



UTE COUNTRY NEWS

FREE

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September 2022

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Vol. 14, No. 9

Welcome to Ute Country

**"Anyone who thinks fallen leaves are dead
has never watched them dancing
on a windy day."**

– Shira Tamir

PEEK INSIDE...



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The art of food with Nick and Jodi



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Saint David's Blessing of the Animals

art adventuring
in Park County

Park County Creative Alliance
presents

ART ADVENTURING IN PARK COUNTY

September 16 - 18, 2022

ARTY PARTY

FRIDAY, SEPTEMBER 16 . 4PM - 8PM
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SEPTEMBER 17 . 5 PM

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SEPTEMBER 17 . HOOSIER PASS
SEPTEMBER 18 . WILKERSON PASS

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Divide Fire Protection District Annual

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Divide Fire Station, 103 Cedar Mountain Road • Divide

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- Find Out About Volunteering for the Department!
- Find Out Information About Divide Fire's Proposed Mill Levy Increase on This November's Ballot

The Divide Fire Pancake Breakfast is an opportunity to show your support for the volunteers and be a part of your community. Your response at the Pancake Breakfast is a wonderful reminder that Divide Fire is appreciated. Thank You!

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On Deck

Jeff took the photo for our September cover last November. We chose this one because of the golden leaves and September is the month our leaves change color. We like the quote because we see the positive aspect of the leaves turning, a sign that seasons are changing.

Our September pages are full of wisdom as we approach changes. In *Growing Ideas* Karen Anderson introduces us to wabi sabi; a Japanese philosophy that helps us appreciate how imperfections in life actually add to the beauty in life. We're excited to introduce our new writer, Lori Martin for her opening column *Fitness ON the Mountain*, which provides the tips we need to keep in mind as our workouts transition during the seasonal change. "Art Adventuring in Park County" will give you the detail you need to witness artists transform their palettes during the Plein Air weekend in Fairplay. *Currant Creek Characters* is back with another installment that reminds us of the transitions that occurred for the Rowe family. For those who are considering adopting a puppy, we highly recommend the series *The Adventures of Zebulon of the Airborne Rangers* there is "Welcome Home" and "The Big Blue Monster" written by local author Sharon Burton. These are delightful reads even if you are not in the market for a puppy!

If you happen to be a people person seeking extra income, we encourage you to consider becoming a sales rep for our *Ute Country News*. To learn more, email or call us at Shipping Plus or even just stop in. You can set your own hours and we start at 20% commission! 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

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

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The Thymekeeper

Quality counts
by Mari Marques-Worden

Are you one of the many people who have tried herbs and have concluded that they just don't work for you or give you the results you were expecting? There could be several reasons why they didn't, and mainstream marketing may have played a role.

If you own a television, you are subjected to the daily drone of pharmaceutical suggestions that frequent the airwaves. We've all heard the mantra, "ask your doctor if ___ is right for you." The one phrase that is conspicuously absent from online herbal recommendations is to ask an herbalist if the recommended herb is right for you. Some even advise consulting your doctor before consuming herbs which I find to be counterproductive in most cases.

I find these online recommendations completely lacking in advice on method of administration. When people seek out an herb, they are often met with two choices, tea or capsule. Although I do recommend teas frequently and capsules rarely, I never recommend you buy either of these pre-packaged from a grocery store shelf. To be clear, any grocery store shelf, I don't discriminate.

In the past week I have encountered people who *heard* an herb was good for an issue they were experiencing only to find their efforts had not brought them the results they were expecting. Upon further investigation it was revealed to me that they had run to the nearest grocery store and bought a box of tea with high hopes, only to be disappointed in the end. They may as well have flushed that money down the toilet. If they were expecting any medicinal benefit, especially for longstanding chronic issues, it most likely won't happen from a store-bought box of tea.

Loose leaf teas are easy to make and when it comes to bang for your buck, there is no comparison. Using peppermint tea as a test case I did a price comparison, and these are my results: The average price of one box of 16 organic peppermint individual tea bags is \$4.11. This box with its contents weighs .85 ounces. Even if the bags and box aren't included in that weight, you are actually getting less than one ounce of tea for that price.

You can purchase one pound of loose-leaf organic peppermint from a reputable source, and the total price is currently \$26.50 or \$1.66 per ounce. Not everyone needs an entire pound of herb but consider sharing with friends and family. I can vouch for the quality of herb from Frontier Coop and they opt for those that are organic and grown right here in the United States. <https://www.frontiercoop.com/products/frontier-co-op-peppermint-leaf-cut-sifted-organic-1-lb>

Nothing special required

Pre bagged teas are wasteful. My method for preparing tea requires no tea bag, no tea ball, no muss and no fuss. The only thing left over may be safely put back on the Earth or into the compost bin.

Using the rule of thumb of one tablespoon per cup of water, add 2 tablespoons of herb to a pint mason jar, pour in your water after boiling and cover loosely for the desired amount of time. Strain and drink.

Taking this one step further, if it is medicinal benefit you seek, the best quality you can find is going to be from your own yard or a local garden. Herbs are easy to grow and dry and for pennies on the dollar you can make your own with maximum effect. Not only will you find the flavor more delectable, the medicinal benefits will far exceed that which you will get in a box of prepackaged tea.



I am only using peppermint as an example. My recent experience with a client using nettle tea for optimal kidney function really drives this point home. She was drinking nettle tea daily with the nettle I gather from my own garden and was very happy with the results. Previously her numbers indicated she was dangerously close to dialysis and the tea helped bump her up to acceptable levels. When she moved away and attempted to get the same results from pre-packaged tea bags, the numbers proved her efforts were fruitless. Quality matters.

How can you tell if you have a good product? Color and smell are two clues, especially with the aromatics such as peppermint. Herbs that are green when they are growing should still be green when dried and processed. If you see a jar or bottle of a dried leaf on the shelf, in most cases it should be green, not beige or brown.

Many of your favorite name brand teas have been sprayed with pesticides or herbicides and it truly breaks my heart to inform you of this. While many countries no longer allow the sale of these particular tea brands, the US has yet to take similar action. Although there are some companies who adhere to guidelines in regard to pesticides, if you want more information about any tea brand, you can always look up studies or FDA regulations to see whether that brand's products are within the legal limits of pesticide use.

Moving on to capsules. In a previous article titled *Herbal Supplement Buyer Beware* (UCN January 2016, I talk extensively about store bought capsules and why they may be the worst choice you can make when seeking medicinal results.

I'll bottom line it for you here. Cap-

sules require the herb to be powdered and many herbs (especially echinacea) begin to release their medicine upon reduction. Meaning once you've powdered that herb in the blender it is giving up its benefits to the air. This is true with any sort of reduction of the plant matter, for optimal effect herbs should be left intact until they are ready for use. One must consider how long it takes to get the herb into the capsule once it is powdered and how long it has been on the shelf before it falls into your hands. Although most have a suggested expiration date, that is nothing more than a general guideline.

Using nettle once more I can demonstrate how quickly herbs can lose their power. When I pick stinging nettle, if I'm not careful, it can sting me giving rise to a welt and a cuss word on day one. On day two I can run my hands through my gatherings with no fear of the sting whatsoever.

Herbal capsules are classified as food and not drugs and are not regulated as such by the FDA. They are left to the manufacturer to ensure their product is safe and contains the herb stated on the label. You may not be getting what you think you are as one study shows. In 2005, the New York State Attorney General demanded four major retailers explain how they verify the ingredients in their herbals supplements after lab tests had determined that only 21% of some of the products tested had DNA from the plants they were advertising. The retailer with the poorest record showed only 4% of the products tested had the DNA of the plants listed on the label. Not to mention the ingredients described as "fillers" that are not listed on the label that can cause significant

continued on page 4

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The Thymekeeper

Quality counts

continued from page 3

problems for those who experience food sensitivities. Again, I regret to inform that the products tested were the ones most recommended by advertisers and therefore the most popular with consumers. https://www.nytimes.com/2013/11/05/science/herbal-supplements-are-often-not-what-they-seem.html?_r=1&

The CNN syndrome

At one point in my career as an herbalist/shopkeeper, a lot of people were suddenly asking me for lemon eucalyptus essential oil. I didn't carry that particular oil at that time and when I asked why it had become so much in demand, I was informed that CNN had spoken about it as a bug repellent. When I suggested there were plenty of other oils that had the same effect I was dismissed from the conversation as if I couldn't possibly know more than them. Ouch.

Since then, with no credentials to back them up, mainstream media has trumped my suggestions on more than one occasion. I attribute this to clever marketing techniques and the expansion of the internet; most people don't investigate further or scrutinize the information presented to them.

Firewood Sale!

The Friends of Mueller State Park are holding a firewood sale on October 1 and 2, from 10 a.m. to 4 p.m., or until all the wood is sold.

Forest thinning to improve forest health and wildlife habitat, and to reduce wildfire threat, has created stacks of wood that will be available for sale.

The wood is unsplit, mixed dry and green, cut to 12" to 24" lengths. Cost is \$60 for short bed pickups, \$80 for long beds — same prices as last year. Loaded

In conclusion

Although once dissolved, peppermint capsules can help relieve an upset stomach, other herbal capsules can require the entire process of digestion and take a couple of weeks before you experience a noticeable difference.

Know your resource and do your homework on best practices.

Be sure you are working with the correct herb and method. An herbal tincture, oil, compress, poultice or dietary changes may be your herbalist's choice for you depending on the situation. Possibilities exist beyond teas and capsules.

As a practicing herbalist of 25 years, I will say there is a time and a place for pharmaceutical remedies. However, in many cases herbs can sometimes go beyond the limits of that which exists in the doctor's repertoire and afford you lasting results without a lifelong commitment.

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.

by you, and sorry, no trailers.

The location is on Highway 67, 2 miles south of the Divide stoplight, or 1 mile north of the park main entrance, near the intersection of Highway 67 and Cantiberry Rd. Turn west at the gate for directions to the loading area. Signs will be posted from both directions. No park pass needed.

Please join us to support the Friends of Mueller and stock up on firewood at bargain prices.

FMI 719-687-2366 or visit fofmisp.org.



Growing Ideas

Gardening, life and Wabi Sabi
by Karen Anderson "The Plant Lady"

"It takes a Wabi Heart to recognize Sabi beauty."

— Omar Itani

September greetings gardeners and friends. As we approach the fall phase of our gardening season, there is a distinct and transformative beauty in Mother Nature for us to enjoy. Autumn colors begin to appear before our very eyes as the outdoor garden flowers naturally start to fade. It's harvest time and we are able to reap the benefits of our labors and love with gratitude and reverence. We celebrate by sharing homegrown meals with family and friends. We collect, save and rebroadcast the seeds from dried pods for future crops. Of course, the mountain gardener has many fall chores to accomplish this month, but the cooler weather makes for pleasant working conditions. If you are interested in learning more about getting your gardens ready for the winter months, you can check past issues of *Ute Country News* for my past September Articles (2015, 2016, 2017, 2020, 2021).

Now, perhaps your curiosity has been piqued by the term wabi sabi. Basically, it translates as *the elusive beauty of imperfection* and is the ancient, elegant Japanese philosophy that motions us to constantly search for beauty and to accept the natural cycle of life. This ideology came to me as a gift from my good friend, Nancy Radecki a couple of weeks ago as we toured what I considered to be devastating damage to my beautiful (and almost perfect) gardens! I was heart broken and in the process of grieving that which I felt to be a great loss. After I had managed, with a lot of dedication, to keep the

critters at bay all summer long and everything was looking so good and healthy, compliments of an exceptionally moist season...and then one hail storm hit hard and changed the landscape drastically. I know that I am not alone with these disappointing experiences, so for all of you who were impacted by hail this season, I feel your pain and my heart goes out to you. But here's the good news. We can learn about and practice the philosophy of wabi sabi to help lift our Spirits, not just about our garden casualties, but in all aspects of life.

So, with this change of perception, I was able to embrace the good that came from that hail storm and was filled with gratitude for Mother Nature watering the garden for me on Her terms, not mine. After all, *what ya gonna do?*

Well, for me it was wiping my tears away, pulling myself together and tackling the task of cleaning up the mess little by little. Pretty soon, I felt that it was all going to be OK. As I was working and observing the beauty that was all around me in Nature due to the abundance of a rainy (and sometimes 'hailly') season, my feelings of sadness faded away into the sunset. I more understood the meaning of how positively and powerfully this philosophy of wabi sabi works.

We all tend to strive for this thing called perfection, which in reality is an unattainable goal. We can learn to live the wabi



sabi philosophy and, *accept what is, stay in the present moment and appreciate the simple transient stages of life.* In other words, we simply do our best to be the best we can be. We can recognize and value the beauty in all things, especially the great beauty that hides beneath the surface of what seems to be broken. Wabi sabi also teaches us to slow down, to simplify and feel the joy of what it means to be alive. If you are interested in the wisdom and enlightenment of this Japanese philosophy, I would encourage you to Google it. Thanks, Nancy for bringing wabi sabi into my life.

Lastly, I would like to remind you that I am always here to answer any inquiries you may have in the world of plants and gardening in the mountains. You may contact me at 719-748-3521 or e-mail plantladytalks@gmail.com. Happy Houseplants and Blessing Beads are available at the Outpost in Florissant, Shipping Plus in Divide and at Mountain Naturals in Woodland Park. Wishing you all many September Blessings. Until next time, peace and love.

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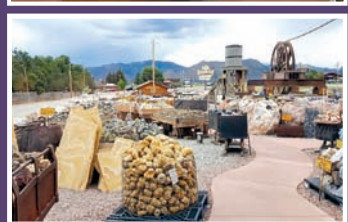
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Elktown mine, Cripple Creek Mining District. The author's great grandfather worked in this mine for over two decades. Photo date 1894, courtesy of the Cripple Creek District Museum.

Underground

by Steven Wade Veatch

*Thunderstorms batter the sky.
The porch shakes while lightning wages war.
Black and purple mix like a bruise.
Wind whirls through the aspens.
Icy rain soaks the ground—
wet soil and decaying leaves
smell like an underground mine.
Dank scents bring memories
with annotations. My thoughts spin
then strike the borderland of my memories,
breaking through to a place
of shafts, dimly lit voids, and ore carts.*

*My great grandfather trudges
through confining spaces, groaning timbers,
dripping water, and rusting rails.
Muddy places smear his clothes with grime.
His pick bounces off rocks again and again.
Booming blasts fill the drifts with acrid
smells. A taste of sulfur lingers.*

*I see him reach down and scoop
up a handful of gold ore,
he lets it fall through his fingers,
and tells me how to live.
So much to remember.
I should have listened more,
but I am far away.*

*The blackness swallows
the flickering light of his candle
and his face recedes from view.
His words flood my mind—
a generational reckoning—
part of my ritual of becoming.
I carry some stories, like blaring bells,
others I have lost.*

*In me, these inheritances manifest:
a lifelong journey toward a glittering
horizon, but I never get there.
I should have listened more,
and now my time is gone.*

Adopt Me by TCRAS

Albert Einstein

My name is Albert... Albert Einstein! Let me inform you a little bit about myself. I am an older boy who is ready to just settle down and curl up in someone's lap who isn't going to leave me home alone. I get really nervous when my human isn't around. My foster mom says that I need snuggles! My hairdo is crazy and that is why I got my name. Please just let me snuggle with you! It's easy, just call 719-686-7707 to schedule an appointment to meet me!

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



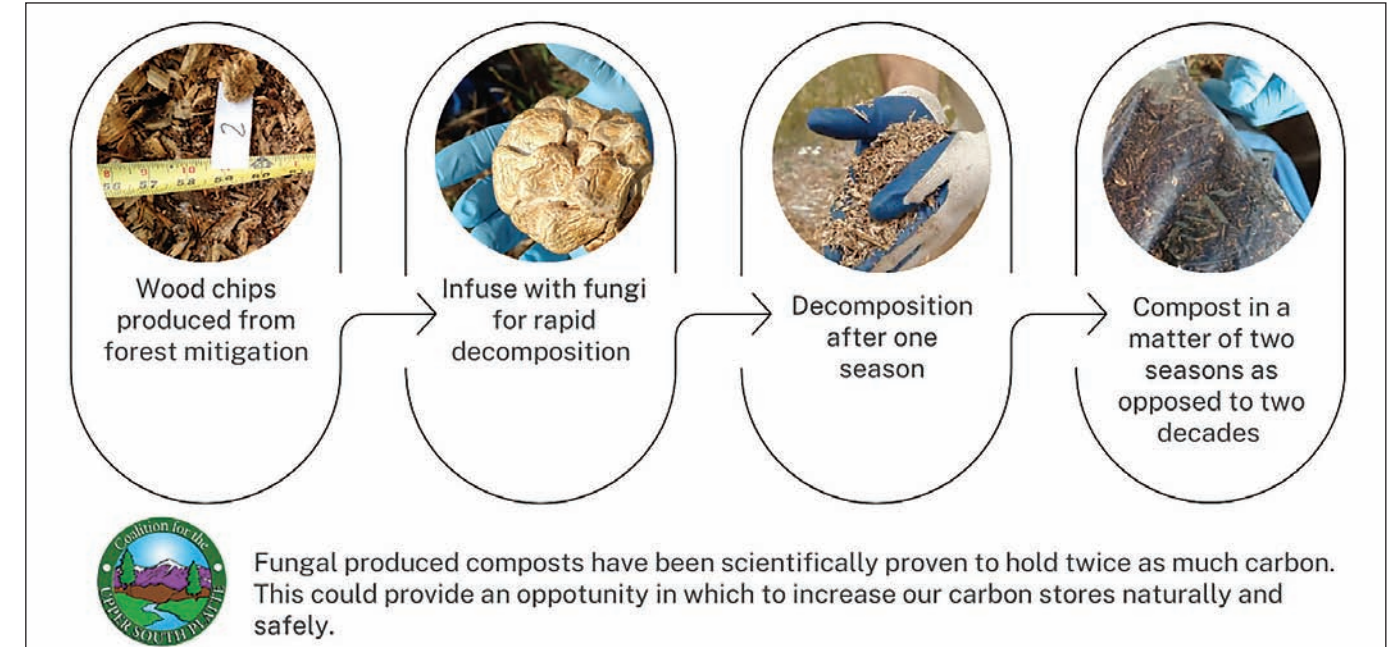
Fungal Degradation Project

by Coalition for the Upper South Platte

The Coalition for the Upper South Platte's (CUSP) study of wood-rotting mushrooms began over eight years ago. The initial work was started as an effort to find a solution to the wood chips left behind by forest health and wildfire mitigation efforts.

As one would expect, wood-rotting mushrooms are very good at rotting wood. Millions of years of adaptation has led to their ability to break down cellulose, one of the two main components of wood, along with lignin. These are both highly resilient natural fibers that can resist decay for decades, and sometimes centuries, in the Colorado forests. Over the course of the experiment CUSP demonstrated the use of mushrooms to reduce piles of wood chips into a rich compost-like material that closely resembles natural humus. CUSP sought a method of treatment that would require very little effort and basically work on its own. Results of the study have been positive, and current efforts are focused on expanding the scale of the process.

Over the course of the experiment CUSP demonstrated the use of mushrooms to reduce piles of wood chips into a rich compost-like material that closely resembles natural humus.



This research led to the interesting conclusion that our mushroom compost was almost twice as rich in carbon as the natural forest duff. Could this help address the impacts of the ever growing climate crisis? We can easily understand the excess CO2 we are injecting into the atmosphere, and therefore we can agree that reducing emissions can help address that problem. The excess CO2 already in the atmosphere is a trickier problem. Short of relying on natural systems, and their normal schedules, we don't have a lot of novel methods of sequestering carbon, removing and isolating it. The methods of fungal decay of waste woody materials we have been studying might be such a path by stabilizing the wood's carbon. Our ability to quantify and therefore target

sequestration is one of the answers we are seeking. The fact that this method doesn't require high technology, just the ecology of nature itself, is an added benefit.

Is there a way to increase the carbon density of our recycled soils by using specific fungi? Fungi called brown rotters leave a post decay product high in lignin. White rotters leave a compost high in cellulose. We want to quantify the amounts of carbon sequestration in both scenarios, as well as identify the specific type (and stability) of that carbon.

The next research opportunity is to get a baseline of the carbon sequestration potential of the composts of different mushrooms. In the end we will measure total organic carbon as well as the fractions of cellulosic and lignitic carbon to

determine the stability of the compost. We want to increase the carbon holding capacity of our soils, keeping it out of the atmosphere and slowly halting the growing dangers of more warming. We want to absorb CO2 into our trees and soils, safe stores of carbon.

CUSP's mycologist and guru, Jeff Ravage, and Denver Botanic Gardens Assistant Curator of Mycology, Dr. Andrew Wilson have established partnerships between The Coalition for the Upper South Platte, the Denver Botanic Gardens, Colorado State University Soil, Water and Plant testing lab and CQuestor analytics labs. This group is seeking natural solutions to make a positive contribution to current science regarding CO2 sequestration and carbon storage.

Friends of Mueller State Park

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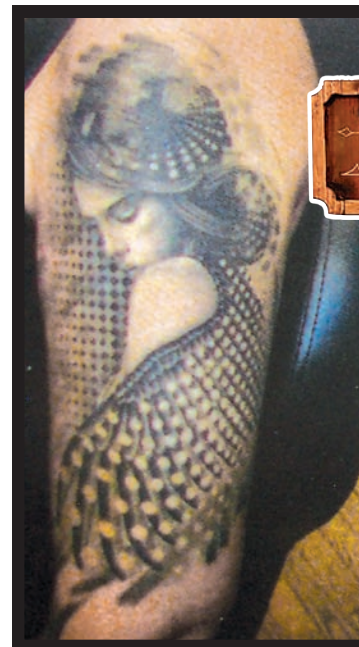
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The Fortune Club

How a broken pipe led us to the BEST breakfast in Teller County!

by Kathy Hansen

It was a lovely July Saturday in Teller County. Jeff had his outdoor chores and I had greenhouse tasks. At one point I came in to wash my hands and noticed low hot water pressure. I check the cold, good pressure there. A little while later, the hot water was not running at all, and the cold had low pressure; time to tell Jeff about it. What I thought was the sound of water coming into the water heater, was actually water rushing out of a burst pipe under the house!

Jeff did what he could; graphic arts and plumbing have little in common. However, he was able to turn the water off to the house. This stopped the rushing water, and also left us high and dry, so to speak. Realizing we had not yet achieved household chores, laundry and would need many gallons of water for cooking, cleaning and bathing, we decided to go to Victor because they have the BEST laundry in Teller County. Once we got the clothing into the washing machines, we decided to go to the Fortune Club as a friend said they had changed hands, had a new menu and served healthy foods.

Jeff ordered his bacon and cheese omelet with hash browns. I had 2 *soft-yolk* eggs, hash browns, sausage and rye toast. I was AMAZED at how good the food was! (I'm really picky about my eggs; more often than not, my request for *soft* yolks is ignored and I'm disappointed to have been

served hard-cooked eggs.) The Fortune Club came through with the very best soft-yolk eggs I've ever had! The rye bread was perfectly toasted and buttered. The sausage was also done to perfection. The price was very reasonable. I was impressed! Jeff was also happy with his meal.

What was even better is that there were no ill-effects from the meal! Those of you who pay attention to the quality of food you eat know what I'm talking about. Our bodies tend to react to GMOs, pesticides, additives and poorly processed oils. The meal from the Fortune Club left me satisfied and feeling good; no regrets! As I complimented one of the wait staff, I was told the eggs were organic and that they do their best to provide high quality food. There is no question those eggs were organic. The golden-orange color of the yolk is unmistakable.

It is likely we'll be back to the Fortune Club for breakfast or possibly lunch. Those who read this publication on a regular basis will note how rare it is to have any type of food review. The reason is simple; there are few restaurants serving food worth the time to write the review.

We transferred the wet cloths into the dryers and decided to go back to the Fortune Club for a bloody mary while waiting for the dryer. Quite frankly, there isn't a bloody mary anywhere worth \$15 a piece. Next time, we'll enjoy breakfast only!

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Momo would love to be at your side 24/7 if she could. She will seek you out for some hugs. Momo is so affectionate, quiet and calm. She would be great as an only dog; she picks her friends. Momo is what we consider a perfect dog. She is a Catahoula mix; we love those spots! Momo is 6 years old, spayed, current on all vaccinations and chipped. She weighs about 50 pounds. Adoption fairs 10-3 p.m. First Saturday of each month at 5020 N. Nevada Petco; all other Saturdays 7680 N. Academy Petmart.

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



A Look Inside the Artist

The art of food with Nick and Jodi

by Mary Shell

What can you say about food? There are those who eat to live and others who live to eat. I am the latter, and there's something about eating food made by others, especially if those others are really, really, good at it. This month I decided to source out the artist in making food... and I found Jodi and Nick, two people who are passionate about making delicious food. What I have learned from them is that chefs are most satisfied with their work by the people's reaction when tasting their food. We need more people like Jodi Johring and Nick Maloney who dedicate their lives to the culinary arts, and watching their customers relish in delicious food.

When did you get interested in making a career in food?

Nick, my business and personal partner, started his first job at the Arvada center at 15 years old. There was an Executive Chef there named Rick Diaz who did a lot of internships work and Rick Diaz got Nick into the Brown Palace at 16 shortly after working at the Arvada center. This is where his passion began and decided after graduating high school that he would become a Master Chef.

My career started when I became a team mom operating a food booth for little league. The smiles on people's faces are what has driven my career for over 28 years.

What is your favorite thing to make?

Nick's and my favorite things to make are smiles, we are people pleasers and love putting our passion into our food and watching our happy clients face brighten up.

How do you choose what to add, when to add and what would go good together?

It all comes with experience and tasting food and balancing those flavors. It all has to be complimentary; we strive to put dishes together that will make peoples face just light up with excitement as they taste our hard work and passion, which we put into every dish we make.

When mixing recipes do you feel you can taste the ingredients?

Yes, absolutely we know what it going to taste like because of our experienced pallets.

You mentioned people don't realize what it takes to prepare food, could you explain?

It takes shipping, sourcing, spending, storing, cooking, cleaning up and doing the same thing day after day there are so many things that go into cooking an exciting a plate. A lot of people right now don't have people to show them how to cook. It is a generational thing; we are so used to convenience and our parents today are so busy that convenience over healthy options has become the norm. We want to produce convenient healthy things that people can



prepare at home in no time.

How many failures have you experienced in exploring new recipes?

There is no success without failures, you learn from all of them.

What was the largest amount of people you served at one time?

At the Brown Palace, Nick served over

1500 people in a Banquet once a year every year before going to the Arbor Day Foundation.

I have served over 1900 Department of Corrections workers here in Fremont County in a 24-hour period. Before that my catering company in California had 1400 people in 45 minutes.

What's in your future?

Nick and I own a Catering Company and food truck, and soon to open our dream market of putting healthy food options on your table here in Fremont County. We are at 1412 Elm Ave in Cañon City. We are excited to be the chosen caterer for many of the events in Fremont County. To name some supporters: Royal Gorge Chamber Alliance, Coming Home Realty, Jenny Gatzke Realty, Women Who Care, Cañon City Elks Lodge, City Hall, not to mention all our private party clients. We appreciate and look forward to many years putting our skills to good use feeding the voices of Fremont County. We strive to put all possibilities together and always producing events.

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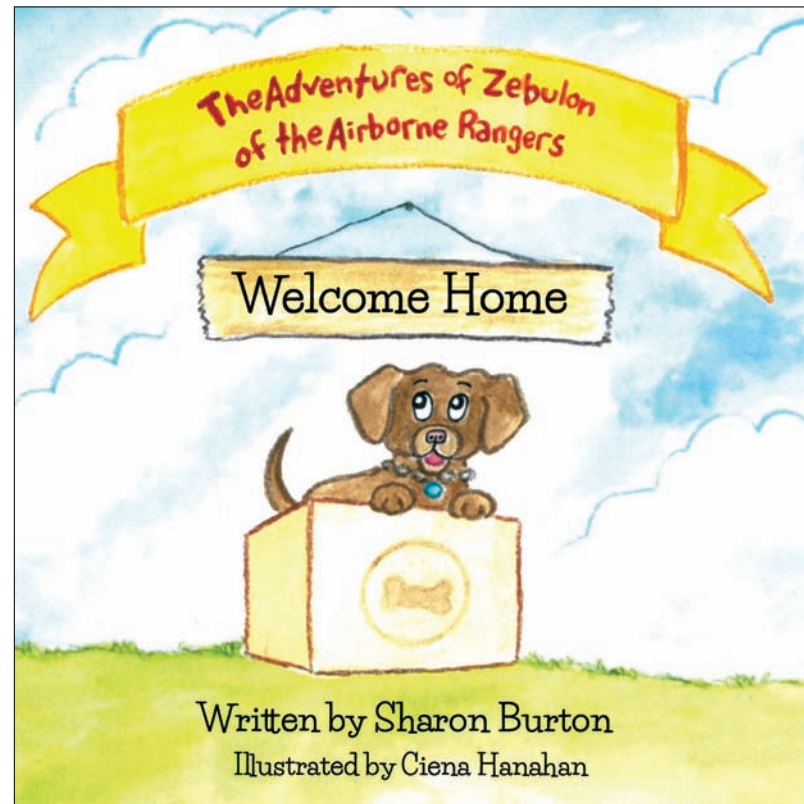
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The Adventures of Zebulon of the Airborne Rangers

Welcome Home and The Big Blue Monster book reviews

by Kathy Hansen

Local author Sharon Burton has written two delightfully fun, interesting and even suspenseful children's books that stem from their experiences adopting their dog, whom they named Zebulon of the Airborne Rangers, nicknamed Zeb.

What I love most about these books is that they are written from the dog's perspective! I highly recommend these two books for any family considering adopting a puppy as these books exemplify what is happening for the puppy.

Sharon's imagination personifies Zeb so the readers get to know how this puppy perceives the world and illustrates ways Zeb adjusts to the change in home environments, meeting his new family members, and exploring his world. Everything is new to Zeb and Zeb is excited to learn about this world.

In the second book, *The Big Blue Monster* Zeb is given a role as guard dog. Sharon's creativity comes to the fore as Zeb's thought process comes alive as he considers what it means to be a guard dog. Clearly, pleasing his people is a priority

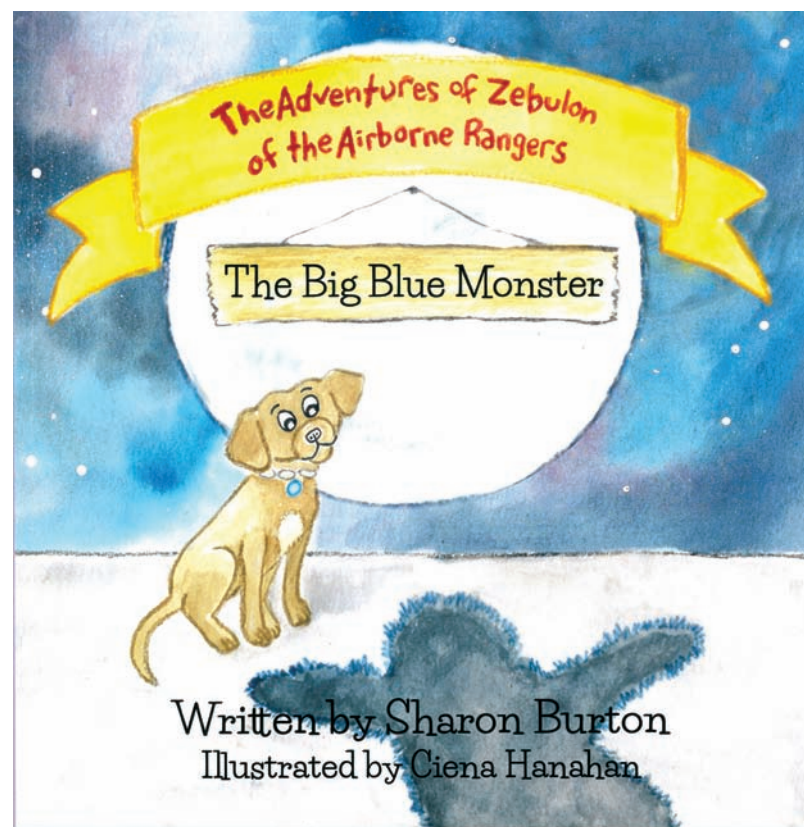
for Zeb who takes his job very seriously.

I will not ruin the ending for you because it was so much fun to discover it on my own, I can only imagine you might experience the same satisfaction and I would not rob you of that opportunity. I actually laughed aloud several times reading both books. I look forward to the third book coming out soon.

Sharon chose Ciena Hanahan as her illustrator. Ciena's talent draws the reader in and adds to the excitement on many levels, enhancing Sharon's carefully chosen words to bring the story to life.

The Adventures of Zebulon of the Airborne Rangers: Welcome Home ISBN: 978-578-58720-2 and Library of Congress Control Number: 2019915468.

The Adventures of Zebulon of the Airborne Rangers: The Big Blue Monster ISBN: 978-1-7369295-0-6 (paperback) ISBN: 978-1-7369295-3-7 (Hardcover) Library of Congress Control Number: 2021905885.



Written by Sharon Burton
Illustrated by Ciena Hanahan



Beasts of the Peaks Catch me, you can't!

by Jessica Stevens

Thrumming along the gentle inclines of Trout Creek Pass, two golden school buses made their way eastward, their cabins filled with teenagers. The Denver Center for Performing Arts was our destination, and *A Midsummer Night's Dream* was our teacher's production of choice. A gentle hum floated within the bus as some teens nattered and others napped. The convoy began its slow ascent on the steepest grade of the pass, the last hill before the road sharply turned downward into Antero Junction. Finally, the gargantuan yellow beetle glided to the top and descended for the final time.

"Look at that!" shouted a classmate, shattering the relative silence. He jabbed his finger toward the windshield and his mouth hung agape. Heads popped above the seatbacks, craning for a view of the disturbance. Just in front of the bus floated...galloped...a piece of the prairie. Its legs nimble and swift, it carried its strong, sandy body over the black asphalt with great velocity, its two black prongs cutting the air. The bus chugged along, straining against the gravity of the decline and its own momentum.

The pronghorn raced the school bus for a long while before it leapt off the road and into the dark forest at the edge of the grassland. It was such a dramatic spectacle that it left all the schoolkids buzzing, the teacher blinking and bus driver gasping for breath. It was the perfect prelude to a fieldtrip to the theatre.

Bested only by the cheetah, American pronghorn are the second fastest land mammal in the world, speeding up to 65 miles per hour. These ungulates are the color of dried blue grama grass, patched with white bellies, barred necks, white bottoms, black noses, and deep black eyes. Pronghorn are barely distinguishable from the golden prairie grasses, boulders, and snow they live among. Many also carry a mane, of sorts, which sprouts from behind their ears and runs along the top half of their neck. The males, called bucks, carry a pair of black horns, which curve obliquely away from their face, sprout a single abbreviated prong, then curve inwardly. These are not antlers and will be carried for the life of the animal. Does may also grow horns, but they are much smaller and often curve backward, if they are present at all.

Between their excellent camouflage and tremendous speed, pronghorn populations have remained somewhat steady since they were first discovered, though they were a brief conservational concern in the early 1900s. In fact, pronghorn outpace their current natural predators by 20 miles per hour. It is hypothesized that the pronghorn lived among prehistoric American cheetahs, which would have been one of the only predators capable of capturing the pronghorn. It is unclear why American cheetahs died out, but when they did, they left behind their nimble prey to thrive in the grasslands of North America.

We all know the song by Brewster Higley: "Oh, give me a home, where the buffalo roam, where the deer and the antelope play; where seldom is heard a discouraging word, and the skies are not clouded all day. Home, home on the range..." These animals are often referred to as "antelope." Like most of us call bison "buffalo," though it be inaccurate, we know that bison are not true buffalo. Similarly, pronghorn are the only surviving member of their family *Antilocapridae* and are not antelope. They are more closely related to the okapi and giraffes than antelope or even goats, as their name implies. Scientifically, they are known as *Antilocapra americana* which means "antelope-goat of the Americas." They are also colloquially known as "speed goats,"

"prong bucks," or simply "antelope." While a vital part of Native American lore for thousands of years, pronghorn were not formally studied until the expedition of Lewis and Clark. Until that point, it is surmised that people thought the far-off animals were simply deer.

Pronghorn are only found in North America. As our beloved American tune echoes, the pronghorn's prime habitat is wide-open grassy shrublands. They eat almost all local plant matter, including cactus. These sand-and-cream creatures reside in the plains areas of Canada all the way down through parts of Mexico, yet are not often found much further east than Nebraska. Though they are sprightly, pronghorn do fall to predation by most large carnivores, especially coyotes. Perhaps Old Man Coyote is so artful that even he can outwit the wise and swift pronghorn.

Between their excellent camouflage and tremendous speed, pronghorn populations have remained somewhat steady since they were first discovered, though they were a brief conservational concern in the early 1900s.

During the coldest months, pronghorn herds will live together, then go separate ways in spring. Young bucks travel in separate herds and mature males stand alone. Mating season occurs in September and does give birth to one fawn near the month of May. Fawns are able to run quickly within hours of coming earthside. According to John Byers in his book *Animal Behaviour*, pronghorn are unusual in that the females sometimes try to "instigate" fights between males during rut. They will travel around, "sampling" various herds, and during the rut they will "instigate" a duel between bucks. The doe then breeds with the victor.

Aside from their camouflage and speed, pronghorn have one more incredible advantage: their sense of hearing. The day was frigid, and I had been photographing mule deer while on my break at Colorado Mountain College. It was common for many different animals to loiter around the Buena Vista campus, but mule deer were the most common visitors. Their chief activities were lounging in the deep drifts of snow that accumulated against the building or browsing the young blue spruce trees in the courtyard. The second most frequent visitors, though, were pronghorn. I tried a few times to convince the college officials to change the BV campus's mascot from the marmot to the pronghorn for this reason. They were often grazing in the horse pasture next to the college or behind it in the field between the college and the nearby art gallery.

I shuffled into the breakroom to warm my belly with some cocoa when I halted in my tracks: ahead of me, straight through of the picture window, stood a pronghorn buck. He was watching me, too. I slowly raised my camera to my eye and aimed, with painful slowness. I succeeded in getting the whole animal in per-



fect focus then click...a million moments happened in one. The buck had stood stock-still for the entire affair, only to flinch at the sound of the camera's shutter. Of all things! There was no flash, just the near-silent clatter of the shutter. Across a room, through thick glass, across a small stretch of land, against the wintery gusts, it detected a "silent" shutter. Away it fled, through the snow, before the shutter had time to reopen.

Though pronghorn populations have been steady for thousands of years, these dizzying creatures have indeed faced some challenges. As most wild creatures have had to adapt to increasingly encroaching humans, pronghorn have had to learn to navigate away from towns and through barbed wire. Pronghorn used to be more numerous than people in both Wyoming and Colorado, though that has changed as their migration routes have become troubled. Mule deer have the advantage of leaping 12 feet in one jump. Pronghorn, on the other hand, can only jump up to six feet. At such a short range, fences become a problem for our

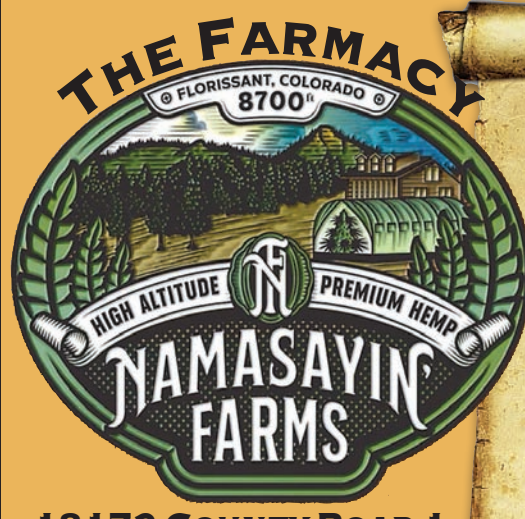
swift friends. Many pronghorn speed under fences instead of over them and are sometimes caught. They also compete with livestock for food, though they will eat forage that most livestock are unable to consume. Some parasites have haunted various herds, like those in the Texas panhandle. Finally, highways are problematic for most of our wild friends, and pronghorn are no exception.

Lions, elephants, rhinos, and tigers are all deemed "exotic" by most people. It is true that these creatures are thrilling to see and astonishing to behold due to their size and dramatic color patterns. However, I believe that the only reason those creatures astound us is because we don't regularly see them in our backyard. Imagine, for a moment, exploring the wilds of virgin North America and witnessing the fleet flight of the pronghorn. Imagine watching two bighorn sheep collide or bull elk lock antlers, for the very first time. It truly would be a sight to savor. How blessed are we to have a home on a range to share with these stunning creatures.

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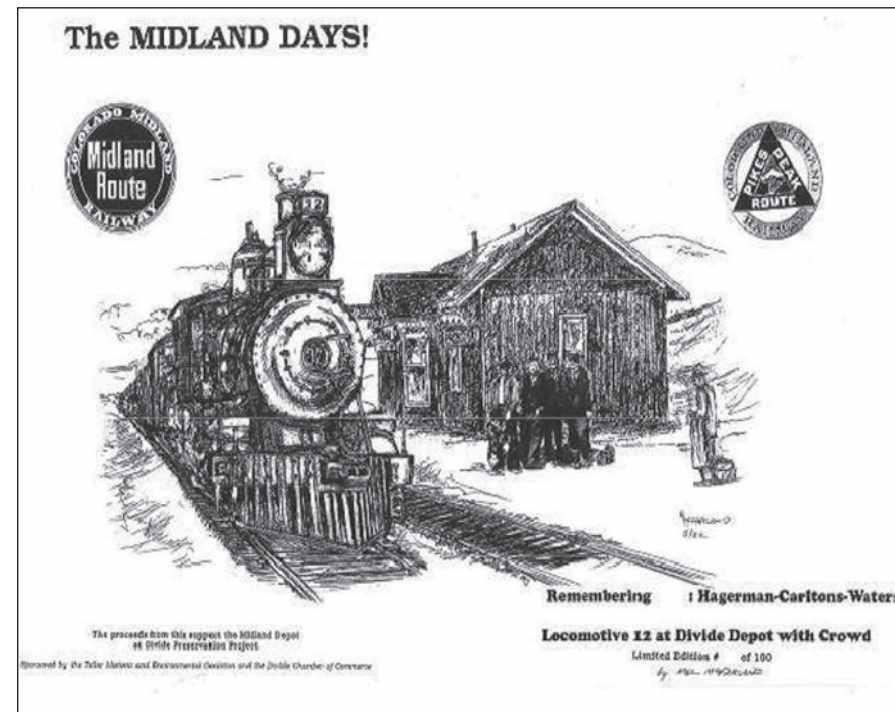
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People and Places! The "2022 Midland Days" Symposium

History can be reflected upon in several different ways, things that happened, artifacts and structures remaining, and more importantly, the people who lived their lives in the past and caused our history to exist. "The 2022 symposium will make a sharp departure from our usual focus on the operation of the Midland railroads and instead review some of the historical figures, leaders and magnates who were responsible for the building and running of both the Colorado Midland Railway and the Midland Terminal Railroad. "We've spent eleven years talking about what the Midland railroads looked like and how they operated," said Dave Martinek, President of Midland Days at Divide, Inc. "This year, we're going to focus on 'why.'" The theme, "People and Places" includes a study of the lives of several people involved in the Midland railroads, some famous, some obscure. "We'll also touch upon some of the important places along the lines that still remind us of those days gone by," said Martinek.

Midland Days at Divide, Inc., along with its partners, the Teller Historic and Environmental Coalition (T.H.E. Coalition) and the Divide Chamber of Commerce, and its sponsors, proudly announce the 12th annual gathering of the Midland Days symposium, to be held again at the historic John Wesley Ranch south of Divide on Saturday, September 10, 2022, from 9 a.m. to 4 p.m. The event will begin, as usual, with a social gathering at 9 a.m. followed by introductions and announcements. The agenda will include presentations (including numerous historical

photographs) and conversations with author and historian, Mel McFarland, local historian Art Crawford and David Martinek, president of Midland Days at Divide, Inc., as presenter and moderator. Seating for the symposium will be limited, as always. Advanced reservations, at \$50 per person, are strongly encouraged. Reservations should be made on or before Tuesday, September 6, 2022, by calling David Martinek 719-213-9335 or by emailing your RSVP to MidlandDays@yahoo.com. A reservation fee may also be mailed to Midland Days, P.O. Box 1088, Divide, CO 80814.

Refreshments will be available throughout the day and a light breakfast and lunch will be served. Walk-in attendees are welcome for the same attendance fee, but seating and lunch cannot be guaranteed. According to the tradition established at the first symposium, all those with advanced reservations will receive a limited-edition railroad print (ink on parchment) – entitled "Locomotive 12 at Divide Depot with Crowd," especially drawn and provided courtesy of Mel McFarland, the 12th in a series. Additional copies of the print, and commemorative prints from past symposiums, as well as other special items and memorabilia, will also be available for purchase.

All proceeds, sponsorships and contributions (less meal costs) from the "2022 Midland Days" symposium will help support Midland Days at Divide, Inc., future symposiums and the Midland Depot at Divide Preservation Project, and its partner organizations.



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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 September 12 & 26 from 2-5 p.m. Katee wants to thank everyone who is continuing to support the Pet Food Pantry with donations so that their 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 in Woodland Park. You can also donate online, www.PetFoodPantryTC.com Thank you for your support!

Art Adventuring in Park County

Fall is a magical time in Colorado and a time when hundreds of people flock to Park County to view the vistas and the changing colors. This year, Park County Creative Alliance is presenting a special "Art Adventuring" weekend, September 16, 17, and 18.

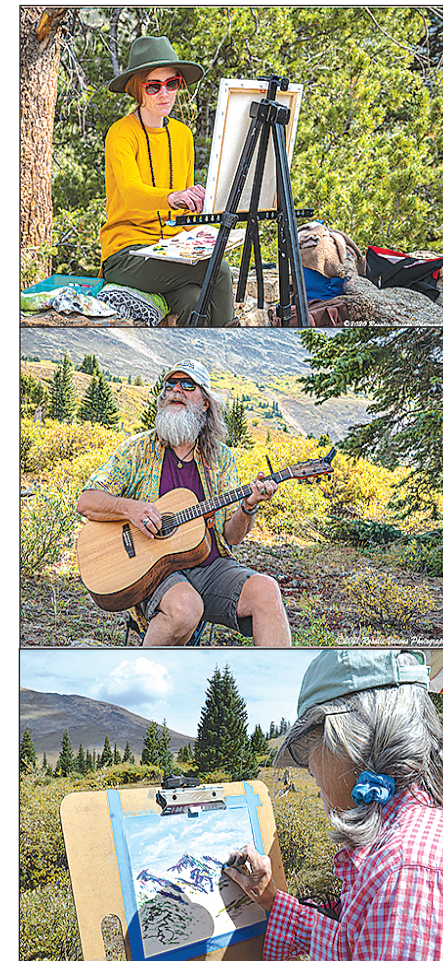
The fun begins Friday evening, September 16 at the American Legion Hall (601 Clark St.) in Fairplay where they will be hosting their famous "Arty Party" from 4-8 p.m. There will be food, music and camaraderie.

There will be a silent and live auction of many quality items including the well-known Arty Car! This unique one-of-a-kind car has been seen in various parts of Park County at many events and is decorated by some wonderful and talented artists.

Visitors will also have the first look at some of the murals that have been created by PCCA artists for the Town of Alma as part of the "History Inspiring Art" program.

On Saturday and Sunday, Park County will be brimming with talented artists and a variety of galleries that will be participating in a county-wide Open House! The galleries will be offering a variety of reception specials which may include demonstrations, refreshments and/or live music.

"These galleries are listed on our "Art Adventuring in Park County" map which



can be picked up at various locations throughout Park County," says President, Ann Lukacs. "This Open House and the Map is part of our vision to Unite Park County Through the Arts," she added.

In addition, on Saturday and Sunday, everyone is invited to join them on two of Park County's beautiful mountain passes for the annual "Pass Notes" event. On Saturday, they will be at Hoosier Pass and on Sunday on Wilkerson Pass. There visitors can observe plein-air artists as they capture the vistas while listening to the music of talented musicians. Mother Nature is providing the color.

Make plans to view the aspens and join in these various free activities around Park County. Bring your guitar, camera and easel and let the natural beauty ignite your own creativity. As you travel through Park County, you will discover and meet many talented artists, enjoy some mountain hospitality, as well as the opportunity to take home an original piece of art. What a great way to spend the weekend!

This is the annual fundraiser event and they are looking forward to seeing their many supporters and those interested in PCCA. FMI: www.parkcreates.org or email info@parkcreates.org. You can also follow PCCA on Facebook and Instagram.

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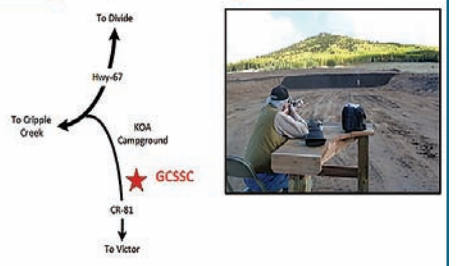
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This space donated by the Ute Country News to promote shelter animal adoption.



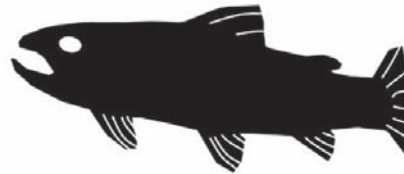
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Fitness ON the Mountain

The whys and how's of balance and consistency
by Lori Martin

The end of summer is right around the corner. Some of us are trying to squeeze in a few more days on the water; kayaking, paddle boarding, canoeing and fishing. The more ambitious among us can be found summiting one or more of Colorado's (58) 14-ers.

We have great neighbors who have teamed together for fire mitigation days. We fell dead trees, haul off logs and gather slash piles while the weather is warm. But soon we'll be shoveling snow and the temptation to curl up next to the fireplace is strong.

Many of us have fitness equipment in our basements. The question is "Are we utilizing it during the winter?" Most of my workouts are accomplished with a variety of smaller, less expensive tools such as fitness balls, weighted balls, rebounder, hand weights and resistance bands.

In some cases, lack of participation is due to lack of knowledge. Proper use of equipment, how many reps/sets, how to balance muscle groups and so much more, might deter our motivation. If you think you could do better with your Winter Fitness routine the following will explain the *why* and the *how*.

The why

Coloradans love our outdoor activities during the summer months but, if you're like me, it's easy to hunker down during the long winter.

Winter person #1

The list of indoor activities is long: remodel projects, a good book, a new hobby. (Fill in your favorites.) These all can be fun and rewarding and can qualify as *productive* activities. The question is, do they offer enough exertion to qualify as exercise?

Winter Person #2

There is no denying that skiers love their sport and desire to be on the slopes every chance they can get. Frequency of days on the slopes will vary depending on this person's goals, work schedule and finances. The activities this person participates in, during those off days, is extremely important. A sedentary lifestyle on days off is going to lead to the "Week-end Warrior" phenomenon.

Both are examples of two extreme mindsets which, can each lead to the same outcome, chronic or acute injuries. Injuries of all types have the potential to set you back for weeks or months in recovery. These set backs are costly and can lead to frustration and depression. In my opinion, too high of a price to pay for an injury that could have been avoided with a balanced and consistent fitness routine.

The how:

balance and consistency

Regardless of age, activity or skill level, every one of us are *athletes in our own body* and we should train ourselves as such. Similar to the professional athletes we follow, we also need to take breaks from our sport of choice. For many Coloradans we transition to winter sports which, can help us avoid overuse injuries related to our summer activities. Also, next spring we can all transition back to our summer activities. The key is making that transition in the best physical condition as possible and without creating overuse injuries in the process.

Professional athletes are rarely, sedentary during off-season. They still need to keep in top physical shape for the upcoming season. Off-season workouts are designed to challenge the athlete in ways that complement their given sport while also, lessening risk of overuse injuries common to that sport. According to the YMCA of the USA, the sport of basketball was invented by a gym teacher in Springfield,

Mass., as a way to keep the students *fit and limber during the winter months*.

Similar to those students and our favorite athletes, we need to prepare for our off-season sports/activities. We need strong cardiovascular, musculoskeletal and respiratory systems. Muscle balance, flexibility, agility and quick reflex are all detrimental to prevent injury. Any aches and pains or limitations of any type that don't resolve themselves after a few weeks of rest, need to be addressed.

The Broncos have professional trainers advising them. Your resources may not be as extensive but, preventative measures are easier and less costly, to obtain. Our community has a multitude of professionals that can help you with making sure you're in top shape next season. From personal trainers, to yoga classes, massage therapy, physical therapy, acupuncture to Reiki, meditation and, so much more.

Remaining physically fit and active throughout the winter is critical to returning to your sport or sports and the keys are *balance* and *consistency*. If you are currently undergoing treatment for an injury or condition, please follow your physician's advice and suggested protocol.

Your success will be guided by three criteria:

1. A desire to live a fit and active lifestyle.
2. A desire to reduce your chance of injury.
3. A dedication to building a routine that complements your personality, for greater adherence. Be realistic but, do challenge yourself.

Here's a few tips to help you get started planning your winter workouts:

1. **Control your weight:** Maintaining your optimal weight all winter will reduce your chance of injury and increase energy.
2. **Eat healthy:** Carbohydrates/Fat/Protein ratios change according to types of workouts, sports, activities and goals.
3. **Hydration:** In the winter months we need adequate hydration, as well.
4. **Proper warm-ups:** 7-10 minutes moderate intensity movement prior to exertion.
5. **Muscles Strength and Endurance:** 3-5 days per week.
6. **Know your muscle groups and, appropriate exercises.**
7. **Alternate your muscle groups every other day.**
8. **Some type of cardio 3-5 days per week:** Make it fun!
9. **Muscle Flexibility:** Try cooling down with a foam roller.

Over all, variety and moderation are going to be your friend as you work through each of these elements. Be wary of the *more, is better* mentality. Stick with balance and consistency! Whether you're Winter Person #1 or Winter Person #2 you'll want to follow the tips above.

Give yourself a few days or weeks to adjust to your new routine before attempting any extreme activities.

In addition, even if your fitness goals do not involve the Manitou Incline, you can still utilize these tips to enhance your quality of life. The following are few important concepts to consider and would benefit all of us regardless of our fitness goals.

1. Be aware of your posture.
2. Listen to your body.
3. Learn more about your "posterior chain."
4. Practice deep breathing.

Ultimately, you will gain a stronger and more responsive core. (More on core strength and posterior chain, to come.) These can all be done in multiple positions so, working at your computer or binging your latest favorite show,

becomes a less passive activity.

If you are currently recovering from an injury or medical condition, ask your physician if these last four tips will help expedite your recovery, or possibly, have any other positive effects as you recover.

Remember... we are ALL athletes in our own bodies!

I hope this article impacted you positively and inspires you to continue exploring ways to optimize movement in your lives. FitnessON!

Thank-you for taking the time to read my very first column with the *Ute Country News* and for joining me on a different kind of fitness adventure.

Get to know me

I'm a Fitness Professional by trade. I also enjoy art, photography and hiking. Helping people and dogs seems to be my predominant life theme.

My career in fitness actually began for me when I was placed in corrective Physical Education classes as a young pre-teen. This is when I first became aware of the importance of Core Strength, decades before it had become a common phrase. I learned how to move better, run faster, jump higher. Still my fitness career was not even in my vision.

Years later, I walked through the doors of a "real" gym to attend my first "aerobic" class. There were no visions of a future leading fitness classes, personal training and managing a fitness facility. Yet, that is where I landed. It's amazing how passion pushes you to do things you never could have imagined.

Over 30 years, I enjoyed teaching a variety of fitness formats from Strength Conditioning to Kick-boxing to Senior Fitness and, my two current favorite formats: Pilates and Foam Roller.

Many instructors chose to only teach the highest intensity classes, with the most advanced fitness enthusiasts. My focus stayed on the newer, less advanced members, those with injuries or medical conditions. Helping those who had a similar story as mine was rewarding.

To introduce fitness in a way that is enjoyable, creates a strong foundation and will lead to a lifetime of health and wellness, has been my goal. My Mission: to assure every client walks away from every class or training session with a sense of accomplishment, success and a smile.

In 2013, I was diagnosed with Thyroid Cancer after the development of a nodule that had been interfering with my ability to teach and train my clients. Needless to say, I was a bit shocked when after surgery, I was told I could keep working in fitness but, to "train myself like my most novice client."

Taking time away from the gym and clients allowed me to focus on optimizing my own health. This all required a new mindset... and an awesome fitness partner. My newly rescued dog Jake became my very own personal trainer. I'll save that story for another day.

Here it is 2022. I live in Divide, Colorado surrounded by the beautiful and exciting outdoors. The fitness instructor in me began to emerge again as my wonderful neighbors join me for weekly Pilates classes. The plan for these classes was to keep us moving and interacting during the long cold winter months. We all enjoy our time together so much that we continue getting together when travel schedules allow.

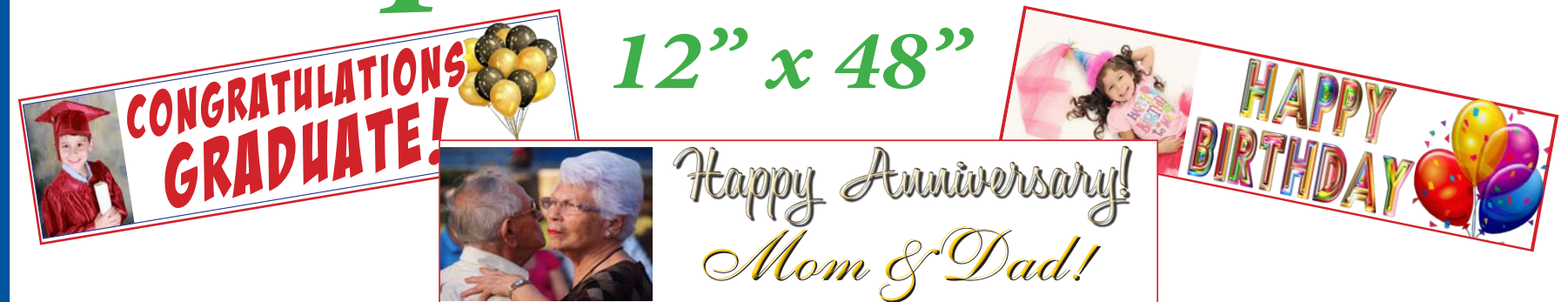
These neighborhood workouts and a small Facebook following have propelled me to take my knowledge, skill and passion to a new level and to reach more people than I ever imagined.

While Pilates is a topic near and dear to my heart, this column will include fitness topics in general. If you would like Pilates specific information, please contact me at: lorimartinfitness@icloud.com.

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Currant Creek Characters

The Rowe Family - part XX

by Flip Boettcher
photos by Flip Boettcher

Before Gene's father Alfred died in 1926, Gene had started to acquire land patents up Mill Gulch in 1916 and 1917, besides his 31-Mile Mountain property. In the 1920s and 1930s he acquired land patents by the Dell Flats Ranch and up Smith Gulch (Tallahassee Road). Gene's last land patent, in 1952, was 300 acres up Smith Gulch.

Other members of the Rowe family also had land patents in the area. Frank and Gene's younger sister Cora Jane Rowe Rice filed for a patent up Mack Gulch above Frank's near the Mica Mine in Park County. The old house has been torn down.

Gene's sister Irene "Rena" proofed a homestead northwest of the Eagle Peak Ranch, where she was born, up Smith Gulch near the mining town of Talcamer in 1924.

Gene's nephew Ted proofed his homestead in 1932 southwest of his father Frank's up the road to Mill Gulch north of Asher Gulch. Ted also had a homestead near the Stirrup Ranch.

Frank too was acquiring land patents in Fremont and Park counties in the 1910s and 1920s. In the 1920s and 1930s, the brothers were buying up failed homesteads for \$5 or less per acre, according to Paul Huntley in *Black Mountain Cowboys*. Each brother acquired vast amounts of acreage, Frank in north Fremont and Park counties and Gene in Chaffee, Teller, Fremont and Park counties. They both ran a lot of cattle. The Rowe family eventually owned the holdings of nine charter members of the Fremont County Livestock Protective Association. They were well-known and well-respected area cattlemen.

Wind blowing off the south sloping

sides of the Rowe's winter range lands allowed them to survive the sharp drop in cattle prices in 1922-1923 and 1930-1935. Winter range feeding was minimal. It was a large factor in their success as cattlemen when so many in south, middle and north parks, and other similar areas went broke at those times. The cost of feed and labor for five winter months busted many cattlemen, according to Sam Rowe. In 1939 WWII started.

In October 1944, tragedy struck. On a Sunday afternoon around three or four, Frank set out to take some cows to one of his pastures and to check on some other cows, after hearing that a "hunting party (in the area) were drinking heavily, were shooting wildly and were careless of their campfires," reported a 10/30/1944 *Cañon City Daily Record* article.

When her husband hadn't returned by dark, Phoebe rode over to her brother-in-law Gene's. Gene searched all Sunday night but found nothing. Frank's dog returned home Sunday night. Monday, with more people searching, Frank's horse and his body, shot in the back, were found on the banks of Currant Creek about one and a half miles north of his house.

Since there was no blood on the saddle, the sheriff surmised Frank had fallen off his horse with the shot.

Another account said that Frank had been shot in the back on Baldy Mountain and rode quite a ways before he fell into Currant Creek. Whatever, Frank was riding a white horse through an open meadow and it would have been hard for him to be mistaken for a deer and accident-



Frank and Phoebe Rowe's headstone in the Greenwood Cemetery.

tally shot. Both Frank's grandson Mike and longtime Guffey resident Pat Ownbey said it was definitely not an accident.

The sheriff was "not too sure the shooting was accidental," reported the *Cañon City Daily Record* on 10/31/1944. "It may have been perpetrated by someone whom Mr. Rowe had ordered from his pastureland who came back later and shot Frank," said the sheriff.

The sheriff had questioned several men who had been hunting in south Park County about who was hunting in that section near the Rowe place. There was one hunter the sheriff was looking for whom he wanted to question. But with no evidence or proof, the shooting was deemed accidental.

After Frank's death, Phoebe sold all the cattle and land and moved to Cañon City. She moved to Denver in 1950 where she died in 1962. Her sister-in-law Irene had moved to Denver in 1927 and also died in 1962. Both are buried in the Rowe plot in Greenwood Cemetery in Cañon City.

Gene continued his ranching business after Frank's death, but in 1949 he broke his back and his nephew Robert "Bob" was hired as manager of the huge ranch. Cattle production was diminished and lands sold. Gene moved to Cañon City, but drove to the ranch every day to attend to duties there, according to his obituary. Bob's son Mike remembers moving to the upper place outside of Guffey in 1949 from Phoenix when he was eight years old. Mike remembers attending the Guffey School from 1949-1954, and that he had a crush on Pat Ownbey who would have been 11 years old at that time. Mike also remembers that all the Rowe men were large men and that he had big "aunties."

Mike's father Bob was a senior at the Guffey School in 1928 and wrote an essay which is excerpted in the Guffey 100 Years Book. Bob won fourth place prize for his essay in the historical contest sponsored by the *Colorado Magazine* which was entitled "The Development of

the Colorado Cattle Industry."

By 1955 all the Chaffee and Teller county holdings had been sold and many leases in Fremont and Park counties were given up. Registered cattle production was down and the herd of grade cattle was reduced. In 1955, Bob returned to his job in California.

Gene continued to run the scaled down ranch, but died in 1962 ending 72 years of cattle on Currant Creek by the Rowe family and 88 years in the area. Myra also died in 1962 and both she and Gene are in the Rowe family plot in Greenwood Cemetery. It is interesting to note that Gene died December 20 and his sister Irene died three days earlier on December 17. Also, sisters Phoebe and Myra died in 1962 as well. All are in the Greenwood Cemetery.

At the time of his death, Gene still had thousands and thousands of acres. He owned land from Dick's Creek on Colorado Highway 9 and the south slopes of 31-mile Mountain; south through what would become the Pike Trails subdivision west of Guffey down to the east and south sides of Black Mountain; east to Hammond Peak and Baldy Mountain; into Mill Gulch; all around Guffey; and east to Cover Mountain. Over 100 residential subdivisions of 20-480 acres were carved out of his property, mostly on Cover Mountain and in Chumway Park (Pike Trails).

Gene's executor, The First National Bank of Pueblo, sold most of the property to Leonard J. "Johnny" Harvey of Parkdale. A lot in Guffey with a house was deeded to Gene's nephew Bob, which is still in the family. Mike, Bob's son, recently deeded it to his children.

All the rest of Gene's estate was donated to charities in Denver. "The government got none of his money," stated Paul Huntley in *Black Mountain Cowboys*.

All the Rowe's were well respected cattlemen and did a lot to develop ranching in the Currant Creek area.

To be continued...The Harvey era



Eugene and Myra's headstone in the Greenwood Cemetery.

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Life-Enhancing Journeys Breath - part I

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

Do you breathe properly? Could you be causing yourself more anxiety, pain or fatigue? There is a powerful connection between these symptoms and the way we take in and breathe out air. Anyone who has come to know me is aware that one of the exercises I frequently suggest is, “give yourself a comfortable breath in and out...” The reason I encourage this activity is that breathing is good for physical and mental health as well as for simply keeping us alive! “Breathing is something we do tens of thousands of times each day, likely without thinking much about it. Even though breathing may seem strictly functional, breathing is more than life-sustaining; it can actually be life-enhancing,” explains Dr. Shalu Ramchandani, an internist at Massachusetts General Hospital. On average, we take about 25,000 breaths per day. If we struggle to take in air, or if we are doing it improperly, our bodies will wear down faster. By learning to breathe properly, the mind and the body can be strengthened. I have seen positive changes in people’s lives merely by incorporating healthy breathing practices.

Along with keeping our species going, breathing helps to deactivate trauma, providing a sense of mastery over oneself; choice = control = survival. While most trauma has occurred in the past, it often-times feels like it is happening right now. (see article *Healing From Trauma* Oct 2021 UCN).

As a nurse and a therapist, I have worked with many people who have been traumatized. When an individual experiences trauma, it sets off the body’s alarm system in the brain and, once it is activated, it is difficult to turn it off (see *Limbic System* article — May 2018 UNC). Our bodies are programmed to automatically respond to threats by fighting, fleeing, freezing or fainting. While the mind usually shuts down during a traumatizing experience, body sensations associated with the events are trapped deep within our cells. As a result, the body becomes a container filled with agitation, rage and/or fear causing deep and lasting suffering. Breathing consciously provides a built-in system that is always available to help release the trauma-related physical sensations that reside inside a person. In addition, breathing can help a person to recognize that the distress was experienced in the past and is not happening now. These benefits can be gained simply by learning to breathe correctly. This article will focus on helping you remember to incorporate the advantages of proper breathing into your life.

“Breath work (conscious breathing) is about looking inward ... and listening to my body...” I now push myself to breathe into those parts of my body that had been tortured... I could remember being abused but I no longer feel the pain or feel scared... I just accepted that it had happened... I am healing...” M. A.

Logically, even though you recognize that the trauma occurred in the past, your body gets hijacked into reexperiencing the sensations that are trapped inside and, unconsciously, you respond with terror, rage and/or helplessness, just as you did at the time of the occurrence. Over several decades of research, studies have affirmed that trauma impacts the body in debilitating ways. This could help to explain why people who have been traumatized are so reactive to minor stresses and prone to developing a variety of physical illnesses. Once the survival brain is triggered, it is difficult to feel safe and at ease in ones’ body because it is always on high alert as the brain repeatedly scans for threats. When this happens, our breathing becomes shallow, we breathe too rapidly which then triggers the release of stress hormones such as cortisol, which prepares us for danger. From an evolutionary perspective, this was important, yet in the 21st century, some continue to have this reaction although it might have no rational basis. The occurrence of danger may have changed, but physiologically, our brain’s reaction has not. Using our breath to intervene in the body’s warning system helps any potential after-effects to be reduced.

Alan Dolan, a breath work practitioner, helps his clients gain control over their emotions rather than silencing or ignoring them. He equates breathing practices to the sport of surfing recognizing, “There will always be waves in the ocean (i.e., strong emotions to sort out) but if you know how to surf (i.e., use your breath) then you won’t fall into the water. As you become more adept at breathing through big emotional surges, you’ll likely start to notice that your body doesn’t internalize stress as much, allowing you to navigate difficult situations more safely and calmly...”

Learning to breathe consciously offers an innovative way to handle anxiety because breathing bypasses all thoughts and targets the body directly. Instead of trying to think yourself out of feeling anxious, you can do something physical by concentrating on breathing which can provide you with immediate relief. Breathing on purpose enables an individual to rely on themselves to manage the automatic internal sensory sensations.

It is unnecessary to limit these breathing techniques to merely managing negative emotions. It is also worth noting that proper breathing, while involved in

activities such as studying, concentrating, unwinding, intimate moments, to name a few, will enable you to better remember and appreciate them. The point is that breathing for enjoyment is also worthwhile.

Understanding how your respiratory system functions is a useful way to begin talking about healthy breathing practices. At the base of your ribcage is a dome-shaped muscle called the diaphragm, which is an essential part of the body when you are committed to improving your breathing habits. As you inhale, the diaphragm (a thin muscle at the base of the lungs separating your chest from your abdomen) pushes down and allows the lungs to expand as you take in air. When you exhale, it rebounds to its natural shape when the lungs push air out of the body. Intentionally breathing into the diaphragm strengthens this muscle and, over time, allows you to consistently take fuller, more nourishing breaths. As you bring air into your lungs through your nose or mouth (nasal breathing is more calming than mouth breathing — more details next month), oxygen is circulated into the bloodstream and is carried to your cells. This supply of oxygen allows your cells to produce energy and function optimally. Carbon dioxide, a byproduct of the energy conversion in your cells, is transported back into your lungs then forced out when you exhale. These two processes — inhaling oxygen and exhaling carbon dioxide — are automatic functions of the respiratory system yet learning how to breathe more deliberately, can significantly improve the functioning of your body and mind.

Allow yourself to consciously breathe in through your nose and feel the cool air expanding your lungs, filling up your air sacs and moving your diaphragm down, pushing your stomach out. Then when you exhale, notice that the breath that exits your lungs is warm and your body comes to rest. Surprisingly, when you breathe in, the air passing down your throat into your lungs and bloodstream contains more molecules of air than all the grains of sand on all the beaches in the world, according to science journalist, James Nestor. We inhale and exhale about thirty pounds of these molecules every day. The way we take in and exhale the air is as important as what we eat, how much we exercise, or the genes we have inherited. These are the findings of neurologists, rhinologists, and pulmonologists from some of the most prestigious research institutions. Were you aware that boosting the molecules of air we breathe in and out can help us live longer, healthier lives? This is an important question and the reason why I am



using my nursing experience to focus on and share this consequential topic.

Breathing is so central to life that it is understandable that the ancients recognized its value long ago, not only to survival but to the functioning of the body and mind to improve well-being. From the Greeks to the Buddhists, Hindus to Native Americans, they all considered proper breathing as essential to health. As far back as 400 BCE, Chinese scholars wrote several books on breath, believing it could be both a medicine or a poison, depending on how it was used. They named their restorative breathing practice qigong: qi, meaning “breath,” and gong, meaning “work” — “Breathwork”. “... The scholar who nourishes his life refines the form and nourishes his breath,” states a Tao text. Although this information has been around for millennia, it seems that it has been ignored by many present-day medical practitioners. Not all healthcare providers are familiar with the benefits of intentional breathing for self-care, but the research is available and the results have been consistently validated. Fortunately, there has been a shift in perception of these ancient yet “new” ideas, with more medical personnel embracing the value of focusing on the breath as a means to restore health.

Keep in mind that regular abdominal breathing through your nose for just 1-2 minutes on a busy day can help you relax and refocus. Commit to at least trying it and see for yourself. Next month’s article will offer additional information on healthy breathing techniques.

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.

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.

AVAILABLE VIRTUALLY

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

ALMA

- 17 Murals Reveal 5 p.m. at the Town Hall, part of Art Adventuring in Park County, see more at Fairplay.

CAÑON CITY

- LIBRARY
 - 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

- 10 Music on the Mesa 4-7 p.m. featuring Blue Steel (USAF Academy Rock Band). FMI 719-237-9953.
- 17 Music on the Mesa 4-7 p.m. featuring Mile High (4th Infantry Band from Ft. Carson). FMI 719-237-9953.
- 18 Woodland Park Wind Symphony at the ENT Center for performing Arts at UCCS Shockey-Zalabak Theater 5225 N. Nevada 4 p.m. Tickets \$20, visit www.woodlandparkwindsymphony.com
- 24 Music on the Mesa 4-7 p.m. featuring The ReMinders. FMI 719-237-9953.

BROADMOOR

- 1-4 OVO a buzzing Cirque du Soleil spectacular!
- 10 WVE Saturday Night’s Main Event 7:30 p.m.

PIKES PEAK CENTER

- 6 Weird Al Yankovic
- 24 Joe Gatto 7 p.m.

CRIPPLE CREEK

- 1 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m.
- 3 The Tejon Street Corner Thieves plays at noon at Cripple Creek District Museum Depot.
- 17, 18 Mt. Pisgah Speaks Cemetery Walks meeting at the District Museum for Trolley Rides to Mt. Pisgah. History comes to life where all the colorful characters of Cripple Creek’s Gold Camp come to life! FMI or to pre-purchase tickets <https://goldcampvictoriansociety.org/>.
- Saturdays Historical Trolley Tour Rides through Labor Day. Tours of Cripple Creek and the Gold Camp from the 1890s. Tours include guides informing/educating riders of the history of the town and Gold Camp days, along with characters from the era reenactments, skits along the tour by educated historians of the time. Meet prior to 1 p.m. at the District Museum to purchase tickets. Tour lasts approximately 1 hour. FMI <https://goldcampvictoriansociety.org/>.

- ASPEN MINE CENTER
 - 30 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. for seniors. FMI 719-689-3584 x124.

CRYSTOLA

- 9 Sunburn in the Shade plays at Crystola 7-11 p.m.
- 23 Sound Advice plays at Crystola 7-11 p.m.

freshments, artist demonstrations, community painting, music and much more! The Art Party has been Park County Creative Alliance’s fundraiser and we appreciate all of our sponsors, supporters and members who have helped us!

- 17-18 Gallery Open Hours 10-4 p.m. at participating galleries countywide, artist demonstrations, music. Murals reveal in Alma on the 17 at 5 p.m.
- 17 Plein Air Artists & Acoustic Musicians noon-3 p.m. at

team until September 9, after which the fee will be \$40 for a 2-person team, so register early! Funds raised will go to The Friends of the John C. Fremont Library. The Friends raise money through this tournament as well as twice-yearly silent auctions, rummage/craft sells, and through the summer months, book purchases at the Farmers Market at Pioneer Park. Funds are used to augment the library’s programs for adults, teens, and children, as

- Beth at 10 a.m.
- Friday Family Fun Fridays 2-4 p.m., the second and third Friday’s each month from 10-5 p.m. FMI 719-748-3939

GUFFEY

- Sun Mountain Yoga 9:30-10:45 a.m. at Mountain Aires Market. Donation based. All levels welcome!

LIBRARY

- Labor Day weekend Friends of the Guffey Library will be hosting a Book Sale 9-4 p.m. Come and join the community.
- 6 Walking, Talking Threads 12:30-3 p.m. Take a nice brisk walk around Guffey Town and meet back at the library to crocheting, knit, and talk away.
- 26 Guffey Literary Society 1 p.m. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join.
- 28 Rocky Mountain Rural Health Outreach 11-2 p.m. Weather permitting, RMRH representatives will be offering free health screenings, sound financial medical advice, free clothing and much more. FMI 719-689-9280 or Guffeylib@parkco.us.

HARTSEL

- Country Church of Hartsel meets at the Hartsel Community Center 80 Valley View Drive 10 a.m. Sundays. Everyone is welcome! FMI call Jimmy Anderson 719-358-1100.

MANITOU SPRINGS

- 24 Heritage Brew Festival 12-5 p.m. Soda Springs Park 35 Park Ave. Over 20 breweries attending and a fun-filled day in the park with 3 live bands, fantastic food vendors, yard games, entry gifts and more!

VICTOR

- 3, 4, 5 Victor Celebrates the Arts Show at Victor Elks Lodge.
- 3, 17 Sunnyside Cemetery Tours 1 p.m. at the gate, \$10 719-689-5509
- 10 Annual Pack Burro Race kicks off at noon in downtown Victor with racers from across the region competing for cash prizes. The Victor Elks will be serving breakfast 7-11 a.m. and have BBQ in afternoon and evening.
- 17 Rocky Mountain Rambler 500 2-8 p.m. FMI <https://www.rockymountainrambler500.com/>
- 24, 25 Stampunk Soiree and Exhibition 10-6 p.m.
- 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. FMI: VictorColorado.com

WOODLAND PARK

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

COMMUNITY PARTNERSHIP

- 6 GED Orientation 12-1:30 p.m. at Community Partnership. Improve your education and employment opportunities by earning your GED. We will help you every step of the way, from enrollment to graduation, with our small classes and on-site testing center. New students (minimum age 16) may join GED classes after completing orientation. FMI: Michelle@cpteller.org.
- 6 Crossroads Co-Parenting Seminar 4:30-8:30 p.m. at

Community Partnership. Teller County court approved parenting & divorce class. Registration fee required. FMI Michelle@cpteller.org.

- 7-Oct 12 (6 Wednesdays) Cooking Matters for Families 5-7 p.m. at Community Partnership. School-age children (6-12) and their parents learn about healthy eating as a family and the importance of working together to plan and prepare healthy meals on a budget. Hands on workshop. Take home groceries to practice the recipes. FMI Michelle@cpteller.org.

- 13 Circle of Parents Kinship Connection 5-7 p.m. at Community Partnership. A support group for family members raising grandchildren or kin. FMI: Michelle@cpteller.org.

- 17 Putting your garden beds to rest 1-3 p.m. at Woodland Park Community Church. Harvest Center monthly educational high-altitude garden talks. Cost \$5 or FREE for Harvest Center Members. FMI Jamie@cpteller.org.

- 17-Oct 8 (4 Saturdays) Cornerstone: Foundation in Financial Health; 9-11 a.m. at Community Partnership. Provides tools to help stabilize your economic situation and overall financial health through simple everyday life choices, ensuring your spending habits align with your personal goals and values. FMI: Michelle@cpteller.org.

- 26-Dec 19 (12 Mondays) Nurturing Families Workshop; 5:30-7:30 p.m. at Community Partnership. A nurturing and active approach to parenting in a supportive peer environment. Support for every step of your child’s physical, emotional, and cognitive development. FMI: Michelle@cpteller.org.

- Playgroup 9:30-11 a.m. Tues-Wed-Fri. Summer fieldtrips, rotating locations <https://cpteller.org/whats-happening>. Parents and caregivers with children ages 5 & under. Older siblings are welcome. FMI: Jackie@cpteller.org.

- FREE Yoga with Leah 10-11 a.m. Mondays (no yoga Sept 5 & 19) at Community Partnership. First come first served – doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI: <https://cpteller.org/whats-happening>. Parents and caregivers with children ages 5 & under. Older siblings are welcome. FMI: Jackie@cpteller.org or 686-0705.

- FREE Yoga with Leah 5-6 p.m. Wednesdays (no yoga Sept 14) at Community Partnership. First come first served – doors lock at 5 p.m. Bring your own mat and props. All levels welcome. FMI: Michelle@cpteller.org. To RSVP or FMI on any Community Partnership program call 719-686-0705.

- LIBRARY

- 7 Teen Craft Day 3:45-5:30 p.m.

- 7 Family Art Day 11-5 p.m. in Children’s Activity Room.

- 8 Senior Circle Book Club 10:30 a.m. in large meeting room

- 14 Not so Young Adult Book Club 11 a.m. in the Teen Room. For adults who love to read or like to discover young adult fiction.

- 10 Surprise Teen Movie Day noon.

- 14, 28 Anime Club for teens in the Teen Room 3:45 p.m.

- 21 Family Art Day 11-5 p.m. in Children’s Activity Room

- 21 Teen Craft Day 3:45-5:30 p.m. in Teen Room

- 24 Teddy Bear Picnic and special storytime 12-2 p.m.

- Tuesdays Books and Babies 10 a.m. a special storytime for babies and toddlers

- Thursdays Preschool Storytime 10 a.m.

- Thursdays Tai Chi 5 p.m.

- Fridays Tai Chi 10 a.m.

- FMI 719-687-9281

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SAVE the DATE! 2 Oct Saint David’s Blessing of the Animals 11:30 a.m. 36 Eldowe Rd. Please join us for our annual Blessing of the Animals. Bring your finned, feathered and four-legged friends to be blessed following the 9:30 a.m. Eucharist Service. Please have your pet leashed and vaccinated. We also ask that you support TCRAS as our partner in this event. FMI 719-687-9195.

DIVIDE

- 10 Midland Days Symposium 9-4 p.m. at John Wesley Ranch and Retreat. RSVPs due Sept 6. Fee \$50. FMI 719-213-9335 or midland-days@yahoo.com.
- 24 Yoga event at Nature Mama 1-3 p.m. \$2 CR 5 with Debbie Winking as the instructor for a mindful, relaxing yoga class. We will provide drinks and refreshments; all you have to bring is a mat or towel! Donations accepted. RSVP or Inquiries can be sent via email: Naturemama-bodycare@gmail.com or Fb.com/naturemama-bodycare

Hoosier Pass Artists & Acoustic Musicians noon-3 p.m. Wilkerson Pass FMI info@parkcreates.org or www.parkcreates.org

- 24 Rocky Mountain Cigar Company comedy night, 2 shows 6:45 p.m. and 8:45 p.m. Download the Eventbrite ticket app and tickets are \$25 each or via the website (www.rockymountaincigarco.com). The comedy nights are a non-smoking event. FMI 218-556-3809.

FLORENCE

- 9, 10 Junktique Antique Show and Flea Market 9-5 p.m. FMI www.finditinflorence.com.
- 10 Gear up for “Tour de Coal Town” bike ride/run presented by the Florence Pioneer Museum and Research Center 8-9 a.m. registration, at 9 a.m. the Tour begins from the Museum located at 100 E. Front St. Take a quiet bike ride through the western coal towns that made Florence famous. Lunch at Pioneer Park. Along the trail pick up cards for a Poker Run. Cash prize at the end. Cost is \$20 per adult and \$10 per child. Registration can be found at www.florencepioneer-museum.org.
- 17 Pioneer Day in Florence.
- Farmers Market Pioneer Park 3rd St and Pikes Peak 8-1 p.m. through Sept 29

- JOHN C. FREMONT LIBRARY
- 9 The Friends of the John C. Fremont Library invite all interested Cornhole players to the Second Annual Cornhole Tournament 12-4 p.m. at Pioneer Park located at the corner of E. 2nd Street and Pikes Peak Ave. Register your 2-person team at the John C. Fremont Library, 130 Church Avenue, Florence, or online at eventbrite.com. Cost is \$30 for a 2-person

FAIRPLAY

- 16-18 Art Adventuring in Park County
- 16 Art Party 4-8 p.m. at American Legion Post 601 Clark St, fundraiser, silent auction (we’re auctioning off our famous Arty Carl), artists, musicians. Come to enjoy re-

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As the days get shorter and the warmth of summer gives way to cooler nights, celebrate fall at Mueller State Park with one of our Naturalist programs, as the forest turns from green to golden!

Typical weather in September at Mueller brings picture-perfect, blue-sky days as we say goodbye to the monsoon season. As those days become shorter, the trees begin to transform into their magnificent display of color. Aspen trees make the hillsides glow with gold! Mueller is one of the best spots to see the show! Come on out to camp or hike and dive into the beauty of autumn in Colorado. The peak of colors is usually during the end of September or early October. It depends on many factors like temperature and moisture.

A full schedule of naturalist programs can help you to look, learn and enjoy the surroundings. Evening amphitheater programs will continue on the weekends and guided hikes are available almost daily. Special programs this month include elk bugling hikes, a dark sky hike, Friends of Mueller fall art show, and our 10th Annual Hiking Challenge! The Hiking Challenge is an invitation to hike all the trails at Mueller, with a guide or on your own, about 60 miles, in one month. Folks that meet the challenge receive a certificate and prize for their accomplishment!

Visitors can celebrate and fully immerse

themselves in the changes of the forest and the annual rut of the elk in this month full of family fun activities. Discover why the trees change their colors on one of our guided hikes. Learn what's happening with all the elk in their peak of health at this time and try your luck at seeing some! Join in the fun and try archery or nature bingo. Special activities are planned for kids to explore and play in nature. All activities are free; a park pass for your vehicle is the only cost.

Mueller is open to guided school field trips! Bring your students to the park for an educational experience they will not forget!

1 Hike: Cahill Loop 9 a.m. meet at Grouse Mountain TH
3 Fly Fishing 10 a.m. meet at Dragonfly Pond
3 Mammals of Mueller Touch Table 2 p.m. meet at Camper Services
3 Star Party 7:30 p.m. meet at Visitor Center
4 Pond Safari 10 a.m. meet at Dragonfly Pond
5 Hike: Bird Walk 8:30 a.m. meet at Elk Meadows TH
5 Hike: Osborn Homestead Loop 9 a.m. meet at Black Bear TH
6 Hike: School Pond* 9 a.m.
7 Hike: Dynamite Cabin 9 a.m. meet at Grouse Mountain TH
8 Hike: Bacon Rock 9 a.m. meet at Homestead TH

9 Nature Crafts 2 p.m. meet at Camper Services
10 Hike: Outlook Ridge* 9 a.m.
10 Fly Fishing 10 a.m. meet at Dragonfly Pond
10 Archery 1 p.m. meet at Dragonfly Pond
10 Survival Skills for Kids 2 p.m. meet at Visitor Center
11 Paper-making 10 a.m. meet at Camper Services
11 Skins and Skulls 11 a.m. meet at Visitor Center
12 Hike: Wapiti Nature Trail* 9 a.m.
13 The 10th Annual Hiking Challenge, Hike#1 8:15 a.m. meet at Visitor Center parking lot
15 The 10th Annual Hiking Challenge, Hike#2 8:15 a.m. meet at School Pond
15 Hike: Rock Pond 9:30 a.m. meet at Visitor Center
16 Hug a Tree to Survive — for kids 2 p.m. meet at Camper Services
17 The 10th Annual Hiking Challenge, Hike#3 8:15 a.m. met at School Pond TH
17 Fly Fishing 10 a.m. meet at Dragonfly Pond
17 Nature BINGO 1 p.m. meet at Camper Services
17 Leave No Trace Basics 7:30 p.m. Amphitheater
18 Hike: Outlook Ridge* 1 p.m.
18 Elk Touch Table 10 a.m. meet at Camper Services

19 Pond Safari 10 a.m. meet at Dragonfly Pond
20 The 10th Annual Hiking Challenge, Hike#4 8:15 a.m. meet at Elk Meadow TH
20 Dark Sky Hike 8 p.m. meet at Outlook Ridge TH
22 The 10th Annual Hiking Challenge, Hike#5 8:15 a.m. meet at Grouse Mountain TH
23 Aspen Presentation 7:30 p.m. meet at Camper Services
24 Fall Art Show! 10-4 p.m. meet at Visitor Center
24 The 10th Annual Hiking Challenge, Hike#6 8:15 a.m. meet at Visitor Center parking lot
24 Hike: Cahill Loop 9 a.m. meet at Grouse Mountain TH
24 Tree Cookie Crafts 1 p.m. meet at Camper Services
24 Aspen Touch Table 2 p.m. meet at Camper Services
24 Hike: Elk Bugling 5:30 p.m. meet at Grouse Mountain TH
25 Fall Art Show! 10-4 p.m. meet at Visitor Center
25 Elk Touch Table 1 p.m. meet at Visitor Center
26 Hike: Red Tail Overlook 9 a.m. meet at Outlook Ridge TH
27 The 10th Annual Hiking Challenge, Hike#7 8:15 a.m. meet at Grouse Mountain TH
29 The 10th Annual Hiking Challenge, Hike#8 8:15 a.m. meet at Visitor Center parking lot
30 Hike: Cahill Loop 9 a.m. meet at Grouse Mountain TH
30 Life of a Tree 2 p.m. meet at Visitor Center
30 Sunset Hike 6:15 p.m. meet at Outlook Ridge TH

*TH indicates to meet at the Trail Head of the same name.

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

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