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Vol. 12, No. 8

Welcome to Ute Country

**"I go to nature to be
soothed and healed,
and to have my senses
put in tune once more."**

— John Burroughs

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On Deck

Our August front cover photo was taken in 2017 at Lake Pueblo. August is the perfect month to get outdoors for so many reasons: being outside gives you the best opportunity to socially distance; the temperature is usually warm enough that if you forgot your jacket when your activity lasts longer than expected you won't freeze; Colorado wildflowers are still in bloom and the mule deer have not yet begun the rut. The quote reminds us nature soothes us and helps us heal. Seems like a perfect fit!

Our August issue has plenty to hold your interest. *Road Trip* lets you know about the Gold Belt Byway that runs from Cripple Creek to Florence, Cañon City and Victor. Surrounding yourself with beautiful scenery the entire way! *Musings Along the Way* researches the history of beer all the way from some of the first texts. *Life Enhancing Journeys* helps us understand how racism is taught, the biological processes behind fear and how we can challenge ourselves to rise above it. *Mountain Mustang Memories* helps us better understand fear through the eyes of the wild Mustang and see how we share the same process of fear. Overcoming fear seems to be similar in both cases by challenging beliefs that may not have been accurate.

Perhaps while you are enjoying the great outdoors, you'll have cell phone or camera at the ready to capture critter corner pics. Send your favorites to us via email: utecountrynewspaper@gmail.com or snail mail POB 753 Divide, CO 80814, the same way you can send comments. We are also available at Shipping Plus 52 CR 5 in Divide M-F 9-5:30 p.m.

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

Wild and free!
by Mari Marques-Worden
photo by Mari Marques-Worden

With rapidly changing times upon us, I feel blessed to know some of the wild foods/medicines that grow in Ute country and I'm happy to pass that information along.

Two of the wild ones in my yard and greenhouse every year are mallow and purslane. It's no surprise the two share common traits in that they are enthusiastic volunteers that can grow in dry, hot conditions. Interesting enough, both are used to relieve dry, hot conditions in humans and animals.

Both plants have been tagged invasive weeds. I do understand it is hard to muster gratitude or excitement over something like that but once you look beyond their classification, you'll turn over a new leaf. They are valued allies that share their food/medicine freely.

Mallow AKA cheeseweed

The properties of the mallow are demulcent, nutritive, emollient, expectorant and vulnerary (skin healer). As with all plants that are soothing and cooling, I can think of five ailments from top to bottom that could benefit from mallow's gifts. Canker sores, dry scratchy sore throat, heartburn sufferers, stomach ulcers and inflamed gut can be relieved simply by rolling up a few leaves and chewing to extract the soothing, cooling juice. It's the simple things in life I love the most. No special tools needed and no processing time.

Mallow has an affinity for the urinary tract and would benefit the person who suffers from UTI and the burning sensation associated with kidney stones. Very useful for burns, dry and itchy skin conditions, dry cough, and wounds. It's the slippery, slimy like mucilaginous properties of mallow that earned its close cousin marshmallow root the name herbal snoot. Believe it or not, this is what you are after. It makes a great hair rinse as a detangler.

I once encountered a customer who had eaten too many jalapenos and was writhing in pain. The poor girl couldn't sit still. I quickly prepared her some marshmallow tea and she promptly gulped it down before I had a chance to say sip on this. It not only relieved her of her pain, it relieved her of her stomach contents. We concluded that although that certainly needed to happen, neither one of us expected a volcanic eruption.

The best way to prepare mallow as a tea is by cold infusion. In a pint jar add 1/2 cup of dried mallow root, or 2/3 cup of freshly chopped mallow leaves or both. Pour in enough water to fill the jar and submerge the herbs completely.

Stir, cover and let sit for a few hours or overnight in the fridge. The longer it

infuses, the more viscous it will become meaning more healing to mucous membrane. Strain and drink within 24 hours, sipping throughout the day as needed.

Tip: The root should be collected before the plant flowers or will become woody and difficult to work with.

Mallow is considered a safe herb and therefore can be consumed in large amounts for food. The flowers, leaves, fruits and root can be eaten. The fruits of the plant resemble a wheel of cheese and although somewhat tedious to gather, when dried can be eaten like nuts. Very high in iron and calcium, the leaves can be stuffed like grape leaves and steamed for a tasty vegetable treat. The entire dried plant can be ground into flour.

The leaves are somewhat kidney shaped and the flowers have five petals and range in color from white to pink to purple. Mallow is a stout bushy plant that branches and spreads from its base. It can reach heights of 4 feet depending on conditions.

Purslane AKA pigweed

Purslane and people have a rich history together. It is used all over the world as food and medicine. Purslane thrives in a variety of soils and is a prolific ground cover.

The plant has succulent, fleshy ovate to oblong leaves and thick stems that branch out from a taproot and sprawls across the ground. It has small yellow five petal flowers and eventually produces a seed capsule with numerous tiny black seeds that can also be eaten by man or beast. One plant can produce up to a couple hundred thousand seeds and can remain dormant for up to 40 years. Cracks in the sidewalk? No problem, purslane will fill in the blanks.

It has been warned when harvesting purslane, there is another plant called sidewalk weed that resembles purslane and often grow near each other. It's called spurge, Thyme leaved spurge is similar to purslane but the leaves aren't plump and the spurge has a milky sap when picked.

Mallow AKA cheeseweed

Purslane doesn't have the milky sap. As a food, this little gem of a weed is low in calories, nutrient dense and is considered one of the richest vegetable sources of alpha linolenic acid. An essential omega-3 fatty acid that help keep the joints juicy, enhances brain function and protects against heart disease and stroke. It has five times more ALA than spinach. It also contains high amounts of vitamins A, C and E as well as calcium, magnesium, potassium, phosphorus and iron. Every single part of the plant is edible. (*Wild Remedies* authors Rosalee De La Foret and Emily Han)

It has a tangy, lemony flavor and may be eaten fresh or cooked. I personally like it fresh in salads, on sandwiches and alone freshly picked. It can be steamed or sautéed, added to smoothies or soups.

The Medicine

As a testament to its soothing and cooling comfort for hot irritated skin conditions, I have a poultice on a patch of psoriasis as I type, bringing me instant relief. Purslane is a blessing for the person with sunburnt skin or a superficial burn. I crushed the leaves and stem, but you can easily make a wash from the juice of the plant and apply it over larger areas like aloe vera gel.

Purslane's other medicinal qualities are analgesic, antimicrobial, antioxidant, antispasmodic (probably due to its high potassium content), demulcent, diuretic, laxative and vermifuge.

Useful for fever, constipation, dry cough, headache, insect bites, ulcers, wounds, worms/parasites in addition to the conditions listed for mallow.

Growing purslane

When planting by seed, simply scatter the seeds on the dirt without covering. The seeds require light to germinate. One of the best things about these two plants is they will grow just about anywhere. Disturbed soils benefit as purslane helps to retain moisture in the soil and both break up compacted soils paving the way for other plants to emerge. The benefits of these two plants are far too numerous to list here, proving the argument I've been making for several years now. We need the weeds!

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

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Pharmgirl Uprooted

Saying goodbye
by Peggy Badgett

A tear rolled down my cheek and splashed onto the black stone just chiseled from the shallow hole. The hot sun beat down on my neck, and north winds whipped viciously through the ponderosa pines. Suddenly a wave of homesickness for the rich black Midwest earth and all of my friends washed over me. I cursed softly. My shoulders ached. Both wrists sent stabbing pains up my arms when the shovel met another hidden rock. Its blade threatened to separate from its weathered wooden handle with every slam into the unforgiving ground. Dust tasted metallic and gritty on my tongue; there were plenty of masks stowed in the truck but I was weary of wearing them. My hands were scraped and cut from scooping out bits of sharp granite; my tattered duct-taped gloves had finally surrendered. I straightened with a small groan and sipped lukewarm water.

Foreshadowing of this day had been hanging over us like a brooding March storm cloud. On good days, Sadie the coonhound peacefully basked in the sun on the porch and towed me around our neighborhood. Bad days were filled with uncontrollable shivering and quaking; panicked clawing at the floor or furniture, panting, and a far-away look in her almost blind eyes. I never knew if she was truly deaf or just ignoring me when I tried to comfort her. The starved mongrel I'd rescued from a snowy ditch one frigid January day deserved better than living with a malevolent force that seized her without warning. I promised her I'd not be selfish and send her on the final journey when it was time. That day had arrived sooner than I'd hoped.

Memories whisked through my mind with each scoop of dirt: her big ears flopping in the breeze as she bounded through thick grass, her nose tilted into the air to sift a million scents, and her burr-filled brindled coat after another midnight run chasing sleek field rabbits. Her most infamous escapade was the time she and her buddy Jack slithered out the loose screen door for an early morning romp around our Illinois farm. There was no sign of either tail merrily waving through the weeds. Just as I had given up hope and chopped thistles in the pasture, I heard barking. Two white tail deer gracefully leaped through the corn field across our creek. About a quarter mile behind them, Sadie galloped all out, trying to close the distance. Jack chased a good two minutes after her. No amount of screaming deterred them from their targets. Both mongrels showed up hours later, caked in muck, but too exhausted to protest the buckets of soapy cold water waiting for them.

Sadie's infectious pioneer spirit of al-



Peggy and Sadie in happier times

ways wondering what was around the next bend buoyed me through her burial. After I gently laid the final boulder on top of her grave, I paused. She was finally free of the terrors that had gripped her. Even Jack seemed relieved. We sat near her marker, a rooster weather vane illuminated by the soft glow of a solar globe. Surrounded by the moonlit mountains and foothills, I voiced my hope that she was chasing fat, lumbering raccoons somewhere among the stars with her pals Harry and Clyde.

Two weeks later, on Mother's Day, I found my curly feathered hen Chuck cold and stiff in the coop. Just when the torn edges of my heart had begun to mend, death took another beloved companion from me. Again, I found myself conducting another burial. Grief over fowl might sound silly, but I had raised her from a hatchling in the farmhouse. Chuck had faced the challenge of our move with grace, and shifted from roaming a land rich with bugs and tender greens to our parched barren soil without complaint. At least as far as I know.

I envy my pets. Even though their years are short, they understand the present is all we really have. I bet my lifetime pack of animals, from Pippin the Labrador to Blaze the quarter horse, are all waiting for me somewhere in a vibrant afterlife meadow. If I don't stop hiking 14'ers during thunder storms and mountain biking around rattlesnakes, I may be cavorting with them sooner than later.

Peggy Badgett lives near Guffey Colorado. She is a retired pharmacist, author of two books (The Rooster in the Drive Thru and Romancing the Bike - both available at Shipping Plus in Divide), artist and avid adventurer. Her website is coloradopharmgirl.com, email is coloradopharmgirl@gmail.com.



Sadie's final resting spot: a rooster weather vane illuminated by the soft glow of a solar globe.

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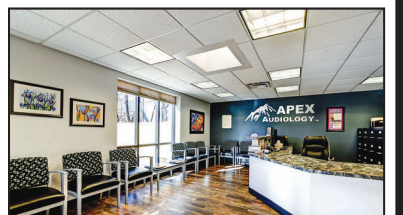
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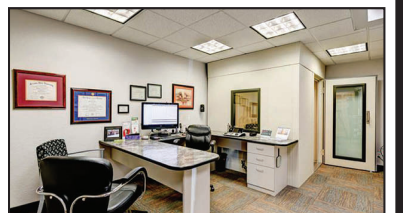
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Thanks to Mark and Nancy, Owners of Whole In The Wall Herb Shoppe.

I went to the store to pick up the amazing Aquagen liquid oxygen supplement-Says Marti. This took away all my high altitude symptoms the first day using the product. While I was there I received a free sample of the Gold Mini Tabs. (Whole Food MultiVitamin).

This helped me with energy and mental focus.

I also had sinus issues which I found out that Mark makes an Up Your Nose Sinus Spray. I sprayed two shots in each nostril and it took only 1 hour for my sinuses to open and they have not felt that good in years.

I drive out three times per year from Arizona to take classes at the college and in the past always suffered with low energy headaches and multiple sinus problems. I now look forward to coming to Colorado no matter what the season, knowing I can depend on these wonderful products.



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Steve Gulliani biking up the mountain.

9th Annual Experience Ride

by Deb Maresca
 photo by Deb Maresca

Mountain Top Cycling Club hosted its 9th Annual Mountain Experience Ride on Saturday June 20, 2020. We finally got permission from three different counties, after submitting a safety action plan. Working closely with Bicycle Colorado we were able to safely host the event. We would like to give a big Thank You

to all who sponsored us. Please visit our website to see all of our sponsors www.mountaintopcyclingclub.com.

MTCC will use the proceeds from this event to host "Bike the Night" for the children September 5, 2020. We hope to provide trophies, t-shirts, medals and a pizza party at the finish.

Shop within a Shop

by Flip Boettcher
 photo by Debbie Price

One of the newest shops on Florence's historic Main Street is Purple Rose, flower and gifts, located at 122 East Main Street, within the Rustique Treasures shop.

Purple Rose opened for business a few months ago and offers fresh and artificial flowers. Owner/operator Debbie Price is happy to custom make flower arrangements, she said, and will even create an arrangement in an old favorite vase or provide one for you.

Price enjoys taking old colanders, tins and the like and creating a beautiful fresh or artificial flower arrangement. Price specializes in flowers for funerals. Purple Rose will also deliver to most areas in Fremont County, Price said.

Price has over 30 years' experience in the floral industry, having worked most of those years at Campbell's Flowers in Pueblo. Born in Germany, Price came to Cañon City when she was 11 months old and grew up there. She now lives in Florence with her husband Jay.

Rustique Treasures, owned by Kathryn Duncan, also located at 122 East Main Street, features beautiful jewelry and furniture, which Duncan re-furbishes and re-thinks.

The Purple Rose and Antique Treasures are inner connected to the shop next door, Antique Warehouse at 124 East Main Street, owned by Virginia Lindley-Brunn. The Antique Warehouse features vintage lighting fixtures, jams, lots of great hats, and other vintage items.



A sample of one of Debbie Price's flower arrangements at Purple Rose.

The three women work with each other so that they can all succeed, said Price. Virginia and Kathryn have been very helpful in providing Price a space, she said, and have given her encouragement and great creative ideas.

Price said that she was very happy to be starting a flower business in Florence. Contact them at: Purple Rose 719-372-4315; Rustique Treasures 719-331-8437; Antique Warehouse 719-372-1016. Shop hours are Sunday-Thursday 10-5 p.m.

Adopt Me

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Hela

Smooch on this pooch! Hela, rhymes with S'mella" which she is. Hela is 6 years old and 80 pounds of love! She is a Mastiff/boxer, spayed, chipped and current on all vaccines. Hela is good with other dogs. To meet Hela call 719-587-9663 (woof).

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



Florence Pioneer Museum and Research Center

by Flip Boettcher

photo courtesy of the Florence Pioneer Museum

The Florence Pioneer Museum and Research Center, located at 100 East Front Street, a ½ block north of the old historic Denver and Rio Grande Railroad Depot, is a great place to visit. The museum is now open year-round, Tuesday to Friday 1-4 p.m., Saturday 10-4 p.m., and by appointment.

The museum, a non-profit, was started in 1964, funded by donations, and continues to run the daily operations on donations. The museum relies on donations, fundraisers and grants. The museum is not city, county, state or federally funded.

The museum is housed in the Braden-Griffith block, built in 1896 with Coal Creek yellow sandstone from the Philip Griffith Quarry three miles south of Florence. The solid sandstone blocks vary in size from 12 inches high by 18 inches wide with varying lengths from 12 inches to 48 inches long. It is the only all-sandstone structure built in Fremont County, and is still standing.



Andrew Lane on top of the scaffolding with Eian Benzenhafer down below pointing on the Braden-Griffith block of the Florence Pioneer Museum and Research Center.

The block first housed Braden's Pleasure Palace and while nothing remains of those wild days, the museum now houses Braden's first bar from his 1880s saloon in Rockvale. The museum is composed of three buildings with three main rooms, the Braden-Griffith room, the Price-Lindsey room and the Bill and Diana White room.

Last summer the museum had raised enough funds to put in new historically correct storm windows in the Braden-Griffith room. This will help keep the heat from escaping the building in the winter.

This year, through fundraising and financial gifting, the museum has enough funds to start their pointing project on the Braden-Griffith block. Pointing is the 1894 term for mortaring the joints between the sandstone blocks, probably because one uses the point of the trowel to do that.

The museum hired master stonemason Jonathon Moss, a 25-year stonemason who moved to Florence several years ago, to do the pointing project. Moss was able to break the pointing project into two parts. The museum has now raised enough funds to complete the first part, which is pointing the north side of the Braden-Griffith block at a cost of about \$6,500.

Jonathon and his crew, Andrew Lane and Eian Benzenhafer, have been working off of the scaffolding on the north side cleaning, prepping, and pointing the sandstone blocks, said Marty Lamm, museum board secretary. Pointing the leaking sandstone joints will also greatly

help to keep the heat from escaping out of the cracks, literally.

"Thank you to all the community who came to the museum fundraisers, bought 'Bricks for Bucks,' joined the Century Club, bought a book or a map from our gift shop or just came into look around," said Lamm.

Part two of the pointing project involves a much bigger wall to point and a stairwell to negotiate, so will cost more, about \$14,700.

The last phase of the museum's building renovation projects will be to replace the three roofs of the museum. This is the most costly project of all and will be around \$65,000, said Lamm. Cornerstone Roofing and Gutter will be doing the work when finances are available, stated Lamm.

The museum relies heavily on their fundraisers for monies, but due to

The block first housed Braden's Pleasure Palace and while nothing remains of those wild days, the museum now houses Braden's first bar from his 1880s saloon in Rockvale.

COVID-19, they had to cancel their May Mother's Day Historic Home Tour and their July Night at the Museum, said Lamm. They also have a September Tour

de Coal Bike Ride, a Model Train Exhibit in December, and the Chili Bowl in January. These future fundraisers are on a wait and see basis.

Visit the museum's website www.florencepioneermuseum.org for more information, hours, what's for sale at the museum, and opportunities for donating to an essential cause in Fremont County, said Lamm.

The museum also has histories of surrounding Rockvale, Coal Creek, Williamsburg, Wetmore, Penrose and history of Florence and area women. The museum hosts meetings, school groups, reunion tours with receptions, chamber of commerce workshops and they have an active youth history club.

Come by and see the new west wall, additions to the displays, and check out the pointing project on the north wall.



Thank you to everyone who helped to make the 2020 Fair happen. Without the Park County Commissioners and Employees, our generous Sponsors, Park County Livestock Committee, CSU Extension Office, Rawhide Rodeo Company, Mile-Hi Barrel Racing, volunteers, Fair Royalty and their families, 4-H leaders and families, livestock auction buyers, vendors, and you, the attendees, none of this would be possible!

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Financial Focus

How can you help lower your longevity risk?

The investment world contains different types of risk. Your stocks or stock-based mutual funds could lose value during periods of market volatility. The price of your bonds or bond funds could also decline, if new bonds are issued at higher interest rates. But have you ever thought about longevity risk?

Insurance companies and pension funds view longevity risk as the risk they incur when their assumptions about life expectancies and mortality rates are incorrect, leading to higher payout levels. But for you, as an individual investor, longevity risk is less technical and more emotional: it's the risk of outliving your money.

To assess your own longevity risk, you'll first want to make an educated guess about your life span, based on your health and family history. Plus, you've got some statistics to consider: Women who turned 65 in April of this year can expect to live, on average, until age 86.5; for men, the corresponding figure is 84, according to the Social Security Administration.

Once you have a reasonable estimate of the number of years that lie ahead, you'll want to take steps to reduce your longevity risk. For starters, try to build your financial resources as much as possible, because the greater your level of assets, the lower the risk of outliving them. So, during your working years, keep contributing to your IRA and your 401(k) or similar employer-sponsored retirement plan.

Then, as you near retirement, you will need to do some planning. Specifically, you will need to compare your essential living expenses — mortgage/rent, utilities, food, clothing, etc. — with the amount of income you'll get from guaranteed sources, such as Social Security or pensions. You do have some flexibility with this guaranteed income pool. For example, you can file for Social Security benefits as early as 62, but your monthly checks will then be reduced by about 30% from what you'd receive if you waited until your full retirement age, which is likely between 66 and 67.

You might also consider other investments that can provide you with a steady income stream. A financial professional can help you choose the income-producing investments that are appropriate for your needs and that fit well with the rest of your portfolio.

To assess your own longevity risk, you'll first want to make an educated guess about your life span, based on your health and family history.

After you've determined that your guaranteed income will be sufficient to meet your essential living expenses, have you eliminated longevity risk? Not necessarily because "essential" expenses don't include unexpected costs, of which there may be many, such as costly home maintenance, auto repairs and so on. During your retirement years, you'll always need to be aware of health care costs. If you have to dip into your guaranteed income sources to pay for these types of bills, you might increase the risk of outliving your money.

To avoid this scenario, you may want to establish a separate fund, possibly containing at least a year's worth of living expenses, with the money held in cash or cash equivalents. This money won't grow much, if at all, but it will be there for you when you need it.

With careful planning, adequate guaranteed income, a sufficient emergency fund and enough other investments to handle nonessential costs, you'll be doing what you can to reduce your own longevity risk, and that may lead to a more enjoyable retirement.

This article was written by Edward Jones for use by Lee F. Taylor, AAMS, your local Edward Jones Financial Advisors.

Now Enrolling

Guffey Community Charter School

by Martine Walker

Guffey Community Charter School's first day of school for the 2020-2021 school year is Monday, August 24th. Classrooms are filling up quickly! If you are interested in enrolling your student/s for this coming school year please visit our website, www.guffeyschool.org, or email the school administrator, Martine Walker at mwalker@guffeyschool.org to get an Intent to Enroll form, to view the school re-opening plan or to have your questions answered. At this time, we plan to offer in-person and online options for our school families. In-person registration will be scheduled by appointment. We look forward to another exciting and interesting school year!

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Quilts in the Aspens goes viral

by Quilters Above the Clouds

The 14th Annual Quilts in the Aspens Quilt Show, which was scheduled to be held in Woodland Park, Colorado on August 8, 2020 will, like so many other events, not be held this year. However, the Quilters Above the Clouds Quilt Guild will, instead, share their recent creations with everyone via their website (quiltersabovetheclouds.com) from August 8th through August 31st. Information and entry forms are available on the website.

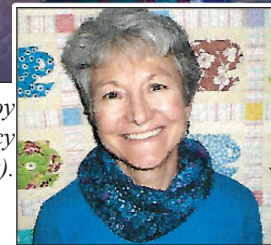
The Quilters Above the Clouds Quilt Guild is a non-profit organization that promotes interest in and appreciation of the art of quilt making by sharing quilt information and education, encouraging a high standard of quilting techniques and designs and provides quilted items to those in need.

One of the main purposes of the Quilters Above the Clouds is a Charity Mission providing quilted items to those in need or experiencing trauma with an emphasis on donations in Teller and Park Counties. Items are given to providers of emergency services, Social Services, military retreats, Habitat for Humanity, and other agencies. Members donate quilts in a variety of sizes for charitable giving while others create critter quilts, small quilts that are wrapped around stuffed animals given to the Guild.

This year's "Virtual" Quilt Show is being dedicated to Nancy Davis, a Quilters Above the Clouds Lifetime Member who lost her courageous battle with cancer ear-



Above is a photo of a Cowboy Boots quilt made by Nancy Davis (inset).



lier this year.

Nancy, a retired Army nurse, joined the Guild in 2011 and contributed expertly and tirelessly to promote the Guild's charitable causes, educational programs, and, of course, the annual Quilt Show.

The Guild thanks everyone who contributed to this year's Quilt Show and encourages quilt lovers everywhere to view the Show at quiltersabovetheclouds.com.

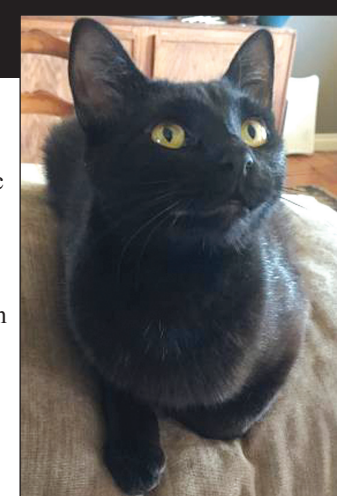
Adopt Me

by Ark Valley Humane Society

Scarlet

Scarlet is a sweet 1-year-old female, black domestic shorthair mix. She recently had a litter of kittens; they are all in loving homes and now she is ready for a forever home of her own! Kittens are adopted quickly here, but their moms have to wait a little longer for a second chance at love. Do you have room in your home and heart for this sweet mother? She's been spayed, microchipped and is up to date on all vaccines. She does well with other cats and kids too! She is currently in a loving foster home where she enjoys visits from guests and lounging around on the couch near her foster mom. If Scarlet sounds like a good fit for your home, please call us to arrange an in-person visit 719-395-2737!

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



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Musings Along the Way
“Bibo cerevisian, ergo sum.” *

by Catherine Rodgers

This month I thought I’d delve into something light, maybe the Goddess of Beer, Ninkasi. It is the dog days of August. I will ignore the niggling temptation to digress into the Dogon 3600 year old account of how the Nommos, scaly people who descended in a noisy “ark” with much wind, swam downriver to tell them about planet B revolving around Sirius, the dog star, rising at dawn when the Sun is in Canis Major, like, um, now. Instead I will vigilantly contemplate the craft beers in the cooler.

Let’s see. There’s White Rascal, a wheat beer favorite from Avery Brewery in Boulder. Levity Amber Ale from O’Dells in Ft. Collins. Kickin’ Back Amber or Jolly Roger Black lager from Eddylane Brewery in Buena Vista. Here’s one I’ve never tried: Ground Control, “a rich, complex Imperial Stout brewed with

Oregon hazelnuts, star anise and cocoa nibs, and fermented with an Ale yeast that survived a trip to space and back,” made by Ninkasi Brewery, Eugene, OR.

A trip to space and back. This idea keeps bubbling to the surface, pushing the plug from the cask of my closed mindedness. Nin-kasi was one of eight deities born from the semen of Enki. En-ki is the Lord of Earth (Ki) as well as being Ea, Lord of Fresh Water. He had already fathered Nin-tu, Mother of the Land who bore Nin-sar, Lady of Greenery, that Enki coupled with to birth Nin-kurea, Lady Pasture, and then impregnated his great granddaughter Uttus, the spider, weaver of life. Nin-hursag, Lady of the Sacred Mountain, his first wife, takes out those seeds from Uttus and plants them. Enki eats the fruits of his joy juice and gets

very uncomfortable, having no womb. Thus to heal him Nin-hursag implants the embryos in her womb and births from his jaw Abu, father of plants; from the hip Lord Nintul, the limbs Enshagag; Ninsutu from his teeth; Dazimua his side; Nanshe who rules social justice and prophecy from his neck; Ninti, Lady Rib or Mother of Life charged with medicine; and Ninkasi, from his mouth, the source of fresh, sparkling waters, who is born to



satisfy desires and sate the heart.

Yes. I believe I’ll have another cold one.

Where does this ale begin?

Residues of 13,000-year-old gruel beer used by the semi-nomadic Natufians in the Levant (Israel) have been found in Raqefet Cave. Some 7,000 years ago in Mesopotamia, barley bread soaked in water was sucked through a reed straw (sacred to Enki) from a common bowl. In Uruk (Iraq) and Egypt, 5000-year-old hieroglyphics indicate workers were paid in 4-5 litres of beer, as both nutrition and refreshment, not unlike some trades in the mountains today. Barley beer was confirmed at the Godin Tepe in the Zagros Mountains (Iran) from beerstone, a by-product, coating pots 3400-3000 BCE.

The invention of bread and beer may be the impetus for humanity’s development of civilization and technology. A Hymn to Ninkasi from 1800 BCE describes the process of twice baking barley bread or bappir, soaking it in water and exposing it to the wild yeasts in the air to ferment. This wort fermented better reusing the same tubs, which the nomadic women hauled along with the hardtack. By the way “nomad” means “roaming in search of pasture.”

Roger Protz writes, “When people of the ancient world realized they could make bread and beer from grain, they stopped roaming and settled down to cultivate cereals in recognizable communities.” “Beer is the basis of modern static civilization,” continues Horst Dombusch, “Because before beer was discovered, people used to wander around and follow goats from place to place. And then they realized that this grain could be grown, sprouted, made into a bread, crumbled and converted into a liquid which gave a nice, warm, cozy feeling... they made villages out of their tents... villages became towns, and those towns became cities. And so here we are in New York, thanks to beer.”

“He who drinks beer sleeps well. He who sleeps well cannot sin. He who does not sin goes to heaven. The logic is impeccable.” - Horst Dombusch, *Beer: The Midwife of Civilization*.

When the Sumerians migrated from the moist mountains of Persia and Anatolia (Iran and Turkey) down into the “plains between the rivers” or “Mesopotamia” between the Tigris and Euphrates, they found only wild barley with six rows of kernels and astringent husks. Around 7000 BCE they cross bred a barley with two larger rows of kernels, and also cultivated emmer or spelt. With only 10” of rain in the valley, the Sumerians built complex irrigation systems. No doubt due to Ninkasi, they harvested excess crops which led to trade, mostly with their Semitic neighbors to the northwest. This created the need for (oh, heavens, no!) bureaucracy to administer laws and dynasties, arithmetic and clay tablets inscribed with one of the first written languages, cuneiform with 2000 pictographs. Credit Nisaba, the goddess of writing. Half of the harvest was used for beer. Kubaba, Goddess of Carchemish or Queen of Kish (NW of Babylon in Syria) encouraged ritual binge drinking so her people might enjoy happiness, peace, and prosperity.

When Nebuchadnezzar II defeated the Kingdom of Judah at Carchemish in 605 BCE., many Hebrew princes and other prominent citizens (including the prophet Ezekiel) were taken as tribute back

continued on next page

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to Babylon. Thus, the first versions of Genesis and the Bible were cobbled from Sumerian legends which had morphed into Babylonian myths.

The untangling of these long threads is the purpose of this tale, from which I have broadly digressed. Attribute that to Ninkasi. This story is really about the Anunnaki, “who from heaven to earth came” 450,000 years ago as gold miners from the planet Nibiru (pronounced nih-beer-ooo). Lord Enki directed the mining of gold from the seas and aquifers of Abzu. Why is gold so important? Anunnaki were extremely long lived due to ORME (Orbitally Rearranged Monatomic Element or in Hebrew, the Tree of Life), derived by separating gold atoms into a white powder (which some refer to as manna or literally “what is it?”). This gold derivative not only aids longevity but also levitation for such things as the Ark, blocks of the pyramids, and rocket ships. In 2016 Iraqi Minister of Transportation, Kazem Finjan, claimed Sumerians had built an airport in the DhiQar governorate to launch spaceships.

In the Bible they are Nephilim. Orbiting in a 3,600-year ellipsis, Nibiru collided with Tiamat, the Sea Dragon Queen of saltwater, which exploded, giving birth to Antu Sky and Ki Earth, i.e. our planet Earth, as well as the asteroid belts aka the heavens, and water bearing comets. This is chronicled as Enlil, Lord of Air, promising to destroy Tiamat if he becomes king of the gods. Enlil slays her with the “arrows of his winds” down her throat; and creates the Tigris -Euphrates with her crying eyes, the heavens with the arch of her ribs and Milky Way with her tail. Enlil, also known as Yahweh, at one time co-worshiped with Inanna or Ashtarte, is a vengeful god whose sleep is disturbed by Homo erectus, so he sends drought, famine, plague and deluge to destroy them.

But the Anunnaki miners’ mutiny in 270,000 BCE forces Enlil to call in his half-brother, Enki. In the Alra-Hasis text, Enki and his Chief Medical Officer, his half-sister/wife

Nin-hursag, have a bold plan: “Let the mid-wife create a human being! Let man assume the drudgery of the god. Will you be the birth goddess, creatress of mankind? Create a human being, that he bear the yoke, let him bear the yoke, the task of Enlil, let man assume the drudgery of the god. [She replies,] “It is not for me to do it, the task is Enki’s. He it is that cleanses all, let him provide me the clay so I can do the making.” [Enki says,] “Let Nintu mix clay with Kin-gu’s flesh and blood. Let that same god and man be thoroughly mixed in the clay. From the flesh of the god let a spirit remain, let it make the living know its sign, lest he be allowed to be forgotten, let the spirit remain.”

By “binding” upon the less evolved beings “the mold of the gods” Nintu uses the mitochondrial and nucleic DNA of Homo erectus (aka Mitochondrial Eve) to shape a human form as Enki, Master Genetic Engineer, inserts life from Anunnaki god-like DNA, gestating in the blood flow of a surrogate goddess womb to form miners searching for a heart of gold: Homo sapiens sapiens.

In the 1970s Anglo-Gold considered these stories credible enough to engage archaeologists to look for such mines in Swaziland and other sites in South Africa. They found extensive mining areas with shafts to depths of 50 feet. Stone objects and charcoal remains established dates from 60,000 B.C.E. Archaeologists and anthropologists came to the conclusion that mining technology was used in southern Africa “during much of the period subsequent to 100,000 B.C.E.” In 1988, more precise dating techniques indicated an age of mining 80,000 to 115,000 years ago.

In the Epic of Gilgamesh, ‘wild man’ Enkidu “...ate until he was full, drank 7 pitchers of beer, his heart grew light, his face glowed and he sang out with joy.” It is now 3600 years later, aren’t they due back? To mine Victor? Wait, you thought 2020 was over? All praise to Ninkasi for another perspective on world events! Cheers! Beats following goats around, doesn’t it?

* “I drink beer, therefore I am.”



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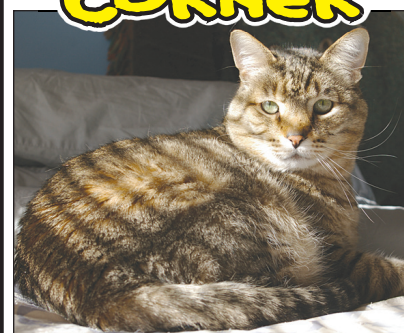
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The Last Monster

by Danielle Dellinger

Elina adjusted the broadsword slung across her back. They'd been tracking the monster, Cathodron, for the last fortnight. The year was 5034 AD, and the earth had been in an ice age for the last century. Elina's fur boots were heavy and thick, matching the coat she wore. The coat added padding, which made carrying the broadsword easier. Society and normal life had been wiped out during the 50-year nuclear war. Civilization had returned to a time that mirrored the Viking era. Elina was the head of the warriors for her tribe. She'd taught them everything they knew. Now, helping her track the monster was a select group that she'd deemed capable of battle.

She crouched down to look at the enormous tracks before her. Cathodron was a lizard creature that had evolved from the Komodo dragon. The Komodo dragon in the old world grew to ten feet in length and weighed up to 200 pounds. They were known for being cannibals, and 10 % of their diet was newly hatched Komodo dragons. Cathodron was much worse. He'd grown to be the height of a football stadium. His diet mainly consisted of people. Whole villages would be devoured in one night. Everyone in the region was desperate for him to be brought to an end, so Elina's tribe master had volunteered her and the others to handle the problem. Cathodron was the last known monster to walk the earth.

The snow fell heavily, already concealing most of Cathodron's tracks.

"Hurry!" Elina called out to the group. She pointed ahead of her and started jogging the best she could in the deep snow and heavy boots.

They were climbing in elevation, and Elina could feel the air getting thinner. She kept pushing herself, but eventually she had to stop and rest. She called her fellow warriors to her.

"We'll rest here for the night. We carry the fate of the region on our shoulders, so we must be smart about this. We have to think before we act, and we can't burn ourselves out," she said, making eye contact with each person. All of them nodded as she spoke. "Set up camp. Everyone works in pairs. No one goes off alone, not even to hunt."

They saluted in unison, then dispersed. She got to work on the fire. By the time she got it going, her fingers were numb and purple.

Shortly after that, Denzi returned to her carrying a rabbit the size of a pig. "Fender and I caught this nearby. There's a whole colony. We'll mark this spot for the return

trip," he reported.

"Great job," she complimented, and Denzi smiled. "Dress it and I'll cook it."

He nodded and got to work. It looked like the rabbit would feed all nine of them. When it was cooked, Elina served everyone and then waited to make sure they were all happy before eating hers. The morale of her warriors was more important to her than her own hunger. It's what made her a great leader. She had to listen and communicate effectively with them so their spirits would stay up and they would perform at their best. She never wanted to lead with ridicule and fear. Denzi was her right-hand man, so after dinner she pulled him aside to go over the plan.

"Here's what I'm thinking," she began, taking a seat inside her tent and motioning him in. "I bet Cathodron lives in a cave at the summit of the mountain we're on. We need to figure out how to box him in. If we get him pinned well enough, I'll run in and slice his head off."

Denzi screwed up his face in thought. "That's pretty dangerous, even for you," he said, minding his tone so as not to offend her.

"You're right, and I hear your concern. But, as head warrior, it's my duty." She stoked the small fire in the pit in the middle of her tent.

"Fender and I know how you think, so maybe a tag-team approach would be safer," he suggested.

"I hear what you're saying, and you might be right. If the conditions allow for it, I'll let you guys do it. But wait for my approval." She gave him a stern look. "There will not be a repeat of Kadrall Range."

Denzi shook his head. "Of course not. I learned my lesson."

"Good. Never forget it, too. It'll serve you well."

Denzi nodded, and then stood up. "Good night," he said with a bow.

"Rest well, Denzi. Do a last round on everyone, please."

He gave a quick salute and then stepped out, fastening the tent flap shut after him.

Elina waited a few minutes to make sure she wasn't going to be disturbed before pulling out a leather pouch full of capsules with different colored powder inside. She needed to get a head start on figuring out where Cathodron was in case all the tracks were gone in the morning. She set a small wooden bowl of water in front of her. She emptied a red capsule into the water first, followed by a teal one. Wispy smoke rose up out of the water and began to change shape when it reached eye level.

The first shape was of Cathodron himself.

He was on the move, likely hunting for another village. The smoke then twisted into the shape of a tree that resembled a bow, a landmark. The last shape was of a jagged cave entrance. Elina leaned forward, fanning the smoke toward her face so she could inhale it. Her eyes rolled back in her head, and in her mind she could see through Cathodron's eyes. He was walking, his head slowly panning back and forth. When he happened to turn his head a certain way, she saw a familiar camp. She gasped when she realized it was their camp.

Elina forced herself out of her mind and jumped to her feet, grabbing her sword, and clambering out of her tent in time to see Cathodron's head appear above the trees. She didn't know what to do. He was staring straight at her, but wasn't in an attack position. Elina feared that if she called for help, that would change Cathodron's mind. It was hard to tell how much time slipped by, but finally, Cathodron's head snaked back over the trees and he went in the opposite direction. The ground faintly trembled with his footsteps.

The cold air settled in more around the camp. Elina hugged herself and turned to go back into her tent when Denzi appeared. "Was that Cathodron?" he asked, looking off in the direction the monster had gone.

"Yes," she said, watching him for signs of distress. He looked calm, if only slightly unnerved.

"Why didn't he attack?" He met Elina's eyes.

She shrugged, her hands softly thumping against her fur pants. "I don't know. It's not what I expected."

"Me either." He looked off over the trees again.

"Denzi, get some sleep. Tomorrow we'll get our answers."

He smirked. "Hopefully."

By mid-morning the next day, they were trudging through the deepening snow, following fresh tracks. When they finally reached the cave, none of them could hardly catch their breath. The air was so thin. Elina backed them up so they could rest and scope out the place without moving.

"He's in there," Denzi whispered. "These tracks lead right in."

"Maybe we can corner him inside," Fender added.

Elina shook her head. "He made this cave for himself. Who knows how many passages there are and where they lead? If we go in, that's a death sentence. We need to

lure him out and away from the cave."

"Provoking him should work," said Fender. He winced when Denzi punched his shoulder.

"We can't repeat Kadrall Range," Denzi said harshly.

"Hang on," Elina said, perking up. "That's a good idea. Provocation should do the trick."

Both Fender and Denzi looked at her, surprised she agreed. "I'll tell the others. We attack in an hour," Denzi said.

She saluted him, glancing over at the cave's entrance. Large boulders littered the area right in front. They were so large that they stuck up halfway out of the snow. The guilt was starting to creep up, and shoving it back down was proving challenging. Cathodron could have easily attacked them last night, but he didn't, and that gave her pause. Was killing him the right decision? She never wanted to go in without assessing the situation as a whole. She sighed and closed her eyes, needing to rest for a bit.

It was Denzi who nudged her awake. "He's coming," he hissed.

"What?" She leaned forward to see what was happening.

Sure enough, Cathodron was emerging from his cave without any sort of luring or provocation. He was halfway out when he stopped and sniffed the air. His giant head instantly snapped in their direction, and his eyes narrowed.

"Goddess have mercy," Elina muttered under her breath, her hand going to the hilt of her sword.

Cathodron's lips parted to reveal white fangs and black saliva. He lowered his head and squared his shoulders.

"He's gonna charge," Denzi said, his voice low. "Ready the bomb arrows."

Fender passed on the message to the other six warriors.

I'm not the enemy. I'm not the monster you've made me out to be! The voice rumbled like thunder in their heads.

Elina frowned. "Cathodron?" she asked, getting up and carefully lowering her broadsword into the snow.

I'm not who you think I am. A guttural growl rolled out of his belly.

"Why is that?" she asked. "What do we have wrong about you?"

He took a step toward her just as she stepped toward him. His head was still down, his teeth still bared.

Denzi caught her arm. "Elina, don't." She gently pulled her arm away, glancing back at him. "Shh." Her eyes moved back to Cathodron. "What do we have wrong about you?" she asked again.

I don't eat whole villages. I don't eat humans at all. Your kind made up stories about me, blamed me for what was famine and disease and other humans. Those are not my problems. They're yours. I want to be left alone. He took another step, and Elina matched it.

"I agree, but how can I be sure that you're not wiping out villages?" She squared her shoulders to show confidence.

Cathodron hissed at her question. *You know where I go! You've been tracking me!* "Yes, but your tracks went right into all of the destroyed villages. Why?"

He suddenly rushed forward a couple steps, which put his nose right in her face. *How dare you insinuate that it was me! Humans are pathetic!* He lowered his head enough to look right in her eyes. *I was there because the smell of death was so strong. I had to see why.*

"Then where did all the bodies go?" she asked, forcing herself to stand her ground.

Cathodron's expression changed to one of sadness and he raised his head. *I gathered them and buried them.*

Elina blinked, unable to hide her surprise. "You . . . did?"

His nose was abruptly back in her face. *Yes!* Another growl rumbled out.

She steadied her breathing. "Cathodron, thank you. That was very kind of you. I wish someone had been more forthcoming with that information."

He narrowed his eyes once more as he read every little bit of her expression. He was obviously extremely distrustful. Elina didn't blame him.

"I will tell everyone to leave you alone," she said, raising her hands to show she meant no harm as she began backing up.

Suddenly, one of the warriors from behind her shouted, "You killed my uncle!" Before she could react, a bomb arrow flew over her head and hit Cathodron right between the eyes.

"Hold your fire!" Elina yelled over the monster's roar as he stumbled back. She whipped around in time to see the youngest of the warriors notching another arrow. "Stop!" She lunged through the snow toward him, and Denzi jumped to knock him down, but he got another arrow loose before then. This one hit Cathodron in the eye.

What followed next was chaos. Cathodron charged, and the warriors grabbed their weapons to fight back. The snow turned bright red. The sound of screams and roars echoed for miles. Trees fell like toothpicks and boulders rolled like marbles. The ground quaked and the sky darkened.

Elina pulled a dark blue capsule from her pouch. She clutched it in her hand as she ran toward Cathodron who was biting at Fender's spear. His tail swung around from the side and knocked over two of the warriors rushing him. "Hey!" she shouted at the top of her lungs at him.

His head snapped in her direction and she launched herself onto the bridge of his nose. "Everyone stand back!" she ordered her warriors as he roared and raised his head high in the air. The movement made her sick to her stomach, but she kept her composure and smashed the capsule between his eyes. Thick, dark blue smoke billowed out, shrouding her and his head from view. When he inhaled, he began to cough, which in turn made him thrash about.

"Stop! Please stop!" she begged, holding on the best she could. "Please! We can end this!"

He went still. *How?! No one ever believes the monster!* His head rose and fell somewhat with his heavy breathing.

"I believe you. I don't think you're a monster. You don't have to be what people say you are and prove them right," she said, putting her forehead to his, his scales sharp. "I know that you're the last of your kind. Now that I've seen you and talked to you, I want to help. I don't want to kill you."

As his breathing slowed, the smoke began to dissipate. His head slowly lowered until his chin was resting on top of the snow. It took her a minute before she allowed herself to slide off his nose. She stepped back and put a hand under his burned eye.

"I will do everything in my power to keep you safe. I'll tell everyone of the good you did with burying the dead."

Cathodron released a whiny exhale. *Why do you believe me?*

"Because I see the good in you. What I heard about you was wrong. You are simply misunderstood because people let fear get the best of them. I'm sorry about that. I wish my kind would finally stop letting fear rule them. That includes myself. I'm sorry I let myself believe the stories I heard about you."

Thank you. I think with a leader like you, your kind will achieve greatness.

She stroked his cheek and he relaxed into it, sighing softly.

Monster and human smiled at one another, feeling hopeful and vowing to make the world a better place together.

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A Look Inside the Artist Corona virus effect on artists

by Mary Shell

We are in strange times indeed. A new experience for our time. Isolation has taken its toll on many with businesses closing, kids out of school and everyone staying home. Putting your life on hold is not easy for anyone, but it hits creative people hard.

I did a little research on the art market during this pandemic and discovered it to be as devastated as many other industries. But what about the artists? How has the pandemic influence their performance? Has it changed their perspective related to their subject matter?

As an artist myself I have found myself changing my approach to, not only my subject matter, but my marketing avenues. Most artists are just that, artists. They want nothing or little to do with marketing and selling their work. After all, that's why they pay such high commissions to galleries to market and sell their creations. Some of these artists have stopped creating all together. Some boost their creativity opening to new ideas in performance and marketing. Regardless of changes, some artists are evolving during this epidemic and some have lost their spark.

What I hear from artists is discouragement and a lackluster approach to creating their art. Artists are performers without an audience. They feel no need to create new work when what they have out there is not selling. They are despondent, subjecting their creative thinking to get lost in depression.

Yet there are those artists who have turned a situation into an opportunity and keep plugging along, creating more art than ever. Like myself, I have found my isolation a gift of sorts, allowing

Artists are performers without an audience. They feel no need to create new work when what they have out there is not selling.

me to hunker down and make new art, to see new techniques and mediums I haven't tried before because I was always creating to sell. I look forward to viewing the art that is being created during this epidemic. Will there be art depicting depression and isolation? Or will there be new and exciting views of life filled with color, movement, hope, and life?

Move over Bob Ross! Artists who teach, like me, have turned to online classes, Zoom and YouTube. Online "paint with me" classes have blossomed. Not only have online classes helped teachers stay in contact with their students, but more and more people are trying their hand at painting that, if not for the lockdown, would never have thought of painting. They have found painting to be relaxing and gave them something to do.

So, if you're feeling a little down during this lockdown try taking an art class online. It will lift the spirits of not only yourself, but for the many artists out there.

To get you started I have several FREE art classes on YouTube under Mary Shell.



New Guffey School Teacher

by Flip Boettcher
photo by Martine Walker

When the school bell rings next month for the 2020-2021 school year, the Guffey Community Charter School will have a new K-2 grades teacher, Elizabeth Jackson. The school is planning on being open for the next school year, but not sure how it will be yet, maybe shorter hours and/or fewer days.

Jackson was born and raised in Colorado Springs and has lived there her whole life. When her parents, Doug and Kathie Boucher, moved to the Guffey area in 2010, Jackson was still going to Palmer High School in the Springs and commuted there from the mountains for about six months, she said.

After graduating from high school Jackson stayed in the Springs, got married and now has two boys, aged 2 years old and

9 months old. Jackson also has two very special dogs, she said. In her spare time Jackson enjoys quilting and is a seamstress.

With the new teaching job, Jackson and her husband are looking to relocate to the Guffey area.

Jackson is going to Regis University for her teaching credentials and will be graduating in May 2021. With special consideration and the Colorado Teacher of Record program, Jackson will be able to finish her degree and get her teaching credentials at Regis and teach at the Guffey School all at the same time, she stated. Jackson has volunteered and done classroom observations



at the Guffey School since 2014.

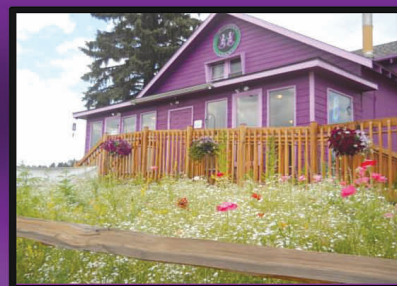
Helping children learn and grow is something Jackson has wanted to do her whole life. She loves children and learning and believes those qualities

will make her a good teacher. Jackson really likes the way the Guffey School is setup with multi-grade classrooms and she loves the community and all-around community and school support here.

Good luck on your new career. Jackson ended her email with a quote from Robin Williams's Dead Poet's Society, "Carpe Diem. Seize the day, make your life extraordinary!"

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Mountain Mustang Memories Mindset change

by Stefanie Skidmore

Have you noticed that people tend to be more interested in doing something when it is their idea than if someone else — a family member, doctor or an authority figure — tells them they should, need or even have to change their behavior? In addition to that, change is often just plain scary. The word *change* alone can cause us sweaty palms and an increased heart rate. We seem to be hard-wired to want stability, consistency and for things to remain the way they've always been. When being confronted with a situation that requires us to make a change, to venture out into the unknown (even if that is only a spouse requesting that we do the dishes once in a while, or suggesting to try out a new hobby together), we tend to immediately perceive a threat: We have been more or less happily existing inside of our securely fenced-off comfort zone and here comes someone and tries to force us to look over the fence, or worse yet, step outside of it? We can't have that!

Why is that? Doesn't it seem silly that asking someone to try something new or do something a little differently going forward would immediately ruffle their feathers? Not really. That's because all of our primal instincts, the ones that ensured our survival throughout the millennia, are still with us, whether or not we are aware of them. Our inner cave-men and -women still know not to try food we've never had before, not to venture too far from familiar territory and certainly not to wander into that cave over there where our great-grandmother's cousin's son once believed to have seen saber-toothed tiger tracks many, many moons ago. Therefore, to us, the fact that we are still here is proof enough that doing things the way we have always done them, even if they are only *sort of* working for us, ensures our survival. If we try something new, we can't say for sure what the outcome is going to be. We might learn something new, expand the coveted space that is our comfort zone... or we might die, and we certainly don't want that! The good news is that — thanks to a well-developed prefrontal cortex — we are, in theory anyway, able to reason our way through these challenges, to step back, take a deep breath and evaluate how likely we actually are to lose our life from taking out the trash, attending dance class, or going camping for the first time.

What does all that have to do with wild horses? Survival is the lens they see the world through, and for good reason. Out on the range the rules are simple: Eat, reproduce, and don't get killed. Too much curiosity and not enough alertness can get them into real trouble as there is no vet, no concerned owner around to tend to them if they get into a bind. A wild foal decides to sniff a rattlesnake? There is a good chance that he may get bit in the nose and suffocate. A Mustang nibbles on a plant she has never seen before? That plant may be poisonous and she could die. A wild horse, not paying attention to his surroundings, gets tangled up in old fence wire, cannot untangle himself and succumbs to his injuries. Or, as has recently happened in the Outer Banks area of North Carolina that is home to the Corolla wild horse herd, a well-meaning individual left out apples for the horses. A yearling wild horse, unfamiliar with apples, attempted to swallow the fruit whole. He later died from resulting injuries to and an infection of the esophagus, despite receiving medi-

cal attention after the struggling youngster had been reported to wild horse advocates. The world as seen through the eyes of a Mustang being vastly different than our own experience is something I keep in mind as I take wild horses in for gentling. A person stepping into their pen, the new objects they encounter, and any skills we want them to learn are all potential threats to their survival. I recently sent a gentled Mustang home with his new family and promptly received word from the adopter that the horse was afraid of his water trough. Apparently, the trough looked different from the ones the young gelding had previously known and used. How was he supposed to know that it was safe to drink from? These seemingly simple things can cause a great deal of frustration for owners and adopters of wild horses without an understanding of and compassion for what it is like to be out on the range, spending each and every day in survival mode.

We expect formerly wild horses to face us on command, to wait while we wrap things around their head (the halter), and attach a rope to said halter with a clip that



Yearling Mustang Garfield during his first week in training. Garfield was only here for 3 1/2 weeks before he moved to his new home in Arkansas. He was so friendly that he quickly became the greeter and visitor favorite.

photo by Kelli Maguire

anymore, does it?

In my work with Mustangs, my goal is to achieve a mindset change. I want to help them see the world through a different lens: A lens that allows them to trust humans, to try new behaviors and to become curious about the world around them. Does that take more time than roping them and snubbing them up to a post while we sack them out with a burlap bag or a saddle blanket? Yes. Can this be hard to attain for a horse that grew to maturity out on the range and is already pretty set in her ways? Yes. Does every formerly wild horse ever completely come around? No. However, in the long run and for most Mustangs, this approach results in friendly, curious horses that are interested in humans and their new surroundings. Usually these horses will stop and think before having a big reaction, and (if handled and taught properly) can learn the new behaviors that will help them become dependable riding, driving or packing partners. That includes being able to communicate to their handler that they are uncomfortable and need a break or need to bring more distance between themselves and a frightening situation. Through gentling being a process we do with rather than to the horse, the once wild Mustang becomes an active participant in his training, learns to respond rather than react and ultimately it becomes his idea to interact with humans because he enjoys the resulting benefits (i.e. mental stimulation, scratches, and food rewards).

"When you change the way you look at things, the things you look at change," is something the late Wayne Dyer said some years back. This applies not only to us where, through reframing or thinking about something differently, what once was a chore or something to be afraid of now becomes something we can see some benefit in doing. It also applies to formerly wild horses now living in a human world: When they learn that they live in a *friendly universe* full of people to be met and adventures to be had, their attitude and behavior changes, their stress level decreases and their overall well-being improves greatly.

Stefanie Skidmore is a Mustang trainer and advocate located in Guffey, Colorado. Her website is stefanieskidmore.com. To learn more about her work with wild horses, about adopting your own Mustang or for help with a horse you already own, you can contact her via email at stefanie@stefanieskidmore.com or call/text her at 719-377-8587 (cell).



Mustangs Tiny (left) and Lacy (right) have become safe, reliable riding partners and are very affectionate towards humans.

photo by Petra Kadrnokova

On the cover: Van Gogh was gathered as a 6-year-old mature stallion from his home range, the Onaqui Mountain Herd Management Area in Utah. Over the course of 3 months he learned basic skills and to trust people. Van Gogh is now living in his new home in Brighton, Colorado.

photo by Petra Kadrnokova

makes a strange clanking sound. We want them to willingly pick up their feet, to let us hold them and balance on three legs while we work on their hooves with tools that look suspicious even to 'non-horsing' humans. We also demand that they quietly walk into dark metal caves (trailers) for us without fussing, stand patiently while we close the back gate, now trapping them inside the cave that then starts to move and bounces them about as we drive, sometimes for hours, to our destination. Later we want to be able to set a contraption on top of them (the saddle) and fasten it there with straps that wrap around their bellies. We then proceed to climb on their backs so we can ride them through deep canyons where even we know mountain lions live, in arenas with banners flapping in the wind, and down busy streets with horns honking and people waving as the parade goes by. Through all this, that *ole hoss better not act up!* Seen through their eyes, suddenly that doesn't sound so easy

Obituary

Margaret Ann Shelly Hunt

On July 3, 2020, after a three-and-a-half-year battle with cancer, Margaret (Maggie) Hunt, 71, passed away peacefully at home, with her beloved husband Barry Hunt by her side.

Maggie was born June 3, 1949 in Pontiac Michigan, the daughter of Chester P. Shelly and Margaret (Neafie) Shelly. She grew up with two sisters, Mary Wallace Shelly and Christine D. Shelly. Maggie was a 1967 graduate of Jamesville-DeWitt High School (Fayetteville NY). Her undergrad education included attending Connecticut College for Women, University of Louisville (KY) and Syracuse University (NY) where she graduated in 1973. Maggie completed a teaching certificate and master's degree at University of Colorado, Colorado Springs (UCCS) and received her principal's license at University of Denver (DU).

While attending Syracuse University, Maggie enrolled in a semester abroad program in Poitiers, France. On the transatlantic flight to Paris she met another Syracuse student, Sara Jane Sommer. During that trip they forged a friendship that eventually brought them to the heart of Colorado in September 1976 with another dear friend and Syracuse alumna, Sue Prenderinger.

Maggie's first teaching job was in a one room schoolhouse in Guffey (Park County, CO) instructing second through eighth graders. From there she moved on to teach in Fairplay and Lake George. Moving to Teller County and WPSD Re-2, Maggie settled in Divide with the love of her life, Barry Hunt, whom she had married in March 1989. She taught American History at Woodland Park Middle School before transitioning to administration as an Assistant Principal at a school with more than 800 students.

During her years in education Maggie touched the lives of many students, both as a teacher and as a vice principal. She took her responsibilities seriously and her sincere and genuine concern for her pupils was inspiring and compassionate. Her talents also took her outside the classroom and onto the golf course as a coach for the youth golf team. Even after retirement in 2005, students in Woodland Park benefited from her generosity and the work she did with the Woodland Park School District Foundation helping to provide grants for programs and projects that enhance and enrich the school experience.

Maggie was a true renaissance woman whose interests were vast. A passion for exploring the world led Maggie and Barry on exciting and memorable trips and cruises. They opened their home to rescued pets who found safe refuge in an environment created as a haven for these precious family members. She contributed time, energy, and resources to many causes making an indelible and positive impact on her community. A talented photographer (Scene Naturally) and a member of The Mountain Artists, Maggie was a vital part of the committee that identified and chose exceptionally talented youth to receive art scholarships. While volunteering with The Mountain Artists, she was



active in helping to promote and put on the Mountain Arts Festival held annually in Woodland Park. As a dedicated volunteer, Maggie helped the effort to bring the Pikes Peak Regional Hospital to Teller County and provided support to patients and visitors receiving hospice care.

A woman of strong and enduring faith, Maggie did not need to preach her religious convictions because she practiced them graciously, consistently, and without prejudice. Maggie was grateful that she could bring joy and comfort to others, often through simple, anonymous acts of kindness such as paying for strangers' meals in restaurants, but also, in intensely moving ways, by giving unconditional love and support to family and friends in their times of profound need. Locally, Maggie was active in Grace St. Stephan's Episcopal Church and was also a member of St. John's Episcopal Church in Naples Florida where she had a second home.

In addition to her parents Chester (Chet) and Margaret Shelly, Maggie was preceded in death by her sister Christine D. Shelly. She is survived by her husband of 31 years, Barry Hunt, her sister Mary Wallace Shelly, father-in-law Harvey B. Hunt Jr, sister-in-law Linda M. Hunt, brother-in-law Bryan L. Hunt, nieces Claire and Colleen Hunt, nephew Casey Dolen and grand-niece Rosie Hunt. Maggie was tightly and lovingly bound to her "East Coast Tribe" of transplants to Colorado, including Sara Doud, Sue Prenderinger, Laura Canby, Nick Lisi, Chris Carlson and Helen Dyer, as well as countless other cherished friends. These long, enduring friendships are a testament to the steadfast legacy of love that Maggie nurtured throughout her life.

A private memorial event is being planned, per Maggie's instructions, by Barry and her friends. Mountain Memorial Funeral Home (www.MountainMemorialFH.com) in Divide is handling other related arrangements.

For those who wish to honor her memory with an appropriate and caring gift, it was Maggie's wish that donations be made to help further the important work of the Teller County Regional Animal Shelter (https://www.tcrascolorado.org) a local nonprofit she enthusiastically supported. When making an online donation to TCRAS, please enter Maggie's name in the Message of Support box. If making a donation by check, please be sure to put her name on the Memo line.

Where is Katee this month?

Katee is gazing at the world around her from the top of an A-Frame at the "Under The Sun Dog Park" in Colorado Springs. She loves to run and climb but she misses getting pets and hugs from the people who came to her fundraisers.

COVID 19 has affected many families. Katee is asking for your help to her keep her canine and feline friends at home with their families. Stability is important and families having their "Best Friend" to still hug is critical.

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One Nation Walking Together Owls: Good or bad medicine

by Urban Turzi

There are nearly 600 federally recognized American Indian and Alaska Native tribes and villages in the United States, each with their own culture, language and history. Every one of these tribes has its own cultural traditions and beliefs. When it comes to beliefs surrounding owls, there is no standard agreement among tribes about the positive or negative aspects of this mostly solitary, nocturnal, bird of prey. My personal encounters with owls have been few and far between. However, these winged visitors have been the subject of much debate when discussed amongst my Native American friends. The American Indian community seems to agree on one thing: these raptors are either good or bad medicine.



In many Native American tribes, owls are a symbol of death. Hearing owls hooting is considered an unlucky omen, and they are the subject of numerous ‘bogeyman’ stories told to warn children to stay inside at night or not cry too much, otherwise the owl may carry them away. In some tribes, owls are associated with ghosts, and the bony circles around an owl’s eyes are said to be made up of the fingernails of ghosts. Sometimes owls are said to carry messages from beyond the grave or deliver supernatural warnings to people who have broken tribal taboos.

However, the Dakota Hidatsa tribe sees the owl as a good omen, bringing wisdom



Owls have long been the symbol of wisdom.

and knowledge and representing a protective spirit for their warriors. Delaware Indians believe that dreaming of an owl brings protection. Fabian Fontenelle (Zuni/Omaha) stated, “The only time the owl was called upon was when our warriors went to battle the enemy, otherwise they’re thought of as a bad omen.” Some tribes not only believe that owls have a correlation to death, but also the after-life. Tribes such as the Apache, Lakota, Omaha, Cheyenne, Fox, Ojibwa, Menominee, Cherokee, and Creek consider owls to be either an embodied spirit of the dead or associated with a spirit in some way. It is also thought that the appearance of an owl, especially during the day, may be a harbinger of death. One story tells of an owl creature that stands in the sky, allowing some individuals to pass on to the land of the dead, and condemning others to a ghostly life roaming the earth forever.

“Owls only speak the “truth”. Some people don’t want to hear the truth about anything while others relish the opportunity to learn the truth.”

— La Veta, Colorado resident
Arthur Short Bull

The Lenape, or Delaware, Indians believe if they dreamed about an owl it would become their guardian. Other Native nations believe that owls are a carrier of ancient knowledge and a carrier of deep, mystical wisdom. The Cheyenne believed only the Short-eared Owl is a bird, and that it is an important medicine power for healers. They believed all other owls are spirits of the night. With the exception of the Great-horned owl, warriors would often attach owl feathers to their shields or wear them on their arms. It was believed this would give them special powers such as the ability to see in the dark and move silently. Members of warrior tribes of the plains such as Dog Soldiers, Loway, and Fox would at times carry sacred owl bundles while looking for enemies. Some tribes such as the Cherokee, Lakota, and Caddo believed that owls may bring news to medicine men who are able to understand them. This news may tell of events happening at a faraway distance or of events of the future. I had the occasion of quizzing Oglala artist and fellow resident of La Veta, Colorado, Arthur Short Bull, what his attitude was about owls. He stated, “Owls only speak the “truth”. Some people don’t want to hear the truth about anything



while others relish the opportunity to learn the truth.” Cherokee shamans believe some (but not all) owls, act as spiritual consultants on sickness and punishments. The Pawnees view the owl as a symbol of protection. The consortium of Yakama tribes in Washington State use the owl as a powerful totem. Such taboos or totems often guide where and how forests and natural resources are used and managed, even to this day! The Zuni Pueblo people believed that an owl feather placed in a baby’s crib kept evil spirits away from the infant. Other tribes saw owls as bearers of healing, so a feather could be hung in the doorway of a home to keep illness out, much like the belief of other tribal people that an eagle feather possess a similar power.

The Inuit people of Alaska have a legend about the Snowy Owl, in which Owl and Raven are making each other new clothes. Raven made Owl a pretty dress of black and white feathers. Owl decided to make Raven a lovely white dress to wear. However, when Owl asked Raven to allow her to fit the dress, Raven was so excited that she couldn’t hold still. In fact, she jumped around so much that Owl got fed up and threw a pot of lamp oil at Raven. The lamp oil soaked through the white dress, and so Raven has been black ever since. The traditional Oglala Sioux Indians admired the Snowy Owl; warriors who had excelled in combat were permitted to wear a cap of owl feathers to signify their bravery. An old-time society of the Sioux was called The Owl Lodge. This society believed that nature forces would favor those who wore owl feathers and, as a result, their vision would become increased.

On one occasion when returning from a trip to the Rosebud and Pine Ridge reservations in South Dakota, we stopped when we noticed some feathered friend on the side of the road and knew it was in the road-kill species. Upon examining the bird, we determined it was an owl. Thinking some of our Indian friends



Fun fact: Owls have long legs; they are just hidden under all those feathers.

might be interested in the feathers of this special corpse to use with their regalia, we brought the remains back to our home in Colorado. Well, when I showed the owl to my Mescalero brother, he got very emotional and agitated and demanded I immediately bury the bird, saying a prayer and making an offering of tobacco to ask forgiveness from the Great Spirit.

A few weeks ago, while standing at a proper safe distance at the one and only grocery stores in La Veta, I noticed a very artistic tattoo on the arm of young man in front of me in the checkout line. I commented how I thought his “art work” was an exceptional portrayal of an owl. The young person thanked me for the compliment and explained he had the tattoo done in memory of his grandmother, who was a full blood Indian and how he enjoyed her storytelling tales, especially those about owls.

Lastly, please remember to use caution concerning the use of owl feathers, since all owls, eagles and hawks, including their feathers and body parts, are protected in the U. S. by the Predatory Bird Act of 1964.

That’s owl folks!

Sources:
Eddie Three Eagles, Mescalero; Arthur Short Bull, Oglala Lakota; Fabian Fontenelle, Omaha/Zuni.

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Life-Enhancing Journeys Why do people fear humans who are different?

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

It seems impossible to ignore how increasingly divided this country is within the citizenry of the United States of America — between the “You look like me so you’re safe” and “You look different so I see you as a dangerous Other.” It is all based in fear from our survival brain.

Experiencing the protests ignited by the murder of George Floyd exposes that our brain’s Limbic System, specifically the Amygdala, still views “Others” as a threat. Martin Luther King, Jr. said “A riot is the language of the unheard.” How can we continue to maintain such disrespect for human life just because they look different?!

For centuries the White majority has been identifying indigenous and Black and Brown people as inferior to White people. This promotes the disregard and dehumanization of the “Others.” How can we end racial violence and oppression when social injustice still occurs?

How can we connect, include, collaborate and have compassion for the “Others?” When will we acquire the awareness that we each have a part to play? Personally, I would like to apologize and ask for forgiveness as a white woman for any lack of understanding I may have ever expressed or insensitivity I may have inadvertently demonstrated. I am willing to make any adjustments in my views to be more understanding and supportive.

Let us explore the origins of the “Us” versus “Them” premise. Its roots are based in fear. Fear is a natural and necessary emotion that protects us and helps keep us safe. Humans are genetically programmed to remain alive and free from harm, and it is fear that signals a reaction when threats arise. It is programmed into the nervous system and is instinctive, automatic and unconscious. The innate fear we humans feel is there to shield us. Think back to who we humans were 100,000 years ago when we were primitive beings and had to live together in small clans to merely survive. Cooperation and collaboration within each clan ensured our ability to (literally) stay alive and every action and thought was designed to maintain our existence. If we met someone from a different clan, an internal warning would be triggered and we would instantly go into survival mode because they were different from us and were, therefore, unfamiliar and considered a potential threat. These individuals could possibly challenge us for the limited resources available so our instincts would spark off our Amygdala to fight them off in order to avoid competing with them.

Prejudice evolved in humans long ago because it helped us avoid real danger; however, no one is born racist. There is no gene that determines one’s predisposition to hate and bigotry. These are learned attitudes and behaviors. Even though we no longer need to forage for food or fight off carnivorous beasts to survive, that primitive brain remains embedded within us and can easily overtake the more recently evolved, rational, logical brain, the Prefrontal Cortex (PFC).

The drawback is that fear is based on perception therefore you can believe there is some cause for dread even though, in reality, there may be none. Mark Twain said it well when he mocked, “I have been through some terrible things in my life, some of which actually happened.” This is Twain’s way of acknowledging that our traumatic experiences are based on personal impressions — not necessarily reality. As Tara Brach, a renowned psychologist and author says, “It may seem real but is not true.”

Focusing on our primitive brain and how it battles with our evolved brain is my way of providing one partial explanation for the unrest that is going on at



present. The conflict for power between the Limbic brain and the more rational, evolved PFC, reveals how we can project our fear of outsiders onto “Others” who look and act differently than we. The survival brain will initially win out because it is far quicker to react unless we pause and allow our PFC to catch up with reality.

During my four decades as a therapist, I am aware that many of us have experienced painful beliefs such as “I am unlovable, unimportant, excluded or abandoned.” This may have caused you to grow up feeling unsafe, hurt, or shamed by the people and situations in which you reared. Those feelings are stored somewhere in the psyche. What if we were to pause to remind ourselves of what it had been like to feel as if we did not belong? Did we feel hated? Did we feel unseen or ignored? Did we feel unsafe with others? When one feels like one’s life does not matter to another human being the feelings of hurt and rejection, as well as rage, can be immense. We may even accept as true that we are an awfully terrible person.

Question your intrinsic beliefs — do you consider yourself to be superior to “Others” — could this concept have impacted your interactions with them?

When we feel rejected, powerless, dishonored, or unlovable we often harm ourselves with self-hatred as part of the process. We despise those who make us feel this way yet we may then project our self-hatred on to the “Others” and then treat them badly.

How do we as White people grapple with the immorality of knowing that our race has often been the cause of such harm? Allow yourself to ask, “How do I deal with being a part of a race that has caused such horrific suffering?” Is there guilt or shame and/or do we get angry because we tell ourselves, “My ancestors whom I never even met may have acted this way, but I have never personally done anything like this.” (also known as “white fragility”). Can you begin to understand the depth of the “Other’s” rage? When the minority race has finally had enough and they push against the white majority domination, we then accuse people of color for being overly reactive and blame them for being too angry or too hostile for rioting. Would you like to be treated the

way many in the white race have treated Indigenous, Black and Brown people? Is there a message you are promoting that reveals the “Others” lives matter less? If yes, that must change now.

Question your intrinsic beliefs — do you consider yourself to be superior to “Others” — could this concept have impacted your interactions with them? Does it make you complicit in perpetuating racism? This may be difficult for many in the white race to contemplate. The legacy of racism is not our personal fault, yet we carry its legacy in the implied assumption of Black inferiority. Unless we examine ourselves, we will be unaware of it. Repeatedly, we have reaped the benefits of centuries of maltreatment of Black and Brown people. We refer to this as white privilege. Many of the white race have had access to the best jobs, homes, education, healthcare and justice while we have benefited by centuries of exploitation of Black and Brown people. We must never forget that they are a part of our community and part of our community is hurting deeply.

Let’s explore ways to better recognize and understand what we can do differently. Imagine that you are a part of a village, a community where there are people of a different religion or different race who are being persecuted. Be the compassionate witness by allowing yourself to face what is actually happening without taking it personally and then finding your voice and have the courage to speak up when you see brutality and oppression. Remind yourself that even though ‘I am not responsible, I can respond.’ Showing up with a courageous presence is only possible if we put aside all judgments. Allow exploration of your early childhood conditioning which may inadvertently perpetuate the harm. Do we have the courage to look at our own part in causing some of the suffering? What is important is an intention to engage with groups who are fighting for police accountability and racial justice. Vote based on purpose and not party lines.

What is becoming increasingly apparent is that we must work together to promote these changes because it is impossible to do it on our own. We can start the process of change and become a positive role model for others to emulate by embracing compassion rather than competition. May all human beings find healing, justice, love and freedom.

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).



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Road Trip!

Gold Belt Byway Tour ready when you are

by Kathy Hansen
photos by Jeff Hansen

Looking for something fun to do that you can enjoy *without* your face mask? Plan a road trip on the Gold Belt Tour! You'll spend most of the time in your vehicle, so no requirement to wear that face mask. You'll get to see some historic places, wildlife, wildflowers and enjoy the beauty of the great outdoors. The only cost is your gasoline and a picnic lunch (or check the website to learn more about dining options). You can choose a 1-day or 2-day route. Once you know how much time you have, visit their website (www.goldbeltbyway.com) to learn more about how to enhance your experience.

The Gold Belt Byway has its origins back in 1989 when it became a Bureau of Land Management (BLM) Back Country Byway, and in 2000 it joined many others to gain National Byway status. By 2007 there were 300 acres of land preserved for the Gold Belt Byway and as of 2020, there are now 12,000 acres of land preserved for the enjoyment of those interested in learning more about the history of the area, the natural environment and rural lifestyle (see sidebar for the mission statement). They are able to accomplish this by their carefully crafted composition requirements for the board (see sidebar).

Driving the Gold Belt Byway gives you glimpses of what it was like to take your horse and buggy to get your gold from your mine in Victor or perhaps Cripple Creek to the smelting plants in Florence and Cañon City. Visit the website to learn which road was the toll road and which road was considered the less expensive work around; you may be surprised! Also be cautious; one of the roads has a 4-mile stretch where only 1 vehicle will fit at a time.

Yes, this area is chock full of history and driving the Gold Belt Byway surely gives you a glimpse of what life was like about 160 years ago. The land surrounding the area has been preserved by the board of the Gold Belt Byway mostly through conservation easements. One project the board is proud of is the preservation of Garden Park School.

The Gold Belt Byway board offers history books available to people of all ages, yet to capture their interest 4th Graders can get a FREE *Junior Explorer Book*! This is one way to incite curiosity of the area and in

the preservation projects, as well as to plant seeds of wonder about nature and history.

The board has recently taken a greater interest in helping to clean up the area. One way they help is by providing funding for dumpsters, trash bags and vouchers. Rampant trash from careless visitors and from less-fortunate folks without resources have contributed to a need for dumpsters and scheduled clean-up efforts. The vouchers can be given to those in low income brackets that have no way of disposing of an old



couch or no longer working refrigerator. Trash bags can be given to the homeless so they have a way to contain their trash. These efforts help to preserve the area instead of allowing the beauty of the land to be littered with pollution.

The Gold Belt Byway also provides signage for the Byway at the Florissant Fossil Beds, BLM in Cañon City, Royal Gorge and Heritage Center in Cripple Creek. They also have a variety of compact discs on the history of Phantom Canyon, as well as MP3 downloads and books!

If you are looking for a road trip, visit their website and get ready for a beautiful drive in nature, with the knowledge of the history behind it.

If you are a business in Cripple Creek,

Mission Statement

The Gold Belt Tour Association, a 501(c)(3) nonprofit organization is dedicated to preserving the rural lifestyle, natural environment, and rich cultural and historic heritage along the byway. The association is a cooperative collaboration of individuals, businesses, governmental, and non-governmental organizations. Through education and outreach the association shares the byway with the world!



Old railroad bridges, tunnels, and plenty of beautiful scenery awaits you on the Shelf Road and Phantom Canyon Road sections of the road trip.

Victor, Florence or Cañon City consider becoming a member! See what the Gold Belt Byway can do to help promote your business on their website.

If you are a community member looking for an open board position, an opportunity to make a positive difference in this world, check out the website to see if there are any openings for board members. They meet quarterly each year.

Gold Belt Byway has something for everyone!

Heart of the Rockies Regional Medical Center news

Orthopedic Surgeon joins HRRMC full time in the Orthopedics Department

Fellowship-trained orthopedic surgeon Ramon Perez has joined the Heart of the Rockies Regional Medical Center (HRRMC) Orthopedics department as a full-time provider, and will practice at the HRRMC Outpatient Pavilion, and the HRRMC Buena Vista Health Center (BVHC). Dr. Perez is also establishing orthopedic walk-in clinic services in Buena Vista and Westcliffe, to begin in July.



Orthopedic surgeon Ramon Perez

Dr. Perez will provide services at BVHC every Thursday, seeing a combination of scheduled and walk-in patients. Dr. Perez will provide those same orthopedic services on the second and fourth Wednesdays of each month at Custer County Medical Center in Westcliffe.

"Dr. Perez has been on our staff as a part-time provider since 2017, and we are excited to welcome him to our staff full time," said HRRMC CEO Robert Morasko.

Prior to joining HRRMC, Dr. Perez practiced Orthopedic Surgery with Banner Health in Colorado.

"We are happy that Dr. Perez is also establishing orthopedics walk-in clinics in Buena Vista and Westcliffe to better serve our communities as needed," said HRRMC Vice President Peter Edis.

"I look at all aspects of the patient's background, where they come from and what types of expectations they have for getting back on their feet," said Dr. Perez. "I try to emphasize a non-operative course of treatment, while also emphasizing the need for surgery when it's indicated."

Dr. Perez earned his doctor of osteopathic medicine degree from the University of Medicine and Dentistry of New Jersey, and his Sports Medicine fellowship in Albuquerque, New Mexico. He is board certified in orthopedic surgery by the American Osteopathic Board of Orthopedic Surgery.

In addition to in-person appointments, Dr. Perez is also available to see patients via telehealth. FMI or to make an appointment, call the HRRMC Orthopedics and Sports Medicine Center at 719-530-2000.

HRRMC Foundation receives \$199,900 DOLA Grant

HRRMC has received a \$199,900 grant from the Colorado Department of Local Affairs (DOLA). The grant has been made possible through DOLA's Energy and Mineral Impact Assistance Fund (EIAF).

The grant will be used for equipment at the Custer County Medical Center in Westcliffe, which includes equipment for: Information Systems, Rehab, Cardiology, and Imaging. The grant will enable the purchase of a digital X-ray machine, Echocardiogram Table, Cardiac Stress Test System and Rehabilitation Equipment.

"We are very grateful for DOLA's support and its partnership with us for our patients' healthcare needs in Westcliffe and the surrounding communities. The project supports the goal of the Office of Governor Polis to identify and implement policies that will reduce healthcare costs while expanding access to quality care in every corner of Colorado," said HRRMC Foundation Director Kimla Robinson.

DOLA Executive Director Rick Garcia said, "This award assists with helping to meet the governor's goal of reducing the costs of healthcare for rural Coloradans. We are continually looking for ways to support rural hospitals, clinics and enlarge primary care accessibility to rural populations with EIAF capital grants."

The HRRMC Foundation provides the hospital with financial support to facilitate innovative programs and provide state-of-the-art healthcare services to the Salida Hospital District. For more information about the Foundation's initiatives, call Kimla Robinson at 719-530-2218.

Salida hospital exhibits prints by Ramona Lapsley

Colorado artist Ramona Lapsley creates linoleum prints — inspired by her love for botany, wildlife and natural landscapes — that are on display at HRRMC through September 30.

"Hospitals are a unique venue for art, as it provides a respite for employees, patients and visitors," Lapsley said. "This is my second exhibit at a hospital, the first being at Bellin Hospital in Green Bay, WI when I was just getting my art career started, so this one is long overdue."

Lapsley creates her linoleum prints based on sketches of photos she has taken. The design is drawn on the surface of the linoleum using a black sharpie marker. She heats up the linoleum on a hot plate, carves out the white space using various sized blades, applies black ink with a brayer, places the paper on top, and hand cranks it through the printing press.

"I proof print them four or five times — with more carving in between — until I actually get it to the point where it's



Colorado artist Ramona Lapsley

done," Lapsley explained. "I have to like it as a black and white image first, then I usually hand color them with watercolors and liquid inks, but not always. I recently had some Magpies and they just wanted to be black and white."

All of her prints in the hospital exhibit are for sale, and 25 % of the proceeds are donated to the HRRMC Foundation. This is the hospital's second exhibit this year, which is part of its mission to create a healing environment for patients and visitors.

HRRMC displays the work of regional artists each quarter, with an emphasis on the Arkansas Valley. Call 719-530-2217 for more information on exhibiting art at HRRMC.

HRRMC Foundation awards two \$2500 scholarships

HRRMC Foundation recently awarded \$2,500 scholarships to Claire Zwann and Ethan Coit, both of Salida.

Zwann is a Salida High School graduate in the final year of her Physical Therapy Doctoral Program at the University of Colorado Anschutz Medical Campus. She received her undergraduate in Integrative Physiology from the University of Colorado Boulder. This is the second HRRMC Foundation scholarship awarded to Zwann.

Coit is a Salida High School graduate entering medical school at the University of Colorado's School of Medicine in the fall of 2020. He graduated with a degree in Chemical and Biochemical Engineering from Colorado School of Mines in December 2018.

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 2021 scholarship will be available next May. For more information, call Foundation Director Kimla Robinson at 719-530-2218.

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The Power of WE

A taste of the blogs - part II

In this segment, we support *The Power of WE* by printing the beginning of the blogs. These were the panelists for July.

Objects in the Rearview Mirror May Appear Closer than They Are
by Sydney Schnurr

When Jamie asked me to be part of this panel my response was that I really only fit half the bill. I am definitely a woman, but I am not an entrepreneur, unless you count creating a program for fast tracking people of color in the philanthropy sector or being a founding member of a Community Foundation. Mostly I am a retired professor and fundraiser.

Read more at: <https://t.e2ma.net/message/770xoc/z59c2lb>

Igniting a Culture of Potential: yours, mine, and ours
by Delaney

In my work at Startup Colorado, our dedicated team agrees wholeheartedly that our mission is:

“...to demonstrate that rural entrepreneurship will ignite a culture of potential, empowering people and places to thrive and define their future.”

Notice that our mission is not about just creating jobs or inspiring more business starts, but rather about *igniting a culture of potential*. These are words that roll off the tongue like poetry and pluck an emotional thread, but what is a culture of potential?

Read more at: <https://t.e2ma.net/message/rf0xoc/z59c2lb>

Rebirth within the Unknown
by Jenna Pfingston

In 2009, I went through an identity crisis. I was working for a Design Firm in Denver and the economy crashed. My life started to crumble within a few layers. I lost my job, I ended a relationship, and I lost a teacher/friend to cancer. Life was chaotic and the fear that resided within me was connected to the unknown. I was in a heavy and confused space. I decided to purchase a one-way plane ticket to South East Asia and embrace the simplicity of life with a backpack. I had no idea where I was going but I did know, I needed a rebirth within my soul. The old identity was no longer working and so I jumped ‘in’.

Read more at: <https://t.e2ma.net/message/zpdppc/z59c2lb>

Adopt Me

by AARF

S'More

This little cutie is S'More. She's 10-12 months old and all puppy! She is house trained, good with kids and other dogs. We believe she's a beagle/maybe pitie mix. She is very bright and very playful! To make an appointment to visit with S'More call Dottie at 719-748-9091..

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



Mueller State Park

Summer fun!

You are invited to come to Mueller State Park and enjoy the last of your summer! Due to COVID 19, all hikes and programs are limited to 15 people. Reservations are required. Sign up at the Visitor Center by calling 719-687-2366. In addition, masks are required.

1 Hike: Osborn Cabin Loop meet at Black TH 8:30 a.m.

1 Patio Talk: Owls 2 p.m.

1 Hike: School Pond 8:30 a.m.

2 Nature Walk meet at Wapiti TH 10 a.m.

3 Hike: Full Moon Hike meet at Outlook Ridge TH 8:30 p.m.

4 Hike: Rock Pond and Canyon meet at Rock Pond TH 8 a.m.

4 Owl Pellets meet at Camper Services 2 p.m.

5 Bird Walk meet at Elk Meadow TH 8:30 a.m.

5 Hike: Cahill Cabin Loop meet at Grouse Mountain TH 9 a.m.

5 Patio Talk: Pollinators 2 p.m.

6 Hike: Dynamite Cabin meet at Grouse Mountain TH 1 p.m.

7 Hike: Outlook Ridge 8 a.m.

7 Know the Bear Facts! On Visitor Center Patio 10:30 a.m.

7 Hug a Tree to Survive for kids meet at Camper Services 3 p.m.

8 Hike: Murphy's Cut meet at Elk Meadow TH 8:15 a.m.

8 Hike: Raptor Ramble-Brain Teaser meet at Visitor Center 10 a.m.

8 Patio Talk: Owls 2 p.m.

9 Hike: Lost Pond 8:30 a.m.

11 Hike: Cheesman Ranch Loop meet at Grouse Mountain TH 8 a.m.

12 Wildernersing: Element of Wind meet at Outlook Ridge TH 9 a.m.

12 Hike: Osborn Cabin Loop meet at Black Bear TH 9 a.m.

12 Hike: School Pond 1 p.m.

13 Hike: Brook/Rock Pond meet at Visitor Center 8:30 a.m.

13 Fly Fishing Basics meet at Dragonfly Pond 10 a.m.

14 Hike: Elk Meadow, Murphy's Cut meet at Elk Meadow TH 8 a.m.

14 Hike: Cahill Loop meet at Grouse Mountain TH 10 a.m.

14 Hummingbird Tales meet at Visitor Center 10:30 a.m.

14 Knots and Lashing meet at Camper Services 3 p.m.

15 Hike: Dynamite Cabin meet at Grouse Mountain TH 8 a.m.

15 Archery meet at Dragonfly Pond 10 a.m.

15 Pond Safari meet at Dragonfly Pond 2 p.m.

16 Hike: School Pond 8:30 a.m.

16 Patio Talk: Owls 2 p.m.

18 Hike: Rock Pond and Canyon meet at Rock Pond TH 8 a.m.

18 Hike: Dark Sky Walk meet at Outlook Ridge TH 8:30 a.m.

19 Hike: Cummings Cabin meet at Grouse Mountain TH 9 a.m.

19 Hike: Wapiti Nature Trail 1 p.m.

20 Hike: Osborn Homestead meet at Black Bear TH 8:30 a.m.

21 Hike: Outlook Ridge 8 a.m.

21 Hike: Dynamite Cabin meet at Grouse Mountain TH 8 a.m.

21 Nature Crafts meet at Camper Services 3 p.m.

22 Hike: Nature Walk meet at Outlook Ridge TH 10 a.m.

22 Hike: Peak View Salamander meet at Elk Meadow TH 4:30 p.m.

23 Hike: School Pond 10 a.m.

23 Sunset Hike meet at Outlook Ridge TH 7 p.m.

24 Hike: Brook, Rock Pond and Canyon meet at Rock Pond TH 8 a.m.

25 Fly Fishing Basics meet at Dragonfly Pond 9 a.m.

26 Hike: Cheesman Ranch Loop meet at Grouse Mountain TH 9 a.m.

26 Hike: Peak View meet at Elk Meadow TH 10 a.m.

27 Hike: Lost Pond 8:30 a.m.

28 Hike: Cheesman Ranch Loop meet at Grouse Mountain TH 8 a.m.

28 Hike: Discovery Walk meet at Visitor Center 3 p.m.

28 Sunset Hike meet at Outlook Ridge TH 7 p.m.

29 Archery meet at Dragonfly Pond 10 a.m.

29 Hike: Peak View Salamander meet at Elk Meadow TH 4:30 p.m.

30 Hike: Wildflower Walk meet at Visitor Center 8:30 a.m.

All hikes meet at the Trailhead (TH) of the same name unless specified above.

All Patio Talks meet at Visitor Center

Mueller events are free; however, a \$9 day pass or \$80 annual park pass per vehicle is required to enter the park. FMI 719-687-2366.

~OUT AND ABOUT~

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

Readers: Given COVID-19 information changes daily, we encourage you to follow the most recent guidelines provided by the CDC (cdc.gov) and your county's health department. We recommend calling ahead to get the most current information. Also, were you expecting to see your event listed below but didn't? Please email utecountrynewspaper@gmail.com so we can get it cleared up before Septembers.

ALZHEIMERS ASSOCIATION

- COVID-19 & Caregiving is one of 10 FREE webinars offered by the Alzheimer's Association in August. To see the full list visit www.alz.org or the Helpline 800-272-3900.

BUENA VISTA

- BV HOPE meeting the 3rd Friday at 3 p.m. via Zoom. Contact buenvistahope@gmail.com for login info.

CAÑON CITY

- 28 Liss n' Charlie Brother/Sister Acoustic Duo 6-9 p.m. at Cañon City Brews and Bikes.

CRIPPLE CREEK ASPEN MINE CENTER

- We are providing services but the facility is locked; clients know and we allow access depending on need from 9-4 p.m. Monday-Friday. Department of Human Services is seeing clients as needed, our emergency food pantry is available, clothes closet and showers available, client services by appointment, senior services by phone, employment services one client at a time, generally Tuesday and Wednesday from 10-2 p.m. Most other partner agencies are available virtually and by appointment.

FAIRPLAY

- Edith Teter Preschool is enrolling for the 2020-21 school year. Ages 2 ½ thru 5 welcome. Worried you can't afford preschool? More than 80% of our preschool families receive scholarships for discounted rates or even FREE enrollment. Ask how we can help. Call 719-836-4416 or email heather.hall@parkcountyre2.org.

FLORENCE

- John C. Fremont Library's summer reading program *Imagine Your Story* is in full swing! Please register by calling 719-784-4649 ext. 2 or email Deborah.plonkey@jcfld.org to fill out the registration form for the Grab-n-Go book bag on the purple Summer Reading cart at the library entrance. Book bags with materials to use are on the cart. Please take one per participant. The bags contain an activity book, bookmarks, stickers, temporary tattoos and a Book Bingo Reading Log. Every week a take-home activity will be in the cart. The program continues until school starts.

DIVIDE COMMUNITY PARTNERSHIP

14 Crossroads of Parenting & Divorce: court appointed divorce seminar 9:30-1:30 p.m. Registration fee \$35. Register Amy@cpteller.org or 719-686-0705.

27 Parent Advisory Committee 5-6 p.m. RSVP and get Zoom link Amy@cpteller.org or 719-686-0705.

- GED Testing Center open Mondays 12-4 p.m. and Wednesday 12-8 p.m. Go to GED.com to register. Community Partnership's new hours are Mon-Thurs 9-4 p.m. and Friday 9-1 p.m.

FLORISSANT GRANGE

8 Basket Class 9-12 p.m. By reservation only 719-718-5004. We will be working on handles with the fishnet stitch, so bring a basket that is ready for handles. If you are a beginner, no worries, we'll get you started!

LIBRARY

- Free Virtual Legal Clinic 3-4 p.m. Please sign up at 719-748-3939.

GUFFEY

29 Liss n' Charlie Brother/Sister Acoustic Duo 3-6 p.m. at Corona' at Freshwater.

LAKE GEORGE LIBRARY

- Our library re-opened late July. Curbside service is an option on Wednesday and Saturdays. Instructions will be posted on the library building. Please call with any questions 719-748-3812 or Lakegeorgelib@parkco.us.

MANITOU SPRINGS

- Like a local. The Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development's marketing team has launched a new campaign in Manitou Springs. With more and more people restricting their travel plans this year, we decided to reach out to the Front Range area and invite them to experience Manitou Springs "Like a Local". Since many businesses already offer a discount to locals, we asked them if they would extend that to visitors from all over the state. Almost 30 businesses jumped on board and we created a special discount card that is good through August 2021. Discounts range from 10% to 25% off at various shops, restaurants, lodging properties, and attractions. There are 2,500 cards available now at the Manitou Springs Visitor's Center — 354 Manitou Ave. Pick one up for your family and tell your friends in the area to come experience Manitou Springs Like a Local! If you have any questions, contact the Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development at 719-685-5089 for more information.

PARK COUNTY LIBRARIES

- All Park County Libraries are open for use. Patrons must adhere to Park County Public Health and CDC guidelines when entering the buildings. All branches are still offering curbside services on Wed & Sat only. Please visit our website for detailed information or feel free to call or email your branch. Thank you for your patience throughout these challenging times. We are all excited to serve our patrons with safety as priority #1.

SALIDA

- For most current and up to date info, please visit salidachamber.org.

WOODLAND PARK

7, 14, 21, 28 Farmer's Market at Memorial Park 9-1 p.m.

11 Nonprofit Cooperative of TC monthly training via zoom 3-4 p.m. Request link: iwantto@soarwithnetworkfundraising.org

15 Lissa Hanner Solo Acoustic 6-9 p.m. at Woodland Country Lodge.

DINOSAUR RESOURCE CENTER

22 Wag that Tail 1-2 p.m. Denise Gard and her puppy Kira will present *Wag that Tail*. There will be stories that make you bark, leap and beg for more! FMI www.mrdc.com.

Adopt Me

by TCRAS

Toby

This handsome cat is an indoor cat that uses his litterbox. Toby does not like being in a shelter; he wants to be in a home where he can play, sunbathe, be a lap warmer and just to be there for you to talk to! If you are interested in meeting Toby, please call us to set an appointment 719-686-7707.

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