation. Food trucks, vendors & kid crafts. Tickets at tedvigil.eventbrite.com Sponsored by MoCoCo/FLAME.
- 19 The 4th Annual Teller County Suicide Awareness Symposium 8:30-3:30 p.m. See page 13.
- 20 Boards and Barrels' Route 66 Brunch 9:30-2 p.m.

- COMMUNITY PARTNERSHIP
- 1 Crossroads Co-Parenting Seminar 4:30-7:30 p.m. Teller County court approved parenting and divorce class seminar. \$35 fee. Pre-registration required. FMI Aimee@cpeteller.org
- 2 Playground 9:30-11 a.m. Woodland Park Library. See the library listing below.
- 8 Practical Positive Parenting 5:30-7:30 p.m. It's more than just a series. Gain parenting support for every step of your child's physical, emotional, and cognitive development. This workshop is a nurturing and active approach to parenting in a supportive peer environment. You will gain lifelong skills, friends and parenting cheerleaders. Come as you are! There is no judgement in this group. We strive to create a warm and respectful environment where everyone can share and be supported no matter what you are experiencing in your parenting journey. Childcare and a hot meal are provided for all in attendance. Pre-registration required FMI Aimee@cpeteller.org

- JEFFERSON
- 15 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. Proceeds go toward repairs, new boiler and paint. FMI 303-838-7491 or visit <https://www.jeffersoncolorado.org/>

LEADVILLE

- 6 Spirits at the Shaft: Last Haull! Season closing event at the Matchless Mine. Sponsored by National Mining Hall of Fame and Museum. Join us for a bon fire, s'mores, hot cocoa, and mining history/folklore. 4-6 p.m. \$20/adults, \$5 child under 13.

MANITOU SPRINGS

- 5-7 Come to Commonwealth Art Festival in Memorial Park over Labor Day weekend for local art vendors, food, and live music.
- 13 The 6th Annual Day of Friendship in Mansions Park, 2 events come together. Manitou's Circle of Friends is 2:30 p.m. Creating an unusual playful experience for friends and the public to celebrate Manitou's friendship connections. Table Community Potluck Dinner 4 p.m. We're excited to participate in 150 Tables, aka The Longer Table movement. A 150 Table is more than just a shared meal. It's a simple but powerful idea: bring people together around one long table to build connection, spark conversation and strengthen com-

- munity. The goal is to create space where neighbors, friends, families, coworkers and new faces can gather, share food and get to know one another in a meaningful way. Circle of Friends Experience is a community social art project where you will create a big circle, do some playful activities, and then be the center of a small circle of Manitou friends. Last year we gave out 142 Manitou-made friendship bracelets at the event and this year we will do the same.
- 19-20 The Pikes Peak Marathon and Ascent are taking place over two days with starting points in Manitou Springs. Come out to cheer on the runners!
- 26 The Heritage Breez Festival is taking place at Fields Park 11:30-5:30 p.m. Get your tickets now!

- LIBRARY
- 9 Ask a Lawyer 2-4 p.m. Meet briefly with an attorney to ask your questions. The attorney will be able to offer general legal information and resources. First come, first served. If you plan to attend please email dhamilton@ppld.org or call 719-531-6333 ext. 6058.
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- Through Sept 19 Sunnyside Cemetery Tours, first Saturday at 10 a.m., third Saturday at 1 p.m. Check Victor Museum.com for schedules and info.

- WOODLAND PARK
- 11, 12 Munchkin Market is a consignment sale of gently used children's items: Clothing (size 0-junior 16), shoes (infant to juniors), all types of baby gear, strollers, high chairs, toys, media, health and safety, accessories, maternity and more! Volunteers entire run the sale and the benefits go to the MonCo Village grove in Woodland Park. We accept cash, checks and all major credit cards. If you are interested in consigning, we'd love for you to join us! You can receive up to 70% of the selling price of your items. Register to consign or FMI, please visit our website: munchkinmarket.net. Sale runs 9-7 p.m. Friday and 9-2 p.m. Saturday (1/2 Price day, all items 50% off). Sale is held at 1061 Rampart Range Road, hosted by Radiant Woodland Park and MonCo Village.

- 13 Ted Vigil Tribute to John Denver featuring Theresa Britt, special guest Cari Dell 2 p.m. at Dickson Auditorium, WP High School. \$15 suggested donation. Food trucks, vendors & kid crafts. Tickets at tedvigil.eventbrite.com Sponsored by MoCoCo/FLAME.
- 19 The 4th Annual Teller County Suicide Awareness Symposium 8:30-3:30 p.m. See page 13.
- 20 Boards and Barrels' Route 66 Brunch 9:30-2 p.m.

- COMMUNITY PARTNERSHIP
- 1 Crossroads Co-Parenting Seminar 4:30-7:30 p.m. Teller County court approved parenting and divorce class seminar. \$35 fee. Pre-registration required. FMI Aimee@cpeteller.org
- 2 Playground 9:30-11 a.m. Woodland Park Library. See the library listing below.
- 8 Practical Positive Parenting 5:30-7:30 p.m. It's more than just a series. Gain parenting support for every step of your child's physical, emotional, and cognitive development. This workshop is a nurturing and active approach to parenting in a supportive peer environment. You will gain lifelong skills, friends and parenting cheerleaders. Come as you are! There is no judgement in this group. We strive to create a warm and respectful environment where everyone can share and be supported no matter what you are experiencing in your parenting journey. Childcare and a hot meal are provided for all in attendance. Pre-registration required FMI Aimee@cpeteller.org

- JEFFERSON
- 15 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. Proceeds go toward repairs, new boiler and paint. FMI 303-838-7491 or visit <https://www.jeffersoncolorado.org/>

LEADVILLE

- 6 Spirits at the Shaft: Last Haull! Season closing event at the Matchless Mine. Sponsored by National Mining Hall of Fame and Museum. Join us for a bon fire, s'mores, hot cocoa, and mining history/folklore. 4-6 p.m. \$20/adults, \$5 child under 13.

MANITOU SPRINGS

- 5-7 Come to Commonwealth Art Festival in Memorial Park over Labor Day weekend for local art vendors, food, and live music.
- 13 The 6th Annual Day of Friendship in Mansions Park, 2 events come together. Manitou's Circle of Friends is 2:30 p.m. Creating an unusual playful experience for friends and the public to celebrate Manitou's friendship connections. Table Community Potluck Dinner 4 p.m. We're excited to participate in 150 Tables, aka The Longer Table movement. A 150 Table is more than just a shared meal. It's a simple but powerful idea: bring people together around one long table to build connection, spark conversation and strengthen com-

~OUT AND ABOUT~

continued from page 18

- 2 Kids Craftroom 3-5 p.m. Join us and make a craft and work on projects in a comfy space.
- 2 Evening Book Club 4-4:45 p.m. A book club for those looking for an evening group!
- 2 Evening Tarot Club 7 p.m. Join us for an afterhours edition of tarot club! September's theme is "Releasing."
- 3 Photography Club 7 p.m. For the beginner and the enthusiast! Share your work, learn new tricks, and participate in monthly challenges!
- 4 Coffee Chats 10 a.m. Join us for free coffee, donuts and conversation. Meet new friends in Woodland Park!
- 9 Dewey Deedhead Scavenger Hunt 4-5 p.m. Get a quest map and find the answers! Get a prize for completing it!
- 10, 17, 24, and Oct 4 The Pikes Peak Gold Rush with the Ute Pass Historical Society 2 p.m. Widespread settlement of Colorado began with the Pikes Peak Gold Rush, and it was often a violent and cutthroat affair. Learn more in this four-part weekly series! Visit the historical societies website to register for the free tours held after each presentation! FMI Utepasshis.org/event-list
- 11 How to Make Books: Bookbinding Part 1, 1-4 p.m. Learn how to case bind a book from scratch! Please call to register, and note this is a two part class!
- 12 First Look Book Talk! 11 a.m. Want a fresh, first look at your local library's collection? Join our librarian for a book talk and discover the latest unique titles. Each month will showcase something new!
- 12 How to Make Books: Bookbinding Part 2, 1-4 p.m. Learn how to case bind a book from scratch! Please call to register, and note this is a two part class!
- 12, 26 Board Game Club 1-3 p.m. Come play a game and meet other tabletop game players! Bring a game or play one of the many we have! For teens and adults!
- 15 Mahjong 101 10 a.m. Learn to play mahjong in this two part class! Please call us to register.
- 15 AARP. Understand the Pillars of Brain Health 2 p.m. Please call us to register.
- 16 Metaphysical Book Club 5:45 p.m.

- Join us for open-hearted discussions around a theme every month. Topics touch on spirituality, philosophy, and metaphysics. Read one of the featured books, and bring your thoughts and ideas to share. Check the website for each month's theme and book picks!
- 16 Fiber Arts Club 1 p.m. Join a local group of crafters! Bring your project for some cozy worktime, share and gain inspiration!
- 16 Celebrating Diversity 4:15 p.m. There is a place in your community to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playground is for families with children 5 years and under and their caregivers, older siblings are welcome. FMI Aimee@cpeteller.org
- 16 Playground 9:30-11 a.m. The library comes to CP to read story time. 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. Playground is for families with children 5 years and under and their caregivers, older siblings are welcome. FMI Aimee@cpeteller.org
- 19 Garden Creativity in the Bloom. 11-1 p.m. CP's Community Garden

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