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August 2022

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Vol. 14, No. 8

Welcome to Ute Country

A horse doesn't care how much you know until he knows how much you care. Put your hand on your horse and your heart in your hand.

— Pat Parelli

PEEK INSIDE...



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Happy Meadows



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On Deck

Our August cover was taken a year ago in Fairplay at Living History Day. It seemed appropriate to be on the cover this year as South Park City repeats the program this year (see page 17). We felt the quote appropriate as it reflects a good way to treat horses and a good way to treat people.

Inside our August pages, you'll find more information on how *WHOA* gentles mustangs. Nature lovers and learners can find out about *Nature's Educators* and what they have to offer. To help keep yourself and your pets rabies free, Teller County Public Health and Environment provides tips on bat awareness and safety. Those readers interested in the health and welfare of Horsethief Park are offered an invitation to serve. If you are seeking healing through yoga, you'll enjoy learning about Sun Mountain Yoga. Those seeking to help our youth might be interested in JA in a Day. If you are interested in witnessing the longest batted baseball hit, you will want to read *Guinness World Records*. We also have the latest installment of *Current Creek Characters*. Can photography be an art form? Check out *A Look Inside the Artist* to learn more about Clifford Carter. If you were curious about the power of a flower, you will enjoy *Growing Ideas*. There's lots to read and lots to enjoy in our August issue. When you're happy and you know it, you'll find *Musings Along the Way* reminding you "Beauty is in the I of the Beholder."

We are always seeking photos of your in/outdoor animal friends. Would you like to share with our readers? Critter Corner is the perfect place to share! Email your photos to utecountrynewspaper@gmail.com, bring them into Shipping Plus M-F 9-5:30 p.m. or snail mail them to POB 753 Divide, CO 80814.

Thank you,
—Kathy & Jeff Hansen



The Thymekeeper

Both sides now
by Mari Marques-Worden

Every year about this time I find myself picking sides in the annual effort to eradicate certain plants. Fortunately, I am hardly ever at a loss for words in regard to the subject as futile as it may seem. On the most wanted dead list this month is one of my favorite herbs, mullein.

Missing from the conversation are the facts regarding mullein's tried and true healing properties. Mullein is not only healing for people but also for the insects, animals and the land. It is one of the first plants to come back after a wildfire, blanketing the land with its large furry leaves making it possible for other plants to take root as well as serving to hold the land together in the case of flood. It provides shade which helps the soil retain moisture. I find it pleasing to the eye and unlike the popular notion that it will take over, I find myself seeking assistance from others in the harvest of the leaves as there aren't enough on my property to keep up with current demand.

Whenever I encounter an organization or persons urging others to kill the plants, I wonder to myself if they would mind if I harvest some before they begin eradication. My neighbors are used to me showing up with my basket in my efforts to collect their "weeds" to stock my apothecary. Although mullein is listed on the state's noxious weed list, you would hardly regard it as such if you've ever experienced its healing powers.

I consider it an absolute must for providing relief from asthma symptoms or lung irritation from smoke. Mullein helps make it easier to breathe and most people notice the benefits same day when taken as a tea. With a bit of forethought and very little effort, anyone can use it. Simply collect the leaves of the plant and lay them out on a screen to dry. Another method if you are in a hurry would be to place them on a cookie sheet and heat them on low heat in the oven until the leaves are crunchy and can be rubbed between the hands to reduce into tea form. A mask may be worn as the fine hairs of the plant can be irritating to the throat when processing.

Make mullein leaf tea

Using a one-quart mason jar, fill with 3-4 heaping tablespoons of the crushed leaves and cover with hot water. Steep 1/2 hour or more and strain. Voila. That is all there is to making yourself a healing tea from the leaves of the mullein. The fresh leaves may be dipped in hot water and applied to the knees to relieve water on the knee. Left overnight, it will bring down the swelling as it moves the water from the area. The same method can be used on animals if the need arises.

Tip: Mullein is susceptible to powdery mildew, take care to collect only the leaves that are free of mold.

The entire plant has anti-inflammatory properties and people who are familiar with mullein prefer the flowers over the leaves for this purpose. Mullein is a bi-annual and although the leaves may be collected at any time, the flowers will appear in the second year when the plant produces a tall stalk. The bees will enjoy the flowers immensely and will assist you in knowing the proper time of day to collect them. The flowers can be used in the same manner as the leaves.

The root of the mullein is very effective at moving bodily fluids and we all need to keep those fluids on the move. For those who need a little juice in the joints, mullein root is your ally. I have also found it very effective at moving sinus fluid. In an interesting twist, mullein root is an abso-

lute miracle for people who wish to stop fluid movement if they pee when they sneeze. It has an amazing ability to tighten the sphincter that becomes lax as we age. For the root I prefer to make a tincture. Alcohol based tinctures are very effective as they take the medicine of the plant directly into the bloodstream.

The root of the mullein should be collected in the fall of the first year of growth. The energy of the plant is geared toward producing flowers in the second year and after the flowers are done, the plant expires and has very little medicine left in the root.

Make mullein root tincture

To make a mullein root tincture, collect and clean the root. Cut into small pieces and place in a mason jar. Cover with grain alcohol and shake every day for a month. Strain and store in an air-tight container out of the light and heat. Dosage of 1/4 teaspoon 3 times per day is recommended. Tinctures cost approximately \$14-\$15 per ounce in most stores. You can save yourself a great deal of money by making your own. Depending on size, using just one root you can easily make enough tincture to share with friends and family.

It may take approximately 2 weeks to 1 month of use to obtain results from the tincture but as with all herbs it isn't typically necessary to ingest it daily for the rest of your life. Unlike many pharmaceuticals, this is a use as needed remedy.

After the second year of mulleins life cycle the plant will produce seed pods on the stalk which can be contained and disposed of if you feel you have no more use for the plant on your property. There is no need to dig and destroy the rest of the plant unless you are a sucker for punishment.

Tip: when hiking, place a leaf of mullein in your shoes to provide padding, in addition it will afford you its anti-inflammatory properties.

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Smoke blend

Another method of ingesting mullein is through smoke. I include mullein in my smoke blend as an alternative to cigarettes and as an aid in the effort to quit. Although it is not recommended to ever have smoke in the lungs, I consider it a means to an end and not a daily regimen once the urge to smoke tobacco has passed. Indirect inhalation is another quick delivery method.

I present this information as a guide for those who wish to further their knowledge of mullein and why it may be growing where you live. I encourage everyone to broaden their perspective and move beyond the notion that every weed is a horrible blight on the land and delve into the positive aspects and uses of the plants.

I come from a position of experience and although there are plenty of good herb books on the market, the information listed in this article is as I said, tried and true. There is no magic involved, no spell work and no special training necessary. Anyone, including you can achieve the same results. I invite you to try your hand at making your own medicine from mullein, I think you will be pleasantly surprised.

continued on page 4

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The Thymekeeper

Both sides now
 continued from page 3

prised at the results.

Social media and misinformation

Although social media is a great tool for keeping track of friends and family, it can also be used to spread mis-information fast and far especially in regard to plants or unknown entities that may seem to pose a threat. So much so that I urge everyone to do a little research before deciding the plants you suddenly become aware of should be destroyed.

The word dangerous can instill fear in people that may cause them to go out of their way to attempt to control the plants around them in the wild. I would suggest this could do more harm than good. There are several look alikes and for newcomers to the area, it is easy to mistake one plant for another. For example, the plant cow parsnip was recently confused with the more noxious plant called giant hogweed causing unnecessary panic in some people. For the record, giant hogweed does not grow in Teller County.

Cow parsnip does grow in Teller County. I have never used the plant medicinally, however the root is edible if the need were to arise. It is typically found in swampy mosquito infested, waist high grass in ditches that only someone on a mission (me in search of nettle) would dare to venture. For this reason, I would have to be very hungry in order to dig it up.

Although the sap from the plant can cause irritation to the skin; it only occurs when the plant is broken off, comes into contact with skin and later becomes exposed to the sun. It would seem to me that a person would have to make an exerted effort for this to happen as it doesn't typically grow in people's yards or in open meadows.

I have wandered in the midst of the cow

parsnip for 12 years now and have never experienced any discomfort whatsoever from it. A person is far more likely to unknowingly wander into a patch of stinging nettle which can result in a significant sting and raised welts on the skin depending on amount of exposure. To be honest, the sudden sting of the nettle will elicit some choice words from me when it does happen. However, when approached with care and respect the nettle can be your best ally for several medical conditions that plague a great deal of people, and it is there for the taking. One need only to protect the skin from exposure to the fresh plant.

For more on nettle see *Ute Country News* May 2022 Spring Sting.

Yes friends, I see it from both sides, and I encourage everyone to do the same. Educate yourselves about the nature around you. Take care and use awareness for the plants you do want to harvest and leave the ones you don't alone. It will only serve to enhance your appreciation of the wild side of Ute country.

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 classes and consultation.

Editor's note: It seems to me that since common mullein is helpful for healing humans who have lungs irritated by fire particulate, and that earlier this May we had three wildfires in Teller County alone, and that since common mullein can help heal the land, perhaps we might reconsider its placement on List C. Let's not forget the pollinators — bees love mullein. We know the Monarch butterfly has now reached the endangered list. Perhaps we must consider this also in these reassessments.

Help finish Horsethief Park trail project

by Tomas Mowle

The 53 volunteers who worked on this project in June got so much great work done! The entire length of new trail is roughed in and there are structures to support each end of the trail.

Now, we'd like to finish making the trail more sustainable before the end of the season. The remaining work is to make the trail surface more even, ensure a consistent outslope for drainage, bolster the critical edge where necessary, and cut in a backslope so erosion doesn't narrow the trail. This should be a bit easier than on the first weekend: not so many rocks, not so many stumps.

Here is a link to a video of the route as it is now: https://youtu.be/YZFT_y5n4_M
 Please sign up to help on one or both of the remaining workdays!
 Saturday, August 27: <https://cmc.org/Calendar/EventDetails.aspx?ID=56429>
 Saturday, September 10: <https://cmc.org/Calendar/EventDetails.aspx?ID=56430>

Adopt Me by Ark Valley Humane Society

Klifford

Klifford has been at the shelter longer than any other adoptable dog — he was first brought to us in late May when his owner was no longer able to provide adequate care for him and hoped to see Klifford with a family who had the time and resources for this sweet boy. We did standard intake vaccines and tests like we do for all our new animals and during those tests we found out he was Heartworm positive. Heartworm disease is a parasitic infection that can result in heart, lung and liver damage if left untreated. He started treatment as soon as possible and has been on 'kennel rest' ever since. Treatment is an ongoing process for the first year and AVHS will be paying for the first 3 months of the more intensive treatment. Klifford is one of the sweetest, snuggliest dogs you will ever meet and deserves the best care and home. He spent a week in a wonderful foster home who only had great things to say about him, "He is an exceptionally good dog in the house. No chewing except for toys and no accidents. He likes to be with us but can sit in a room alone. What a great cuddler he is! He is very loving. He sleeps through the night on a bed next to ours calmly until we awaken." If you'd like to meet Klifford please call us at 719-395-2737.

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



A Look Inside the Artist Clifford Carter, Photographer

by Mary Shell

There's something special about photography and how we depend on it telling the truth...or to create illusions. We see photography as capturing a single moment in time, to freeze a fleeting image to be witnessed, analyzed, and judged. We dive deep into the images searching for illumination and truth. We search for a story to be told or understood. The smallest of detail can be emphasize directing the viewer to a new experience and understanding of what they are seeing. As Clifford mention in his interview that the perfect shot comes with emotional responses. It's that emotional response, or intuition, that makes great photographs and photographers. Thank you, Clifford, for sharing what you see.

When did you start your interest in photography?

My interest in photography started at an early age mostly by being gifted a camera from my grandmother.

What's your favorite subject?

I enjoy street photography as well as surreal imagery.

What kind of camera do you use?

I often use vintage film cameras as well as a Pentax K1 digital.

How do you know when there's the perfect shot?

Identifying the perfect shot comes with an emotional response.

What is the best photo you have taken?

Best photo I feel like is subjective. I like the photo of a little girl feeding a baby

bird.

Do you use raw photos, or do you adjust them?

My cameras shoot in raw and occasionally I do edit them.

What's in the future for you and photography?

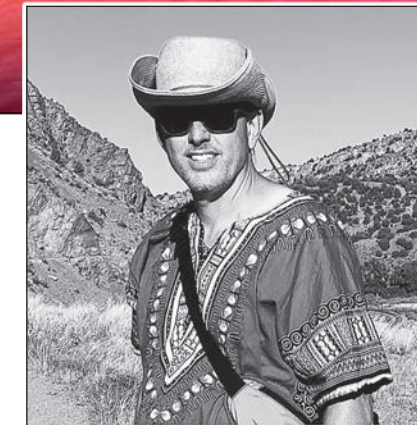
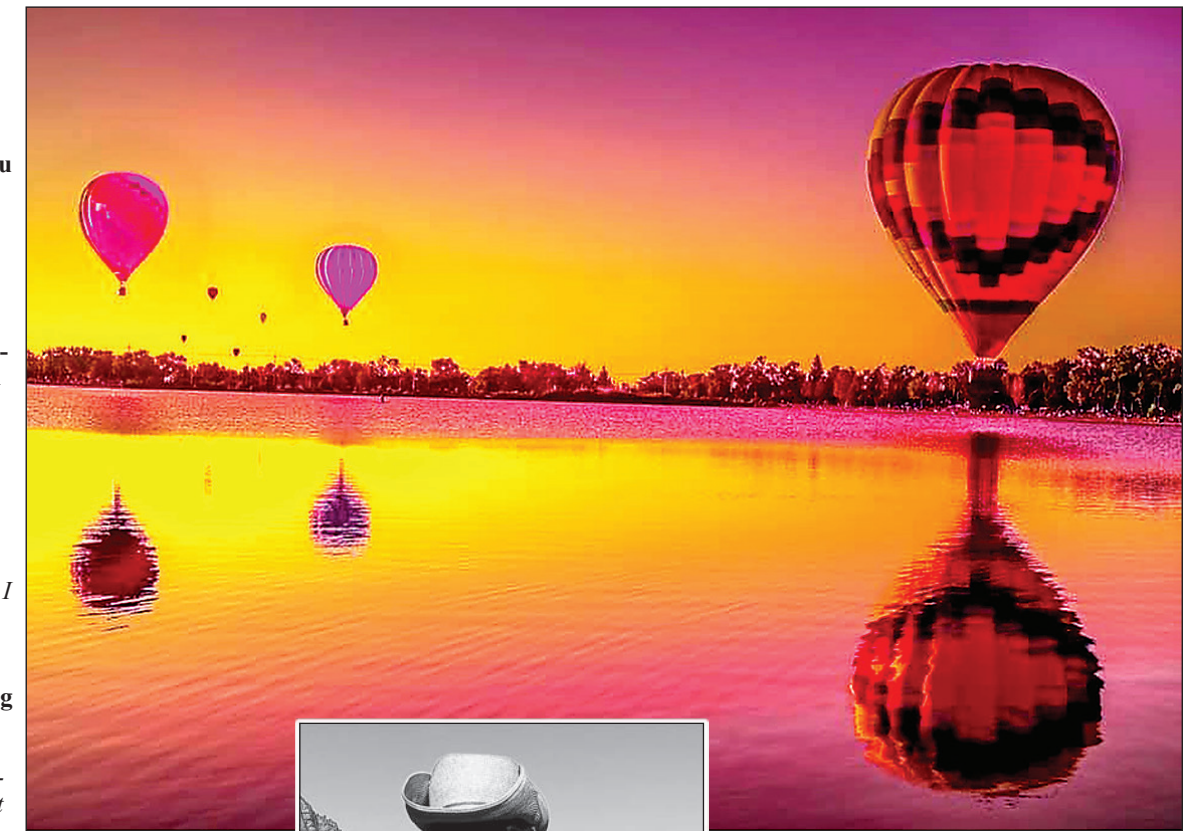
I like to push myself to enable the viewer to think, feel, and experience from their own perspective what I have presented.

What do you look for in taking photos?

I am always looking for something that has not yet been seen, an image that enables one to question.

Explain your emotion connection to your photography

My photography has been an escape from reality. A way to see the world from a different lens. This viewing enables me to feel deep emotion from joy to pain and everything in between.



Clifford is more than a photographer. He is also the founder and CEO of Inner Warrior Spirit, an organization helping others with PTSD by offering counseling, workshops, and meditation classes.

You can see more of Clifford's work on Facebook/Clifford's Fine Art & Photography and Facebook/Inner Warrior Spirit.

Learn more about Mary Shell at www.MaryShellArt.com

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Petroglyphs

by Steven Wade Veatch



Above and on the cover: Fremont petroglyph panels, Dinosaur National Park and surrounding areas. Photo by S. W. Veatch

Desert varnish drips down rocks marking time.

Spirals, stars, animal shapes, sacred symbols, pecked on rocks from centuries past reveal a silent song and the shaman's path.

A breeze whispers through sagebrush while a sunbaked lizard rests on a rock.

A hawk, flying high, disappears into the canyon where echoes of ancient chants draw me to where I belong.

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Growing Ideas Flower Power

by Karen Anderson "The Plant Lady"



"And everywhere the flowers bloomed and people laughed, and there was peace in the world, and we all lived happily ever after."
 — Karen Hilliard Good

August greetings gardeners and friends. Well folks, here we are already, at the peak of the 2022 gardening season and what a pleasant summer we have experienced this year with the blessings of frequent rain showers to help support our gardening ventures. With the abundant moisture we have received so far, the wildflowers are displaying their true colors in multitudes and the native flora is healthy and thriving. Enjoy this special gift in time and what a perfect opportunity to weed while the weeding is good!

I chose flower power as a topic to write a little bit about this month because flowers are eye candy for the soul and for me personally, simply being in the pleasure of their company creates the wonderful, warm and fuzzy feelings of pure joy, appreciation and happiness. Flowers can expand the love in my heart and in my life. Please, never underestimate the power of a flower.

Flowers can mend and melt hearts. A bouquet of flowers has the ability to lift spirits, convey apologies or brighten anyone's day. A single rose or carnation or daisy may be presented as a symbol of true love and devotion. A nosegay of sweet and fragrant lavender or a pretty vase filled with fresh cut lilac blossoms can stir the olfactory senses and perhaps bring back some fond memories of days gone by. A colorful arrangement of flowers may help to ease an ailing patient's pain. A surprise bloom on a moss rose after you thought it would never flower may remind you as a metaphysical confirmation that a lost loved one is still with you in spirit. You may find that wearing flowers in your hair can make you look and feel like a beautiful princess. If you have a favorite flower, you might want to explore the special meaning and message it may bring to you. Flower power is deeply steeped in symbolism and of

course in herbal medicine practices, as our good friend Mari Marques-Worden, The Thymekeeper and columnist of this paper will tell you with her expertise in this area.

Being a flower child of the 60's, it must have been kismet that I landed in Florissant in 1977 because the word Florissant is derived from the French verb Fleurir which literally means to flourish, to flower or to blossom. Judge James Costella migrated to Colorado about 152 years ago, was an early settler in our little town and named it after his hometown, Florissant, Missouri. It is also known as *The Valley of Flowers* referring to the plentitude of wildflowers we enjoy during a rainy season.

I am also a huge *foo foo* fan when it comes to annual color in the summer garden, so I indulge myself with a vast array of flowers for all season rainbow grandeur. It just simply makes me happy. The hummingbirds, bees and butterflies benefit too.

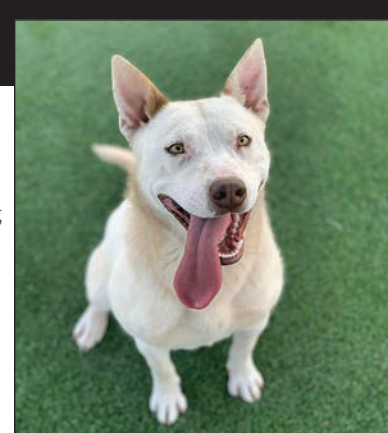
I continue to plant perennials in my landscapes throughout the month of August and if you would like to do the same, Power Perennials born and raised at 9,000 ft. are available for adoption at The Outpost Feed Store in Florissant and Mountain Naturals in Woodland Park. You may also contact me directly at 719-748-3521 or email plantladyspeaks@gmail.com for more information or to make arrangements to visit Paradise Gardens. Happy Houseplants, my Heritage Seed Collection and Blessing Beads are also on display at Shipping Plus in Divide as well as at the aforementioned locations. I am available for personal consultations if you need high altitude, organic and native gardening guidance. Lastly, The Harvest Center has organized the annual garden and greenhouse tour for the end of this month and I would like to extend the invitation to an open house here at my place on Sunday, August 28 from 9-2 p.m. and you may find more details and maps for the two-day event at the Harvest Center website <https://wpharvestcenter.org/> events. As always, I wish for you peace in your heart and happy gardening.

Adopt Me by SLV Animal Welfare Society

Piper

This is Piper. She is a sweet and mellow Husky mix at 3 1/2 years old. Piper gets along great with other dogs and loves to play. She is about 50 pounds, spayed, chipped and current on all vaccinations. Adoption fairs 10-3 p.m. First Saturday of each month at 5020 N. Nevada Petco; all other Saturdays 7680 N. Academy Petsmart.

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Rehoming Nala

by Julia

Nala's mom had to move and due to circumstances, was unable to take her with her. Nala is a purebred Akita, she is 16 months old, spayed, very sweet girl at 80 pounds and current on all shots.

Nala is looking for a SINGLE COMPANION, who likes to take walks, hikes and loves to play. She has been raised indoors. Nala is getting training at this time and is already making improvements. Nala is very smart and is loving training. The dog trainer has 20 years of experience and is a local trainer here in Divide.

If you are interested in Nala, please contact Julia @ 719-687-4209. Adaption fee: \$200.



Junior Achievement of Teller County



Students interact with JA volunteers Diana Allen and Barb Waas (both retired school teachers) as they learn about the variety of careers people have in a community and job skills required.

August is here and that means the beginning of another school year! Junior Achievement volunteers will soon be back in the classroom as well.

What's Junior Achievement (JA)? We are a nonprofit organization offering school-based, classroom programs, led by community volunteers, with specialized curriculum on work-readiness, entrepreneurship and financial literacy skills for all our students here in Teller County.

JA's educational materials and activities enable students to develop the skills they need to experience the realities and opportunities of work and entrepreneurship here at home and abroad.

For 10+ years, JA of Teller County has made a difference in the lives of our students supported by our community,

providing both financial resources and volunteers. Local business people and service club members, plus retired teachers, parents and neighbors volunteer annually to present the JA programs.

JA of Teller County is thankful to have received monetary support from companies and organizations like the Newmont Mining Company, the City of Woodland Park's Community Investment Fund, VECTRA Bank, Park State Bank and Trust, IREA, Ute Pass Kiwanis Club and individual donors, as well.

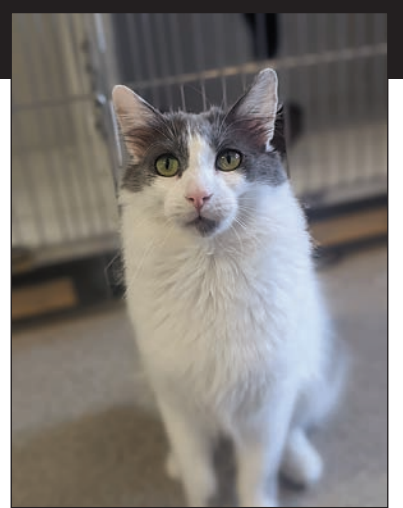
Getting involved is easy and JA provides all the necessary volunteer training and curriculum materials. For more information on how to volunteer in the classroom, contact Sherri L. Albertson at 719-650-4089 or via email to sherri.albertson@ja.org.

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



Guinness World Records™ Title for longest batted baseball Aug. 6, 2022

On August 6th baseball gladiators will compete to officially establish the GUINNESS WORLD RECORDS™ title for the longest batted baseball hit on earth. This event will take place in "The Gold Bowl," in Victor Colorado, from approximately 9:30-5 p.m. (with an hour break for lunch).

GUINNESS WORLD RECORDS adjudicators will be present, helping to measure and make the events that will transpire official. This exposition will create an undisputed precedent with precise measurements reviewed and confirmed by the GUINNESS WORLD RECORDS adjudicators. The event will be free and open to the public.

Some of the notable contenders are Will Taylor (of the "Baseball Bat Bros."); Eric Sim (aka "King of Juco"); Jeremy Nowak (aka "The Swingman"); and Drew Burrell (a top prospect). Other athletes will be announced soon, all of whom have been known to hit exceptionally long homeruns.

While many notable homeruns currently compete for the title of "longest batted baseball" — no one has ever attempted to hit a baseball under conditions such as these, at 9,708 feet above sea level during the heat of summer. On August 6th, a new name and a new measurement will be



stamped into the baseball history books.

"Moonshots live in that place between audacious projects and pure science fiction." —Astro Teller

Event Director is Ernie Granville: e_granville@yahoo.com / 210-846-2672
 Event Coordinator is Anthony Turnstile (DM via Twitter): T.TexasTonyTurnstile@bmb_baseball

Documentarian & Promotor is Dustin Hyman PhD: dustinhyman@gmail.com
 Website: www.longestbaseballhitoearth.com

Nature's Educators

by Flip Boettcher



Devin Jaffe with Spike the Harris Hawk. photo courtesy of Devin Jaffe

Nature's Educators is a 501 (c) (3) nonprofit educational wildlife program, which was started in Cañon City in 2008, to keep and care for human-raised and non-releasable raptors as well as herptiles, invertebrates, other birds and some mammals, according to its founder Devin Jaffe.

Nature's Educators has become the largest wildlife outreach program in Colorado, conducting over 1200 programs annually in the state, surrounding states and virtually. They are licensed by Colorado Parks and Wildlife and the U.S. Fish and Wildlife Service and have two private locations, in Fremont County and Adams County, as well as a newer public Nature Center in Florence.

They currently are offering a free flight raptor show at the Royal Gorge Bridge and Park four times a day, seven days a week, from Memorial Day to Labor Day, said Jaffe.

In conjunction with Colorado Healing Acres, Nature's Educators opened the Nature Center in Florence, which is located at 4498 Bear Paw Drive, near the Sumo Village and golf course.

At the Florence Nature Center, one can see herptiles taxidermy and invertebrates

on display. The Nature Center offers special events and classes when they have availability and private groups may reach out for on-site programming. Groups like schools, libraries, parks, private events, festivals and more can reserve Nature's Educators for private and public programs with live animals, said Jaffe. These help them raise funds to continue their mission.

Recently, Nature's Educators purchased about nine acres next to the Nature Center and have plans to build trails, an amphitheater and raptor aviary displays on the property for the public to visit for a donation or paid tour.

Providing these services to the community, keeping the facilities open and cared for, and developing the Nature Center and park is costly and birds eat a lot!, said Jaffe. Nature's Educators are always looking for donations, partnerships and sponsors. In kind donations like supplies and services are also needed.

For more information visit their website at www.natureseducators.org to see what educational outreach programs and events are coming up, what programs you can book, and how you can support them.

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The Adventure Carousel

Ladies First - part III

by Gilrund the Historian

Sharon was tired of school. Her grades were okay, but she didn't seem to make any real friends. Some of the girls would talk to her at lunch, but there just didn't seem to be anyone who she really liked or who really liked her.

Then she met Mikki. She was a new girl too and they seemed to "click." They both liked the boys and swimming. They really liked swimming. They wanted to get on a swimming team at school, but there wasn't one. So, it was swim at the public pool whenever they could.

That was where they had met Ben and Jack, two boys who were in the middle school too.

It was a Saturday afternoon, and Ben and Jack were at the Blue Owl malt shop across the street from the carousel enjoying the cold drink.

Ben was breathing into his hand because he had a "brain freeze" from drinking his malt too fast and Jack was grinning at him when the girls walked in and sat down with the boys after placing their orders.

"So, how are things with you guys," asked Sharon as she looked at Ben with a grin.

Mikki was trying not to laugh at Ben's pain but wasn't doing very well.

"I'm just laughing 'cause I did that last night and tried the same thing, but it didn't work very well for me," smiled Sharon.

"I'm okay now," said Ben.

"You just got to slow down, Ben," grinned Jack, "No one is going to take it from you."

Sharon was just taking a sip from her malt that had just arrived as had Mikki's when Jack asked how things were going at school?

"Okay, I guess," replied Mikki, "I'm just a little bored with it all right now. I guess I need something else to do. I really wish that the school had a swimming team."

"Me too," said Sharon, "I need something to do after school besides homework."

Ben and Jack said at the same time, "How about an adventure?" "Adventure?" asked Mikki, "What do you mean by Adventure?"

Ben looked at Jack and then put his straw back in his mouth signaling Jack that it was his turn to talk.

"Well, Ben and I have a way that you can have one at the Carousel of Happiness," answered Jack.

"I've ridden that carousel many times and it is fun, but it's not a real adventure, as you put it," replied Sha-

ron.

"Yeah, me too," added Mikki, "So, how do you and Ben make it an adventure?"

Jack looked at Ben as he put his straw in his own mouth and Ben took the clue.

"It's like this," started Ben quietly, "Jack has this key that will let us into the carousel after it's closed. That's when we have our adventures."

Ben looked around the malt shop and saw that they were the only ones there but still leaned a bit closer to the two girls as he said in a sort of whisper, "The animals come to life after dark and we ride them into a sort of, Different Place and have an adventure. It's a lot of fun!"

"Okay!" said Sharon as she laughed, "So, what pills have you been taking?"

Mikki was laughing too as Jack shook his head and said, "No, no, it's true, really it is. Ben and I have gone on several adventures and had a great time. You just have to believe that it will happen, that's all. Right Ben?"

Mikki looked at Sharon and then said, "So, how much does this "Adventure" cost?"

"Cost? Nothing, just some time. Do you want to try it?" replied Ben.

Sharon looked at Mikki as she drank some of her malt and Mikki looked at Sharon as she drank some of her malt.

"Sure!" replied Mikki, "We'll give it a try, but no drugs or anything like that."

"Hey, we don't do that sort of junk!" returned Jack, "We're not stupid!"

"Ok, ok, take it easy," injected Ben, "Now, if you really want to do this, meet us tonight at eight and we'll show you that what we're telling you is true."

Sharon looked at Mikki and then said,

"Okay, tonight at eight behind the carousel."

Mikki continued, "We'll be there." They all finished their malts and left the shop to go home.

It was eight o'clock and the four friends were at the back of the Carousel of Happiness and Jack was opening the door with his skeleton key. They quickly slipped inside, and Jack locked the door.

There standing in the dim light of the only lit bulb was Danny the dragon and Leo the lion with two others behind them.

"Welcome Ladies," said Danny in his deep voice, "We have some others that you will be sure to enjoy meeting."

Danny and Leo stepped to one side and there lying on a damp canvas was a Mermaid and next to her was a Dolphin.

The Mermaid and the Dolphin were surrounded by a thick, moist fog.

The Mermaid smiled and said "Hello," the Dolphin just waved a fin at them.

"These are the ones that will be with you on your adventure," said Leo the lion, "But you must ride on their backs to go with them, and it should be done quickly. For as you can see, they need the moisture of the sea."

Sharon looked at Mikki with a look of wonder on her face. Mikki just smiled and said, "YES!" as she quickly walked forward to sit on the back of the mermaid. Sharon was quick to follow and sit on the back of the Dolphin.

The fog turned thin as a mist, and they soon found themselves in the cool water of an ocean.

The two girls were laughing and waving their arms as they rode along on the surface of the saltwater having the time of their lives.

Mikki slipped off Merry the mermaid's back and started swimming after her. Of course, she couldn't keep up, so

Merry turned around and swam around in circles right next to Mikki.

Sharon watched and soon slid off Darla the dolphin into the water and they both swam and swam in the cool water.

The two girls were as happy as they could be as they swam with the mermaid and the dolphin. They soon stopped swimming and as the girls treaded water, they talked of the wonders in the water that the girls had heard about over the years.

The many great ships and the treasure and the beautiful caves so full of color and wonderful shapes.

Mikki shouted, "I want to see it all!" Oh, how I would love to see it all."

"If only we could breathe under water," laughed Sharon.

"Would you like that, really?" asked Merry.

"Yes, oh, yes!" said Sharon and Mikki.

"Take my hand," smiled Merry. Darla the Dolphin waved a fin at

Sharon and Sharon grabbed the fin as Darla started her dive into the depths of the sea.

Merry and Mikki followed down into the water as Mikki held the mermaid's hand.

The two girls were happy as they found that they could breathe under water and then found that they could almost keep up with their new friends.

It didn't take long for them to try speaking underwater and found that they could. The laughter was almost constant as the four of them swam around and down in the sea water.

The girls noticed after a short while that they couldn't use their legs as they once did when swimming. Now, they had the lower portions of a mermaid. They could now keep up with the Merry and Darla the dolphin as they swam down into the deeper portions of the sea.

"There it is!" said Mikki as she turned to the left toward an old, rotting wood ship. "There has to be treasure in that old ship for sure. Look, it even has a Jolly Roger on a rope of the mast. It must be a pirate ship."

Mikki was swimming as fast as she could toward the ship with Merry right behind her calling for her to stop.

"Stop, stop, Mikki. Please stop!" shouted Merry.

Mikki looked back and said, "Why? I want to see if it has treasure in the hold."

"It may have more than that!" called out Merry, "Wait for me, please!"

Mikki finally understood that Merry was very serious and came to a quick stop as Merry swam up next to her.

"Thank you for stopping, I needed to tell you that a lot of these old ships are home to... SHARKS!" Merry screamed as she quickly turned and started to swim away from the old wreck.

Mikki looked and she too started to swim as fast as she could away from the old ship.

Right behind Mikki and Merry was a great white, shark and it was swimming after the two friends.

Sharon and Darla, the dolphin had been swimming around another old pirate ship that was nearby. They heard Merry scream and saw what was happening to their friends.

Sharon and Darla swam to their friends as Sharon gave them some quick instructions. Then they swam away from the shark as quickly as they could.

All four of them were swimming in the same direction as the shark drew closer and closer.

Darla shouted, "NOW!"

Suddenly, the four friends split up in four different directions, still swimming as fast as they could.

The shark stopped and swam in circles as it looked in the four directions the girls were swimming and couldn't decide which one to chase. Finally, he swam off completely confused, and soon disappeared in the seaweed in the distance.

As they turned and saw what Sharon and Darla had done for them, they swam back and thanked them many times.

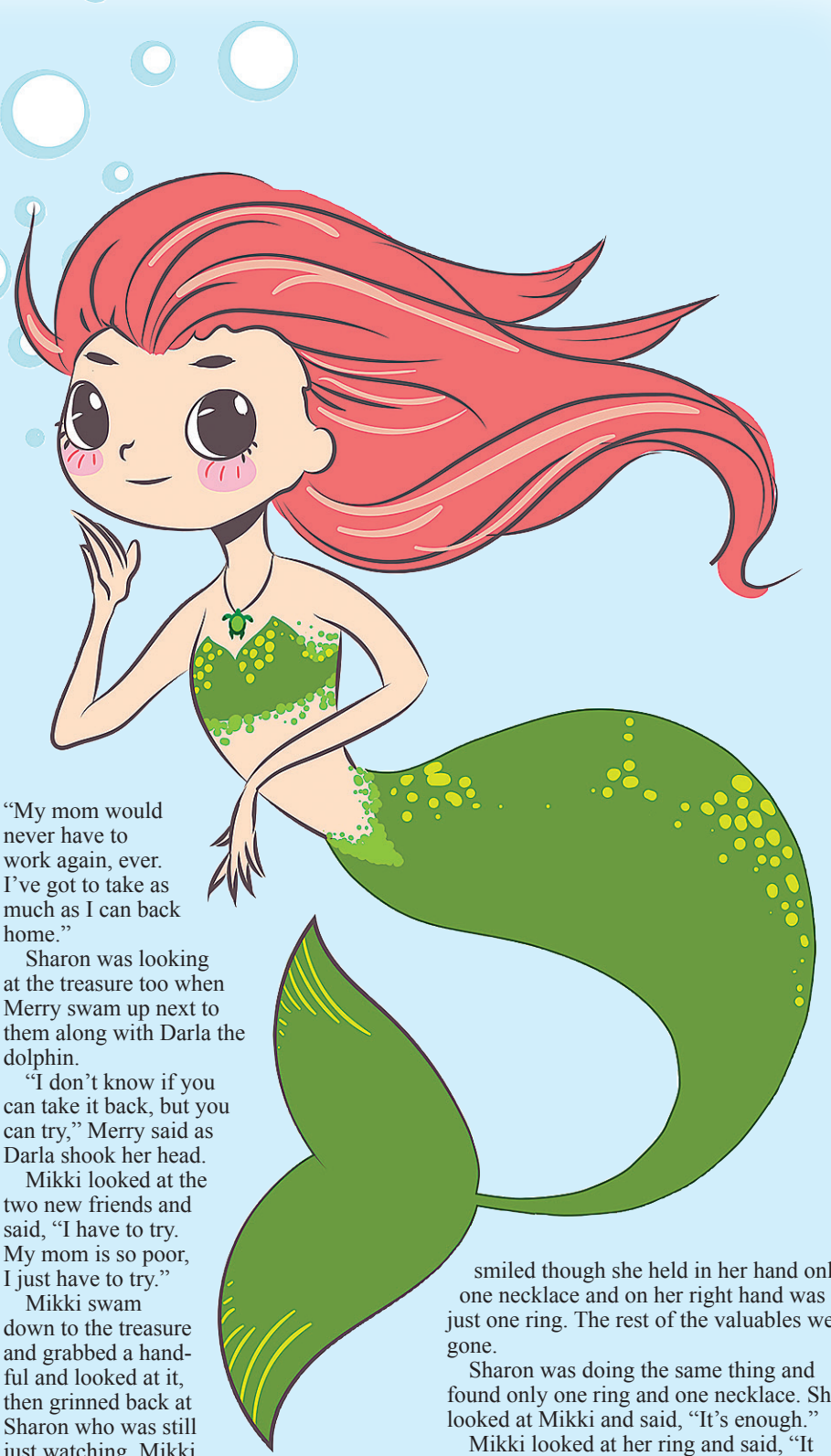
Then Mikki said, "Would you come back with me and see if there is any treasure in that old ship?"

The girls laughed as they swam to the old pirate ship and down inside to the hold.

There it was, everything that a girl could ask for: golden necklaces with diamonds on them; pearls by the bag full and bracelets of silver and gold encrusted with jewels; golden coins and silver coins, jewelry of every kind. There were even a few golden crowns with large jewels in them.

Mikki just floated there in the water and looked; her eyes as big as they could get.

"Sharon, look at this!" Mikki called out,



"My mom would never have to work again, ever. I've got to take as much as I can back home."

Sharon was looking at the treasure too when Merry swam up next to them along with Darla the dolphin.

"I don't know if you can take it back, but you can try," Merry said as Darla shook her head.

Mikki looked at the two new friends and said, "I have to try. My mom is so poor, I just have to try."

Mikki swam down to the treasure and grabbed a handful and looked at it, then grinned back at Sharon who was still just watching. Mikki put on a couple of the pearl necklaces and several silver bracelets, then covered her fingers with various jeweled rings.

Sharon swam down with her friend and put on a few of the many necklaces and lots of rings along with several bracelets.

Then she looked at the Merry and said, "We can at least try."

Mikki laughed as she said, "I wish I had a sack, a really big one."

"Come, we must leave this place," said Merry, "I feel it is an evil place. Bad things have happened on this ship. Come, let's go somewhere and have some fun."

All four left the old pirate ship and swam to some great rocks that rose above the sea near the shore. The girls and Merry sat in the warm sun for a while laughing and talking about many things, while Darla swam in the warmer water and listened to the conversation.

Merry was watching the sun start to set and said, "It's time to go."

She was about to slip back into the water when a thick mist arose out of the sea and quickly, they found themselves back in the carousel building where Ben and Jack were sitting talking to Danny and Leo.

"Hi, how was the Adventure?" asked Ben.

The girls were back to their normal selves and dry. Merry and Darla were back on the canvas in the moist fog.

"Good-bye, Sharon and Mikki," said Merry and Darla waved a fin as the fog covered them and they were gone, back to their places on the carousel.

Mikki suddenly grabbed at her throat and

smiled though she held in her hand only one necklace and on her right hand was just one ring. The rest of the valuables were gone.

Sharon was doing the same thing and found only one ring and one necklace. She looked at Mikki and said, "It's enough."

Mikki looked at her ring and said, "It has to be, for the adventure was more than enough for me. I shall remember it for the rest of my life and will tell my children about it too."

Mikki looked at Sharon and the boys and then continued, "I'll help Mom as much as I can for as long as I can. Perhaps, just perhaps, I'll even give her this ring. It looks like it might be of value. Can we do it again sometime, Ben?"

Ben had tears in his eyes, for now he knew how poor Mikki was and he wanted to help her as much as he could.

"I think so, Mikki, as often as you like, as long as the carousel allows us to," answered Ben.

Ben looked at Danny and Leo and they smiled and nodded their heads.

Jack stood and said, "Time to go."

The kids all went out of the back door and Jack locked it as they all started home.

Jack walked with Sharon to her home and Ben walked Mikki home. They remained friends for many years and had many more adventures at the carousel.

To be continued...

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

Thank you to the kind folks at Carousel of Happiness for engaging in this fictitious series based on their carousel. Carousel of Happiness is located at 20 Lakeview Drive in Nederland, CO.



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WHOA

Wild Horse Outreach & Advocacy

By Flip Boettcher

Guffey resident Stefanie Skidmore is a horse trainer and has been training horses for 28 years; only mustangs the last five and a half years.

A mustang is a free-roaming horse of the western United States, descended from once domesticated horses brought to the area by the Spanish, but which are now feral. Mustangs are found in 10 western states and can be just about any color from solid brown or black to pintos and palominos. Mustangs average 13-15 hands tall (52-60 inches) but can be shorter or taller. They weigh around 700-1000 pounds, more or less.

Skidmore has been getting mustangs from the BLM (Bureau of Land Management) mustang adoption program, the forest service, other non-profit organizations or individuals. She trains them, finds homes for them, adopts them out or returns them back to their owners. To be adoptable, the mustang has to at least be trained to be caught, haltered, have their feet picked up, be groomed, able to lead, load into a trailer and stand tied, said Skidmore.

In mid-June, Skidmore got 10 mustangs, four adults, two yearlings, and two mares with foals, from the U.S. Forest Service from California while the BLM holding facility east of Cañon City continues to be quarantined due to the death of 145 horses this spring of equine influenza virus.

Skidmore said that horses don't usually die of equine influenza, but the horses, all from the West Douglas herd area in Colorado, were in poor health. Their immune systems were compromised due to inbreeding and smoke inhalation when they arrived in Cañon City. They were gathered in an emergency gather in 2021 after a wildfire in the area destroyed much of their habitat. Also, two days before the horses started dying, there was a huge dust storm in the area, which did not help.

The plight of the wild horses is very controversial. It is an emotional battle over livelihood, freedoms and how humans view animals. It mostly pits those who see the wild horses as an overpopulated, invasive species competing for limited public lands; and those who see the horses as an icon of the American West and feel they should be treated better and deserve more protection.

In the 1950s, Velma B. Johnston, later known as "Wild Horse Annie," became aware of the indiscriminate and ruthless manner with which wild horses were being treated on western public rangelands. Wild Horse Annie started a grassroots campaign about the horse and burro exploitation and in September 1959, the "Wild Horse Annie Act" became law. The act prohibited the use of motorized vehicles to hunt

wild horses and burros on public lands, but did not initiate a program to protect, manage and control wild horses and burros.

By 1971, the wild horse population had significantly declined on public lands, and Congress passed the "Wild Free-Roaming Horses and Burro Act" in response to public outcry. The act protects wild horses and burros from "capture, branding, harassment and death" and provides for proper management, protection and control of horses and burros on public lands; the BLM was charged with the task.

With federal protection and really no natural predators, the population of wild horses and burros has exploded. Their only real predator is the mountain lion, and with hunting and government kill programs aimed at protecting livestock, hundreds of mountain lions are killed every year. The wild horse and burro population doubles every four years, growing at 18-20% per year, according to PERC (Property and Environment Research Center).

The plight of the wild horses is very controversial. It is an emotional battle over livelihood, freedoms and how humans view animals.

The western mega drought adds to the problem of overgrazing the native plants and depleting water sources from Oregon to Arizona with the prospect of starving to death on public rangelands. Native wildlife, such as elk and sage grouse, are being displaced in many areas, as well. It is estimated that over 100,000 wild horses and burros are occupying 26.9 million acres of BLM land, which is three times more than the land can sustain.

In response, the BLM has been gathering wild horses and burros and moving them to holding facilities where they are put up for adoption. Adoption is a much better outcome for the horses than starving to death or living in a holding facility for the rest of their lives. Those that are not or cannot be adopted are sent to long-term holding; large pastures which are mostly in the mid-west.

Gentling a wild horse takes skill and patience, said Skidmore, and adopting a mustang straight from the holding facility can be a gamble. Many adopters are best served by bringing an already gentled or saddle trained mustang into their lives.



Both mares and foals are part of the 10 mustangs Skidmore recently got from the U.S. Forest Service in California. Above: Pumpkin, colt in front, with mother Peanut. On Cover: Juniper, filly on right, with mother Hazel. photos courtesy of Stefanie Skidmore.

Skidmore started WHOA (Wild Horse Outreach and Advocacy), a Colorado 501(c)(3) non-profit organization, in 2019 to "humanely gentle mustangs gathered from public lands and find carefully chosen homes for them. WHOA also provides guidance to current and prospective adopters/owners of once wild horses," from the WHOA website.

The WHOA mission statement is "helping mustangs successfully transition from wild to willing and from holding pens to loving homes. Sustainably, with compassion and competence."

Mustangs come from Forest Service, BLM and reservation lands, said Skidmore, and she currently has 16 mustangs plus the ambassador horses. WHOA is a team effort, said Skidmore, with volunteers and some paid staff.

Ambassador horses are mustangs that permanently live at WHOA. Ambassador horses show what trained mustangs can do. Ambassadors are trained to ride pack,

skid logs, and make appearances at training demonstrations and on social media, said Skidmore.

Instead of "breaking" a wild horse in the traditional western way, WHOA gentles a mustang, and then tries to match adopter's needs, goals and personality with each mustang.

While at WHOA, the *Ute Country News* observed a yearling mustang get its first hoof trimming, which went very well considering the mustang was only four training sessions from wild; proving that the gentling method really does work.

Skidmore also teaches mustang gentling and horse training workshops and classes, beginning and advanced, and was just finishing a session with a client from Alaska when the *Ute Country News* arrived.

For more information about WHOA and mustangs, to adopt a mustang, take a class or make a donation, visit their website at: www.wildhorseoutreach.org.

Sun Mountain Yoga

by Flip Boettcher
photos courtesy of Renee Rudolph

Yoga! Just the word conjures up images of strange postures and bodily contortions, but yoga and yoga therapy offer many benefits too.

Currently, certified yoga/yoga therapy instructor Renee Rudolph is offering yoga classes outside at the MountainAries Market, located at the Guffey turn off of State Highway 9, on Thursday mornings from 9:30-10:45. Classes are on a donation basis, so bring your mats, props and blocks and see what yoga can do for you.

Rudolph offers public yoga classes and one-on-one yoga therapy. She is also offering a weekend-long backpacking yoga retreat in October for beginning backpackers, as well.

Rudolph's public classes, therapeutic in nature, focus on creating strength and embodiment through slow pose transitions and longer holds. Somatics, breath work and mindfulness make these classes well-rounded and great for all levels, said Rudolph.

Yoga therapy is a holistic modality that uses yoga's tools and techniques to address concerns like "postural alignment, functional movement, chronic pain, depression/anxiety, other mood disorders, grief/loss, navigating diagnoses or medical treatments including cancer, injury, addiction/recovery, and general well-being," said Rudolph, and seeks to find "the root cause of concern and to re-establish a sense of vitality and joy in one's life."

Rudolph was born in Colorado Springs and grew up in Fountain. She finished middle school and high school in Castle Rock and went to college in Durango. Before moving to Guffey she lived in Manitou Springs.

Rudolph has been practicing yoga since 2001 and started her formal training in 2015, completing a 200-hour program in Colorado Springs; she started teaching yoga part time in 2016.

Prior to teaching yoga therapy full time, Rudolph worked at University of Colorado - Colorado Springs for

about six years in events and marketing for nursing and health science.

After the unexpected and significant loss of her father in 2018, Rudolph turned to what she knew best, her yoga practice. Yoga helped Rudolph process the loss of her father with its holistic approach to healing our physical, mental, emotional and spiritual selves. It inspired her to pursue therapeutic yoga full time and she moved to Guffey, where she established her Sun Mountain Yoga/ Yoga Therapy studio.

Sun Mountain Yoga is located off Park County Road 71 northeast of Guffey and Rudolph lives there on a



Yoga students outside in back of MountainAries Market.



The entrance to the back of MountainAries Market for yoga class.

small homestead. In her free time, she loves to hike and make jewelry, Dancing Pines Jewelry, <https://dancing-pinesjewelry.com>. She spends time with her partner, four dogs, two cats and six chickens.

Rudolph is in the final year of a professional 800-hour yoga therapy certification program stressing pain care and lifestyle medicine. She plans on extending her studies of lifestyle medicine this fall.

Rudolph is a registered yoga teacher, certified Wilderness First Responder, certified Reiki I and II practitioner and SUP Yoga certified.

For more information or to sign up for classes visit her website <https://sunmountainyogatherapy.as.me> or call: 303-588-0232.

Be sure to put Thursday at 9:30 a.m. at MountainAries Market on your calendar. Please come a few minutes early. See you there.

Visits with History

Geology and Mineral "Eye Candy" of the Victor-Cripple Creek Mining District

Besides being a world-class gold deposit, the Victor-Cripple Creek district has produced fine examples of dozens of minerals that grace major private and museum collections world-wide. This talk will briefly cover the geologic history and major geologic features of the district and how these relate to its mineral riches. Bob Carnein will show photos of "mineral eye candy" from his own and other private collections and from that of the Cripple Creek District Museum. The talk will be non-technical and is designed to give viewers a greater appreciation for one of Teller County's premier, world famous geologic wonders. Questions will be encouraged, and you are welcome to bring specimens to "show and tell."

C.R. (Bob) Carnein received degrees in geology and glaciology from Ohio State before returning to his native Pennsylvania, where he taught geology for 37 years at Waynesburg College and Lock Haven University. While at Waynesburg, Bob took charge of the Waynesburg College Geology Field Station, in Florissant, Colorado, where he taught geology field methods during most summers from 1971 through 1988.

Bob and his wife Nell lived in Pennsylvania until both retired from teaching in 2007, at which point they moved to their current address near Divide.

Bob has collected minerals since 1954 and, thanks to the Teller County connection, has amassed a representative selection of Cripple Creek minerals. He has published articles about Cripple Creek in the *Mineralogical Record*, a mineral periodical, and in a Colorado School of Mines symposium volume from 2017. Between 2012 and 2017, he worked with Steven Veatch and John Rakowski to photograph and catalog the minerals in the collection of the Cripple Creek District Museum.

The Cripple Creek District Museum invites you to learn more about the geology of the Cripple Creek area on Sunday, August 14, 2022, at 2 p.m. The talk will be held at the Cripple Creek Heritage Center, 283 S Hwy-67, Cripple Creek CO. This program is presented by the Cripple Creek District Museum and the City of Cripple Creek. Reservations are recommended. Refreshments will be served. For more information or to make a seating reservation, please call 719-689-9540.



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Musings Along the Way

Beauty is in the I of the Beholder

by Catherine Rodgers

"If you're happy and you know it, then your life will surely show it! If you're happy and you know it, clap your hands!"
— Camp song

Waking up, waking up on a summer day especially, is cause enough for great celebration and joy! Whether it's hailing golf balls or shimmering with a radiance that seems to vibrate from within each UV etched object, we can be happy. Happiness is never dependent on anything outside ourselves. But August is the month I most look forward to because at the end, VICTOR CELEBRATES THE ARTS! Amateur and Professional artists are invited to share the ineffable beauty that surrounds our Beloved Community with registration at VictorCelebratesTheArts.org by August 12 (or pay \$15 late fee). En plein air painting begins with check-in Friday, August 26 or Saturday, August 27 at the Gold Camp Artists' Co-op.

The VCTA art will be displayed over Labor Day Weekend at the Victor Elks club #367, and open to the public for admiration and purchase. We sell about 65% of the paintings with a 70-30% split, so good deal all around. Let yourself be blown open by beauty!

In addition to the Gold Camp Artists Co-op next to the AG and Mining Museum (where the ice cream maker runs off a tractor belt!), Anne English has opened the Twin Flames Gallery on 4th Street S, formerly 80860 Gallery. She has been showcasing local artists such as the surreal collage art of Angie Marcotte, featured in the *Ute Country News* in May 2022; and the whimsical steampunk critters and naif dreamscapes of Tricia Smith-Huffman. In September I believe, world class landscape artist Rita Cirillo will have a one woman show with Western and Indigenous oils so vibrant you can smell the sage!

Michelle Kardokus and Nathan Rockwood are the new co-owners of the historic Fortune Club Cafe with a Farm to Table themed restaurant in the heart of downtown Victor. Kudos for their courage to put their vision into tangible form for all of us to feast on and enjoy! Nathan has been farming, foraging, fishing and hunting at the Grey Wolf Resort down the Phantom Canyon for a number of years now, with his wife/ partner Michelle who studies holistic nutrition. Politics, color palettes and dietary preferences aside, I applaud all those who are willing to bring forth their dreams to enhance the world and particularly my favorite little town, Victor, Colorado.

At the edges of town, I am living in a meadow. Sage and artemisia, cinquefoil and penstemon, quaky aspen and blue spruce shelter me. These diverse plant allies provide a more lovely palette than I could ever design or plant. Why do we conform to the limited dictates of rigid patches of mown grass and squared hedges when Nature, our Nature, is so much more harmonious in complexity?! Intertwined. Entangled, as in the anomalous quantum phenomena of healing between people and globally: what affects one, affects us all.



Trees teach me to draw down the light of the cosmos and filter through my version of phloem deep into the mantle of this Mother Gaia. I allow the xylem of blessings to freely flow upward to nurture and flow into Father Sky. The mohorovicic-discontinuity or moho is moving, thinning beneath the crust and contributing to tectonic activity. I wonder what role our grounding this light in meditation has in this? Often, I describe myself as the growing tip of an ancient family tree of ancestors, deeply rooted, reaching for the future. I transmute energy with the intention to release blockages and suffering from my lineage, for the benefit of all beings in all dimensions.

Well, why not? There is a power for good and I can use it. As we pray for our own healings, certainly we can extend that to include all who suffer similar hurts and to wish them the best. This is the essence of the Buddhist practice of tonglen. As we align with our higher self, can we not spare an intention to lift all others as well, that everyone awaken? This is the Bodhisattva vow.

With encouragement from my daughter, last of my line, I am increasingly aware

that the patterns of criticism and comparison no longer serve me or anyone else. Instead of dragging that past upset into the present moment with a long story about how stupid or inept or unkind someone was; instead of creating further anxiety and angst in the present moment by repeating what went wrong, I am learning to let it go. Let the dead bury the dead: Get thee behind me, Satan! Repent! I am humbled to realize there is so much more to God than I can imagine. Learning to look as if the Realm of Heaven is at hand, I ask the Holy Spirit to reveal the ever-present light — in me, through me, as me. I ask Source to shift my attention to living my soul purpose of love, rather than living in the endless story. I ask to be shown another way, to see truly, to see the God spark in all beings.

Jim Palmer, Founder of the Center for Non-Religious Spirituality, sheds some insight into "the word "repent" (metanoia) which means a deep and profound shift in perception. It's a turning about in the deepest seat of our consciousness or awareness. It's like the blinders fall off, and we see things as they really are. Metanoia literally means "beyond the mind." In other words, it is to reach beyond the beliefs and mindsets that have been programmed and indoctrinated into our heads. It is seeing and perceiving from within our innermost self. Repentance (metanoia) is switching

to a different source for understanding. It's more than just "changing your thinking," it's a profound shift in how and from where we process what is real.

"The healing work most attributed to Jesus was restoring sight. There is a symbolic significance to this — Jesus knew that necessity of seeing clearly. He once said, "If the eyes are good, the whole body is good." In other words, true liberation is for one's eyes to be opened to see things as they truly are — to see the true nature of reality, to know the truth of what we are, and to operate within that reality. This is "metanoia."

Beauty is in the I of the Beholder. When we switch from gossiping and bad mouthing our experience to delving into the underlying feeling and exploring what is, we begin to allow ourselves to trust that all things work for the good of those who love God. We begin to imagine that this and this and even that are here now for our joy, our happiness, our best interests at heart. We begin to praise rather than condemn. Blessing all that is, we begin to be happy for no reason, and giddy with gratitude. Today I am with you in Paradise. Clap your hands!



Living History Days crew at South Park City.

South Park City Living History Days

by Flip Boettcher
photos courtesy of Allison Zan

South Park City on Front Street in Fairplay is a wonderful place to visit. South Park City is an outdoor museum, which is a restoration of a western mining town of the 1800s and depicts the economic and social life of a boom town.

South Park City is open seven days a week from 9-6 p.m., May 15-October 15. Contact them at 719-836-2387 or www.southparkcity.org.

South Park City was the name of the town before it was called Fairplay and Front Street was the main street through town.

The idea for South Park City was conceived by Leon Snyder of Colorado Springs in 1957. The South Park Historical Foundation was started and they purchased the property where South Park City is located.

Historic and mining buildings from the county were moved to the site and added to the seven historic buildings already there. Today there are 43 buildings stocked with over 60,000 artifacts, mostly contributed by Park County families, depicting life in those rough and wild times, "when life was risky, fortunes were made

or lost overnight and men and women of vision laid the ground work to Colorado's future," according to their brochure.

Of special interest is South Park City's Living History Days held annually the second weekend in August. This year LHD will be held August 13 and 14.

See the past come alive as more than 80 volunteers and history buffs gather at the museum dressed as eccentric characters from the past doing demonstrations and sharing stories. There will be cowboys, live animals, skits and robberies, gold prospectors with panning demonstrations, Faro dealers, train engineers, yarn spinning, pioneer cooking and baking demonstrations, "Old Tyme Photography," live music and more, according to Allison Zan, South Park City administrator.

All proceeds go toward the further preservation of the South Park City Museum and all of its buildings and artifacts.

All the action and demonstrations will happen from 10-4 p.m. both days.

Come out and enjoy a full weekend of Old West entertainment; you won't be disappointed.



Doc Susie and company at Living History Days.

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Make the most of summer at Mueller State Park!

You are invited to come to Mueller State Park and make the most of your summer!

A wide variety of programs are offered to get you out hiking, looking, learning and playing! Guided hikes all over the park help visitors to experience and learn about nature around us. From the parade of wildflowers all summer, to the stories behind the homesteaders who built the log cabins, there's something of interest for everyone. For more interactive fun, try a program about GPS, fly fishing, archery, pond safari, bird watching or children's programs. For history buffs, come to our Thursday night series of amphitheater programs on many topics.

A special event is Western Heritage Day on August 20! To celebrate the old west and the ranching history of Mueller, we'll host a festival to enjoy pioneer crafts, animals, campfire cooking, old time toys and games, and lots more! Take the hayride to the historic Cheesman Ranch! Kids get a free pony ride, join the Kid's Stick Horse Rodeo, watch a farrier trim a horse's hooves, watch a woodworker make things from wood and learn about the Gold Spike in the railroad.

Come on up to 9600 feet at Mueller, join in the activities and you won't be disappointed!

1 History of how Colorado became a state 2:30 p.m. Amphitheater

1 Sunset Hike meet 7 p.m. Outlook Ridge TH

2 Bird Walk 8:30 a.m. Elk Meadow TH

3 Grouse Mountain* 9 a.m.

4 Fitness Hike: Aspen Trail 8:30 a.m. School Pond TH

4 History of Colorado Energy 8 p.m. Amphitheater

5 Outlook Ridge* Sketching Hike 8:30 a.m.

5 Archery 10 a.m. Dragonfly Pond

5 Knee High to Nature 2 p.m. Camper Services

5 Living with Bears 8 p.m. Amphitheater

6 Fly Fishing 10 a.m. Dragonfly Pond

6 Scavenger Hunt Hike 2 p.m. Wapiti TH

6 Sunset Hike 7 p.m. Grouse Mountain TH

7 Skins and Skulls 10 a.m. Camper Services

8 Hike: School Pond* 9 a.m.

9 Hike: Wapiti Nature Trail* 8:30 a.m.

10 Wildflower Wednesday Hike 9 a.m. Preachers Hol-

low TH

10 Mueller Movie Night 7 p.m. Amphitheater

11 Hike: Buffalo Rock 8:30 a.m. Grouse Mountain TH

11 Fly Fishing 10 a.m. Dragonfly Pond

11 History of Ghost Towns in Pikes Peak Region 8 p.m. Camper Services

12 Hike: Rock Pond* and Canyon 8 a.m.

12 Nature Crafts 2 p.m. Camper Services

12 Basic Wilderness Survival 8 p.m. Amphitheater

13 Hike: Osborn Homestead 9 a.m. Black Bear TH

13 Archery 10 a.m. Dragonfly Pond

13 Geocaching 2 p.m. Outlook Ridge TH

13 Birds are Amazing! 8 p.m. Amphitheater

14 Nature BINGO 11 a.m. Camper Services

16 Pond Safari 10 a.m. Dragonfly Pond

17 Hike: Red Tail Overlook 9 a.m. Outlook Ridge TH

18 Hike: Bacon Rock 9 a.m. Homestead Trailhead

18 Paper-making 2 p.m. Camper Services

18 Women as Leaders in Colorado History 8 p.m. Amphitheater

19 Trail Run Mueller! 9 a.m. Outlook Ridge

19 Hug a Tree 2 p.m. Camper Services

20 Western Heritage Day! 10-2 p.m.

21 Mountain Lion Roving Program 10-11:30 a.m. near Comfort Station

22 Bird Walk 8:30 a.m. Elk Meadow TH

24 Hike: Nobel Cabin 9 a.m. Black Bear TH

25 Geocaching 2 p.m. Grouse Mountain TH

25 History of how Colorado became a state 7:30 p.m. Amphitheater

27 Fly Fishing 10 a.m. Dragonfly Pond

27 Tree Cookie Crafts 2:30 p.m. Camper Services

27 Leave no trace basics 7:30 p.m. Amphitheater

28 Touch Table: Mystery Box 10 a.m. Camper Services

31 Junior Ranger Adventure 1 p.m. Dragonfly Pond.

*Indicates to meet at the trailhead (TH) of the same name.

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



One of the performers at the 2019 Western Heritage Day.

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Going batty

Teller County Public Health & Environment provides tips on bat awareness and safety

It is bat season and the furry little creatures are flying around in the evenings throughout our community doing their job to keep those annoying insects down. Bats are amazing creatures that do a lot of good for our environment. They are also known to be a reservoir for rabies and require caution. Rabies is spread through saliva of a bat to a person or a pet through a bite. Most often, bat bites are so tiny, they cannot be seen with the naked eye.

It is important to keep bats out of your home and away from your pets. You should make sure that open windows and doors have screens to keep the bats out of living areas for you or your pets. They will chase insects almost anywhere, and you don't want them chasing the insects inside. If you have a bat inside your home, do not touch it. Use leather gloves or a broom to get it out. If you cannot safely remove it from your home, call a pest control company to get it out.

Never go to sleep with a bat in your home. If you wake up with a bat in the room where you were sleeping or a bat came in contact with you, the bat should be captured for rabies testing. Anyone in a room with a bat, that cannot verify that they did not come into contact with a bat, is assumed to have a bat exposure. This includes infants, young children, elderly and anyone who cannot speak for themselves.

Rabies testing can only be done on a dead bat. There is no live testing. Testing is the only way to know if a bat does not have rabies. Without the bat, rabies positivity is always assumed.

Contact Teller County Public Health & Environment at 719-687-6416, if you or your pets have had a bat exposure. A bat exposure to an animal or human requires prompt attention. We can help assist you with the right course of action, including determining if you or your pets need post-exposure treatment. Post exposure treatment for humans can be quite expensive and time consuming. Post exposure treatment for animals is much less stressful if your pets have their up-to-date rabies vaccines. Do all you can to protect yourself and your animals. Ensure your pets, to include livestock, are up-to-date with their rabies vaccines. Take an active role to secure your screens and check the spark arresters on chimneys. Make sure bats stay in their space and don't come into yours.

Where is Katee this month?

Katee will be at the Little Chapel in Divide helping to distribute food for her canine and feline friends in need on August 8, 2022 from 2-5 p.m.

Katee wants to thank everyone who is continuing to support the Pet Food Pantry with donations so that her canine and feline friends can stay at home with their families.

You can drop off donations at TCRAS, Blue's Natural Pet Market or the UPS Store located in the Safeway Shopping Center. You can also donate online, www.PetFood-Pantry/TC.com. Thank you for your support!



2022 Public Shooting Days

Hosted by the Teller County Shooting Society at the Gold Camp Shooting Sports Center

10 AM to 3 PM

Aug 6,7,13,14,21,27,28 Sep 3,4,10,11,18,24,25 Oct 1,2,8,9,16,22,23,29,30 Nov 5,6,12,13

Adults - \$15.00 per day 18 and under \$10.00 per day

**** Be sure to visit www.tcss-co.org for schedule updates ****

The GCSSC is located at 1805 Teller CR-81, one mile south of the KOA campground.

Thank You Firefighters, First Responders and Volunteers For All You Do!

Here's To Hoping You Have A Really BORING Summer!

From Your Friends at Shipping Plus and Ute Country News



Life-Enhancing Journeys

Is there a link between cults and addiction?

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

After reading June and July’s articles on addiction, a UCN reader asked about the following concept: Is it possible that cults are like an addiction, blindly following doctrines without considering logic, facts or reasoning? “I’m thinking of a friend I recently feel I lost...she was very logical...now it is all emotion...I think she is addicted (to a group)...it is very sad,” the reader wrote. The answer is a definite, “Yes.” (See UNC “Why do People Fear Humans who are Different? August 2020).

Compulsive gambling, vulnerability to telephone scams, drug dependence and being a cult member, may seem to have little in common, however, neuroscientists have found a common thread. They all require brain circuits which have evolved over time to help animals gauge incentives important to their survival, like food and sex. Researchers have found that those same circuits are used by the human brain to assess social rewards and incentives. Surprisingly, they found that the brain systems which detect and evaluate these rewards operates unconsciously. This means that in deciding what is enticing, humans are closer to zombies than to rational, responsive beings. Dr. P. Read Montague, a neuroscientist at Baylor College of Medicine estimates that 90 % of what people do every day is carried out by an automatic, unconscious system that evolved over time to help organisms survive.

The human body and the brain have evolved out of necessity, slowly adjusting to the African savannah on which 98% of humanity lived and died. From an evolutionary perspective, humans are all the same the world over — coming from the

same ancestors — and ultimately sharing the same evolutionary history that goes back millennia. Since we have the same genetic foundation in common, why then do humans turn against each other, creating bonds with some yet excluding others?

The answer to what seems illogical is linked to a concept explained by “Evolutionary Psychology — the study of the way our mind has been shaped by the need to survive and reproduce” (Merriam-Webster). Evolutionary psychology explains how bonding with like-minded “look-alikes” served as an advantage for survival of our ancestors which then could carry on desirable traits and characteristics. Apparently, it has worked really well because we humans are still here.

This helps to explain the success of most cults because they use the brain’s same reward pathway which is also a motivator in addiction. (Read June and July 2022 UCN articles on addiction). The benefits to being a part of an “in-group,” can take hold of the brain’s reward system by supplying exhilarating levels of attention for cult members. Getting attention, which is the way social primates measure status, is essential for reproductive success. Humans become persuaded to follow and obey people who take notice of them, especially those viewed as strong, charismatic leaders who wield influence and power. That attention then releases pleasure-inducing chemicals, such as dopamine and endorphins, into the reward system of the brain which reinforces behaviors similar to what we see in people struggling with dependency problems. As a result, it is understandable how a person’s actions under the influence

of a cult are comparable to other substance and behavioral addictions. Typical behaviors rewarded and expected in a cult include draining bank accounts, selling or mortgaging property, neglecting children, destroying relationships with family and friends and losing interest in anything outside of the cult (just like substance dependence). It is worth noting that some people have been able to avoid being influenced in this manner, however, this impulse is hard to overcome.

Based on this evolutionary concept, it is evident how cults came into being. *The Human Nature Review* describes a cult as: “a group or movement held together by a shared commitment to a charismatic leader or ideology such as a religious, political, scientific, or philosophic. Its belief system claims to have the answers to all of life’s questions and offers a special solution to be gained only by following the leader’s rules.” Individuals who are attracted to cults may have certain vulnerabilities such as anxiety, loneliness or substance abuse problems. Most individuals initially are unable to recognize the group they are joining might be cult-like.

More than 12% of the cult members in a published study had prior addiction problems which then were replaced with a devotion to the cult, also called “addiction switch.” Behavioral addiction “consists of a compulsion to repeatedly engage in an action until it causes negative consequences to the person’s physical, mental, social and/or financial well-being,” according to a study that documented increasing numbers of cults worldwide. Indoctrination techniques can cause a disconnection from reality and a “high” similar to that of

drugs, according to Steven Hassan, who studies mind control and cults.

Having identified a stressed, emotionally vulnerable target, cults heap attention on that person with affection, flattery, and validation, often-times called “love-bombing,” also known as “grooming.” This is an effective way of recruiting someone who is feeling lonely and/or isolated. Cults lure new recruits into joining the group and committing themselves to a cause through breaking down a person’s sense of self with fear, deception, isolation and dependency. They subject the cult recruit to alternating love and terror which keeps the new follower unbalanced which makes them more dependent on the leader, and under their control. After the newcomer is dependent upon the cult, any doubts, assertiveness or remaining ties to the outside world are punished by the group through criticism, guilt and alienation so the doubter feels shamed, worthless, or “evil” for questioning the cult’s doctrine.

“I realized I was looking for something to believe in...something to be a part of and it was great ... until they punished me when I questioned them ... then they murdered my soul ...”

— anonymous cult survivor

A woman from my past, with whom I was very close, was manipulated into joining a religious cult in 1978. She had recently moved here and, at the time, I was her only friend. I was away during a weekend when she was wandering around town, looking lonely and rather sad when she was approached by cult recruits. “Oh,

continued on next page



I started having panic attacks and anxiety...”
— anonymous - an escapee from a cult

you look so alone...we love you...come with us...” was all she needed to hear. She was the perfect newcomer and they were able to convince her that they had all the answers for her to have a better life. They isolated her from me and from her family. She quickly grew dependent on the cult and developed suspicions of anyone outside the group. Within six weeks she was married to a seasoned cult member. When I attempted to talk with her, she would spout their contradictory dogma and when I questioned some of their illogical concepts, she would become angry with me then tell me I didn’t understand how wonderful her life was now that she had found this awesome group of people led by a wise leader. Much to my chagrin, we have never reconnected in any meaningful way since then.

Humans’ natural tendency is to gain strength and comfort when bonded with like-minded people. While the formation of “in-groups” is a common and natural human custom, it can come at a great cost. While an “in-group” might be as nonthreatening as a sports team affiliation (“I’m a Broncos fan too!”), there can be also be a destructive side. People may set aside their own personal beliefs or adopt the opinion of the rest of the group. Along with bonding with members of one’s exclusive group, which can be based on religious, nationalist, political, or ethnic identities, a hatred and distrust grows for those who are different than us.

“As a former member, I was labelled sinful, prideful, a liar... that I was ‘eating at the table of demons’ and even ‘mentally diseased...’ My body knew something was wrong before I was consciously aware of it...”

demand that members isolate themselves from the outside world.

3. Cults are strictly controlled and supervised, with the leader employing strict compliance to their propaganda. A cult leader tends to be a person who demands the adoration, obedience, and subjugation of others to gain a sense of self-esteem and power. Most cults practice brainwashing where they imprison the mind of the member.

How to help someone to break ties with a cult:

1. Most people who join a cult usually do so because they feel that they have nowhere else to turn so let them know that you are there for them. Earn their trust by being there for them consistently, while being kind, calm and patient.
2. Avoid attacking the cult because the person you are trying to help will see it as an attack on them personally because they have invested time and effort bonding with the cult.
3. When they trust you more, try introduc-

Humans become persuaded to follow and obey people who take notice of them, especially those viewed as strong, charismatic leaders who wield influence and power.

ing them to other people who can help them in the same way you are supporting them. As they gain more confidence and trust in you and your friends, they will start to rely less on the cult.

4. At this point, you can start asking questions about the cult; being curious without attacking them. Keep the questions light and non-accusatory. The purpose is to get them to think for themselves.
5. The hope is that they will start asking themselves their own questions about the cult and begin to see the truth about it.

Anyone who has spent time captive in a cult needs specialized care to help them reestablish a new persona. A large part of their identity is now gone so they need to redesign a different kind of life which will provide meaning in their new world. The cult provided all the meaning they needed in exchange for their submission. Being free from that can initially be terrifying until they find things that are significant to them.

Remember that life is precious since we are all part of the same world, from an evolutionary perspective. People truly are alike wherever you go.

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 719-510-1268 (cell) or email Journeyscounselingctr@gmail.com.

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Americans are are standing their ground for truth and fighting back.
Now is the time to finish the work! Join us as we pursue victory!

September 8-10 | Woodland Park | TruthandLiberty.net/Victory

~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.

Out & About – August 2022

AVAILABLE VIRTUALLY

- NAMI Colorado: <http://www.namicolorado.org/>
- Suicide prevention: <https://suicidepreventionlifeline.org/> or 1-800-273-8255

CA ON CITY LIBRARY

- 3 Free Legal Clinic 2-5 p.m. Call 719-269-9020 for ap-
pointment.
- 5 First Friday Silent movie
Plains and Passages in
Macon Plaza. Festivities start
at 5:30 p.m., movie starts at
8:30 p.m.
- 6 Yard games in Macon Plaza
at 5:30 p.m. and Brothers
O'toole movie.
- 9 Green Thumb initiative 10:30
a.m. for Story time present-
ing their CARS exercises for
all ages.
- Adult literacy program. We
have tutors available to help
for FREE!
- B.O.O.K. Babies on our Knees
Monday 10:30 a.m.
- Break out box 2nd Friday each
month 3-4 p.m.
- Chess Club Wednesday 2 p.m.
- Cribbage Club Fridays 10 a.m.
All ages welcome!
- Filler Friday (different activity
each month) 3rd Friday each
month 3-4 p.m.
- Fremont Brain Injury Support
1st Tuesday 12:30 p.m.
- Lego Club 1st Friday each
month 3-4 p.m.
- Metaphysical Group every
Saturday 10:30 a.m.
- New Neighbors Genealogy 1st
Friday 1 p.m.
- Story Swap Book Club 1st and
3rd Tuesday 3-4 p.m.
- Story time and craft Tuesday
and Thursday 10:30 a.m.
- All at 516 Macon Ave. FMI
719-269-9020.

COLORADO SPRINGS

- 13 Music on the Mesa 4-7 p.m.
featuring The SofaKillers.
FMI 719-237-9953.

CRIPPLE CREEK

- 6 Collective Groove plays at
noon at Cripple Creek Dis-
trict Museum Depot.
- 13, 14 Donkey Derby Days.
- 14 Visits with History 2 p.m.
at the Heritage Center. See
page 15.
- 21 Pikes Peak Memorial Wall
Dedication Ceremony
1 p.m. Mt. Pisgah Cemetery.
Honoring those from the
Pikes Peak region that have
fallen during the War on Ter-
ror. Please come to show your
respect and gratitude for their
sacrifice. It is our privilege
to announce there were no
casualties from the Pikes Peak
region since May of 2021, so
we are not adding any names
to the wall this year. The
Memorial was created follow-
ing the attacks of September
11, 2001, to honor those from
Teller and El Paso Counties
that have given their lives
during the War on Terror.
Those honored were station-
ed in our community, gradu-
ated from the Air Force Academy

or were born and raised in the
area. We humbly recognize
their dedication and ultimate
commitment to our country.

- 28 The 6th Annual Harvest
Center Greenhouse & Gar-
den Tour 9-2 p.m. FMI Mark.
platten@colostate.edu or
719-502-1864.
- The Gold Camp Victorian
Society presents a free event,
History Comes Alive! at high
noon in the City Hall Pocket
Park on Bennett Avenue in
downtown Cripple Creek
every Saturday through La-
bor Day, with the exception
of Donkey Derby Day on
August 13th. This presenta-
tion is then followed by the
GCVS Historical Trolley
Tour at 1 p.m., which boards
in the District Museum's
parking lot at the east end of
Bennett Avenue. The tickets
for this fun and informativ
tour filled with skits and ac-
tors are only \$15! Please see
one of our members dressed
in Victorian attire for cash
tickets on the day of the tour.

ASPEN MINE CENTER

- 26 Commodities distribution
(drive up basis) 9-1 p.m.
- Tuesdays BINGO 10:30 a.m.
for seniors.
- Wednesdays Luncheon 11:30-
1 p.m. upstairs dining room,
every Wed. FREE!
- Thursdays Mexican Train
10:30 a.m.
FMI 719-689-3584 x124.

CRYSTOLA

- 26 Sound Advice plays 7-11
p.m. at the Crystols Road-
house.

DIVIDE

- 8, 22 Little Chapel Food Pantry
Distribution 3:30-6:30 p.m.
For more info 719-322-7610
or email littlechapelfoodpantry@outlook.com
- 21 The 5th Annual Smokin'
the Ute Pass Summit BBQ
Contest & Fundraiser noon-2
p.m. at Paradox Beer Com-
pany. Tickets \$25, includes
tasting, beer/soda. Pre-sale
tickets available at Com-
munity Partnership Family
Resource Center, Paradox
and Colorado GearLab. FMI
Jeff 719-641-8844 or jeff@peakantlers.com.
- 27 The 6th Annual Harvest
Center Greenhouse & Gar-
den Tour 9-2 p.m. FMI Mark.
platten@colostate.edu or
719-502-1864.

FAIRPLAY

- 13 & 14 Living History Days
at South Park City Museum.
See page 17.
- Last Saturday of the month
is Comedy night at Rocky
Mountain Cigar Company,
640 C Hwy 285. First show
6:45 p.m. Last show 8:45
p.m.

FLORENCE

- LIBRARY
- 2 We will have a booth at the
National Night Out at Path-
finder Park 5-7 p.m.
- 4 Last Storytime at Florence
Farmers Market 10:30 a.m.
- August Artist of the Month is
Susan Frushour.
- People can register at the

library or on Eventbrite.com
for the Friends of the John
C. Fremont Library's 2nd
Annual Cornhole Tournament
on Pioneer Day (Sept 17).
Tickets for a 2-person team
are \$30 if registered before
Sept 1, \$40 after September 1.
We are still giving out FREE
COVID19 Rapid Tests and
masks.
FMI 719-784-4649

FLORENCE PIONEER MUSEUM

Florence Pioneer Museum and
Research Center is happy to
announce there is a new book
in town! Florence: 1870s-
1970s" written by Dennis M.
Lancaster, a local author. We
are pre-selling these books
for \$18 from now to August
28. On August 29, the books
will be sold at their regular
price \$24. Dennis is donating
all the proceeds to the FPM
from the first 250 books that
sell. These funds will be
directed to the renovation of
the Lamm O'Mac Research
Library (the upstairs) FMI
www.florencepioneermuseum.org.

FLORISSANT

- 28 The 6th Annual Harvest
Center Greenhouse & Gar-
den Tour 9-2 p.m. FMI Mark.
platten@colostate.edu or
719-502-1864.

GRANGE

- 11, 25 Quilt of Valor Guild
gathering 9-12 p.m. Join us
making beautiful quilts for
our Teller County Veterans.
Beginners and seasoned
quilters are welcome.
- 13 Pine Needle Basket class
9-12 p.m. Cost is donation to
the Grange.
- 16 Paint with Me class 9-12
p.m. We will learn to paint
both pine and aspen trees in
a simple landscape. Cost is \$25,
to keep the paints and brushes
provided is an extra \$15.
- 20 Craft show (inside) and flea
market (outside) 9-3 p.m.
All spaces are \$15. Set up is
between 7:30-9 a.m. Call to
reserve your space.
- Sun Mountain Yoga 9-10:15
a.m. Mondays. Donation
based. All levels welcome!
- Thursday evenings Potluck
and music, eat at 6 p.m.,
music at 6:30-8 p.m. Join us
for food, music and fun!
Call to reserve space or FMI
719-510-2325.

LIBRARY

- 4 Keep Calm and Color adult
coloring club 10:30-11:30
a.m.
- 11 Free Legal Clinic 2-5 p.m.
Call 719-748-3939 for ap-
pointment.
- 12 & 19 Family Fun Friday will
run ALL DAY
- 16 Read Amok Book Club,
themed "geological forma-
tions" 11-12:30 p.m.
- 17 Florissant Bookworms Book
Club 10:30 -12 p.m.
- 19 Friends at the Table Cook-
book Club. Theme is summer
salad. 11:30-1 p.m.
- Tuesdays Tai Chi 10-11 a.m.
- Thursdays Yarnia! 10-12 p.m.
- Fridays Storytime with Ms.
Beth at 10 a.m.
- Friday Family Fun Fridays
2-4 p.m.

FMI 719-748-3939

GUFFEY

- LIBRARY
- 2 Walking, Talking Threads
12:30-3 p.m.
- 8, 15 Summer Reading Program
9-11 a.m. Sign-up for the
Summer Reading program,
offering activities for
children and teens. Explore
the theme of "Oceans of Pos-
sibilities."
- 24 Rocky Mountain Rural
Health Outreach 11-2 p.m.
Weather permitting, RMRH
representatives will be offer-
ing free health screenings,
sound financial medical
advice, free clothing and
much more.
- 29 Guffey Literary Society 1
p.m. The Guffey Literary
Society is a wonderfully
dynamic and diverse group.
All are welcome to join.
FMI 719-689-9280 or
Guffeylib@parkco.us.

- Sun Mountain Yoga Thursdays
9:30-10:45 a.m. at Moun-
tainAires Market off Hwy 9.
Donations accepted. Bring
your own mat and props.

HARTSEL

- 27-28 Hartsel Days. See page
17.
- Country Church of Hartsel
meets at the Hartsel Com-
munity Center 80 Valley
Drive 10 a.m. Sundays.
Everyone is welcome! FMI
Call Jimmy Anderson 719-
358-1100.

JEFFERSON

- 13 Jefferson Community Civic
Association with be serving
an All You Can Eat Pancake
Breakfast 7:30-11 a.m. The
cost is \$10 per adult. This
event is held at the Jefferson
Community Building one
block East of Hwy 285.
Folks who have pre-ordered
peaches will be able to pick
them up that morning at
the Community building
between 8-10 a.m. We hope
to have a few extra boxes
available if someone was un-
able to place an order. Hope
to see you then!
- Save the Date! Sept 3 JCCA
will serve a breakfast for La-
bor Day weekend Saturday
7:30-11 a.m. This will be
the last breakfast for 2022.
Hope you can come out and
join us! Get acquainted with
some of your neighbors!

LAKE GEORGE

- 28 The 6th Annual Harvest
Center Greenhouse & Gar-
den Tour 9-2 p.m. FMI Mark.
platten@colostate.edu or
719-502-1864.

MANITOU SPRINGS

- 1 The 150th Anniversary Ice
Cream Social & Pie Baking
Competition celebration.
- 1 Little London Winds 7 p.m.
at Bud Ford Pavilion in Soda
Springs Park
- 4 COS Saxophone Quartet 7
p.m. at Bud Ford Pavilion in
Soda Springs Park
- 8 Little London Winds 7 p.m.

at Bud Ford Pavilion in Soda
Springs Park
11 Saucier 7 p.m. at Bud Ford
Pavilion in Soda Springs
Park
15 Little London Winds 7 p.m.
at Bud Ford Pavilion in Soda
Springs Park
18 Silver Moon Riders 7 p.m.
at Bud Ford Pavilion in Soda
Springs Park
22 Bare Bones Trombone Choir
7 p.m. at Bud Ford Pavilion
in Soda Springs Park
25 Front Range Big Band 7
p.m. at Bud Ford Pavilion in
Soda Springs Park
29 New Horizons 7 p.m. at
Bud Ford Pavilion in Soda
Springs Park

PENROSE

- COYOTE'S COFFEE DEN
- 7 George Whitesell 10-noon
- 14 Joe Uveges 10-noon
- 21 John Wise 10-noon
- 28 Michael Reese 10-noon
FMI 719-372-3012.

VICTOR

- Victor Lowell Thomas
Museum open for summer
9:30-5:30 p.m.
- 6, 20 Sunnyside Cemetery
Tours 1 p.m. at the gate, \$10
719-689-5509
- Guided tours of Cripple Creek
& Victor Mining District.
Meet at Victor Lowell
Thomas Museum 3rd &
Victor Ave. Tickets \$15 FMI
719-689-5509 or tours@victoriumuseum.com.
- Gold panning 10-4 p.m. at
Victor Lowell Thomas
Museum. Tickets \$10. FMI
719-689-5509 or tours@victoriumuseum.com.
- Save the date: Sept. 2-5 Victor
Celebrates the Arts. FMI
www.victorcelebrateshearts.org

WOODLAND PARK

- 10 Touch A Truck Day 10-12
p.m. Kids can climb on
trucks BIG and small at
Meadow Wood Sports Com-
plex 2000 Evergreen Heights
Dr. FREE! FMI [www.trc.org/](http://www.trc.org/event/22nd-annual-touch-a-truck-day/)
event/22nd-annual-touch-a-truck-day/
- 16 The 16th Annual Quilt Show
9-4 p.m. at WP Middle
School, 600 Kelley's Road.
\$5 Adults, children under 12
free. Featuring: quilts, quilt-
ing demonstrations, challenge
quilts, vendors, boutique,
vintage quilts, art quilts,
special displays, door prizes
and raffle quilt. FMI www.quiltersabovetheclouds.com.
- 18-21 Veteran's Rally at Memo-
rial Park. Wall opens at the
Middle School Ball Field.
- 19 Sound Advice plays at the
Veteran's Rally 3-6 p.m. in
Memorial Park.
- 26 Movie Above the Clouds –
free outdoor family friendly
movie on the lawn at the
Woodland Pavilion between
Ute Pass Cultural Center and
the WP Library) at sunset
7:40 p.m. Free popcorn and
lemonade during the movie.
Bring a chair and a blanket.
FMI Facebook Woodland
Park Roots Project.
- 27 Open House: Learn about
essential oils at Mountain
Vapor Lounge. See ad on

page 10.
• BINGO! Every 3rd Wed
6:30 p.m. Ute Pass Cultural
Center. Open to the public!
Proceeds benefit Kiwanis.

COMMUNITY PARTNERSHIP

- 9 Summer in the Park 11-1
p.m. at Memorial Park.
Join WP Parks and Rec and
Community Partnership
for old school summer fun
meets modern creative play!
Sidewalk chalk, bubbles,
yard games and more! FMI
Jackie@cpteller.org.
- 12 Crossroads Co-Parenting
Seminar 9:30-1:30 p.m.
Teller County court approved
parenting & divorce class.
Registration fee required.
FMI Michelle@cpteller.org.
- 27 The 6th Annual Harvest
Center Greenhouse & Gar-
den Tour 9-2 p.m. FMI Mark.
platten@colostate.edu or
719-502-1864.
- Playgroup 10-11:30 a.m. Mon-
Wed-Fri. Summer fieldtrips,
rotating locations. Parents
and caregivers with children
ages 5& under. Older sib-
lings welcome. FMI Jackie@
cpteller.org.
- FREE Yoga with Leah Mon-
days, 10-11 a.m. at Com-
munity Partnership. Limited
class size, first come, first
served. Doors lock at 10 a.m.
Bring your own mat and
props. All levels welcome.
FMI Michelle@cpteller.org.
- FREE Yoga with Leah
Wednesdays 5-6 p.m. at
Community Partnership.
Limited class size. First
come, first served. Doors
lock at 5 p.m. Bring your
own mat and props. All
levels welcome. FMI Mi-
chelle@cpteller.org.

LIBRARY

- 2 Woodland Park Book Club
10:30 a.m. in the large meet-
ing room for adult readers.
- 3 Not So Young Adult Book
Club 11 a.m. in the Teen
Room. For adults who love
to read or would like to dis-
cover young adult fiction.
- 3 Teen Craft Day 3:45-5:30 p.m.
- 3 Foam Party with Ann Lincoln
10-11:30 a.m.
- 10 Movie Day screening *Diary
of a Wimpy Kid* with pro-
vided lemonade 12 p.m.
- 10 & 24 Anime Club for teens
in Teen Room 3:45 p.m.
- 11 Senior Circle Book Club
10:30 a.m. in the large meet-
ing room.
- 11 Free Legal Clinic 2-5 p.m.
Call 719-748-3939 for ap-
pointment.
- 17 Family Art Day 11-5 p.m. in
the Children's Activity Room.
- 17 Teen Craft Day 3:45-5:30
p.m. in the Teen Room.
- 19 Back to School Clothing
Swap Party. Bring a bag,
take a bag! For everyone but
geared toward teens 3-5 p.m.
- 26 Lego Creation Day on the
Rotary Terrace 11-5 p.m. All
ages welcome!
- Tuesdays Books and Babies
10 a.m. a special storytime
for babies and toddlers
- Thursdays Preschool Story-
time 10 a.m.
- Thursdays Tai Chi at 5 p.m.
- Friday Tai Chi 10 a.m.
FMI 719-687-9281.

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