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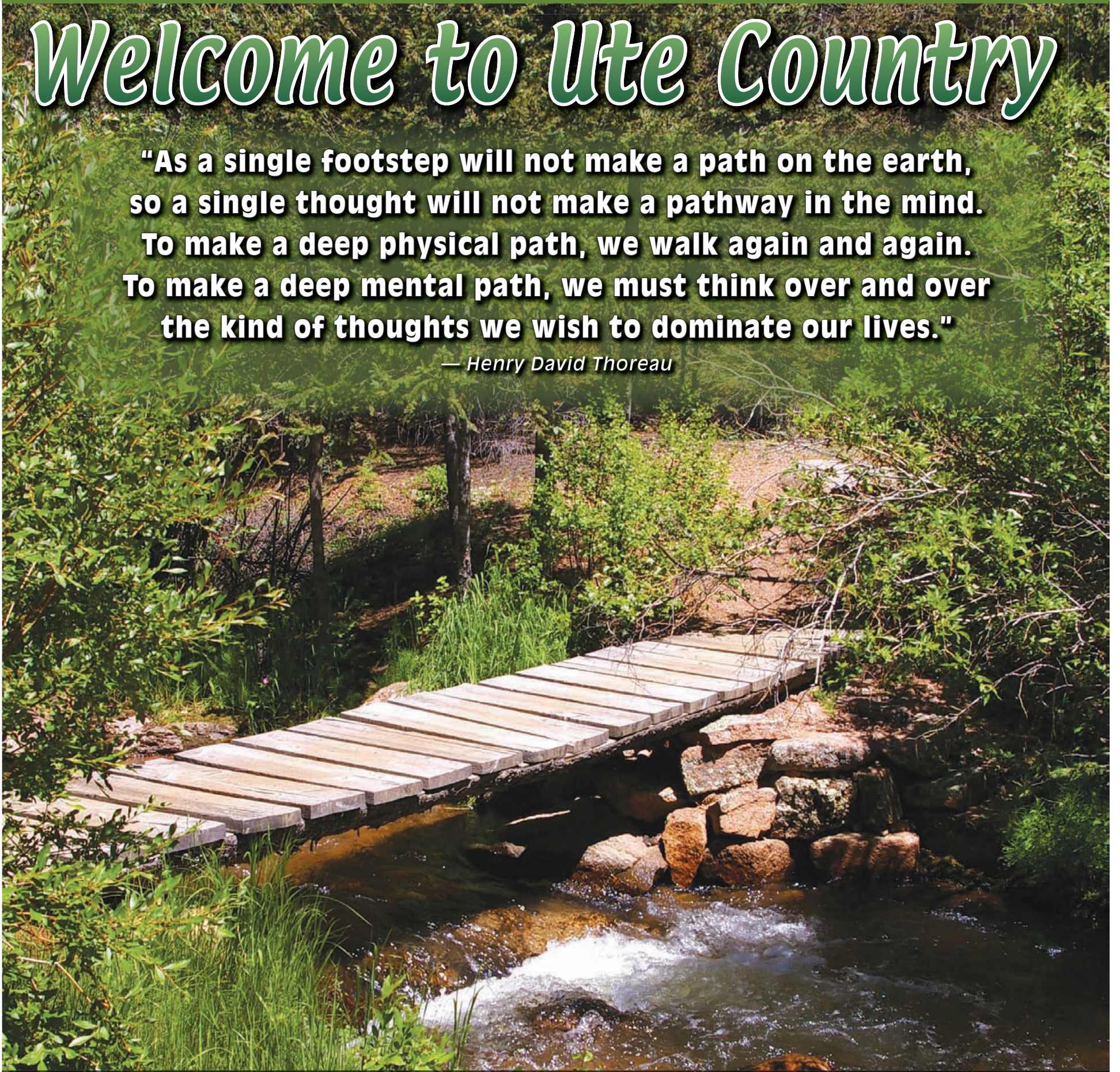
P.O. Box 753, Divide, CO 80814 • 719-686-7393 • utecountrynews.com

Vol. 10, No. 8

Welcome to Ute Country

**"As a single footstep will not make a path on the earth,
so a single thought will not make a pathway in the mind.
To make a deep physical path, we walk again and again.
To make a deep mental path, we must think over and over
the kind of thoughts we wish to dominate our lives."**

— Henry David Thoreau



PEEK INSIDE...



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Early Pioneers - Henry Clay Beckham



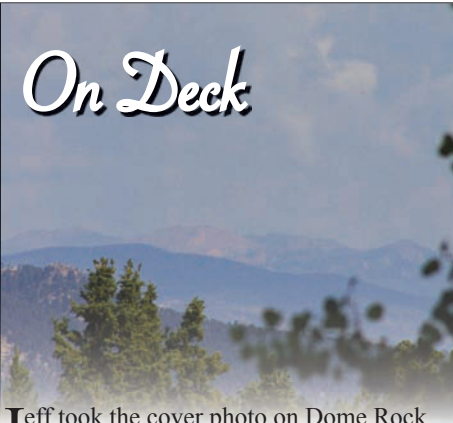
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Griffith-Scott: The boys in the band



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A new set of wheels for Nathan



On Deck

Jeff took the cover photo on Dome Rock Trail in Divide, CO. It invites us to get outside and enjoy Ute Country! The quote reminds us of our obligation to be mindful of our thinking, because we develop pathways in our brains, too. Have we developed thought patterns that consider the other person, the environment, or what the best outcome will be for future generations? We must be mindful that we are always co-creating the world we want to live in because our thoughts, words and deeds really do matter.

As you turn the pages of our August issue opportunities will unfold. Learn about nutritious high-altitude goji and raspberries and how to grow them. We know we have readers looking forward to the second part of *Boundaries*; this is meaningful information that many of us enjoy being reminded of as we create a more intentional journey. We also have a well-written article about an unfortunate environmental event, which through willingness to cooperate, notify and take responsibility is likely to have a positive outcome.

We enjoyed the feedback we received from our last issue and thank you for reaching out. We welcome your feedback, questions, concerns and photos for Critter Corner. Feel free to email utecountrynews-paper@gmail.com, call 719-686-7393 or via www.utecountrynews.com.

Thank you,
— Kathy & Jeff Hansen

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

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The Thymekeeper

Goji berry *Lycium barbarum*

by Mari Marques-Worden

With drought conditions wreaking havoc on the wild flowers this year, there are noticeably fewer in my yard and the surrounding areas. Missing are the Indian paintbrush flowers that typically dot the landscape as well as many others I've come to expect every year. There is however one plant in my yard that doesn't seem to mind. In fact, this plant is thriving like I've never seen before; the goji berry bushes (aka Lycii berry aka Wolfberry aka Matrimony vine).

Goji berry plants are believed to be native to southeast Europe and Asia and are highly revered by the Chinese as a tonic herb/food known for their blood building and restorative effects on the liver, kidney and immune function. Also prized as a longevity tonic as evidenced by Chinese herbalist Li Ching-Yuen and Sun Simiao who was titled China's King of Medicine. Both lived to be a ripe old age with daily use of goji berry tea and other longevity herbs.

For us over 50 people

Young and old alike can benefit from these berries although they do tend to address a lot of what I call "old people issues."

Goji's are rich in poly-saccharides or long chain sugars which result in many health benefits. I will refer to these as lbps (lyceum barbarum polysaccharides). Studies have shown lbps in the berry protect the lens' epithelial cells in the eye from oxidative stress and may be beneficial for people with cataracts. The berries contain Zeaxanthin which supports healthy eyesight for those that suffer from macular degeneration and night blindness.

Long regarded as a beautifying agent, gojis are beneficial to the complexion and moisturizing to the skin. Lbps enhance collagen production aiding in the prevention of wrinkles. The Chinese also used the berries in martial arts for the ability to strengthen the legs and increase flexibility in the joints.

Lbps are also an energizing fuel source and help regulate blood sugar. They also work to detoxify the liver and bloodstream as well as serve as a prebiotic for the good bacteria in the digestive tract aiding the immune system. They have significant immune modulating properties. Meaning they either raise or lower immune response where necessary. Most people, even those with auto-immune dysfunction tolerate goji berries well.

The berries have been proven to replenish the jin/chi essence associated with the kidney/adrenal system that contributes to sexual libido and fertility. Coupled with schizandra berry, they are an amazing adaptogen helping to nourish the adrenals that become exhausted with stress and overwork.

To summarize; some health benefits include the following:

- Adaptagenic (Adrenals)
- Hepatoprotective (Liver)
- Cardioprotective (Heart)
- Neuroprotective (Nerves)
- Anti-inflammatory (Whole body)



To dry the goji berries, lay them on a screen in an area away from direct light to preserve nutrition and flavor. Photo by Mari Marques-Worden.

Cardioprotective (Heart)
Neuroprotective (Nerves)
Anti-inflammatory (Whole body)

Although gojis are highly revered by the Chinese, they rose in popularity in this country in the 1990s when they began to be touted as a super food. You can find them in almost any health food store or on Amazon for about \$15 per pound. Because many gojis are imported from china it is important to know if they are harvested from the high mountains which are naturally watered by glacier melt. Some imported from China that claim to be organic have tested high in pesticides probably due to runoff from neighboring farms.

Those of us lucky enough to live in Colorado can find them in the wild in the plains and foothills. If you are going to harvest them, wait until they are plump and bright red for the best tasting. They can be somewhat bitter if not fully ripe. To dry them, lay them on a screen in an area away from direct light to preserve nutrition and flavor. Although they can be re-constituted, they are best eaten when they are soft with a somewhat chewy texture akin to raisins as opposed to completely dried.

Kids used to come to my herb store and fill their pockets. I encouraged them as the berries contain a considerable amount of protein and 18 amino acids as well as iron, copper and selenium. A one ounce serving can contain 3-4 grams of protein and 10-14% RDA of iron. They are also a good source of anti-oxidants like beta-carotene. I can't think of a healthier afternoon snack for kids. I enjoy the fresh berries in my smoothie every morning.

Easy to grow

Although the berries produce seeds, they are best grown by taking cuttings from plants that are high altitude acclimated. For the first year it's best to protect them from the wind until they are able to take root. One of the most frequently asked questions is how long does it take before they berry? I can tell you I've seen a cutting no bigger than 6 inches tall produce a berry. It's almost as if they possess the tenacity of the dandelion. They are fast growing, I cut mine down to around 3 feet tall every spring and within a couple of months they are at least 6 feet tall. I even have them growing under the deck where there isn't much sun. I live at 8600'. My soil consists of clay and sand and my bushes are unstoppable.

Another FAQ is do the deer eat them? I can honestly say I've never seen evidence of it and there is plenty of proof that the deer frequent this property often. I don't see why they wouldn't other than some of them have some hefty thorns. For those of you with undesirable neighbors they make great walls!

Every morning the bushes come alive with busy bees and I'm thankful to have something to offer to both them and the hummingbirds. I have a chicken that will literally climb the bush for the berries. Many other bird species enjoy the fruits but there is always enough for everyone it seems.

Are you ready to try to grow your own goji? They are available for purchase at Thymekeeper or at Outpost Feed Store, both in Florissant.

Mari Marques-Worden is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari at mugsyspad@aol.com or 719-439-7303. Mari is available for private consultation.

Early Pioneers

Henry Clay Beckham

by Flip Boettcher

Another early pioneer ranchman in the Guffey area whose history is shrouded in mystery was Henry Clay Beckham. Henry was the youngest son of James C. Beckham (1808-1892) and Eliza Herndon (1807-1865). Henry, who was born in Independence, Missouri, June 8, 1845, and died in Cañon City, Colorado, August 4, 1926, had quite an interesting life.

The 1860 census shows Henry Beckham, 14 years old, still living at home in Independence and his father's occupation as a druggist (pharmacist). Records show that Henry arrived in Colorado Territory in the summer of 1862, by ox train from Missouri during the Civil War. What a journey that must have been for a 17-year-old, fraught with perils and excitement. The dangers were many, from Indians and outlaws to Union and Confederate sympathizers. Henry Beckham settled in Fremont County at Threemile Springs west of Cañon City and in Cañon City, as well as ranching in the Fourmile Guffey district. According to Paul Huntley in *100 Years on the Switzer Ranch*, Beckham arrived in 1860, which is also possible.

The 1870 census shows Henry Beckham, 26 years old, living in Beaver Creek, Beaver Park, and Fremont County raising stock. The 1870 census also lists John Reeves (JR) Witcher, another early Guffey area pioneer rancher and his family including his wife Purlina Foster, Purlina's mother Sarah Foster, Taliaferro (Little T or just T), JR's younger brother and a son William J., living in Beaver Park. JR was raising wheat at the mouth of Phantom Canyon near Beaver Park.

This probably was not a coincidence. Beaver Park was a small community located east of Cañon City. These small, close-knit enclaves usually consisted of families, relatives and friends all intertwined. It is likely that young Henry Beckham met JR Witcher and his brother William in Missouri where the Witcher brothers had relatives near Independence.

JR and William Witcher had left the family home in Cave Springs, Georgia sometime after their mother died in 1852, but before 1857, heading west. The brothers had Witcher relatives near St. Louis on the east, and also Kansas City on the west side of Missouri where they probably stayed before arriving in Denver, Kansas Territory, in May, 1860. Perhaps, young Henry Beckham came west with the Witcher brothers in 1860, but most likely Henry arrived a little later in 1862. In 1865, Henry Beckham's mother Eliza died and his father James apparently re-married Emily Smart. In 1867, Charles Thomas Beckham, Henry's half-brother was born in Independence. There are no marriage records for James and Emily, nor is there a birth certificate for Charlie, as he was known. Emily Smart was descended from a well-respected Cherokee family, according to Diane Turner, Charlie Beckham's great granddaughter.

Charlie Beckham's mother died in 1871, and when Charlie was 5 years old he was sent west to live with his half-brother Henry Beckham in Colorado to help on Henry's Half Circle Six Ranch in 1872.

Did James Beckham send Charlie to Colorado because he was part Indian and Henry didn't want him after his mother Emily had died? Did James Beckham even marry Emily Smart? Was Charlie even James' son? These questions will probably remain a mystery. Although, according to Turner, on a visit to Colorado to Charlie Beckham and his wife Fannie, around 1908, Henry's younger sister Laura B. Powell, told the family that Charlie was sent to Henry because he was an Indian. According to Turner and her grandmother Marion Beckham Black, Henry was "mean as a snake" and was not nice to Charlie. The family did not like Henry and Charlie had a hard life. Turner said that Charlie was a gentle, quiet, honorable man and grandkids and great-grand kids loved



The Wilson Creek roundup wagon in front of Henry Beckham's Half Circle Six ranch house in Bull Gulch looking west. Photo most likely from 1895 or 1897. Cover pic: courtesy of Walter Nash. The Henry Beckham Half Circle Six ranch house today taken from the back side looking east.

him. Turner remembers feeling safe and quiet when sitting on his lap.

Whether the family liked Henry Beckham or not, he must have been a respected rancher and many sources list Beckham along with other early prominent ranchmen including John Reeves Witcher, John Bender, the Eddy brothers, John Sweet, Freeman Waugh, William Gribble, W.J. Hammond, Ira Mulock, and William A. Stump. In a Ghost Town Club publication by Ray Colwell in 1946, the four big ranchers on the Fourmile roundup in 1885 were Beckham, Witcher, Tremayne, and Marcott.

When Charlie Beckham arrived in Colorado in 1872, he moved with Henry to Threemile Springs where Charlie walked to the south Cañon City schools for his education, according to his obituary.

The 1880 census lists Henry Beckham, 35 years old and single, as a South Park stock raiser. Henry's ranch, the Half Circle Six, was located northeast of Guffey near the head of High Creek and Beckham Basin in Bull Gulch. This is now on the Nash Ranch. Charlie Beckham homesteaded this 160 acre parcel in 1896 and also bought 160 adjacent acres.

Charlie Beckham's obituary says he started working round-ups and following herds to New Mexico and southeast Colorado in 1880 at the age of 13 and finally acquired ranching property in the Fourmile and Guffey districts. In 1881, Henry Beckham is on the South Park Cattle Grower Association's executive committee. In a November 26, 1885 *Flume* article, Henry's older brother, James Herndon Beckham, possibly a doctor from Kansas City, visits Henry at his West Fourmile ranch. While on his visit the brothers shot five deer. In 1892, Henry Beckham is involved in an historic Faro game in Cripple Creek, as recorded by Harry Epperson in *Colorado As I Saw It*. The Faro players place bets on a special board, betting on each series of two cards the dealer draws. Faro is a fast-paced game and the dealers were highly respected, but Faro did not last too long as it was an easy game to cheat at.

Young 12-year-old Epperson was selling newspapers in Cripple Creek when he was drawn into Johnny Nolan's Saloon and Gambling Hall by a large crowd and a lot of commotion. "Old bachelor cowman Henry Beckham" was playing Faro against the dealer and Nolan had lifted all the limits. The game went back and forth, first Beckham was ahead and then the dealer. Beckham played for 40 hours straight, while the house changed shifts every eight hours. Beckham finally walked away with \$2000. That would be worth \$53,275 in purchasing power today.

The last mention of Henry Beckham in Park County was in 1894, the same year Charlie Beckham married Miss Fannie Witherspoon at the Gribble Ranch. Around 1905, or before, Henry Beckham retired to Cañon City to his house at 323 North Third Street to enjoy the fruits of his successful ranching career. The

house is still there today. Perhaps that is when Henry and Charlie Beckham sold the Bull Gulch ranch, because Charlie and his family went to California in 1906, witnessing the San Francisco earthquake, and then returning to Guffey in 1908, but that's another story.

Henry Beckham's bachelor days ended when he married Rhoda Alice Bradham on December 24, 1912 in Cañon City. Miss Alice Bradham was born in Illinois in 1875 and was 38 years old when she married, and Henry was 67 years old.

The 1900 Fairfield, Indiana census lists Bradham as single and a servant of the Stoy family and then she came west to Colorado where she had a millinery shop on Cañon City's Main Street. That is probably where Alice met Henry Beckham. The 1920 census shows the Beckham's still in Cañon City on north Third Street, but the couple was in the habit of spending the winter months in California. In the winter of 1925, Henry Beckham took ill while in California and never fully recovered. Henry was finally able to return to Cañon City in April, 1926, but was a semi-invalid, according to his obituary, and made only occasional trips downtown in the spring and early summer. Henry Beckham died in early August, 1926, at the age of 81.

Henry Beckham was esteemed by all who knew him and his active and honorary pall bearers included many prominent area citizens. Among them were Mayor T. Lee Witcher, Tol Witcher, Frank Pigg, Ernest Stump, Robert Witherspoon, W.A. Stump, Robert Foster, Henry Hammond and Walter J. Black.

Henry Beckham is buried in Lakeside Cemetery by himself in a plot for two, which he purchased before he died. Alice Beckham went back to Illinois after Henry died and the 1930 census shows her living with a brother. Alice died in March, 1958 and is buried in Illinois.

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Woodland Park School District 719.686.2000 www.wpsdk12.org



This photo was taken by Tomi Price of her husband and two precious boys. They have roots generations deep in the Cuchara Valley.

Huajatolla Heritage Festival cancelled

The board for Huajatolla Heritage Festival made the hard decision to cancel the Festival scheduled for August 3, 4, and 5. We, along with everyone else in the Cuchara Valley and the universe as a whole, want this whole fiery beast that has turned our worlds upside down to be slain as soon as possible. We hope that there is some normalcy by the August dates, but feel that giving our vendors, performers and educators a chance to perhaps re-schedule

is in the best interest of everyone.

The good news is we decided to tentatively schedule the Festival for next June 8 and 9. It will be exciting to support our community by having a great event to kick off the summer season. Thank you for your support...and just wait and see what we will come up with that will be wonderful for next year!

We appreciate everyone's interest and concern.



Trooper Tips

The Colorado Driver Handbook

by Trooper Gary Cutler

When new drivers are taught how to drive, they are given a book to study entitled the *Colorado Driver Handbook* which contains the driving laws in Colorado. These 38 pages of golden rules of the roadway is essential for new drivers on how to drive safely. Over the years, I believe sometimes drivers forget some of the topics in that book. Now, I understand some of the content is tried and true laws that have been around for decades, but there are new laws that have come to pass since some of us went through driver's training.

I suggest the next time you get a chance, pick up a copy or look it up online and read what it has to say. Many people in professional fields continue to read manuals throughout their entire career to make sure they are up to date on the latest topics, or maybe it's just a refresher on old topics; no matter what the reason, it's important for them to keep up to date on updated information. I believe this should be the same for the driving public. Let's look at some of the content of the handbook.

On the first page after the cover, is a message from the Governor that I feel has importance. He writes, "As part of the state's continuing commitment to safety on the roads

and responsible driver education, I am proud to present the *Colorado Driver Handbook*."

I truly believe it shouldn't just be the state's commitment to safety on the roads, but every driver in Colorado. Making sure you and all other drivers know the particulars to each law is paramount to a safe driving experience.

The handbook covers a multitude of topics including information on driver's licenses. So, if you have a new driver in the family, the book has all the details for getting your new driver properly licensed, as well as letting you know at what age they have to be to get a learner's permit.

The online copy also has blank forms you can print for drive time logs and an Affidavit of Liability and Guardianship. Some of the other topics covered in the handbook are DUI's, seatbelt usage, roundabouts, right-of-way, and bicycle laws just to name just a few.

Now I will eventually hit all of the topics in the handbook, but if you're impatient, such as me, then you'll want to take a look at this as soon as possible.

Here is the web address for the driver's handbook: <https://www.colorado.gov/pacific/sites/default/files/DR2337.pdf>

As always, safe travels!

Adopt Me

by AARF

Carrie

Carrie is a young girl about 10 months old. She has lots of energy (great with kids!) and would love to have someone to teach her how to play ball, run or hike with her. She gets along with most dogs, but would be best without cats in her life. To schedule a meeting with Carrie, call Dottie 719-748-9091.

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



Featured Non-Profit

DayBreak: An adult day program

by Barbara Berger

When you drive a short distance down Highway 67 from Woodland Park, you will pass a small house with a front porch and a sign that says "DayBreak." Three years ago, Paula Levy fulfilled her dream by opening DayBreak and it is an amazing place. This is something that she was passionate about doing for the Teller County community. Paula has made DayBreak, a 501(c)3 nonprofit, a "home away from home" offering support, love, respect, acceptance, patience and humor. She and her staff encourage, laugh with, and protect their participants while supporting their families in the process. At DayBreak, the staff specializes in the care of those living with Alzheimer's and dementia, but they can also care for those with Parkinson's and those who have suffered a stroke or other diagnoses or just need minimal supervision and/or assistance.

Paula knows that caregivers are dedicated and caring, but more often than not they are exhausted. They need a chance to refresh, recharge and renew. They need a break from caregiving to take care of their own needs. DayBreak gives the caregiver an hour, a half-day or a full day of respite while their loved one engages in meaningful activity and social interaction; creating community for themselves.

DayBreak provides structured activities and individual care to help those with memory impairment and other limitations; keeping them involved with everyday life. Some of these include physical exercise, word games and trivia, guest musicians, music and dancing, pet therapy, backyard fun in a secured outdoor space, community service projects, field trips/outings, intergenerational activities and so much more.

In three short years, DayBreak has outgrown its current location at 404 N. State



Enjoying a picnic in the backyard are (left to right) volunteer - Emily Waite, Mary N., Nancy P., volunteer - Armando B., Vickie B., Dot T., and Becky F.



DayBreak staff and participants celebrating Monique B's 80th birthday (center) on the front porch

Highway 67 and has served over 55 families across Teller, Park, and El Paso Counties. At the beginning of this year, they kicked off a capital campaign to raise funds for a larger facility — hoping to remain in the Woodland Park community. Please Save the

Date — September 9, 2018, 5 p.m. for an Eat, Drink, & Give Capital Campaign Event at the Swiss Chalet. Call 719-687-3000 for more information.

For more information, go to www.day-breakadp.com.

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The Thymekeeper




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Nature Tales from my Back Yard Raven tales

by Jeanie Crane

Before moving to Colorado, my life partner and I spent a week as volunteers helping to maintain the Colorado Trail. We then camped out for the rest of that summer and for the following five before purchasing our cabin here at 10,000 feet. One of my favorite memories from those years was getting to know the local ravens.

One summer almost every morning three ravens held a family meeting at the edge of the forest across a small meadow from our tent. Their pre-meeting breakfast was not an easy thing to watch, since it consisted of a tug-o-war to kill, disembowel and devour a series of small rodents, but the after-breakfast meeting was fascinating. The three would gather in a small circle, their beaks pointing to the center, a foot or so apart, and the conversation would begin, often lasting five minutes or more. A series of various, usually soft, vocalizations transpired mostly uttered by two of the three with the third remaining silent. Sometimes there was a rising inflection, almost as if a question were being asked. Usually turns were politely taken. If two "spoke" at the same time, the volume would rise until one gave way to the other.

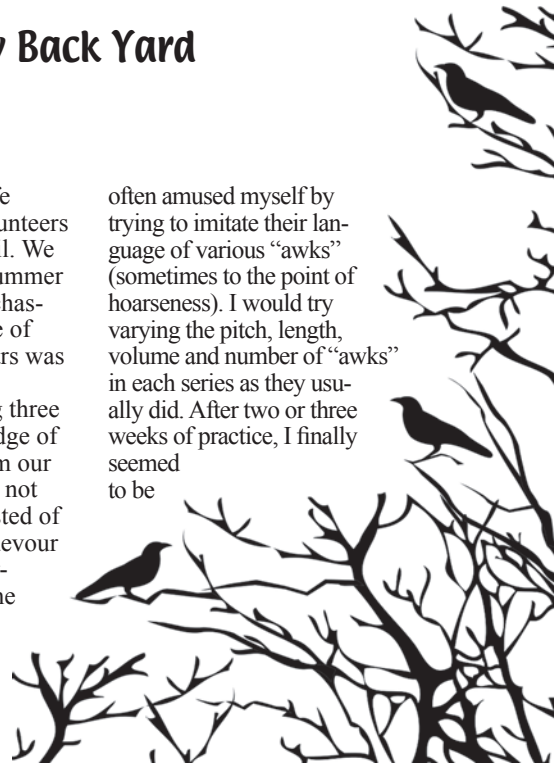
As the meeting approached its end the three ravens would start hopping about with wings lifting just a bit. Finally, with one last "awk!" the meeting would be adjourned, usually with two flying off together up the little valley and one flying, then soaring down the valley toward the west, leaving me always wondering what decisions did they make for their day's agenda?

Because the voices of all the local ravens were so prevalent, so raucous and guttural, I

often amused myself by trying to imitate their language of various "awks" (sometimes to the point of hoarseness). I would try varying the pitch, length, volume and number of "awks" in each series as they usually did. After two or three weeks of practice, I finally seemed to be

getting a few return "awks" and yes, maybe it was my imagination, but I really don't think so because...

One day as I was standing on the little forest road below our camp watching the prairie dogs down the hill, I saw a raven flying across about 25 feet above me. I did my best "awk-awk-awk!" and watched as the raven paused his flight; his wings at a 45 degree angle to the ground, his lower wing pointing down at me as he did two full 360 degree circles with me at the center before he leveled his wings, gave three mighty flaps and continued his flight down the valley toward the Continental Divide, leaving me to wonder — as I still do — what exactly had I "awked" in ravenese?



Heart of the Rockies Regional Medical Center News

HRRMC Foundation awards three \$2,500 scholarships

Heart of the Rockies Regional Medical Center Foundation recently awarded \$2,500 scholarships to Keenan Barr and Lukas Ommen of Buena Vista, and Claire Zwann of Salida.

Barr is a junior at the University of Minnesota Twin Cities earning a degree in biomedical engineering with a premed focus. Barr's ultimate goal is to become an orthopedic surgeon.

Ommen is currently attending Colorado State University and is majoring in biology with a premed emphasis. He is interested in cardiology and will be taking the Medical College Admission Test (MCAT) this year.

Zwann is beginning a physical therapy doctoral program at the University of Colorado Anschutz Medical Campus. She received her undergraduate degree in integrative physiology from the University of Colorado Boulder.

The HRRMC Foundation scholarship is available to any college or university student who lives or has lived within the Salida Hospital District, which encompasses Chaffee, western Fremont and northern Saguache counties. Applicants who plan to enter the health care field with a minimum of 24 college-credit hours and a minimum grade point average of 3.2 are encouraged to apply.

Applications for the 2019 scholarship will be available next May and will be due June 14, 2019. For more information, call Foundation Director Kimla Robinson at 719-530-2218.

National Diabetes Prevention Program classes

HRRMC and Chaffee County Public Health have teamed up to offer the National Diabetes Prevention Program. Classes begin in August. If you are prediabetic or at risk of developing diabetes, this program can help you learn healthy habits so you can prevent or delay the onset of Type 2 diabetes.

Classes will be offered in Buena Vista

on Tuesdays from 11 a.m. to 12 p.m., at the Chaffee County Offices, 114 Linderman Ave. Salida sessions will take place on Wednesdays from 5-6 p.m. at the First Presbyterian Church, 7 Poncha Blvd., and Fridays from 8:45-9:45 a.m. at the Wellness U Gym, 1548 G Street.

Participants may choose the time and location that works for them.

All classes are supported by the Cancer, Cardiovascular and Chronic Pulmonary Disease Grants Program. There is no fee to attend.

For more information or to register, call 719-539-4510.

Wellness U offers free Cooking Matters class

HRRMC's community wellness program, Wellness U, will host a six-week Cooking Matters class on Mondays, Aug. 20 – Oct. 1, from 4:30-6:30 p.m., in the hospital's second-floor conference rooms. No class will be held on Labor Day, Sept. 3.

This class is free and open to the public. Each Cooking Matters class will be taught by a chef and nutrition educator who will discuss meal preparation, grocery shopping, food budgeting and nutrition. Participants will take home a free bag of groceries at the end of each class so they may prepare the recipe presented during the session at home.

The program was created as part of Share Our Strength's "No Kid Hungry," campaign which emphasizes the importance of cooking healthy meals on a tight budget. Participants will be given tips and tricks on how to shop smart and prepare meals without overspending, yet still maintain high nutritional value.

Cooking Matters has been featured by former First Lady Michelle Obama's "Let's Move!" campaign and recognized by the U.S. Department of Agriculture for excellence in nutrition education. The Walmart Foundation is the national sponsor of Cooking Matters.

To register, go to hrrmc.com/events or call Wellness U at 719-530-2057.

Fly your kite and sell your junk

by David Martinek

Apologies to all who don't consider their *surplus assets* "junk." The Divide Chamber of Commerce is once again sponsoring dual events on Saturday, August 25, in Divide by holding their annual Great Divide Kite Flight at the Hayden Divide Loop Trailhead, and their 8th Annual DivideWide Yard Sale at the Summit Elementary School. So, it is true; you can fly your kite and sell your junk on the same day.

The Great Divide Kite Flight is an annual event that many in the community always look forward to. It is an experience that has been repeated for over 20 years. Parents, grandparents and guardians bring their elementary school-aged children to the top of the Hayden Divide Loop Trail (Hybrook Road) and enjoy a morning just flying kites in the nearby meadows as Raspberry Mountain and Pikes Peak look on. Kites are available for free, courtesy of Lee Taylor of Edward Jones. Over a hundred kites are given away each year. All the kids will have a chance to win a new bicycle in a drawing, sponsored by Dave Martinek and Flood Realty. Refreshments and warm smiles are also free. The Kite Flight begins at 9 a.m. and ends around 1 p.m. after the bicycle drawing.

The Divide Chamber is adding an extra service to the Kite Flight this year by teaming up with the Cripple Creek Masonic Lodge to offer the EZ Child ID Program which allows parents/guardians to "ID" their children at no cost. Using the program, lodge personnel will take four profile photographs, fingerprint both hands and list the child's pertinent features, such as: height, weight, eye and hair color, health concerns, nicknames, etc. All the information, pictures and fingerprints are printed out and given to the parent/guardian. A zip lock bag is also provided to store hair or fingernail clipping for DNA identification purposes. There is no database created. No information is retained by the lodge, Chamber or program; once the information is printed out, it is erased. The lodge has ID'd over



Over 100 kites are given away each year by Edward Jones, but some flyers bring their own.

1100 kids in the area so far.

Across Highway 24, and after skipping a year, the Divide Chamber is also holding their 8th Annual DivideWide Yard Sale on the same day. The community yard sale will begin at 9 a.m. and last until 3 p.m. that afternoon (set up for vendors is scheduled to begin at 8 a.m.). Spaces at the Summit Elementary School (490 Meadow Park Drive) parking lot are limited so folks interested in renting a booth are encouraged to reserve one soon. Booths are available on a first-come, first-served basis until all are sold. A booth costs \$25 and includes two parking spaces.

Applications for booth rental are available for download from the Chamber website (www.dividechamber.org) or may be obtained from Shipping Plus or the Ancestral Arts Trading Post in Divide. Vendors can mail the application with payment to the Divide Chamber, P.O. Box 101, Divide, CO 80814, or drop off an application with Joe Kain 719-687-2278 at Ancestral Arts. Full payment in advance must accompany all applications. "No shows" are nonrefundable.

Saturday, August 25th, will be an exciting day in Divide, so plan to attend. There will be some kites to fly and some very nice "junk" surplus assets to buy.

Guffey school registration

by Martine Walker, principal

It's almost that time again!

The school will be hosting registration for all new and returning students on August 16 and 17, 9-3 p.m. daily. Kindergartners - 8th graders are welcome. The first day of school will be Monday, August 20 at 8 a.m. New students will need the following for registration:

- The child's social security number or card
- The child's birth certificate or other proof of age
- An up to date record of immunizations
- Addresses and phone number(s) of the child's doctor and dentist as well as emergency contact info.

Back to school supplies are communal, so families are asked to plan on contributing \$30 for each child to help cover these costs. If you would like to donate supplies we can use:

Water colors, Glue sticks, Dry erase markers, All kinds of tape, Kleenex, Post it notes, Healthy snacks!!!! (such as crackers, granola bars, cheese sticks, yogurt, fruit,

fruit leather, trail mix).

If your family can't make it to registration, please call or email our school so that a registration packet can be sent to you and plans can be made with your child's teacher.

The school's bus route will start on Monday, August 20. Bus information will be available at registration.

Lunch prices are \$2 for students and \$3 for adults. Students may pack or purchase a lunch. Families are encouraged to apply for the free and reduced lunch program even if your student does not intend to eat the lunch provided by the school. When you apply to this program it helps us with federal funding. Applications will be provided at registration and in the school office at any time. The information provided on the application is confidential. Please contact the school with any questions.

We are excited for this upcoming school year and look forward to seeing you soon!

In and Out An exhibit by Sue Ann Hum

Salida's SteamPlant Paquette Gallery presents Sue Ann Hum's work in an exhibit *In and Out* through the month of August and may be viewed daily.

There is an Opening Artist's Reception Thursday, August 2 from 5-7 p.m. with complimentary snacks, beer and wine. You may also choose to attend the Creative Mixer on Thursday, August 9 from 5:30-7 p.m. as you meet the artist and other creatives in the Paquette Gallery. Enjoy live music by John Drew Peterson with complimentary snacks and cash bar.

In and Out features mostly new and never-exhibited works and is born from travel memories of the artist and her big, orange cat, BOC. More than just pretty places — we see the ins and outs that have etched a

special place in Hum's heart. By working in her studio and *outside* en plein air, Sue Ann shares her love for architecture as well as landscape in this show. Guests will find the memories decorated with unexpected things like a bowl of crème fraîche, a chamber pot or parakeets. The artist makes annual trips to France so you can expect certain "joie de vie" and "je ne sais quoi" in the exhibit; but with her heart firmly planted in Chaffee County, she has local flavor to share as well.

A Little Funny — One wall is whimsically titled: "Places I Remember or: The Imagined Adventures of BOC, The Studio Cat." Hum uses her cat, her brush, her memories and her imagination in these tongue-in-cheek, narrative paintings.

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Divide Postmaster retires

by Cori Freed
photo by Jeff Hansen

Monica Deluca began her career at the age of 19 as a relief carrier for rural routes in Tice, FL. She enjoyed this job for 5 years before becoming a Rural carrier for the next 20 years in the Ft. Myers & Naples area. Becoming restless, she joined the ASP program in 2001. She then sought jobs in Colorado, selling her house in Florida before landing a job in Colorado, leaving her to sleep on friends' couches until then. Monica's first supervisor position was in Monument, and she later promoted to Postmaster there as well. Monica finished her career in Divide, CO 80814, a position she accepted in 2010. She retired Friday June 29, 2018 with over 42 years of service.



Retiring Postmaster Monica Deluca and Jerry Martinez, Post Office Operations Manager, Area 3

Call for Entries! 24th Annual Emma Crawford Coffin Race T-Shirt Contest

The Manitou Springs Chamber of Commerce invites all artists to submit their best t-shirt design for a chance to be the featured artist on the official 2018 Emma Crawford t-shirt. Winning artwork will be selected by community vote.

Submissions will be accepted starting immediately. Email digital files to coffinraces@manitouchamber.com or drop off original art at 354 Manitou Ave. The deadline for entry is 5 p.m. MST Thursday, August 30. Voting begins Saturday, September 1 and ends Friday, September 14. The winning t-shirt design will be announced Monday, September 17, the artist will be notified by phone.

Design guidelines & inspiration

We encourage you to consider the canvas when selecting the art you submit. Think about how your art will translate to a t-shirt. If you would like to visualize how your design will look, download (<http://bit.ly/coffin-tshirt-temps>) our t-shirt template and see how your art fits. (This step is recommended, not required.)

Contest Guidelines:

1. primary subject matter should be coffin-race related
 2. work must be original
 3. open to all ages
 4. there is no entry fee
 5. submit entries via email to coffinraces@manitouchamber.com or drop off original art at 354 Manitou Ave.
- Artwork specs: Submit digital designs as a single jpeg or pdf file. We recommend designing your piece at a size 16" x 20" at 300 dpi. Keep in mind, if you win, we will require a high-resolution file to print your design. High quality art = high quality shirts. Winners will receive \$50 in Manitou Money, a t-shirt with your design, two VIP passes to the coffin races.

The 2018 Emma Crawford Coffin Race happens Saturday, October 27, 2018 in Manitou Springs, CO. If you have any questions about the t-shirt contest or the coffin races please contact the Manitou Springs Chamber of Commerce, Visitor's Bureau & Office of Economic Development at 719-685-5089.

Where is Zack this month?

Zack is a certified Therapy dog and 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 Saturday August 18th from 10-2 p.m., Zack will be at the Walmart, 19600 US-24, Woodland Park, CO, collecting donations and food for his feline and canine friends in exchange for homemade dog biscuits, frisbees and catnip toys. Please stop by and give him a hug for his hard work!

Thank you for your support. For more information, go to www.PetFoodPantryTC.com.



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Growing Ideas Come join me in the raspberry patch!

by Karen Anderson “The Plant Lady”

Greetings fellow mountain gardeners. August is here already and the season seems to have flown by this summer season even though it has been pretty tough going with the drastically dry conditions. I managed to keep most all of the resident plant beings alive (and I hope you did too!) by rationing out the water supply, creating irrigation furrows within the garden beds to better accommodate their needs, and you know I'm going to say it...Mulching! The rains were welcome indeed, but please don't count on them to hydrate the root systems of your plantings (unless it rains 40 days and 40 nights!), so keep a check on the situation.

This month, let's explore the possibilities of cultivating a Colorado raspberry patch in your sacred space. If you are like me, one of the greatest pleasures in the garden or in the wild is carefully plucking a small hand full of delightfully sweet, sun ripened, red and juicy little treats which are wild raspberries, fresh off the vine and popping them into my mouth. Yum! The wild raspberry *Rubus strigosus* is common and wide spread in the wild though out our mountain region and lucky for us high altitude gardeners who wish to plant them in our backyard gardens, are relatively easy to grow.

“With the Birds in the Trees-es and Sweet-Scented Breezes, It's the Good Old Summertime”

— Ren Shields

Raspberries are ancient and thought to have been eaten since prehistoric times but were first cultivated in England and France in the 1600s. Red raspberries contain strong antioxidants as well as anti-inflammatory properties and other important health benefits. These native fruit bushes are known as brambles (which means they are thorny) and are members of the genus *Rubus*, which belongs to the rose family.

We could get into some real scientific stuff here, but I'm not gonna go there. Let's keep it simple and I will share what I know to be true about cultivating native raspberries in our area.

Raspberries will tolerate most soils as long as they are well drained, which should be no problem here as long as there is not too much clay present. If so, the soil needs to be amended with top soil and humus in order to lighten it up and create better drainage. The pH can range from 5.5 to 7.0 for best production of these small fruits. It's important to note here that there are many other domestic varieties of raspberries that may or may not survive in our high altitudes and cold climate conditions. My experience is exclusively with the natives.

I started my first raspberry patch nearly four decades ago, by spotting and identifying a few small plants growing out of the gravel in my then almost totally bare landscape. After doing a bit of book study, I transplanted them during the early spring months into a well-amended raised garden bed where they really perked up and started to thrive instead of simply surviving in the dry ground.

Good rules of thumb for successfully growing raspberries are full sun, (although I have some patches on the east side of my house and they do fine), sufficient nutritional resources and good air flow. So, I would suggest that when incorporating raspberry brambles into your garden, you add a good amount of organic bone meal and a whole lot of other organic matter, such as well rotted manure, compost or native leaf mold. It is also important to keep adding these amendments to the soil every fall to feed the plants for the next growing season.

Transplanting bushes from the wild can be somewhat tricky, however they are pretty dam

hardy and recover fairly quickly with the proper care. Sharp tools and moist soil is extremely important when digging up anything! Several applications of root stimulator are also helpful for establishment in a new and improved garden bed. Keep your newly planted raspberry bushes moist at all times and MULCH! It may take a couple of years for the patch to kick in and start producing a good batch of berries, so some patience may be required.

You will need to watch for the berries often as they ripen because the birds and other hungry critters will be watching closely too. Bird netting is not a good idea as the poor little things get caught in the webbing and cannot escape, so there really isn't much we can do to protect the ripened berries except use the quick pick method. Raspberries are usually ready to harvest toward the end of

July depending on the weather conditions.

Since brambles are deciduous, the leaves may give you some great autumn color before they fall from the canes, depending on the weather. Leave the leaves where they fall as they will provide extra nutrition as well as a natural mulch for new growth the next year. You can cultivate them into the soil in the spring as a natural amendment. Raspberries are biennial in nature, so this means that there will be new

shoots and dead canes every year. I like to wait until early June to cut the dead wood and clean up the patch. They also spread nicely, which helps to have a garden bed full of raspberry bushes in just a few years. If you would like to get one started, feel free to give me a call at 719-748-3521. I can hook you up with some healthy, organic and native starter plants.

Power perennials and happy houseplants continue to be available for adoption at Mountain Naturals in Woodland Park and the Outpost in Florissant (or call me). I am still available for consultations and coaching in the world of high altitude and native gardening. As always, wishing you happy gardening, many blessings and have a very berry day!



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Working together CUSP partners with environmental organizations

by Coalition for the Upper South Platte

The Coalition for the Upper South Platte (CUSP) was formed in 1998, and we are happy to be celebrating our 20th year in service to the Upper South Platte Watershed. Recognizing the success of CUSP and positive impacts to our community, a sister organization was formed in 2014 with the objective to encourage and mentor collaborative organizations such as CUSP.

Coalitions & Collaboratives, Inc. (COCO) aims to support place-based groups, completing natural conservation work. COCO brings together expertise, resources, and funding to support newly formed groups who are working to collaborate within their community to protect and preserve the natural environment, communities, and economic interests.

COCO is currently hosting a coordinator for the Arkansas River Watershed Collaborative (ARWC), a COCO affiliate. ARWC was founded in 2015 as a subcommittee of the Arkansas Basin Roundtable an outcome of the Roundtable's Water Health Working Group. Initially efforts were heavily influenced by the Waldo, East Peak, and West Fork Complex fires, which brought attention to the need for watershed protection and community partnerships.

The Arkansas basin is one of the four main tributaries to the Mississippi River, which is the third largest watershed in the world, draining 41% of the contiguous United States, along with a bit of Canada. At the confluence of the Arkansas with the Mississippi, it drains about 170,000 square miles. At the border of Colorado, the watershed drains 28,268 square miles, making it the largest watershed basin in Colorado.



The river emanates from the high peaks near Leadville, Mr. Elbert at 14,443 feet in elevation and continues to the Kansas/Colorado state line at 3,340 feet. Precipitation in the watershed averages 10-15 inches per year, however, the high mountains may see as much as 30 inches per year, mostly as snowpack. Land ownership is about 70% private, 20% federal, and 10% state or local government. Approximately 67% is classified as grasslands, 13% as forest, 10% cultivated, and 10% as other cover types (development, shrubs, wetlands, reservoirs/water, etc.).

More information on the Arkansas Watershed can be found on the ARWC website: <http://arkcollaborative.org/> as well as the Arkansas Basin Roundtable site: <http://www.arkansasbasin.com/>

Recently Rocky Mountain PBS hosted a documentary by Samuel Ebersol, "The Arkansas River from Leadville to Lamar." It is a fascinating look at "one of the hardest working rivers in the lower 48." The film can be found on the RMPBS website. <https://www.pbs.org/video/the-arkansas-river-from-leadville-to-lamar-1ntf5a/>

Being ecologically diligent

by Eric Chatt, N.D.

There is a certain type of persistence or diligence that is required to care for our land, water, air, and ecosystems in a manner that will afford future generations the opportunity to witness anything near the biodiversity that exists now. We are in the proposed epoch of the Anthropocene; the time in which mankind has impacted Earth's geology and ecosystems in a significant manner, including, but not limited to anthropogenic climate change.

So as always when faced with difficult problems we ask, what can we do? For those who care about the future we can be ecologically diligent. The Oxford English Dictionary defines diligent as "careful or steady in application to one's work or duties or showing care and effort." It will be the collective actions of many people to begin turning the tide of ecological devastation. Our behavior as humans makes a difference.

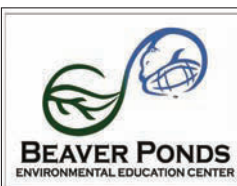
There are everyday opportunities to be diligent as in recycling, public transportation, carpooling, gardening, sustainable energy utilization, riding a bicycle, eating food grown in sustainable ways, and volunteering with organizations such as Beaver Ponds Environmental Education Center and others which promote healthy ecosystems and sustainable practices.

At Beaver Ponds we are doing what we can in our little corner of Colorado and helping to teach others as we continue learning about being the best stewards of the land that we can be. We utilize alternative energy such as solar, wind, and geothermal. We manage the



At Beaver Ponds we utilize alternative energy such as solar (above), wind, and geothermal.

forest in a healthy way to promote biodiversity and improve water quality for the Sacramento Creek. We teach and engage others in activities revolving around watersheds and ecology. We cultivate local food and teach others about the challenges and benefits of growing food at 10,500 feet. We educate, research, collaborate, and provide space for others wishing to study and learn about the environment.



It takes ecological diligence to make a difference in our carbon footprint, keep our water and air clean, to grow crops in a sustainable manner, and to improve biodiversity in ecosystems. Diligence comes from the word diligere, which means love or take delight in. At Beaver Ponds Environmental Education Center, we truly take delight in doing what we can to be a model of eco-diligence and we invite you to become involved in what interests you and to practice your own form of healthy, delightful, environmental action. To learn more about Beaver Ponds visit www.beaverponds.org.

Griffith-Scott The boys in the band

by Flip Boettcher

There is a relatively new musical group in the Guffey area, the Griffith-Scott Band, composed of local residents Mark Griffith and John Scott. The duo formed about a year ago, even though they have played together on-and-off for five years, they said.

The duo plays a mixture of rock and roll, blues, and country with some contemporary electric dance music; 50% of the songs they play are original compositions. Griffith is the songwriter as well as guitar and keyboard player, and vocalist. Scott plays the bass guitar and sings some backup vocals and they use an electronic drum machine for the percussion.

Griffith worked for Inter-Continental Ballistic Missile Company in San Diego, California. When they sold out to Martin Marietta and moved the company to Denver, Griffith came along too, living in Bailey and commuting to Denver. Griffith retired about 10 years ago and bought his L & M Cattle Ranch southeast of Guffey, he said. He enjoys being a small rancher, it keeps him busy. Griffith has been playing music for 50 years, he said.

Scott bought property in the Guffey area 25 years ago and has been building on his house there ever since, he said, spending summers here. Scott is from Atlanta, Georgia, and was a structural engineer for 40 years before retiring six years ago. Scott worked on projects at Cape Kennedy (Canaveral) and helped on the Bronco stadium in 1999.

Scott got his certificate of occupancy from the county for his house in 2015 and moved here permanently. One of the reasons he picked Colorado to retire is that he loves to ski. Scott also, has been playing music about 50 years.

Griffith has a recording studio set up in his house, and the duo has released their first CD *No Boundaries*. The CD contains three country songs, three contemporary rock songs, and three rock and roll songs,



John Scott on the left and Mark Griffith in the recording studio at the L & M Ranch. Photo by Flip Boettcher. Cover photo courtesy of Mark Griffith, playing at one of their venues.

all composed by Griffith and recorded and mixed at the L & M Ranch.

It takes about one and a half to two years to produce a CD, from writing and choosing material to the finished product. A CD is recorded, mixed and mastered. Griffith has a 24-track digital recording machine, he said. Only one track is recorded at a time, starting with the drums, then the guitars, the keyboards, the bass, and vocals last. All the recorded basic tracks are then mixed to get the best sound. The final mastering is done in a professional studio.

Scott has a 1969 "Corvette yellow" Chevrolet panel van that he is installing a sound system in. The duo would like to be able to drive to private venues, open the doors, plug in and play. They would be willing to drive as far as Denver, where they have played at Arapaho Park for an event that drew 4,400 people from Colorado Springs, Buena Vista, and Fairplay.

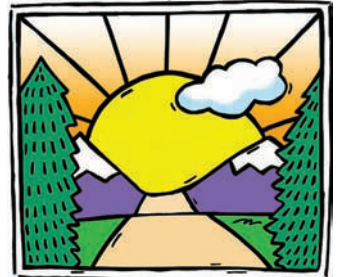
So far, the Griffith-Scott Band has been playing at the Freshwater Saloon and the Bull Moose Restaurant & Bar in Guffey; the Thunderbird Bar in Florissant; the Somewhere

Saloon in Cañon City; and at private parties.

Upcoming dates include the Bull Moose Summer Music Festival, August 11 and the Somewhere Saloon, August 24. There is a complete calendar section on their website. Their programs are usually composed of three sets, about three hours long.

Also, on the last day of the Guffey library summer reading program, the students recorded songs they had written during the reading program, at the L & M Ranch, said Griffith. Local singer/songwriter Lissa Haner taught the students about how to write a song during the first day of the reading program.

All of Griffith's original music is available at www.cdbaby.com, enter Mark Griffith. One can purchase one song or the whole CD, he said. Griffith encourages other artists to listen to his music and if they like it use it themselves, he said. Additional contact information: www.markgriffithmusic.com, mlgriffith31@gmail.com, or phone, 303-358-3097 or 719-689-2847.



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Come Celebrate Fairplay's Wonderful Summer Season

The Valedictorian and the Sorcerer

by Flip Boettcher

What might happen when good meets truly evil? Florence, Colorado is lucky to have its own writer/playwright Tom Bruno, owner of Papa's Italian Restaurant to answer that question. Bruno's latest creation, *The Valedictorian and the Sorcerer*, is a Broadway-style musical with a cast of 18 and a 10-piece orchestra, he said.

The original script of the musical is written by Bruno, and the original music is composed by Bruno's son, Lucas. Lucas is majoring in music and engineering at Colorado State University Pueblo. Lucas has composed over 50 pieces, including five songs for *Ghost in the Political Machine*, the melodrama Bruno wrote last year.

While Lucas has incredible talent as a composer, said Bruno, his music is beautiful, epic and dramatic, but it takes patience for the father/son duo to work together.

The Valedictorian and the Sorcerer tells the

tale of a brilliant, naïve high school graduate from a small Midwestern farm town who wants to make a positive difference in our world.

After succeeding in an online business making and marketing "Corn Critters," she decides to join the Air Force as a medic. She soon runs into a suave, handsome, and truly evil sorcerer. Thereafter, troubles seem to pursue her leading ultimately to a dramatic battle of good and evil.

The Valedictorian and the Sorcerer will be playing at Florence's historic Rialto Theater and the world premier will be August 31, September 1 and 2; and September 7, 8, and 9. The Friday and Saturday shows start at 7 p.m. and the Sunday matinees start at 3 p.m. Tickets are available at Papa's in Florence. While most of the seats in the Rialto are pretty good, the best seats sell out fast, said Bruno. He does expect sell-out crowds.

The board of directors of the Rialto is

very generous and supportive of local plays. A stage lighting and sound system were recently purchased and installed for the theater.

They may even install a draw-able curtain, which Bruno says is a critical element of *The Valedictorian*.

"We intend to dazzle our guests with real magic, real music, and real talent," Bruno said. "We've got help from some fantastic sources." When asked what inspired him, he



The Rialto Theater in Florence, CO.

said, "After *Ghost*, my wife and I took the whole family to Broadway. We experienced *Phantom of the Opera*. That did it!"

Don't miss the world premiere of *The Valedictorian and the Sorcerer*, sure to be a memorable event.

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2nd Annual Guffey Steampunk Festival

by Flip Boettcher
photos by Flip Boettcher

In spite of the hot mountain day and a few sprinkles of rain from the afternoon thunderstorm, the 2nd Annual Guffey Steampunk Festival was well attended from far, near, and wide. Sponsored by the Guffey Steampunk Society and hosted by the Bull Moose Restaurant & Bar, the vendors were nestled under the pines with live music playing from the outdoor stage. At least 50 % of the crowd was in full Steampunk attire.

There were vendors, a skit, parasol dueling, live music, a skit and food. All made for a very pleasant day in the mountains.



The three Barbaras from left to right are Barbara (last name unknown) helping at the steampunk booth; Barb Light, local Guffey resident; and Barb Brierley, owner of Spirit Riders Emporium in Florence and home of the Florence Steampunk Society in front of the Spirit Riders booth in full steampunk attire.



Left to right are Holly Collins, owner of Adventures in Dance in Littleton, Colorado; Lawrence Epps, president of the Guffey Steampunk Society; Craig Tomazin, general manager of Adventures in Dance; and an unknown person; all in steampunk attire.

One Nation Walking Together

One Nation presents the 10th Annual Colorado Springs Intertribal PowWow

by Sebrana Forrest, Mohawk Nation

A PowWow is a cultural celebration of Native American Peoples, a social gathering to catch up with old friends and meet new ones. All people of all ages are welcome. You can expect a day which is rich in sight, sound, and Spirit. There will be Dancers in full regalia (tribal clothing), drum groups with singers performing traditional songs. It's a very moving experience to witness the Grand Entry. This is when the Native American Color Guard presents the Flags of our Nation and the procession of dancers enter the arena for the first time. The elders enter first and it goes all the way down to the tiny tots, spiraling to the center for the honoring of Country and Veterans with special dedicated songs from the Drums. A non-Native friend expressed to me that he personally gets a lump in his throat every time he sees a Grand Entry, knowing a special culture has survived and proudly exists. He describes it as an explosion of sight, color and movement.



It always surprises me that so many people have never been to an Indian PowWow. Many have said they don't know what it is and are not sure they would be welcome. Others have told me they wouldn't want to intrude. The modern-day image of Native Americans to most folks is fuzzy at best, some distorted Hollywood version of the noble savage at worst. We may never be able to dispel the many myths floating around out there but attending a PowWow will certainly help put things back into perspective. We are a living culture which is vibrant today.

Native American arts, artisans and crafts will be featured at the One Nation PowWow. Our artisan vendors come from all over the country! You will most certainly love shopping and buying their unique offerings. In

addition, there will be authentic Native America food for purchase; I highly recommend trying the Fry Bread! Another wonderful offering at the PowWow is our free children's activity area. You will also find educational exhibits such as Hawkquest's birds of prey and an opportunity to visit with live wolves.

Yes, everybody is welcome-that means you, and your kids, and the guy down the road! You are all warmly invited to come and experience firsthand the beauty and Spirit of our indigenous brothers and sisters. WE ARE ALL RELATED.

One Nation Walking Together presents the 10th Annual Colorado Springs PowWow at the Norris Penrose Equestrian Center (located at 1045 Lower gold Camp Road) near South 8th Street and Highway 24.

Join us on Saturday, August 11, 2018 from 10-6 p.m. Doors open at 9:30 a.m. General Admission is \$5. Children 12 and under and Dancers in Regalia are admitted FREE of charge!

The GRAND ENTRY will be at 11:00 a.m. This event is sponsored by the Gazette, Fusion Sign Company, Old Town Bike Shop, and the Flying W Ranch.

Donations of non-perishable food items are greatly appreciated for the One Nation Walking Together food pantry.

For more information visit:
www.coloradospringspowwow.org or www.onenationwt.org or call 719-329-0251 or email, office@onenationwt.org We look forward to seeing you there!!



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Water treatment system upset at the London Mine

by Joe Harrington, owner of the London Mine and Kristin Barrett, Co-chair of Save South Park

On July 16, 2018, around 4 p.m. a highly odiferous, alcohol-based chemical used in a water treatment process at the London Mine was discharged into Mosquito Creek bypassing the usual treatment process that would otherwise utilize the chemical in water treatment at the mine. Minewater LLC is the operator of the treatment process. Minewater is using several innovative processes to treat the mine drainage that has been flowing into Mosquito Creek for decades. The drainage inside the Mine is comprised of two water sources, with 99% of the water flow at a pH of 8.3 (alkaline) and a very small but highly concentrated flow at pH 3 which also contains quantities of zinc and cadmium. Zinc poses ecological impacts to fish and other organisms, while cadmium is toxic to humans. Minewater's process has reduced the zinc and cadmium loading to the creek by approximately 90% in the last 18 months. The water will be so clean it will be sold to the city of Aurora for drinking water. This is a very positive thing for the creek, its ecosystems and for the people of Aurora as well as those who live near and fish the creek.

Though Minewater had taken precautions to prevent any spills, the combination of a landslide in May and a broken pump caused about 100 gallons of this chemical to spill into the creek. A berm that was meant to collect any spillage was damaged by the May landslide. The operator chose to continue the treatment process even though the berm had been breached because without continuous ongoing treatment the contaminated flow of water would resume flowing into the discharge and impact the creek with more toxic heavy metals, reversing years of work.

The spill was discovered by several downstream neighbors who noticed a heavy chemical odor emanating from the creek as



Down stream from the London Mine, Mosquito Creek as it normally appears as it flows by the Beaver Ponds Environmental Education Center (left). Mosquito Creek after the spill (right).

well as foam floating on the surface. One of the neighbors contacted Minewater who immediately began an investigation as to the source. Also alerted was the Park County Sheriff and HazMat Response team, the local water district manager, Colorado Parks and Wildlife, the Colorado Department of Natural resources and the Colorado Department of Public Health and the Environment Water Quality Division. After Minewater determined the source and content of the spill, Mr. Harrington as manager of Minewater also notified the appropriate regulators as well as the concerned neighbors. He also posted information on a local Facebook site.

A team of biologists from Parks and Wildlife and the county Hazmat team were on the scene that evening to evaluate the spill and pull samples from the creek. Parks

and Wildlife personnel have stated that there may be a fish kill and continue to monitor the creek. The wetlands and beaver ponds at the lower part of the creek may have absorbed most of the spill and prevented much of it from entering the Middle Fork of the South Platte, a major source of drinking water for Colorado Springs and Denver. The alcohol is used to enhance biological remediation of metals in natural and constructed wetlands so it would likely provide benefit to the wetlands community in the lower segment of Mosquito Creek.

The toxicity to neighboring wildlife is unclear. The chemical, called MicroC 3000 is a common water treatment chemical mixture used to feed bacteria and thereby remove contaminants from wastewater. While the odor of the mixture is due to very low trace

amounts of higher molecular weight alcohols, the primary chemicals in the mixture are methanol and ethanol. The toxicity to humans of this mixture is lower than that of methanol alone because ethanol is the antidote to methanol toxicity. The president of the company who manufactures the chemical stated that the chemical had never been directly discharged into surface waters before and so he was unsure of what effects it might have on aquatic insects, fish, and plants or on animals that might drink from the creek. He said there were no long-term effects to humans from a brief exposure and that people should remove themselves from the area of the spill. A HazMat responder complained of nausea after smelling the chemical and several neighbors complained of headaches and nausea.



...and they're off for the 2017 Ed Snell Run from Fairplay.

38th Annual Ed Snell Memorial Race/Walk

by Flip Boettcher
photos by Flip Boettcher

The Ed Snell Memorial Race/Walk, from Fairplay to Alma, which started 38 years ago as a bet between two drunken friends, will be held this year on August 18, 2018 according to event co-coordinator Beth Swanson. The race is billed as 10,000 meters long at 10,000 feet elevation. Check-in for the race starts at 8 a.m. Challenged racers start at 8:30 a.m., walkers start at 9 a.m. and runners start at 10 a.m. A complimentary lunch is served after the race for participants and their guests. Awards are handed out.

The event has evolved over the years and has become a fundraiser to help local residents experiencing difficult and hard times or medical emergencies. Snell, 1904-1974, was an ecological miner who lived in Alma and helped many people in times of need.

This year's event will be a fundraiser for the grandchildren of Pete and Jeanna Ambrose, Cecilia and Lilly, recently diagnosed with Batten disease this past January. The event will also benefit Rare Sisters Bonding through Batten and the Beyond Batten Disease Foundation (BBDF). The Ambrose family lives in South Park, said Swanson.

Batten disease is a rare neurodegenerative disorder that affects children for which there is no treatment, no cure and which is fatal in the late teens and early 20s.

The girls' parents, Beth and Jon Fries, established Rare Sisters shortly after the



A very nice view greets the finishers of the Ed Snell race in Alma in 2016.

Batten diagnosis and have joined with other affected families through BBDF. BBDF's mission is to "eradicate juvenile Batten disease by raising awareness and funds to find a treatment or cure," according to their flyer.

The Fries live in Denver, but visit very often, said Swanson. Jeanna taught in the RE-2 schools for several years here before moving to Denver. Pete is in construction. Both are active members of St. Joseph's Catholic Church, added Swanson.

This year there will also be a fundraising dinner and auction after the Ed Snell Race, with music by Split Window from 5-9 p.m. at the Fairplay American Legion benefiting Rare Sisters and BBDF at \$25 per plate.

To register for the Ed Snell Race online, visit: www.almafoundation.com/events/EdSnell.html. To register online and pay by credit card for the dinner visit: www.raresisters.org. For more information on the Ed Snell Race, see *Early Days in South Park*, by local writer Laura Van Dusen.

Spotlight on the Divide Chamber

Each month we feature our new and renewing members of the Divide Chamber of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future — www.dividechamber.org.

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The CMS inspection database is gathered in partnership with the individual State health and regulatory inspection processes.

In Colorado, State inspection teams make surprise visits on nursing homes every 9 to 15 months. Teams make physical inspections of the facilities, review medical records and procedures, interview staff and residents, observe meals and activities, review staffing levels and experience, and more.

Teams will be on-site from one to several days, depending and the size of the facility and results to be reviewed.

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The real monsters

by Danielle Dellinger

It was a hot, dry night. Three pairs of headlights shone brightly in the darkness, growing bigger by the second. The trucks screeched to a halt, partially surrounding a family of three: a little boy of 10-years-old and his mom and dad. The border patrol agents slid out of their vehicles and approached the family. They weren't crossing at a port of entry, which used to be a misdemeanor if you didn't enter through there. Now the policy had changed. One of the agents lightly rested his hand on the butt of his gun in its holster. "What do ya'll think yer doin'?" drawled the lead agent, eyeing the family, who had nothing but the clothes on their backs and their son's one-armed stuffed rabbit.

"Por favor, we're refugees," the father spoke, picking up his son in his arms. The agents looked at each other, the wind picking up and blowing dust around them. "Your son looks like he could use a bath," said the agent with his hand on his gun. The parents shared a nervous glance. "We can come in?" the mother asked, her arm going around her husband's back as she moved right up against him.

"Give us your son and we'll get him cleaned up. Our facilities are right over there," he said, gesturing to a thin line of lights in the distance. "We go together," the father said curtly, tightening his hold on his son.

The agents advanced toward them, two of them now with their hands on their guns. "Give him here, we'll take care of him," said the first agent, reaching for the boy. His hands brushed the boy's leg, making him whine and shrink into his father.

"No, papá. I no go." His father took a step back. "Por favor," he pleaded. "We'll go together." "He'll be right back after a quick bath," the agent assured, getting his hands around the boy this time and pulling him from his father's grasp. "Why can't we go?" begged his mother. "Ma'am, sir, come with us." The other two agents blocked their path as their crying son was placed inside one of the trucks. "Felipe!" his mother called, suddenly rushing forward and struggling to push her way through the men.

"Control your woman!" shouted one agent as he shoved her back. "Por favor!" she wailed, her tears leaving tracks through the dirt on her face.

"He needs a bath!" snapped the agent who'd grabbed Felipe. He got in his truck and leaned out the open window. "Detain them!" he ordered the other two agents.

The truck roared to life and peeled away from the scene, the revving engine drowning out the mother's screams and the cloud of dirt and dust blocking her from view.

There were numerous chain link cages spread out across the floor of the immigration center in McAllen, Texas. Up until then, Felipe had been able to hold onto his one-armed bunny, but as he was shoved into a cage with 15 other boys, the agent ripped the bunny from his tiny hands and replaced it with a mat and a foil blanket.

"Get in there," he snarled, giving Felipe a

hard push, causing him to fall, the mat smacking loudly on the floor.

No one rushed to help him. The gate slammed shut and the padlock snapped closed.

Felipe slowly got up, rubbing his sore hands together. He looked around with big, teary eyes. Only a few of the other boys met his gaze. There was one boy sitting in a corner staring up at the bleak fluorescent lights with dead eyes.

Felipe gathered the mat and foil blanket, going to his own corner. He sat on his mat, knees to his chest and the sorry excuse of a blanket up pulled up to his chin. Most of the noise, now that he was focusing on it, was of all the other kids crying or calling out for their parents.

A few workers prowled around the perimeter of the cages, appearing to be acting as guards. One man came walking by, eyes full of hate, and made eye contact with Felipe. He then kicked the chain link fence next to Felipe's side. "Show some respect. Don't look at me," the man spat.

Felipe's lip trembled and he looked straight ahead. That's when he spotted, a great distance away, a box full of toys. On top lay his bunny. He sniffled and wiped his nose, wondering where his parents were.

Why hadn't they come to get him yet? Were they playing a game? Was it hide-and-seek? Maybe he was "it" and was supposed to be finding them...

That night, the lights shut off for bedtime, plunging everything into a hollow, unwelcoming darkness. Felipe hid under the blanket, curled up in a tight ball. Every few minutes someone would wail or call out for their mom.

Time no longer existed. It felt like years had passed, though who knew what the reality was. Felipe had drifted off. Maybe for a minute or an hour, but he woke up to a "Pssst."

He peeked out into the darkness. On the other side of the chain link was pair of glowing eyes. They glowed like an animal's, but they definitely didn't belong to one. Slowly, Felipe's eyes adjusted to the dark and he could faintly make out the creature's appearance.

It had scraggly fur and a tail like a mountain lion. Two massive horns grew from the top of its head, spiraling up high toward the ceiling. When the creature grinned, it revealed numerous, tiny serrated teeth. Like if the Cheshire cat from Alice in Wonderland had piranha teeth.

The boy gasped when the creature smiled. The long, fuzzy elf-like ears twitched as the creature tilted its head and leaned in closer. "Don't be fear," the creature cooed in an unexpectedly smooth and gentle voice.

Felipe shook his head. "Your teeth," he said hesitantly, pointing at his own mouth.

"Oh, sorry I," it said, the smile disappearing as the creature covered its mouth.

"Me, Felipe," said the child, a hand on his chest.

The creature nodded excitedly, forgetting about hiding its smile.

"Yes, Jawark I," it said, patting its chest happily, similar to an ape.

Felipe giggled, his face inches from the chain link as he held onto the wire for support.

"Why here?" he asked, looking Jawark over.

This time, Jawark's smile was subdued, reaching behind its back and pulling out Felipe's bunny.

Felipe let out a squeal and clapped. Jawark quickly shushed him, a finger going up to its lips.

Footsteps could be heard coming toward them, tapping quickly on the hard floor.

Jawark slipped the bunny through a space between the gate and post. Felipe snatched it before it could hit the ground.

"Hide you, hide you," Jawark whispered hurriedly, gesturing to Felipe's bed.

Felipe scrambled onto the mat and under the foil. The footsteps came to a stop right next to him on the other side of the fence. A flashlight clicked on and then there was silence. Finally, the footsteps went back the way they'd come. Felipe carefully peeked out, spotting a pair of glowing eyes a few feet away. The eyes winked, then they were gone.

The workers banged on the fences when they wanted the children to get up and be taken outside for playtime. They'd already had their meal of chips and bottled water. They were only allowed out for two hours each day. Felipe made sure to carefully keep his bunny hidden under the foil as he got up. He filed along with the other kids to the designated exercise area, passing several adults along the way who were conversing quietly to each other.

The line passed by a man and a woman who were both crying. Felipe caught snippets of their conversation as the line trudged along.

"These kids are supposed to represent themselves in court?" the man asked in disbelief, his tone hushed.

The woman nodded.

"Even if they're five or six?"

Again the woman nodded, wiping her eyes.

"My god." The man shook his head, rubbing his face and looking up at the ceiling. "This is not the America I know and love."

Felipe frowned at what they were saying. What was court? Would his parents be in court?

As they walked by some other cages, Felipe noticed a teenage girl of 16-years-old changing a toddler's diaper. The toddler's parents weren't anywhere in sight. The girl seemed to be showing other kids how to change the diaper. This girl had a deer-in-the-headlights look about her. The stress and trauma were visible in the way she tried to make herself small, and she was undoubtedly shutting down on the inside from toxic stress.

A flood of stress hormones, like cortisol, is released into the brain and body when a child is separated from their parents in chaotic circumstances. Normally, the hormones are meant to help deal with stress for a short period of time. But when released in high doses for prolonged periods of time, the risk of developing lasting, destructive complications, like diabetes, heart disease, and even certain forms of cancer increases. This sort of trauma can also lead to mental health issues such as anxiety, post-traumatic stress disorder (PTSD), and depression.

Felipe couldn't stop staring at the girl. Where

were her parents? That toddler didn't look like family, so why was she changing the diaper?

In one cage there was a woman crouched by a mother holding her infant. Felipe heard the woman introduce herself as Senator Elizabeth Warren.

"Where have you traveled from?" Warren asked the mother.

"El Salvador," the mother replied.

"Goodness," Warren exhaled. "That's such a long way. What prompted you to come here?"

"Gang violence. These gang members thought I was helping the police when I only gave the officer a glass of water. The men want me dead."

Warren shook her head. "I'm aware that El Salvador has the 2nd highest rate of violent deaths. Are you glad you came, considering all this?" she asked, gesturing to the cage. "Yes. I made it to America."

Out in the exercise yard, Felipe sat by himself. He looked out across the flat land, wishing he'd see his parents walking toward him at any moment. His eyes welled up with tears, his heart being crushed under the weight of being alone in a foreign land and caged in behind a chain link fence. Suddenly, Jawark appeared right in front of him on the other side of the fence.

"Jawark!" he exclaimed, wiping his eyes with the backs of his hands.

Jawark put a finger to its lips to quiet him. Now that he could see Jawark in the light, he noticed the fur was a dusty brown and there were two small tusks protruding from either corner of its mouth. Where Jawark's eyes were supposed to be, there were two rainbow colored peacock feathers laying horizontally over either eye socket. Felipe didn't understand how they glowed like animal eyes in the dark, but then again he didn't understand a lot of what was happening in his current situation.

"Free you I," Jawark said softly, peering over Felipe's shoulder at the adults milling about the yard.

"I want papá y mamá," Felipe said, nodding as tears welled up again.

Jawark reached through the fence and took his hand. "Soon freedom. Cry no." Jawark grinned nice and big. "Happy happy!"

Felipe couldn't help but giggle loudly. "The others?" he then asked.

Jawark shook its head. "Power limited. Just you." Then Jawark smiled, stepped back, and faded from view like a reverse mirage.

"Wait!" Felipe shouted, reaching through the fence.

"Hey, who ya talkin' to?" shouted a gruff woman, coming over and grabbing Felipe by the shoulder, dragging him back. Felipe kept staring where Jawark had been standing.

Some time passed, maybe a week or two. A woman came to speak with Felipe about going in front of a judge all by himself. He stared at her.

"Why?"

"You must advocate for yourself to avoid deportation."

Felipe stared at her blankly, not understanding what she meant.

"Explain why you came here to the judge and why you should stay," she elaborated. "Come on. It's time to go." She took his hand and he numbly followed as she led him to where he needed to go.

The judge's bench loomed up in front of him. He sat at a table with a hard chair, his feet unable to touch the ground. The judge stared at Felipe, and he stared back. As the judge asked him questions, he shut down because he was unable to answer most of them. His parents had never said why they were leaving for America.

"Can I go now?" he blurted out.

"No," the judge answered sternly.

"I wanna leave." He stood up.

"Sit down, boy!"

"Por favor! I wanna leave!" He pushed over the chair and kicked it away. There was a flurry of movement and he found himself pinned to the ground.

He was taken back to his cage. The foil blanket offered little comfort as he curled up underneath it, clutching his bunny to his chest. He felt like dying. He just wanted to be with his parents again. As he drifted off to sleep, he thought of all the ways he could end his life.

Felipe awoke that night to a "Pssst." He sat up and rubbed his eyes, peering through the fence at the glowing eyes and the grin of tiny teeth.

"Sunrise run," Jawark whispered. "Where?" He moved closer to hear better, his hand gripping his bunny's arm.

"Freedom." Jawark grinned wider, then slipped a key through the fence to him and pointed at the padlock on the gate. "Gracias." Felipe clutched the key tightly in his fist, crawling back to his mat.

Jawark winked and disappeared into the darkness.

Felipe closed his eyes, his heart racing. He sniffled, wondering what monsters waited on the outside. Where would he go? Where could he go? It was impossible for him to go back to sleep. When he heard the workers beginning to turn on the lights and get things ready, he stared at the gate.

He got up and crawled over to it, pulling out the key. He unlocked the gate and slipped out, closing and locking it again behind him.

Then he went and hid in a storage closet.

When a group passed by for playtime, he stealthily joined them. His bunny was stuffed inside his pant leg. They passed the hall that led to the entrance of the building. It was now or never. He counted to three, then bolted down the hall. Immediately, kids were shouting and adults were yelling.

He threw open the door and a shrill alarm blared. Men gave chase, but he kept running. Jawark joined him and they ran into the desert together, eventually disappearing.

— The End —

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Financial Focus How can you help your kids pay for college?

It's still summer, but we're getting close to a new school year. One day though, "back-to-school" will mean "off to college" for your children. Will you be financially prepared to help your kids cope with the costs of higher education?

Your first step, of course, is to know what you're up against, so here are some numbers: For the 2017-18 academic year, college costs (tuition, fees, room and board) were on average, nearly \$21,000 for in-state students at four-year, public schools and nearly \$47,000 for students attending private colleges or universities, according to the College Board. You can probably expect even bigger price tags in the years to come.

To help prepare for these costs, you might want to consider putting your money in a vehicle specifically designed to help build assets for college, such as a 529 education savings plan. All withdrawals from 529 plans are free from federal income taxes as long as the beneficiary you've named uses the money for qualified college, trade school or graduate school expenses. Withdrawals for expenses other than qualified education expenditures may be subject to federal, state and penalty taxes on the earnings portion of your plan. (However, tax issues for 529 savings plans can be complex, so please consult your tax advisor before investing.)

You can generally invest in the 529 savings plan offered by any state, but if you invest in your own state's plan, you may be able to claim a tax deduction or receive a tax credit.

By starting your 529 plan early, when your children are just a few years old, the investments within the plan have more time for potential growth. Plus, you can make smaller contributions each year, rather than

come up with big lump sums later on.

A 529 plan is not the only education-savings tool you can use, but it has proven effective for many people. Yet you may also want to consider ways to keep college costs down in the first place.

For one thing, your children may be eligible for various forms of financial aid. Some types of aid depend on your family's income, but others, such as merit-based scholarships, are open to everyone. You don't have to wait until you get an offer from a school's financial aid office — you can explore some opportunities on your own. For example, many local and national civic and religious groups offer scholarships to promising young people, and your own employer may even provide some types of grants or assistance. Plus, your state also may offer other benefits, such as financial aid or scholarship funds. It can certainly take some digging to find these funding sources, but the effort can be worthwhile.

Here's another option for reducing college costs: Consider sending your child to a local community college for two years to get many of the "general" requirements out of the way before transferring to a four-year school for a bachelor's degree. Community colleges are typically quite affordable and many of them offer high-quality programs.

A college degree is costly, but many people feel it's still a great investment in their children's future. By taking the appropriate steps, you can help launch that investment.

This article was written by Edward Jones for use by Lee F. Taylor AAMS, Brian Watkins, and Paula R. Hunt your local Edward Jones Financial Advisors.

Art Scene
Britt Colon: Cultivating art in Cañon City
by Mary Shell

You can't miss Britt Colon when you meet her. Over 6 feet tall with a full head of blond dreadlocks. Britt is full of energy and love of life.

Everything Britt does is larger than life. Although she is busy with managing her family orchard business, Colon Orchards in Cañon City, she always finds time to create art and be involved with community activities.

Working in her favorite mediums such as oils, ceramics and sculpture, Britt's work is as creative and free as she is.

Britt's works are big and bold bordering impressionism and surrealism utilizing bright bold colors and brushstrokes.

Britt has been painting since college, 10-12 years ago. She soon found a style that is uniquely hers. Her subjects range between people, landscapes still-life and her favorite subject: dogs. Each crafted with character and reckless abandonment to perfection, completely abandoning precision for expression. Her clay pieces are as expressive as her paintings.

One thing I can say about Britt Colon is she has no boundaries. She is the example of what artists strive to achieve: freedom to create without fear or judgments, allowing

each piece to evolve into becoming its own entity and character.

Britt work can be seen throughout Cañon City. You can see more of her work at dreadart.com.

Artist Britt Colon

Adopt Me *by Ark Valley Humane Society*

Brodie

Brodie is a six-year-old male Pit Bull mix who is an all-around great dog. Brodie is great with other dogs, wonderful meeting new people and such a goofy pup. We have really enjoyed getting to know him in the shelter but it's time for him to find a home that gives him as much love as he gives to those around him! Come to meet Brodie at 701 Gregg Drive in Buena Vista or call 719-395-2737 to learn more about him.

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Steampunk, imagination and libraries

by Catherine Shepherd,
Florissant Public Library Manager

Steampunk has its roots in the Victorian era, 1837-1901, and at its most basic level is Victorian science fiction. Steampunk is a fantastic, and often whimsical, alternative history that imagines a world paused in the Victorian era. A world without electricity or the lack of widespread electricity, without the internal combustion engine, modern inventions or technology. Instead, steampunk represents a world that continues to move forward using steam power and technology. Steampunk, as a genre, encompasses art, clothing, fiction, movies, and music. An important element of steampunk is the celebration and encouragement of individual creativity and imagination. It is through this creativity and imagination that steampunk and libraries intersect.

As a sub-genre of science fiction and science fantasy, steampunk is influenced by the stories of 19th century authors Jules Verne, H.G. Wells, Mary Shelley, and George Griffith. These and other authors described incredible technologies, fantastical voyages, and speculative futures during a time before mass production. The author K. W. Jeter, *Morlock Night and Infernal Devices*, is credited with first using the term steampunk in the 1980s. Jeter, as well as, James Blaylock, *Homunculus*, and Tim Powers, *The Anubis Gates*, wrote novels set in the 19th century reminiscent of the science fiction written by Jules Verne and H.G. Wells. It is believed Jeter used the term in order to distinguish Blaylock, Powers, and his own novels from the popular cyberpunk dystopian novels of the 1980s. Cyberpunk novels focused on the breakdown of society and radical social change through the use of technology. Jeter and his contemporary authors wrote about worlds encompassing the Victorian era of optimism for the future, creativity and self-reliance.

In the spirit of creativity and self-reliance steampunk embraces a strong do-it-yourself (DIY) ethic. DIY allows participants the freedom to use their imagination to shape an alternative persona, design clothing, and invent technology. There are common themes throughout the steampunk aesthetic such as dirigibles, modified gadgetry, time travel, and Victorian clothing. Steampunk tends to be centered in Victorian era Britain but an off-shoot evolved around the American West and steam trains. While the common themes are present, participants are not limited by rigid rules. Individual resourcefulness while craft-



ing is celebrated and encouraged. Steampunk practitioners are only limited by their imaginations. At steampunk gatherings there are dancehall girls, gunslingers, scientists, time travelers, and Victorian ladies and gentleman.

Libraries inspire creativity and spark the imagination while opening doors to other worlds through books and the stories contained in them. This connects with the steampunk aesthetic through storytelling. In the 1960s the television series *The Wild, Wild West* embodied the spirit of steampunk with alternative history, dashing adventurers, and mad scientists set in the American West. Current authors carrying on the tradition of steampunk storytelling include Gail Carriger, *Parasol Protectorate* series, Cherie Priest, *Clockwork Century* series, and Jonathan L. Howard, *Johannes Cabal* series. Join the Rampart Library District in a celebration of imagination and steampunk at our "Steampunk Tea Party" on Saturday, August 11, 12-1:30 p.m., Florissant Public Library. Enjoy tea dueling and Victorian-style refreshments. Come dressed in your steampunk finery!

Preparation for the 2018 "Letters Home: A History of War Through Letters" exhibit is almost complete. We are now specifically searching for letters that tell a story of women in war including the stories those of female soldiers, nurses, WACs, etc. If you would like to contribute, please contact Library Director Michelle Petrazzoulo at michelled@rampartlibrarydistrict.org or 719-687-9281 ext. 101.

We are also welcoming letters of all wars for the 2019 exhibit at this time. A huge thank you to all those who have contributed so far to make this exhibit possible.

Artists Register now for the VCTA 19th Annual en Plein Air Art Show and Sale

The registration deadline for Victor Celebrates the Arts held over Labor Day weekend is August 17. Registration received after this date will be subject to a \$15 late fee. A maximum of 60 artists will be accepted. FMI 719-689-5836 or vctashow@gmail.com or www.VictorCelebratesTheArts.org.

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Mountain Top Cycling Club A new set of wheels for Nathan

by Kathy Hansen
photo by Jeff Hansen



(l to r): Nathan's dad Chris, Deborah Maresca, MTCC Board Member Keith Marcantel, Nathan, Nathan's Mom April, and his sister Emily.

Nathan Estep had been a member of Woodland Park High School cycling team, the Teller County Composite Mountain for only one year when it was clear he needed his own bike; one in good repair and that fit his 6-foot 2-inch frame. Mountain Top Cycling Club's Deborah Maresca presented Nathan with the bike (he picked out himself) on July 12 at Memorial Park.

Nathan had shown growing interest in cycling over the past year, participating in a race in Nathrop, as well as several other competitions. He joined a team (Team MAR-VELous) for the E-Rock Race, a 12-hour mountain bike race in Castle Rock. He also enjoys cycling with his dad. Nathan's bike was in poor condition, so he was using dad's bike. That meant they couldn't ride at the same time; something both of them missed.

While the MTCC has a handful of bikes available to members who may need one, they didn't have one that fit Nathan. Deborah Maresca set up a Facebook fundraising account and with the help of club members, friends, family and donations accepted from the Experience Ride most of the funds were raised. A fellow cyclist, Scott Schmitz from Denver chose to chip in whatever amount was yet needed to be raised.

Nathan picked out a Fuji Tahoe 29r 1.5 size 21, with aluminum frame, RockShox Judy Silver TK29 suspension fork and SRAM NX 1 x 11 speed drivetrain and SRAM hydraulic disc brakes. One Sweet Ride! Nathan will use this bike until he graduates the team.

Along with the bike, Deborah presented Nathan with a backpack of items he will need when he goes to a special Mountain Bike camp for a week. The items included the backpack, disc brakes, sun screen, 3 pair of socks and 3 jerseys, a tire lever, CO2 inflator, suspension pump, gloves, and helmet. Nathan listened intently as Deborah described each item, how each are used and a safety lesson as to why

each are helpful. Perhaps most intriguing was the gift of 2 multi-tools; one for Nathan and one for Nathan to give to somebody in need — just to build community! See the sidebar for the MTCC mission statement.

Nathan enjoys being part of the cycling community because of the many opportunities it brings in that he has learned about many races to participate in and learns from those he cycles with, in addition to mentorship from elders and opportunity to mentor others. "Biking with other people is the best because you're going to learn more from them," he said. He also likes to teach those less experienced than he by teaching them how to know if your bike is a good fit: when your armpit is on the seat your fingers should reach the crank.

Nathan is very excited about the camp. He now has all the equipment he needs to ride safely. He looks forward to learning techniques, safety tips and meeting new friends.

He is ready to ride the bike he can call his for the next two years. He said, "Now I can actually ride with my dad!" to which dad replied, "He can teach me about being a more efficient rider!"

Woodland Park High School students who are interested in joining the cycling team are encouraged to contact Dorothy Cothran at tellermountaineers@gmail.com.

To learn more about MTCC visit www.mountaincyclingclub.com. Or visit their Facebook page.

Mission

The mission of the Club shall be to encourage and promote bicycling for health, recreation, sport, and transportation. This includes promoting bicycle safety, improving facilities, roads and paths, and supporting individuals, organizations, and others who support cycling.

Adopt Me by SLV Animal Welfare Society

Camo

Camo was a stray transferred to us from Land of Ahs, Ft. Carson. He is super friendly and affectionate with adults, but has shown discomfort with children, as a child once rushed him and screamed at him while in his crate at an adoption fair. Energetic and full of life, he will need lots of exercise, a good hiking, biking partner. Come visit Camo on any Saturday at the 5020 N. Nevada Petco, Colorado Springs, from 10-4 p.m. He is 2 years old, neutered, and current with vaccinations.

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Heaven and Earth

Our sacred space

by Olga Daich

I made the decision to change the name of my column Reiki Heaven and Earth to Heaven and Earth, since I am adding some articles that don't have a strict connection with Reiki Healing practice.

This next story is an example of how tapping into the Matrix can lead you to an amazing experience.

Around 10 years ago, I was driving my car to work. As usual there was a big line of cars (rush hour). I had my radio on but wasn't paying attention to the announcer. I am not sure what my thoughts were while I was driving but, suddenly and as if someone was whispering in my head I heard, "Do you realize that people do not get cancer in their hearts?" and my answer to that voice was, "Wow that is true! I never heard of anyone diagnosed with cancer in their heart. People can get cancer in their bones, blood, liver, brain, skin and so on but never in their hearts! What would be the reason?"

Then I remembered what I had learned from videos and articles while researching information about healing energies, spirituality and science. I recalled some of the videos that I watched, including *The Flower of Life*, by Drunvalo Melquizedek. This author has spent most of his life learning about sacred geometry. In his video, he shared some of his amazing findings that will blow our minds. He talks about our Merkaba and he describes it as an interdimensional vehicle (which through meditation we can activate to get in contact with different realms or dimensions). He also explained that our heart is the *sacred place* where we should go to connect with higher beings from other realms. When I was watching this video, I remember thinking about the sacred heart of Jesus picture and I thought what Drunvalo was saying made sense and fit the message of the Sacred Heart of Jesus picture.

Research done by Heart Math Institute in California has proven the huge role that our heart plays in our invisible and spiritual world. Through the study of our heart's electromagnetic field, scientists have been able to prove the link between emotions, intuition, premonitions and our heart.

Still driving, I came to the conclusion in my mind: Our heart is such as sacred place that cancer can't get a hold of it. As soon as I had that thought, I heard the announcer on the radio saying, "Now, we have a strange story to share with the audience. This is the story of a woman who was a doctor. One day while she was driving to work, she started thinking about the human heart, suddenly she had a thought. 'People never get cancer on their hearts!' This doctor specialized in energy healing techniques like acupuncture. After spending some time thinking about that she concluded that the human heart has very important channels of energies going through it. That must be the reason people

do not get cancer in their hearts."

I don't know how to describe my reaction. I couldn't believe what I heard on the radio! For me, that moment felt as if they were reading my thoughts. What are the chances of having an announcer telling you a story that describes your present moment and thoughts? I didn't have the answer at that time. I didn't have a clue how to explain what had just happened. It was only after years of studying (I have a degree in physical therapy with a background in alternative medicine, one of which is acupuncture) and experiencing the principles of quantum physics that I was able to understand what happened that day while I was driving. Quantum physics has been pointing out that we are co-creators of our own reality. They are telling us that in order to change the outside world, the physical world, we must start thinking with our heart. They also state that it is through our feelings (coming from our heart) that we can tap onto the Matrix or Quantum Field to change our reality.

Somehow, I tapped into the Matrix and got the information that was in the *air*. According to the principles of quantum physics, we are living in a multi-dimensional Universe where past, present and future are interconnected. Everything is connected through this Matrix (or quantum field). I understand now that while I was driving, I read the field (as I do in my Reiki sessions), and I received information that I heard from the announcer shortly after receiving that; information coming from an immediate future. This was not exactly an example of premonition or intuition (both experiences related to future events). This was a different experience. I certainly never expected to hear an announcer on the radio talking about something that was describing my present thoughts.

During my Reiki practice I have learned that sometimes the healing process of a person can have its roots in a past life struggle situation (See *Healing a Past Life with Reiki* November 2016 UCN, page 13). It seems that we remain linked or entangled with our past and future according to quantum physics theories. Does the reader understand the beauty of this new scientific information? If you decide to believe in science and its latest discoveries, you may end up feeling blessed for the infinite healing possibilities that YOU have in your own hands! Just think about that.

I will give you an example: Imagine that you didn't have the best pregnancy with one of your children. Maybe you were suffering from psychological or emotional abuse during your pregnancy. Now, you are



Classic example of the "Sacred Heart of Jesus" portrait.

feel powerless because your child is now a teenager and you regret not giving him/her a comfortable, cozy and peaceful place to develop his/her body. You may wonder if your child's behavior has something to do with his/her experience while he/she was in your belly. A day comes when you read an article that tells you that, YOU are not powerless. Science is giving you the tools to understand the spiritual world. Science is telling you that past, present and future are connected.

Now you wonder, can I go to my past when I was pregnant? What if I can shift the emotions from that time period? What if I clean from my field the memories of emotional struggles during my pregnancy and I fill that space with feelings of love and peace? Would that make a change in my child's behavior in this present moment? Don't you think it will be worth it to gain more information and decide by your own experiences if that is true or not?

I am telling you this, it's worth it to try! I am talking about my own experience here.

Thanks, my Lord, for the Divine Energies, Quantum Physics and the present moment in which I am living right now, for without them I may be burned at the stake. I do recognize how strange my true stories could sound to some people. As I said before, there is a deep call inside me to share these stories. It has been my journey and as an earth angel once told me, "What an amazing Journey you had have, write about it!"

For those who have been trying meditation, I would recommend a few steps: Find the right, quiet place and moment, sit in a comfortable position, close your eyes, go through your body and in a conscious way relax each part of it, take a few deep breaths, then shift your attention to your heartbeat and try to stay there.

"Now it is time to sit quiet, face to face with thee, and to sing dedication of life in this silent and overflowing leisure."

— Rabindranath Tagore.

For more information on Heaven and Earth workshops, Reiki appointments or Reiki training please contact me by e-mail: olgaceby@hotmail.com or text: (801) 628 9273.



Peak Astronomy Tips

Peeking at Perseids and galaxy gawking

by Chad Mello

August is my favorite month of the year to explore the Milky Way galaxy, the galaxy our own solar system is nestled within. The best time to observe this glittering trail of stars is after 9:30 p.m., however, the Milky Way is practically visible throughout the entire night. For those who don't mind going to bed a tad late, 10 to 11 p.m. is an hour worth spending under the stars before bed. August 1 through the 14 will be the best evenings to view the Milky Way, before the moon makes its way onto the nighttime stage, drowning out much of the galaxy's beautiful starscape.

The best way to enjoy the Milky Way's vistas is with a simple pair of binoculars and a reclining lawn chair. Since the Milky Way occupies a huge swath of the sky from north to south, the best way to take it all in is with your unaided eyes and by using an optical instrument that gives you a wide-angle (or rich field) view, like binoculars. Be sure to remove yourself from any white light in the area. This light could come from streetlights, porch lights, or even from inside your home. If you must have a light source, try using a small red flashlight, or LED lantern and dim it to a low setting. Go outside and set up your reclining chair to face south. Relax and prepare yourself for a galactic journey. But first, a moment to digress...

Our solar system is actually positioned within one of the large outer spiral arms of our enormous galaxy and earth provides a good vantage point from which to observe the Milky Way from the inside. When we train our eyes on the brightest region of the Milky Way, we're actually peering towards the galactic center of our galaxy where a massive black hole resides. This black hole is about 25,000 light years away from our planet, so we don't have to fret over it; we're safe. Just how far away is the galaxy's center from earth? To give you a bit of perspective, if a spacecraft, such as the Voyager spacecraft, were to travel to the center of the galaxy at its current speed of 38,610 mph, it would take 450,000,000 (450 million) years to reach the center. That's pretty far!

So, from where does the moniker *Milky Way* come? Long ago, in a galaxy not so far away, the Romans dubbed the glistening star trail in the sky *via lactea*, or translated into something we can understand, "road of milk." The Romans actually modified a term handed down from the Greeks, who dubbed it *galaxias kylos*, or "milky circle."

It's hard to imagine just how brightly the Milky Way once shone in the times before electric lights drowned it out. For example, the Milky Way shone so brightly during

Roman times that it actually cast shadows on the ground at night. By the way, there are places in Alaska where that is true today. It's no wonder we humans were so fascinated by the nighttime sky. Unfortunately, modern light pollution (a future article will expound on this topic) has dimmed the Milky Way considerably. In some areas of the country, people cannot see it at all — especially those who live in major cities and suburban areas. Personally, I see this as a sad state of affairs; many people, especially children, are robbed of the Milky Way's galactic beauty and along with it, inspiration, intellectual stimulation, and piqued curiosity. This is something that should concern us all; another topic for another day.

Living in the Rockies has its perks — and having a front-row seat to the Milky Way phenomenon is certainly one of them! Why not take advantage of it? Now that, you've found a great location to observe from, you're under the stars, relaxed in your reclining lawn chair, eyes adjusted to the dark, what's out there to see? Let's begin by focusing on Sagittarius the Archer. This area of the sky opens up to a very interesting sector in our galaxy, because it contains many bright, shiny things that attract our eyes. To be a bit more concise, we'll be focusing on just a portion of the sky



Figure 2 - Facing south, southwest around 10 p.m.

that makes up Sagittarius, called the teapot; it's an asterism, a selected portion (or subset) of a constellation that looks like a familiar object to us. Asterisms serve as markers in the sky that help us navigate the stars. For example, a very popular asterism is the Big Dipper. The dipper is not really a constellation but is part of a larger constellation called Ursa Major, the Great Bear. Together, the teapot and the Milky Way's southern glow make it easy to locate the region of the sky we wish to explore.

Your chair should already be facing south.



The southern end of the Milky Way photographed from the author's backyard in Woodland Park.

Looking closer to the lower-southern part of the sky, you'll see a bright patch of stars just next to a glowing patch of sky. The patch of stars to the left of this glow is actually the teapot. If you look carefully, you should be able to make out the teapot, slightly tilted, as if pouring its contents over the southern horizon. You'll notice quite a bit of glow belonging to the Milky Way, too. On a clear night, you might mistake this glow for clouds. Actually, this region of the sky is illuminated by billions of stars; their light emanates from within the galactic center of the Milky Way galaxy. Having a hard time believing this? Put your binoculars up to your eyes and scan the region. Believe me now? The more you look, the more details will jump out at you. You'll be able to make out uncountable pinpoints of light coming from individual stars and you'll also notice some fuzzy objects scattered throughout the Milky Way region. What are they?

Refer to Figure 2, where the following objects are marked. With some practice, you should be able to locate and identify these glowing smudges and blurs of light, using your binoculars.

- **M7 — Ptolemy's Cluster:** Easily detectable by the naked eye. This is a small, "open" cluster of stars first recorded by Ptolemy in 130 AD.
- **M8 — Lagoon Nebula:** One of my personal favorites, the Lagoon Nebula is an enormous gas cloud in Sagittarius. It is considered to be an emission nebula, around 5,000 light years from earth. Emission nebulae are illuminated by their own plasma energy similar to how neon lights work (as opposed to being illuminated by nearby stars).
- **M20 - Trifid Nebula:** The Trifid nebula is another gas cloud and is named so because it's actually divided into three lobes. It is made up of a small, open star cluster, an emission nebula, a reflection nebula, and a dark nebula. Reflection nebulae actually re-

flect light from nearby stars and other light sources; they do not produce their own light. Dark nebulae are thick, dense clouds of dust and gas that tend to block light altogether, making it appear as though there is empty space where the nebulae reside. Actually, the Milky Way itself consists of huge swaths of dark nebulae.

- **M22 — Sagittarius Cluster:** A beautiful globular cluster. Globular star clusters consist of a dense gathering of stars drawn together by their gravitational attraction. These clusters are best viewed through a telescope between 30x and 150x, but they're beautiful at any magnification — even through binoculars.
- **M11 — Wild Duck Cluster:** a beautiful open cluster that contains approximately 2900 stars and it's considered to be one of the richest of the known open clusters we can observe.

One more thing

The Perseids meteor show peaks this month on the evening of August 12. According to predictions, assuming good weather, viewing conditions should be perfect this year! This event occurs shortly after the new moon, so no worries over the moon spoiling the fun. While the best viewing is supposed to be on the mornings of the 12 and 13, you certainly don't need to wait until then see these meteors. The Perseids have already begun streaking across the sky since mid-July and this shower will continue to be visible almost until the end of the month, ending around August 24. The Perseids, so-named because all the trails can be traced to the constellation Perseus, appear to radiate from points between the constellations Triangulum and Cassiopeia, in the northeastern sky after 10 p.m. Do try to be present for the peak event on August 12 (weather permitting). Put at least an hour aside, set up your chairs, bring out some snacks, and get ready to enjoy the show. The kids will love it! Until next month, keep looking up!

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Recipients of SCFTA’s Community Grant

The Salida Council for the Arts (SCFTA) is proud to announce the current recipients of the 2018 SCFTA Community Grants, “which support specific arts and cultural projects or events,” according to Community Grants Chair Jessie Miller.

The 5 winners for this cycle of Community Grants are as follows:

■ **Merry Cox** has been awarded a \$500 Grant for her proposal of “Blessed are the Pollinators Project,” which is a collaborative art installation designed to bring awareness to the plight of the pollinator by flying 1000 prayer flags made by you, your neighbors, and your children. These pollinator flags will be hung up throughout town September 22-23, 2018, during the Art Studio Tour.

■ **Tarek Abzoun**, on behalf of Red Noses Palestine, has been awarded \$500 for their “The Clown in You” project for a 2-day Clowning Intensive for adults in Chaffee County, which will take place when four members of Red Noses Palestine will be coming to Salida in September 2018 for a 2-week residency. Red Noses Palestine are clown doctors who travel through West Bank hospitals and refugee camps, offering relief through laughter and play to sick and suffering people.

■ **Elliott Jackson**, on behalf of Artepate, has been awarded \$500 for their “Scrapyard” project, a class that will be offered to students who will be partnered with local instrument makers, woodworkers, metalworkers, ceramicists, and fabric artists as they create instruments out of recycled materials and “junk.” The students will design and build their own instruments, create characters for themselves, and then participate in a musical/drama performance

at the end of their class period, while learning about art and recycling of materials along their journeys.

■ **Devon Kasper** has been awarded \$500 for her annual event of “Shakespeare in the Park.” This year marks the 8th consecutive year for the Shakespeare in the Park community performances, which includes participation from experienced Stage Left veteran adults, college aged alumni, active high school drama team members, and more.

■ **Angela Welborn**, on behalf of Chaffee County EMS, has been awarded \$500 for their “CCEMS Missions Statement Vision” project, where the CCEMS will commission a painted mural by Tina Gramann, and a sculpture by a local sculpture artist in honor of Dr. Randy Rodak, the Medical Director for CCEMS prior to his passing in 2008. These public art works will be unveiled during the CCEMS public open house during national EMS Week of 2019.

Recipients of the Community Grants were announced, introduced and awarded their checks by Jessie Miller, on behalf of the Salida Council for the Arts and the Community Grants Committee, at the Creative Mixer at the Salida SteamPlant, a monthly event taking place on the first Thursday of each month from 5:30-7 p.m.

In 2017, the Council received 28 exceptional applications, six of which were awarded \$500 each in Community Grants, totaling \$3000. The multitude of applications

and the true creative passion of the applicants spoke to the strength of arts and culture in our local community. Congratulations to all the current Grant recipients!” exclaims Miller. This July 2018 marks the first cycle of the 2018 Community Grants. This year, the SCFTA plans to award 10 Community Grants recipients \$500 each, for a record total of \$5000 for a fiscal year.

These Community Grant projects need to have a definable connection to the Salida Community and be supportive of the Council’s Mission Statement. Sue Ann Hum, SCFTA President, added, “We hope to be able to provide annual support in our community with similar grants. Giving matters. Area residents’ financial support of

the Council’s activities and fundraising will continue to make these Grants available in the future, enriching the cultural life of our community. If you want to contribute to the Arts Council, just click on “Support” on our website at <http://www.salidacouncilforthearts.org>” www.salidacouncilforthearts.org.

The SCFTA Mission Statement: “Our mission is to enrich the cultural life of our community by nurturing and supporting excellence in the arts; to increase the community’s awareness of and appreciation for the arts; to promote and encourage arts education; and to serve as liaison between the arts, businesses, government and educational institutions.”



SCFTA Creative Mixer on July 12, 2018: Front Row (Left to Right): Angela Welborn (grant recipient on behalf of Chaffee County EMS), Devon Kasper (grant recipient), Jessie Miller (SCFTA Board Member, Chair of Community Grants Committee), Merry Cox (grant recipient), Jennifer Dempsey (grant recipient on behalf of Red Noses Palestine) Back Row: Chaffee County EMS Team

Mni Wiconi The Story of Standing Rock

by Kathy Hansen

How does one approach a very serious topic that has the power to impact the Earth’s water supply, and turn it into a children’s book? Ask Diana Crow-Wheel and co-author Dawn Admire-Sanders because they found a way when they collaborated on *The Story of Standing Rock*.

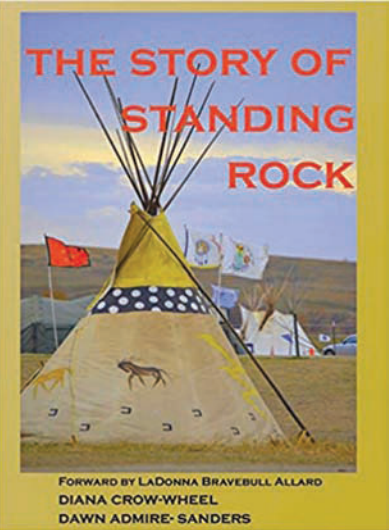
This book documents the unfolding of Crazy Horse’s prophecy, “I see a time of seven generations when all colors of mankind will gather under the sacred tree of life and the whole earth will become one circle again,” to the establishment of the Sacred Stone camp at Standing Rock, when people of all walks of life from all over the world, of all religions and ranks came to protect the water from the North Dakota Access Pipe Line (NDAPL). Diana and Dawn told of the courage, unity and common love for our Earth Mother and the water that flows life through her veins through pages using words children can understand, as well as photographs and vivid paintings.

The forward was written by LaDonna BraveBull Allard, the woman who established Sacred Stone camp and asked others to join her prayers and peaceful protest of NDAPL.

The publication date of October 27, 2017 is significant in that it was the date of the first militarized action taking down the North Camp by the ND Police Force. The authors chose not include that 841 were

arrested at Standing Rock. Instead, they chose to focus on the message of Mni Wiconi (water is life), and that there is hope, “Someday the black snake will stop drinking oil and get energy from the sun.” We can ALL be water protectors!

The book sends a beautiful message of unity and invites everyone to be a water protector! How appropriate to have a story that can be passed down to future generations.



There are several ways to get a copy of *The Story of Standing Rock*. Diana will have a table at PowWow in Colorado Springs on August 11, 2018. She also intends to have coloring pages for the children. The softcover is \$15 (includes shipping) and can also be purchased through PayPal.Me/Crow-Wheel or Facebook Diana Crow. Hardcover, signed and mailed (domestic only) \$25. Follow Diana Crow Facebook Page <https://www.facebook.com/diana.crowwheel?fref=search>.

For the reader who wants to learn more about Standing Rock, see past issues of the *Ute Country News* at utecountrynews.com.



LaDonna BraveBull Allard, courtesy of LaDonna



Co-author Diana Crow-Wheel with her latest book.

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Life-Enhancing Journeys

Part II - How to create secure boundaries

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

Creating healthy boundaries is really important to living a fulfilling life. As we discussed in last month's column, setting personal boundaries means you're preserving your integrity, you're accepting responsibility for who you are, and you're taking control of your life. These are positive attributes which help enhance life.

Acknowledge that you have a right to personal boundaries

Not only do you have the right, but you have the responsibility for how you *allow* others to treat you. Your boundaries act as filters permitting what is acceptable in your life and keeping out what is undesirable. Without boundaries that protect and define you, there is a tendency to look to others for your sense of worth (See November 2017 issue, page 26 "I need you to be okay with me; or do I?"). So then you actually would be the selfish one, using others to make you feel okay about yourself. Set clear limits so that others will respect the parameters you've created, then be willing to do whatever it takes to use what you've established. It's been shown that those with weak boundaries themselves tend to violate the boundaries of others.

Recognize that your own needs are at least as important as others

Acknowledging that you matter strengthens you as a person. It reinforces the notion, "I am worthy and deserving." When there's no recognition that your needs are important, others can sense that about you and then treat you as if you are insignificant. When you are uncertain regarding what you stand for, you'll be unable to decide where to establish your boundaries. This means that you'll tolerate anything and be stepped on like a human doormat, a spineless person. Never allow this to happen, for if you do, the consequence will be the collapse of your self-esteem.

Sometimes we want to do something kind for another person just because it's the right thing to do. However, it becomes unhealthy when you encourage other's neediness, or are needy yourself; or want to be rescued, or are the rescuer, or when you choose to play the victim. Do you really want to give the unspoken message to a friend that "I need to take care of you, even at my own expense, because, firstly, I don't matter... and, secondly, I don't think you're capable of doing it for yourself...?" That's what you're implying which likely will hurt you as well as that relationship.

Learn to say no

Many of us may have been admired for being a people-pleaser, someone who will do everything to accommodate everyone else. Playing the role of the nice guy/gal doesn't get you anywhere. At times, out of fear of being called "selfish," we may put our personal needs on the back burner and

agree to do things we know may be harmful to us. It's impossible to be helpful, least of all to yourself, when trying to always please others. "Isn't it my job to take care of them (you may believe)?" Absolutely not! Allow yourself to care *about* the person rather than *for* them. There's a big difference between those two words. Actually, it might be useful to rename the word "selfishness" to "self-compassion" or self-awareness" to make it easier to construct and maintain healthy personal boundaries.

The moment you provide a long-winded explanation, a defense or an excuse, you've just given the person permission to crush your position. As a rule of thumb, if you say no once and the person asks again, it's disrespectful. If the question is asked more than three times, it's manipulation. That's your cue to take action immediately. Say no the right way, tactfully and with confidence. Learning to turn down a request by saying "no" can strengthen a relationship and create a more positive sense of yourself.

Communicate without blaming or judging

That means, stop saying things like "you make me so angry; you hurt my feelings; you make me crazy; how could you do that to me after all I have done for you; what an idiot you are; etc." You do not have any control over how others react to something you said or did. You really are not that powerful. Their response is their choice. It is also useful to learn to detach from an expected outcome partly because it rarely turns out as you predicted, and it's far more interesting to await the end result. Simply allow the experience to unfold. Stop judging yourself and other people because that keeps blame going. Observing other people's behavior without judgment or assessing blame can be beneficial. Judgment is saying, "that person is crazy." Observation is saying, "that person seems to be unpredictable so it would be better to avoid them." It's also useful to distinguish between what a person did from who they are; the difference between behavior and being.

Be assertive

Creating and stating boundaries is important, but it's the follow-through that counts. The only way to truly convey to others that your boundaries have been crossed is to be direct with them. Being assertive, particularly if you are unaccustomed to doing so, takes practice and it can be scary. Begin by practicing with something easy then try more challenging tasks. Here are a couple of examples:

- If a waiter got your order wrong, ask for what you actually ordered.
- If a clerk overcharged you, bring it to their attention and ask that the mistake be corrected.

Every time you allow yourself to speak up assertively, it strengthens your sense of self and it becomes easier the next time.

Identify the actions and behaviors that you find acceptable or not

This is where knowing yourself has its benefits. Establishing clear boundaries based on your values and moral compass is imperative. It enables others to know when they've crossed the line, acted inappropriately, or disrespected you in any way. It certainly can be unsettling to ask them to stop what they're doing/saying to you. Do it anyway. It will increase your self-esteem and clarify to the person where your limit has been set. Never allow yourself to be pressured into violating your own boundaries. Identify what actions you can take if your wishes are disregarded. To set boundaries and not enforce them just gives the other person an excuse to continue in the same old behavior.

Trust your instincts and believe in yourself

You know yourself better than anyone. Always remember that. If your body feels tense or you experience uneasiness, this could alert you to the notion that the person has crossed the line. It's important to pay attention to what's going on internally as well as externally. Always listen to the messages your body gives you and act accordingly.

Never allow anyone else to make the decisions for you. Of course you may ask a trusted person their opinion, yet it is always up to you to decide to accept their suggestion or not. Healthy boundaries make it possible for you to respect your strengths, abilities and individuality as well as those of others.

When we possess healthy personal boundaries:

- We feel good about ourselves and have a greater sense of self-confidence
- Are more in touch with a realistic view of the world
- We communicate more clearly with others
- Relationships become more fulfilling
- Others respect us more because we respect ourselves
- We have increased self-confidence and trust that we can handle whatever comes our way

Most of us want the benefits of healthy boundaries yet it takes practice, practice and more practice. But along the way you'll gain confidence as you continue to evolve to your maximum potential. This is what you've been wanting all along. Isn't it!?

Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII is the program director of Journeys Counseling Center, Inc. At Journeys we teach you tools, skills and help you discover resources to live the most effective life possible. We guide, support and coach you along the path you desire, to become the best version of yourself. To contact Barbara, call 719-687-6927 (office) or 719-510-1268 (cell).



Law Office of Kirk Garner

Family Law Attorney and Mediator

- Divorce
- Child Custody
- Child Support
- Relocation

General Civil Practice

- Contract Disputes
- Landlord/Tenant

Office located in the Pikes Peak Credit Union

719-687-6869 720 W. Midland, Suite 201
Woodland Park

Mueller State Park

Adventures in August

August is full of programs for the public to excite all ages! Learn about fascinating wildlife like owls and mountain lions at an amphitheater program. Try fly fishing, archery, geocaching or birdwatching! Go on a guided hike to see beautiful vistas, historic sites, cool forests and lush meadows. Learn about the moon on a night hike. Be entertained with music and history of harmonicas! Children's programs are designed to catch their curiosity and energy! So much diversity of fun waiting for you. Please see the full list of programs below.

- 1 Hike Stoner Mill meet at School Pond Trailhead 9 a.m.
- 1, 12 Touch Table: Meet a Tiger Salamander 1-3 p.m. Aug 1 and 12-2 p.m. Aug 12 at Visitor Center.
- 2 Hike: Mash-up Hike meet at Outlook Ridge Trailhead 8 a.m.
- 2 Hike: Dynamite Cabin meet at Grouse Mountain Trailhead 1:30 p.m.
- 3 Hike: Ecology Hike meet at Visitor Center Patio 8:30 a.m.
- 3 Children's Program: Sunlight meet at Camper Services 2 p.m.
- 3 Amphitheater: Owls 8 p.m.
- 4 Hike: Elk Meadow to Murphy's Cut meet at Elk Meadow Trailhead 8 a.m.
- 4, 11 Pond Safari meet at Dragonfly Pond Aug 4, 1-3 p.m. and Aug 11, 2-3 p.m.
- 4 Surviving a Wilderness Emergency meet at Visitor Center Auditorium 6 p.m.
- 5, 31 Hike: Nobel Cabin meet at Black Bear Trailhead 9 a.m. Aug 5 and 8 a.m. Aug 31.
- 5 Hike: Elk Brain Teaser meet at Visitor Center 1 p.m.
- 7, 21 Fly Fishing for Beginners meet at Dragonfly Pond 10-12 p.m.

- 8, 23 Touch Table: Skins and Skulls meet at Visitor Center 10-11 a.m. Aug 8 and 1-2 Aug 23.
- 8 Hike: Children's Sensory Hike meet at the Wapiti Trailhead 2 p.m.
- 9 Wildflower Walk meet at Elk Meadow Trailhead 9:15 a.m.
- 9 Touch Table: Geology Table meet at Visitor Center 10-11 a.m.
- 9 Children's Program: Butterflies meet at Camper Services 2 p.m.
- 10 Sketching Hike meet at Black Bear Trailhead 8 a.m.
- 10, 17 Mueller in Art meet at Visitor Center 10-1:30 p.m.
- 10, 17, 29 Hike: Cahill Cabin meet at Grouse Mountain Trailhead 10 a.m. Aug 10 & 17 and 9:30 a.m. Aug 29.
- 10, 17, 30 Archery for Beginners meet at Dragonfly Pond 2-4 p.m. Aug 10 & 17 and 12-2 p.m. Aug 30.
- 10 Amphitheater: Cripple Creek City of Gold at 8 p.m.
- 11 Hike: Rock Pond to Rock Canyon meet at Visitor Center Patio 8 a.m.
- 11 Star Party meet at Visitor Center 8:30-11 p.m.
- 12 Hike: Outlook Ridge to Lost Pond meet at Outlook Ridge Trailhead 9 a.m.
- 13, 18 Hike: School Pond and Stoner Mill meet at School Pond Trailhead 9 a.m. on Aug 13 and 8 a.m. Aug 18.
- 14, 24 Hike: Cheesman Ranch meet at Grouse Mountain Trailhead 9 a.m. Aug 14 and 8 a.m. Aug 24.
- 15 Hike: Outlook Ridge to Raven Ridge meet at Outlook Ridge Trailhead 9:30 a.m.
- 15 Knot Tying and Lashing meet at Camper Services 2 p.m.
- 16 Hike: Grouse Mountain – Dynamite Cabin

- meet at Grouse Mountain Trailhead 8 a.m.
- 16 Touch Table: Tracks meet at Camper Services 1-2:30 p.m.
- 17 Amphitheater: Mountain Lions 8 p.m.
- 18 Children's Program: Seeds meet at Camper Services 2 p.m.
- 18 Back Country Food and Water meet at Visitor Center Auditorium 6 p.m.
- 19 Hike: Elk Meadow Loop meet at Elk Meadow Trailhead 9 a.m.
- 19 Touch Table: Animal Adaptations meet at Camper Services 1-3 p.m.
- 22 Bird Walk meet at Grouse Mountain Trailhead 8:30 a.m.
- 22 Geocaching meet at Visitor Center 10 a.m.
- 22 Touch Table: Maps meet at Visitor Center 2-3 p.m.
- 24 Predator Prowlers meet at Amphitheater 7 p.m.
- 25 Nature Hike meet at Visitor Center 9:30 a.m.
- 25 Owl Pellets meet at Camper Services 2 p.m.
- 25 Amphitheater: Moon Talk part 1 meet at Visitor Center Patio 7 p.m.
- 25 Amphitheater: Moon Talk part II meet at Visitor Center Patio 8 p.m.
- 26 Hike: Tiger Salamander Hike meet at Lost Pond Trailhead 8:30 a.m.
- 26 Children's Program: Black Bears meet at Camper Services 2 p.m.
- 26 Hike: Full Moon Hike meet at Outlook Ridge Trailhead 7:30 p.m.
- 29 Amphitheater: Harmonica Man 7 p.m.
- 30 Hike: Grouse Mountain Overlook meet at Grouse Mountain Trailhead 8:30 a.m.
- 31 Amphitheater: Aspens and Elk 8 p.m.

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.

Pikes Peak BBQ Showdown

Ready to get your grill on for a hungry crowd? Gather your best chef-friends to create a team to compete in the Pikes Peak BBQ Showdown in Woodland Park on August 17 from 11-9 p.m. and August 18 from 10-9 p.m. at the Ute Pass Cultural Center. Up to 25 teams can compete in the competition, each team may bring up to four team members.

KidsQue (On Friday) for ages 6-13 cook a ribeye to win \$50 prize. Starts at 5 or 5:30 p.m. and will include a safety briefing from a fire marshal. There is an optional Steak competition for competing teams Friday night after the KidsQue. The People's Choice rib tasting starts at 11 a.m. on Saturday. Judged meats turned in at the following

times on Saturday: Ribs 12 p.m., Chicken 1 p.m. and Brisket 2 p.m.

This is the same weekend as the American Veteran's Rally ride from Woodland Park to Cripple Creek. There are approximately 4,000 bikers involved in the rally.

Two days of fun: a beer garden and BBQ vendors will be on site for all open hours on Friday and Saturday. Live music by Pup Morse and the Island Cowboys on Friday and Andy Griggs on Saturday about 4:30 p.m. Saturday the winner of the BBQ competition will be announced at about 4 p.m. There is a free jump house for the kids! Victory Service Dog will be there talking about the benefits of service dogs to

veterans. Local radio station (Y96.9) will be present doing live remotes of the event. Tree House BBQ will be onsite both days vending to the public.

The Pikes Peak BBQ Showdown is sanctioned by the Kansas City Barbeque Society (KCBS) and adheres to all KCBS competition standards.

All Proceeds from the Pikes Peak BBQ Showdown are being donated to the Fallen Soldier Scholarship Fund based out of Fort Carson, Pikes Peak 3rd Calvary Regiment.

To enter teams can contact us by August 10. Hosted by Colorado Springs Grill Store 719-465-1745 or coloradospringsgillstore@yahoo.com and Rocky Mountain Coors.



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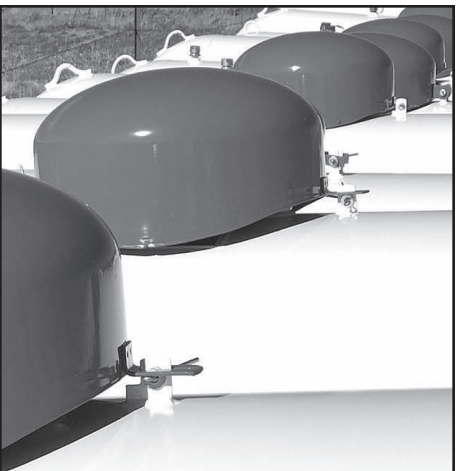
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~OUT AND ABOUT~

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.

BUENA VISTA

1 Heritage Museum Free Admission Day 9-5 p.m.
3, 10, 17, 24, 31 Free Community Concert.

4 Homestead Days live music with Luna Verde 12-8 p.m.

5, 12, 19, 26 Foodshed Alliance - BV Farmers Market

8 Essential Oils 101 Class 6:30-8:30 p.m. at BV Chamber of Commerce & Visitor Center

8 Monarch Job Fair 3-7 p.m.

9-12 Contin-tail Rock & Mineral Show 9-5 p.m. Colorado's largest outdoor show. Free Admission, Free Parking. 100+ dealers, gemstones, mineral specimens, rough, slabs, jewelry, beads, cabochons, fossils, tools, petrified wood.

Buena Vista Rodeo Grounds, near Rodeo Dr. and Gregg Dr.

10 Mount Olive Cemetery Tour 6:30-8:30 p.m.

11 Oddities display at the museum 10-3 p.m.

11-12 Gold Rush Days. Gold Rush Days summer festival includes a variety of Musical Entertainment, over 100 Arts and Crafts Booths, historic re-enactments, great food booths, beer garden, kid's games, duck race, kayak demonstrations, and the infamous toilet seat races!

All Day in McPhelimy Park.

11 Medicine Show. The show will feature a Snake Dancer, piano/singing, a shooting exhibition, poetry readings, and of course various audience member will come forward and be cured of whatever ails them along with the story of how "Dr. Everett's Elixir" came about. For a fun evening come and see the show. Tickets for sale at the door - \$10. Show is 7 p.m. at BV Heritage Museum.

11 Czestekova sideshow at the museum 8:30-9:30 p.m.

12 Historical Reenactments at the Depot 11-2 p.m.

14-19 TransRockies Run all day.

18-25 Homestead Days

25-26 King Boletus Mushroom Festival. A two-day mushroom seminar with classroom lectures and mountain forays. The fee is \$100, including lunch on Saturday, a wine and cheese reception Saturday afternoon, and a light lunch on Sunday. There is no one-day rate. Registration is limited. To register call 719-395-8458. Sponsored by Buena Vista Heritage Museum.

31-Sept 2 Seven Peaks Music Festival all day. FMI <http://www.buenavistacolorado.org/events/>

CA ON CITY

1 Free legal clinic at your Canon City library 3:30-5 p.m. for parties who have no attorney, will be featured on the first Wednesday of each month at 516 Macon Avenue. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veteran's issues, and civil protection orders. Walk-ins are welcome, and everyone will be helped on a first-come, first-served basis.

3, 10, 17, 24, 31 NAMI Connection Support Groups for those living with a mental health condition

meets at 1 p.m., Community Education Room of St. Thomas More Hospital 1338 Phay Ave. These meetings are free and confidential. No reservations required. FMI 719-315-4975 or go to www.namisoutheastco.org

COLORADO SPRINGS

5 Pikes Peak Posse of Westerners 3rd Annual Rendezvous 12-3 p.m. (lunch served 12:30-1:30 p.m.) at Carnegie Library Garden 22W Pikes Peak Ave. \$20 payable in advance. RSVP and PAY by High Noon, August 3, <https://squareup.com/store/ppwv>

8 Alice Cooper 7:30 p.m. World Arena

10 Tim Allen 8 p.m. World Arena

10 Stepping On! 10-12 p.m. Penrose Pavilion, 2312 N. Nevada Ave. Conf Room B. Free. FMI Angela Kedroutek 719-776-5924 or Heather Ditzler 719-776-5098.

11 Gold Hill Mesa Outdoor Concert Series 4-7 p.m. Blue Steele — The Air Force Rock Band.

11 10th Annual Colorado Springs Intertribal Powwow. See page 22.

16 Brain Injury Support Group 5:30-7 p.m. Penrose Pavilion 2312 N. Nevada Ave. Free.

20, 23 Area Agency on Aging offers Medicare 101 classes at PACGC 9 a.m. on Aug 20, 5:30-7:30 p.m. Aug 23. Call 719-471-2096 to reserve your place. Held at 15 S 7th St. Caring Conversations Group meets every Tuesday at the Colorado Springs Sr. Center. For details on this caregiver support group or to reserve a seat at the table, contact Jules Norwood at 719-471-7080 x107.

CRIPPLE CREEK

4 Rampart Seed Library Partnership is sponsoring the first ever Zucchini Day at the Teller County Fair 10 a.m. in the Pavilion. We'll have fun! See how far you can launch a zucchini! Win a prize! Taste some sweet and savory zucchini dishes, learn how to grow this popular and versatile garden edible and play with some paint. CSU Master Gardeners will be on hand until noon, along with members of the Gardeners With Altitude Garden Club, the Harvest Center, representatives from Teller-Park Conservation District and the Rampart Library District. This is Family Day at the Fair so be sure to put it on your calendar. Don't forget to enter your favorite Zucchini dish in the fair. <http://http://www.tcfas.org/informfms.html>

7 National Night Out 3-7 p.m. at City Park. Community BBQ hosted by CCPD. Vendors, FREE food, music, games and prizes!

9 CC-V Schools Back to School BBQ and Open House 4-6 p.m. at Crescen Elementary and CC-V Jr/Sr High School.

9 Cooking Matters in your Community 12-1 p.m. This is a 1-hour demonstration for parents and children ages 6-12. Call or email Denise Highness to find out more information and to register. denise@cpteller.org 719-686-0705.

ASPEN MINE CENTER

1, 8, 15, 22, 29 Community Lunches each Wednesday between 11:30-1 p.m. All community members are



THEODORE ROOSEVELT

The character of Theodore Roosevelt, as played by Don Moon, was developed as part of an advertising play by one of Colorado most historic hotels. Don's portrayal of Roosevelt took off and he has been part of many public and private events including the ground breaking of several public buildings and the opening of a time capsule from 1901 at Colorado College.

The portrayal of Theodore Roosevelt takes on his personal life, his political and civic life. T.R. was fascinated by the natural world and man's involvement in it. He wanted to be a natural scientist and studied nature at his home in New York as a youth. His time in the wilderness, after his wife and mother died, was a watershed time in the development of his love of this country and its wonders. Roosevelt was a consummate politician and had been schooled by his parents to be a leader. His skills, sharpened by Harvard and his experiences in the west, urged him on to a life of service.

Don Moon is a Colorado native with roots that go back to the turn of the last century when his grandparents came to Colorado in a covered wagon and homesteaded 160 acres along the lower Arkansas River. He was raised in Pueblo and settled in Colorado Springs when he returned from 19 months in Viet Nam.

The Pikes Peak Historical Society invites you to learn more about Theodore Roosevelt at the PPHS monthly Chautauqua on Sunday, August 12 at 2 p.m. at the Florissant Library. The library is located adjacent to the Florissant Community Park on 334 Circle Drive in Florissant. This program is presented as a public service of the Pikes Peak Historical Society in partnership with the Rampart Library District. Admission is free and refreshments are served. No reservation is required but arrive early, seating is limited. For more information call 719-748-8259 or 719-748-3861.

welcome. Meals are provided on a donation basis.

1, 8, 15, 22, 29 Cocaine Anonymous group every Wed 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.

3, 10, 17, 24, 31 A Willow Bends 3-5 p.m.

7, 14, 21, 28 A Willow Bends 3-5 p.m.

7, 21 TBI Group participation meet-

ings regarding Traumatic Brain Injury 10-11:30 a.m. ATTUNE, Support Group for male victims of Domestic Violence 4-5 p.m.

8 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.

14 Veteran Service Meeting 9-11 a.m.

14 All Vets, All Wars. Group participation 10-11:30 a.m.

16 OIB Group. This is a support group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room on the 2nd floor. FMI, Kathleen at 719-471-8181 X103.

16 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.

31 Teller County Emergency Food Distribution Program (Commodities) will be held the last Friday of the month 9-2 p.m. Please bring photo ID and proof of Teller County residency.

31 Cross Disability Meetings for persons with disabilities 10-11:30 a.m.

• On-going: Our Health Navigator Krys Arrick is available Mon-Thurs 8-4:30 p.m. for families who are seeking access to affordable and quality health care. Call 719-689-3584 ext. 111.

Unless otherwise noted all meetings are held in the 2nd floor conference room.

DIVIDE

3, 10, 17, 24, 31 Cripple Creek Masonic Lodge meets first Friday every month 5:30 p.m. at 75 Buffalo Ct in Divide. FMI 719-687-1457.

13, 27 Little Chapel Food Pantry Distribution 3:30-6:30 p.m. For more info 719-322-7610 or email littlechapelfoodpantry@outlook.com. This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are:

Last name beginning with:

A-H 3:30-4:30 p.m.

I-Q 4:30-5:30 p.m.

R-Z 5:30-6:30 p.m.

Save the Date - Sept. 2 Divide Fire Protection District Annual Pancake Breakfast. See page 2.

COMMUNITY PARTNERSHIP

10 Crossroads Parenting 9:30-1:30 p.m. Teller County Court approved for divorced or divorcing parents.

• Playgroup. CP's Playgroup has lots of fun activities planned for summer! No registration necessary.

Playgroup is held Mondays and Wednesdays from 10-11 a.m. at Community Partnership unless otherwise posted. See newsletter and calendar for details. Contact Cory for more information and to be added to her monthly Playgroup Newsletter. Cory@cpteller.org

• GED Testing Center will remain open on Wednesdays from 12-8 p.m. at Community Partnership in Divide. Anyone wanting to register to take a GED exam can do so by visiting www.GED.com. Contact Katy for more information. Katy@cpteller.org

10 Night Sky program at Fossil Beds 8:30-10:30 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, nebulae, and more. Meet at visitor center.

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small claims, veterans issues, and civil protection orders. Pre-registration for individual 15 minute appointments is available on the day of the clinic, either in person, or by calling 303-235-5275.

FAIRPLAY

11-12 The South Park City Museums annual "LIVING HISTORY DAYS" are August 11th and 12th. Please come and enjoy a "step back in time" with gold prospectors, mountain men, cowboys and horses, pretty women and SARSAPARILLAS! Also enjoy historical skits, demonstrations, and story-telling. See you there!

BPEEC

5 Fiber Workshop Eco-Dyeing with Hand Gathered Plants 9-1 p.m. FMI 719-838-0143.

14 Mountain Top Children's Museum 12-3 p.m. FMI 970-453-7878.

25 Native Plant Imprints 9-1 p.m. FMI 719-838-0143.

30 Plant Walks 10-12 p.m. FMI 719-838-0143.

FLORENCE

2, 9, 16, 23, 30 NAMI Connection Support Groups for those living with a mental health condition meets every Thursday at 6:30 p.m., Florence Chamber of Commerce 116 N. Pikes Peak Ave. These meetings are free and confidential. No reservations required. FMI 719-315-4975 or go to www.namisoutheastco.org

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Artist of the month: Jeanie Truitt 1, 8, 15, 29 Wool Gatherers 9-1 p.m.

8 Valley Wide Health System Mobile Clinic 10:30 a.m.

10 Closed

11 Kids' Painting with Jeanie Truitt 10:30 a.m.

14, 21, 28 Storytime 10:30 a.m.

14 closes at 5 p.m.

16, 23, 30 Teen Group 2:45 p.m.

16 Making Your Own Cleaning & Personal Care Items by Jeanie Schmidt 5 p.m.

17, 24, 31 Storytime 10:30 a.m.

18 Family Movie: *Early Man* 2:30 p.m.

21 Author Talk: Barry Brerly 5 p.m.

24 Fourth-Friday Film: *Only the Brave* 5 p.m.

29 Suicide Prevention Steve Garufi 5 p.m.

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