



# UTE COUNTRY NEWS

Putting the "unity" back in community™

POSTAL CUSTOMER

PRSR STD  
U.S. POSTAGE  
**PAID**  
DIVIDE CO  
PERMIT NO. 487

**FREE**

June 2020

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

Vol. 12, No. 6

## Welcome to Ute Country

"I once asked a bird,  
how is it that you fly  
in this gravity of darkness?  
She responded, 'love lifts me.'"

— Hafez

### PEEK INSIDE...



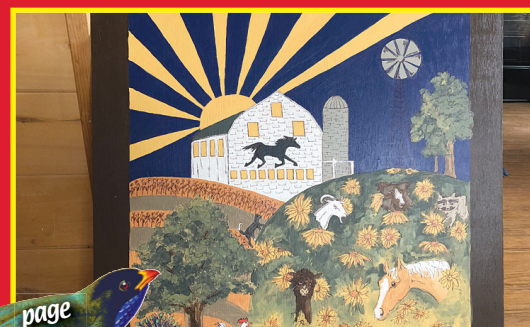
page  
6

Mountain Naturals



page  
10

Life Line



page  
16

Pharmgirl Uprooted - An inviting canvas





Stay well and  
well informed.  
Speak with our  
pharmacist  
today.

**MOUNTAIN KEY**  
PHARMACY



**Mountain  
Key  
Pharmacy**  
Your Key to Better Health

**Brent J. Stein, Pharm.D.**

Consulting & Rx services: LTC,  
compounded & dispensing of medications.

Doctorstein22@gmail.com  
719-309-9525 • Fax 719-452-3884  
18172 County Road 1, Florissant, CO 80816  
www.MountainKeyPharmacy.com



We are now available on-call 24 hours/day for emergencies.

Woodland Park School District  
'Elevate Your Education'

# WPHS Class of 2020 You Did It!

## Rising Above the Challenges!

Photo by Paul Magnuson

**(719) 686-2000 or www.wpsdk12.org**

# Summer Family Bible CONFERENCE 2020

**June 29-July 3**

Join us at the 2020 Summer Family Bible Conference for an unforgettable week of teaching, worship, fellowship, games, activities, and more!  
Programs for adults, youth, and children.

Learn more at [SummerFamily.org/Ute](http://SummerFamily.org/Ute)

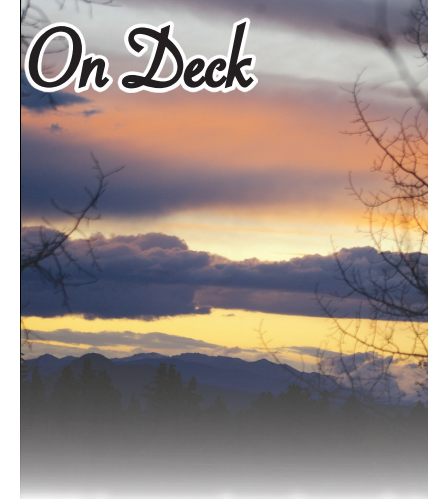
**Free!**

**July 4**

Independence Day Celebration, 3 p.m.  
Food trucks • bounce houses • face painting • balloon animals • Color Guard performance  
In God We Trust Musical, 6 p.m.  
A patriotic musical for the whole family!

**IN GOD WE TRUST**

Charis Bible College | 800 Gospel Truth Way | Woodland Park



We hope you enjoy seeing our photo of an adult male Rocky Mountain Woodpecker taken in 2017 in our yard. This guy can wake you up if he's pecking on your house, but mostly you'll find him pecking on trees for worms, bugs and insects. We felt this photo appropriate; like the birds we are rising above the COVID 19 through love. We hope you get a chance to get outside and enjoy the diversity of wildlife found in our mountains. Feel the Earth support your feet and remember to thank her for all of the support she gives us!

Our June issue can help you reconnect with the Earth. *The Thymekeeper* shares the honorable harvest, seldom found written down, which can guide all of us to learn more about Earth etiquette. *Musings Along the Way* not only teaches us a little Hawaiian, but also how to return to a place of love and a refresher on Ho'ponopono. *Life Enhancing Journeys* helps us break out of our own prison of anxiety with some hard science and useful tips.

Have any new pics for *Critter Corner*? Please send them to us via email [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or POB 753 Divide, CO 80814. This is the same way to share comments, questions and requests. You may also stop in at Shipping Plus 52 CR 5 in Divide, which will continue to be open 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.

**Publishers:**  
High Pine Design  
Jeff & Kathy Hansen  
POB 753, Divide, CO 80814  
719-686-7393 or 719-686-7587  
[www.utecountrynews.com](http://www.utecountrynews.com)  
[Utecountrynewspaper@gmail.com](mailto:Utecountrynewspaper@gmail.com)

**Business Ambassadors/Account Reps:**  
Feel free to call 719-686-7393 so we can find the sales representative in your area to best serve your needs.  
Peggy Badgett 815-275-4695  
Flip Boettcher 719-429-3361  
Linda Karlin 719-748-3449

**Writers:**  
Sherri Albertson, Karen Anderson, Peggy Badgett, Barbara Berger, Coalition for the Upper South Platte, Flip Boettcher, Danielle Dellinger, Leslie Jackson, Jeff Hansen, Kathy Hansen, Mari Marques-Worden, David Martinek, Barbara Pickholz-Weiner, Catherine Rodgers, Mary Shell, Stefanie Skidmore, Patricia Turner

**Contributors:**  
AARF, Alzheimers Association of Colorado, Ark Valley Humane Society, Jamie Billesbach, Karen Casey, Gary Cutler, Mackenzie Helms, Edward Jones, Jane Manon, Kimla Robinson, SLV Animal Welfare Society, Christine Whittington

**Critter Corner:**  
Submit photos to: [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or PO Box 753, Divide, CO 80814

**Publishers Emeritis:** Carmon & Beverly Stiles

**Cover Photo:** Jeff Hansen

The Ute Country News is not responsible for the content of articles or advertising in this issue. Limit one copy per reader, please share with others. Back issues available at [www.utecountrynews.com](http://www.utecountrynews.com). ©Copyright 2020 Ute Country News, all rights reserved. Material may not be reproduced without written permission from the publishers. Please address any comments to the publishers at [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or POB 753 Divide CO 80814.

First Class subscriptions are available for \$36 for 13 issues, or 6 issues for \$18.



## The Thymekeeper Can you hear me now?

by Mari Marques-Worden

Here we are in the middle of 2020 and I think we can collectively agree the times they are a changing.

In 2019, some extremes occurred that should alarm us all, yet, we don't have the memory capacity with 2020 hitting us hard in the face. Let's have a look behind us at just a few of those extremes.

Colorado Springs airport recorded the largest wind gust in its history clocking in at 90 MPH making air travel literally seem like a toss-up. In March 2019, hundreds of people had to be air lifted from a cruise ship because the seas were so rocky the boat could not reach the shore safely making travel by sea iffy as well.

The blizzard cyclone of 2019 that hit Colorado, Nebraska, South Dakota and Iowa flooded three out of four of those states with devastating results. Several factory farming operations including pig farms, chicken and cattle ranching operations ground to a halt. Many chemically grown and GMO crops were destroyed never to recover with large ice bergs covering the land as a result.

Something tells me we aren't doing this right.

There's a saying among herbalists that goes like this *If you listen to your body when it whispers, it won't result in a screaming catastrophe.* I would say Mother Nature has found her loud voice.

Everything I have pointed out here are symptoms of an out-of-balance terrain and represent some of the biggest polluters on the planet. We haven't given the necessary attention to the obvious clues regarding the health of our planet and now we've got a real mess on our hands.

Currently many supplies we take for granted are out of stock. Even the grocery stores with their normally full shelves are not functioning well due to shortages; shortages created by hoarding.

### Life on planet Earth

It may seem to some that we are being punished due to our current situation, however, Nature isn't trying to kill us. Her whole motivation is toward creating biodiversity and sustaining life. We have done a great job trying to fight against that. I've said time and again that anytime we declare war on Nature, we've already lost the fight. I say this for several reasons.

The industrial age has put incredible pressure on the microbiome of the Earth. When we destroy a plot of land using weed killers and herbicides, the weeds are the first to re-emerge. This is Nature's way of re-establishing the mycelium and intelligence in the soil. The viruses, bacteria and fungi that show up are all part of life and will also come in droves to restore balance. All part of Nature's solution to correct imbalance created by us.

This is why the application of herbicides time and again is a futile endeavor. Eventually, the weeds, bacteria and fungi will adapt and the cycle of life will continue resulting in what farmers refer to as "superweeds." Nature has a rapid response mechanism at her disposal called evolution and she will win in the end.

### Which way now?

We've lost our way with many not knowing which way to turn. In times of uncertainty, I always turn to what I know is true for me. I know that the Earth will provide everything we need to live a good healthy life if, and only if, we show respect and reciprocity. Something that has been missing from the equation in our relationship with the planet for too long. Again, we see imbalance. For this reason, I would like to introduce the concept of what's known as the honorable harvest.

The guidelines for the honorable harvest are seldom found written down, or even consistently spoken of. They are reinforced in small acts of daily life. Something we all have control over. If you were to list them, they would look something like this:

- Know the ways of the ones who take care of you, so that you may take care of them.
- Introduce yourself.
- Be accountable as the one who comes asking for life
- Ask permission before taking. Abide by the answer.
- Never take the first. Never take the last.
- Take only what you need.
- Take only that which is given
- Never take more than half. Leave some for others.
- Harvest in a way that minimizes harm
- Use it respectfully. Never waste what you have taken.
- Share.
- Give thanks for what you have been given.
- Give a gift, in reciprocity for what you have taken.
- Sustain the ones who sustain you and the earth will last forever.

— From *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* by Robin Wall Kimmerer.

All people whose traditions are rooted in gratitude understand honorable harvest's unwritten rules. To begin with, gratitude has a significant role. Some cultures begin their day with a prayer of gratitude before their feet touch the ground. I personally feel it's a great way to start the day. To show appreciation for the most important aspects in life that allow us all to live. Water, air, warmth and the Earth that gives us food and medicine. These are true essentials. Showing gratitude in turn reassures us that if we have these fundamental necessities, our basic needs are met.

When entering wild places like meadows and forests, one must enter with respect and honor the living beings around you as if you were entering someone's home, because you are. Here I envision the massive crowds of people pushing through the doors of the big box stores on black Friday. Seems rather rude, doesn't it? A perfect example of how not to enter wild sovereign areas.

### Guidelines

Traditional people who feed their families off the land have harvest guidelines designed to help maintain the health and



vitality of wildlife species; both for their own sake as well as to safeguard a sustainable supply for future generations.

If your goal is to harvest the plants that grow in the wild, the simple rule of only taking what you need is of the utmost importance. You never take the first plant you see and that will guarantee you never take the last. In between, you never harvest more than 50% of the plants you can see from where you are standing. My rules happen to be even more stringent. If the ten students I take on an herb walk practiced the 50% rule on the same patch of land, there wouldn't be much left for anyone else. We aren't the only ones who use the plants; consideration for those around you is essential in honorable harvest. Something we all could stand to practice not just in these times, but for all time.

In Native American cultures there are many stories passed from generation to the next that are told to help restore and maintain balance. Cautionary tales of the consequences of taking too much are ubiquitous in these cultures. I don't recall any such stories as a child growing up which could be why the desire to over consume is ubiquitous in ours. Over consumption is as destructive to us as it is those being over consumed.

As humans, we often take the life of other beings in order to eat. How do we consume in such a way that justifies taking the life of another or show appreciation? Most people don't give it a second thought.

*continued on page 4*



Live in Ute Country part time but want the mountain living all the time?

## Take us with you!

☐ \$36 for 1 year (13 issues!)  
first-class subscription.

☐ \$18 for 6-months (6 issues!)  
first-class subscription.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mail to: Ute Country News, PO Box 753 • Divide, CO 80814



## Tourist And Locals Can Breathe Again

### 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.



### Whole In The Wall Herb Shoppe

Next to City Market in Woodland Park • 771 Gold Hill Place • 80863  
719-687-6084

Text **ucn10** to 719-249-6020 for Instant Coupon

## The Thymekeeper

continued from page 3

However, our ancestors gave this question plenty of consideration. When we rely deeply on other lives to survive, there is a necessity to protect and sustain them.

### A reciprocity if you will

Studies have shown that when humans interact mindfully and tend the land they rely on, the benefits are mutual. This is a form of reciprocity. Imagine how that house plant feels when you trim the crispy dry leaves away. The same can be practiced in wild places. The trees benefit from snapping the dead lower branches off. Some practice this as fire mitigation on their properties if only to save their dwellings from wildfire.

When harvesting, take from areas where plants could use thinning due to over-crowding. For example, this may require that you delve deep into the water to reach the middle of a patch of cattails as opposed to taking from the edges where the plant needs thinning the least.

Return in the fall to spread seeds or just tilt the head of a flower in seed, bury it in the dirt and give it a drink from your water bottle.

Never wasting what you've taken is a form of appreciation in itself. Many plants can be rotted in water and used as fertilizer if you feel you've taken too much. You can pay it forward in this manner, showing benefit to other plants.

As hard as it may seem to practice self-restraint, when Grandma offers you a plate of cookies, you wouldn't take them all. Mother Earth would ask you to extend that same courtesy to her. Each one of us can incorporate honorable harvest principles in our daily lives. There is no one path to follow, taking only what you need is easy to remember and considering the consequences of our actions is another.

I believe in the creativity and ingenuity of humans. Moving forward I think it's time to break our patterns of overconsumption and find a path toward sustainability so everyone can benefit and hopefully find our way back to some sense of balance. If you would like to right your relationship with the Earth, one need look no further than what the indigenous people have known all along. Let Nature be your guide.

She patiently awaits our respectful return.

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

Tomato starts, goji berry bushes of various sizes and other plant starts are available for sale in June for as long as they last! Please contact Mari for more information or to make an appointment.



## Trooper Tips Thank you!

by Master Trooper Gary Cutler

With everything that has been going on around the world it is easy to get down. So, this month I'm not bringing up anything about Covid-19. Instead I thought it was a good time to throw something positive into the mix.

Each month I write about the proper way to drive here in Colorado. There is a lot of don't do this and don't do that in my articles. This month, on behalf of every State Trooper I wanted to take a few moments and thank those of you who are driving properly.

Often the good drivers get passed over and we only focus on bad driving behaviors. I know there are a lot of drivers out there I will never talk to, for the simple reason they have good driving behaviors.

For all of you who come to complete stops at stop signs and stop lights. For those who obey speed limits and adjust their speed when conditions warrant it. For those who know the rules for driving... thank you for driving safely within the law. As always, safe travels!

## Teller County Personal property declaration deadline

Teller County Assessor Colt Simmons has extended the 2020 Personal Property Declaration Schedule filing from Wednesday, April 15 to COB Monday, June 15th, 2020. In his extension, Assessor Simmons also waived all penalties and possible arbitrary assessments for all Teller County businesses for tax year 2020.

"Due to these unprecedented times, I have made the decision to extend the 2020 Business Personal Property Declaration Schedule filing," said Assessor Simmons. "Teller County business owners have far more important things to worry about than submitting another tax form. I hope this decision reduces a bit of anxiety for all our business owners."

**NOTE:** Normally, business owners owning more than \$7,700 in total actual value of business personal property — like manufacturing equipment, computers, or business furnishings, signs — are required to complete and return either forms DS056, DS060, and DS155. The forms are normally due to the Assessor by April 15 of each year, but are now due by June 15th, 2020.

While the Assessor's Office is temporarily closed to the public, citizens can still get services done.

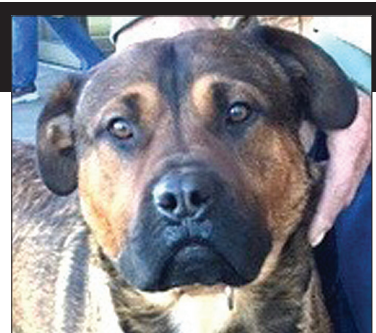
If constituents need assistance, they can e-mail assessor@co.teller.co.us or can visit the office's website at <http://www.co.teller.co.us/Assessor/default.aspx>.

## Adopt Me by SLV Animal Welfare Society

### Charlie Brown

Please take rotti/mastiff Charlie Brown hiking so you can get to know him. He listens quite well. This small-town stray would love to be in your home. When we let him out of the dog park at the end of the day, he obediently goes straight to his indoor overnight kennel and jumps in. Charlie is neutered, all vaccinations are current, and he is about 3 1/2 years old. Male dogs are not his favorite. To take Charlie for a walk please call 719-587-9663 (woof) or visit our website: [www.slvaws.org](http://www.slvaws.org).

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



## Musings Along the Way Boogaloo into June riff

by Catherine Rodgers

"If we couldn't laugh, we would all go insane."

— Jimmy Buffett

I went to my first anti-war demonstration in sandals. It was June. As some people were throwing Molotov cocktails at the draft board, and most were running from the police bearing down on the peaceniks, two scruffy guys picked me up by both arms and lifted me out of the fray. Instead of the "what's a nice girl like you doing in a place like this" come-on, they lectured me that proper footwear for The Revolution was sh\*tickers, steel toed work boots.

Nowadays, EcoSalon informs me that sh\*tickers are "Your go-to shoe, your second-skin shoe, your I'm-feeling-like-I want-to-walk-softly-upon-the-earth-today shoe." These moccasins are sold under such names as Vegan Fringe Booties by Manimal, Baskemolla Low by Hasbeens, and Habitante Vegan. Times change. The hippies apparently did raise more aware generations by altering consciousness, with or without drugs.

But some folks CLEARLY did not get the update to their software. I am apoplectic by the inappropriate appropriation of wearing Hawaiian shirts and dancing the boogaloo at a luau. Talk about co-opting The Revolution. Hello? Aloha. I refuse to give up my right to enjoy cotton prints of parrots and palm trees, hibiscus and surfing in a hurricane. I have a license to chill and you can't pry that frozen concoction that helps me hang on from my cold hands. I claim my prerogative to do some James Brown moves outside the Side Door waiting for Mike to finish barbecuing that hog, 6 feet away, of course, without subversion or depravity.

My momma NEVER had to tell me not to eat my neighbor. Because my father had told me that the cannibals of Papua New Guinea died from eating human brains which contain prions, deadly misfolded proteins that put spongy holes in the brain, as well as being a poor source of protein. Have you already lost what you are proud to call your mind, boys? Amidst all this toxic posturing about rights being violated, have you forgotten that advocating violent overthrow of the government is a crime per Title 18 Section 2385, under Chapter 115 of the US Code on Treason, Sedition and Subversive Activities? Foment civil war, go to jail, along with the Aider and Abettor in Chief. Maybe you will need that bullet proof vest over your tropical shirt when I start throwing my leis and rib bones. For those who don't know what I'm ranting about, bless you. Keep your eyes on heaven and your heart in the right place.

"One ought to hold on to one's heart; for if one lets it go, one soon loses control of the head too."

— Friedrich Nietzsche

Methinks we all need a refresher course on ALOHA. The Hawaiian radicles of "Alo" mean presence and "Ha" is breath so Aloha is rooted in the Presence of the (Divine) breath. Aloha is love, compassion, kindness, grace, sympathy, mercy, peace. When greeting someone, perhaps at the post office, start on an empathetic note: Aloha haua. May there be friendship between us.

## Special Thanks!

by Kathy & Jeff Hansen

We wish to give special thanks to our Shipping Plus customers who have donated masks and hand sanitizer to us! We are touched not only by your generosity but also by your concern for your neighbors and community. Let your heart rest assured you are part of the solution instead of being part of the problem. Thank you for expressing your concern for your fellow human beings through your donations, willingness to social distance and wearing your face mask!

## HEARING LOSS? WE CAN HELP!

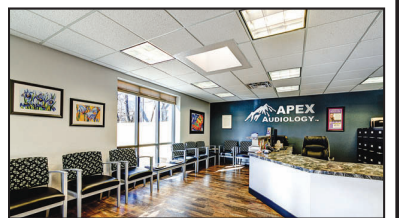
RE-CONNECT WITH THE ONES YOU LOVE THROUGH BETTER HEARING!



## Did you know...

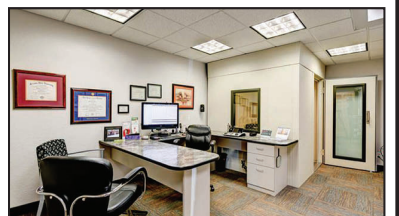
Untreated hearing loss can lead to isolation, memory problems, and even dementia?

Recent research by John Hopkins and the National Institute on Aging suggests that people with untreated hearing loss are more likely to develop memory problems. The strain of decoding compromised sound and isolation of hearing loss increase the risk for dementia and other cognitive disorders.



1902 W. Colorado Ave., Ste. 100  
Colorado Springs, CO

719-247-9000



109 Latigo Lane, Suite B  
Cañon City, CO

719-275-6000



[www.apexaudiology.com](http://www.apexaudiology.com)



Dr. William F. Herholtz III,  
CCC-A, F-AAA  
Director of Audiology



Mr. William F. DeHaan III,  
BC-HIS Board-Certified Hearing  
Instrument Specialist

Mention this ad and receive a free hearing screening and consultation!

HELPING PEOPLE HEAR BETTER FOR THREE GENERATIONS



# Mountain Naturals More than a grocery store

by Kathy Hansen  
photos by Jeff Hansen

What do you look for in a grocery store? Sure, you want to know the store you choose will carry the foods your family likes as well as toilet paper and yeast. How about the quality of the food? Can you find organic or non-gmo? What about supplements? What goes into making the decisions about what foods are on the shelves of the store you vote for? Wait, vote for a store? What does that mean? Read on.

Jan Greene and Laurie Glauth started Mountain Naturals 28 years ago with the goal of getting access to quality food that is responsibly sourced and sustainable, along with quality supplements for their family, friends, neighbors and community. They have moved since they first opened in the Hackman House; their store now is on 790 Red Feather Lane in Woodland Park, Colorado, in a much larger space.

A multitude of changes have taken place over that time, most of which had

more to do with the ever-evolving food industry. In fact, aside from the new location, the second biggest change Mountain Naturals has made is to go from an honor-based cash box to a cash register and point-of-sale credit card system. These are down-to-Earth trusting folks.

Laurie shared that early into the food business, she was diagnosed with a bad case of pneumonia, trying the third or fourth antibiotic prescribed by her doctor with no results. The difficulty in breathing for so many consecutive days was exhausting so she was willing to try the onion poultice remedy. It worked on the first application! This encouraged her to pay attention to a cleaner diet, as she did, she noticed how much



Store front offers a place to enjoy a healthy grab ‘n go lunch

better she felt. The process continues to evolve. “Let thy food be thy medicine and medicine be thy food” a saying attributed to Hippocrates takes on new meaning.

Laurie and Jan admit they had much to learn when they decided to open a health food store. Their education began with a meeting with a nutritionist, who taught them to be aware of the three most common food allergies: wheat, dairy and sugar. A food allergy is a condition in which certain foods trigger an abnormal immune response, according to www.healthline.com. The most common symptom is inflammation; additional symptoms are itchy rash, hives, diarrhea, vomiting, low blood pressure, difficulty breathing and swelling of the tongue, mouth, face or esophagus, the most severe is anaphylaxis. Make no mistake; food allergies can be deadly!

Currently, there are eight most common food allergies: cow’s milk, eggs, tree nuts, peanuts, shellfish, wheat (not to be confused with celiac disease and non-celiac gluten sensitivity), soy, and fish. There are several tests that can be ordered by your doctor to help you determine if it is an allergy or if it is intolerance. Many people will notice symptoms soon after consumption so paying attention to how well that meal is setting can help narrow it down. In most cases, the foods that cause the problem need to be eliminated from the diet. Learning to read the ingredients on food labels becomes vital to avoiding consumption of foods that cause problems.

The human body identifies only three types of food: protein, fat and carbohydrates (sugars). Food additives can often cause similar symptoms as food allergies. See *Ute Country News* August 2014 to learn more. The FDA maintains a list of over 3,000 ingredients that are added to our food. According to the World Health Organization (WHO) the starting point for determining whether a food additive can be used without having harmful effects is to establish the acceptable daily intake (ADI); an estimate of the amount of an additive in food or drinking water that can be safely consumed daily over a *lifetime* without adverse health effects (<https://www.who.int/news-room/fact-sheets/detail/food-additives>). Be aware few of those studies have actually occurred over a lifetime.

Take a second and consider the body identifies only three types of food and the FDA has a list of over 3,000 food additives. What are these non-food substances doing to our bodies? That is a big question. There are answers ranging from creating cancer, to increased obesity, type II diabetes, hypertension, impacts on the brain, etc. See the websites at the end of this article to learn more.

Another culprit can be Genetically Modified Organisms (GMOs) which are plants that have been genetically modified to include glyphosate, an pesticide. The plants grow with the pesticide within, so when the bug eats the plant, the bug’s

belly explodes. When humans eat too many foods that contain GMOs, the result is a condition called “leaky gut syndrome” which basically is the effect of glyphosate boring a hole in the intestinal lining of the human, allowing small undigested food particles, bacteria and toxins to enter the bloodstream. This can be particularly problematic for the brain. (Learn more in *Ute Country News* February 2015 and June 2015, articles by Carol Grieve.)

While GMOs are not new, their presence is increasingly found in the American diet. The FDA has not agreed to force producers to include it on the label. Instead, those with sensitivities are tasked with looking for the non-gmo or organic labels.

Reading labels can help but is not the only indicator of a quality product. For example, there are quality food producers that are “beyond organic” such as Austin Farms from Paonia, Colorado (see June 2014 issue of *Ute Country News*). I recall that interview well, asking Mr. Austin what beyond organic means. He said when the FDA began allowing more and more pesticides in food, he decided he didn’t want to be a part of that organic label anymore.

He then reached into the air, pulled down a lacewing and showed it to us saying, “This is a lacewing, one of my favorite predators. See those choke cherries along the fence line there and on the other fence beyond it? I learned that if I grow the choke cherries, I have ample aphids for my predator bugs, like this lacewing. When I have ample food for the predator bugs, then I have ample predator bugs for my crops. I do not need to use *any* pesticides. My farm is *beyond organic*.”

Austin Farms has been selling their food through Mountain Naturals for 20 years now. There are no pesticides on Austin Farm foods. Mountain Naturals will place a sign letting shoppers know, for example, *Austin Farms raspberries*. They take the time to interview each farmer and ask about their practices — a freedom they enjoy as the CEOs and an added value for their customers to know ALL of the products at Mountain Naturals have gone through a vetting process!

Sourcing food from “clean” sources is only part of the equation, the other being sustainability. Mountain Natural’s goal is to safely buy American and support local economy. In fact, one of their closest suppliers is Teeny Greenz Farm in Florissant, providing clean, fresh microgreens.

However, many of the clean, small family farms have gradually been bought up by larger big box stores. More often than not, what happens is the land goes fallow as the larger companies move operations to commercial farmland acreage, often in California. Do you remember what state was ravaged by wildfires last year? California. About 80% of American produce is grown in the parts of California that burned last year. Most of the remaining 20% is grown in Mexico.

continued on next page

UNFI is now the largest distributor of organic food and Alberts Organics is the largest organic produce distributor in the USA. It recently bought out the meat, dairy and produce from farms in Boulder, Colorado, and Grant Family Farms of Fort Collins, Colorado. As for the goal of providing responsibly sourced, clean and sustainable foods grown in Colorado, the options have narrowed significantly to Austin Farms, Hillbilly Farms in Hanover, and Ark Valley Growers Association, a co-op of farmers along the Arkansas Valley.

This makes it easier to understand how 10 years ago there were 25 small health food stores in Colorado; now, there are 5. Big box has become mainstream. Online sales are easy. Amazon can buy out a supplier, gain their recipe and lower the price. This pulls the customers to Amazon and away from the small brick and mortar stores. Once Amazon sees those sales start to rise, they can create 4 different labels for the same product and raise the prices; they’ve already hooked the consumer. Another small-town store closes its doors.

This means there are fewer representatives that come to Mountain Naturals offering new products. When they do come, they educate the staff. In turn, Laurie and Jan have the opportunity to question the representative. The questions come easily after 28 years of asking. When there is a new product, the representatives found that the smaller stores also become a test market in that they can bring new products in, interested customers buy them and offer feedback to Jan and Laurie’s staff. Next time the rep comes in, the staff share the feedback, then the reps know whether or not to offer to the larger big box stores.

Whether the product is food, supplement, an herbal or essential oil the representatives had better know their products inside and out. Laurie and Jan are bound to ask about *flowing agents* and if there has been a study on its cumulative effect. Was hexane used as a distillate in the process? This might be good to know if you planned to ingest that essential oil. Just how does one know if the Kava Kava on the shelf is “excipient-free”? It may not be on the label, but you can bet Jan and Laurie will have asked the rep if it has gone through “third-party testing” because transparency is quality; they expect the reps to know the answers. If the rep doesn’t know, that is useful information for Mountain Naturals. As Laurie said, “We have precious shelf space; what occupies that space has to be the best product of that type for that space. We balance that around demand.”

Playing 20 questions with representatives is only one way to learn about the products they sell. Jan and Laurie have



other tools to vet potential products available. Watchdog organizations like *Cornucopia Institute* and *Food Integrity Now* are just a few that are consulted regularly.

Perhaps one of the most frequent “watchdogs” are their customers who are often the ones who have discovered a change in a product and bring it to Jan and Laurie’s attention, “Hey, did you notice this now contains this chemical it didn’t used to!” When Mountain Naturals learns of a new product or something new added to an older product, they can pivot what they carry faster than a big box store because those choices are under their control.

Sharing information on the transparency and quality of food and products with their customers keeps everyone in the loop; a connection develops as information is shared between staff and customers. This creates a personalized shopping experience. The staff at Mountain Naturals are happy to discuss the products they carry and share what they know. While they do not offer health advice, they can and do educate customers on how to know what to



Zion belongs to a neighbor, but enjoys the cool vibe at Mountain Naturals.

A picnic table of non-gmo and pesticide-free produce

ask of any of their suppliers. If your question is beyond their knowledge base, they are happy to provide contact information for you to ask the supplier yourself.

Mountain Naturals is also willing to help you with special orders. Suppose you are seeking large quantities (case pricing is available to customers upon request) of something you use often or seeking a hard to find item. They are willing to dig around and find the best sourcing option; going above and beyond in customer service, as always.

Oh, almost forgot to mention the biggest change Mountain Naturals has experienced; the creation of a multitude of new friendships of kindred spirits. It is easy to see how it happened with personalized shopping experiences fed by knowledgeable staff. The like-minded folks who care as much about their health as they do the environment have become regular customers, who have gotten to know each other and enjoying spending time together. You will notice there is a beautifully decorated space (thank you Karen Anderson, the Plant Lady) for such meetings, grab ‘n go or a cup of coffee. Mountain Naturals has become a gathering place providing pleasant atmosphere and casual environment where folks can meet, talk and laugh; we all need to laugh more!

Buyer beware: Mountain Naturals is indeed a gem to the Woodland Park community. They do their best to provide clean, responsibly and sustainably sourced products for our community. Remember that you vote with your dollars; choosing to shop at Mountain Naturals is always a vote for local economy as Mountain Naturals has over 200 Colorado vendors in their limited space. Spending money there means keeping most of those dollars in our Colorado community. If clean food, sustainable practices, personalized customer service and local economy are part of your value system, please patronize Mountain Naturals and maintain this amazing gem of Woodland Park! Your body, mind and soul will benefit!

Those interested in learning more about how the body processes non-food additives may find the following websites helpful:

- <https://www.medicalnewstoday.com/articles/318630>
- <https://www.health.harvard.edu/blog/common-food-additives-and-chemicals-harmful-to-children-2018072414326>
- <https://www.dummies.com/food-drink/special-diets/happens-additives-chemicals-diet/>

Mountain Naturals is open Monday-Friday 9-7pm, Saturday 9-5pm, and Sunday 10-5pm. FMI 719-687-9851.

creative

CURL

Hair & Nails

(760) 771-7760

38255 Hwy 24, Lake George CO

APPOINTMENTS ONLY

Masks & Gloves Required

Offering:

Men, Women, Children's Hair

Cuts, Perms, Color, Acrylic Nails,

Manicures, Spa Pedicures,

Ear Piercing & Eyebrow Waxing

Owner Dottie Manchester,

Licensed cosmetologist - 25 years+

Welcome Aleah! Experienced Stylist

Hours: Mon-Thurs 9-4 • We accept cash or checks

Divide

Quality Work Since 1974!

COLLISION CENTER

Auto Body and Paint Repair • Insurance Claim Estimates

WE DO IT ALL!

Hundreds of Satisfied Customers

Boat Repairing & Refinishing

Plastic & Fiberglass Repair

RV Body & Frame Repair

All Insurance Companies

All Types of Painting

Hail Damage Repair

Auto Glass Service

FREE Estimates!

178 Weaverville Rd., Divide

(719) 687-7683

STILL OPEN!

DELIVERY

Call/Txt/

f

719-888-9523

Your #1

Vaping Source

• Advocacy • Education • Starter Kits

• Mods • Tanks • RDAs • Coils

BUT... We're NOT just a Vape Shop

CBD Products & Essential Oils

LOWER PRICING!

Chat with our Wellness

Advocate about

reaching your

health goals

CBD • Essential Oils

THR (Tobacco Harm Reduction)

Build Immunity with

Essential Oils

CBD for You

& Your Pets!

• Personalized Assistance

MOUNTAIN

• VAPOR LOUNGE •

719-888-9523

118 W. Midland Ave.

Woodland Park

@MountainVaporLounge

Hours: M-Th 9-8, F-Sat 9-9, Sun 10-6

Every supplement company has been vetted to assure they carry the healthiest option available.

An entire wall of refrigerator space offers pesticide-free and non-gmo produce, grains, and dairy.

Many local artists display their jewelry and the Thymekeeper's display is available.



## Thunderbird Inn



**We want to thank All our Customers and Friends for your unwavering support.**

**From All of Us!**

**Thank You! Russ & Lavanna**

**Home of the Famous Thunder Burger!  
Florissant, CO  
719-748-3968**



## A Look Inside the Artist Cody Oldham, oil painter

by Mary Shell

An avid reader of this fine newspaper expressed how she enjoyed reading my column on local artists, sending me an email asking me to consider looking at the works of a young artist she believed worthy writing about. Although I am often disappointed with the results, I never dismiss an opportunity to find something unique in the art world. Yet I am more often disappointed and lead astray by an overly enthusiastic parent, teacher or family member who sees more through the eyes of admiration than the creditable of their art. Nevertheless, I follow through with great anticipation that this might be the one young soul with the qualities and ability to be a great artist. This time I was not disappointed. I was introduced to Cody Oldham, a 16-year-old young man.

I was not only surprised but amazed at the refinement and control Cody contained in so many aspects of creating art that is often set aside for seasoned artists. As a lifetime artist, teacher, philosopher, competition judge and teacher of the creative process I value art by quality, execution, risks, difficulty, and open vision. It was all there: composition, balance, color, spacing and theme so brilliantly executed. Art is a language not easily understood but greatly appreciated for its influence on the human psyche. How to achieve that is a lifetime journey. Those who choose the life as an artist realize the commitment to interpreting the human condition. That soulful commitment is rarely realized or accessible to young people.

After asking who inspires Cody to create and waiting for a list of old masters, I was most curious to find who Cody found to be his mentor and was introduced to Andrew Tischler, an Australian artist who wrote in his bio, "My paintings reflect something personal. I am drawn to vast landscapes, people, objects, and animals. I paint a wide variety of subjects in a realist style. In every painting I am striving to understand the laws of nature and how light works. My goal for every painting is to achieve a convincing sense of reality and break the constraints of the two-dimensional surface." This gave me a sense of where this young man's thoughts were on creating his own art; clean, realistic and emotion work.

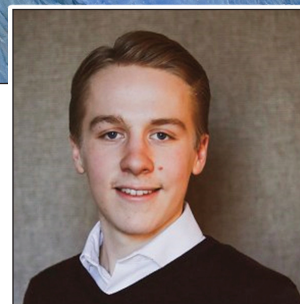
My interview continued with questions.

### How long have you been painting?

*I started with sculptures of dinosaurs when I was 11 and switched to painting them a little after that. I moved into painting wildlife and landscapes and got serious about it in June 2016 when I was 12.*

### What's your favorite medium?

*I'm a dedicated oil painter.*



### Professional training?

*I've never attended a formal art school. My father is an artist and has always strongly encouraged me. I found videos on YouTube that showed how to make the sculptures and paintings that I was interested in. Seeing what was possible in these videos inspired me to learn more and improve. This is how I found my mentor, painter Andrew Tischler in New Zealand, who I continue to work with.*

### What inspires you to paint?

*I live in the mountains and am surrounded by nature. Looking out the window in every season inspires me. I'm fortunate enough to live where a variety of 14er's and other amazing landscapes are a short drive away. My father and I go on hiking adventures where I take photos that I use as references for my paintings.*

### Who inspired you to create?

*My parents have always encouraged my artistic pursuits. James Gurney inspired my work with dinosaurs and helped me to appreciate the art in everyday life. My mentor, Andrew Tischler, inspires me to create the landscapes I'm painting now. He also pushes me to go further than I thought I could go and get out of my comfort zone which is especially important in growing my abilities and career. (I Can't believe a 16-year-old realizes this.)*

### What's in your future?

*My plans include distributing my work to a variety of galleries and continuing to pre-*

*sent at one-man shows. I'm also growing my business online through my web site (www.CodyOldham.com) and social media (@codyoldhamfineart on Instagram and Cody Oldham Fine Art on YouTube where I offer weekly tutorials).*

*Critical to my success, I'm always learning more about the business side of art to ensure that I grow a successful career and not just an expensive hobby.*

### What do you strive to achieve in your artwork?

*As I grow as an artist, I'm always trying to improve my skills. With my most recent works, I'm starting to add more details and refined edges. What I'm trying to convey in my work is to have the feeling that you're standing in the landscape, you're right there with the wildlife. I want my work to have a sense of reality, to feel like you're looking at the real deal.*

### What would you like to try that you haven't done?

*After having a series of one-man shows in the area, I'm working on developing my business online by growing my YouTube channel and teaching others how to paint with oils. I've learned that there's a lot more to having an art career than just painting, so I'm pushing myself to learn more about the business side to ensure my success.*

I believe this young man has a great future and journey ahead of him. Learn more about Cody Oldham at <https://cody-oldham.com>



## Life-Enhancing Journeys Breaking out of your prison

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

During these times of uncertainty, are you noticing a sense of restlessness, anxiety or vulnerability and that you are feeling triggered off more easily? If so, you may need to assist your brain to grab on to sanity instead of reacting to the ever-disorienting world. Finding ways to bring well-being and ease back into your life as well as discovering untapped internal resources can help you to rise out of distress. This article will focus on calming down the brain's reactivity to danger and distress in order to access one's strength and wisdom.

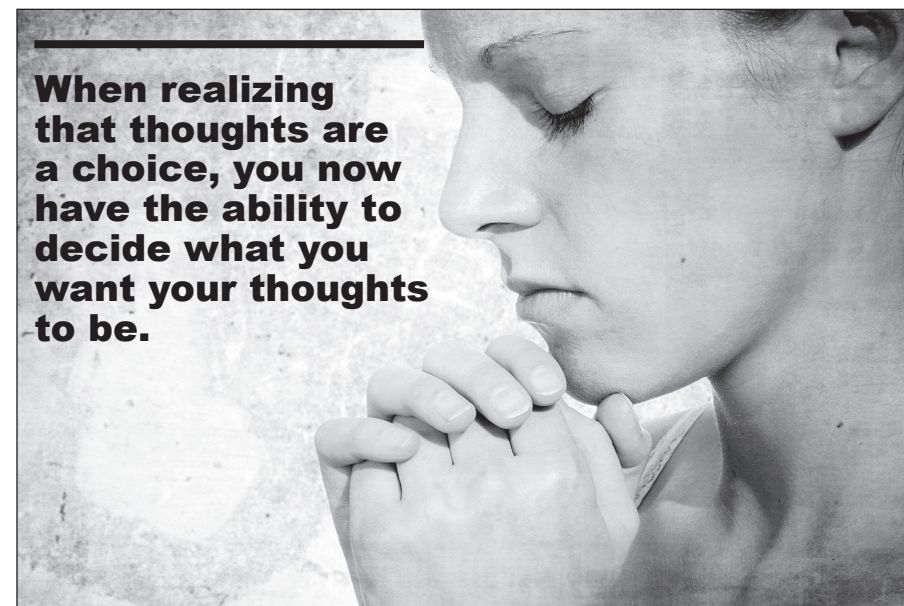
"The thought becomes the word; the word manifests as deed; the deed develops into a habit; the habit hardens into character; the character gives birth to destiny — so watch your thoughts with care..." The quote is attributed to Gandhi. This was his way of acknowledging that we have choice and by being mindful of our thoughts we can promote change from a place of discomfort to one of more ease.

We can agree that thinking is necessary for survival because we need to be able to anticipate trouble to avoid it. It is important to be able to distinguish if there is true danger which requires an instantaneous reaction, or if what you are perceiving is being triggered by past painful experiences. Threatening experiences require an immediate response and our brain is well designed for sensing peril. As humans, we have what is known as a "negativity bias," part of our survival brain that remembers events that have been painful, fearful or distressing — latching on to "What's wrong?" There is an instantaneous stimulus-reaction cycle which alerts us to potential harm. What happens when we imagine that there is danger when there truly is none? These erroneous thoughts can manipulate and imprison all of us because this pattern is rooted in fear. Some people spend their entire lives imprisoned by the restrictions of their own thoughts. They never go beyond the narrow, reactive thought patterns that were created in their past. Remember, fear is based on perception and perception is based on our thoughts which are based on our past experiences. Our stream of thinking has enormous power that can easily drag you along with it. A way of freeing ourselves from the negativity bias is to stop believing our detrimental thoughts and bring ourselves back into the present time.

Dan Siegel, MD, world-renowned psychiatrist and author, offers insights into what happens in our brain when we descend into the chain of reactivity. The limbic system, which is responsible for survival, arousal and emotions, becomes activated subconsciously. It is always felt as a body sensation first — pounding heart, knot in gut, lump in throat, etc., and thus, this brain structure is warning us — "Oh My God, I'm going to die." There is a looping going on deep in the brain with many thoughts and reactions jumbled together.

When we consistently get a big dose of fear and anxiety, the prefrontal cortex becomes inaccessible. Dr. Siegel describes the prefrontal cortex (PFC) as the more evolved part of our brain which allows us to perceive the world with reason, perspective, compassion and resourcefulness. When the limbic system hijacks the brain, we are unable to get the benefit of the insight, perspective and empathy that comes from the PFC. How can we access the resources the PFC has to offer?

The human mind, in its capacity to know, understand and control, often mistakes its own opinions for the truth. Many of these opinions are created from the past — created from your experiences, perceptions, and beliefs that you have lived through. These opinions are



**When realizing that thoughts are a choice, you now have the ability to decide what you want your thoughts to be.**

an interpretation of beliefs that can seem accurate, yet are usually flawed. The habit of fear thinking fuels painful emotions, which fuels more fearful thinking so the more we allow this tendency, the more it becomes an automatic thought habit. As Dr. Siegel describes, "Neurons that fire together wire together."

## When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

The first step in defusing the chain reaction is to slow things down. The quickest and always available method to disconnect from the cycle is to use your breath — a focused, comfortable, deep breath in and out. This creates some room for the PFC, to activate. After the limbic system interprets there is danger, calming things down enables the PFC to assess the experience more realistically — "It's OK, we have been here before and we know how to deal with this and I am capable of figuring out how to handle this." The PFC soothes and deactivates the limbic system.

Following intentional breathing, remind yourself that this is just a thought and it is unwise to automatically believe it. Trusting your thoughts without awareness simply keeps the reactivity going and this can keep you lost in a virtual reality. Ask yourself, "How much time have I spent on this relentless dialog that keeps me stuck?" When realizing that thoughts are a choice, you now have the ability to decide what you want your thoughts to be. You can then inquire, "Are these thoughts serving me well and helping me heal? Are these thoughts assisting me in creating connection and compassion? Or, are they isolating and separating me and causing me to be defensive, blaming or controlling?" It is unnecessary to believe all of my thoughts! There is unlimited freedom that accompanies the concept of "I'm not merely my thoughts and I don't have to believe them."

Incorporating mindfulness into your daily routine will be useful in strengthening the PFC. Mindfulness is a mental state achieved by focusing one's awareness on the here and now, while calmly acknowledging and accepting all of your senses — touch, sound, sight, smell and

taste. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future. Begin this process by slowing down and paying attention even though it is difficult to hold back especially in the busy world of today. Mindful behaviors involve increasing awareness of your emotional state in the present moment and responding to situations more deliberately. What this ultimately means is to take the time to pause and ask yourself if how you are about to respond in the moment is going to really get you what you want.

Having an inner dialog — talking to yourself — is a tool that is useful especially when asking targeted questions such as "Is this a good idea? Is there a better, quicker, easier way of doing this?" Following that, complete a body scan and then pay attention to the signals your body is sending. Performing this skill provides you with more accurate information with which to make decisions. By talking to yourself, what you are doing is activating your PFC which produces mindfulness — it wakes you up so you don't mistake your thoughts for reality as it anchors you in the present time and enables you to know you have choices. You are opening the door of awareness and letting in more wisdom.

*"Why stay in prison when the door is wide open?"*

— Rumi

Thinking is useful for creating new inventions, medical breakthroughs, literature and architecture, etc. It is important to maintain thinking for its positive benefits without becoming imprisoned by negative thoughts. Once you stop accepting as true everything you think, you can escape the limitations of thought which then enables you to see authentic reality without the emotional confusion. You now have a wonderful opportunity to know yourself so much better by making better choices and responding rather than reacting.

*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).*

**Editor's note:** COVID19 is getting attention for at least another month. We appreciate your patience; we will get back to the resilience series soon.



## HOW DO WE HELP BUSINESS?

**COVID-19 Small Business Response Resources**  
The Colorado SBDC Network and the Central Mountain region are here to help small businesses & non-profits who have been affected by recent disasters in the US. Including response to the current COVID health crisis.

**Our consultants and partners,** plus the SBA and the Colorado Office of Economic Development & International Trade, provide services to assist with disaster loan applications, long term planning, insurance navigation, physical and economic loss estimations, business preparedness & more.

**STARTING YOUR BUSINESS**  
Business planning - Demographic and industry data - Licensing and registration.

**GROWING YOUR BUSINESS**  
Financial analysis - Marketing, advertising & sales - Social media and Internet - Pricing products and services - Brand development and social media.

**SUSTAINING YOUR BUSINESS**  
Best business practices - Capital formation - Disaster preparedness - Strategic planning - Team development - Lean manufacturing

**HELPING YOU PROSPER**  
Expanding locations and products - Business valuations - Rebranding and retooling - Exit strategies - Employee ownership - PIVOTING

**We provide consulting and training. The best part is that our services are free and confidential!**

Hosted By:



Dream Focused | Business Minded

**CentralSBDC.org**

**CentralMountainSBDC**

**CentralMtnSBDC**

**CP is available to help during COVID-19!**  
Community Partnership is continuing programming online when possible to ensure families are still being served and needs are being met.

- Food Box Distribution and Delivery
- Diapers, Wipes, and Formula Distribution
- Parenting Workshops (online)
- Cooking Matters Store Tours and online workshops (coming soon)
- Parents as Teachers (virtually)
- GED (online)
- GED Testing Center
- Family Support Services (virtually)
- Wraparound (virtually)
- Playgroup (virtually)
- Links to Virtual Yoga with Leah
- Community Gardens, STARTIN SOON!
- Utility Assistance for qualified families
- Connection to local resources

CP has boxes of food/supplies for the whole family available for pick-up or delivery to homes. **FREE**

CP office hours: Mon-Fri, 9am-4pm  
Call 719-686-0705 for more info or to schedule a free delivery.

We hope to see you soon!

Community Partnership Family Resource Center  
11115 W. Hwy 24, Ste 2D, Divide, CO 80814  
www.cpteller.org • 719-686-0705

**NOW OPEN FOR THE SEASON!**

**FLORISSANT FOSSIL QUARRY**  
(719) 748-3275

**Toni Clare Nancy Clare Anderson**  
P.O. Box 126/18117 Teller Co. Rd. 1  
Florissant, CO 80816  
[FlorissantFossils@yahoo.com](mailto:FlorissantFossils@yahoo.com)

**Summer Hours:**  
Open Daily & by Appointment  
**On-Sight Collecting:**  
Groups, Schools, Individuals  
**Supplying:**  
Museums, Schools, Shop, Collectors



**ACCESS SOLAR ENERGY INC.**  
**303-986-6521**  
**WWW.ACCESS2SOLAR.COM**  
**SALES, SERVICE, DESIGN & ENGINEERING**  
**Summer Special:**  
**Wholesale pallet pricing on all batteries.**  
 Remove & replace components  
*Best Price Guarantee*  
**40 YEARS EXP.**  
**SOLARJGB@YAHOO.COM**

**DayBreak**  
 DayBreak TURNED 5 YEARS OLD IN MAY!  
  
**An Adult Day Program**  
 Love ♥ Patience ♥ Acceptance  
 Respect ♥ Humor ♥ Community  
**Open Monday-Friday 8am-6pm**  
 404 N. State Hwy 67,  
 Woodland Park, CO 80866  
 719-687-3000  
 www.daybreakadp.com  


## Life Line

by Patricia Turner  
 photos by Patricia Turner

I live in the wild-ness of Colorado and have the gift of a lake 5 miles from my home. I have gone 2 weeks without seeing a human being in person and am finding my life-line in Mother Nature.

I spend many of my days in the summer kayaking on the lake to an island that is home to thousands of sea birds nesting. Cormorants, sea gulls, white pelicans, blue herons and, this year, I've seen for the first time some member of the waders that look like sand pipers that I have yet to identify.

The glorious coming of spring, views of the Continental Divide and the shade of the aspens returning has kept my heart out of darkness. It is so easy to spend a day on a computer looking at news, emailing or zooming with friends and self-help groups. So many of us seek inspiration online. Outside your door is the best answer of all. Mother Earth is healing herself and us during these difficult times.

Soon all of the babies on my island will hatch and I hope to be there to see the miracle. The reflections in the water fill me with their beauty, a sense of deep inner peace permeates my spirit and fills me with wonder. I am a child again.

This is a wonderful time for ceremony, not ritual, but something that comes from your own heart to give gratitude to Mother Earth and all our relations. It can be as simple as casting some tobacco on the earth as an offering from the heart, lighting a candle at night and sending a prayer for healing



and gratitude or singing to the trees.

Turn off your computers and give it a try and see if our Mother doesn't raise your soul to a new level. Great Mystery, I give thanks for this world, this universe and all my relations. Mother Earth, I give thanks for your beauty, the water the lakes, streams, forests, deserts, jungles

and the tundra. Thank you for the birds, animals, plants, and insects, the 4-leggeds, the 2-leggeds the finned, the furred, and the winged one. Help my people understand that we have more than we need and to end the desire for more so you may support all beings. Help us to end the greed for more.

## The Power of WE of CO

by Jamie Billesbach

Through our Central Mountain SBDC Center we have just launched The Power of WE (Women Entrepreneurs) of CO. It has been a project that I have felt passionate about for quite some time and am finally stepping up to the plate to launch.

The Power of WE (Women Entrepreneurs) focuses on the critical "Dream Focused" aspect of being an innovative and effective entrepreneur/small business. We believe in this new world environment survival will not only take a tenacious spirit but must come from an authentic heart. As we move forward to reopening our businesses, renewal is key to take the marathon steps needed for recovery.

The current plan is to offer thought-provoking and helpful content (insights, internal or external development processes and work/life tools) via a blog/newsletter each week for three weeks in a row. Then host a "Power of WE" free webinar with three panelists (one of each of the blog writers) that month. The writers and presenters will evolve and rotate.

Most importantly, we want and need to involve each of you on this journey. We want to hear your stories, understand your obstacles and celebrate your victories. We will be available online or offline to answer your questions or support you with additional resources. We really are in this together and it is a gift to each of us to collaborate and expand on varied opinions and experiences.

We would love this series to spawn smaller discussion groups, mini workshops and perhaps even new, innovative, for-profit or non-for-profit concepts, to assist our communities. At the very least, we hope collectively we can assist each other to grow, inspire and encourage heart-based innovation in each other. Join us for the upcoming We Forum Series.

Here are links to the blogs that we have written. This provides a taste of what is to come.

• Initial Introduction of WE https://t.e2ma.net/



net/message/rfkhlc/z59c2lb

• Laurie Benson blog https://t.e2ma.net/message/vm0plc/z59c2lb

message/rmqzlc/z59c2lb

• Jamie Billesbach Defining WE Forum Series https://t.e2ma.net/message/7zu7lc/z59c2lb

## Obituary

**Darlene L. Conran**



Darlene L. Conran was born August 15, 1938 and died May 18, 2020. Preceded in death by parents John and Louise Conran; sister Bertha (Conran) Peralta.

Survived by brother James (Sue) Conran, nieces Kathy (Paulo) Bontori, Kristy (John) Myricle, and Debra Conran, and by John (Mary Lou) Peralta, Robert (Jeanine) Peralta, Ruby (Ken) Lapacek and many nieces and nephews. She is survived by her three closest friends, Betty Merchant, Sandra Hayes and Marcie Wexler and so many Colorado friends.

Darlene's family moved to Colorado Springs in 1942, she graduated from West Creek grade school, St Mary's High School in the Springs and later graduated from the University of Northern Colorado at Greeley. She taught Physical Education and Social Studies at Colorado Springs High and at Flagler, Colorado. Later, she worked at Mountain Bell and finished there as a Network Tech (Installer).

Darlene loved Colorado, specifically the Pikes Peak region, the Springs, Woodland Park, and Florissant Navajo Mountain Mesa. In 1988 she ran for Teller County Commissioner and lost, but made many additional friends and gained the respect of all. Darlene's middle name was go, fun, or travel; take your pick. She lived for today. She was a singer-songwriter. Among her songs is "The Mayor of Guffey, Colorado." She loved to ride horses and drive the cars. She'd run the wheels off an auto to travel to a dance, party or local celebration. She loved her home up on the Mesa and spent most of her later years sipping beer and admiring the view of Pikes Peak.

She described herself as a Mountain Woman, and she was all of that! A Celebration of Life ceremony to be held at a later date.

# Shop and dine on Historic Front Street in Fairplay

Enjoy Historic Front Street. Businesses, bars, restaurants open and following Colorado Covid-19 guidelines and restrictions.

**C.B.D. ~ Dragons Unrepentant Artist**  
 Leather ~ Medical Gifts  
 Blades ~ Fine Art Jewelry  
 MtnArt@UnrepentantArtist.com  
**532 FRONT ST, Fairplay • Historic District •**

**Coyote Creek Studio Arts**  
 Call To Artists Looking for the unique and unusual  
 www.coyotecreekarts.com  
 patpocius@gmail.com  
 419 Front Street  
 719-836-2040

**PARK BAR**  
 great food cold beer  
 511 Front St  
 Fairplay, Colorado  
 719 836-3404  
 Take Out Menu • 11am-9pm

**Millonzi's**  
 At 501 Front Street  
 Your Friendly Neighborhood Italian Restaurant  
 www.Millonzis.com  
 501 Front Street ~ Fairplay, CO ~ 719-836-9501

**SOUTH PARK CITY**  
 4TH & FRONT STREET, FAIRPLAY, CO  
 AN AUTHENTIC RESTORATION OF AN 1880S COLORADO MINING TOWN  
 WWW.SOUTHPARKCITY.ORG • 719-836-2387  
 OPEN DAILY UNTIL OCTOBER 15TH

**SNITCHING LADY DISTILLERY**  
 500 FRONT STREET, FAIRPLAY, CO  
 WWW.SNITCHINGLADYDISTILLERY.COM  
 719-838-4224  
 A Williams & Nelson Family Tradition

**PLATTE RIVER SALOON**  
 517 FRONT STREET • FAIRPLAY, CO  
 719-838-3461  
 HOURS: OPEN DAILY 11AM - CLOSE

**Eclectic Southwest cuisine**  
 Fresh seasonal ingredients, craft beers, signature cocktails and a variety of wines.  
 Dine in our comfortable and Contemporary atmosphere or outside in beautiful courtyard garden.  
**SALADO**  
 456 Front Street, Fairplay CO • 719-836-7031  
 SaladoRestaurant.com • info@saladorestaurant.com  
 Open from 11am to 9pm. Reservations recommended

**South Park Pottery & Back Room Beads**  
 Pat Pocius  
 PO Box 459  
 417 Front St.  
 Fairplay Colorado 80440  
 719-836-2698  
 backroombeads.com patpocius@gmail.com

**Come Celebrate Fairplay's Wonderful Summer Season**



# PARK COUNTY FAIR

## WWW.PARKCOFAIR.COM

VISIT OUR WEBSITE AND SOCIAL MEDIA TO STAY UP TO DATE WITH FAIR HAPPENINGS INCLUDING NEW THIS YEAR  
 AN ONLINE JUNIOR LIVESTOCK AUCTION





**ARE YOU AND YOUR VEHICLE READY FOR SUMMER TRAVEL SEASON?**



**SCHUMACHER'S**  
Alignment & Tire Center

Over 30 Years in Teller County! Teller County's Oldest Family Owned & Operated Alignment & Tire Center!

**Most Major Tire Brands Now Available**

- Mufflers & Custom Exhaust • Wheel Balancing • Brake Service
- General Automotive Repair • Cars ~ Trucks ~ 4x4's ~ Motor Homes

220 S. Burdette, Woodland Park, CO  
**719-687-2446**

**Jamie Schumacher**  
Mon-Fri 8-5:30

**10% OFF LABOR ON ANY SERVICE OVER \$100**

WITH COUPON

MasterCard VISA DISCOVER


WANT TO BE A BETTER VERSION OF YOURSELF?

Discover Your Own Path, so You can Feel More Comfortable, Confident & Peaceful. You will learn valuable tools & how to use them to Make a Difference in Your Life. Get New Perspective Quickly.

- RN • Psychotherapist • Brain Injury Specialist
- PLT (Past Life Regression Therapy) • Healing from Trauma
- Quit Smoking Hypnosis (and other habits)
- EMDR (Eye Movement Desensitization Reprocessing) • Hypnosis

**Find Hope, Freedom & Peace.**

Phone: 719-510-1268 Text / 719-687-6927 Voice  
Web: [journeycounselingcenter.com](http://journeycounselingcenter.com)



Barbara Pickholz-Weiner



**Jackalope**  
Your one-of-a-kind and unique treasure store!

**Woodland Park, Colorado**

**SUPPORT LOCAL SMALL BUSINESS**



**New Merchandise Arriving Daily!**

- Magnolia Home Hand Balm and Room Spray
- Misty Mountain Creation Lotion Candles
- Raven Roast Coffee (freshly roasted weekly!)
- CoCO & Carmen Clothing Line and More!

**212 W. Midland Ave (Hwy 24)**  
**(719) 648-0907**

Hours: 10:30-5:30 Wednesday-Saturday • 11:30-4:00 Sunday

**MENTION THIS AD FOR \$5 OFF ANY \$20 (OR MORE) PURCHASE**

## Find your voice

by Patricia Turner

While dealing with this pandemic it is easy to forget that there is an incredibly important election coming up. In Colorado our primaries for our senate will happen on June 30. We are so fortunate to have mail-in ballots to keep us safe and our votes safe. I wanted to remind people that you must be registered by June 22 if you want to receive your mail-in ballot or you will have to go personally to the polling station. I would highly recommend you register now to have plenty of time for the mail to bring your ballot and mail it back. It's so easy to register. Just go here: [www.GoVoteColorado.com](http://www.GoVoteColorado.com)

I am baffled by something. Although 1 in 10 registered voters belongs to Generation Z (those between the ages of 18 and 23), this group has the worst voter turnout. This is their world we are leaving them and they seem to believe their votes

don't matter. I work on ways to address climate change. I now work for my political party and yet those who I am fighting for are showing no interest. I have spoken to many young people about this and they feel their votes don't matter. I urge you if you have young adults in this age group to help them understand the importance of the right to vote. Help them get registered. It is their future at stake.

When you vote please consider the issues at stake and vote for the issues in which you believe.

Do you believe everyone should be able to get health care or is it only an entitlement? Do you believe in equality for all or in a caste system? On and on.

Take a little time and read up on your options for our next senator for Colorado. Vote your hopes for a better future for our children.

## HRRMC news

### HRRMC Foundation offers \$2,500 scholarship

Heart of the Rockies Regional Medical Center Foundation is offering up to two annual scholarships of \$2,500 each for college students planning to pursue a career in health care.

The scholarship is available to any college student who lives or has lived within the Salida Hospital District, which encompasses all of Chaffee, western Fremont and northern Saguache Counties.

Applicants must be attending college in the fall of 2020, have a minimum college grade point average (GPA) of 3.2, and already have earned at least 24 college-credit hours. Applicants may not be related to an HRRMC Foundation board member.

The application deadline is June 15, 2020. To download the guidelines and one-page application, go to [hrrmc.com](http://hrrmc.com), click on the HRRMC Foundation tab and then click on the Foundation Scholarship tab. A link to the guidelines and application is also available on the HRRMC Facebook page.

Applications should be sent to HRRMC Foundation Scholarship Selection Committee, P.O. Box 429, Salida, CO 81201. FMI 719-530-2218.

### COVID Relief Fund Grant

HRRMC was recently awarded \$25,000 of grant funding by the Colorado COVID Relief Fund to help respond to community needs in light of the coronavirus (COVID-19) pandemic.

## Woodland Park City Council update

At the May 21, 2020 City of Woodland Park City Council meeting, Council tabled the vote for appointing a new Councilmember and discussed election scenarios. Upon further review of the City Charter, the Council determined that a vote on the appointment will occur at the next Council Meeting, June 4, 2020, 7 p.m. According to the Charter requirements, if a majority vote is not reached the issue may be referred to an election.

## Adopt Me Manny

by Ark Valley Humane Society

Manny is a sweet 4-year-old male Domestic Shorthair mix. He is quite the talker; he can hold long and interesting conversations with almost anyone! He will follow you around the room to get your attention too. He is a cool and interactive cat who would make great company for anyone during this 'Safer at Home' period. We aren't sure how he is with other animals, but he sure does LOVE people! If you're interested in meeting Manny, give us a call



at 719-395-2737!  
This space donated by the Ute Country News to promote shelter animal adoption.

## Currant Creek Characters VII Benders & Hammonds - The Bender Ranch

by Flip Boettcher  
photos courtesy of Doug Stiverson

In 1890, Martin Bender, John and Annie's son, would have been 21 years old and was probably a big help on the ranch. John Bender's mother-in-law, family matriarch Hannah Hammond was living right next-door to the ranch house in her homestead cabin, which is still standing today. Hannah was postmistress when the ranch was a stage stop before the Kester post office started in 1874 with Job Kester Sweet as postmaster.

April 1890, Martin's sister Mary Catherine married Henry H. Taylor at the bride's residence, the Bender Ranch, in Kester. The couple had two daughters, Annie Louise, 1891 and Mary Olive, 1893, both born in Guffey.

Longtime Guffey resident Charlie Dell remembers that Henry Taylor was quite a broncobuster. In June 1894, Henry was running a livery stable in Balfour. In July, Henry participated in a 4th of July rodeo event in Balfour, got caught in a rainstorm, contracted pneumonia and died seven days later of heart failure. Henry Taylor was the first of the family to be buried in the Currant Creek Pioneer Cemetery (CCPC).



Martin Bender and Inez Roger's wedding photo.

Mary Catherine married James Edgar "Ed" Rogers from Missouri, in December 1895. Ed had been a pallbearer at Henry's funeral. In 1899, Ed was the Marshall from Balfour for several years and had the 8-Mile Ranch at the base of Weston Pass. An 1897 *Flume* article stated that Annie and John Bender visited Mr. and Mrs. Ed Rogers at the 8-Mile Ranch.

The couple went on to have eight more children, six of whom lived full lives, as well as Annie and Olive.

The family lived in Freshwater in 1900 and was in Mesa, Colorado before 1910, where Ed passed away in 1934 and Mary Catherine died in 1953. Both are buried there.

The February 1892 Howbert Happenings in *The Flume* reports that Mrs. Hannah Hammond, Sr. has been seriously ill, but with careful attendance it is thought she will recover, which she did.

John Bender was a Park County commissioner from Howbert in 1892 and 1893 and he and his brother-in-law Hank Hammond were jurors in 1894.

A December 1893 *Flume* article reported that Annie Bender's health was not good and her husband John persuaded her to visit California for a rest. The couple spent December 1893 — April 1894 in California most likely visiting Annie's brother George, who had lived with John and Annie in Central City in 1870 and

helped with John's dray business there.

George had moved to Santa Clara, CA in 1884. He was living in San Diego in 1894. George died in San Diego some time before 1925.

*The Flume* reported in January 1894 that Hiram S. Witherspoon was taking the place of retiring commissioner Bender. An April 1894 *Flume* article stated that commissioner Bender and wife are home from California. Annie Bender has been greatly benefited from the trip.

In 1894, Martin represented Kester at the republican convention along with his uncles Hank Hammond from Kester and Bill Hammond from Balfour. Martin also helped Hank proof his homestead in Fair-play. An 1896 *Chaffee County Republican* newspaper reported that Martin J. Bender of Balfour spent Sunday in Buena Vista.

In September 25, 1897, family matriarch Hannah Hammond died at her son-in-law's residence, the Bender Ranch. She was ill but a short time, reported *The Flume*, and died at 77 years of age of neuralgia of the heart. Neuralgia is a sharp and proximal pain along the course of a nerve. She leaves her three sons, Henry and William of Park County, George of California and her daughter Annie Bender. Hannah is buried in the Currant Creek Pioneer Cemetery next to Henry Taylor.

In November 1897, Martin was married to Inez Myrtle Rogers, the daughter of longtime area ranchers Joe and Lucinda Rogers, in Colorado Springs by minister C.D. Masden. *The Guffey Prospector* (one of three Guffey newspapers with no known copies in existence) informs us *The Flume*, 11/19/1897, that "Mr. Martin Bender and Miss Inez Rogers were recently married in Colorado Springs. The young couple come from two of the most respected and influential families in the county and everyone will wish them joy and prosperity."

Family memories say that Inez and Martin were a handsome couple, both very tall and slender.

In December 1897, Martin's sister Hannah Elizabeth married Hardy Clifford Adams in Denver. The couple had eight children. The first was born in Denver 1899, the second and third were born in Hammond — Clifford Martin, 1900 and Hazel Elizabeth, 1902. Hazel was the last of the family born on the ranch.

By May 1903, Hannah Elizabeth proofed up her 160-acre homestead and the family moved to Mesa, Colorado, where the couple had five more children. The last, Archie, was born in April 1908. Shortly after the birth of Archie, Hannah Elizabeth died at the young age of 34 years, probably caused by a respiratory ailment complicated by weakness from childbirth. She is buried in the Mesa cemetery.

Hannah Elizabeth's great grandson is Doug Stiverson. Stiverson has been of enormous help with the research on the Benders and Hammonds, as well as supplying priceless photographs. Thank you!

In 1898, Martin is serving on a Park County jury and the January 14, *Whitehorn News* reported that Martin Bender, proprietor of the Bar W Ranch of South Park, and Adolph Dreifus of Dreifus and Company, Guffey, stopped on their way to Salida. They were guests of Tom Dumphy.

Whitehorn was a mining town in Fremont County south of Black Mountain. Whitehorn was active around 1900 and Fremont County Road 175 to Salida passes the old town and goes up Willow Creek and crosses the ridge on the north side of Cameron Mountain into Chaffee County. Many ranchers marketed and butchered their cattle at Whitehorn. There is not much left of Whitehorn but a couple of buildings today. Whitehorn information is from *Bayou Salado* by Virginia McCo-



Bender Ranch October 13, 1895 with Dick's Peak in the background. Also, in the background is the Bender Ranch House on the right and Hannah Hammond's small homestead log cabin. Both are still standing today. The Bender family and friends enjoying an afternoon outside at home. From left to right are Hannah Elizabeth Bender, Annie and John's third child, holding a cat; in front of Hannah is Annie Taylor; Hannah Elizabeth's niece; unknown man holding a cat; Mary Catherine Bender Taylor; Annie and John's second child, who was recently widowed so she is dressed in black; James Edgar "Ed" Rogers holding the donkey who was soon to marry Mary Catherine; family matriarch Hannah Hammond; William "Bill" Hammond, Annie's brother, holding Olive Taylor; Annie Bender; John Bender; and Martin Bender holding the horse, Annie and John's son.



Cody Stiverson, 1982 - This pic was taken from approximately the same spot as the historic photo. Cody is Doug Stiverson's son, a sixth generation Coloradan.

nnell Simmons.

A February 1898 *Cañon City Record* reported that Mrs. Martin Bender of Currant Creek was in town visiting this week and in July Martin Bender purchased Al Turner's cattle for \$22 a head.

On November 10, 1898, Martin and Inez's first child Myrtle is born in Colorado Springs. A November *The Flume* article reported that Martin Bender has just returned to the ranch from Colorado Springs. Mother and daughter in the Springs are doing fine.

Martin, 30 years, Inez, 20 years and Myrtle, 1 year, are living in Eldred, according to the 1900 United States census. Martin's occupation is listed as a farmer. Also living with the family is Elton "Elk" Smith, 26 years, whose occupation is listed as servant, farm laborer and business partner; and Otto E. Buckles, 27 years, whose occupation is listed as a servant and farm laborer. The property is listed as free and clear.

Interestingly, Martin's uncle Bill Hammond's father-in-law Benjamin Reuben Dell of Currant Creek is listed as an Eldred neighbor running a sawmill there.

Eldred was the halfway house, one of two stage stops on the Shelf Road, also known as the Cripple Creek Toll Road, built in 1891. Marigold was the other. Eldred was composed of several small one-room log cabins, but they had hot meals, fresh horses, food, supplies and cool drinks for weary travelers, according to

Jan MacKell, *Cripple Creek District*. Eric Freet from Sweden, who settled there in 1887, was the postmaster at Eldred for 15 years and he also sold tobacco and cigars.

On August 8, 1901, Martin and Inez's daughter Josephine was born in Freshwater. In 1901, Martin proofed his 160-acre homestead located on part of the west side of his grandmother Hannah's homestead. A Denver newspaper reported in 1901 that Annie and John Bender had attended a carnival in Denver.

After an illness of several months, John Bender died on December 1, 1902 of Bright's disease at his brother-in-law George Adam's house in Denver. Bright's disease is an inflammation of the kidneys characterized by the presence of albumin in the urine and high blood pressure. The great Ute Indian Chief Ouray also died of Bright's disease.

According to Bender's obituary, his devoted and faithful wife Annie never left his side during his last few weeks. She "watched over and tended his every care with untiring love." Bender is buried in the CCPC.

John left a sizeable estate to Annie and his children which included \$12,000, 200 head of cattle, 40 horses, farming equipment and 10,000 shares of a Wyoming oil company, according to Stiverson. Annie received half and Martin, Hannah Elizabeth and Mary Catherine each received one sixth of the estate.

To be continued...



**The Thymekeeper**



**Mari Marques**  
1870 CR 31 • Florissant  
**719-439-7303**  
mugsyspad@aol.com  
thethymekeeper.com

**Herbs & Oils • Folk Remedies**  
**Private classes available.**

**Now Offering Duct Cleaning & Plumbing!**

Local in Teller County!



**HARDCASTLE**  
**HEATING & AIR**  
**719-686-6742**  
★ KING OF COMFORT ★

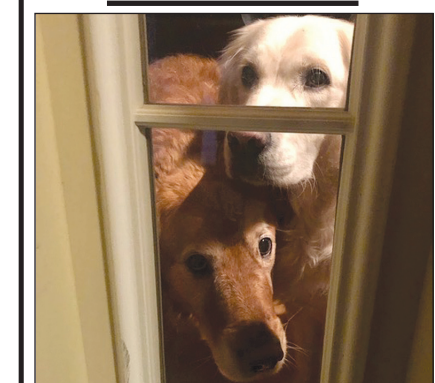
Voted Best of Teller County in 2018 & 2019!  
Woodland Park Chamber of Commerce  
Business of the Year 2017!

**Carrier** We are a Carrier dealer, however we repair and service all makes and models.

**1212 1/2 Hwy 24, Woodland Park, CO**  
**chris@hardcastleheat.com**



**Denali Working Hard or Hardly working - Stefanie Skidmore, Guffey, CO**



**Can we come out of quarantine yet? Aspen (top) and Parker - Dean & Michelle O'Nale, Divide, CO**

Have a cute critter? Send us your favorite critter photos and we'll feature them here in the Critter Corner! Indoor or outdoor pets or wild critters are what we're looking for. We will not accept any photos depicting cruelty or harming animals in any way. Email your critters to [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com). Be sure to include the critter's name as well as your name.

# ANGEL OF THE VEIL

by Danielle Dellinger

There were ghosts all around her. It was like being in a swarm of jellyfish. They were all clambering over one another, trying to get to her. Every one of them needed help in some way.

"I'm s-sorry," Helen stammered. "Please. Let me leave." She pushed through them, a disrespectful thing to do, but she had no choice. She had to get out of there.

Sharp, mournful wails pierced the air, and followed her as she ran down the street, away from the cemetery. As a child, she'd always been warned about going in there, especially alone. She wouldn't have done it if it weren't absolutely necessary. She had to find her father and help him cross over. She knew the dreams weren't going to stop until she did.

Every time she dreamed, he was there, running toward her and calling for help. She would try desperately to get to him, but was never able to. She'd always wake up crying.

He'd been a paranormal investigator—a ghost hunter. Helen hadn't been able to go with him on hunts until she was 14-years-old, and afterward he and her mother argued about it for weeks.

The day before her first ghost hunt, he'd sat her down and given a brief history lesson on ghost sightings and stories.

"Now, listen close, Helen. Every culture has some sort of belief in the supernatural. Pliny the Younger, the great Roman author and statesman, recorded one of the first notable ghost stories in his letters, dating back to the first century AD. He wrote that the spirit of an old man with a beard and rattling chains haunted his house in Athens."

Helen hung on to his every word. He loved captivating her with his stories.

"In 865 AD," he went on, "the first poltergeist was reported at a farmhouse in Germany."

"Poltergeist?" Helen interrupted, a shiver going down her spine.

"A ghost that can physically move or throw objects," he'd patiently explained. "The poltergeist would throw stones and start fires, tormenting that poor family."

"Did anyone help them?" Her brow creased with worry.

"I don't know," he'd said, shrugging. "I'm not sure if anyone knew how to help."

"Do you help people?" she'd asked. She still could remember his warm smile before he'd answered.

"I try to."

Their first hunt together the following night had been one of her best memories of him. The shared experience had made them closer.

Now, as she sprinted back to her house on the other side of town, she wanted nothing more than to live a life without seeing ghosts. She'd been at the cemetery to visit

her father's grave, and hopefully find him. But it hadn't taken long for the wayward spirits roaming the grounds to spot her and realize that she could see and communicate with them. They'd swarmed like bees.

Helen quickly unlocked her front door and darted inside, slamming the door shut and leaning against it, breathing hard. She broke down right there.

"I miss you so much, Daddy," she sobbed. "I'm trying to find you. I just need a clue. Help me." She slid to her knees.

When her mother had passed a few years prior, she must have smoothly crossed over because Helen had only had loving dreams of her. Nothing like she was experiencing with her father.

That night, as she closed her eyes to sleep, she struggled to shake the images of the horde of ghosts surrounding her. She stared up at the ceiling for a long while. "Please, let me sleep," she begged the darkness. "Or give me helpful dreams, at the very least."

Helen rubbed her eyes and flipped to her side, resisting the urge to let her eyes open again, even as the ghostly hands reached toward her in her memories. At some point sleep came, and so did the dreams of her father. He called for help and flapped his arms. "Angel!" he called, staring intently at Helen. A black chiffon curtain appeared behind him, billowing in a random wind. A single black feather floated to the ground, landing at Helen's feet.

"Dad, where are you?" she shouted, searching in all directions for him while running in place.

The dream shifted to him sitting at a bar. He glanced in Helen's direction. "Kid, it's not what I thought."

"What? What do you mean? Dad?" An invisible force shoved her back, and she began falling in an endless abyss. Then she awoke with a jolt, sitting up straight in bed, her whole body tense. Thankfully, she now had an idea of where to go.

The following afternoon, Helen pulled open the door to Hunter's Bar. The floor was sticky beneath her feet as she entered, covered in spilled beer and peanut shells. She walked up to the bar, scanning the dimly lit room for any signs of ghosts, her father in particular.

The bartender approached her, tossing a coaster down in front of her. "What'll it be?" His voice was a nice tenor.

"Uh . . ." Her throat was suddenly very dry. "Water," she managed to croak out.

He gave her a weird look, but left to get the water.

Helen wiped her brow of the nervous sweat that had formed. Her eyes trailed over the mostly vacant bar. Based on her dream,

she thought for sure that her father would be here. After every ghost investigation, he and his small crew would come and have some drinks while recounting the details to anyone who would listen. They were there so often that they ended up getting a beer named after them: Billy's Ghost Brew.

Helen's water was placed before her on the coaster. She looked up at the bartender and smiled. "Thank you. Oh, do you still serve Billy's Ghost Brew?"

"Haven't had it on tap in a few months, but got it in bottles." The realization dawned on his face. "You're Bill's girl, huh?"

She nodded shyly, uncomfortable at being recognized by a stranger.

"I'm sorry for your loss. He was a good man. Could always count on him to share the best stories. What brings you in? I think I've only seen you one time a few years ago for your 21st birthday."

Helen blushed and sipped the water. She cleared her throat. "Guess I finally felt ready to come back here. It's been almost five months since he passed, so maybe it's too soon, but I needed to be here today."

"Gotcha. Well, I won't bother you. Let me know if you need something else."

She thanked him again and stared down at her water. It was hard to tell from that interaction if he actually believed any of her dad's stories. The minutes ticked by as she watched him, studied him. Finally, she decided to just come out with her question.

"Excuse me?" she called politely. He put down the dish rag and came over. "Name's Jaybird," he said, smiling. "Sorry for not introducing myself earlier. Do you need a refill?"

Helen shook her head. "I have a question. Did you believe my dad's stories? I guess, more accurately, do you believe in ghosts?" Jaybird shrugged. "Guess I don't think about it much. I suppose I do to an extent. Why?"

She took in a breath, readying her next question. "Do you see any ghosts around here, inside the bar?"

He went silent as he thought. "There have been a couple times something has fallen off a shelf with no explanation. Oh, and I do see shadows near the back table," he finally said.

The moment he said where he saw the shadows, it was like a portal opened up at the back of the bar because 12 ghosts suddenly appeared. Helen struggled to keep her face neutral, but Jaybird could still tell something was wrong.

"What is it?" he asked.

Helen ignored him, searching the crowd of milling ghosts for her dad. By now, there were 20 ghosts in the bar. Then, she spotted him. It took all of her willpower not to run to him.

"Dad?" she gasped. Jaybird frowned, following her gaze. "No one's there," he said, concerned.

"He's here," she said, glancing at Jaybird before going around the bar and over to the crowd of ghosts.

This time she wasn't swarmed. Instead, they parted to allow her to get to her dad. They greeted each other tearfully.

"You found me, kid," Bill choked out. "Of course. I wasn't going to stop until I did. I wish I could hug you," she sniffled. Jaybird looked on at the seemingly one-sided conversation.

"Me too," Bill said back to her. He let his hand pass through hers, making her shiver. She wiped her eyes, trying to smile at him. "What now? There was a black feather and curtain in my dream. What did those mean?"

"I've been told that the Angel of the Veil will help me cross over. I don't want to be stuck here. I want to be with your mom."

"Do you have any unfinished business? Is that why you're stuck here?" Helen asked, her mind refocused on helping him.

Bill shrugged, making his form flicker. "The only thing I can think of is to give you a proper goodbye since I didn't get to because of the car accident."

The tears welled up in her eyes again.

"I'm not ready to say goodbye yet."

He put a hand to his mouth, swallowing back his tears. Then he nodded, clearing his throat. "We need to find this angel and veil. Any ideas where to look?"

She thought for a moment, and then a lightbulb went off in her head. "I think so. Come on." She turned around and bumped into Jaybird, who had come up behind her. "Hey, you okay?" he asked. "You're talking to thin air . . ."

"I'm not. My dad's ghost here. I'm going to go help him cross over." She stepped around him and accidentally into the ghost of an old man.

"Hey!" the old ghost exclaimed. "Sorry," Helen said, glancing between the old ghost and Jaybird before going to the door. Bill glided after her.

She led the way down the street for a couple blocks, then cut through an alley that connected to a bunch of backstreets.

"Helen, where are we going?" Bill asked, floating along behind her.

"Remember the abandoned stone church on the edge of the industrial sector?"

"Yeah," he said slowly. "Why?"

"I think the archway in the courtyard behind it is what we're looking for." Even though he was behind her, she could tell that he was thinking hard about what she'd said.

"We investigated around that archway the night of your first ghost hunt," Bill recalled. "We connected with the spirit of a little girl

there and helped her cross over together."

"It's one of my favorite memories of us," she said, smiling back at him. "I'll cherish it forever."

He put a hand over where his heart once was. "Me too, kid. Me too."

Long shadows of early evening stretched out in front of them and up the sides of buildings.

"There's the church," she said finally, pointing ahead of them.

It was a formidable sight, even with its roof half caved in and all the ground-level stained glass windows broken.

Helen swore the air was eerily still, as if they were now in another dimension. They made their way around the side, the archway already partially visible.

It somehow seemed in better condition than the church did. They stopped in front of it, having to tilt their heads all the way back to look at the top of the arch.

Helen looked to her dad. "Well, we're here."

He kept staring at the arch. "Yeah. Here we are."

She dropped her eyes to the ground, nudging a rock with her toe. The silence grew heavy between them. Helen didn't want to be the first one to break it.

"Well, kid. I guess no sense in dragging it out any longer," Bill eventually said, turning to face his daughter. "I'm sorry we didn't get a chance to say goodbye at the hospital. I tried to wait for you to get there, but . . . I was just so tired. I couldn't hang on anymore."

Helen covered her mouth as she quietly sobbed, her throat holding her voice hostage. She felt a light touch on her shoulder, and knew it was her father's hand without looking. "I tried s-so hard!" she cried out. "I tried to get there on time!"

"Hey, look at me. There was nothing you could've done. The doctors did all they could. Release that guilt and give it to me. Come on, hand it over."

She reluctantly looked at him, and then she felt both of his hands on her shoulders.

When their eyes met, she felt like a weight was being lifted off of her chest.

A black orb the size of an orange passed from her heart to his. Helen wavered where she stood, almost fainting. Bill cupped his hands around the orb to push it the rest of the way into his chest.

The second he did, a roaring gust of wind swirled around them. A black chiffon curtain unfurled from the top of the arch until it swept the ground. The curtain gently waved of its own accord. Helen noticed that even though the curtain appeared thin, she couldn't actually see through it. Then, someone materialized out of the curtain, floating in the air above them. Both Bill and Helen looked up to see a person with large, black feathery wings dressed in a black robe with a white sash around the waist. The wings slowly beat up and down, keeping the person suspended in the air.

"I am the Angel of the Veil," the angel rumbled. "I am here to guide you to the other side." A slender finger pointed at Bill.

Bill looked at Helen. "It's time, kiddo." He smiled warmly.

Helen nodded. "I know."

"Goodbye, kid. You were my greatest accomplishment."

He started for the curtain and was about to step through when Helen called out.

"Wait!" She looked up at the angel.

"Please, can I get one last hug from him? Please!" she begged, her voice betraying how desperate she was.

The angel was silent, and then waved a hand over Bill. In an instant, his form solidified back to its living appearance, and Helen crashed into him with a lung-crushing bear hug. He hugged her back just as tight.

"I love you, daddy. I miss you so much," she whispered in his ear.

"I love you too, Helen." Bill stepped back as his body shimmered, returning to its ghostly state. He gave one last smile and then stepped through the curtain. Within a minute the angel and curtain had faded away into nothing.

A single black feather floated down to the ground at Helen's feet. She picked it up and smiled up at the night sky.

— The End —  
Twitter.com/ZepherSong  
Facebook.com/storyrealm

The Corona's  
at  
**FRESH WATER**  
GUFFEY, COLORADO  
Elev. 8640

**52 S 8TH ST**  
**GUFFEY, CO**  
**719.689.0518**  
[HTTP://THEGUFFEYFRESHWATER.COM](http://THEGUFFEYFRESHWATER.COM)

**JUNE MUSIC**  
**3-6PM**

**6/6**  
**MEDICINE TREE**

**6/13**  
**STEELE STREET**

**6/20**  
**CARI DELL TRIO**

**6/21**  
**BRIAN GRACE BAND**

**6/27**  
**DISTANT THUNDER**

**OUR NEW HOURS FOR SUMMER WILL BE:**  
**TUES-SATURDAY**  
**11-8PM,**  
**AND SUNDAY 8-10AM**  
**FOR BREAKFAST AND**  
**11-8PM**



**WE ARE OPEN FOR DINE-IN AT LIMITED CAPACITY.**

**THERE IS NO "NEW NORMAL" SO PLEASE BE KIND TO THE WAITSTAFF DUE TO THE RESTRICTIONS WE HAVE FROM THE STATE.**

**PLEASE CALL TO VERIFY MUSIC BEFORE COMING TO ENSURE THAT WE ARE HAVING IT.**

**Have a Paint Party at HOME.**

**EASY ONLINE FUN ART CLASSES WITH MARY SHELL**

**NO MORE DRIVING FAR AND SPENDING TOO MUCH FOR A PAINT PARTY. NOW YOU CAN DO IT AT HOME AT A FRACTION OF THE COST AND INCLUDES ALL MATERIALS DELIVERED TO YOUR HOME!**

**FOR MORE INFO E-MAIL MARY SHELL**  
**paintwithmary@yahoo.com**

**Laura Owens**  
Your specialist for rural mountain properties in Southern Park & Western Teller Counties.

**Saddle Up Realty**

Where you're always treated like a neighbor and a friend!

**PO Box 7**  
**Guffey, CO**

**719.689.5501**  
[laura@saddleuprealtyco.com](mailto:laura@saddleuprealtyco.com)  
[www.saddleuprealtyco.com](http://www.saddleuprealtyco.com)

**Our Native Brothers and Sisters Need Your Help More Than Ever!**

Your help will ship critical items to the most vulnerable facing COVID-19. Any amount will help! Consider a monthly donation of \$20.00 in 2020 to keep these shipments going.

**Make your difference by donating at:**  
[onationwt.org](http://onationwt.org)  
or mail a check to  
ONWT  
3150 N. Nevada Ave.  
Colorado Springs, CO 80907

**ONE NATION WALKING TOGETHER**

**We Are In This Together and Together We Can Change Lives! Thank you for your support!**

**Summer Monsoons Are On The Way!**

**AWL ROOFING & CONTRACTING LLC**  
**Residential & Commercial**

**Bill Langford**  
Office: 719-246-4434 • Cell: 719-510-7949  
Licensed - Insured

**Roofing, Gutters, Windows and Siding**  
**Free Consultation**  
**(Shingles lifetime warranty)**

**Veteran Owned**





## Pharmgirl Uprooted

An inviting canvas

by Peggy Badgett

She was dented and rusted, like me. She had traveled thousands of miles, like me. She wasn't the glamorous kind that turned heads, but there was something about her that made you take another look, like me. Best of all, she had an engine that promised plenty of life ahead, like me.

Did I need a pick-up truck? No. I already owned two sturdy mountain vehicles that hunkered near the cabin through all kinds of unpredictable weather; neither were shiny or new. Leaky valve cover gaskets perfumed the 4-runner's interior with fumes and the heater had a mind of its own, but it started faithfully in frigid temperatures. The little Subaru's manual transmission blasted through almost everything except really deep snow and mud. But this Tundra whispered seductively as I poked around beneath her massive hood. She promised speed, power, and exciting new adventures. A week later she joined my metal tribe on the windswept mesa.

As I parked the battered white truck next to the shed, I hoped neighbors wouldn't complain about my hoarding habit. Owning three gas-powered transportation methods was ridiculous for a single girl. However, the truck's full-size bed was perfect for hauling rocks and wood; both necessities for life in the middle of nowhere. Landscaping with pink granite boulders gave my cabin character, and keeping the hungry fireplace stocked with wood during winter months chased the chills away. As the days flew by, the Tundra quickly became my go-everywhere vehicle. Bouncing down the washboard gravel roads listening to her throaty V-8 made me feel like a true "farmgirl" again.

Then the virus hit. Like everyone else, stay-at-home orders motivated me to

complete projects like the painting I'd been promising my middle daughter for two years. But after a month, when words stalled in the middle of my third book and paint brushes lost their allure, restlessness took over. Constant pacing wore grooves in the wooden floors. Jack and Sadie watched me worriedly, and did their best to distract me by begging for treats. It didn't help. Even the hens, Chuck and Stella, seemed edgy. One snowy morning, I sluggishly pedaled through a work out on my bicycle trainer and stared sadly out the window wishing for spring. The plain body of my truck glowed in the soft light, as if she was trying to tell me something. When I cranked up the tension to escape the boredom demons, inspiration suddenly hit me. That long body was an inviting canvas, just like my old farm buildings had been. Black paint would cover her bruises nicely. But what design?

Shutting my brain down at night has always been a challenge. Parenthood was undoubtedly the biggest contributor to lack of shut-eye over the years, but wrestling and worrying about work and farm problems contributed as well. Lying awake in the middle of the night staring at ceilings just became habit. It didn't stop when I moved to Colorado. Sometimes though, those neurons ping ponging ideas back and forth gave birth to wonderful ideas. One night an image floated to the surface of my brain; luckily Jack's cold nose woke me before it faded back into dark unused spaces. As I padded barefoot on cold floors to let both mutts outside, I shivered in the doorway and grinned up at the stars studding the clear night sky. I knew what I was going to paint on the truck.

Armed with brushes, watercolors,



Anything can become a canvas if your imagination will participate!  
On the cover: Using a different medium for your image brings another level of creativity to your project.

and a sketch the next sunny warm day, I approached my new venture. Then I returned to the house for a bucket and rags; it wouldn't do to paint over mud and gravel dust. Once the white paint sparkled, I picked up my watercolors and drew outlines. Reminding myself to step back frequently for perspective, I gazed at the mural slowly emerging. Adjusting here and there by erasing and re-doing the watercolors was simple. Then I held my breath and dabbed permanent paint between the outlines. It was terrifying and exhilarating at the same time, like coloring on walls with crayons as a child. But no one was going to punish me for this act of graffiti. During our weekly video chats, my children witnessed the gradual process as well; it gave us all something to laugh about during sequestering times.

Branding the old truck with mountain

motifs and Illinois farm scenes might seem a little red-necked, but it melds my old midwest country life with the new western one nicely. The tailgate advertises my website. The Tundra and I've garnered more than a few stares when we rumble up to a stoplight. A truck tattoo artist is something I never would have imagined adding to my resume. In a weird way, I'm thankful the tiny virus inspired many of us to discover hidden talents slumbering beneath the busyness of everyday living.

Peggy Badgett is a recent transplant to 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.

## Financial Focus

Proper diversification can ease retirement income worries

During your retirement, you will likely need to withdraw from your investment portfolio to help pay for your living expenses. So, naturally, you'd rather not see the value of that portfolio decline. Yet, if you spend two or three decades in retirement, you might experience several steep market declines — in fact, drops of at least 20 percent have typically occurred about every four years. So when a decline occurs, how concerned should you be?

Actually, maybe not all that much — if you've prepared your portfolio for all circumstances.

Here's the key thing to remember: While the financial markets may drop sharply at any time, it doesn't mean your portfolio will fall as precipitously. For example, the S&P 500, an index that tracks the stocks of 500 large U.S. companies, might fall 20 percent, but does your own portfolio only consist of these stocks? Most likely, it doesn't. In fact, it's generally a good idea to maintain a portfolio balanced between stocks and bonds, with the percentages of each based on your goals, risk tolerance and time horizon. While diversification cannot guarantee a profit or protect against a drop, it certainly can reduce the impact of a decline.

In fact, during a significant market downturn, the difference in performance between an all-stock portfolio and one containing a mix of stocks, bonds and other investments can be dramatic. Consider this: From January 1 through March 31 of this year, the period covering the initial market decline caused by the coronavirus pandemic, the S&P 500 fell almost 20%, but a more balanced portfolio (containing 45% in U.S. stocks, 20% in international stocks, and 35% in investment-grade bonds) declined about 12% — a sizable drop, to be sure, but far smaller than the

tumble of the S&P 500.\*

Clearly, owning a mix of investments can help reduce the effects of market volatility on your portfolio. But it's also important to diversify with a purpose in mind. Your stocks and stock-based mutual funds are designed to provide long-term growth potential — which you'll still need during your retirement to help you stay ahead of inflation. But as a retiree, you should also be able to rely on your cash and short-term, fixed-income investments — such as bonds with short maturities, Treasury bills and certificates of deposit — for your income needs over the next three to five years. Also, it's a good idea to have about a year's worth of your living expenses in cash and cash equivalent vehicles.

Cash instruments and short-term, fixed-income investments offer you two key advantages. First, they're highly liquid, so you typically will have no trouble accessing them when you choose. Second, by having sufficient amounts in these cash and short-term instruments, you will have some protection against having to tap into your longer-term, variable investments when the financial markets are down.

With sufficient cash and the right short-term investments in place, you can reduce your worries about what's happening in the stock market during your retirement years. The fewer concerns you have, the more you can enjoy this time in your life.

\*Morningstar. U.S. Stocks represented by S&P 500; International Stocks represented by MSCI EAFE; Investment grade bonds represented by Barclays Aggregate Bond Index.

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



How much will you need to retire? Let's talk.



Lee F Taylor, AAMS®  
Financial Advisor

400 W Midland/Hwy 24 Ste 125  
Woodland Park, CO 80863-3144  
719-687-9541

edwardjones.com

Edward Jones®  
MAKING SENSE OF INVESTING

# Stevens Carpet Plus

## WE'VE MOVED!

COME SEE OUR NEW SHOWROOM AT THIS NEW ADDRESS:  
**18109 TELLER COUNTY ROAD 1  
FLORISSANT, CO**

“The exemplary support that this community shows for it's local businesses is phenomenal. We appreciate that support so much and are proud to be a part of this community.”  
— Justin & Barbara Stevens

- Same great quality products
- Same great personal service
- Same great professional installation

719-822-6822

For All Of Your Flooring Needs

18109 Teller CR 1, Florissant, CO

## Shipping Plus

Your Full Service Shipping & Business Center

### Mail and Parcel Centers are considered “Essential Business”

## WE WILL REMAIN OPEN

Essential businesses are needed by the general public, the business community, and those that work from home. Essential Businesses are defined by the Department of Homeland Security (Presidential Policy Directive 21).

It is critical that our community continues to have access to these services. Shipping, mail, package receiving, (especially given the recent expansion of online ordering), notary and livescan services, office supplies, printing, faxing, etc. UPS, FedEx, and the USPS continue to make pickups and deliveries.

Email your printing jobs to us so we can have them ready for you to pick-up!

Packaging • Shipping  
Scan to Email • Fax  
Copies • Printing • Design  
Business Cards • Brochures  
Flyers • Keys • Laminating  
Notary • Greeting Cards  
Gift Wrapping  
NEW! Thymekeeper Products  
The Plant Lady Seeds  
Books by Peggy Badgett

Teller County Road 5

HWY 24

Russ Place

The Market at Divide

Woodland Park  
Cripple Creek

**52 County Road 5 • Divide**

**719-686-7587 • Open M-F 9-5:30**

## The Pikes Peak Workforce Center works for the success of regional businesses with no-cost, tailored services connecting you to employment-ready job seekers.

Resources available to you include:

- Recruit & Select
- Hiring Events
- Job Fairs
- Analytical Research
- On-the-Job Training
- Transitions & Layoffs
- Pre-Employment Assessment

ppwfc.org

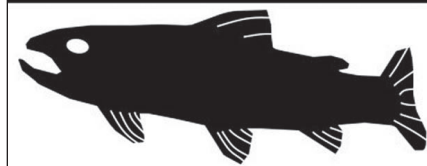
A proud partner of the AmericanJobCenterNetwork

Paid by U.S. Department of Labor funds

Call us at 719.667.3814 to find out more!



## Tumbling Trout Fly Shop



### GUIDED FISHING

Private Property  
and BEYOND!  
(720) 363-2092

LICENSED & INSURED TELLER & PARK COUNTIES

**MANCHESTER CONSTRUCTION**

**EXCAVATING**

CONCRETE	FOUNDATIONS
GARAGES	DRIVEWAYS
DIRT WORK	CONCRETE
UTILITY	STAMPING
TRENCHING	ROCK SPREADING
TREE REMOVAL	SITE PLANNING

**TIM MANCHESTER OWNER**  
CELL: 719-220-0747  
BOBCATTIM66@YAHOO.COM  
OFFICE: 719-838-2741

The **BOOK NOOK**  
used books & other treasures

**A Buena Vista Destination**

Family games, variety puzzles,  
toys, art supplies

Beginner Readers, antiques, hats  
& local handicrafts

PLEASE COME INSIDE  
OUR CHARMING BOOK  
NOOK (wearing a mask)  
AND BE DELIGHTED!

ONLINE INVENTORY IS  
AT [thebooknookbv.com](http://thebooknookbv.com)

ORDERS CAN BE  
PICKED UP AND  
PAYMENT ARRANGED  
BY PHONE OR EMAIL

TELEPHONE:  
719-395-6868

EMAIL:  
[owenkath64@gmail.com](mailto:owenkath64@gmail.com)

WEBSITE & ONLINE INVENTORY:  
[www.thebooknookbv.com](http://www.thebooknookbv.com)

Facebook:  
The Book Nook

127 S. San Juan Ave  
Buena Vista, CO

## Obituary

### Robert Carr Gilley



Robert Carr Gilley, loving father, grampy, brother, uncle, and friend to all who knew him joined his loving wife in heaven on April 29, 2020, from Lake George, Colorado. He was born in Colorado Springs, Colorado, February 2, 1947 the second child born to the late Clyde Gilley and Gladys Mae Gilley (Joghin). Robert grew up in Lake George, Colorado until his late father died at such time his family moved to Cañon City, Colorado where he graduated High School in 1966. Robert served in the United States Army from 1967-1969 where he was honorably discharged and received a National Defense Service Medal. After the army Robert and his brother attended Denver Automotive and Diesel College and later opened "Bob's Auto Service" in Lake George. Robert married Patricia April 9, 1976 and they made a wonderful life for themselves in Lake George, Colorado. They enjoyed family and friends which was an extremely important part of their life, they were always helping others and enjoyed visiting friends, touring collections, and adding to their own collections.

Robert leaves behind to cherish his memory his loving children Randy (Erin) Gilley of Lake George, Colorado; Mary Jane (Luke) Morris of Parker, Colorado his adored grandchildren, Ivan, Ella Jane, Lydia, Patrick, and Maverick; Brothers; Thomas, Charles, and William Gilley of Lake George, Colorado as well as a host of sister-in-law's, nieces, nephews and more friend than he could count.

We had a "Cruise" up CR 77 in Lake George on May 29, 2020. We plan to also have a "Celebration of Life" at a later date when it is safe for everyone to attend.

In lieu of flowers or food, memorial contributions can be made to the "Robert and Patricia Gilley Memorial Fund" at Pikes Peak Credit Union in Woodland Park, Colorado set up for their grandchildren.

## Know the 10 signs

by Alzheimer's Association of Colorado

As we age, it is tempting to attribute all of the gradual changes our bodies go through — including our changes in memory — to the normal process of aging. There are some changes that we should be more attentive to, including those memory lapses that begin to affect our quality of life.

The Colorado Chapter of the Alzheimer's Association has developed a helpful checklist of 10 Signs to aid in the early detection of Alzheimer's. Why is early detection important? Without it, the ones we love may wait too long to make necessary lifestyle changes that are important to ensure that all medical care options are explored, ranging from medications to research. Other considerations include personal safety as well as quality of care, and to make necessary financial and estate planning adjustments.

Here is a brief overview of the 10 Signs. Some, like memory loss, are more commonly associated with Alzheimer's disease and dementia, but each case of dementia is unique:

#### 1. Memory loss that disrupts daily life.

A typical age-related memory change is occasionally forgetting names or appointments, but remembering them later. A common sign of Alzheimer's disease, especially in the early stages, is forgetting recently learned information. The increasing need to rely on memory aids (reminder notes, electronic devices) or family members for things that one previously handled on their own is a sign.

#### 2. Changes in mood and personality.

Increased incidences of confusion, suspicion, depression, fear or anxiety can be a sign. Individuals can become more easily upset at home, work, with friends or in places where they are out of their comfort zone.

#### 3. Misplacing things and losing the ability to retrace steps.

Putting things in unusual places and being unable to find them. Sometimes, they may accuse others of stealing — with more frequency over time.

#### 4. Challenges in planning or solving problems.

Making occasional errors, such as checkbook balancing, is not uncommon.

If a person experiences changes in the ability to follow a plan or work with numbers, or has difficulty concentrating and completing a task, that may be a concern.

#### 5. Difficulty completing familiar tasks.

People with Alzheimer's often find it hard to complete daily tasks. They may have trouble driving to a familiar location, managing a budget, or remembering the rules of a familiar game.

#### 6. Confusion with time or place.

Losing track of dates, seasons and the passage of time is another indication. Sometimes people with Alzheimer's can forget where they are or how they got there.

#### 7. Trouble understanding visual images and spatial relationships.

For some individuals, vision problems can be a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

#### 8. New problems with words in speaking or writing.

People with Alzheimer's may have trouble following or joining a conversation. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (such as calling a "watch" a "hand clock").

#### 9. Decreased or poor judgment.

People with Alzheimer's may use poor judgment when dealing with money, giving large amounts to telemarketers. They may also pay less attention to grooming and personal cleanliness.

#### 10. Withdrawal from work or social activities.

Some individuals may avoid being social because of changes they're experiencing, removing themselves from work projects, hobbies and sports.

If you or someone you care about is experiencing any of the 10 warning signs of Alzheimer's disease, please contact the Alzheimer's Association 24/7 bilingual Helpline at 800-272-3900 or visit [www.alz.org/co](http://www.alz.org/co) for more information. The Helpline is staffed by trained professionals and offered at no charge to Colorado families.

## Adopt Me by AARF

### Simba

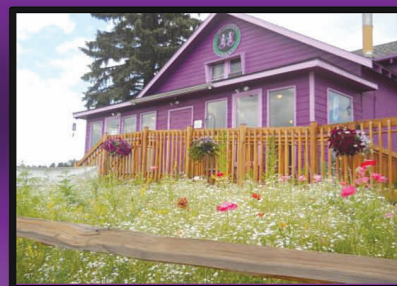
Meet Simba; male, 25-30 pounds, Jack Russell/Beagle mix. He is very energetic, playful and a good pup approximately 9 months old. He needs a loving home to grow up in! To see if Simba is a good fit for your home please call Dottie at 719-748-9091 to arrange a meeting.

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



## Grannys' High Altitude Super Hemp

The Purple Building in Lake George  
Colorado's First Industrial Hemp Cultivation and Retail Store  
No High, Just Health!



Grannys' Organic CBD Oral Concentrate  
Grannys' Topical CBD Salves – Pain and Skin  
Grannys' 100% Hemp Leaf Tea Bags  
Hemp Seed Oil Bath and Beauty Products  
Hemp Seed Nutritionals

We grow all of our industrial hemp organically, right here in Lake George  
We Ship Anywhere in the US!

719-748-4736 [grannyshemp.com](http://grannyshemp.com)

Open Mon – Sat 9am – 5pm Closed Sundays

## Where is Katee this month?

Katee is still "Staying at Home" exercising and practicing her tricks. She wishes all Dads a "Happy Father's Day" with a double high five!

Katee is still asking for your help to keep her canine and feline friends at home with their families by donating to the Pet Food Pantry. COVID 19 has affected many families. Stability is essential, and having their "Best Friend" to hug is still critical.

You can drop off donations at the UPS Store located in the Safeway Shopping Center or at TCRAS. You can also donate online, [www.Pet-FoodPantryTC.com](http://www.Pet-FoodPantryTC.com). Thank you for your support!

FMI [www.PetFoodPantryTC.com](http://www.PetFoodPantryTC.com).



## Thanks for your support

The Rotary Club of Salida would like to recognize all of our academic scholarship sponsors for 2020. Thank you so much for supporting scholarships for graduating high school seniors this year!

Despite the need to cancel this year's Bluegrass on the Arkansas music festival, our primary scholarship fundraiser, we are still able to offer scholarships this year thanks to these generous donors:

#### \$1000 Sponsors

- Salida Family Dentistry
- First Colorado Land Office
- Pueblo Bank & Trust
- Collegiate Peaks Bank
- Anderson Law Firm

#### \$500 Sponsors

- LPS Vacation Rental
- Wood's Ridge Vacation Homes
- Pinon Real Estate Group

#### \$250 Sponsors

- La Placita Hair Salon
- Creekside Chalets Inc.

- Dr. Dan Wardrop
- Law Office of Randy Canney
- Su Casa! Furniture & Sleep Shop
- Bighorn Park Campground and RV Resort
- Heart of the Rockies Regional Medical Center
- Lund Eye Care Associates

#### \$150 Sponsors

- Y&K Excavation

#### \$50 Sponsors

- Eddie Alloy

## Please support our advertisers!

### FILL UP SPECIAL VOLUME DISCOUNTS

**Global Propane**

**\$1.199**

**Gallon**

500 GALLONS PLUS

**(303) 660-9290**  
Family Owned Business

### LOG HOME RESTORATION



Media Blasting | Staining  
Chinking | Sealing  
Rebuilding Decks and Railings

Paul Schmucker  
(719) 580-8094  
[pjhitchingpost@gmail.com](mailto:pjhitchingpost@gmail.com)

HITCHING POST

**UTE COUNTRY NEWS**  
Putting the "unity" back in community™  
Live in Ute Country part time but want the mountain living all the time?

## Take us with you!

- ☐ \$36 for 1 year (13 issues!) first-class subscription. ☐ \$18 for 6-months (6 issues!) first-class subscription.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mail to: Ute Country News, PO Box 753 • Divide, CO 80814

# LOOKING TO RE-OPEN?



# NEED DISPOSABLE, SINGLE-USE MENUS?

**10% OFF Menu Printing in June!**  
Bring in or Email your printing jobs to us so we can have them ready for you to pick-up!

**Shipping Plus** In Divide

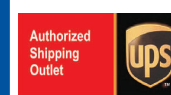
Your Full Service Shipping & Business Center

Packaging • Shipping • Scan to Email • Fax  
Copies • Printing • Design • Business Cards  
Brochures • Flyers • Keys • Laminating  
Notary • Greeting Cards • Gift Wrapping

Thymekeeper Products

The Plant Lady Seeds

Books by Peggy Badgett



**52 County Road 5 • Divide**  
**719-686-7587 • Open M-F 9-5:30**  
**[shippingplusco@gmail.com](mailto:shippingplusco@gmail.com)**



We're on the web!

- Current Issue
- Old Issues
- Where to find us
- Employment Opportunities



www.utecountrynews.com



**Got Propane?  
Get Glaser!**

*Glaser*  
ENERGY GROUP, INC.

**MAKE THE  
SWITCH TODAY!**

Divide  
650 County Rd 5  
(719) 687-1180

No Hazmat or Admin Fees  
Referral Program = 50 Free Gallons  
Free Routed Deliveries

Online Bill Pay Available  
Offices In Divide & Colorado Springs

**The UPS Store**

Your one-stop shop

- Printing & document finishing
- Packing & shipping
- Mailbox services
- Postal products & services
- Notary services
- Shredding services\*

1067 E US Hwy 24  
Woodland Park, CO 80863  
719.687.3023  
store1374@theupsstore.com  
theupsstorelocal.com/1374

**20% OFF  
PRINTING SERVICES**

\*Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2018 The UPS Store, Inc. Offer expires 06/30/20.

**The UPS Store**

\*Visit theupsstore.com/shredding for full details.  
Copyright © 2018 The UPS Store, Inc. 1107901218

Nostalgia seventy-five

by David Martinek

Fields of corn stalk stubble flash by on either side of the road as I drive south on State Highway 47 from Hawk Point, Missouri to Warrenton. An occasional barn or silo sits off in the distance. Less frequently, a farmhouse or two comes into view. Up ahead there are trees and forests, Big Creek and rock formations, but the flat, open fields of harvested corn continue to the county line. I am driving home to Colorado from my hometown of Troy, Missouri and leaving a lot of memories behind.

Some 10 miles to the east, the county seat of Lincoln County, Missouri rests along U.S. Highway 61 about 50 miles north of St. Louis. When I grew up in Troy back in the 50s and 60s, it was a farming community of maybe 1700 people. The old Short Line railroad, only four miles long, still ran between Troy and Moscow Mills. But when they four-laned highway 61 several decades ago, the migration of folks from the big cities, St. Charles and St. Louis, swelled the population to nearly 12,000 souls and changed the face of what I remember.

Each time I go back for a visit, it becomes harder and harder to find those landmarks from my youth. More often than not, I am remembering where things used to be — the old blacksmith shop behind the Methodist Church, Carps Department Store, Gambles, Spring Lot, the apartment building on Boone Street where my maternal grandmother used to live or the fairgrounds where I played baseball until I was twenty. Most of those places don't exist anymore.

They re-routed State Highway 47, too, to the north of town just as I was leaving to enlist in the Army in 1966, taking about a fifth of my father's five-acre lot. Dad and mom bought the old house on North Ellis Street on the edge of town for \$5000 when I was 15, and we spent the summer that year making it livable. Down the hill in the back was a smokehouse, barn, a chicken coop and a flat area for a nice garden. Farther down the slope, in the area taken when Highway 47 was rerouted, was a natural spring and good black dirt suitable for another garden spot. I found arrowheads down there whenever we plowed it.

There were pear trees in the yard around the house. I hated those things. They would drop off and rot on the ground and clog up the lawn mower if we didn't pick them up first. We had a cistern instead of a well. City water didn't make it out there until after I left home. When Dad died in 1985, Mom sold the house and what was left of the grounds (four acres) and moved closer to town. The hillside is empty of buildings now. I hear someone is going to develop a small subdivision there soon.

I graduated from Buchanan High School in Troy in 1963. I had summer jobs there, as a cook at Dixie Haven, a gas station

and café (now a Mexican restaurant) or working at Doctor Holmes' farm outside of town. When I left for college, and military service afterwards, I never came back to my hometown, except to visit. My sister and a couple of nieces still live there.

The average life expectancy of a man in the United States today is around 76 years. I realized as I stood over my parents and grandparents graves at St. Mary's Cemetery west of Troy, that I would soon be living on borrowed time. I've already outlived my parents. My dad passed when he was 69, my mom at 74. But my Grandpa Joe lived to be 89, and Grandma Franci lasted to 96. I'm hoping their longevity skips a generation and finds me.

I had stopped to visit their graves on my way out of town. What remains of the old Mashek community, where St. Mary's Catholic church used to sit, is nothing more than a sign and a cemetery now. The church moved to Hawk Point some years ago and most of the Bohemians that lived there did too, leaving the settlement of Mashek to exist in name only. Encircling the cemetery is a low wrought-iron fence painted white. The grounds are meticulously kept. Down the row of graves from my parents are dozens and dozens of old stone markers, many rising three or four feet high, some unreadable, from a hundred-plus years ago, where more Martineks lie, my ancestors, as well as a host of other Bohemian names — Kalash, Stanek, Stepanek, Kerpash, and many more. Across the field to the south is a small creek lined with Cottonwood trees. My dad always said he wanted to be buried with a view of those Cottonwoods. He got his wish.

There's a monument rising between graves now that marks the location of the alter of St. Mary's Bohemian Catholic church. My parents and paternal grandparents are buried on either side. Across a narrow white gravel path just north of St. Mary's is another cemetery, lying outside the fence. According to local history, all the ex-communicated Catholics got buried over there. But my Grandpa Joe always said he had been ex-communicated, and he is buried on the other, legitimate side. So, I really don't know.

County Road AA runs by the graveyard and continues north as Mashek Road towards Cuivre River a few miles away, passing by the old Martinek farm that my Grandpa Joe inherited from a long line of Czechs stretching back to the 1850s. I have the naturalization papers of my great, great, grandfather, Frank, framed and hanging on my wall at home. During the immigration from Prague in the middle 1800s, Bohemians coming through the port of New Orleans settled in this part of Missouri because the land resembled their homelands.

Around 1915, Grandpa Joe and Grandma Franci entered into an "ar-

ranged" marriage (between the Martinek and Peters families) in their early twenties and moved to the "Martinek" farm. My dad was born two years later. Part of the marriage contract between my grandparents was the promise that Grandpa would build a new house for the couple. He did, but in the process incurred a lot of debt which crippled the productivity of the farm well into the 1930s. By the time the Great Depression rolled around, the county repossessed the farm due to unpaid taxes, and they had to move into Troy. I have Grandpa's tax receipts from all the years when they lived on the farm, but they stop about 1929. Someday, I would like to purchase the old farm and restore its Martinek legacy. But I may not have too many "somedays" left.

I guess I was four years old or a little older when I remember sitting on my mother's lap as she told me how she and her share-cropper family moved to Lincoln County from Kentucky during the depression to work on the first tobacco farm in Missouri. Mom had seven brothers and sisters, and they all worked in the tobacco fields when they were old enough, hoeing weeds and picking the worms off the plants. I know there are still tobacco farms in Missouri today up near Weston. Mom told me that when the Milburn's came to Missouri by train, all the money they had was hidden in a sock that my Aunt Willie wore.

Mom met Dad in 1943. They were married in November. I was born in 1945 shortly before my father enlisted in the Army. He went to Kansas City to be inducted and take his basic training. But when they found out that he already had a son, they discharged him and sent him home. I never knew that until much later in life when my sister and I found an old photograph of my Dad in his "pink and greens." Mom never said anything about it. Dad worked in an ammunition plant in St. Charles until the end of the war. After that, he and Grandpa Joe became carpenters, his occupation until he retired. Mom worked at the garment factory in Troy in my early years and did some daycare for folks after we move up on the hill. In her later years, Mom was a volunteer at Tacoa, a senior citizen, meals-on-wheels, organization. My mom and dad were great people, blue collar to the bone, who lived through many hardships and made many sacrifices for my sister and me. My love for them is forever.

The fields flash by and soon the trees and rocks take their place as I draw closer to Warrenton and the exit to Interstate 70. Ahead lies a 13-hour drive to home and the Rocky Mountains. Behind me lie the land and memories of my youth, a simpler time, more innocent and filled with all the character that made me who I am today. I remember how things used to be, how I imagine they could be again, and how in my mind and heart they still are.



Growing Ideas  
Enhancing your greenhouse experience

by Karen Anderson "The Plant Lady"



Your greenhouse doesn't need to be large or fancy, just needs to protect your plants.

June greetings fellow gardeners and friends of our communities. A greenhouse is just about essential for us gardening souls who reside in our high-altitude regions of the Rocky Mountains.

"The times, they are a changin'"

— Bob Dylan

Many of us have been and will be enjoying working in our greenhouses as the weather warms up and summertime is on its way. These growing sanctuaries are ideal and necessary if we wish to succeed in the production of certain fruits and vegetables. A greenhouse can offer more creative opportunities than a simple venue for tomato, pepper and herb plants.

Why not 'jazz' it up a bit? I invite you to consider a few ideas which I have found to enhance my personal greenhouse experience.

I love morning glories and they do not take a liking to outdoor situations, so I started planting them among my tomato plants in the 'hothouse' and Wow! It worked. The thin vines and pretty pastel pink and blue flowers, very delicate by nature, seem delighted to wind themselves through the natural trellises of the tomato plants. This discovery is one of the most notable and enchanting embellishments in my greenhouse. Another added bonus is that they tend to reseed themselves every year and volunteer when I start watering and tending to the 'indoor garden.'

Some other plants that can serve as companions to veggies in the greenhouse are Cuban oregano, citronella, geraniums, camphor plants and all types of succulents and cactus. Cuban oregano (Origanum vulgare), originating in India, is a gorgeous tropical herb and is a cousin of the mint family. Potent and strong aromatically, the leaves of this plant contain pungent oils and if you like oregano, it is a culinary delight used to flavor pizza and Mediterranean dishes. The lightly variegated green and white leaves (only a couple of them) can be dropped into your pasta water and your spaghetti will be infused with that oregano flavor. Cool! You may also harvest a few very young leaves and toss into the salad bowl for an interesting new green.

The oregano family contains Thymol and Carvacrol, providing antibacterial and immune building properties and a high fiber count, so it helps with healthy digestion, as well as in high omega 3 for the heart. Oregano is an anti-inflammatory too. The harvested dried leaves can also be added to a pot pourri for an interesting blend of aromatics. Since these plants are rare to find, let me know if you would like to 'adopt' one as I am able to provide a limited number of them.

Citronella (Cymbopogon nardis) aka: Bonnie plant or lemon geranium is another awesome aromatic to plant in the greenhouse. It likes the heat as long as enough water is provided to maintain its perkiness. You may know Citronella as the 'mosquito plant' and is thought to repel the pesky insect, which is a controversial theory, but I like to think it's true! I have found that these distinctively fragrant plants are not attractive to the destructive bugs that tend to plague the greenhouse at times, so they will help in the resistance of that problem. Camphor plants are included in this category.

Succulents and cactus relish in the atmosphere of a greenhouse, so I will bring out some of those desert type plants from the house and let them keep company with all the other plant life that thrives there in the summer months, adding new dimensions and interest to the mix.

Heat hardy geraniums will gladly bestow the gift of color and will be protected from winds and other harsh elements outside. Be sure to deadhead the spent flowers to keep the color going.

All of the plants mentioned can be brought back inside when the season is over to continue living as houseplants for the winter months.

I remember my Grandmother's kitchen window shelves being lined with various glass bottles filled with colored water and how the sun shone through with rainbow effects. They captured my fancy then and it was a great memory, so I thought why not utilize that brilliant idea to add to the enchantment inside my greenhouse. The glass containers don't have to be 'fancy' either. Any clear bottle filled with water and food coloring will do just fine.

Hang a few prism crystals here and there and take pleasure in the dancing and dazzling swirls as you work, play and perhaps meditate in the Sacred Space of your greenhouse.

Perhaps you can weave some of these ideas into your gardening adventures and if can be helpful to you in this year's growing season, feel free to call me at 719-748-3521 or e-mail me at plantladydyspeaks@gmail.com for high altitude growing guidance. I am available for personal landscaping consultations and coaching if you feel the need. 'Plug it in', vegetable starts such as cabbage, broccoli, eggplant, kale and others are displayed for purchase at Mountain Naturals in Woodland Park and The Outpost Feed Store in Florissant or as always, you may contact me directly to obtain these plants for your garden endeavors.

After June 15th (the last average frost date at 9,000 ft.), you have my blessing to plant whatever your heart desires (that grows in our mountain regions) in the outdoor gardens. I am looking forward to some garden chat with old friends and meeting new folks with the Gardening Spirit.

Wishing you all peace harmony and happy gardening.



CRIPPLE CREEK CARE CENTER

Your Colorado Mountain Home

Love of the Colorado mountains does not fade with age!



WE ARE A 5-STAR COMMUNITY

Thank you to our devoted staff!



The last few months have reaffirmed just how much of a family we are here at Cripple Creek Care Center. Our amazing staff have went above and beyond for our residents. We always treat our residents like family, we know we can never take the place of family but we can continue to show love. for over two months we have stepped up the love we share as a community. The resident's families, our board of directors and the community know how much we love our residents!!

To get more information about our community, contact  
Laloni Bancroft, Admissions/Marketing Director  
at 719-689-2931 or lbancroft@cc-care.org

Dedicated  
to Quality



Committed  
to Caring

Lawrence Cowan, Administrator

700 North 'A' Street ~ Cripple Creek  
719.689.2931

Call to discuss your personal needs and schedule a facility tour

www.cc-care.org



**FILL UP SPECIAL  
VOLUME DISCOUNTS**

**Global  
Propane**

\$ 1 199

Gallon

500 GALLONS PLUS

**(303) 660-9290**  
 Family Owned Business

B

BENCHMARK  
MORTGAGE

**719-687-2112**  
  
 300 SUNNY GLEN CT,  
WOODLAND PARK, CO 80863

**MOUNTAIN HOME LOAN SPECIALISTS**  
  
 At Benchmark, we pride ourselves on our ability to satisfy our borrower's needs. Our goal is to make the loan process as simple and worry free as possible. Whether you want to refinance for a lower mortgage rate, finance a new home or purchase a second home, we put your needs first!

- **Conventional Loans**
- **USDA Loans**
- **FHA Loans**
- **Jumbo Loans**
- **VA Loans**

DIANE BEAUMONT

BRANCH MANAGER/LOAN ORIGINATOR

NMLS #247026

BENCHMARKCOLORADO.COM

Ark-La-Tex Financial Services, LLC NMLS #143 (www.nmlsconsumeraccess.org) All loans subject to borrower qualifying. This is not a commitment to lend. Other restrictions may apply. (https://benchmark.us)

WERTGEN & COMPANY

CERTIFIED PUBLIC ACCOUNTANTS, P.C.

**FULL SERVICE TAX, PAYROLL  
AND ACCOUNTING SERVICES**

VICTORIA WERTGEN CAPACI, CPA

EMAIL: VAW@WCO.BZ

JOHN CAPACI, MT, CPA

EMAIL: JOHN@WCO.BZ

2925 SLATER CREEK RD., FLORISSANT, COLORADO 80816  
 PH 719.689.3047 • FX 719.213.2235 • WWW.WCO.BZ

**Faro Anyone?**  
*by Flip Boettcher*  
*photo by Flip Boettcher*

Really, things could be worse. Think back about 150 years to the mid-1800s. The early settlers were extremely isolated on their homesteads. If they were lucky, friends, relatives and family settled nearby on homesteads of their own. There was no electricity, so no fridge/freezer, radio, television, lights, computers and no phones of any kind — landline, cell or smart.

Granted, people did not have to wear masks and gloves when they went out or to town, but it was a three-day wagon trip from the Guffey area to Cañon City, so one did not go to town very often.

Mostly, people worked and there was always plenty of work to do, but they did socialize. Besides visiting neighbors, parties, dances and dinner parties, people played cards.

No one really knows where playing cards originated, but it is thought they were first used in ancient China more than 800 years ago. Playing cards probably arrived in Europe with the Crusaders returning from the Holy Land in the 13th century. Around the 15th century playing cards reached England and then later came to the colonies in the New World.

The 52-card deck became standard. There were no aces, just a one-spot card and no jokers. There were no numbers or letters in the corners of the cards either. Early American playing cards were mostly printed on non-coated card stock on one side only with the designs taken from woodcarvings of the time.

Faro (FAIR-oh) was a fast-paced French gambling card game originating in the late 17th century, thought to be a variation of the game Pharaoh. Pharaoh was originally alleged to be a designation for the king of hearts.

By the mid-1800s, people of all classes increasingly began playing cards for fun. The newly invented gaslight allowed people to play cards as a “pastime” in the evenings. In fact, many of our standard card games today were invented during this time.

Faro was wildly popular in North America in the 1800s and played in almost every gambling hall in the old west. Faro was a fast action, easy-to-learn game that had the best odds for winning of all the gambling games. Faro used the standard 52-card deck and involved a banker/dealer and at least two players. The play was clockwise and each game lasted 10-15 minutes. One had to count the cards.

Some early playing cards had a drawing of a Bengal tiger on the back, and in the United States, Faro was also called “bucking the tiger” or “twisting the tiger’s tail.” By the mid-1800s the tiger was so commonly associated with Faro that gambling districts where Faro was played became known as “tiger town” or “tiger alley” for smaller establishments. Some gambling houses just hung a picture of a tiger in their windows to

*The Faro game layout traditionally used the suit of spades which were pasted to the board in numerical order. Notice that there is no ace, just a one-spot card and no jokers. There are no numbers or letters in the corners of the cards either.*

show that the game was played there.

Players placed their bets on a Faro board, which consisted of one suit of 13 cards, traditionally spades, pasted on the board in numerical order, 1 through 10, Jack, Queen and King. Players placed their bets on one or more of the 13 cards on the board betting on a series of two cards drawn by the dealer.

A standard 52-card deck was shuffled and placed in a dealing box called a shoe, which was used to prevent manipulations by the dealer or banker and assure the players of a fair game.

The first card in the shoe was called the soda card and it was discarded which left 51 cards in play. The dealer then drew two cards, the first was called the banker’s card and it was placed on the right side of the shoe. The next card was the player’s card and it was placed on the left side of the shoe.

The banker’s card was the losing card and regardless of its suit, all bets on the same denomination card were lost by the players and won by the bank. The player’s card was the winning card and the bank returned all bets placed on that denomination to the player with a one-to-one payout. A high card bet won if the player’s card was a higher value than the banker’s card.

All bets were settled after each two cards drawn. Bets that neither won nor lost remained on the board, and could be left there, picked up or changed before the next two-card draw.

When only three cards remained in the shoe, the dealer called the turn, a special type of bet that occurred at the end of each game. The object of the game now was to predict the exact order of the three remaining cards drawn at five-to-one odds. The last card drawn was called the hock.

Faro was an easy game to cheat at. There were certain advantages reserved for the banker, but in a fair game the house’s edge was low and the dealers resorted to cheating to increase the house’s profits and to counter losses from cheating players. Cheating was so prevalent that editions of *Hoyle’s Rules of Games* began their Faro section by warning players that “not a single honest Faro bank could be found in the U.S.”

Dealers used stacked or rigged decks. They also used rigged dealing boxes, allow-

ing them to see the next card and surreptitiously slide a player’s bet off the winning card if it was on the dealer’s side of the board. It was a risky move but at a hectic Faro table the dealer often got away with it.

Those opposed to Faro regarded it as a dangerous game, which destroyed families and reduced men to poverty because of rigged dealing boxes.

Players also cheated using distraction and sleight-of-hand to move their bet to a winning card or at least off of the losing card. The simplest, but riskiest way was to just move ones bet to the adjacent card without the dealer noticing.

Players also used a silk thread or single horsehair attached to the bottom chit of their bet and pulled the entire stack across the board to another card on the layout. This was less risky as the player did not have to make any really overt motions. Being caught cheating often resulted in a fight and/or gunfire.

Poker Alice Stubbs was a professional gambler in the old west and played games in the boomtowns from Deadwood, South Dakota to Silver City, New Mexico and all places in between. Alice broke the bank in Silver City playing Faro. Alice was known to take the train to New York City to buy expensive gowns to play cards in.

Alice was honest and never cheated and did not play games on Sundays, according to her biography *Poker Alice* by Liz Duckworth.

Since Faro was so easy to cheat at it was phased out after World War II, but it still continued to be played at a few locations through 1985.

Today, an average of 175 million decks of cards are annually produced in just the U.S. Card playing is widely acknowledged as the most popular activity of all time.

*“Life is a pack of cards  
Childhood’s best cards are hearts;  
Youth is captured with diamonds;  
Middle age is conquered with a club,  
While old age is raked in by the insatiable spade.”*

Information about cards and historical information came from Historical Folk Toys, LLC Nashville, IN.

Faro information came from Wikipedia.

LOCAL FRESH MICROGEENS!

Mountain Naturals

COMMUNITY MARKET

Organic Foods | Local Produce | Gluten-Free | Grass-Fed Beef | Pet Food

**719-687-9851**  
 790 Red Feather Lane • Woodland Park  
 Hours: Mon-Fri 9am-7pm • Sat 9am-5pm • Sun 10am-5pm  
**GARDEN? WE HAVE NON-GMO SEEDS**

**Mountain Mustang Memories**  
*Bouncing back*  
*by Stefanie Skidmore*

The gather, a term for wild horses being captured and removed from the range, is a transformative event in a Mustang’s life. Gatherers occur for a variety of reasons: Shortage of resources (forage and/or water) due to environmental conditions, wild horses wandering outside of the boundaries of their Herd Management Area (HMA), or when the number of Mustangs in an area exceeds what the range can sustainably support. Regardless of the reason for the gather, and even with lower-stress gather methods such as bait traps (as opposed to helicopter round ups) now increasingly being used, the gather is stressful, traumatic and scary for the wild horses.

I have met some Mustangs that I’ve jokingly speculated may have been “the first ones at the trap, waiting to be let in.” Those are the ones that allow me to touch them on the first or second day, take alfalfa pellets out of my hand within a week, and are haltered, going for walks and climbing in and out of the trailer like seasoned mounts within a month. It does not take those horses long to adjust to their new situation and make the best of it. Many others, however, struggle to cope with the sudden and profound turn their lives have taken.

The group of Mustangs currently here for gentling is a good example for the different ways in which these wild horses handle change and adjust to living among humans. Picasso, Van Gogh, Dali (Do you recognize a theme there?) and Napoleon were among a group of horses gathered last fall from the Onaqui Mountain HMA, located in Utah’s rugged and arid West Desert. Onaqui (pronounced like “Off a key? No, ON a key!”) means ‘place of salt’ in the language of the Goshute tribe. All four geldings were removed from the range as already mature stallions. Picasso is estimated to be 5 years old, Napoleon 6, Van Gogh 7 and Dali 9. Imagine several 30- to 40-something-year-old residents of Teller or Park County, already somewhat established in life and a more than a little bit set in their mountain-loving ways, being scooped up and dropped off in downtown New York City, with nothing but an ID card in their hand. That sounds like it could be a bit anxiety-provoking, doesn’t it? Add to that no map, no clue what just happened, and no similar previous experiences to help them remain grounded and find their bearings in a seemingly overwhelming situation. “Am I going to survive? Will I be able to eat? What about my family and friends? How do I get through this?” are all questions they might ask themselves. While the Mustangs may

not have those exact thought processes, it is easy to imagine that the emotional turmoil they experience could be similar.

The ‘Onaqui boys’ as I call them, have been with me since March. Much of the initial dust has settled, physically as well as mentally. Two of them, Picasso and Napoleon, are within weeks of being able to go home to their respective adopters. They are touchable, can walk on a halter and lead and are currently learning how to pick up their feet and load into a trailer. While they can still get nervous in their new surroundings, they share the ability to remain calm and present even in the face of a perceived threat. Van Gogh on the other hand is curious yet unsure. He likes to interact, but preferably from a safe distance: “See, I did a good job. You may put those alfalfa pellets in my bowl and leave now, thank you!” That’s Van Gogh, things best happen on his terms and he can get a little squirrely when they don’t.

Then there is Dali, the oldest of the four. Dali did not ask to be rounded up any more than the other Mustangs did and, maybe due to his age, he took it the hardest. He is the oldest wild horse I have brought in for gentling so far, and I had never seen both anxiety and depression manifest in a horse to the extent that I did with him. For the first three weeks, if he wasn’t scared, he was sad, and vice versa. During sessions, he was frantically looking for a way out and ready to dart through even the smallest opening. When he was alone in his pen, he would just stand there, head hanging, barely picking at his hay. I could have returned him then, labeling him ‘not trainable’, ‘dangerous’ or even ‘crazy.’ Instead I decided to give him time, to move training sessions to a larger area where he would have more space and hopefully not feel trapped, and to keep our work together very brief and low-key.

With more room to move and a greater distance between us, Dali finally calmed down enough to begin to think and learn rather than merely react. I began teaching him a stop signal he could use to ask for a break in our session. Whenever he did, I would back away from him as far as the 40 ft round pen allowed. This method of two-way communication is used to reduce fear and encourage engagement in training. Once Dali realized that he had control over aspects of our work together, his attitude began to change. Little by little, the shut-down, frightened gelding became interested in his surroundings and willing to interact with the people around him. Before too long, tentative curiosity turned into playfulness, and his brave and in-

*“Believe you can and you’re halfway there.” — Theodore Roosevelt.*

*This is Dali beginning to believe that he can. photo by Stefanie Skidmore*

*Fun in the snow. Dali enjoying a sunny Colorado winter day.*

*photo by Petra Kadrnitzkova*

Obituary

In Loving Memory of Eugene Carl Herrscher

Eugene Carl Herrscher passed away at the age of 86 on February 25, 2020 in Rockvale, Colorado after living there for 7 years. He was born to John Eugene Herrscher and Beatrice Letitia Wold on August 3rd, 1933 in Phoenix, Arizona, where he grew up.

Eugene served his country in the U.S. Army. In earlier years, Gene was a Foreman in Feedlots in Arizona, Texas, and California, and became Vice President of Great Plains Chemical Livestock and Supply. He was the Owner/Broker of Trading Post Realty for the latter 40 years in Lake George, Colorado where he was also in charge of stocking the lakes and Wagon Tongue with fish every year and absolutely loved doing so. He was a lifetime member of the Elks Club, an avid fisherman, loved hunting with friends in the fall, and was always delighted to grill for all his friends and family, and even liked making his own special spices. Whenever anyone would stop by, he would always say, “Hurry, let’s eat!” Gene loved to tell stories and joke around, and quickly made friends with just about anyone he met. He collected old John Deere tractors and enjoyed being involved in the yearly tractor pulls.

Eugene Herrscher met his love, Joyce Devae Dimmitt, in Garden City, Kansas. They were married on December 3, 1979 and lasted a beautiful 40 years. About six or seven years ago, Joyce and Eugene built a home in Rockvale, Colorado, where they resided close to step-daughter Bonny and son in-law Bill Colton.

Eugene Carl Herrscher was pre-deceased by one son, John Eugene Herrscher of Wichita, Kansas on May 18th, 2013.

He is survived by his wife Joyce Devae Herrscher, his four beautiful children; Peggy Ann Nadzan of Ellwood, Pennsylvania, Jeffrey Stephan Herrscher (Wendy) of Florence, Colorado, Leslie S. Tryon of Rockvale, Colorado, and Bonny and husband Bill Colton; his beloved nine grandchildren and nine great grand-children; his brother Vern Herrscher (Norma) and sister Kay.

We will be having a BBQ in Gene’s Honor on June 6 at 2 p.m. at 425 Twin Pines. RSVP to Bonny at 719-429-5669.

*Shifting gears. Dali with his game face on, playing with the lash of the whip. Note that this goofy guy brought some hay to our session. Even Mustangs are getting their food ‘to go’ these days. photo by Stefanie Skidmore*

quisitive side began to emerge. In between sessions Dali no longer looks like the tall, dark and handsome version of Eeyore. His appetite has improved, he is alert and responsive to environmental stimuli. Dali even feels comfortable enough to lie down for naps and to interact (through the fence) with resident German Shepherd Denali who has made it his mission to befriend especially those Mustangs who either like him the least, or are having the most trouble adjusting.

While Dali still has a long way to go (including an evaluation of potential physical limitations) before he can be considered gentled and ready to find an adopter, there is now lots of hope for a bright future for him. These days our sessions consist of Dali attentively following me around the round pen, and us working on touch in preparation for halter training and feet handling. I use target training in which the horse initially learns to touch an object and later my hand. Dali has put his own spin on that by targeting my hand with different parts of his head. Through reinforcing exploratory, playful behavior and setting our work together up to be a positive, rewarding experience, I am able to help Dali learn to leave his fear behind so he can enjoy interacting with humans. I believe that if Winnie the Pooh knew Dali the cautious Mustang, he would tell him this: “You’re braver than you believe, stronger than you seem and smarter than you think.”



ACCEPTING  
NEW PATIENTSDeanna L. McNulty  
DNP, FNP-CPrimary and  
Urgent Care

- Acute Illness
- Chronic Care
- Pediatrics
- Hormone Replacement Therapy
- Allergic Reactions
- Rashes
- Sunburns / Minor Burns
- Cuts & Abrasions
- Altitude Sickness
- Splinting

Mon, Wed, Thur 8:00-4:30  
By Appointment(719) 839-1923  
18172 County Road 1, Florissant, CO  
www.FlorissantFM.comELECT  
STEVE VINCZE (R)

Park County Commissioner, District 1

- Colorado Native
- 33 year law enforcement career
- 10 year Park County resident
- Former small business owner
- Champion of the 2nd amendment
- Oppose Red Flag Law
- Support property rights



GOALS

- Maintain and improve the 1,600 miles of roads in Park County, including better snow removal in the winter months.
- Continued support of all our 1st responders at every level.
- Partner with incumbent commissioners and board members working toward the betterment and stability of Park County and its citizens.
- Working to Keep Park County Great!

For more information: [svincze43@gmail.com](mailto:svincze43@gmail.com)  
[steve4commissioner.com](mailto:steve4commissioner.com)

## You can help protect Colorado's waterways and land

by Coalition for the Upper South Platte

After a long winter, and seemingly longer stay at home order, spring feels like time to get out of the house and enjoy Colorado's recreation opportunities. We've talked many times about being safe with campfires and anything that might spark the tender dry vegetation, no more lectures on that for now. We've also talked about noxious weeds, and how you can limit their spread and get rid of those pesky invaders.

You can also help keep invasive aquatic species out of the water. Non-native invasive species often have no natural predators or checks to keep them from impacting native species. Aquatic Nuisance Species (ANS) in Colorado can include: zebra mussel, quagga mussel, New Zealand mudsnail and Asian carp. ANS can also include fish pathogens such as whirling disease and viral hemorrhagic septicemia (VHS). Sounds awful, and it is!

Together, we can protect Colorado's lands and waters by preventing the introduction of new invasive species, and stopping the spread of those that are already here. In addition to natural vectors, such as water or wind, invasive species are spread by humans as hitchhikers on watercraft, trailers, vehicles, tires, boots or waders, equipment, gear, firewood and even dogs!

Keep you gear clean and free of mud, plants and organic debris between every use. You can transfer nuisance species from one body of water to another, or even within different stretches of the same river, via your equipment.

Before you leave the river or lake, inspect your equipment including watercraft, waders, boots, fishing poles and lines, dip nets, flies, dogs and anything that has contacted the water. Clean to remove any visible material, including plants, animals (yuck) and mud.



Fishing on the South Platte River.

For boaters, be sure to completely drain water from the boat, motor, bilge, bladders, wells and bait containers. Don't be "that guy" and do this at the ramp. Allow everything to dry completely between each use.

Most of these nasty creatures can survive several days out of water and can be transported on footwear, gear, and water craft.

You can disinfect gear in several ways. 1. Submerge in a quaternary ammonia based cleaner (6 oz per gallon of water) for 20 minutes 2. Soak in 140°F water for 10 minutes 3. Freeze overnight 4. Dry for at least 10 days. Of course, freezing overnight is a distinct possibility at any time in Colorado, and for those of us who don't get out as much as we'd like, the 10-day drying period is also an easy and realistic method of disinfection.

Invasive species are the second greatest

threat to biodiversity after habitat loss. These species completely alter the food web and destroy habitat that native wildlife need to survive. Invasive species compete with native organisms for limited resources, alter habitats, reduce biodiversity and are capable of causing extinctions of native plants and animals. This can result in huge economic impacts and fundamental disruptions of Colorado's ecosystems. In many cases, once an invasive species has established a population, eradication is nearly impossible. Prevention through education and personal action is the best method to prevent the spread of these harmful invaders.

Colorado Parks & Wildlife has great information about invasive species and tips for what we all can do to prevent their spread, <https://cpw.state.co.us>.

## Rampart Library District updates

by Leslie Jackson, Circulation Manager, Rampart Library District

The Rampart Library District is happy to announce that we are offering curbside delivery services. We are unable to receive items from other Colorado libraries but there are plenty of books, DVDs, music CDs, and Audiobooks on our shelves. The libraries remain closed for now. While we await updates to the Safer at Home guidelines from Governor Polis, we are developing plans to offer appointments for our patrons to access our computers. Visit our website, [www.rampartlibrarydistrict.org](http://www.rampartlibrarydistrict.org), for specific details and updates.

Library-card holders in good standing are able to reserve materials through our online catalog at Cymbopogon nardis immediately. Be sure your home library is set correctly in your online account, as your items will be held at that location. When your materials are ready, library staff will contact you to schedule your curbside delivery appointment. For details and answers to common questions about our curbside service, please visit our web-

site or Facebook page.

The book drops at both locations are open for library materials returns. If you still have items that were checked out prior to our closing in March, they are due back immediately in order to avoid fines. Our library staff are taking precautions with library items due to the coronavirus. These precautions include holding returned library materials for at least 3 days, which aligns with guidelines by the CDC, and disinfecting all materials before they are returned to our shelves. All staff are wearing face coverings and gloves, practicing physical distancing, and conducting self-checks for temperature and symptoms prior to working each day.

Please visit our website at [www.rampartlibrarydistrict.org](http://www.rampartlibrarydistrict.org) or our Facebook page for information about our virtual story times, crafts and book clubs, upcoming summer reading activities, and more. The staff at Rampart Library District are excited to offer these services to our valued patrons.

## Manitou Springs Events Cancelled

## Colorado Wine Festival

The Manitou Springs Colorado Wine Festival scheduled for July 25, 2020 at Memorial Park in Manitou Springs has been cancelled.

The Manitou Springs Chamber of Commerce regrets to announce that the Manitou Springs Colorado Wine Festival has been cancelled due to constraints caused by the COVID-19 pandemic. All ticket holders will be issued a full refund.

We apologize for any inconveniences this may cause and encourage patrons to come back next year for the 2021 Manitou Springs Colorado Wine Festival.

## Silent disco and food truck rally

The Silent Disco and Food Truck Rally scheduled for August 22, 2020 at Soda

Springs Park in Manitou Springs has been cancelled.

The Manitou Springs Chamber of Commerce regrets to announce that the Silent Disco and Food Truck Rally has been cancelled due to constraints caused by the COVID-19 pandemic. All ticket holders will be issued a full refund.

We apologize for any inconveniences this may cause and encourage patrons to come back for future events in Manitou Springs. For information on other events in Manitou Springs, visit ManitouSprings.org.

Direct any question to the Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development at 719-685-5089 or email [mackenzie@manitouchamber.com](mailto:mackenzie@manitouchamber.com).

Melanie Yazzie:  
An overview of various indigenous female artists

by Collegiate Peaks Forum Series

The Collegiate Peaks Forum Series will present its June 10 lecture by Melanie Yazzie, Professor and Head of Printmaking at the University of Colorado at Boulder, via Zoom video conferencing. For information on participating in the lecture via Zoom, please visit [www.collegiatepeaksforum.org](http://www.collegiatepeaksforum.org) and open the Lecture Schedule tab for Zoom instructions and password. Participants new to Zoom should connect using the link on this Collegiate Peaks Forum Series page ahead of time. Those who have not used Zoom before will need to download the Zoom software. It is not difficult, but it will be best to try the link prior to the lecture to make sure that connections are smooth. As with Collegiate Peaks Forum Series physical lectures, participants will have an opportunity to ask questions at the end of the lecture.

Professor Yazzie will speak on "Melanie Yazzie: An Overview of Various Indigenous Female Artists." Many of us are familiar with famous male indigenous artists, but when people are asked to name three or four contemporary female indigenous artists, they are unsure how to respond. In this lecture, printmaker, sculptor, painter, and art practices and printmaking professor Melanie Yazzie will introduce her audience to several wonderful movers and shakers in the indigenous art world. Ms. Yazzie uses her travels around the world to connect with other indigenous peoples. She has visited New Zealand, the Arctic, Pueblo communities in the Southwest, and the indigenous peoples of Russia. These travels have been the impetus for continued dialogue about indigenous culture, language, song, story-telling, and survival. The lecture will be filled with Melanie Yazzie's

firsthand stories about her connections with these artists and their work. She will demonstrate how these artists are making a difference in the world.

Melanie Yazzie is informed by the Diné (Navajo) philosophy of hozho — blessings, beauty, and harmony. She holds a BA in Studio Art and Spanish from Arizona State University and a Master of Fine Arts from the University of Colorado at Boulder. She has had scores of solo and group regional, national, and international exhibitions. Her work is in the collections of more than 50 national and university museums.

Please join us for this enlightening, free lecture! The Collegiate Peaks Forum Series, now in its 18th year, is a free



lecture series with presentations in Leadville, Buena Vista, and Salida. For more information about the CPFS, visit [www.collegiatepeaksforum.org](http://www.collegiatepeaksforum.org).

## Junior Achievement of Teller County

by Sherri Albertson

Well the school year is officially over and what an end to the year it was!

A big thank you goes out to all of the Junior Achievement volunteers who had the chance to be in the elementary school classrooms with the students this year. As well as a smile and bow to the volunteers who were scheduled to participate, put on hold and then couldn't volunteer due to COVID 19. More than 70 Teller County business

people and service club members, plus retired teachers, parents, grandparents and neighbors volunteer annually to present the JA programs.

I'd also like to take this opportunity to thank the sponsors who were gracious with their grants and donations. This list includes the Newmont Mining Company, the City of Woodland Park's Community Investment Fund, VECTRA Bank, Abacus

Solutions Group, Andersen Enterprises, the Mountain Top Cycling Club and individual donors, as well. The funds received have been mostly put on hold for next school year and we'll keep our fingers crossed that JA can be back in the classrooms in the fall.

Here's to the next decade of JA of Teller County making a difference in the lives of our youngest students!

Volunteers are always needed, either in person or virtually, to present specialized curriculum on work-readiness, entrepreneurship and financial literacy skills to students in grades K-6. Getting involved is easy and JA provides all the necessary volunteer training and curriculum materials. Contact Sherri L. Albertson at 719-650-4089 or via email to [sherri.albertson@ja.org](mailto:sherri.albertson@ja.org).

## ~ UTE COUNTRY BUSINESS ~

Jim Wright, DVM  
ANIMAL CARE CLINIC  
(719) 748-3048  
(719) 337-9822

Veterinary Practice  
Small Animals • Equine and Livestock  
Small Animal Surgical & Hospitalization Facilities Available  
39609 Hwy. 24 • Lake George, CO 80827  
Serving Teller, Park, Douglas, & El Paso Counties

Husqvarna: Chainsaws, Trimmers,  
Zero Turns & Tractors, Carts, Bars &  
Chain, Parts, Safety Gear

Shop Local: Our prices are equal or less than Lowe's



Even in the end  
HIGH ALTITUDE SPIRITS  
Hangovers Installed and Serviced  
Main Street Jake & Jennie  
Fairplay Ph. (719) 836-3155

[www.OhGetMeAHome.com](http://www.OhGetMeAHome.com)  
Homes Cabins Land Ranches  
Serving Teller & Park Counties Since 1999!  
719-748-1099  
HIGH COUNTRY REALTY  
John Lloyd Magoon, Broker 2717 W Hwy 24 Florissant CO

STEWART REALTY  
Since 1984  
Commissions starting at 2-1/2 %  
719-310-8324

Griggs vacuums  
We Want To Be Your Vacuum Store!  
In-Store Exclusive  
\$399.99  
1706 W Colorado Ave  
Colorado Springs CO 80904  
719-475-9216

Real Estate by  
Dave Martinek  
719.687.9656 office  
719.213.9335 cell  
719.686.9655 home  
dave@davemartinek.net  
Veteran Owned  
Trust your hometown Realtor  
400 W. Highway 24, Ste. 208  
P.O. Box 7533  
Woodland Park, CO 80866

Compassion ANIMAL HOSPITAL  
GREGORY S. COOPER, D.V.M.  
312 W. Hwy. 24 • Box 5999  
Woodland Park, CO 80866  
(719) 687-6000  
gcompassionanimalhospital@gmail.com  
mycompassionanimalhospital.com

VOTE  
POLITICS IS NOT A SPECTATOR SPORT  
PARK COUNTY DEMOCRAT  
JOIN US!  
ParkDems.org

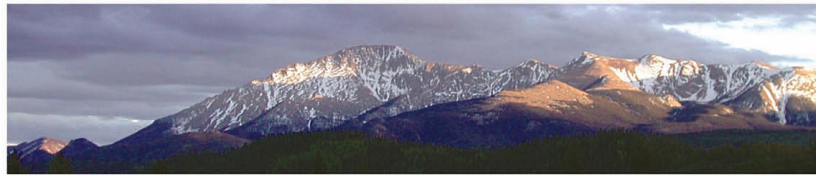
EVERY MILE, EVERY MILESTONE,  
WE'VE GOT YOU COVERED.  
CALL (719) 687-9292 FOR A  
NO-OBLIGATION FREE QUOTE.  
Frank Gundy, Agent  
Frank W Gundy Agency, Inc.  
101 Sundial Dr Ste B2  
Woodland Park, CO 80863  
fgundy@amfam.com  
Bus: (719) 687-9292

Journeys  
Counseling Center, Inc.  
"We are here to help you create your best life possible"  
Barbara Pichholz-Weiner  
RN, CAC III, MAC, EMDR II  
320 Burdette Street, Woodland Park, CO 80863  
719-687-6927 Fax 687-7827 Cell: 719-510-1268  
journeyscc@aol.com

Classic or New Domestic Foreign 4 - Wheel Trucks Jeeps  
Old Fashioned Care  
Home Town Garage  
711 Gold Hill Place  
Woodland Park, CO. 80863  
(719) 687-0001  
"Home Town Service You Can Trust"



# UTE PASS Chamber Players



**WE'LL BE BACK!**



AS SOON AS WE HAVE CONCERT DATES FOR OUR NEW SEASON, WE'LL POST THEM ON OUR WEBSITE. PLEASE VISIT US AT

[WWW.UTEPASSCHAMBERPLAYERS.ORG](http://WWW.UTEPASSCHAMBERPLAYERS.ORG)

Affiliate Member

woodland park  
Arts  
alliance

## ~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](mailto: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](https://www.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](mailto:utecountrynewspaper@gmail.com) so we can get it cleared up before July.

### CAÑON CITY

**LIBRARY**  
3 Virtual Free Legal Clinic 2-5 p.m. Please contact Cañon City Library 719-269-9020 to be added to sign-up sheet. The volunteer attorney will call each clinic patron's telephone directly during clinic hours, using the phone number provided.  
• The library is planning the summer reading/learning program a little differently this year including virtual BINGO boards, weekly challenges and weekly prizes. We will have online registration and many activities to do that will not violate the physical distancing protocols, yet keep kids learning all summer long. FMI 719-269-9020.

### COLORADO SPRINGS

27 Lissa Hanner performs solo acoustic at The Prime 25 on Tejon 7-10 p.m.

### DIVIDE

**COMMUNITY PARTNERSHIP**  
12 Crossroads of Parenting & Divorce 9:30-1:30 p.m. via zoom. Teller County court approved divorce class. Registration fee required. Contact AmyS@cptel.org or call 719-686-0705.  
25 Parent Advisory Committee Meeting 5-7 p.m. via zoom. Stay connected with families and provide a voice for CP programming, especially during this time. Contact AmyS@cptel.org or call 719-686-0705.  
• Playgroup with Jackie on Mondays and Wednesdays 10 a.m.

via Facebook live: [www.facebook.com/playgroupndivide](https://www.facebook.com/playgroupndivide).

### LITTLE CHAPEL FOOD PANTRY

8, 22 We are skipping the registration process and asking folks to write their name and how many families they are picking up for on a piece of paper and hold it up to the window. Also, write if they need pet food. If they want to know whether Focus on the Forest is taking trash, call them directly.

### FLORENCE

• Florence Pioneer Museum and Research Center is open for the year! We are ready for your museum touring needs. Safety protocol plans are in place. We have a new book we are introducing, *The SFC Ray A. Archuleta Story: 2nd Battalion 502nd Infantry Reg. 101st Airborne; Vietnam Veterans 1965-1972* written by Louis R. Archuleta. See [www.florencepioneer-museum.org](http://www.florencepioneer-museum.org).

### FLORISSANT

**GRANGE**  
6 Pine Needle Basket/Gourd Art Class 9-12 p.m. By reservation only as we currently can only have 10 people at a time at a gathering.  
9, 30 Quilt of Valor Guild quilting session 9-12 p.m. All quilters welcome!  
27 Annual Lima Street Band Concert and BBQ 4-6 p.m. Come enjoy the music and food. Sit inside or outside and enjoy the company of others. \$20/person for concert and dinner.

To RSVP or any questions call 719-748-5004.

### LIBRARY

11 Virtual Free Legal Clinic 3-4 p.m. Please contact Florissant Library 719-748-3939 to be added to sign-up sheet. The volunteer attorney will call each clinic patron's telephone directly during clinic hours, using the phone number provided.

### PARK COUNTY LIBRARIES

• The Park County Libraries are open for curbside service during regular open hours. All our online resources are available to Park County residents who have a library card number. We offer a HUGE array of online resources, just visit our website: <http://parkcountycolibraries.org>. All branches vary in their open hours; please check the website for more information.

### WOODLAND PARK

9 Nonprofit Cooperative Meeting via Webinar 3-4:15 p.m. Training is by Status: Code 4, Inc. and relates to mental wellness. Anyone is invited to attend. Registration is here: <https://soarwithnetworkfundraising.org/easywebinar/live/registration-68/>. You can also call Gayle at 719-233-9902 or email [iwantto@soarwithnetworkfundraising.org](mailto:iwantto@soarwithnetworkfundraising.org) to have the link sent directly. No cost to participate.  
12 Lissa Hanner performs solo acoustic at Woodland Country Lodge 6-9 p.m.

# TIMBERLINE

## Spraying & Mitigation Services

**SAVING THE FOREST ONE TREE AT A TIME**

## It's Time to Schedule your Preventative Tree Spraying!

**Let us help you protect your trees! Timberline Spraying & Mitigation Services spray for a wide variety of bugs and beetles including:**

- Pine (IPS & MPB), Fir & Spruce Beetles
- Budworm & Tussock Moth
- Aspen Mites & Aphids
- Deep Root Fertilization

*We also provide Mistletoe Sterilization and a variety of Mitigation Services as well.*

# 719-687-6811

[Richard@SavingTheForest.com](mailto:Richard@SavingTheForest.com)



## Did you enjoy what you read? Please thank our advertisers!

### ~ UTE COUNTRY BUSINESS ~

**Home Church of the Rockies**  
Come join our family of believers to celebrate the Gospel of Jesus Christ  
Welcome Home!  
[hcotropefortomorrow.org](http://hcotropefortomorrow.org)  
37888 Hwy 24 Lake George, Colorado 80827  
719-302-4844

**YOUR NEIGHBORHOOD REALTY**  
Carrie N Miller  
MLS  
call or text 719.641.7074  
email [Carrie@GoldCountryCo.com](mailto:Carrie@GoldCountryCo.com)  
visit [www.GoldCountryCo.com](http://www.GoldCountryCo.com)  
Broker Associate  
Serving Teller and Park Counties

**Shannon Lemons, DVM**  
Teller Park Veterinary Service  
Elevate your Veterinary Care.  
Accepting Care Credit  
**Large and Small Animal Medicine and Surgery, Specializing in Dentistry**  
**719.687.2201**  
1084 Cedar Mtn. Road • Divide • [www.tellerparkvet.com](http://www.tellerparkvet.com)

**Joe's Painting and Drywall**  
Free Estimates  
Paint, Stain and Drywall  
Interior/Exterior  
Serving mountain communities  
720-665-5728

**The House Fairy**  
Cleaning & Handyman Services  
Property Care and Management  
We do the work from deep cleaning to all repairs  
Quality Service  
Affordable Rates  
References available  
Weekly - Biweekly - Monthly  
Reliable  
Carmen and Mike  
505-382-4412  
We service all Teller County  
Woodland Park, Divide, Florissant and Guffey

**WOODLAND ROOFING COMPANY**  
COMPLETE ROOFING SERVICE  
53 YEARS OF SERVICE  
PHONE (719) 687-9645  
CELL (719) 291-4731  
[www.woodlandroofing.com](http://www.woodlandroofing.com)  
STEVE BARRINGTON: OWNER  
E-MAIL: [steve@woodlandroofing.com](mailto:steve@woodlandroofing.com)  
P.O. BOX 9002  
WOODLAND PARK, CO 80866

**CENTRAL BOILER**  
Carol Kinder  
Owner  
**Rocky Mountain Outdoor Furnaces LLC.**  
211 Yarnell Rd. Hartsel, CO 80449  
217-871-3460 [ckinder95@yahoo.com](mailto:ckinder95@yahoo.com)  
We offer financing on stoves and installation

**MUSIC LESSONS**  
Violin, Beginning Guitar and Mandolin  
FLIP: [719] 429-3361  
[flip@ghvalley.net](mailto:flip@ghvalley.net)

**BUCKSTITCH SADDLERY**  
Handmade Saddles, Tack & Other Gear  
RICK FAVINGER  
40025 Hwy 24  
PO Box 220  
Lake George, CO 80827  
Phone: (719) 660-4488  
Email: [buckstitchsaddlery@hughes.net](mailto:buckstitchsaddlery@hughes.net)

## Colorado Broadcasters Association Awards of Excellence



**Heart of the Rockies Radio Group and Media Center**  
is honored to be recognized by the  
**Colorado Broadcasters Association,**  
in state-wide competition,  
with 18 Awards of Excellence in 2019, including...  
**STATION OF THE YEAR!**

Being awarded for serving our amazing community is truly a privilege!



**On air and online - we are your go-to source!**  
**LOCALLY OWNED | COLORADO STRONG | COLORADO PROUD**







# Colorado Springs Police Department

*Safeguarding our Community as our Family*



**Applications Open August 3rd - September 14, 2020**

**For a July, 2021 Police Academy.**

**Visit our website for further information.**



## Join the Peak Force!

[cspd.coloradosprings.gov](http://cspd.coloradosprings.gov)

click on "I'd Like To" and then "Become PD"



# IN GOD WE TRUST

Join us for the  
***In God We Trust* musical**  
at Charis Bible College!

**July 4, 2020**

Engaging drama, military action, reenactments of significant American historical events, and rousing musical numbers—the *In God We Trust* musical is a show you won't want to miss!

**Independence Day Celebration: 3:00 p.m.**

Face painting, balloon animals, bounce houses, delicious food, and free cotton candy!

**Color guard: 5:30 p.m.**

***In God We Trust* musical: 6:00 p.m.**

**Free admission** and general seating



800 Gospel Truth Way | Woodland Park

Find out more at [ingodwetrustmusical.com/ute](http://ingodwetrustmusical.com/ute)