



UTE COUNTRY NEWS

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September 2017

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Vol. 9, No. 9

Welcome to Ute Country



"The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education."

— Martin Luther King, Jr.

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Sheriffs Host National Night Out



This month's cover was taken at South Park City's school house. This is one of our favorite museums to visit when we need to take a walk back in time to slow things down a little. September is when school is back in full-swing; an opportunity to level the playing field and rise above pitfalls life bestows upon us. The quote by Martin Luther King, Jr. is appropriate as school starts and as the seasons begin to move from summer toward autumn when we naturally reflect on what we've sown. Did we sow seeds of hope, peace, and love?

Our September issue has *many* articles that can help us live the well-intended life. It is perhaps the most synchronistic issues we've printed to date. It is true: it is easy to get caught up in the drama and details of daily living. Yet when we give ourselves a chance for a serene moment in nature, an opportunity to pull away from the Wi-Fi and turn inward, and permission to take a deep breath before assessing our intended outcomes for self, our family, community and future generations we find we indeed have accomplished our goal in the mere act of reflection.

We missed *Seeds to Sprouts* and *Reiki Heaven and Earth* this month; we trust we'll hear from them in the future. We welcome back *Green's Go To Fitness* with some new ways to think about posture. Become aware of your posture as you are enjoying a September hike at Mueller or Fossil Beds, especially as the aspens put on their annual show.

Be sure to take your camera along; you never know when you'll have the opportunity to take a photo of an outdoor (or indoor) friend of nature to share in Critter Corner. Please consider sending them, or any other comments to us. We love to hear from you. Please feel free to call 719-686-7393, email: utecountrynewspaper@gmail.com or send via postal service to *Ute Country News*, POB 753 Divide, CO 80814.

Thank you,
— Kathy & Jeff Hansen

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



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The Thymekeeper

Please don't mow the grass

by Mari Marques-Worden
photo by Mari Marques-Worden



The documentary *Letters from Generation RX* shows us that minerals play an extremely important role in maintaining good mental health. Dirt provides minerals which is why some children literally eat it. Their bodies are craving minerals. With modern agricultural methods, our soil is being strip mined of minerals and food doesn't have the same levels as it did just 50 years ago.

Fact: Minerals found in this plant include silica, phosphorus, magnesium, calcium, iron and potassium. Not to mention vitamins B1, B2 and D to name a few. (*The Energetics of Western Herbs Vol 1*-Peter Holmes).

Hypersensitivity

Per PubMed, exposure to electro-smog from wireless technology is accelerating and has shown adverse reactions in some people such as heart palpitations, pain or pressure in the chest accompanied by anxiety, and an increase in the fight or flight response that causes us to release the stress hormones cortisol and adrenaline. This condition is referred to as electro-hypersensitivity. Could this be affecting our children and manifesting as hyperactivity?

Those who experience EHS over a prolonged amount of time may develop psychological problems as a consequence of their inability to work in highly technical environments. Their ability to travel could become extremely limited due to electromagnetic

in the creek, swinging on the swings and laughing like little kids. Sometimes you just have to have a little fun to remember how good it feels.

Many seem to want to stay indoors more than they used to for fear of what the wild has to offer. Some parents think they are protecting their children by keeping them from Nature when in fact it is impeding their ability to build their immune and connect with the living beings around them. Every human being needs one-on-one connection with other living beings whether those beings are people, animals or plants. Walk barefoot on the Earth every once in a while. You'd be surprised how grounding it is and truly does have an effect on your health and well-being.

Speaking of connection, being a people-watcher, I've noticed a hard disconnect going on around me; people from each other, as well as from Nature. Children younger and younger looking down at their phones for extended periods of time, not to mention their parents. Young and old seem to get caught up in the world of wi-fi. While I appreciate being able to connect with those far away, I see a complete disconnect from the person sitting next to you when you are texting or cruising the net. People in public places walk by each other never looking up to acknowledge each other anymore. While we seem to be more engaged with our devices we are less engaged from each other. It is as though we are removing ourselves from potentially compassionate interactions and genuine validations from our human counterparts.

Those who experience EHS over a prolonged amount of time may develop psychological problems as a consequence of their inability to work in highly technical environments. Their ability to travel could become extremely limited due to electromagnetic

in the creek, swinging on the swings and laughing like little kids. Sometimes you just have to have a little fun to remember how good it feels.

Gentle and soothing

Oats are not only known for their nerve healing properties, it's one of the gentlest herbs I've used. People soak in an oatmeal bath to soothe skin conditions such as chicken pox or rash. Oatmeal is considered comfort food for me and is my go to anytime meal on a snowy day. Herbal facial scrubs are made with oats as a gentle exfoliant. I also use the grass or straw in my Better Bone tea blend to nourish and restore the musculoskeletal system. Good for all systems of the body but specific to the nerves, brain and reproductive organs.

Those who experience EHS over a prolonged amount of time may develop psychological problems as a consequence of their inability to work in highly technical environments. Their ability to travel could become extremely limited due to electromagnetic

in the creek, swinging on the swings and laughing like little kids. Sometimes you just have to have a little fun to remember how good it feels.

A plea for kindness

Gentle and soothing seems to be what we need right now as stated above this is a hard world for many people; having lost two young friends to suicide recently and hearing of many more, I feel it is clearly a time to call for "unity in the community". So, this is my challenge I would like to throw out to anyone who may be reading this article. In honor of my young friends who could not find their place in this world; if you see someone who may be struggling, show some humanity and extend your hand in kindness. Something as simple as a smile can turn a crappy day into a better one and we are all capable of that. Offer to carry that heavy load for an elderly or disabled person if you can. That person who calls out for help with the sign on the street corner? Share a few dollars with them. One of my favorite things to do is to share my

continued on next page

Honing up on history

by Kathy Hansen

History tends to be one of those classes students either love or hate, often depending on whether their instructor taught to memorize names, dates, places and events versus those educators who make history come alive by providing context of culture, personalities of the famous names, a little bit about the social structure, economy, and political environment. When we were contacted by Lisa Powell, a former teacher who has since decided to home-school her children, we wanted to learn more about the history course she will be offering. What follows is her introduction to the class and a few questions we had.

"The class is part of a two-year course on United States history, covering colonization until the Civil War. Our format is designed for self-study, but for each unit (there are four for the year) we will be meeting once to review and discuss, and once to take an exam on that unit. Each meeting will run about 3 hours, so we're looking at about 25 hours of in-person time for the year. Expect to spend 5 to 10 hours per week working at home. Between these sessions, students will be expected to read about 25 pages of the text and complete a fairly comprehensive study guide (they run about 50 questions). All of this will be available on the Web site (listed as "pages" on the side), but I will also be handing out paper copies. It is recommended that parents (or students themselves) use the answer key to correct the study guide each week.

"The Web site also recommends internet links (everything from pictures of historical figures discussed to videos on events). Each week students are also given a list of recommended outside reading, usually entire books, to select from for added depth. I suggest high school students consider reading 2 to 5 of these books per unit.

"Students will be expected to write a one-page paper for each unit on a relevant topic of their choice, and a longer paper at the end of the year. We will NOT be writing a formal research paper this year, although a list of references will be required.

"Families can adjust the course to fit their goals. Some may want to count the class as honors, in which case they will take advantage of more of the recommendations; some may want a younger student to participate and have the student do less of the work."

What about the text?

The Thymekeeper

Please don't mow the grass

continued from page 2

lunch with someone who may not have eaten in a while. Before you know it, you'll see just how beneficial and nourishing it is to your soul to help another person in need. Show people there is still kindness and compassion in the world. It's quite possible that your act of kindness could be played forward a thousand times over. Be an inspiration for our young people. Be the light.

"We must pay more attention to our inner value. We must practice compassion which is our basic human nature. My sole purpose right now is to promote human values and compassion. Our educational system is very much oriented in the materialistic value. This

"The text is Paul Johnson's *A History of the American People*; it can be picked up from Amazon or from a used book seller (abebooks.com is a good source), but students should be sure to pick up the book published for the general public and not the school textbook co-written by Johnson. Copies are available through Kindle, and also for checkout from both PPLD and Rampart Library District."

Tell us about grading and credits

"Grading and crediting for home school families will be at the discretion of the family; Colorado law requires a home student to be taught by a parent or by a licensed teacher, and my license is expired. I am supporting a home program with materials and meeting, not substituting for it. However, I will make recommendations about weight and grades and will grade all exams and papers for the family if that is their choice. A student completing this class can certainly count it as a full year of high school history on a home school transcript."

Could this course provide credit for a student enrolled in public school that may have a failing grade in history?

"I'm more than happy to work with students who are connected with public or private school systems (either currently, previously, or part time). I can present a completed year of classwork and my evaluation and recommendations to any institution they choose, and I will be thorough, but the institution will, of course, have full discretion to use that as it will. If a student failed a public school history class but completed this course diligently, I'd sure go to bat for him with his school to get him credit, but I have no way of knowing how this would be received."

Is there a standardized test for the course?

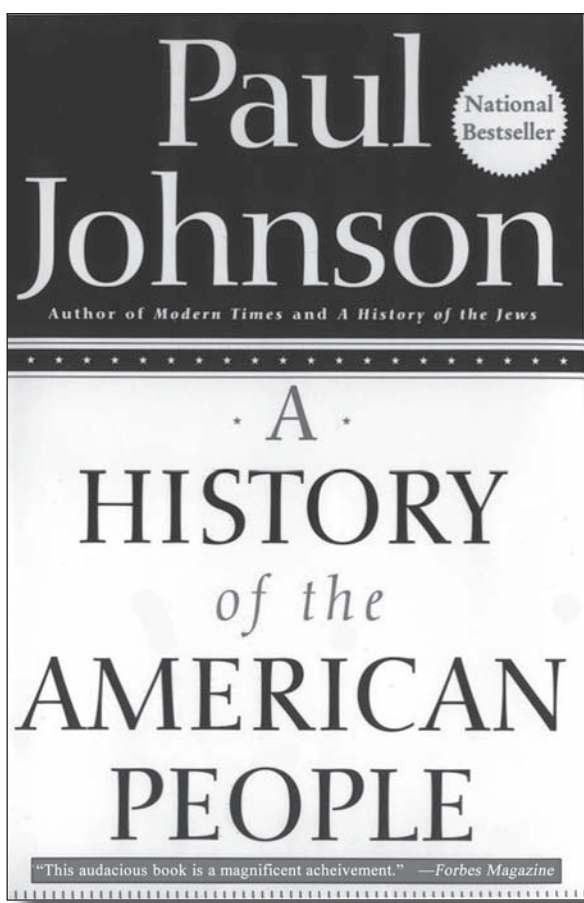
is not good. Our educational system should teach about inner value; compassion."
~Dalai Lama

How to make oat seed tincture

When the seeds are milky gather the oat grass and seed. They typically ripen all at once and the timeframe to gather them while milky is about a week so be ready!

Strip the seeds off the stem.
Put oat seeds in a mason jar and cover with 100 proof vodka. Shake every day or so for a month. Pour through a strainer into another container and it really is just as simple as that. The liquid should be tinted green and you should keep it in containers away from light and heat.

The remaining grass can be dried and



"The curriculum is independent of any testing content — I don't teach to any test — so I can make no guarantees regarding GED, SAT subject, or CLEP testing; but in my opinion, a student who comprehensively completes this course will be in a good position to take those tests. The CLEP is the only one that divides to have a test covering just this time period, however."

Is there a fee?

"There's no fee, this is a cooperative effort."

How does someone contact you if interested?

"Anyone interested can give me a call at 719-748-1467 (please leave a number if leaving a message) or email me at towordt@yahoo.com, and my full name is Lisa Powell. They can also visit the Web site (<https://libraryunitedstateshistory.blogspot.com/>) to see part of the course already available (anyone is free to simply use the resources on the site, also, without participating in the class).



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9/11 Ceremony

On September 11, 2001, 19 militants associated with the Islamic extremist group al-Qaeda hijacked four airliners and carried out suicide attacks against targets in the United States. Two of the planes were flown into the towers of the World Trade Center in New York City, a third plane hit the Pentagon just outside Washington, D.C., and the fourth plane crashed in a field in Pennsylvania. Often referred to as 9/11, the attacks resulted in extensive death and destruction, triggering major U.S. initiatives to combat terrorism and defining the presidency of George W. Bush. Over 3,000 people were killed during the attacks in New York City and Washington, D.C., including more than 400 police officers and firefighters.

In memorial to those who lost their lives and those who sacrificed to save lives, the city of Woodland Park, CO in association with American Legion Post 1980, VFW Post 6051 and the Teller County Sheriff's Department will perform a memorial ceremony on the morning of Sept. 11, 9:30 a.m. at Lions Park (Hwy 24 & Hwy 67 in Woodland Park, across from Gold Hill Shopping Center, near all the flags).

Labor Day weekend tradition Coffee Stop at Wilkerson Pass

The Florissant-Lake George Veterans of Foreign Wars Post #11411 and its Auxiliary will be staffing their annual Coffee Stop at the Visitors Center on top of Wilkerson Pass for travelers during the Labor Day weekend. The Coffee Stop will be open around 9 a.m. to about 5 p.m. on Saturday, Sunday and Monday providing free coffee, punch, water, cookies, and lots of lively conversation.

The Park County Heritage Board graciously allows the Post the use of their covered porch at the Wilkerson rest stop for the refreshment table. A portion of the donations collected during the Labor Day weekend

will be given for the Eric Dickson memorial. Eric was killed in the Vietnam War and was from Woodland Park. The original memorial in Woodland Park was vandalized and replaced with a rest stop. There is a movement to make a new memorial for him and funds are being collected to help with this effort.

To learn more about membership in the Florissant-Lake George VFW Post #11411 or its Auxiliary, contact Post Commander Randy Ford at 748-5344 or Auxiliary President JaNiece Tyler at 719-748-1335.

Community Cupboard Benefit Concert Let's celebrate!

Each year the Ute Pass Chamber Players present a special concert to benefit an exceptional local nonprofit organization. The 2017 beneficiary is Community Cupboard of Woodland Park, which has been serving our community since 1978. The mission of Community Cupboard is to help local families and individuals in need by supplying them with five to seven days of emergency food when no other means of support are available. This critical mission is carried out by many, dedicated volunteers and only two part-time employees. The need for Community Cupboard services has increased in recent years due to the economic hardships experienced by the people and families in our community. In addition to this upsurge in need, rising food costs are an additional challenge to ongoing Community Cupboard operations.

To help Community Cupboard meet these challenges and to celebrate the work of this outstanding organization, the Ute Pass Chamber Players will present a rousing musical experience on September 24, 2017, at 3 p.m., at High View Baptist Church. An anonymous sponsor has already contributed the program costs, so all proceeds will go directly to benefit Community Cupboard.

What can community members do to make this event an encompassing community celebration?

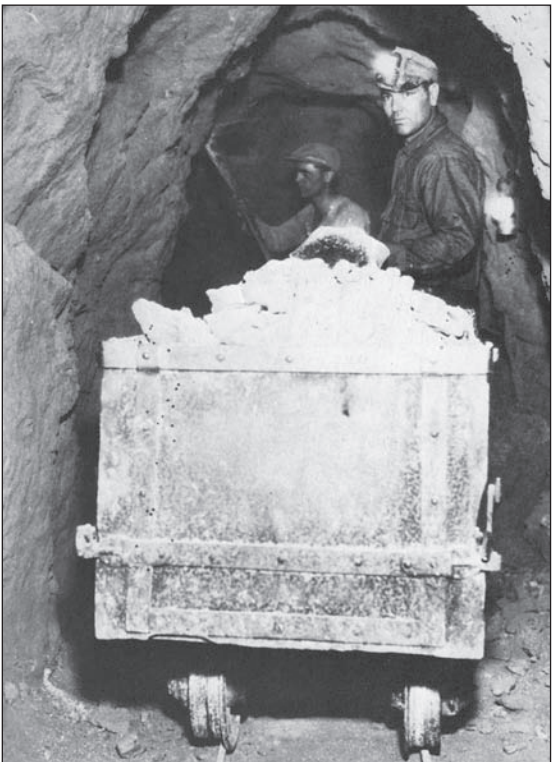
- Become a concert sponsor! There are several ways to help out:
- Cash donations are always greatly appreciated. Sponsors able to donate at least \$50 will receive a pair of concert tickets upon request.
- Conduct a mini-food drive with your friends, neighbors, church, service organization, or business.
- Declare a "Community Cupboard Day" at your business and designate a percentage of your profits as a donation to the Cupboard.
- Buy a block of tickets and bring your family, friends, neighbors and a non-perishable food item with you to the concert. Tickets are only \$15 and include a reception after the concert to meet the musicians. (\$5 Student tickets are available at the door with valid school ID.)

If you are interested in being a concert sponsor, please contact Janie Child or Lisa Rawson at the Community Cupboard: 719-687-FOOD. Community support will make this an inspiring celebration!

Jack Dempsey— Colorado Champion

In early 20th century, boxing became one of the shortest ways to glory and wealth. Growing up in the tiny town of Manassa, CO, William Harrison "Jack" Dempsey knew the humiliation and shame of poverty. From the age of 14, he was bumming rides on the railroads, hopping from town to town to find work and engaging in bouts for side bets with anyone who would fight him. Jack worked in the mines of Cripple Creek, using physical labor as his training for strength and endurance. Life's hardships created mental resolve to press on to fulfill his dream of becoming a heavyweight champion.

Jack Dempsey — Colorado Champion featuring the early days of Jack Dempsey will be on display in the Pikes Peak Regional Hospital lobby through September. This display is brought to you by the Ute Pass Historical Society and the Pikes Peak Regional Medical Center Foundation.



Garden of the Gods A natural landmark

by Steven Wade Veatch

The tall spires and monoliths of the Garden of the Gods have been a landmark to countless travelers and explorers. The story of these rocks starts long ago and spans many periods of geologic time. About 65 million years ago, forces in the Earth's crust resulted in the uplift of buried Pikes Peak granite and the bending and warping of overlying sedimentary rocks to a near vertical position. This uplift, called the Laramide Orogeny, formed a major fault, the Rampart Fault, that fractured rocks in the area and caused their movement along this and other faults.

The Rampart Fault divides the Garden of the Gods Park. Rocks on the west side of the park are at an angle of 45 degrees or less. It is here that the rocks of the Fountain

Formation, such as Balanced Rock, are on display. To the west were the Ancestral Rocky Mountains, formed 300 million years ago. Erosion washed down unsorted sand and pebbles of many sizes from the nearby Ancestral Rocky Mountains. By 250 million years ago these mountains were eroded away, leaving behind sediments piled up as gravels in layers that formed the Fountain Formation. This rock unit, up to 4,500 feet thick, has a dark red color from the chemical alteration of iron minerals.

Rocks east of the Rampart fault have been tilted more than 90 degrees from their original, horizontal position, such as the North Gateway Rock, which is formed from ancient sand dunes when the area was much



Gateway Rock

A view of the Garden of the Gods. Pikes Peak is in the background. South Gateway Rock (left) and North Gateway Rock (right) are eroded features of the Lyons Sandstone. A Ute encampment is seen at the base of North Gateway Rock. Antique postcard from the S.W. Veatch collection.

drier and windier 280 million years ago when all the continents were joined into one giant landmass known as Pangaea. Today, geologists call this rock formation the Lyons Sandstone which is composed of uniform sized grains of sand. The Lyons Sandstone was deposited largely in a desert environment, and oxidation of iron to hematite caused the red color.

Archaeologists tell us people have visited the Garden of the Gods for over 3,000 years. Before the advent of settlers and their occupation, the plentiful game, wild plants, and nearby water, made the park a good camping site for the Ute people and other Indian tribes.

Starting in the 1800s, explorers spread the word of the scenic wonders there. The 1850s and 1860s brought gold prospectors through the region and others who stayed to farm and raise cattle in this area. With the establishment of the railroad in the 1870s, tourists flocked to see the unusual sandstone formations.

In 1879, General William Jackson Palmer, the founder of Colorado Springs, persuaded

his friend, Charles Elliot Perkins, to buy land in Garden of the Gods. Perkins paid \$22 per acre for 480 acres that surrounded the Gateway Rocks. Perkins, who lived in Iowa, was the president of the Chicago, Burlington and Quincy Railroad. He never built on his land in Garden of the Gods and wanted his holdings to become a public park. Perkins died before this could be arranged. In accordance with their father's wishes, Perkins' children offered the land to the City of Colorado Springs with the following restrictions: 1) the park will be free of charge to visitors; 2) the park will be known as Garden of the Gods; 3) no liquors could be made or sold in the park; and 4) no buildings could be built, other than those needed to maintain the park.

Late in 1909, the Colorado Springs City Council accepted the land and conditions. Today, Garden of the Gods Park, with over 1,360 acres, is a national landmark (designated in 1972 by the U.S. Department of the Interior) and a popular destination for tourists from all over the world. We all owe a debt to the Perkins family.



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Above photo by Abby Jensen, photo on cover by Gerhard Assenmacher.

Yampa Valley Crane Festival Labor Day Weekend

Soar with cranes! Soar with planes! Visit Steamboat Springs and the beautiful Yampa Valley in Northwest Colorado for the 6th Annual Yampa Valley Crane Festival and the Wild West Air Fest taking place during Labor Day weekend.

The festival celebrates the majestic Greater Sandhill Cranes as they migrate through the Yampa Valley and features guided crane viewings, nature and bird walks, expert speakers, films, bird art, workshops, children's activities, live raptors presented by HawkQuest, ranch tours, a community picnic at The Nature Conservancy's Carpenter Ranch and more.

The festival's keynote speaker is George Archibald, co-founder of the International Crane Foundation. Additional presentations feature naturalists/photographers Sandra



photo by Kevin Dietrich

Noll and Ery Nichols, *Birding* magazine editor Ted Floyd, Denver Zoo's curator of birds, John Azua.

The Wild West Air Fest brings nationally renowned pilots to Steamboat Springs for an air show, providing edge-of-the-seat excitement as they perform thrilling aerobatics and formation flying.

For the complete crane festival schedule and registration information, visit www.coloradocranes.org

Walk to end Alzheimer's

An estimated 2,000 people are expected to join the Colorado Springs Walk to End Alzheimer's® on Saturday, Sept. 16 – one in a network of 11 Alzheimer's Association of Colorado Walks across the state to raise funds for the association's programs to provide education, care and support for persons with Alzheimer's disease and their caregivers.

The Alzheimer's Association is also the largest non-governmental source of funds for research to address the deadliest disease without a prevention, treatment or cure.

"We are actively engaged in recruiting walkers, teams, and sponsors for the Colorado Springs Walk because we have a very ambitious fundraising goal," said Gene Sobczak, executive director of the Alzheimer's Association of Colorado. "The 11 Walks to End Alzheimer's across the state are the primary source of funds for services offered through the Colorado Chapter, and we have a target of \$230,000 for the 2017 Colorado Springs Walk alone."

The proceeds from the Walks enable the Alzheimer's Association of Colorado to continue to provide — at no cost — the essential programs and services for persons who receive the Alzheimer's diagnosis, as well as to their caregivers and families.

The funds also support the Association's free 24/7 Helpline (800-272-3900), a resource which provides access to all Alzheimer's Association services in more than 200 languages. Check-in for the 2017 Colorado Springs Walk to End Alzheimer's will be held at

America the Beautiful Park starting at 7 a.m. with the actual Walk starting at 9 a.m.

Local sponsors are Blazer Electric Supply Company; Comfort Dental; Sunrise Senior Living; Telemundo Denver; Dispatch Health; and Rocky Mountain PACE in addition to many others.

Edward Jones is the national presenting sponsor for Alzheimer's Association Walks to End Alzheimer's.

Following are some key national Alzheimer's disease facts:

- Alzheimer's is the nation's sixth-leading cause of death.
- More than 5.5 million Americans are living with Alzheimer's, with more than 14 million expected to have the disease in 2050.
- Nearly \$1 of every \$5 in Medicare funds is spent on people with Alzheimer's and other dementias. By 2050 that is projected to be \$1 of every \$3.

Colorado Alzheimer's facts:

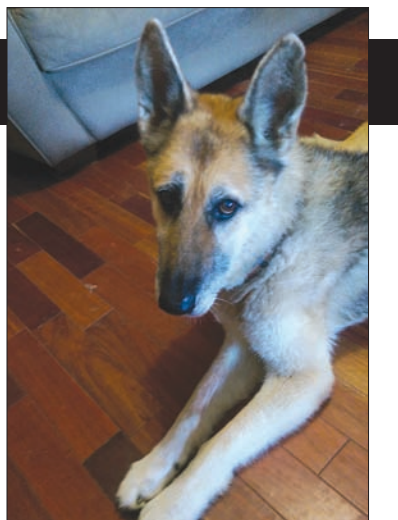
- 69,000 Coloradans are living with Alzheimer's today.
- Alzheimer's rates are projected to jump 33% to 92,000 by 2025.
- An estimated 244,000 volunteer Colorado caregivers provided 277 million hours of unpaid care in 2016.

For more information call the 24/7 Alzheimer's Helpline at 800-272-3900 or visit www.alz.org.co

Adopt Me by AARF

Charlie

This is Charlie. He is about 10 years old and his guardian can no longer take care of him. He is very gentle, good with other dogs, men, women and kids. No cats please. When he was checked by the vet he has some arthritis in his hips but otherwise healthy. It would be wonderful to find a home for Charlie to spend his senior years with someone to love. Would you like to meet Charlie? Call Dottie at 719-748-9091 to arrange a visit to AARF.



One Nation Walking Together The number seven in the Native Culture

by Urban Turzi

There are approximately 600 federally recognized tribes in our country. The number seven is meaningful in an artistic, spiritual, historical and humanitarian sense.



To most, if not all of the tribes, we can see this number manifested in the Medicine Wheel. There are the seven directions depicted in this sacred and spiritual symbol: The North, the South, the East, the West, the Earth, the Sky and our Spirit. These directions all have a color associated with them but the colors are not the same for all the tribes.

The picture of the vest included in this article is a depiction of what seven means to an Oglala actor who played a leading role in the movie, *Songs My Brother Taught Me*. Seven is the letter "G" in our alphabet and to this actor it stands for the "green earth", "God" and "Good".

The proper name for the people commonly known as the Sioux is Oceti Sakowin, (Och-et-eeshak-oh-win) meaning Seven Council Fires. The original Sioux tribe was made up of Seven Council Fires. Each of these Council Fires was made up of individual bands, based on kinship, dialect and geographic proximity.

Sharing a common fire is one thing that has always united the Sioux people. Keeping of the peta waken (sacred fire) was an important activity. On marches, coals from the previous council fire were carefully preserved and used to rekindle the council fire at the new campsite.

The Seven Council Fires are:

- **Mdewakanton** - Dwellers by the Sacred Lake
- **Wahpekute** - Shooters Among the Leaves
- **Sisitonwan/Sisseton** - People of the Marsh
- **Wahpetonwan** - Dwellers Among the Leaves

- **Ihanktown/Lower Yanktonai** - People of the End
- **Ihanktowana/Upper Yanktoni** - People of the Little End
- **Tetonwan** - People on the Plains

The Seven Bands of the Tetowan, or Teton Group are:

- **Hunkpapa** - Camps at the Horn (Standing Rock & Wood Mountain, Canada)
- **Sicangu/Brule** - Burnt Thigh (Rosebud & Lower Brule)
- **Itazip/Sans Arc** - Without Bows (Cheyenne River)
- **Sihassapa** - Blackfeet (Cheyenne River & Standing Rock)
- **Oglala** - Scatters His Own (Pine Ridge)
- **Oohenumpa** - Two Kettles (Cheyenne River)
- **Mnicoujou** - Planters by the River (Cheyenne River)

Basically, whatever decisions we make, whether they be personal, business related, etc., we must consider the impact this decision will have on the seven generations that will follow us.

There is the concept of the *Seven Generations* and even that can be divided into different but similar meanings. Basically, whatever decisions we make, whether they be personal, business related, etc., we must consider the impact this decision will have on the seven generations that will follow us. This applies to whomever this decision may affect



Travis Lone Hill and Urban Turzi at the 2016 One Nation Film Festival held at Colorado College in Colorado Springs.

whether it be our descendants or all mankind.

Western society generally considers a generation to be 25 years; the Lakota Nation considers one generation to be 100 years.

It is clearly not embraced by most governments and corporations in the world today. I mean, when was the last time any of us thought about who's coming along seven generations from now?

The 7th generation principal was so important to Native American cultures that it was codified in the Iroquois Great Law of Peace. To my knowledge, all Native American and indigenous tribes throughout the world embrace this teaching. Those of us descended from the European culture have generally not given it a second thought.

This might be a stretch, but to me, our organization, One Nation Walking Together serves the Native People in seven other states besides our home state, Colorado. I told you this was a "stretch".

To many of the Native youth (i.e. Indigenous Rappers, Dancers, Musicians, students, media types, etc.) they ARE the Seventh Generation and they see it as their responsibility to let the world know it is our responsibility to care for Mother Earth and all its inhabitants because they are answering the prayers of their ancestors. They are educating the world via marches, demonstrations, interviews,

shows, recordings and the web. A lot of their work dealing with our shared responsibility to protect our Mother Earth can be easily viewed via the YouTube web site.

In fact, I encourage you to look at the sites that highlight Frank Waln, Natani Means, Witko Cliff, Charles Marshall, Inez Jasper, Supaman, and yes, good ole Willie Nelson. What motivates these young ones (to me anyone younger than 74 is young), is the lack of action by authorities. They seek peaceful ways to protest oil companies who pollute our rivers and aquifers in Canada and the USA. Something has to change so they all come together as one to effect the change for the better with love and their art as their facilitators. They use their different talents to bring harmony to the land, while using their culture to save the earth.... Our air, our water and our land.

Consider making a difference today in the lives of Native Americans living in impoverished conditions. Volunteer your time, donate goods, or make a donation to One Nation Walking Together, a 501(c)3 non-profit. Go to www.onenationwt.org or mail a donation to ONWT 3150 N. Nevada Ave. Colorado Springs, CO 80907. Call or email us at 719-329-251 office@onenationwt.org. Our heartfelt gratitude for your support!

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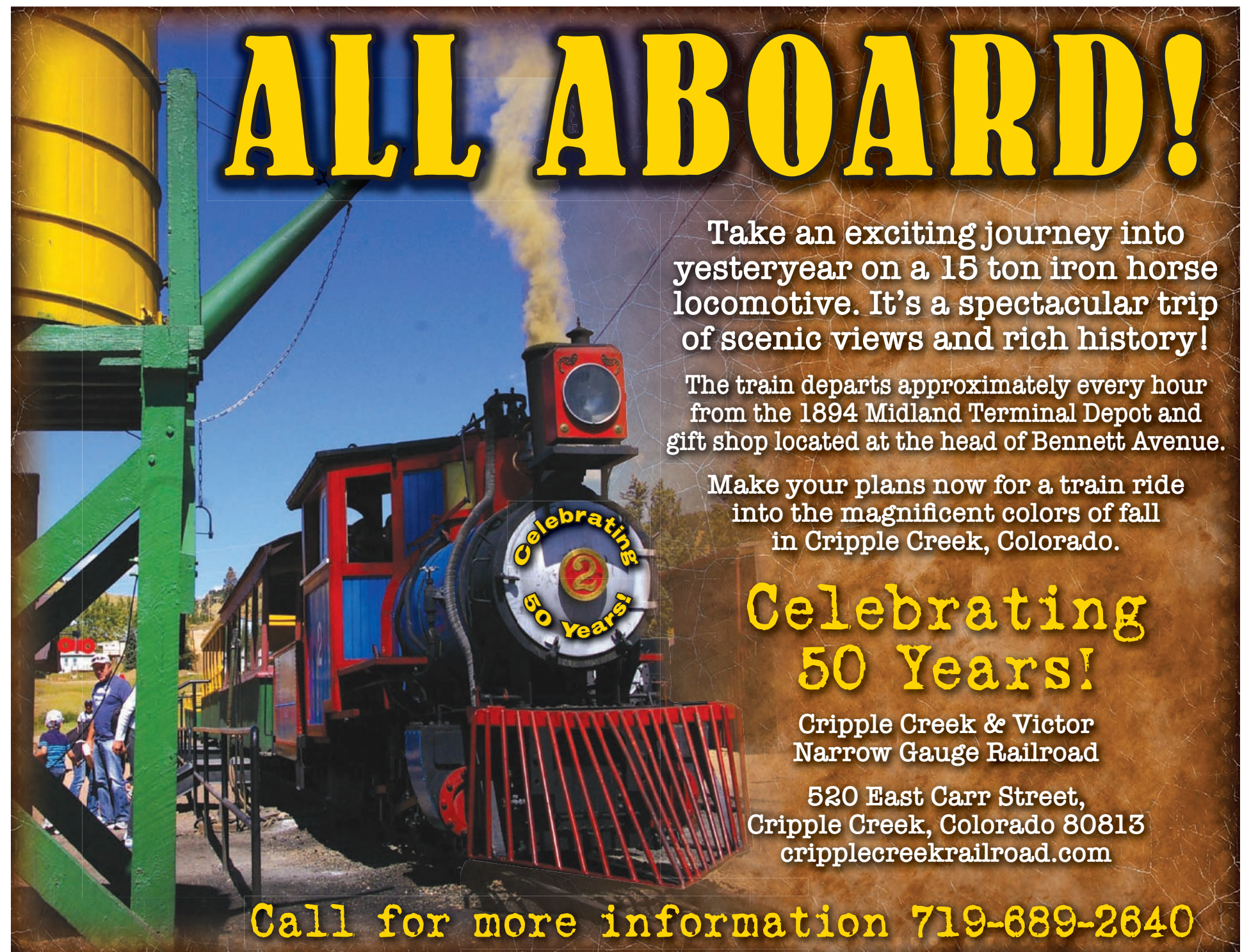
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Nov. 16-18	7:00 pm	Fall Musical "Hello My Baby"	\$7/\$10
Feb. 9	7:00 pm	Advance Theatre One Act	\$5
Feb. 23-24	7:00 pm	Winter Play "Our Town"	\$7
April 6-7	7:00 pm	Almost Saturday Night Live	\$5
Aptil 26-28	7:00 pm	Spring Musical "Shrek"	\$7/\$10
Aptil 29	1:00 pm	Spring Musical "Shrek"	\$7/\$10

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The Colorado Water Plan

by Coalition for the Upper South Platte

The competition for water in the West is complex; both Colorado's history and our future are defined by it. Water wars have been fought, fortunes made and lives lost, all around this precious natural resource. Colorado water even has its own "courts" – seven of them for each for each River Basin in the state (South Platte, Arkansas, Rio Grande, Gunnison, Colorado, White and San Juan Rivers). Water use issues in Colorado have often been contentious, too often politicized, and always complicated. Even agreeing on what are the most pressing concerns can be combative.

With looming issues like ballooning population growth (Colorado has grown from a population of 1 million in 1930, to ~5.5 million today and it is anticipated that will double by 2050 as Colorado is one of the fastest growing states in the nation), the need for a comprehensive and collaborative water plan became an imperative directive for Governor Hickenlooper's administration.

In May of 2013 the governor issued Executive Order D 2013-5, directing the Colorado Water Conservation Board (CWCBC) to prepare a water plan for Colorado. The plan was completed in December 2015. Now, in 2017, the Plan is being updated. The plan and other valuable water-related information can be found at <https://www.colorado.gov/cowaterplan>.

Taking a grassroots approach to engaging citizens throughout the state, the CWCBC worked collaboratively with many stakeholders to identify the challenges, interests, and concerns as well as the values and solutions that needed to be incorporated into a dynamic plan that will move Colorado forward into a sustainable future. To move forward, the plan looks back at the mounting water challenges facing the State.

These challenges include, a growing water supply gap; agricultural dry-up that can impact both the State's economy and food security; critical environmental concerns and variable climate conditions; an inefficient regulatory process; and increasing and competitive funding needs.

Fortunately, a wide array of functional tools and technical applications are used in keeping the plan updated, relevant and accurate. One of these is the SWSI (State Water Supply Initiative) first developed by

CWCBC in 2001 to comprehensively identify Colorado's current and future water needs. It was updated in 2005 and again in 2010. Currently the CWCBC is going through another rigorous update to provide a consistent framework for examining future water supply and demand under different scenarios and to provide tools and data for Basin Roundtables to use in updating their Basin Implementation Plans (BIPs) and developing detailed local solutions to identified gaps.

Ultimately the responsibility to conserve, preserve, and protect the quantity, quality and viability of our water comes down to each of us. From familiarizing ourselves with the plan and related legislation to understanding the measures we must take to ensuring a secure-water future, it is critical that we exercise the best, healthy and sustainable practices when using this, our most invaluable, and ever vulnerable, natural resource.

Colorado Water Facts

- 80% of our water falls to the west of the Continental Divide
- 90% of our residents live to the east of the Continental Divide
- 86% is used for Agriculture/Food Production
- 7% goes to Municipalities
- 4% is used by large Industries
- On average, precipitation in Colorado yields 14 million acre-feet of water per year in our streams and rivers. **More than 60% of this water exits the state**, supplying water to 18 downstream states and to Mexico.

Colorado's Water Values

- A productive economy that supports vibrant and sustainable cities, viable and productive agriculture, and a robust skiing, recreation and tourism industry;
- Efficient and effective water infrastructure promoting smart land use; and
- A strong environment that includes healthy watersheds. Rivers, streams and wildlife.

The Colorado Water Conservation Board

The CWCBC is Colorado's water planning and policy agency and is responsible for stream, watershed and lake protection; water conservation; flood mitigation; stream restoration; drought planning; water supply planning; and water project financing.

Tween Scene Playground grant received

Woodland Park School District is proud to announce that Woodland Park Middle School (WPMS) was awarded a \$150,000 Tween Scene Playground Grant by The Colorado Health Foundation. The funds will promote and support physical activity geared toward children ages 10-14 years old.

"Students demonstrate tremendous growth not just academically but also socially during their middle school years," said WPMS Principal Yvonne Goings. "We believe that play is vital in our students' social and emotional wellness."

This grant is a unique opportunity that allows WPMS to transform the current playground area into a place that inspires play and positive relationships as well as fosters school pride in middle school aged students. "We are excited to provide an environment where the children in our community can connect with each other through age appropriate play," added Goings.

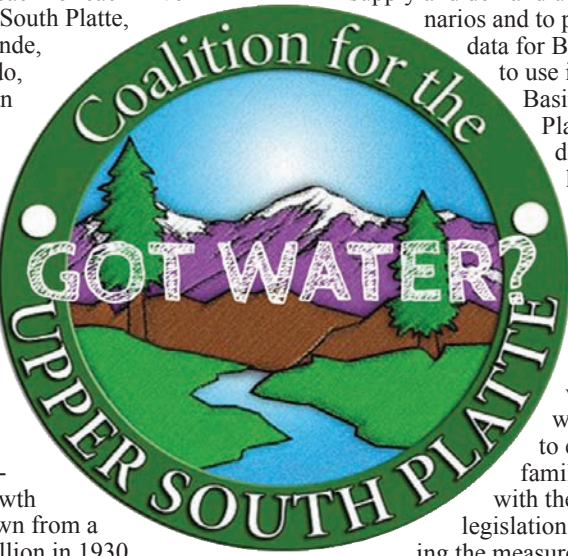
Phase I of construction began in August with an estimated completion date set for October 31. This phase will include foundational landscaping to ensure access and safety, a basket swing, a Super Nova, and a large climbing structure. These playground structures are designed with tweens in mind with unique climbing challenges and design aspects that support the social nature of

tweens. After a competitive bid process, Anderson Enterprises in Woodland Park was chosen to landscape the area and Summit Recreation, based in Lakewood, CO, will design and install the playground.

Phase II of the project will include funding efforts to support additional playground structures, benches, shade structures, basketball nets, and picnic tables. If businesses or families are interested in donating to the playground project, please go to wpsdfoundation.org and designate WPMS Playground. The WPSD Foundation is an IRS approved 501(c)3 organization which means contributions made through the Foundation are tax deductible.

Woodland Park City Manager David Buttery extended his congratulations on this unique and exciting project. "This is a great opportunity to fill a gap for our region's youth!" he said. We look forward to the continued partnership between the School District and the City on projects that serve our community."

Once this project is complete, the entire community is invited to engage in healthy activities at WPMS. This new playground, combined with the Nick Naples Soaring Eagle Disc Golf Course, will provide a safe and fun place for community families to visit during off school hours. A ribbon cutting ceremony is being planned for November.



Green's Fitness Go To Functional fitness

by Caleb Green



Proprioceptive Neuromuscular Facilitation stretching is a method of stretching aimed at creating longer lasting results.

I want to let everyone know what definitions this article will cover as a bit of foreshadowing. I will be going in depth talking about functional fitness in the sense of how human biology is designed/evolved to move. Almost all the information in this article comes directly from *Functional Patterns* created by Naudi Aguilar, who is a pioneer and a visionary in the next stage of exercise science. I highly recommend reading his book *The Power of Posture* and spending some time on his YouTube channel getting familiar with a more in-depth scope of the exercise patterns that I will be mentioning.

Functional Fitness must be understood for the purposes of this article as movement patterns that focus specifically on proper core activation or "slings" that the body utilizes as well as movement patterns that directly correlate with basic human movements. These movements are running (even though everyone says they hate it) jumping, and throwing. This is what human biology is designed to do on a species level. For instance, dogs can be trained to walk on two legs but they are designed to walk on four and training them to walk on two is destructive to their body mechanics. This article will cover what proper core activation looks like, proper posture as a goal to strive for, and some techniques to do further study and application on such as myofascial release and Proprioceptive Neuromuscular Facilitation (PNF) stretching.

To build any strong house, one must start with the foundation. The same goes for any fitness program. Proper posture must be that foundation as all problems and pain tend to derive from bad movement patterns which directly correlates to posture. Posture seems like a very simple idea. Almost everyone has had their parents or grandparents tell them to sit up straight. However, posture is a highly complex part of human biology. It goes hand in hand with proprioception which can be defined as the ability to sense one's position in space including the detection of outside stimuli. This pertains directly to posture as it's critical to notice bad posture habits before you can work to correct them.

The most common ones I see on a day-to-day basis are "duck foot/external rotation of the femur," winging scapula or rounded back, and sagittal plane motion originating from the hips rather than the thoracic spine.

Good posture is when the anterior and posterior oblique chains are working in conjunction to move the body. Now that sounds really complex but it's really quite simple. Essentially if you walk and stand with toes pointing outward at an angle that is indicative of "duck foot." If you stand against a wall and feel your shoulder blades (scapula) touching the wall at the edge, you might be dealing with winging scapula. If when you walk you twist at the hips and not the upper back (thoracic spine) your sagittal (side to side) motion is originating from the wrong place. The anterior (front) and posterior (back) oblique chains refer to the body's combination of muscles that are responsible for correct movement patterns and include all muscles in the body. If you've just realized that one, or all, of those things apply to you, don't freak out. You

can reprogram your neurological pathways for proper movement but it takes more than just pointing your toes forward or sitting with your back straight. The complexity of posture enters here, as one problem typically creates more issues which the body creates imbalances or adhesions that restrict it from easily fixing the problem.

Now enters some of the techniques and tools to help with fixing posture. First is myofascial release. If you remember from previous articles fascia is the connective tissue that holds the body together. Sometimes after injury, repetition, or micro trauma such as that which comes from most exercise programs, the body uses extra fascia to fix what was damaged, resulting in scar tissue build up below the skin that creates what is known as adhesions. These adhesions will restrict full range of motion and can be incredibly damaging to good body mechanics. To break up these adhesions, myofascial release is a frequently used technique. Almost everyone at this point should be familiar with foam rolling which is the most mainstream myofascial technique used. While foam rolling can be beneficial, for the most part it only gets to the subcutaneous layer of fascia or that which is directly below the skin, and will only be beneficial to the most sensitive or severe people that have adhesions. After some time, it ceases to be progressive in relieving adhesions, at which point further depth of fascia must be accessed which usually involves "trigger point myofascial release." This is using a small, usually round object to get to deep adhesions where the pressure is enough to break up the

scar tissue. It can be incredibly painful so I suggest easing into it slowly. Thera-canes and lacrosse balls tend to be the most used to access these deep adhesions.

Another method that helps with posture correction is PNF stretching. This is a method of stretching aimed at creating longer lasting results. Traditional stretching only elongates the head or insertion of the muscle for a short amount of time, requiring repetition to create lasting results. PNF stretching utilizes contraction of the muscle during the stretch to allow the muscle to relax further into the stretch and helps create longer lasting results. This can help immensely with posture if it's been determined that any bad movement patterns have tight muscles at fault in part.

This is all very broad and designed to help you get a basic understanding of the terminology and science that focuses specifically on functional fitness and proper posture. Again, I highly recommend doing further research on the topics and experimenting with paying attention to your movement patterns to start noticing anything bad and work to correct it, which in turn helps with pain management or eradication that can come from fitness.

If anyone needs further help or has questions, as always, contact me directly at cgreen.cchs@gmail.com and I'll do my best to answer the questions or point you to a source that can help more. Next month will focus more in depth on clean eating as there is a ton of different diets and confusion on what that looks like. Thanks for reading!

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Growth impacts fire safety

Northeast Teller County Fire Protection District (NETCO) was recently assessed by the Insurance Service Office (ISO) to evaluate the Fire Department's ability to mitigate the risk that is within the district's boundaries.

ISO is an independent agency that is used by insurance companies to rate Fire Departments nationwide in order to establish commercial and residential insurance rates for a specific district. The Fire Protection District includes approximately 85 square miles.

This evaluation is usually done at a time when ISO feels local conditions have changed and require further analysis. According to Fire Chief Tyler Lambert, "The last time NETCO had a full evaluation was 2010. The amount of new construction within our district that has taken place since 2010 triggered the most recent evaluation that began in the spring of 2017 and concluded a few weeks ago, and will become effective September 1, 2017."

The rating criteria are as follows: a rating of protection Class 1 represents an exemplary fire suppression program and a rating of Protection Class 10 indicates that the fire suppression program does not meet ISO's minimum criteria. A higher Protection Class number will translate to higher insurance premiums.

The three main categories considered are as follows:

- Fire Department's capacities and capabilities = 50% of the final score
- Water supply = 40% of the final score
- Communication = 10% of the final score

"Communications and water supply are where NETCO scored well, achieving 80% or above" said Lambert. He continued, "NETCO scored very well in Apparatus, Equipment, Training and Pre-planning, but scored 32% in personnel, which is the number of firefighters that are on duty and available to respond to emergency calls."

How does this relate to the new score? According to Chief Lambert, "it depends on the location of the property."

If you live within 5 miles of the Firehouse and live less than 1000 feet from an approved water source, your previous rating was a Protection Class 5," he said. "Now it has improved to a Protection Class 4 due



to the great water system that the City of Woodland Park has."

"If you live within 5 miles of the Firehouse and live greater than 1000 feet from an approved water source, your previous Protection Class was an 8B," he said. "The protection class has declined to a 9 due to the increase in building construction, without the additional revenue to hire the necessary personnel to operate our Water Tender, Engine and Ladder Truck, and in addition to the layoff of personnel that occurred in 2016."

The number of concurrent (more than one call at a time) calls has exceeded 24% of the total annual call volume. "Such overlapping calls have resulted in limited coverage for the rest of the District," Lambert said.

Citizens that live greater than 5 miles of the Firehouse and greater than 1000 feet from an approved water system are a Protection Class 10.

NETCO's primary source of funding is property taxes, and is not allowed by law to levy any other forms of taxes.

"NETCO will continue to provide the best professional service we are able, and are proud to serve the residents of Northeast Teller County. We are currently reviewing other funding options as a result of the new ISO ratings," Lambert said.

Although Insurance Protection Class Ratings are effective as of September 1, 2017, property owners can expect to see their insurance rates impacted upon their Property Insurance renewal.



Teacher Feature: Anthony Grabau

Grade/Class:
4th core, 7th Science
Ca on City Middle School
Ca on City, CO

Submitted by:
2016-2017 school year Students

"He adds a fun and funny spin on learning. He makes me laugh[sic] and everyone he makes laugh. He is an amazing teacher. He has taught me more than ever. He is an amazingly funny teacher."

— Amelia (Milli) Dewey, student

"Mr. Grabau makes class really fun."

— Jeff Kimmick, student



"Mr. Grabau is the coolest teacher ever. He always has a good attitude [sic]. He is very nice and very funny."

— Madyson Nycrole Payne, student

"He is funny. I like the labs."

— Josh Rinke, student

This Teacher Feature was sponsored by Park State Bank & Trust of Woodland Park, Colorado. If you are interested in sponsoring a Teacher Feature, contact us at utecountrynewspaper@gmail.com or call 719-686-7393.

Nominate a teacher or para-educator. Each month at least one teacher will be featured in the Ute Country News. The teacher will receive a \$50 cash prize and an additional cash prize of \$50 will go to the school that nominated the teacher.

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Nomination forms may be submitted by students, parents/guardians/grandparents, teachers, para-educators, principals, superintendents. Forms can be found on www.utecountrynews.com and can be returned via email: utecountrynewspaper@gmail.com or UCN, POB 753, Divide, CO 80814.

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Come Celebrate Fairplay's Wonderful Summer Season

The Side Door at the Victor Hotel

by Kathy Hansen
photos by Jeff Hansen

What do you do when you have established a Speakeasy in the town of Victor, Colorado and someone from Colorado Springs comes in and buys it? Well, if you

are Mike and Cindy Grant you talk to your staff, including Jody Fritsch, Sue James, and Mark Gregory and decide to keep a good thing going, just take it next door to the Victor Hotel and become the new managers of the bar and restaurant. It was the perfect solution, as it allowed their growing catering business to thrive.

The menu at The Side Door has a variety of "appetizers", salads, burgers, sandwiches, fish, chicken breast, and a variety of "Messican" food. We enjoyed the Southwest Chicken breast served with a salad and bacon-chesseburger served with home-cut fries. The potato skins were done to perfection, and surprisingly filling.

Yes, persistence paid



Whether inside at The Side Door at the Victor Hotel, or thru their catering service, the crew will treat you right.

off for Cindy and Jody, the main pair of the catering team. They've been at this for years and said, "We can do it all!" The menu for the catering is really more of a starting point because they really can do anything. Ranging from submarine sandwiches to parmesan encrusted chicken to pot roast to steaks, they can fit just about any budget with such a variety of offerings. Look closely, if there is something you had in mind but do not

see on the menu, speak up! They are happy to work with you to create whatever menu pleases your palate.

We learned they can serve a party as few as 20 and large as 650. They can hold a party of at least 35 in the restaurant, and the hotel lobby can also be reserved for weddings, parties, events, or holiday parties.

Schedule ahead when you can. They have sometimes served three different parties within the same day and they need at least a month for parties of 200 or more. "We're busy because we're good!" laughed Jody.

Next time you visit Victor, stop in The Side Door at the Victor Hotel and visit the crew; they're a fun bunch, all about giving service with a smile.

It didn't take long to decide it would be fun to adopt "Ghost names" to have fun with that part of the history. Sue (Maggie) said, "This is a really fun place to work because there's no drama; we all get along and have fun!" The vibe is easy to feel in this clean, beautiful and historic location. For Lifestyles Catering services call 719-689-5883

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Growing Ideas

September cometh, already!

by Karen Anderson "The Plant Lady"

September greetings fellow Mountain gardeners. I would like to express my appreciation to all the good folks who ventured out and took the opportunity to visit Paradise Gardens during the Open House/Yard Sale last month. It was a pleasure to meet you and share some great gardening banter and wisdom with each other. I even learned how to say "13-lined ground squirrel" in Latin! I'm pretty sure it is — *tridecemlineatus*. Correct me please if I am wrong. I very much enjoyed your company and Thank You for supporting the cause for organic and healthy growing! Hope to see you again in the future.

We're still going and still growing for much of the month of September. There will be plenty of garden color to cherish for a while yet. The sunflowers and late summer blooming sedums in particular are of some of my favorites. The first frosts may begin occurring around the 15th, and then again...maybe not! Only Mother Nature knows for sure, but I have learned over the years to start preparing for the change.

Light frosts are not a big concern here at Paradise Gardens as most of the plantings that reside here are strong and hardy enough to survive those cold spells. If the threat

of freezing weather is reliably predicted, you may want to pay attention if you would like to extend your vegetable and flower growing season. It is also a possibility that we may get through most of month with hardly any frosts at all but, I will always encourage high altitude gardeners to anticipate just about anything and be prepared for just about everything! Frost protectors such as the floating row covers will be your friends during time of seasonal transition. Those of us who are lucky enough to have our greenhouses will be able to pull mobile container gardens into a warm and safe place for the rest of the fall months.

Please continue to set mousetraps though, as the critters are looking for a comfortable winter home and can absolutely create a major problem when you are about ready to harvest your hard-earned bounty of herbs and veggies.

Mountain gardeners will still be able to plant and transplant hardy established perennials throughout September even though the foliage may begin to fade in color and vigor. The root is the "heart" of the plant and there should be no worries about the visual effect, as long as the plants are strong and purchased from a responsible and knowledgeable grower. Watering deeply, madly and passionately remains to be extremely important, along with several good applications of root stimulator and of course, bone meal.

I would suggest that we stop deadheading perennials now so the plants have enough time during the early fall to produce seed. You may start collecting seed when the pods have ripened and dried out, but not before that process is completed.

Be extra diligent about protecting your crops of all kinds from the deer and other critters. They too are preparing for the coming of the winter months and will be foraging for food in a big way. Since so many of you have been asking for the recipe for my special concoction of Critter Repellent, I want to share that with the readers (see sidebar).

Our aspen trees could provide some fabulous color or not, depending on the amount of moisture we receive this month. Indian Summer is always a nice period of time to relish in the last of the warm and comfortable weather. There is much to do before the cold mountain weather sets in.

More important tips and guidance for putting our mountain gardens to "bed" for the winter will be provided for you in the October article of Growing Ideas. Stay tuned!

In the meantime, enjoy every moment and every bit of the early fall color while it lasts. As always, I will encourage and remind you that taking on the mission and commitment



of being a responsible Earth Keeper is of the utmost importance, especially now. We can all do our part in preserving the integrity and beauty of our precious planet by practicing

organic and respectful methods no matter what the future may hold. We stick to our convictions. We do the very best we can. We believe that love conquers hate, dishonesty and bullying. We help each other in times of difficulty and

challenge. We focus on *Putting the unity back in community!* That to me, is what it's all about. Thanks for listening. Happy gardening and blessings!

Plant Lady's Recipe for Deer & Critter Repellent

3 pound coffee can of Feathermeal (or so — we're not exactly baking a cake here!)

3/4 cup Bloodmeal (or so)

3/4 cup Ground Cayenne Pepper (or so)

Or you can buy the bloodmeal and cayenne already mixed together (it comes in a yellow and white bag) of Uncle Ian's Mole and Gopher, Deer, Rabbit & Squirrel Repellent — usually available at Home Depot.

1/2 cup (or so) Liquid Fence Deer & Bunny Repellent GRANULAR Several slivers of Irish Spring Soap (optional). The feathermeal mix will absorb some of that strong soap smell and is just an extra added ingredient to boost the concoction's effectiveness.

Mix and fold in all ingredients in an appropriate size container that you can carry around with you in the garden, starting with the feathermeal first. I suggest the *carefully folding* in method as the pepper is especially irritating to the olfactory senses! I find that a medium or small flour scooper works really well to dip a small amount at a time and "flick" the magic mixture around in the areas you wish to protect (always upwind). I usually apply it toward the evening hours to deter the night time invaders and rinse down the gardens in the morning. If the mix is too heavy on the plants, be aware that it may burn the foliage on a hot, sunny day but at least the plants are still there!!! The concoction is high in nitrogen, so you are actually amending the soil as you apply. You will need to be consistent with this process for it to work for you, dusting often, especially after watering or a good rain. It is not a one-time treatment. It is also not always 100% effective, but in my experience, as an avid and passionate gardener, well worth the effort. Good luck and I sincerely hope you see results.



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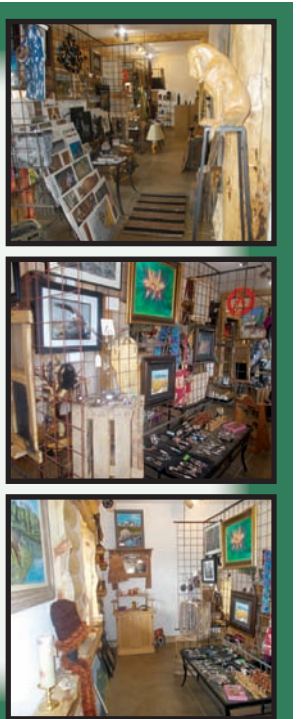


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 - Mondays, Sept. 11 – Oct. 2, 9:30-11:30am at Community Partnership in Divide
 - Thursdays, Sept. 28 - Oct. 19, 4:30-6:30pm at Cresson Elementary in Cripple Creek.
- **Active Parenting Now:** (For parents with children 5-12)
 - Wednesdays Sept. 13 – Oct. 18, 5:30-8:00pm at Mountain View United Methodist Church in Woodland Park.
 - Thursdays Nov. 2 – Dec. 14, 4:15-7:00pm at Cresson Elementary in Cripple Creek.
- **Active Parenting of TEENS:** (For parents with children 12-18)
 - Wednesdays Nov. 1 – Dec. 14, 5:30-8:00pm at Mountain View United Methodist Church in Woodland Park.
 - Tweens/Teens will participate in a Boot CAMP (Confident Adolescents Maturing Positively) provided by North Teller Build A Generation.

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Lifesaving Luminary award to AVHS



Ark-Valley Humane Society is honored to receive the 'Lifesaving Luminary' award from nationally recognized animal society, Best Friends Animal Society.

Executive Director Jonathan McDonnell accepted the award on behalf of the shelter while attending the Best Friend's National Conference in Atlantic City, New Jersey in July. Ark-Valley Humane Society won the award for the Mountain West Region, which includes Montana, Idaho, Wyoming, Nevada, Utah, Colorado, Arizona and New Mexico.

While presenting the award, Judah Battista, Chief Regional Programs Officer for Best Friends Animal Society, recognized the shelter's positive changes noting, "Ark Valley is an open admission shelter and is the epitome of an engaged and collaborative group who has invested in growing their organization in order to maximize lifesaving." Battista went on to say, "Over the last 18 months, they have shifted their organizational culture from reactive to proactive, and have fully embraced the need to show compassion for the people in their community as well as the animals. As a result, they reduced their average length of stay for an animal by 14 days and are now transferring in animals from other organizations."

Ark-Valley Humane Society can be recognized for achievements like this because of their membership to the No More Homeless Pets Network Partnership Program. Through this program, Best Friends gives groups all across the country the chance to work



together to Save Them All while Ark-Valley Humane Society reports data and statistics on a yearly basis back to Best Friends Animal Society.

"We are humbled to be recognized by Best Friends," says Ark-Valley Humane Society Executive Director, Jonathan McDonnell. "This award is as much about our community as it is about Ark-Valley Humane Society. We would not be able to do what we do without the support of our volunteers, donors and community."

Celebrating water and community

Watch the artist work

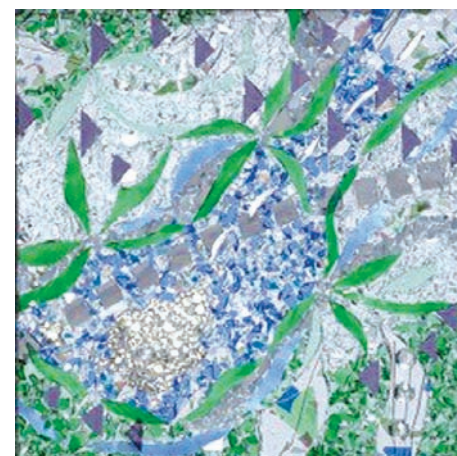
Watershed and Cottonwood Hot Springs will bring Boulder-based glass artist, Julie Golden, to Buena Vista to create a custom piece reflecting the Upper Arkansas Valley through September 25.

Over 30 years ago, Julie developed a new process for creating stained glass windows and sculptures. Discarding the traditional dark lines of lead and foil, she incorporates colorful glass and other sun-friendly mementos into glittering works of art. She calls the process Painting with Glass because of the artistic freedom it encourages beyond traditional methods. Julie taught her award-winning technique in Europe and Mexico. Currently, students interpret their glass visions in Julie's Front Range studio in Boulder, Colorado.

You are welcome to visit Julie at Watershed in September while she creates a window for the Great Room at Cottonwood Hot Springs. With the sponsorship of Watershed, where our community comes together east of the hot springs, living water is the perfect theme for the window. Come, and enjoy the flowing process.

Passersby will be able to observe Julie at work throughout her residency. She will complete her project in full view of the public at Watershed, a community-focused shared space located in Buena Vista's historic downtown at 410 East Main Street.

Julie will create a truly one-of-a-kind piece by incorporating words, images, and objects dropped off at collection sites



available now at both Watershed and Cottonwood.

Ultimately, the finished piece will find its home in the Great Room at Cottonwood Hot Springs, which will provide accommodations for Julie. Julie has a longtime connection to Cottonwood, which inspired the closing scenes of her novel, *Vigilantes*. The finished window will be displayed at Watershed up to and during the town's Community Dinner (September 25), where thousands of community members, friends, and family share a meal on Main Street.

For more information, see: www.watershedbv.com/residency and <http://www.paintwithglass.com>



Ranger Station

Ways to enjoy our waters

by Darcy Mount



If you have been to any state park with a lake recently, you have seen a growing variety of watercraft lined up at the ramps or bobbing in the water.

No longer do fishing boats, ski boats, pontoons and houseboats have the waters to themselves. Today, there's a wide assortment of watercraft from traditional to inflatable to hybrids, like jet skis, catarafts and more.

But today I'm talking about some personal watercrafts growing in popularity: canoes, kayaks and paddleboards.

When you mention kayaks and canoes to seasoned boaters, many look at you like you have three heads and say things like: "That is not boating. That is work." Or they may sneer and ask: "Wanna race?"

Actually, they are work, and a whole lot of fun.

I happen to be an avid flat-water kayaker. It is my stress release. Flat-water kayaking is using lakes and ponds, where there is no current.

Compare that to kayaking in whitewater in a river like the Arkansas where you use the current to increase your excitement and your fun level.

The adrenaline rush of whitewater is great. But there is nothing like paddling across a quiet cove where the only sound you hear is your paddle cutting through the water, or maybe it's the quacking of ducks you cruise along side, or the slap of a beaver tail when you get too close to a beaver lodge.

It's amazing how close you can get to wildlife when you have no motor to scare them. Kayaking during a full moon is an experience you will not soon forget.

Best of all, kayak can be inexpensive and they are easy to put in and get out of the water.

Maybe you want to vary your exercise regime. Try paddling a kayak for both aerobic and upper-body conditioning. Paddle boards also provide a great core workout.

Paddle boarding is becoming more and more popular around the world. After my own introduction to paddle boarding, I understand why. I confess I was very reluctant

to try a paddle board. I was sure I would never be able to stand up. But before long, I was up and wanting more.

A few weeks later, I took a one-on-one lesson from a local paddle shop as part of a rental package. I loved it! It's not as hard as it looks and it's an amazing feeling to glide, upright, across the water. I have witnessed paddle boarders doing yoga while in the middle of the lake on their boards. I guess that is double the fun! There is something almost primal about it and very graceful.

I recommend renting any equipment before purchasing because the choices are endless.

Canoes are a true work horse of paddle sports. You can get single person canoes and fish by yourself or paddle for fun.

If you want a little different adventure, load your canoe with your tent and take it to places your SUV or boat can't reach for a real backcountry camping experience.

The most common canoes seat two people and you can even hunt for waterfowl in them. My experience as a canoe instructor has taught me that canoeing is like driving. (You should never learn how from your spouse.)

Canoe classes are often offered at many state parks so you can learn the basics before you hit the water.

Like any other water sport, safety is crucial. Personal flotation devices, or lifejackets, are a must and helmets are strongly recommended, especially in whitewater. If you go alone, make sure someone knows where you are going and when to expect you back.

Many state parks in our region have paddle sport events. Check their websites for information.

Happy paddling!

As always, please give me a shout if you have any questions I might be able to answer.

If you have general questions about Colorado Parks and Wildlife, email Darcy at AskARanger@state.co.us. Darcy may answer it in a future column.

Where is Zack in September?

by Barbara Berger

Zack is the mascot for the Pet Food Pantry for Teller County. As their mascot, he is dedicated and determined to help families keep their pets at home when they fall on hard economic times.

On September 16th from 10-2 p.m., he will be at Tractor Supply located on 919 Spruce Haven Drive in Woodland Park, collecting donations and food for his feline and canine friends.

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A Mountain Seed: The world is not what you think it is

by Jessica Kerr

Our perceptions color our world. We never see things as they truly are — we only see things as we are. Have you ever seen a storm coming, and the clouds are big and black, and you're sure it's going to be full of tornadoes and hail? Did a storm like that ever pass you by or never become as bad as you feared?

I will never forget my first class in college: World Mythology. Being a person who loves stories, the name of the class grabbed my attention. I signed up for it. However, I knew that relatives and friends who had gone before me struggled with their faith, and even lost it, because of classes like this — classes that challenged their belief system.

I pulled into the parking lot the evening of my first class in World Mythology absolutely determined to hang on to my faith. Did I know what I believed? I thought I did. I was so sure of what I believed that I walked in with a closed mind. That year, I fought to keep my mind closed and not let the crazy beliefs of others flood my mind and corrupt me.

Do you know what I learned that year? I learned that I did know what I believe. Also, I learned that I can hear what others have to say without it changing what I believe. In fact, that class opened up an avenue of compassion for others that I had never experienced before. It has helped me be all the better, without changing what I personally believe, nor trying to force others to change. The storm had passed and it wasn't as bad as I feared.

World Mythology wasn't the first time I was asked to look at things differently and see more than what I was initially wanting to see.

When you think of your favorite teacher, you most likely think of a high school teacher who was funny, who made you think, and someone you admired. For me, the teachers that come to mind when I think of "favorite teachers" are those that made me laugh, made me think, and who were generally likeable people. It might make sense that these people would be the ones who influence us the most in our brief time at school.

That's what I used to think.

As school starts back up, I often find myself pondering my experiences. The older I get, the deeper my questions get. Instead of asking the simple "what" questions, I ask more "why" questions, like, "Why were my favorite teachers my favorite teachers?"

This year, I reflected on the subjects that have remained my favorite over the years, the ones that have taken deep root within my soul. For most of my education, I had a hard time discerning which subject was truly my favorite. English was always near the top of the list, as was art, band, science and even math. However, one class I kept passing by in memory was history. I loved history, and after all, it encompasses all of the subjects within itself. To learn history is to learn language, art, music, science, math, and everything else because it is the story of us.

As I rediscovered this about myself, I began to question why my "favorite teachers" were my "favorite." Were they really my favorite teachers? Yes, they were. They were fun, made me laugh, and they made me think. Then why weren't my history teachers my favorites? The others did not

disrupt my internal status quo. Though they made me question things, they didn't challenge me to the point of frustration. I have learned that "favorite" does not always mean "most influential."

In fact, if I were to give a "most influential" award to any of my past teachers, it would most definitely go to whom I have, until recently, viewed as my least favorite teacher.

Where did I learn to type so fast? How did I learn to argue my point well, with organization and articulation? Where was I first forced to learn how to stand firm in my beliefs? Who was it that taught me how to deliver an excellent PowerPoint presentation? It seems that most of the important skills I learned in school, the ones I can still use today, were taught to me by this tough teacher.

As children in transition, we don't like thinking of the world as a dangerous, hostile place.

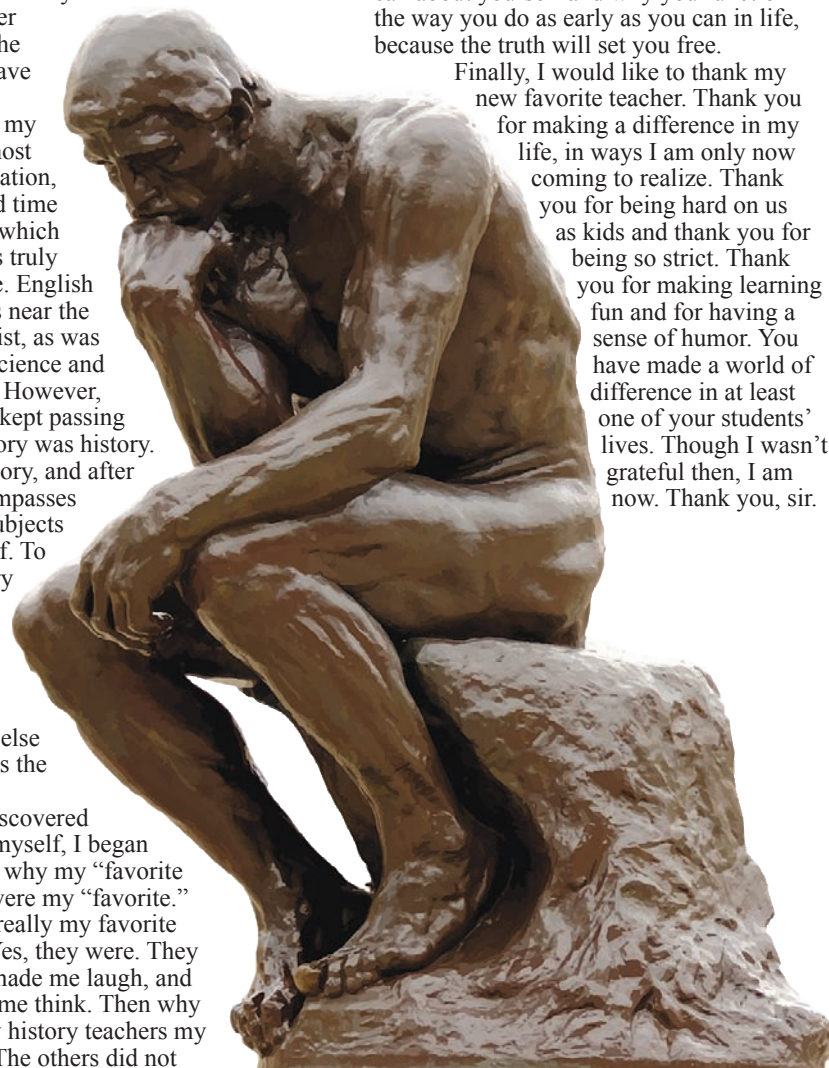
Why is it that I haven't counted this instructor among my favorites until recently? He was funny, his material was stimulating, and he was a likeable individual. It definitely wasn't that he was inept, it was because he was excellent at instruction. He wasn't trying to be our friend, he was training us for the real world. The real world isn't a friendly place, and if you don't know where you stand and you don't know why you stand, then you're going to be sorry later.

This teacher was good at teaching us how to function in the real world. As a teenager, I didn't like that because part of me still wanted to be a child. As children in transition, we don't like thinking of the world as a dangerous, hostile place. Though it can be beautiful, too often we see examples like Charlottesville last month, which are a grim reminder of what's really out there.

If you have ever gone scouting for game in the Rockies, you know how easily a bush can look like a deer and how easily a deer can look like a bush. The same is true with the outer world and with ourselves: sometimes what we think we're looking at isn't what is truly there. The way we look at the world is limited by our human condition. Sometimes we need extra help to see things for what they are, like a hunter might need binoculars. Your real-world binoculars are time and conscience.

The world is not what you think it is. We are all the sum of our experiences, and sometimes we have to do a little bit of digging within our souls to understand where we build the foundations of our perceptions, and what exactly it is that makes us as we are. I suggest learning as much as you can about yourself and why you function the way you do as early as you can in life, because the truth will set you free.

Finally, I would like to thank my new favorite teacher. Thank you for making a difference in my life, in ways I am only now coming to realize. Thank you for being hard on us as kids and thank you for being so strict. Thank you for making learning fun and for having a sense of humor. You have made a world of difference in at least one of your students' lives. Though I wasn't grateful then, I am now. Thank you, sir.



37th Ed Snell Memorial 10K Walk/Run

by Flip Boettcher

photos by Flip Boettcher

Forty-eight participants lined up at the starting line for the running of the 37th Ed Snell Memorial Walk/Run on Saturday, August 19. The race started in Cohen Park in Fairplay and finished at the stone church in Alma; 10 kilometers, that's 10,000 meters, or 6.21 miles, at 10,000 feet elevation.

First to cross the finish line by a nose was Hazel the dog, with her owner, Bonnie Paffenroth, right behind, with a time of one-hour-29-minutes and 24-seconds. The walkers started an hour before the runners. The first runner to finish was Graham Tuohy in the 14-15-year-old division with a time of 43-minutes and 39-seconds.

Tuohy was one of 11 Green Mountain High School cross country team members from Lakewood who participated in last year's race as well as this year. There was also a team dad who ran with his Weimaraner dog; the dog ran last year, too. The team took home quite a few awards.

The Ed Snell Memorial race began in February, 1979, when Bill Reeves challenged his friend Tom Knebel to a race from the Park Bar in Fairplay to Alma's Only Bar. This was after several beers of course, and boasting of their days in high school track and field.

The winner was Reeves and the race became an annual event, finally being dedicated as a charity fundraiser to help local residents in times of need.

Ed Snell was born in October, 1904 in Alma and died in 1975 in Fairplay. Snell was an ecologically-minded miner, geologist and philanthropist who enjoyed helping people in need; thus, the race was named after him.

All funds raised go to charity except the annual event t-shirt, said Beth Swanson. Beth



First walker to finish, Hazel the dog by a nose with her owner Bonnie Paffenroth right behind with a time of 1:29:24.



First runner to finish Graham Tuohy with the Green Mountain High School cross country running team in a time of 43:39.

along with her husband Erik, Ed Snell's nephew, have managed and sponsored the race for years. The last several years, the race has been run under the 501(c)3 non-profit Alma Foundation, Beth added.

Funds raised have gone to help pay for medical bills, propane, gas, rent, car repairs, food costs, a successful liver transplant, and a dream trip for a terminally ill young man to see the ocean.

For more information about the race or to make a donation, visit www.almafoundation.com. For a more detailed account of the Ed Snell Memorial run see *Early Days in South Park* by Laura Van Dusen.



Two walkers in the 66 - 69 age division finishing in a time of 1:54:29. Linda Rulli on the right ran in the first two Ed Snell races.



David Orner, John Valainis, David Harris, Jackie Crouch, Tom Mowle, and Mark Silas on day 1 of this year; day 7 of work on Lovell Gulch over the past 3 years.

Lovell Gulch

photo by Dean Waits

The Colorado Mountain Club's first 2017 trail stewardship day at Lovell Gulch was a blast! We did some finishing work on the new trail near the stream crossing — widened it to better accommodate the heavy use on that section, and also installed some grade reversals to make it more sustainable. We also installed some signs to help people

distinguish the main trail from the many interesting side trails.

We have one more trail stewardship day scheduled. On September 9, we will remediate some erosion issues on the eastern end of the southern loop on Lovell Gulch. Please sign up at <https://www.cmc.org/Calendar/EventDetails.aspx?ID=37622>

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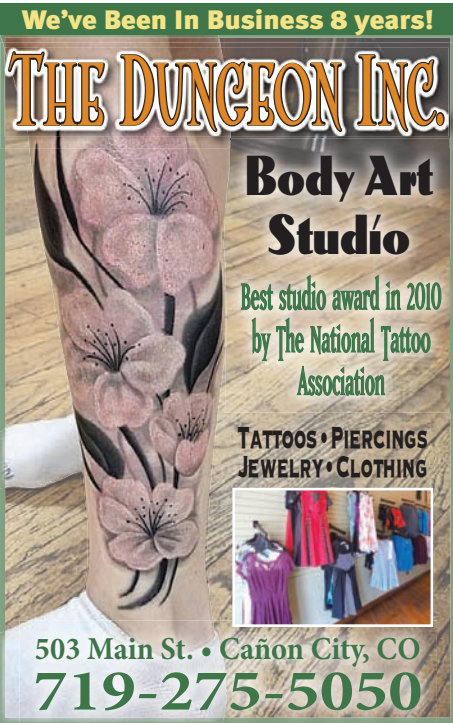
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Hello from space Chapter 4

Chapter 3 appeared in August 2017's issue, pages 20 & 21.

When the distressed message came through from Marik, Helix couldn't process the emotions that flooded in fast enough. Helix raced to the Excellency Council and hurriedly asked for permission to immediately leave for Earth. Of course, the Council demanded details, and all Helix could get out was that Marik was in trouble. With only a tiny bit of hesitation, they granted their permission, and Helix dashed to the teleportation pad, punching in Earth's account code with shaky fingers. Even though it was a matter of milliseconds between Helix disappearing and reappearing on one side of the divided boy's locker room, it felt like a millennium to Helix.

The lighting in the locker room was unnatural and harsh, literally burning Helix's eyes. Helix lifted a hand to block the light, and began walking toward what looked like a way out. Movement to the left caused Helix to jump and come to a stop, taking in the reflection in the mirror. Staring back was the reflection of Helix's true form. It was an appearance that rivaled the divinity of angels and the beauty of mythical creatures. If a human were to witness Helix's true form, they would be put into an incurable catatonic state. Helix's mind spun as it tried to figure out an appropriate disguise.

That was when Helix saw what was supposed to be a motivational poster on the wall. It was of a male model with rock-hard abs representing an unrealistic expectation of what a man's body was supposed to look like. Helix identified useful qualities of the man, and then created a new body, a new identity. Helix was now a man with albino skin and blond hair. It was going to have to do. It was better than sending Marik into a catatonic state. That is, if Marik could be found. Helix opened a door and peered out into a hall. No, that seemed to lead away from where Marik might be. Helix let the door close and then walked around a corner, quickly spotting Marik crammed into a locker. What barbaric creatures did this to him, Helix wondered, striding over and unlocking the door. But Helix wasn't prepared for the fear Marik showed after being freed.

"You know me, I'm Helix." What else could be said? Helix knew that quickly gaining Marik's trust was imperative.

It was obvious Marik didn't believe him. Helix rapidly explained and repeated everything Marik had shared. Marik rushed forward and covered Helix's mouth, but Helix lowered his hand.

"It's really me," Helix assured. "Your cry for help allowed me to move up my mission. My people always strive to help others when they are in need, and you were definitely in need. I'm glad I came. I hope you are, too..."

That seemed to do the trick, and Marik led the way out of the school. Helix was confused when Marik wouldn't let him go explain to Colin what had happened. It was puzzling. Helix knew Marik liked Colin, so why not explain the situation? Was it out of fear? Pride? Anger? Or betrayal? Maybe Colin had been aware of the abuse Marik had just endured. Helix guessed that was the reason, and that made sense. At that point, Helix couldn't blame him for not letting him go talk to Colin.

A while later, Marik led Helix into his room, tossing his backpack onto the floor at the foot of the bed. Helix looked around, fascinated by the posters, knickknacks, and choice of bed-

ding. He cautiously took a seat on the bed as Marik watched him. He then slowly bounced up and down on the bed, gradually going faster. Marik let out a soft sound that Helix presumed was his version of laughter. Only when the bed started to squeak loudly did Marik rush forward and put a hand on his shoulder to stop the bouncing. Helix turned to him.

"Well, here we are. We've finally met," Helix said. "Your muteness is quite intriguing."

Marik looked at the floor as he sat down in his desk chair. He shrugged.

"I know you can't help it. I'm not criticizing it. I'm just fascinated by it," Helix explained. "I've never encountered any being who couldn't speak."

Marik nodded in understanding. He then grabbed a pen and paper, and scribbled something down. The sound of the pen on the paper made Helix twitch. It was an unfamiliar sound that made his muscles tighten and his jaw flex. Marik held up the paper.

Tomorrow is the weekend. Want to explore? "What is a weekend?" Helix asked, frowning his brows.

Two days where we can do what we want. No obligations.

Helix was finding the sound of the pen on paper to be very annoying. He took a breath, stopped gritting his teeth, and then read Marik's response.

"I see. Sure, why not?" Marik broke into a glorious grin, and all Helix could do was to stare, marveling at how extremely happy his answer had made Marik. It was such a simple answer, but you would've thought it had saved Marik's world from being consumed by flames. Marik turned to his computer, the bright screen turning him into a dark silhouette. Helix inched closer on the bed to peer over his shoulder and saw that Marik was looking up all the places he wanted to show him. He wrote them down, and Helix tried to hide his wincing at the annoying sound.

Shortly after, Marik turned off the computer and the lamp on the desk. He turned to Helix and stood up, and Helix could see he was deep in thought.

Then it dawned on Helix. "Oh, your bed."

He got up. "Here. My apologies."

Marik shook his head and sat down, patting the space beside him.

It was Helix's turn to shake his head. "No, that's intrusive. The floor is a good place to rest," he said.

They gazed at each other for a couple moments, then Marik conceded and slid under the covers. Helix remained standing, feeling uncertain of what to do, then laid down on the floor at the foot of the bed. Before falling asleep, he mentally sent a log to the Council of all that had happened since he'd arrived on Earth.

When Helix opened his eyes, he first looked up at the ceiling, then looked down at his feet, where he saw Marik sitting cross-legged, staring at him. It caught him by surprise and he jumped, propping himself up on his elbows. He then noticed how expectantly Marik was looking at him.

"You're ready to go, aren't you?" Helix asked, tiredly rubbing his eyes, but catching a quick nod from Marik. "All right. I'm up." The floor had not been friendly to his body. He was stiff. He missed his floor with vibrating pods designed to relax the body.

They both got to their feet, and Marik practically dragged him out of the house at lightning speed. But they didn't even make it down the driveway before Helix stopped and studied a flower. The bloom was delicate, but the stem was hostile with thorns. Why? Even the flowers were sporting weapons? He mentally documented it, and sent a note to the Council regarding it. As he straightened up, he noticed Marik watching him with a curious expression.

"We don't have things like this where I come from. Our nature doesn't have to protect itself."

Marik blinked quizzically, seemingly wanting to know more.

"Our nature works together to keep the planet alive. Nothing is at war with each other," Helix went on. "My people are part of nature as well, so it's all one big symbiotic relationship."

Marik smiled, liking that. Helix returned the smile, and they kept walking. After a while, they came to a moderately-sized amusement park. Lake Compounce in Bristol, Connecticut may be the oldest still-operating amusement park in the United States, having opened in 1846. The oldest amusement park in the world is Dyrehavsbakken, "The Animal Park's Hill," or more commonly referred to as Bakken, "The Hill." It opened in 1583, near Klampenborg, Denmark, and boasts 2.5-2.7 million visitors per year.

The noise of the roller coasters and games made Helix's ears ring. It was thousands of bells ringing and gears grinding together inside his mind. He stopped while Marik continued to the entrance.

"Um, Marik," he called. "I'm not sure I can do this."

Marik came back to him, visibly saddened. "It's just a lot of noise. Like, a lot," he said, watching multiple cars hooked together whiz by upside down as the occupants screamed at the top of their lungs. He lowered his eyes to Marik's. "This is what your people do for fun?"

Marik sheepishly shrugged, dropping his eyes to the ground.

Helix sighed. "I'm sorry. Maybe another day? Maybe when I'm not so overwhelmed." Marik nodded, still avoiding Helix's gaze. He turned and began making his way down a path to the left of the amusement park. Helix followed, relaxing as the noise faded away. Things were greener now, and he could hear birds chirping.

"What's this place?" Helix asked Marik's back. Marik didn't try to respond verbally, or with pen or paper, but instead a thought transferred from him to Helix.

A park.

"A park?" Helix repeated, blinking with surprise that he'd heard Marik in his mind. That was something he hadn't expected. He himself had telepathic powers, but he didn't expect Marik's kind to have it as well.

Marik stopped and spun to face Helix, looking just as surprised as him.

Did you...?

"No," Helix hastily answered, shaking his head. "I've respected your mindspace this whole time. I didn't want to

by Danielle Dellinger

intrude. I think that was all you."

Marik's breathing increased as he tried to comprehend what he'd done.

Hi-how?

"I guess because you don't have the ability to speak verbally. It would be logical for your thoughts to be projected out like that." Helix went to him and put his hands on his shoulders. "It would stand to reason that because you're not with people who have the same thing, that's why your thoughts go unheard. But I hear you, and I will never stop listening to you. I hope you believe me. I hope you trust me."

Marik lifted his head to look up at him.

Thanks. I thought I'd live in silence forever.

Helix couldn't help but think of the cure his people might be able to offer Marik. He almost brought it up, but stopped for a selfish reason. He liked being the only one able to communicate with Marik.

"So, what do people do in a park?" he asked, wanting to change the subject.

Relax, or try to connect with nature. Or to enjoy the silence.

"How perplexing. Your kind wants a relationship with nature, but do you offer it anything in return?"

Marik snorted. *Not as much as we should. Not enough to make us worthy of a relationship with nature.*

"That actually is really sad to hear. Every planet should have a healthy relationship with nature. How else do you expect to survive?"

Marik snorted again, smirking. *We don't actually. We spend a lot of time trying to predict when we'll go extinct, or when our sun will blow up.*

"Why not try to come up with a way to help keep the planet alive?"

There are some of us who are doing just that, and are trying to help nature recover from what we've done, while others do a small part to help. Then there are those who think it's hopeless to try to do anything. Then there are those who don't believe the Earth is changing because of what we do to it. But science has also proven that the Earth is following its own cyclical patterns. Humans have the catastrophic ability to hasten the deaths of other species. True, other species on Earth have that same ability, but we humans seem to do it at an accelerated pace.

Helix was speechless. Hearing that was like a shot to the gut.

Oh, and then there are a few that think because they'll be dead soon, or before any of that happens, they don't have

a responsibility to do their part for the Earth.

Before Helix knew what he was doing, he was tightly hugging Marik. "That is soul-crushing. I'm so sorry. I'm so sorry that your kind doesn't work more harmoniously together..."

Me too, Marik answered dryly.

Now Helix understood why other alien communities had warned against coming to Earth. If the people of Earth struggled to care for their own planet and people, there was no reason to think that they'd be kind to visitors from outer space. Helix had heard tales of humans calling other humans aliens, and it had made no sense. But now it did. It all had to do with a lack of respect. A lack of love for one another.

All of this only cemented in Helix that he had to absolutely get to Area 51. For all anyone knew, there could be other aliens who were being held prisoner there. Maybe even being tortured. That would not stand. The humans would be punished. But not by Helix's people. By someone else willing to take on the daunting task.

Helix sighed heavily and steered Marik over to a large maple tree. They sat at the base and leaned their backs against its trunk.

"I want you to put your hand on a root and tell me what you feel."

Marik gave him a skeptical look, but did what he said.

"What do you feel?"

Nothing.

"Let your guard down, open your mind more."

Marik exhaled with frustration, opening his mind and lowering his walls. That's when he felt a slow, strong pulse. It made his hand tingle.

Helix smiled as he watched Marik's face relax; he knew he could feel the tree's pulse.

"Is it strong?" he asked, and Marik nodded.

To be continued ...

Debut novel Dating the Grim Reaper is available for purchase online only in print and digital formats at Barnes & Noble, Amazon, Google Play, and iBooks. Brief summary: Two college guys start dating. One guy is a murderer, and the other turns out to be the grim reaper. It's full of Greek mythology and romance.

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Home on the Grange Florissant Grange #420

by Renee Caldwell

People are always asking how our events, classes and programs are funded. They want to know how we get the government funding to do all that we accomplish. The simple answer is: we get no government funding or grants and you will be happy to know, your tax dollars do not support us.

We are funded by the generous donations of everyone who comes to and enjoys the community events we offer. "Thank You" to all of you who attend our classes, potlucks, jam nights and other activities. You make it possible for us to continue to serve our community and create fun events in Florissant. Everyone is always welcome to all of our events and we encourage you to join us.

"Thank You" to all of you who attend our classes, potlucks, jam nights and other activities.

Have you noticed the painted rocks with cute, positive messages or symbols on them? They are hidden all around Florissant and surrounding areas. On Heritage Day, the Florissant Grange played a game with the young people that was similar. It was meant to encourage the nationwide game and to get it started here in our community. We also gave out "The Rock Game Starter Kits" for all ages. It included a rock and instructions: Find a rock, paint a rock, and hide a rock. Rocks should have positive messages or images on them. When you find one, take a picture of it and post it on Social Media and then hide it again. Join the Florissant Grange in the "Rock Game" fun.

On August 5, 2017, the Florissant Grange opened its doors to the Pikes Peak Cowboy Gathering and the Western Music Associa-



Enjoying the Raise the Roof Party on August 20th.

tion, Colorado Chapter, for a day of music, stories and poetry. It was great fun and we had a packed house for both the afternoon show and the evening show. I hope you were there and enjoyed the great entertainment.

On August 20, we celebrated our new roof by having a Raise the Roof Party. We had pulled pork, roasted corn on the cob, pork and beans, potato salad and home made fresh lemonade. We played games on the lawn and had music by the Lima Street Band from Aurora. We were dancing and singing along. We cut the cake at the end of the celebration. A great time was had by all who attended.

This month we are planning a "Card" class. We will be making 3 dimensional cards and more. There are kits for making the cards that you can choose from and cost

for materials varies according to the kit you choose. The date has not been set yet, so if you are interested please call 719-748-5004 for more information.

September is also the month that all the Granges in Colorado get together. We hold business meetings, election of officers, arts and crafts contests, raffles, silent auctions and of course lots of food. Granges are always cooking and eating. One topic that always comes into discussion at our gathering is recruiting more members. So, if you like what your local Grange is doing, please join us at any event and ask any Granger how you can become a member. We welcome new members and new ideas... and you do not have to live in Florissant to be a part of the Florissant Grange. We have members all over the country, so join us!

WP Harvest Center Lee's legacy lives on!

by Kathy Hansen
photos by Jeff Hansen

Have you ever noticed what happens when two or more people with the same passion in their hearts find each other, come together for the same purpose create something incredibly beautiful?

One amazing example is the Woodland Park Harvest Center. Their mission: *The Harvest Center is a community organization dedicated to educating people of all ages in nutrition, health, and organic agricultural arts. It will promote local commerce in high-altitude food production, using sustainable practices for operation, maintenance, and production at its facilities. The Harvest Center will serve as a model for other communities learning to live in greater harmony with nature.*

The WP Harvest Center is teaching people, from youngsters in grades 2-5 as part of their school day who come to the Aspen Valley Ranch to visit the Dome garden, or the Junior Master Gardener raised beds at Gateway, Summit and Columbine Elementary Schools, to adult who attend segments of their Homestead Series (co-sponsored by Teller-Park Conservation District), to the folks who go to the WP Library one Sunday a month to learn from other gardeners and share their challenges. It is all about sharing knowledge freely and helping each other.

A very special invitation was presented to us last month when the Woodland Park Harvest Center sent a press release about their greenhouse tours for August; they asked if we would like to visit their Dome Garden at Aspen Valley Ranch. We were happy to accept. We met at Aspen Valley Ranch with Julie Snyder, Laurie Glauth, Paula Bennett, and David Fahler on the beautiful, sunny morning of August 15. We met outside, on a vast 225 acre setting surrounded by flowers, genteel company and Julie's dog Jackie.

The tour was impressive to say the least. The grounds are filled with themes of sustainability, buildings that have stories to tell, and abundant gardens (Dome garden has already



The Harvest Center's dome greenhouse at Aspen Valley Ranch.

produced and donated 101 pounds of fresh, organic food to Community Cupboard as of Aug. 15).

Each of the garden areas were different, yet we found there was always more in common than what made each different. One comes to understand each growing environment, be it outdoors surrounded by fencing, a greenhouse donated by Larry & Frieda Griffin, or the Dome greenhouse, becomes its own unique micro-environment. It takes many seasons to truly understand each micro-environment, in part due to varying weather conditions from year to year.

Moving from one environment to another, noticing the variety of species present, as well as common structural aspects truly opens one's mind to various possibilities.

Themes of re-purposing abound. For example, plants like peas like to climb. Providing a structure helps the plant do what it is designed to do, so either a piece of jute or the times from an antique hay rake can work as a structure for the peas to climb, it just depends on what you have on hand.

One very common theme was that of raised beds, especially inside the structures. The first reality any high-altitude gardener must face is at least 95% of our "soil" is decomposed granite and it must be amended for most plants to grow, especially if the goal is to grow your own food.

As visually appealing as the tour was there's a vibe of something perhaps less tangible, yet pervasive and present; a willingness to freely share what works, permission to fail because we learn more from our failures than successes; and a basic sense of community.

This theme was continued as we followed up visiting some of the locations on the greenhouse tour the following weekend. These were folks that in most every case, had attended either some of the Homestead Series programs or attended the meetings at the library. Their interest in gardening deepened as they developed kinships with others. It was interesting to learn as people move into Teller County typically one of the pair will venture to one of these meetings and after a few months of bringing home solid info on gardening or building a greenhouse, the partner became interested and attended the next meeting.

Those who hosted greenhouse tours on their property were very welcoming, informative, and happy to share their gardening journey! In many cases, samples were offered.

The taste of homegrown, fresh off the organic plant produce is beyond compare. A burst of flavors, juices and nutrients explode on the taste buds from a single "blueberry" tomato. A sensation runs through the body as



From Jen and Jeff Musgrave's stick-built aquaponic system (left), to Paula and Jim Bennett's multiple container method (right), shows that high-altitude organic gardening is possible.



the palate prepares the digestive system for this nutritious goodie. Life is good!

Every place we visited had a fantastic garden, produce hanging heavily on the vines next to Swiss chards reaching skyward. It was fun to see how closely many plants can co-habitate and to learn how within the season, each species has its own season. The plants all co-exist side-by-side in a limited space, sharing the sun, the hydration, the same amendments. We humans could learn a lesson of acceptance from the plants!

Each gardener had something they were very pleased with, whether it was the aquaponic system regularly dispersing nutrients or the make-shift garden bed from an old cattle feeder with a hoop system to protect it from hail and critters.

Each gardener also shared something that didn't work as well as they thought, or discovered perhaps a mold appeared during

this unusually wet year. In these cases, each had already developed a plan to prevent next year, or had found a remedy for this year. We find the permission to make a mistake and learn from it is one of the most amazing aspects of gardening attitude.

Many said they are saving seeds to donate to the seed library in Woodland Park and Florissant.

Over all, what we found is this common thread of growing your own food as sustainably as possible provides an inherent reward, an internal sense of satisfaction, and sense of unity with community as well as communion with Mother Nature. As Karen Anderson, the *Plant Lady* says, Keep going; keep growing! Lee would be proud!

We look forward to printing Harvest Center happenings as we receive them. Mark your calendar for the third Sunday of the month at Woodland Park Library.

About Lee Willoughby

Sustainability, gardening and teaching people were three of many passions (Thomas) Lee Willoughby held near and dear to his heart. While living in Missouri, he and wife, Kathryn ran a 10-acre farm. They moved to Woodland Park in 2005.

Lee immersed himself in learning about the specific challenges high altitude gardeners face. He joined forces with several organizations, including Teller-Park Conservation District, and he met the folks at Aspen Valley Ranch (AVR), who also had a passion for sustainable practices, gardening, and sharing what works with anyone interested in learning.

In fact, the Gordon Jackson Foundation was established in 1995, named for Julie Snyder's father and original owner of AVR, who also had a vision of stewardship of the Earth and encouraged sustainable practices, willing to share knowledge freely to anyone willing to learn. Over the years, AVR has partnered with at least 15 other organizations, including but not limited to: Coalition for the Upper South Platte, Woodland Park School District, Pikes Peak Community College, Mountain Top Cycling Club, Teller County Search & Rescue, Catamount Institute, Upadowna, CSU Master Gardeners, Colorado State Forest Service, Pikes Peak Urban Gardens, Venetucci Farm, and

friends, neighbors and supporters.

Lee also had a passion for people; soon he met locals who had decades of high altitude gardening experience, like Karen Anderson the *Plant Lady*. He found it essential to give the masters a voice, to learn from them and from each other, and in so doing has created a deep sense of community through sustainable gardening practices.

Lee absorbed every tidbit of knowledge he could and had a phenomenal way of putting ideas together with the strengths of those he met in the community. By 2008, The Woodland Park Harvest Center had become a non-profit.

Sadly, Lee died unexpectedly November 24, 2016.

The WP Harvest Center has a strong board and many volunteers who tend to be willing to give back everything they learned to anyone interested in expanding their knowledge base. Newton's first law of motion is: an object in motion stays in motion with the same speed and in the same direction unless acted upon by an unbalanced force.

You see, Lee had the WP Harvest Center so well-organized that it stayed in motion, in the same direction these nine months without his presence. Lee's leadership and legacy lives on through the WP Harvest Center.

John C. Fremont Library

by Sean Beharry

September's Featured Artist

The John C. Fremont Library is hosting Jennifer Gerring's origami series Origami Travels. Jennifer, a resident of Cotopaxi, became fascinated with Origami at a young age. Over the years her love for the art has grown. She has attended multiple classes learning under some of the best living paper-folders of our generation. She is a member of the Origami-USA organization, British Origami Society, and the Origami Houston Study Group.

Adult programs

6 Pioneer Women of Fremont County with Sherry Johns 5:30 p.m. Enjoy a historical glimpse of the female half of Fremont County, Colorado, from rowdy to respectful, winsome to wild, and suffragette to sinner. Sherry includes numerous never-seen-before photos of local historical women in this program. She tells of their lives, families and accomplishments and what they contributed to Fremont County.
13 Universal Health Care: Bringing America into the 21st Century with Madi Jacobs 7 p.m. People are dying from treatable disease in America. Why? Because the current health care system is based on profit. There are many solutions. Please join us for Dr. Madi Jacobs's talk about Universal

Health Care. Discussion to follow.

19 Preserving Your Harvest and Preparing for Next Year with Christine Hassler 6 p.m. Join Christine to learn the basics of dehydrators and dehydrating fruits and vegetables. She will also share some of her favorite recipes using dehydrated ingredients. Other preserving methods like pickling will be covered. Christine will also go over the basics of "putting your garden to bed for the winter."

20 Author and Artist Talk: Historical Fiction with Joe Dorris 5 p.m. Joe Dorris will be at the library to tell us about his historical fiction novels — about the realities of pioneer struggles, love, and hardships in the 19th century Idaho wilderness. His presentation will touch on highlights from pioneer gold miners, the Sheepeater Indians, Swedish farmers, and Chinese miners and merchants within a unique geographic setting. He has written four books, *Katrine*, *Salmon River Kid*, *Sojourner of Warren's Camp*, and *Sheepeater*.

22 Movie Night: *The Zookeeper's Wife* 5 p.m. A married couple who work as zoo caretakers help save Jews from the Holocaust. Rated PG-13. 124 minutes. Free popcorn!
26 Tomb of the Unknown Soldier with Tom Tudor 7 p.m. Tom Tudor has been a dis-

tinguished speaker for 25 years, presenting a moving and informative narration of our nation's most hallowed ground: Arlington National Cemetery. Mr. Tudor, speaking to hundreds of organizations and institutions nationwide, is an authority on the history of 'Arlington' and the Tomb of the Unknown Soldier, which is visited by over four million people annually.
27 Native American Skies by Courtney Miller 6 p.m. Courtney has written over 200 articles for the online ezine, Native American Antiquity, and other online magazines and is considered an expert on Native American Cultures. Courtney will also be signing his books afterwards including his new mystery series, *The White Feather Mysteries*, set in the modern day Wet Mountain Valley.

Clubs

5, 19 Vegan Book Club 11 a.m. The Vegan Book Club discusses veganism and topics related to veganism. Club President: Harrieth Balhiser, harriethbalhiser@bresnan.net
6, 13, 20, 27 Wool Gatherers 10 a.m. The Wool Gatherers meet every Wednesday to yak, knit (or crochet or quilt), and have lunch! The group is BYOP: Bring Your Own Project. All levels welcome.
6, 20 Adult Coloring Night 7 p.m. The John

C. Fremont Library is partnering with the Florence Brewing Company to host Adult Coloring Night. Everyone is welcome to come and color in our adult coloring books. The Florence Brewing Company is located at 200 S Pikes Peak Ave, Florence, CO 81226.

Youth programs

3, 13, 20, 27 Story Time at the Library 10:30 a.m. Join Ms. Debbie for songs, stories and crafts.
7, 14, 21, 28 Story Time at the Farmers Market in Pioneer Park 10:30 a.m. Bring a blanket and join Ms. Debbie for stories in the shade. Themes change weekly, counts for Summer Reading Program!
1, 8, 15, 22, 29 Story Time at the Library 10:30 a.m. Join Ms. Debbie for songs, stories and crafts. Friday Story Time is funded by the Growing Readers Together initiative.

Youth clubs

7, 14, 21, 28 Teen Group 3:45 p.m. Teens 6th to 12th grade are invited for crafts, games and fun. There is a new weekly theme. Snacks will be provided.

All programs and clubs are free and at the John C. Fremont Library 130 Church Ave., Florence, CO 81226 719-784-4649 ext. 3 unless otherwise noted.



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Life-Enhancing Journeys Self-talk: friend or foe?

by Barbara Pickholz-Weiner

Have you ever had someone talk to you in such a rude, nasty and disrespectful way that you felt so abused and bullied that all you wanted to do was either punch the person or run away from them? That would be a reasonable response to such an offensive person. What if you found out that this was happening to you every day, all day long? What would you do about it? What if you recognized that you were actually doing this to yourself? "What do you mean I'm the one doing this?" you might say to yourself. "That's ridiculous!! Why would I ever do that?" This month's topic focuses on our internal self-talk.

We all talk to ourselves nonstop, whether we are aware of it or not. Is it positive and constructive or negative and damaging? Were you aware that most of the time our inner voice is negative? This is a relic from our prehistoric days when our brain needed to remember the frightening and negative occurrences in order to survive. This behavior is now obsolete, yet our evolving brain continues to have remnants from our past primitive brain.

If you were to be truthful and say out loud what you might be saying quietly (and often unconsciously) inside your own head when you feel inadequate or you've made a mistake, what might that be? If you are like most of us humans, it likely would be very critical and a hurtful put down. The incredible part is that most of us don't even realize we are doing it! The majority of self-talk takes place so quickly and habitually that we don't even notice we are doing it. Yet, the primitive, or unconscious, part of our brain is taking it all in, both constructive and destructive. The unconscious mind simply accepts everything you tell it, and then responds according to what it is hearing. Even though your self-talk may be irrational when you think about it consciously, your body will always respond to the inner messages as if they were really true. There might be a tightening of your muscles, high blood pressure, anxiety, migraine headaches, depression, diarrhea, etc. These signals are our body's way of communicating that we are giving ourselves wounding messages. How we talk to ourselves has a great impact on the quality of our lives: how we feel about ourselves and our well-being. Everything we think and say influences the way we feel about ourselves mentally, physically and spiritually.

When I reflect back on some of the fault-finding phrases I'm saying when I disappointed myself or was less than perfect, the most persistent phrase I'd subtly, quietly say to myself was, "...you dumb idiot..." what did you do that for? Less often, yet still a part of my internal dialog was, "Why bother...you'll never be able to do that" "You haven't been productive at all today you worthless piece of..." "God, you look awful today" "Why did you say that, you stupid idiot?" Without awareness, I simply

repeated insults I had been saying to myself since I was about 6 years old (prior to age six, many children have minimal ability to be critical of themselves). When you were a baby or even a young child, can you imagine looking in a mirror and saying, "What is wrong with you? Why are you so hungry

all the time! Why did you poop in your diaper? Can't you see you are annoying Mom? It's your fault she is so tired!" Of course not. So, what happened to change that? Life happened, and all the messages that were absorbed from everyone and everywhere brought you to where you are now. What we often are unable to recognize is that the disapproving, hateful character assaults with which we attack ourselves as adults are just as illogical and undeserved as those offered by our imaginary baby above.

Now ask, "What hurtful phrases have I been saying to myself?" In order to answer this question effectively, it's useful to first become aware of what you might be subtly saying to yourself about your personality or your performance.

One tool that I've found to be useful is to be aware of what is going on in my body. Remember, our body will always react to the silent, destructive statements we are conveying; therefore, when we begin to scan our body for its signals, we will feel physical survival reactions such as a tightening of the muscles, nausea, dry mouth, sweaty palms and rapid heart rate, to name a few. Once I notice these physical reactions, I then make a conscious effort to listen to what I was just saying to myself and to catch myself when I'm saying demeaning messages.

When you notice that you've been giving yourself destructive commands, first give yourself a compliment simply for noticing. You may say to yourself, as I do, "Good for you, Barbara, for noticing..." or "Good catch..." or "Way to go, Buddy...you got it." Allow yourself to create whatever phrase is meaningful to you. The more you practice identifying your internal dialog, the quicker you are able to notice, and then adjust, it.

Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDR II, has been the director of Journeys Counseling Center, Inc. and has provided healing opportunities for people since 1982. You may contact her at 719-687-6927 or text 719-510-1268.

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Teller County Sheriff's Office Hosts National Night Out

by Kathy Hansen

photos by Jeff Hansen



Residents mix with officers at the National Night Out in Divide, even face-painting some of the sheriffs (below and cover).

Many in the small community of Divide gathered August 1, 2017, at the Teller County Sheriff's Office to celebrate National Night Out from 5-7 p.m. It was the perfect opportunity for residents of the community to meet those who protect and serve, while enjoying a BBQ and the many booths and events offered.

Community Partnership was there reminding folks of the GED and other programs available. There was a "No Seatbelt" simulation that allows you to safely experience a crash at 7 mph without a seatbelt. The Football Toss is always fun and so was the face-painting. Drive Smart brought SIDNE, which was donated by Mothers Against Drunk Drivers. This simulation gives the driver an opportunity to see how quickly they can correct speed control (either goes too high, or too slow) and Over/Under steering, which simulates impaired driving. Incident Command had many materials especially helpful for kids: "What Can I Do ... About Strangers?", "Zombie Pandemic" (by CDC), "Parents' Guide to Gun Safety" and "How to Start a Neighborhood Watch Program" to name a few. There was also a short movie and popcorn.

We had a brief chat with the newly appointed Teller County Sheriff, Jason Mikesell. It was fun to learn he grew up in Teller County, and that he had always dreamed of



being in law enforcement, as his grandfather was Police Chief of Abilene, KS during its hey-day. It was truly a pleasure to meet this very genuine, concerned, and caring leader of our community.

Sheriff Mikesell sees law enforcement as members of the community, who serve the community, "They are our neighbors, coaches, and community members; they live here, too! Great communities help each other. We want to be transparent. Dignity, honor, and respect are our vehicles." To learn more about Sheriff Mikesell, see page 25.

UPSC's new officers

The Ute Pass Social Club (UPSC) has elected new officers for the 2017-2018 year.

The purpose of the Ute Pass Social Club is to provide an opportunity for female residents of Colorado's Ute Pass area to become better acquainted with the area and with one another through social functions. Some of our activities include luncheons, bridge, Mah Jong, sewing and crafts, hiking, happy hour, poker, book club, Mexican Train, Bunco, movie/lunch combos, and more! Most activities take place during the day.



Left to right: Diane Nichols, Vice President; Linda Appelbaum, President; Mary Jane Barth, Secretary; Angela Thelin, Treasurer.

For more information, please email us at UtePassSC@gmail.com. For membership information, please email Mary Ann Schroeder at schroederred@aol.com or call her at 719-

687-1773. For more information, go to our Membership Page here: <https://sites.google.com/site/upsocial/Home/membership>

by SLV Animal Welfare Society

Adopt Me Cheyenne

We have had Cheyenne at our shelter for 1-1/2 years. She is not in a 4 x 8 kennel, but out in the dog parks every day. At night, she is in a 4 x 8 kennel. She has come a long way from not being very sociable to wanting attention and now is adoptable. She is a Malamute mix. We rescued four dogs from a nun who committed suicide. The sheriff's department was going to euthanize all the dogs. The dogs had been in kennels all their lives. Cheyenne is about 4 years old. She is not very fond of other dogs. She would enjoy a home as an only dog in the country or mountains. She weighs about 65 pounds, spayed, all vaccinations current. Cheyenne is at SLV Animal Welfare Society, which is at PetCo 5020 N. Nevada in Colorado Springs every Saturday. For more information call 719-587-woof (9663).



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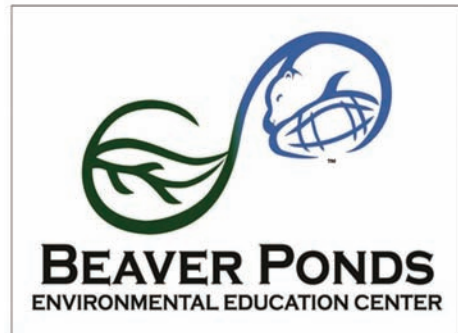
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The Forest as a Bath: A metaphor to live by

by Eric Chatt

How can getting out in nature contribute to your health? Researchers are studying how the simple act of being in nature or "bathing" in nature influences mental health and physiological parameters such as blood pressure, anxiety, depression, and a host of other effects. Many Asian cultures value and embrace this type of sensory engagement with the forest with an intention of healing engrained in the practice.



We are uniquely poised in Colorado to experience a diverse array of forest and mountain landscapes. Whether gardening with a backdrop of Lodgepole pines and Engelmann spruce, breathing in the fresh mountain air, smelling the volatile essential oils, seeing vivid colors in the plants, sunrises, sunsets, feeling the wind blowing through the canyons, all of these experiences have the potential to contribute to our healing response.

Intention has been shown to have a significant impact in healing so I invite you to get out into nature with the intention of health and healing for yourself, Earth, and the other creatures we share this planet with. Learning about our watersheds, ecological niches, sustainable ways of living, and simple interactions with the natural world is what we offer at Beaver Ponds, and we invite you to do this on your own as well. Individual actions are needed to help our environment. Mindful people help themselves and their local environments. We encourage learning about and taking action to regenerate soils, to produce alternative energy,

to share seed and food, eating locally, and to appreciate the dynamic interplay between organisms and resources.

Bathing our senses in the perceptive diversity that we encounter is an opportunity to be present and calm. When stress reduction, peace of mind, relaxation, lowering blood pressure are measurable results, what do we have to lose in regular encounters with nature? The better question is what do we have to lose without regular encounters with nature?

One of the pleasures of working at an Environmental Education Center is to experience the wonder and fascination that people have when they experience and learn from natural settings. People from all walks of life may display a wide range of engaged and enchanted reactions to certain natural sights, smells, tastes, and textures.

There is much overlap between health care, ecology, biology, chemistry, physics, anthropology, agriculture, sociology, and mindfulness. Multifaceted interdisciplinary approaches to living more harmoniously with nature may be warranted. Collaboration is essential. Again, we are lucky to be in such a beautiful place with protected spaces to get outside and explore.

In German bath towns there is a strong integration between natural environments and healing facilities. They even utilize the phrases cure park, cure garden, aroma garden, and saline promenade (modern versions are called inhalatoriums)! Nature cure was exemplified by promoting walking barefoot, "stepping" or slowly walking in streams with a specific intention. Hydrotherapy, therapeutic nutrition, psychology, art therapy, physiotherapy, herbal medicine, sauna, and many other disciplines are blended in a very eclectic stew brewed with healthy intention and practice. Spa vacations (4 weeks duration when I was there) in these "bath towns" are something that is part of healthcare in Germany, often getting people out of the cities into smaller countryside towns and forested areas.

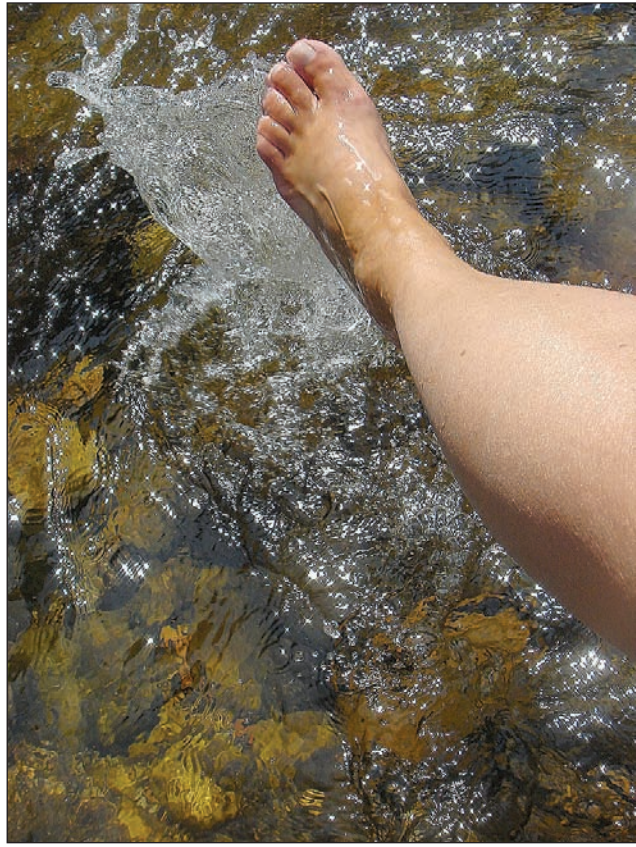
As the August 21, 2017, solar eclipse reminded many people, we live on a mys-

terious and beautiful planet. For a moment people flocked outside, traveled hundreds of miles, scientists studied the surface of Mercury among other myriad questions, and thousands of people reveled at our place in the universe and the opportunity to see such a unique event. People who are lifelong learners often hold on to the three-year-old curiosity that helps to make ordinary moments in our natural world feel fresh and intriguing as the eclipse did for many.

If "forest bathing" is trending in fitness programs, what does this suggest about our collective progressive dissociation with nature. We as species have co-evolved with our natural environments. It shouldn't come as too much of a surprise that seeing the color green, smelling the essential oils of pine and cedar, or hearing the water flowing down the creek would be good for us.

Beaver Ponds Environmental Education Center offers groups and classes an opportunity to bathe their senses in nature while learning about and engaging in practice involving sustainable energy, agriculture, wild crafting plants, ecology, watersheds, and more. We offer workshops in tincture and salve making, fiber arts, local food production and health benefits, gardening, among other opportunities. We also enjoy working with volunteers, local schools, interest groups, and scientists to collect data and to share data. We are lifelong learners/educators providing space, tools, knowledge and resources to get outside and to inspire people of all ages to be better stewards of the land.

So how can we as community interact in a mutually beneficial way with nature, reduce our carbon footprint, and heal individual and societal ills? "Get outside" like your mom



used to say. Perhaps this will help your own health, help nourish and foster the appreciation and good stewardship that our land needs. For your sake, for our sake, and for goodness sakes, please take a forest bath.

Beaver Ponds will be sharing tips for gardening in the Rocky Mountains, food as medicine, ecological tidbits, sustainable energy, and other information that we feel may help our community as individuals living within our special ecosystems here in Colorado and elsewhere.

For information, questions, appointments, volunteer interests, etc. please check our website (BeaverPonds.org) and our Facebook page (Beaver Ponds Environmental Education Center), and feel free to email me at echatt@beaverponds.org. Please join us at 9 a.m. this month for a free, native and medicinal plant hike with Eric Chatt N.D. on September 10 and for our Solar Dying Fiber workshop with Jane Wunder on September 16 from 9 a.m. to 5 p.m. Check the web for class registration.

Teller County Sheriff Jason Mikesell has a sense of community

by David Martinek

It may come as a surprise to some that Sheriff Jason Mikesell started his law enforcement career in Teller County as an animal control officer.

"I was a very rookie patrol deputy in Park County before being hired some 20 years ago by Sheriff Guy Grace to come to Teller County," recalls Mikesell. "But the day I reported for duty, Sheriff Grace had resigned, and Sergeant Larry Dietsche, who met me at the door, didn't know why I was there. He said they had no openings for new deputies. So, I began my law enforcement career in Teller County managing the animal control operation."

"That was before TCRAS (Teller County Regional Animal Shelter), so I not only answered calls and captured strays, but I also took care of the animals that were held, swept out their cages, fed them, cleaned up their messes and did everything else that was needed. Since that time, I have held just about every position possible in the Sheriff's department, including commander of the jail and patrol operations, and even as acting Chief of Police for Victor for a while, when the Sheriff's office took over policing for the city, but I am always humbled by my start in Teller County as a dog catcher."

Mikesell's recent appointment as sheriff by the Teller County Board of County Commissioners, after the resignation and departure of Mike Enslinger, has put him on a path of determining how best to improve the rapport between the sheriff's department and the Teller County community that may have been eroded in the past. One of the many duties of Mikesell's transition team, when he assumed the office of Sheriff, was to explore and receive feedback from department employees and the community about the internal relationships within the department, as well as the sheriff department's external relationship with the public.

"The common theme we found in both areas was the need for better communication," said Mikesell. One of the follow-up actions to that finding was the rehiring of John Gomes as Teller County Undersheriff, effective August 7, 2017.

"John has over 35 years of law enforcement experience," said Mikesell, "and he knows Teller County. He's what I need in the position to push my agenda. And that agenda is improving our relationship with the

community. The message we received from the feedback is that we have communications issues with ourselves and with the people we serve, and we're working hard to fix that."

The sheriff agreed that his department certainly has internal issues that need to be mended and addressed, and he quickly added that they are addressing them, i.e., changes in policy and employee interaction, equipment upgrades, the needs of the deputies, etc.

"But externally, my focus is on improving our sense of community. It all revolves around respect," said the Sheriff. "We will certainly

enforce the law when necessary because that's our job, and I have begun training and refresher programs recently to increase our effectiveness in that area (the subject of future stories), but we are also very cognizant of the need to improve our role as members of the community where we work and live."

"If there was ever a perception of a 'them and us' relationship between the sheriff's office and our local citizens, that is going to stop. I see the sheriff's department and the community as a team, where all parties work to support and protect one another so that we can all be safe and live in peace in our unique and beautiful mountain region."

One of the ways of encouraging citizen involvement, in what Sheriff Mikesell sees as a partnership, is (for example) the upcoming Citizens' Academy to be led by Deputy Renee Bunting. The Academy will tutor community participants on emergency procedures, self-defense issues and other practical matters. More information about the Citizens' Academy will be released soon.

To accomplish that sense of respect for the community, Mikesell recounted that the Sheriff's Department is now at full strength for the first time in many years, and that he probably has the most seasoned leadership in quite some time. As stated, Undersheriff John Gomes comes back with over 35 years of law enforcement experience. Then there's Stan Bishop, commander of the jail, who also has over 35 years as a law enforcement officer. Greg Couch, in charge of patrol operations, has served for over 20 years, as has Sheriff Mikesell.

"We have the team to do the job, and we have a goal to uplift, respect and protect the community we serve," the Sheriff concluded. "That's our agenda."



Teller County Sheriff
Jason Mikesell

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Because of the two horrific storms that came through during our music festival fundraiser, and also several competing events scheduled the same day, the attendance was very disappointing, and we did not make nearly enough to keep the food pantry going for another year. We have come up with a plan to get some immediate cash flow, and it involves just a little bit of help from all of the residents of Teller County. We are going to be starting a '99¢ campaign' shortly, under a 'GoFundMe' title. We will be asking every Teller County resident that can be reached to contribute 99¢ to the food pantry. If we can get enough people to do this, we will be able to continue our mission to provide food to families in need in Teller County, and it won't cost anyone very much at all! Let's work together to keep this much needed service operating for the coming year! Be watching Facebook and other social media sites soon for details on this campaign!

PPCC has an app for that

Pikes Peak Community College has developed an app that allows students to request tutoring services no matter where they are within the new Centennial Campus Learning Commons. This technology is unique to PPCC. No one else in Colorado is using it.

The Learning Commons app signals tutors to arrive at your location within minutes. It's the Uber of academic assistance. Students can request the type of tutoring, find out who's available at any campus, reserve a study room or just learn hours or locations of services.

The idea for this technology came from PPCC's desire to serve students wherever they are comfortable and understanding that students have trouble asking for help.

"This generation of students are so comfortable with technology that using a phone app is an easy way to seek assistance and it eliminates the stigma of asking for help," said Patrice Whitley, PPCC's Learning Commons Director.

PPCC students who engage in tutoring

have an 8-14 % higher re-enrollment rate and may improve one letter grade. PPCC students logged 17,000 tutoring visits between fall and spring 2016. With the new Learning Commons app, the college hopes to increase those numbers.

This unique technology will be put to use in the new Centennial Campus Learning Commons. The library has been transformed into a 16,000-square-foot space where all learning resources are integrated. Students can now access tutoring, technology support and assistance and library services all in one centralized area.

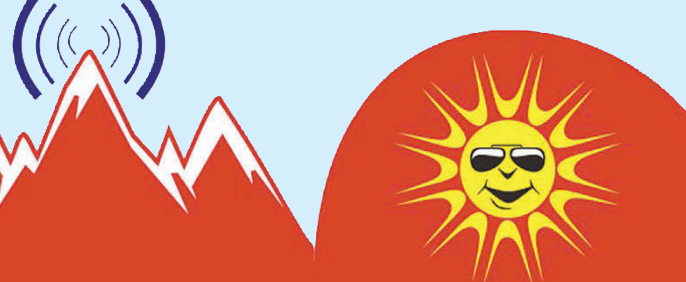
The goal was to create an open learning environment to support academic confidence and enhance the success of all students. The space is broken up into areas of use: the knowledge market, a quiet space, and a social space. Seating is movable so students can create their own configurations. Students even chose the colors and fabric of that furniture.

Adopt Me by TCRAS Sampson



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Up And Away Hold your horses

by Erica Gilmore
photo by Erica Gilmore

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

- Albert Einstein

The human mind has been likened to a wild horse; it has the potential to aimlessly and endlessly run itself to exhaustion. Psychological strife consumes an inordinate amount of energy, leaving little left over for the important minutiae that contribute to general well-being. Personally, August was a particularly rough month. Through the drudgery of daily existence, it is easy to become enveloped, buried in internal reflection on the intricacies of terrestrial circumstance, which causes one to lose sight of transcendental reality. When focus is introspective, externalities are inadvertently neglected. This obscured perspective can be self-perpetuating, contributing to an emotional black hole that feeds on itself while consuming vitality; escaping from the event horizon requires a degree of biopsychosocial self-care, which addresses the biological, psychological and social elements of human health. Interactions with the natural world have proven to be vital contributors to these areas of wellbeing.

The therapeutic value of outdoor activities has long been recognized, but until recently, research has focused on daytime pursuits, such as hiking and gardening, with emphasis on the benefits of sunshine. The European Journal of Ecopsychology published the findings of a 2013 pilot study that tested the merits of "Dark Nature" activities, which promote nocturnal interaction with the natural world. Stargazing was the focal activity.

It seems intuitive that stargazing is an activity that can enhance quality of life, but the researchers analyze the extent of and specific reasons for this. Can personal satisfaction and altruism be found in the sky? Essentially, yes.

Participants in the study reported that stargazing provides a variety of psychological, social and physical benefits, including the utility of increased knowledge, feelings of acceptance and contribution, a sense of awe and loss of perception of time. These results were obtained through a questionnaire with both open-ended and closed response questions tied to the Connectedness to Nature Scale (CNS), which is a validated scale that asks respondents to indicate a level of agreement with carefully-constructed statements. Its purpose is to measure the amount of emotional connection than an individual feels with nature. Those with more years of stargazing experience revealed higher levels of connectedness to the natural world, with an even stronger connection in those who had observed wildlife while stargazing. Further, these individuals were more likely to describe transcendental emotions, such as awe and wonder; these sentiments contribute to a profoundly meaningful sense of happiness and purpose. The ratio of positive to

negative emotions experienced by an individual has a significant impact on wellbeing and moments of awe tip the scale heavily in favor of the former.

Fascination makes it easier to lose track of time, which is something that multiple participants in this study mentioned. This is the process that defines a psychological state of flow (also known as the zone), in which an individual is perfectly and contentedly focused on a specific activity. Repeated engagement in activities that induce this mental state is thought to have a strongly positive correlation with personal satisfaction.

Transcendental feelings of wonder serve a two-fold psychosocial purpose by inspiring positive emotions that foster altruistic behavior, according to a later study that was published in the Journal of Personality and Social Psychology. Per lead author, Dr. Paul Piff of the University of California at Irvine, "our investigation indicates that awe, although often fleeting and hard to describe, serves a vital social function. By diminishing the emphasis on the individual self, awe may encourage people to forego strict self-interest to improve the welfare of others." In other words, feeling like a small part of a greater sum is a catalyst for socially-considerate behavior.

This macro-level perspective can be elicited by many muses: art, literature, music, nature, religion and onward, but they all consistently correlate with pro-social behavior and a decreased sense of self-importance. Dr. Piff believes that awe can cause individuals to act charitably, elevate levels of social consciousness, inspire environmental stewardship and just generally make the world a better place.

Dark Nature activities lend to this sense of wonder by altering familiar landscapes; the mundane becomes a bit mysterious beneath the heavy canopy of night. The lack of visual acuity prompts the engagement of additional senses; one is likely to begin to listen more observantly or pick up on faint scents. Increased urbanization has limited interactions with the natural world to primarily visual experiences. The mundane act of listening closely to a distant sound enriches the encounter to an important extent, allowing for a more comprehensive immersion in nature. The reason for the prevalent lack of immersive experiences with nature is the scarcity of space in urban environments. To behold a familiar setting under altered conditions is to experience it in a novel way and it is hypothesized that this allows individuals to psychologically increase the amount of available outdoor space.

The limitations of space are a legitimate consideration, but time should be far less inhibiting, since we live half of our lives during the night. The average person who works a full-time job is left with little time to enjoy the interactions with nature that are essential to human vitality during daylight hours. The nocturnal realm provides opportunity to maintain this connection, in order to enhance quality of life. Stargazing provides further occasion for interaction that serves purpose on a biopsychosocial scale. Sharing knowl-



edge of the night sky with family and friends is socially fulfilling by fostering a sense of contribution and commonality. Building upon this knowledge is satisfying on a psychological level by invoking feelings of achievement and personal development. Biologically speaking, stargazing causes increased physical activity during a predominantly sedentary period of time; although the increase is small, its benefits are significant.

Besides the benefits above, stargazing holds one more decisive advantage: the darkness, itself. Light pollution (indoor and outdoor) is an environmental concern that has a negative impact on human health. Its effects are not yet completely understood, as it is reportedly difficult to get funding in light of other, more pressing environmental issues, such as climate change. Since the advent of Thomas Edison's incandescent light bulbs in 1879, artificial lighting has been disrupting circadian rhythms and neuroendocrine physiology. When photons hit the retina, a biological process is triggered that can cause changes to numerous systems within the body; cell regulation, hormone production, brain wave patterns and other processes are affected. When the circadian rhythm is disrupted, an individual is more likely to experience health problems such as cancer, depression and cardiovascular disease. Up to 15% of human genes are controlled by the circadian rhythm, so its proper function is absolutely essential. Extensive research has been conducted on the impact of light pollution on flora and fauna in both urban and rural areas. When exposed to an artificially-prolonged period of light, many trees fail to make appropriate seasonal transitions, which is proven to alter the behavior of the insects, reptiles, birds, fish and other species that rely on them. The ubiquity of artificial lighting has reached a point where 99% of the populations of the European Union and the United States live in places that exceed the threshold for light-polluted status, which was set by the International Astronomical Union.

Ultimately, the timeless and noble pursuit of stargazing serves a purpose for many beyond the individual nocturnal spectator. Turning the lights off, going outside and observing with wonder is for the greater good.

After a trying day, I decided to take my 15-month-old daughter out for her very first stargazing experience, a few days prior to the peak of the Perseids meteor shower. The two of us sat comfortably, wrapped in a blanket under the sparkling radiance of the all-encompassing abyss. Distant lightning periodically illuminated the clear night sky like a far-away flash photographer. I could tell that she was mesmerized because she sat in my lap, perfectly content to observe for nearly an hour. A dazzling meteor blazed a white-hot slice across our panorama. My heart melted, as she quit sucking her thumb to trace its path across the sky with her finger. She said: "Whoooooo!"

The etymology of the word whoa can be traced back to the 17th century, when it was used as a command to stop horses. Hold your horses, indeed.

99 Cents Campaign



Under
a buck!

Divide's Little Chapel Food Pantry put a whole lot of preparation into their 2nd Annual Alpine Music Festival, had a fantastic line-up of music all day long and a quite a few vendors ready to share their wares. On-line sales indicated there would be a good turn-out. It seems the weather had its own idea of how to put on a bang of a show. "Because of the two horrific storms that came through during our music festival fundraiser, and also several competing events scheduled the same day, the attendance was very disappointing, and we did not make nearly enough to keep the food pantry going for another year," reported Judi Hesselberg. Anyone who knows Ken and Judi Hesselberg as the coordinators of the Little Chapel Food Pantry knows it takes more than a rainy day to keep them down. Their faith in their mission of feeding those in need is held close to their hearts and a priority on the task list. They put on their creative caps and decided to create the 99 Cent Campaign under a 'GoFundMe' webpage.

They are asking every Teller County resident that can be reached to contribute 99¢ to the food pantry. "If we can get enough people to do this, we will be able to continue our mission to provide food to families in need in Teller County, and it won't cost anyone very much at all!" said Judi.

Let's work together to keep this much-needed service operating for the coming year! Be watching Facebook and other social media sites soon for details on this campaign!

Publisher's challenge: Businesses are often expected to do more for communities. As publishers of the Ute Country News we challenge other Teller County Businesses to match or beat our donation of \$9.99. Since the website was not up and running at the time we went to press, please go directly to <http://www.littlechapelfoodpantry.org/donate> or mail your donations to LCFP 69 County Road 5, Divide, CO 80814 or call 719-322-7610 or email LITTLECHAPEL-FOODPANTRY@OUTLOOK.COM.

ATV Historic Color Tour

September 19-23, 2017, ATV riders will experience four days of self-guided tours through the awe-inspiring backcountry of the Collegiate Peaks range with 12 fourteen-thousand-foot mountains! The greatest concentration of 14,000 ft. peaks on the continent.

Participants will be able to explore old mining camps and ghost towns via high mountain passes where gold and silver ore were carried by mule wagons to the railroads. Buena Vista is minutes away from the San Isabel National Forest with its 1,109,782 acres of true splendor and over 700 miles of trails to explore. Our town is also the gateway to the 148-mile long Arkansas Headwaters Recreation Area with its Gold Medal fishing. To make things even more enticing we have two Hot Springs to relax in after a thrilling day's ride.

The ATV Historical Color Tour is timed to coincide with the fall colors; the aspens are all aglow with gold and red tones. Each morning riders choose their route, there are many to select from. There are no more than 50 riders allowed on the same trail. The tour is run differently than most as there are no guides, each rider chooses their self-guided ride and goes at their own pace. Each trail has volunteer outriders to answer questions and make sure everyone gets back each night! Here are a couple of our favorite rides:

Hancock/Tin Cup Loop is a favorite.

The route is magnificent with high mountain vistas, old mine sites, and several ghost towns. Riders start at the ghost town of St. Elmo and ride to the summit of Hancock Pass (over 12,000'). Shortly past the summit, a side trip along smooth railroad grade takes one to the Alpine Tunnel site, the first bore through the Continental Divide. The route continues back down the railroad grade to the town of Pitkin where one can ride ATV's

through the town streets for gas and food. The route continues over Cumberland Pass into the ghost town of Tin Cup. The return trip takes riders past Mirror Lake at 11,000' and over Tin Cup Pass at 12,000'. Here there is more color, history, mining sites and natural beauty than anywhere else, and you get to cross the Continental Divide twice in one day.

The Mt. Antero/Baldwin Lake is the highest route.

The highest point is 13,700' and the summit at 14,269' is a short hike from there. Rider's visit two high mountain lakes and a couple of mines. Near the summit of Mt. Antero, aquamarine and quartz are still mined today on active claims.

Twin Lakes/Lost Canyon are two routes that require trailering.

At the top of Lost Canyon, one will be in awe of the views of Mt's. Belford, Oxford, Missouri, and Huron. . . all 14'ers. From the top of the Twin Lakes trail, one can see across the valley into the famous California Gulch Mining District.

The Registration fee of \$95 for the event includes a commemorative booklet with self-guided trail descriptions, four breakfasts, Saturday night Pig Roast, t-shirt, Poker Run, and ATV rodeo. All OHV vehicle types are allowed to join in the fun as long as they have a Colorado OHV permit and are no wider than 50 inches.

The ATV Historic Color Tour is hosted by the (non-profit) Buena Vista Chamber of Commerce & Visitor Center. The Tour is operated under permits from the US Forest Service and the Bureau of Land Management. For more information and registration go to <http://www.buenavistacolorado.org/atv-historic-color-tour>.

Painting the town! Centennial Paint Store opens in WP

A new family-owned and operated, luxury brand paint store is located at 116 W. Midland Ave., in the old Buck's Saloon building next to Woodland Square pedestrian plaza. Centennial State Paint Center is Teller County's best value source for higher-end paint, paint supplies, painter equipment and gear, stain, and more!

The co-owners of Woodland Park's newest paint supply store are Jon Gemelke and Kimberly Mitchell. Mitchell's husband Matt Gantner assists with daily store operations. Together the trio has more than 25 years of experience in the home painting industry. They named this business after the state of Colorado — the Centennial State. Gantner also operates Front Range Storage Solutions in Colorado Springs, CO.

"By bringing this painting supplies store into the heart of Woodland Park, we are driven to serve several of Colorado's most beautiful small towns and rural mountain areas west of Colorado Springs with the best selection and value in paints, stains, equipment and gear

for homeowners and professionals. Although other stores in the area carry paint and related supplies, Centennial offers the best selection of branded products by PPG (Pittsburgh Paints), P&L (Pratt & Lambert), Superdeck (Duckback) Stains, and Purdy Brush professional painting tools to Teller County residents, professional builders and contractors," said Jon Gemelke, store co-owner.

"Whether our customer is a homeowner working on their own home renovation project, or a local contractor looking for a great deal on supplies, Centennial State Paint Center is your one-stop painting supply store in Woodland Park for high-quality exterior and interior paint, in stock or customized and mixed on site. We also carry an extensive selection of stains and offer the best value in caulking, patching materials and surface preparations," said Daron Lee, store manager.

For more information, call the store at 719-686-6701 or visit them on the web at www.CentennialStatePaintCenter.com.

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One Dog at a Time 12 Dog Training Tips

by Janet Bennett

1. Understand that a puppy is an infant dog, not a miniature adult. Adjust your expectations accordingly.
2. Puppy proof your house with baby gates, a crate and/or a pen. Any time your puppy is not supervised, he should be contained in a safe place. Provide appropriate toys for him to chew.
3. Dogs are not born understanding English. The new puppy has no idea what the word "no" means.
4. Learn about dog body language. Your dog can't talk but he can tell you how he feels.
5. Train with high value treats. You will be surprised at how much harder your dog will work for a tiny piece of chicken breast, cheese or liver, compared to a premium store-bought treat. Training treats should be soft so you don't have to wait for your dog to chew before continuing the lesson.
6. Catch your dog being good. It's easy to get caught up in scolding your puppy when your pup is getting into trouble. Rewarding him out of the blue for being good let's him know he is doing the right thing.
7. He's a dog, not a human. It's their "dog-gyness", not what we think of as their similarity to humans, that makes them so lovable. Dogs don't think like humans. They do not plot revenge; they just try to do what makes them feel safe and happy.
8. Dogs do the things that we reinforce. Those behaviors we don't like? We usually have ourselves to blame. Owners inadvertently reinforce all kinds of undesirable things such as excessive barking at the doorbell to counter surfing. Keep leaving food within reach on the counter, and your dog will learn that it's worthwhile to chew.
9. Learn to be quick with praise and treats. If the treat comes more than a few seconds after your pup has done what you've asked, he has no idea what he did to earn it, or you may inadvertently reward the wrong behavior.



10. Always be happy when your dog comes to you, whether you called him or not. A common owner complaint is that the dog doesn't come when called. Never punish your dog for coming to you. No matter what he did just before. Call him in a happy, playful tone and reward big with treats, a toy or praise when he gets to you.
11. Keep a positive attitude. If you are getting upset, your dog knows it!
12. Provide the right amount of exercise and mental stimulation. Bored dogs get into trouble. For young puppies, mental stimulation is just as tiring as physical exercise and is safer for their growing bodies.

If you are interested in taking your dog training even further, be sure to check out the AKC's Canine Good Citizen Program. Contact Wings and Warriors at www.wings-and-warriors.org to see when their Canine Good Citizen classes are scheduled.

This information is brought to you by Wings and Warriors, a non-profit organization located in Florissant, CO. It is our mission to provide highly trained service dogs to those in need, all at no charge to the recipient. Donations, sponsors or volunteers are always needed. See website above.

Outside the Lines Libraries cooperating across counties

The John C. Fremont Library District and Rampart Library District are participating in Outside the Lines, a global initiative designed to get people thinking — and talking — about the library in a whole new way. Outside the Lines is a weeklong celebration, Sept. 11-17, 2017, demonstrating the creativity and innovation happening in libraries.

During Outside the Lines, participating organizations from around the world will host events or campaigns that help people understand how libraries have changed into dynamic centers for engagement, and how they are more relevant than ever to people's lives. Outside the Lines celebrates libraries as community hubs that help everyone to be their best.

The Florence Pioneer Day Parade occurs during the week of the Outside the Lines celebration. John C. Fremont Library's Teen Group will have two events leading up to Pioneer Day. On August 17, they painted rocks to join in the "719 Rocks" Facebook movement, where people paint inspirational rocks and then hide them in plain sight. Library director, Tabby Selakovich stated, "We have had several beautifully painted rocks appear around our library with messages to keep or re-hide. Our teen group will be painting and hiding rocks around our district with a message to bring them to the library to receive a free book."

The Teen Group will have a bicycle repair workshop on September 14, to encourage all youngsters to ride and decorate their bikes in the Pioneer Day Parade, on Saturday, September 16th.

The library participates in many community events to help people understand that they are much more than shelves of dusty old books. Partnerships have formed between schools, businesses, community

The library participates in many community events to help people understand that they are much more than shelves of dusty old books.

service groups, city administration, Farmers Market, and even the local brewery.

This year the Rampart Library District will be celebrating the annual Outside the Lines event by visiting the Woodland Park Senior Center on Wednesday, September 6 at 11:45 a.m. Library staff will be joining the seniors for a lunch, sharing news about the library and enjoying good conversation.

The Senior Center, located at 321 North Pine Street in Woodland Park, CO is a wonderfully active center that meets the needs and interests of the seniors in the community by offering a wide variety of activities as well as hot meals. For those interested in attending please R.S.V.P. the center at 719-687-3877. The cost of lunch is \$5 and \$2.50 for those 60 years or older. All are welcome.

"While Outside the Lines is a nationally recognized week-long celebration of creativity and innovation in libraries, here at the Rampart Library District we continuously strive to find new and exciting opportunities to engage with our community outside of the bricks and mortar of our buildings," stated Michelle Dukette, Library Director of Rampart Library District.

Summer Turns Golden Mueller State Park

photo by Jeff Hansen

At Mueller State Park, we enjoy every beautiful, summer day and celebrate fall as it turns the forest golden!

Typical weather in September at Mueller brings picture-perfect, blue-sky days. As those days become shorter, the trees start to change into their awesome display of color. Aspen trees make the hillsides glow with gold! Mueller is a favorite spot to see the show. Come on out to camp or hike and dive into the beauty of autumn in Colorado.

A full schedule of naturalist programs can help you to look at, learn about and enjoy the surroundings. Evening amphitheater programs will continue on weekends and guided hikes are available almost daily. Special programs this month include elk bugling hikes, a full moon hike, and fall challenge hikes! The Fall Challenge is an invitation to hike all the trails at Mueller, with a guide or on your own, about 60 miles, in one month! Folks that meet the challenge receive a certificate and prize for their accomplishment!

On Saturday, September 30th, the park will host its annual "Mueller in Gold" fall festival! Visitors can celebrate the changes in the forest and the annual rut of the elk in this day full of family fun activities. Discover why the trees change their colors on an Aspen Hike. Learn what's happening with all the elk in their peak of health at this time. Join in the fun and try archery, gold panning or fly fishing. Special activities are planned for kids to explore and play in nature. All activities are free; a park pass for your vehicle is the only cost.

1 Patio Talk: Amazing Amphibians! 10 a.m. meet at Visitor Center. Come learn all about our state amphibian, the tiger salamander. Naturalist Karleen will share some fun facts about these little creatures.

2 Hike: Digital Outdoors at 9:30 a.m. meet at Elk Meadow Trailhead. A nature photographer for over 30 years, Naturalist Russ can help you capture nature with your camera on this 2.25-mile trail.

2 Fly Fishing Basics at 10 a.m. meet at Dragonfly Pond. Learn the difference between fly fishing and spin casting, and give it a try!

2 Hike: Buffalo Rock Trail 1 p.m. meet at Grouse Mountain Trailhead. Join Naturalist Penny for this beautiful 4-mile hike through aspen and pine forest, meadows, and see Cheesman Ranch.

3, 22 Hike: Turkey Cabin Overlook Trail (1:30 p.m. on 3rd meet at Black Bear Trailhead; 9:30 a.m. on 22nd meet at Homestead Trailhead). Travel a trail not often visited, but well worth the view, with Naturalist Penny/Russ. See where a historic cabin used to stand. 3.5-mile hike.

4, 15, 24 Hike: Rock Canyon Trail 9 a.m. on 4th & 15th meet at Rock Pond Trailhead; 9:30 a.m. on 24th meet at Visitor Center. Join Naturalist Penny/Rose on this trip through many montane micro-environments. This is a favorite trail at Mueller and is a moderate 5-mile hike.

4 Touch Table: Horns and Antler 2-4 p.m. meet at Visitor Center. Come see a variety of horns and antlers that came from animals in the Pikes Peak area. Find out who has horns and who has antlers. Take this opportunity to see up close.

5 Hike: Dynamite Cabin Trail at 9 a.m. meet at Grouse Mountain Trailhead. Savor the immense variety of wildflowers, trees and wildlife as you hike the Dynamite Trail with Naturalist Lori. This unique trail is rated easy to moderate and is 1.8 miles long.

6, 28 Hike: Cahill Trail Loop (10 a.m. on 6th; 9 a.m. on 28th) meet at Grouse Mountain Trailhead. Join Naturalist Lori on this moderate 2.5-mile hike, exploring the flora and fauna of Mueller.

6 Hike: Full Moon Hike at 7:45 p.m. meet at Outlook Ridge Trailhead. Join Naturalist Jim and enjoy the awesome view of the full moon rising over Pikes Peak. Learn some random facts and fun myths about our only natural satellite. We will be returning in the dark. This is a moderate 2-mile hike.

7, 11, 25 Hike: School Pond Trail 9 a.m. meet at School Pond Trailhead. Take a gentle hike with Naturalist Penny on a 1.5-mile trail. This trail offers beautiful views, black birds and a prayer tree along the way. (25th is combined with Stoner Mill for 3.5-mile trail).

7, 14, 21 Hike: Hike and Read (1:30 p.m. on 7th at Grouse Mountain; and 9 a.m. on 14th at Black Bear Trailhead; 8 a.m. on the 21st meet at Rock Pond Trailhead). Do you find yourself wanting to get out and hike but you

still want to take some time to read? I have the answer! Come with Naturalist Penny, hike to Grouse Mountain Overlook/Turkey Cabin Overlook/Rock Pond on 9, sit and read for 30 minutes then hike back.

8 Auditorium Talk: Wilderness Neighbors 10 a.m. meet at the Visitor Center. Every time that we are out hiking and camping, it is important to remember that we are surrounded by wilderness neighbors. Join Naturalist Karleen to learn how we can all keep our wildlife wild!

8 Hike: Trains and Lost Towns 1 p.m. meet at Elk Meadow Trailhead. Join Naturalist Penny and learn the history of the Midland Terminal and Colorado Midland Railways, Tracey Hill and Murphy's cut on this 3-mile hike.

8 Touch Table: Cougar and Elk 1:30-3:30 p.m. meet at Visitor Center. Come examine the hides and skulls of these prey and predator animals that live in the park with Naturalist Russ.

9 Touch Table: Aspens 9-11 a.m. meet at Camper Services. The mighty Aspen tree hosts a variety of life forms and has been used throughout history for various purposes. Learn about these important and beautiful trees with Naturalist Karleen.

9 Hike: Noble/Osborn Trail 9:15 a.m. meet at Black Bear Trailhead. Wander through fields and forest full of wildlife and flowers to see two historic cabins. Learn about the hard, but honest, life of two early settlers with Naturalist Penny.

9 Children: Discover Skulls of Colorado Wildlife 1 p.m. meet at Visitor Center. In this fun inquiry based activity, we'll use our senses and make some educated guesses about the skulls of Colorado wildlife. Designed for 2-6 grade however all are welcome.

9 Touch Table: Tracks 2-4 p.m. at Visitor Center. Learn how to identify different tracks of animals of Colorado with Ranger Olson. Stop in and have a look!

9, 15, 23, 29 Hike: Elk Bugling (5:30 p.m. on 29th; 5:45 p.m. on 23rd; 6 p.m. on 15th, 6:15 p.m. on 9th) sign up at Visitor Center. Every fall, bull elk seek out and compete for females. Visitors over the age of 10 can witness this amazing yearly event with Naturalist Russ. This is a 3-mile round trip hike, returning after dark. Please sign up at the Visitor Center via walk-in or by calling 719-687-2366.

10, 24 Children's Hike and Draw 10 a.m. meet at Visitor Center. Come explore a favorite trail at Mueller and let your creativity show as Naturalist Karleen helps you make nature journals. Take a short hike and make stops along the way to draw what you see!

10 Hike: Mountain Logger Trail 1:30 p.m. meet at Black Bear Trailhead. Savor the trees, wildflowers and wildlife as you hike the Black Bear and Mountain Logger trail loop led by Naturalist Penny.

11 Touch Table: Seats and Tracks 2-4 p.m. meet at Visitor Center. Learn to ID different poops and paw prints for animals of Mueller with Naturalist Penny. Make your own track ID card to take with you.

13 Hike: Lost Pond 9 a.m. meet at Lost Pond Trailhead. If you are new to Colorado, just visiting or looking to gain knowledge of basic wildlife, trees and wildflowers, this is the hike for you! Join Naturalist Karleen in an exploration of the montane zone.

15, 24 Touch Table: Owls 2-4 p.m. meet at Visitor Center. Have you ever wondered what an owl pellet is or how to identify owl feathers? Naturalist Penny will share with you a variety of owl knowledge. Stop by anytime.

16 Hike: Aspen Leaves 9 a.m. meet at Elk Meadow Trailhead. Experience the glory of the Aspens in fall as you hike Elk Meadow with Naturalist Russ. This unique trail is a moderate 2 miles.

16 Story Time: Moose 10 a.m. meet at Visitor Center. Join Naturalist Karleen for a fun story about the largest member of the deer family. Aimed for ages 5-10 however all are welcome!

16 Hike: Rule Creek Pond Trail 1 p.m. meet at Grouse Mountain Trailhead. Hike the wide trails on this loop with Naturalist Penny. We will go by Rule Creek pond and past Cahill pond on the way back.

16 Hike: Preacher's Hollow Trailhead 1:30 p.m. meet at Preacher's Hollow Trailhead. Explore all the beauty of Mueller State Park on this 2-mile hike with Naturalist Karleen.

16 Star Party 7:30 p.m. meet at Visitor Center. The Colorado Springs Astronomical



Can you spot one of Mueller's many residents enjoys the sunshine?

Society will have several telescopes set up outside of the Visitor Center for everyone to view the stars and planets of the night sky.

17 Touch Table: Historical Artifacts 10 a.m. meet at Visitor Center. Come see some historical items that were used in the late 1800s to early 1900s in Colorado's mining towns! Stop by anytime.

17 Hike: Cheesman Ranch (via 34, 33, 17) 1:30 p.m. meet at Grouse Mountain Trailhead. Explore the structures of the Cheesman Homestead as Naturalist Karleen shares some history about Mueller State Park. 4-mile hike.

18 Hike: Osborn Homestead 9 a.m. meet at Black Bear Trailhead. Visit the Osborn Homestead to take in some views and travel back in time with Naturalist Penny on a 3-mile moderate hike.

18 Touch Table: Skins and Skulls 2-4 p.m. meet at Visitor Center. Touch and examine the skins and skulls of animals that call Mueller State Park home, including mountain lion, coyote and beaver.

19, 21, 23, 26, 28, 30 Fall Challenge Hike 8 a.m. meet at Visitor Center. Hike all the trails at Mueller in 4 weeks and 12 sessions — complete over 60 miles and receive a prize to commemorate your effort! Ask at the Visitor Center for more details.

19 Hike: Bird Watching 8:30 a.m. meet at Elk Meadow Trailhead. Take an early morning hike with Naturalist Craig and look for birds that live at Mueller.

20, 28 Hike: Geer Pond Trail (9 a.m. on 20th meet at Homestead Trailhead; 1:30 p.m. on 28th meet at Lost Pond Trailhead). Travel to one of Mueller State Park's largest ponds with Naturalist Karleen. Look for beavers, muskrats and redwing blackbirds with Naturalist Penny on the 28th.

23 Children: Peter Packrat Interviews the Animals 10 a.m. meet at Visitor Center. Peter Packrat finds out interesting facts about some of the animals that make their homes in the meadows and forest of Mueller State Park. This puppet show entertains 1-5th grade students, all are welcome.

23, 30 Hike: Outlook Ridge Trail 1 p.m. meet at Visitor Center. Join Naturalist Sharon for a discussion about the montane forests of Mueller, then head to Outlook Ridge for a hike and enjoy the beautiful views on this 2-mile loop.

25 Touch Table: Birds 2-4 p.m. meet at Visitor Center. Learn about birds of the Pikes Peak region. See biofacts from Red-tailed Hawks, Golden Eagles and Broad-tailed Hummingbirds — just a few of the bird items that will be on display.

27 Hike: General Nature Hike 9 a.m. meet at Black Bear Trailhead. Journey through forest and meadow, look for wildlife and experience autumn at its finest. Naturalist

Karleen will guide you on this hike.

27 Children: Art in Nature 1 p.m. meet at Visitor Center. Autumn is a great time to let nature inspire us as we create artwork. Join Naturalist Karleen and make some fun crafts.

29 Hike: Ranger Ridge Trail 9 a.m. meet at School Pond Trailhead. See the beauty of autumn with Naturalist Penny on this scenic 2-mile hike. It is rated difficult for the long steep hill. Bring your walking sticks.

30 Mueller in Gold 9-4 p.m. Celebrate beautiful fall colors and elk in their prime at this fall festival of fun family activities! Aspen hikes, gold panning, archery, and more! See posters or website for a detailed schedule.

AMPHITHEATER

All amphitheater offerings at 7:30 p.m. unless otherwise noted. Dress warmly.

1 Digital Outdoors. A nature photographer for over 30 years, Naturalist Russ creates images for both personal enjoyment and profit. Learn some tricks of the trade as you view some of his amazing photos.

2 Native Tales at 7 p.m. Join Naturalist Penny for a look at the wisdom and lessons taught through stories and legends of Native People.

3 Shadows in the Night. Learn about the facts and myths surrounding the only flying mammal, bats. They may have a face only their mother could love but they actually are very beneficial to man.

8 Those Sly Foxes. Foxes run free in our imagination, folktales and legends. They are known to be clever, sly and wily. Get to know the real fox with Naturalist Penny.

10 Coyote Tales at 7 p.m. Coyotes are everywhere in the United States, including cities. Native Americans considered them the trickster and told many stories about old man coyote. Learn from Naturalist Penny about this adaptable creature both in the wild and in myth.

15 The importance of Bees! Bees play a vital role in our world. You'll be surprised at how many plants they pollinate and food they provide for us! Learn more from Ranger Meats.

17 Bear Facts. The black bear can be one of the most exciting finds while hiking and camping. Join Naturalist Penny and explore the life of these amazing creatures.

24 Jeopardy in the Park. Test your knowledge on wildlife, geology, flowers, and animal facts with Naturalist Penny. There will be prizes!

Mueller events are free; however, a \$7 day pass or \$70 annual park pass per vehicle is required to enter the park.

For more information, call the park at 719-687-2366.



Are you looking for a job opportunity that lets *you* be in charge of your time and your money?

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The Ute Country News is seeking sales representatives for Breckenridge, Buena Vista, Salida, and Colorado Springs. Experience helpful, but will train. Basic computer skills required. Ability to identify potential markets helpful. Generous commissions. Send letter of interest and resume to Ute Country News POB 753 Divide CO 80814 or utecountrynewspaper@gmail.com.

Rampart Library news

by Michelle Dukette
photo by Aaron Dukette

This summer I had the privilege of visiting the St. Johnsbury Athenaeum in Vermont. This private nonprofit public library and art gallery is a National Historic Landmark, donated to the city in 1871 by Horace Fairbanks, president of the E & T Fairbanks and Co., maker of the first platform scale. Fairbanks, who served as Governor of Vermont from 1866-1868, used his wealth as a conduit to share his love of knowledge and the arts with his community in the same spirit that Andrew Carnegie would decades later.

When I entered this beautiful French Second Empire style building I was instantaneously in love with its graceful spiral staircases, beautifully crafted woodwork, and exquisitely detailed light fixtures. It is what could be considered a librarian's dream library.

What entranced me however, was the atrium art gallery tucked away in the back of the building. Added two years after the original construction, it includes paintings donated by Mr. Fairbanks when the gallery was built and others donated posthumously. Entering this space was like going back in time, as the gallery display is in its original form with all paintings in their original

placement, perhaps the only gallery in the country to be as such.

What demands the viewer's immediate attention is the glorious painting *Domes of Yosemite*, by the artist Albert Bierstadt. Painted in 1867 and purchased by Fairbanks at auction in 1872, this 10x15-foot oil painting is the largest he created and is a brilliant example of the art of the Hudson River School movement. While equally beautiful works by other artists of the same school are in the gallery, the sheer size and grandeur of the theme of *Domes* dominates the collection. In the painting, the viewer's perspective is one of standing near the lushly green and misty brink of a waterfall as it bends to its immediate descent, the towering Domes of Yosemite front and center as far as the eye can see — a crisscross of magnificence that only nature could have created. The painting is so grand and inspiring that I visited and admired it three times during my stay in Vermont.

The first art movement to be classified as purely American, the 19th Century Hudson River School was groundbreaking in its time. Up until this point landscapes functioned merely as background, but Hudson River

artists brought the landscape front and center.

The Hudson River School was influenced by Romanticism and the Transcendentalism Movement, which demonstrated a strong belief in the inherent goodness of people and nature. While writers such as Ralph Waldo Emerson, Henry David Thoreau, and Walt Whitman led the movement in America with their pens, artists such as Thomas Cole, Frederic Edwin Church, and Albert Bierstadt led with their paintbrushes. These artists influenced American society by reminding them of the importance of the grandeur and power of nature in a time of swift industrial development. They visually communicated to the masses the urgency of preserving the unspoiled landscape that was quickly disappearing.

One man who was heavily influenced by this unique art movement was Fredrick

Falls with the assistance of the prominent Hudson artist Frederic Edwin Church, whose subject matter was frequently Niagara. In 1879 Olmsted submitted the *New York State Survey on the Preservation of the Scenery of Niagara Falls* to New York State Legislature. He urged preserving a portion of Niagara Falls, which had up to that point, become inaccessible due to heavy industrial development and commercialism. Olmsted argued that the State should purchase land surrounding the Falls so that it would be preserved and free to the public and with this land create a park that would accentuate the beauty of the area so that it could be enjoyed by future generations. The movement was supported by leaders and came to be known as the Free Niagara Movement. Legislation was passed in 1885 and as a result Olmsted was assigned the task of designing the park at the State Reservation.

Niagara began a ripple effect throughout the country for land conservation. While it was the first state park, it is certainly not the only one. According to the website of the National Associate of State Park Directors there are now 10,336 state park areas comprising of 18,597,527 acres.

Albert Bierstadt continued to bring the West into the conscience of Americans with his splendid paintings of its expansive landscapes of mountains and valleys. Here in Colorado, he was so influential in his vision that Mount Bierstadt and Bierstadt Lake are a tribute to his contributions to preservation in our own state. Additionally, he is known to be the first European to climb Mt. Evans.

On a more local level, the community of Teller County can appreciate the legacy and land preservation at Mueller State Park where we are able to enjoy scenic views of Pikes Peak and Dome Rock, experience the wildlife of the area, and learn about the history of the land. The park has inspired many artists, including Herman Raymond, who in 1978 created *The Big Horn Ram*, a lovely water-color rendering of the wildlife of our area. Raymond who is well known in the Pikes Peak area as a prolific artist, passed away in 2010 at the age of 85. The Rampart Library District was fortunate to recently acquire a silkscreen of this painting as a generous donation from the Dig and Dream Garden Club, based out of Aurora, Colorado, which thought that Woodland Park would be a suitable home for the piece due to its proximity to Mueller State Park. The artwork is now located on the third floor near the Western Fiction collection at the Woodland Park Library.

Art has inspired natural preservation, and alternately preservation has equally inspired art. Both art and nature inspire the human mind and spirit. I am certain this is why Fairbanks thought it so important to place the *Domes of Yosemite* front and center in his gallery and also why Herman Raymond's *The Big Horn Ram* is a wonderful addition to the Rampart Library District. Just as the *Domes of Yosemite* called me three times to come back and admire its beauty, I hope that you will return time and again to admire this new addition of artwork to our library, and that it will in some way inspire you.

To view the *Domes of Yosemite* online and for more information on the St. Johnsbury Athenaeum, visit their website at www.stjathenaeum.org. For more information on Thomas Cole and the Hudson River School read *The Hudson River School: Nature and the American Vision* published by the New York Historical Society. To learn more about the life and works of Frederick Law Olmsted read *Genius of Place: The Life of Frederick Law Olmsted* written by Justin Martin.

We are currently accepting applications for our October 11th Local Author Event. For more information, contact Jennie at 719-687-9281.

Myself standing with The Domes of Yosemite by Albert Bierstadt at the Saint Johnsbury Athenaeum, VT.



Myself standing with The Domes of Yosemite by Albert Bierstadt at the Saint Johnsbury Athenaeum, VT.



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PIKES PEAK REGIONAL MEDICAL CAMPUS Woodland Park

BUENA VISTA
9 Apple Fest at the Turner Farm <http://www.buenavistaheritage.org/turner-farm>
19-23 ATV Historic Color Tour see page 27 or <http://www.buenavista-colorado.org/atv-historic-color-tour/>
29 - Oct.1 The 14er Fest <https://14erfest.com/> Come rejuvenate yourself with the magnetism and splendor of Natures autumn colors in Buena Vista, Colorado www.BuenaVistacolorado.org

CA ON CITY
24 Cup and Cone will celebrate their 5th Anniversary the whole month of September. There will be a big band party on Sept 24 featuring a 20-piece band! Pictured are Savannah Evans, Shelby Woolley, Brooklyn Hall, Jessica Ownbey, ShyAnne Rodgers, Raymond Griffiths. All staff completed Cup and Cone's rigorous training and are pictured with their certificates.

CA ON CITY
10 Christ Episcopal Church is hosting an afternoon of music beginning at 2 p.m. featuring Norah Joy Clydesdale on cello and Dr. David Volk on piano. The performance includes: JS Bach Unaccompanied Suites I and II, Sonata for Cello and Piano and Elegie by Gabriel Faure. A meet and greet reception will follow the performance. Tickets \$10 (students free) and available at the

Note: Rampart Library District will be closed on September 3 & 4 for the Labor Day Holiday.
Woodland Park Public Library Closed September 16 & 17 for Oktoberfest.
Visit us online www.rampartlibrarydistrict.org

~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 719-686-7393 or email us at utecountrynewspaper@gmail.com.

BRECKENRIDGE SUMMIT COUNTY LIBRARY SOUTH BRANCH LIBRARY

Adult
5, 12, 19 Tuesday Tech Help 3-4 p.m. Need a little extra technology help? Our drop-in sessions are perfect for learning about Facebook, setting up an email account or downloading an eBook. Bring your own laptop, tablet or device, or use one of ours. We will meet in the Puzzle Study Room next to the Teen Room. Feel free to register in advance by calling 970-453-3544.
16 Author Talk: Meet Judi Hendricks, author of *Baker's Blues* 5:30-6:30 p.m. Join us for an evening of delicious food and fun with the author! Enjoy delicious appetizers as you listen to readings from Judi's books, learn about the creative process that gets such magnificent stories told and even purchase a copy and have it signed if you would like!
19 Classic Film Series: *The Philadelphia Story* 5-7 p.m. Join us each month for a brief discussion and classic film screening in the Hopeful/Discovery Room downstairs. Admission is FREE and popcorn is provided. This month's movie features Cary Grant, James Stewart and Katherine Hepburn. (Rated NR) Bring your friends!

Teen
23 Teen Film Workshop: *Green Screen Possibilities* and *Light It* 1:30-3:30 p.m. Students will need to sign up for each (or both) forums. They will be capped at 30 students each. *Green Screen Possibilities* 1:30 p.m. A crash course into the potential of using green screen techniques to create movie magic. This workshop will include a short lecture followed by demonstrations of how green screens are used in production and how this technology can help turn vision into reality. *Light It* 2:30 p.m. Learn how lighting can help create specific style and atmosphere in your work. Along with a short lecture, techniques for lighting for interviews and close-ups will be demonstrated. This course will show students that complex equipment is not needed to effectively set a scene and mood.
27 Teen Advisory Board 5-9 p.m.

Children
3, 7, 13, 14, 20 After School Club 4:15-5 p.m. After School Club happens Wednesdays and Thursdays at the South Branch Library during the school year and is open to all K-5th graders. Each week we have a different activity including arts and crafts, Legos, science experiments, art, games and more! Please pre-register your child by calling the library at 970-453-3544 or stopping by the front desk. South Branch Library is located at 103 S. Harris St.

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door. For more info call 719-429-7551. The Benny will present situation information and tell several real stories of the boys.

CAON CITY LIBRARY
11 Free Legal Clinic 2-3 p.m. at Canon City Public Library. Walk-ins welcome.
14 The Canon City Public Library is partnering with Skyline Theater and the Canon City Public Library Foundation to host Hasan Davis in a Chautauqua performance at 7 p.m. at the Skyline theater located at 606 Main St Canon City. Hasan will be portraying A.A. Burleigh a civil war veteran. <http://www.hasandavis.com/burleigh> 1.html. The Canon City Public Library Foundation is funding this exciting original performance. Concessions will be available to purchase for this event to support the theater's generosity in providing the venue. The program is free to the public. donations to the Foundation will be greatly appreciated and will help support future programs. All at \$16 Macon Ave. Call 719-269-9020 for more information.

**CRIPPLE CREEK
ASPEN MINE CENTER**
6, 13, 20, 27 The Aspen Mine Center is sponsoring a Cocaine Anonymous group at 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.
5, 19 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.
6, 13, 20, 27 Aspen Mine Center Community Lunches are held each Wednesday between 11:30-1 p.m. The Mission of these lunches is to provide affordable, delicious and nutritious home style meals in a positive environment that fosters health, fun, community, social engagement and education. All community members are welcome; particularly seniors, persons with disabilities, volunteers, low income individuals and families. Meals are provided on a donation basis.
1, 8, 15, 22, 29 A Willow Bends 3-5 p.m.
12 All Vets, All Wars. Group participation 10-11:30 a.m.
6, 20 ATTUNE, New support group for male victims of Domestic Violence 4-5 p.m.
13 Colorado Legal Services 1:30-3 p.m. The Colorado Legal Services is a non-profit organization that assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.
21 OIB Group. This a support group for individuals with blindness or other sight issues 10-11 a.m.
29 Teller County Emergency Food Distribution Program (Commodities) will be held 9-2 p.m. Please bring photo ID and proof of Teller County residency.
28 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
29 Cross Disability Meetings for persons with disabilities 10-11:30 a.m. All held in 2nd Floor Conference Room. For more information call 719-689-3584. For more information call 719-689-3584.

COLORADO SPRINGS

9 Evergreen Cemetery Historic Walking Tour 9:30-12:30 p.m. (last tour leaves at 12:30 p.m.) Evergreen Cemetery is located at 1005 Hancock Expy. Cost \$8 per person, kids 12 and under FREE. History comes alive for the Annual Evergreen Cemetery Historic Walking tour. Join the Evergreen Cemetery Benevolent Society on a guided walking tour through the historic cemetery where you will meet and listen to the stories of the people who made Colorado Springs and the Pikes Peak Region what it is today. This guided walking tour is approximately 1.5 miles and will last approximately 2 hours. This is the only tour this year so don't miss out. Proceeds from this event benefit restoration projects by the Evergreen Cemetery Benevolent Society

**GOLD HILL MESA
CONCERT SERIES** 142 S. Raven Mine Dr., Colorado Springs. The concerts are held outdoors from 4:30-7:30 p.m. on Saturday evenings. There is plenty of free parking; the public is welcome to attend these family-friendly events and encouraged to bring lawn chairs, blankets and picnics. Beer and wine will be available for purchase with proceeds benefiting a local non-profit organization. Food will also be available for purchase from a variety of food vendors. This series has been growing in popularity every year!
2 Chris Daniels & the Kings - R&R
2 Beau and the Beast
9 Karate Kid
9 Judy Adams and Dirt Bluegrass - Bluegrass
16 George Duncan & The Moonlighters - Classic Country

PARK & REC
2 Painting with a Twist Studio trip to Colorado Springs 11-9 p.m. \$40.
8-29 Art Adventures 2-4 p.m. for ages 7 to 12 (4 sessions for \$55 plus materials).
9 Indoor Archery Tournament 1-3:30, \$10 must call to register.
16 Garage Sale 9-3 p.m. for Buyers and Sellers (selling booth \$10).
23 Chile and Frijoles Festival trip to Pueblo 11-11 p.m. only \$13.
30 Concealed Carry Handgun Class 8:30-3 p.m. only \$60.
• Lil' Dragons martial arts for kids ages 3 to 6 starting in Sept on Mon/ Wed 4:15-4:45 p.m. only \$5.

On Going Classes:
• Aikido for Adults, Mon & Wed 6-7 p.m., Tues 11-12 p.m., \$5
• Kid's 4 Kids Mon-Thurs 4:45-5:45 p.m. only \$5
• Archery Classes call to schedule.
• Bible Study for Women Only, every Wed 5-6:30 p.m. FREE
• Dance-Adult Move and Groove Workout Mon 6:15-7:15 p.m.
• Dance-Kid's Ballet/Jazz Tues 4:30-5:30 p.m.
• Dance-Kid's Hip Hop Wed 4:30-5:30 p.m.
• Judo on Tues 5:30-7:30 p.m. \$5.
• Pickleball Tues/Thurs 5-6:30 call to register
• Silver Sneakers Exercise Classes Mon-Wed-Fri 10-11
• Zumba Classes, Mon/Thurs 5:15-6 p.m., Only \$5

On Going Activities & Sports/Fitness:
• Basketball "3 on 3" Games Wed 5-7 p.m. FREE
• Cornhole Sun. 5-7 p.m. in the Park, FREE
• 5K at 10K Walk/Run Thurs anytime

COLORADO SPRINGS

PIKES PEAK POSSE OF THE WESTERNERS

11 Adventure and lost cities with a mix of local history; as experienced by Colorado rancher-archaeologist Gary Ziegler 6 p.m. social time, 6:30 p.m. dinner at Colorado Springs Masonic Center, 1150 Panorama Dr.
It's not every day one meets an individual who is an explorer, archaeologist, mountaineer, sailor, cowboy, rancher, former sheriff, historian, musician, author, lecturer and sometime philosopher. Gary Ziegler is a field archaeologist, researcher and experienced Andean explorer with a background in geology.
If you've never had the chance to meet a real, live "Indiana Jones" this is it! Gary is the owner of Bear Basin Ranch and Adventure Specialists near Westcliffe, Colorado from which he leads expeditions into remote areas of the world as well as pack trips to include our very own Sangre de Cristo Mountains.
Hear about some of Gary's adventures and discoveries in Peru. Prepare to be enchanted by his experiences in lost cities. Find out about some of the fascinating local history, culturally modified trees and out of the ordinary astronomical alignments just 80 miles southwest of Colorado Springs at the Bear Basin Ranch.
Gary is nearly a Colorado Springs native, moving to Manitou at the age of four. After attending Bristol School, North Junior and Colorado Springs High, he continued on to Colorado College and graduate studies at Peru's National University. He is a Vietnam veteran and an active member and former Board Director of the Pike Peak Range Riders. One could also say Gary is a film star as he has been featured in numerous films.
Guests are welcome! Membership in the Pikes Peak Posse of the Westerners is open to all individuals with an interest in Western history. Program format is in a casual, catered dinner setting at a cost of \$17, payable in advance. RSVP and PAY by Friday prior, noon via Credit Card: <https://squareup.com/store/pppw>
For more information: 719-473-0530 ask for Bob DeWitt or email: posse@dewitterenterprises.com

between 8 a.m. & 6 p.m. FREE
• Knitting Club for Women, Mon 10-11 p.m., FREE
• Roller Skating/Blading call ahead, \$2
• Silver Sneakers Fitness Membership is FREE for qualifying seniors!
• Volleyball Co-Ed Adults on Tues nights-registration deadline Sept 3.
• Youth Outdoor Soccer League for pre-K to 7th grade, Sat games start Sept 16

FLORISSANT FOSSIL BEDS NATIONAL MONUMENT

Florissant Fossil Beds National Monument is open year-round. During the summer months through Labor Day weekend, the Monument is open every day of the week from 8-6 p.m. After Labor Day, the hours are 9-5 p.m. Here are some of the activities taking place this September:
Daily, 11 a.m. Ranger-Guided Hike. Are you ready to meet the "Big Stump"? Join a ranger for a 1-mile, 1.5-hour hike on the Petrified Forest Loop Trail. Meet behind the visitor center for an interpretive talk on the Petrified Forest Loop. **Daily**, 1:30-3:30 p.m., Fossil Learning Lab (Yurt). Get "up-close and personal" with fossils! Join us for ranger-led demonstrations, and hands-on searches for fossils. Meet in the yurt located in the picnic area near the visitor center.
Mon's Yoga Hikes 9-10:30 a.m. Join a certified yoga instructor and park ranger on a yoga hike. Be prepared for doing yoga poses and also hiking. Bring water, sun protection, and dress in layers.
Weds, 10-noon, Demonstration Excavation Site. Meet geologist, Dr. Bob Carnem at the demonstration excavation site and see the fossil beds in situ and learn about how excavations are conducted. This site is located off the Petrified Forest Loop approximately 1-mile round trip from the Visitor Center.
Sats/Suns, 11-1 p.m., Hornbek Homestead Tours. Travel back in time to the late 1870s and take a tour of Adeline Hornbek's house. A ranger will be on site to provide a peak into the life of a homesteader.
Sats/Suns, 10 a.m., and 4 p.m., Ranger Talk. Join a ranger for a 20-30 minute presentation and get a basic orientation to the history and geology of the area. Meet in the amphitheater behind the visitor center.

FAIRPLAY

5-9 South Park Plein Air Arts Celebration see ad page 22.
8 Be sure to catch the haunting sound of a heavenly instrument when Celtic harpist Maryanne Rozzi performs background music for the South Park Plein Air Arts Celebration Reception. Event is being held in the beautiful lobby of TBK Bank on Main Street. Sponsors only 6-7 p.m. Doors open to the public at 7 p.m. For more information on Maryanne Rozzi and how to schedule her for your next event call, 719-838-0279.
10 BPEEC Native and Medicinal Plant Hike at 9 a.m. See related article on page 24.
16 BPEEC Solar Dyeing Fiber Workshop. Research shows that coloring outdoors with light is the best way to dye. Times and Dates vary (see below). Reservations can be made by calling Ranger Jeff at 719-748-3253 ext. 202.
15-17, 5-7:30 p.m.
22-24, 5-7:30 p.m.
29-30, Oct 1, 4:45-7:15 p.m.
30 Public Lands Day and Free Day with President Teddy Roosevelt! Celebrate our nation's public lands by visiting Florissant Fossil Beds for free. Teddy Roosevelt, the Conservation President, will be here and give a 30-45 minute talk about public lands at 2 p.m. in the amphitheater behind the Visitor Center. There are no additional fees for any park

FLORISSANT

6 Free Legal Clinic at the Florissant Library 3-4 p.m. Call to register 719-748-3939.
23-24 Grief Alchemy: Ceremony and Sweat Lodge for Women 1 p.m. on 23, 4 p.m. on 24 at Sacred Earth Sanctuary, 633 Valley Rd. Please RSVP: patti@sacredearthfund.org. Have you suffered your grief for years, knowing that it stills lives within you? Please join us in a women's Grief Ceremony and Sweat Lodge to release deep seated sorrow while being held, heard, witnessed and moved in sacred circle: a vehicle into greater acceptance, gratitude, and lightness of



being. Facilitated by Karl Rivers, Nurse, Depth Hypnosis Practitioner and Spiritual Counselor. Lodge poured by Patricia Turner, Founder, The Sacred Earth Foundation. www.sacredearthfund.org.

FLORISSANT FOSSIL BEDS NATIONAL MONUMENT
Florissant Fossil Beds National Monument is open year-round. During the summer months through Labor Day weekend, the Monument is open every day of the week from 8-6 p.m. After Labor Day, the hours are 9-5 p.m. Here are some of the activities taking place this September:
Daily, 11 a.m. Ranger-Guided Hike. Are you ready to meet the "Big Stump"? Join a ranger for a 1-mile, 1.5-hour hike on the Petrified Forest Loop Trail. Meet behind the visitor center for an interpretive talk on the Petrified Forest Loop. **Daily**, 1:30-3:30 p.m., Fossil Learning Lab (Yurt). Get "up-close and personal" with fossils! Join us for ranger-led demonstrations, and hands-on searches for fossils. Meet in the yurt located in the picnic area near the visitor center.
Mon's Yoga Hikes 9-10:30 a.m. Join a certified yoga instructor and park ranger on a yoga hike. Be prepared for doing yoga poses and also hiking. Bring water, sun protection, and dress in layers.
Weds, 10-noon, Demonstration Excavation Site. Meet geologist, Dr. Bob Carnem at the demonstration excavation site and see the fossil beds in situ and learn about how excavations are conducted. This site is located off the Petrified Forest Loop approximately 1-mile round trip from the Visitor Center.
Sats/Suns, 11-1 p.m., Hornbek Homestead Tours. Travel back in time to the late 1870s and take a tour of Adeline Hornbek's house. A ranger will be on site to provide a peak into the life of a homesteader.
Sats/Suns, 10 a.m., and 4 p.m., Ranger Talk. Join a ranger for a 20-30 minute presentation and get a basic orientation to the history and geology of the area. Meet in the amphitheater behind the visitor center.

Special Activities:
Meet at the Visitor Center
2 Leave No Trace Training, 10-11 a.m. Join a Leave No Trace Instructor for a 1-hour workshop and learn how to lightly tread as you day hike throughout our public lands.
14 Night Sky Program 8-10 p.m. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above Florissant Fossil Beds in search of planets, galaxies, nebulas, and more.
22, 30 Aspen Leaf Hike 9-11 a.m. Join a ranger for a 2-hour, 3-mile hike to view hidden pockets of golden aspen leaves in the Monument.
Elk Hikes. Join a ranger for a RESERVATION ONLY hike, after hours to listen to the magical sounds of elk bugling. These 1-2 mile hikes are off trail over rugged terrain. Times and Dates vary (see below). Reservations can be made by calling Ranger Jeff at 719-748-3253 ext. 202.
15-17, 5-7:30 p.m.
22-24, 5-7:30 p.m.
29-30, Oct 1, 4:45-7:15 p.m.
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~OUT AND ABOUT~

continued from page 31

1, 15, 22 & 29 Karaoke at 7 p.m.
Save the Date: SteamPunk Festival Oct 7 from 11-9 p.m. For more information check our website at www.thebullmooseninguffey.com, facebook www.facebook.com/thebullmooseninguffey or call 719-689-4199.

FRESHWATER BAR & GRILL
 2 Foggiest Notion 2-5 p.m.
 3 The Closers 2-6 p.m. Please come join the retirement party for our very own local Gummy (Lee Tibbetts) he will be retiring after this show. We will miss him!
 4 Howie Henderson 2-5 p.m.
 5 Sandy Wells 2-5 p.m.
 16 Cari Dell Trio 2-5 p.m. Celebrating Cari & John birthdays!
 17 Ping Pong Tournament noon-4 p.m.
 23 Stompin George Show 2-5 p.m.
 This will be our second Wing Extravaganza—Register to cook 50 wings in the wing cook off. \$5 entry all proceeds from wings go to first, second & third place winners. We also have t-shirts for pre-order only, drawing on shirts by Chris Juda \$20 each. Dead line to order is Sept 14, 2017.
 30 FlashBlack 2-5 p.m.
 Entertainment on the deck unless otherwise specified.

GUFFEY LIBRARY
 4 Closed. Happy Labor Day!
 11 Patches & Pieces at 11 a.m.
 23 STEAM at 11 a.m.
 25 Guffey Library Society at 1 p.m.
 27 Veteran Outreach Services 11:30 a.m.
 All events are open to the public and most are free. Please feel free to call or email with any questions 719-689-9280 guffeylib@parkco.us or visit our website: <http://http://park-county.colibriaries.org>

MANITOU SPRINGS

23 The 3rd Annual Heritage Brew Festival noon-5 p.m. at Memorial Park. Proceeds benefit Manitou Springs Heritage Center. Attendance is limited to 1,000. For more information www.manitouspringsheritagecenter.org/event/brew/

PARK COUNTY

Park County Senior Coalition has a Grant for Park County Veterans of any age to help pay for Housing, Utilities, Groceries and Gas. For more information, please call 719-836-4295.

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 3 The Story's
 10 Kristine Sigmond
 17 Phil Vosen & Joleen Bell
 24 Big Jim Adam

SALIDA

6 Free Legal Clinic at Salida Regional Library from 2-3 p.m. by computer link. Walk-ins welcomed.
 7 Chaffee County: The Emergency Food Assistance Program & Commodity Supplemental Food Program distributions on the 1st Thursday of each month at Salida Community Center, 305 F Street, from 9-30 a.m. until 2 p.m. Call Elaine Altemang for more information 719-539-3351.
 9 Salida Fiber Fest opens Sept 9 and continues throughout Sept at SteamPlant.
 14 Each month on the second Thursday, the SCTFA presents the Creative Mixer. Artists working in all genres are encouraged to attend and meet like-minded people, to share influences and news, to soak up fresh ideas, and to be inspired by the energy that makes Salida a center of support and expression. Each mixer begins at 5:30 p.m. in the Paquette Gallery, in the lobby of The SteamPlant Theater (220 West Sackett Avenue) on the south bank of the dynamic Arkansas River, where we are treated to a visual feast of the current artwork on display in the Paquette Gallery. The exhibiting artist briefly talks about their work, their need to express, and their unique perspective.
 17 The 19th Annual Monarch Crest Crank. For the past 19 years, the community has supported the Alliance Against Domestic Abuse with a fundraising bike ride. Mountain bikers, outdoors enthusiasts and community members are invited to participate. Wrapping up Salida Bike Fest, this fundraising bike ride benefits the Alliance Against Domestic Abuse (AADA). AADA works to eliminate domestic violence and sexual assault and to empower victims through education and services, and create social change. In the past five years, AADA has helped more than 1,100 of our neighbors, friends and family members in Chaffee County. "Fundraisers like the Monarch Crest Crank enable AADA to help survivors of domestic violence and sexual assault," says Executive Director Andrea Schulz-Ward. "By participating in this ride, you will help women, men and children

Lowell Thomas
and the
Invention of
20th Century
Journalism

THE VOICE OF AMERICA

Mitchell Stephens

VICTOR

2 Book signing for biography of Lowell Thomas. The Victor Lowell Thomas Museum will honor Victor's own home town hero—Lowell Thomas during a special event during Victor Celebrates the Arts. The newest and first biography of Lowell Thomas will be for sale and New York author and journalism professor Mitchell Stephens will be on hand to sign books and give a presentation about Thomas.

The book outlines Thomas's life from his boyhood times in Victor in the 1890s to his career as a noted television and radio broadcaster. Stephens will present a brief history of the noted journalist at 2 p.m. at the museum and then sign books for those interested in purchasing the publication. The purchase of a book will include admission to the museum to view the Lowell Thomas exhibit.

At the age of eight in 1900 Thomas moved to Victor with his family where he got his start in journalism—as editor of the *Victor Daily Record*. At the age of 10, dreams of becoming a newsboy began to circulate in his head and late that summer he joined the newsboy's union—one of 35 members.

Hired on to work at the *Victor Daily Record* by owner George Kyner, Thomas folded and delivered the morning paper to the business and red-light districts of Victor and Goldfield. In addition, Thomas took up delivering during the early morning hours the *Denver Post* to saloons and gambling houses, and made it to school in time each morning. Later, in 1911, Kyner hired him as the editor of the *Victor Daily Record* for \$95 per month. Like many small-town newspapers of the day, being edited meant being the one-and-only-man show at the paper. He covered prize fights, brawls, shootings and operas. With promise of more pay, Thomas switched jobs in 1912 and took over editorship of the *Victor News* and, after leaving for law school, was hired as a reporter for *The Chicago Evening Journal*.

In the mining district, he lived through the labor strikes, the tensions among unionists and non-union miners, and through the boom times in Victor when mines were producing millions of dollars of gold a year.

He climbed Pikes Peak before age 14 and in 1916, he left Victor to attend college (in two years he had a Bachelor of Science and Master of Arts degree.) At age 24 he was a student and professor at Princeton, by then already well-traveled In March of 1925 he spoke for the first time on radio and Thomas later became one of the first television news broadcasters.

who need it the most." This annual fund-raiser includes a dinner and from Salida to the top of Monarch Pass. Riders will meet at 8 a.m. at Absolute Bikes, 330 W. Sackett Ave, to board shuttles. Riders will receive a goody bag and free lunch and libations at the after party. The after party kicks off at noon at Riverside Park, at the corner of F Street and Sackett, and is open to the public. There will be a silent auction, live music from local band Big Meadow, food and drink for purchase from Moonlight Pizza and Brewpub, Eddylane Brewery and Wood's High Mountain Distillery. Community members are invited to sign up to ride, volunteer, or attend the after party. To learn more about the Monarch Crest Crank, visit www.monarchcrestcrank.com.

Save the date! Sponsors are invited to support the 1st Annual Chipeta Rising Celebration in honor of the renaming of Chipeta Mountain in the Sawatch Range on Sun., Oct 8, and Mon., Oct 9, in Salida and surrounding areas. Free historic, public events will pay tribute to Ute Culture with a Unity Walk, reconciliation and rededication presentations and ceremonies, performances, a mountain rededication ceremony and memorial summit climb. The Chipeta Rising Celebration also kicks off the Chipeta Legacy Program, a community education program intent on expanding the knowledge of the valley's first inhabitants, mountaineering and mountain culture in the Arkansas Valley. Sponsors may participate at the \$50, \$100, \$250, and \$1500 levels. Descendants of Uncompahgre Ute mediator Chipeta and Chief Ouray will participate in events, which recognize the Utes as the ultimate stewards in this area before white settlers arrived. Modern lifestyles of Utes will also be considered. As Chipeta's great-great-grandson Roland McCook said, "We are today's people." To become a sponsor or to see the preliminary lineup of events, to request interviews, or to inquire about educational opportunities contact Jimmy Sellers at hellollogopcca.com, visit chipetamountain.com or call 719-221-9893.

THORTON

30, Oct 1 The 2017 Denver American Indian Festival (10-6 p.m. on 30, noon-6 p.m. on Oct 1) 3960 E. 128th Ave. Contact ONWT for more info.

VICTOR

2, 3, 4 Victor Celebrates the arts running from 9-5 p.m. on Sept 2 & 3, 9-1 p.m. on 4th! See full schedule at <http://www.victorcelebratesarts.org>
 16 Teller County Shooting Society allows public to use shooting range see ad page 3.

WOODLAND PARK

1, 8, 15, 22, 29 Farmer's Market ad page 27.
 6 Free Legal Clinic at Rampart Library 3-4 p.m. Call to register 719-687-9281 x 103.
 9 Food, Facts and Fiction. Are you

form from www.RampartLibrary-District.org under Programs/Teens.
 13 Anime Club 3:30-5 p.m. Teen Room Woodland Park Public Library. Do you love Anime? Not sure? Have no clue what it is? Then stop in and join us as we watch the first 3 episodes of an Anime. This first meeting, you will also have an opportunity to vote on upcoming titles for future Anime clubs.

Book clubs:
 5 WP Library Book Club 10:30-12 p.m., 3rd Floor Board Room. Currently reading: *The Big Burn: Teddy Roosevelt and the Fire that Saved America* by Timothy Egan. October Book: *Rebecca* by Daphne du Maurier
 6 New! Not so Young Adult Book Club 11 a.m. Teen Room Woodland Park Public Library. For adults who love to read Young Adult Fiction, this is the book club for you! Some read YA because they are quick, or fresh, or remind us what it's like to feel young and full of possibilities. No matter your reason, all of us agree the stories are what draw us in. Our first meeting (Sept. 6) will include a suggested book list, refreshments, and we will decide how we want to proceed. Don't be shy, we'd love to have you join us!

Adults
 14 AARP Smart Driver Course 55+ from 9:30-1:30 p.m. By taking a Driver Safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. Cost: AARP members cost \$15 (must show card) Non-AARP members \$20 Call 719-687-9281 to register or ask at the circulation desk. AARP membership is not required to take the course and there are no tests to pass.

Save the date: Oct 7 Aspen Valley Ranch Mountain Bike Race see ad page 27.

GED classes on Mondays and Wednesdays in Cripple Creek, Divide, and Woodland Park. Monthly orientations, please contact Katy Conlin at 719-686-0705 to register.

MTCC
 5 Join Mountain Top Cycling Club for our September 5th meeting, speaker 7-7:30 p.m. Meeting will be at the Woodland Park County Lodge on the patio. Dress warmly. Our guest speaker will be Susan Jones, from the Wellness Studio. Susan G. Jones, a board certified Family Nurse Practitioner and owner of Well-Life Studio Medical Practice in Colorado Springs, is a specialist in All-Natural and Bio-Identical Hormone Replacement and Functional Medicine. Susan will be speaking on the topic of hormone therapy as it relates to health, energy, sleep, aging, muscle recuperation, weight loss, mood, menopause, improvement of physical activities, and much more. She will also tie this topic into the thing MTCC members care a most interested in, "can it improve my cycling abilities?", then have an open forum at the end to answer any related questions. Meeting starts at 7 p.m., door prizes and much more. For more information visit www.mountaincyclingclub.com or call Deborah 719-689-3435. Meeting are open to the public.

RAMPART LIBRARY Local Author Showcase
 Rampart Library District is currently accepting application to participate in the Fall Local Author Showcase. Applications are available at the circulation desk in the Woodland Park and Florissant Public Libraries. Priority is given to Teller County Authors. The Local Author Showcase takes place on October 11 at 2 p.m. at the Woodland Park Public Library. For more information call 687-9281 x 103 or email jenniedc@rampartlibrarydistrict.org.

Children's programs
 • Books and Babies Storytime 10-10:20 a.m. on Tuesdays
 • Join Miss Beth and enjoy songs, finger plays and stories with your baby! Recommended for kids age 2 and under with parents/caregivers
 • Storytime Wed/Thurs 10:05-10:45 a.m. Stories, songs and fingerplays with Miss Julie & Miss Beth! Craft offered after every regular story time—recommended for ages 3 and up!
 • Lego Club all day Fridays in Children's Craft Room.

Teen programs
 7 Teen Advisory Board Meeting 3:45-5 p.m. Teen Room Woodland Park Public Library We are looking for kids ages 12-18 to tell us what you want to see and do in the Teen Room! The Teen Advisory Board is a volunteer program that meets from September to May every FIRST Thursday (on school days) of the month at Woodland Park Public Library. A completed and signed application is required. Visit the Teen Room or download the

Computer classes
 6 Word I Microsoft 2013 10 a.m.
 20 Computer Basics 10 a.m.
 To register for all computer classes call Mary Ann at 719-687-9281 x 102 or email maryanns@rampartlibrarydistrict.org. Patrons must register and a minimum of three people is required to hold a class. All classes are held at Woodland Park Public Library.
 • Rampart Library District will be closed September 3 and 4 in observance of Labor Day.
 • Woodland Park Library will be closed on September 16 and 17 for Oktoberfest.

Teen Center
 4 Teen Center Closed for Labor Day.
 5 Teen Center open 12-6 p.m.
 6, 13, 20, 27 Cheesburger Casserole & a drink \$1 Snack Special
 7 TAB Meeting 4-5 p.m. If you're on the committee, please plan on attending.
 12 Mystery Dinner Party. You must sign up to participate! Come solve the mystery! \$5 for a character and spaghetti dinner! 6-9 p.m.
 16 Book Club. If you love reading, consider joining our Book Club. We've been going for over a year! 4-5 p.m.
 10 Adopt-A-Spot. Help keep the area around the Teen Center and Memorial Park Clean. Join us at 3:30 p.m. to help out.
 28 Chill Day at the Teen Center. A day of quiet and relaxation at the Teen Center!
 Sign-up sheets for all activities are at the Teen Center. Teen Center is located at 220 W. South Ave. Call 719-687-3291 for more information. Check out our website at <http://city-woodlandpark.org/home/teen-center/> for the most up-to-date information!

Woodland Country Lodge see ad on page 16.



VICTOR

9 Victor Colorado Packing Fun with September Burro Race Experience a day of fast and furious (sometimes furry) racing that must be seen to be believed. Load up the kids of all ages and come to historic Victor for a day of four and two-footed races, a day packed with old-time fun.

The annual Victor Pack Burro race will kick off at noon in downtown with racers from across the region competing for cash prizes and a silver coin. The furry four-footeds are historically dubbed the Rocky Mountain Canary for their role in underground mining; the burros were used above ground during the gold rush era for hauling heavy loads, but also underground in the mines for the same tasks.

Today the burros are beloved symbols of days gone by and are, along with their trainers and human counterparts, a centerpiece of this event. After the race, hang out in the new Pinnacle Park downtown plaza and check out the participating asses and meet their humans. All racing burros will be entered into a Nicest Ass Contest with prizes awarded.

The Victor Elks will serve cold ones at a beer garden and visitors can get a chance to meet the racers and their burros.

Proceeds from the burro race entries benefit the Southern Teller County Focus Group, a non-profit that maintains the Trails of Gold and assists with historic preservation and mining education. Proceeds from the beer garden go to the Victor Elks.

The Gold Belt Byway will host the Vindicator - Independence Twilight 5K run that same evening. The race starts in downtown Victor and uses the Trails of Gold as the course. Proceeds benefit the non-profit Gold Belt Byway Association, which promotes open space and a healthy natural environment, historic awareness and cultural features along the byway that includes historic mining and ranching routes from Cañon City to Victor and Florence.

Both races will begin and end in downtown so you can spend the day and evening surrounded by the historic buildings from the gold rush era. During the day while racers are running trails you can look for unique treasures in Victor's shops, eat and drink at four local establishments, pan for gold at the Victor Lowell Thomas Museum, check out the old-time tractor display at the Ag & Mining Museum, or hike to the top of Battle Mountain for a super view of the area from the Ajax Mine.

For Burro Race entries, contact Race Director: Mike Vann 719-205-6100 or mrvann@tremow.com. For Gold Belt Foot Race info contact Charlotte Bumgarner 719-689-2461 or cb4mile@hughes.net. For more information, visit VictorColorado.com, CityOfVictor.com or GoldBeltByway.com.



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