



# UTE COUNTRY NEWS

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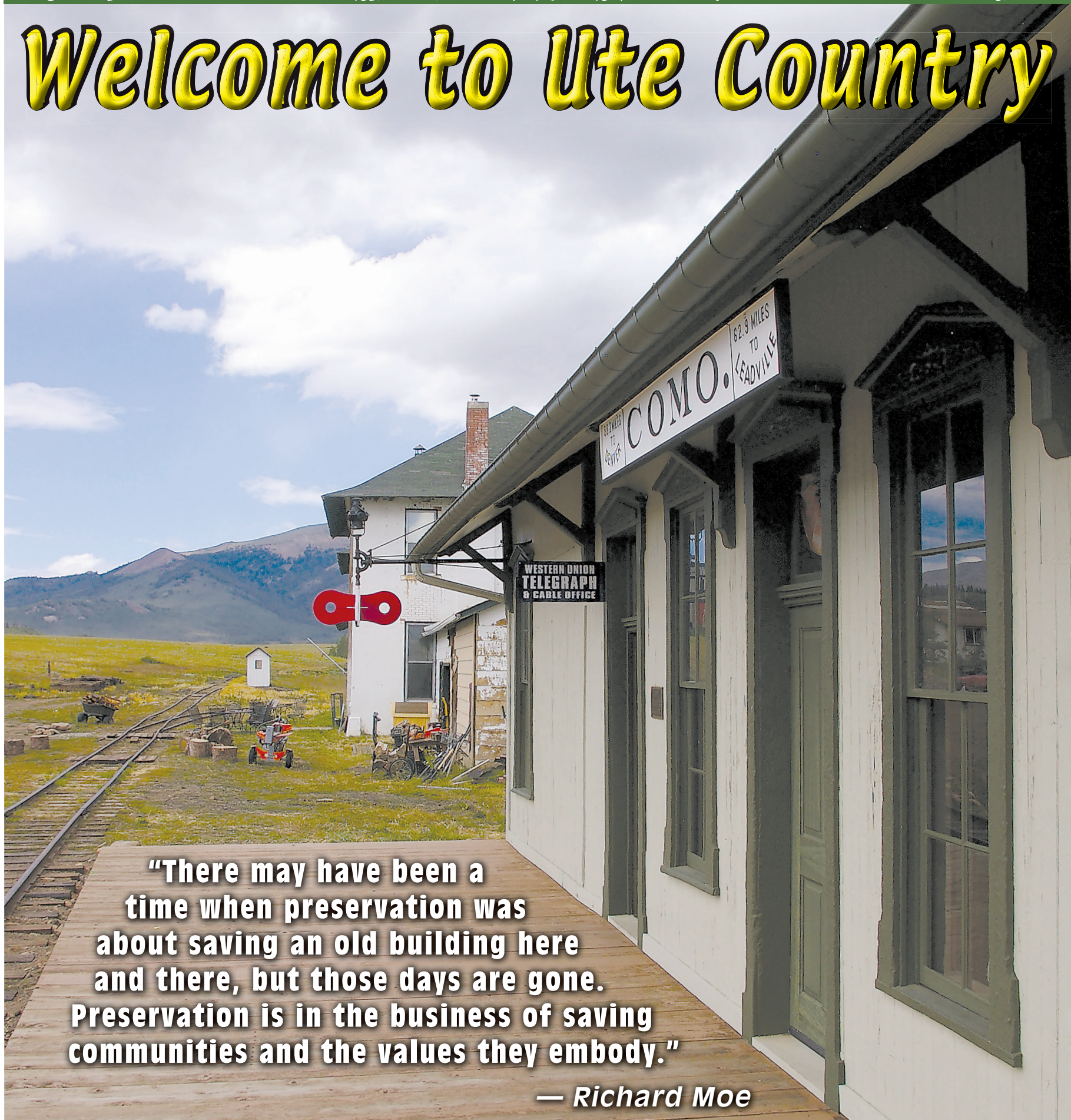
Putting the "unity" back in community™

August 2023

P.O. Box 753, Divide, CO 80814 • 719-686-7587 • utecountrynews.com

Vol. 15, No. 8

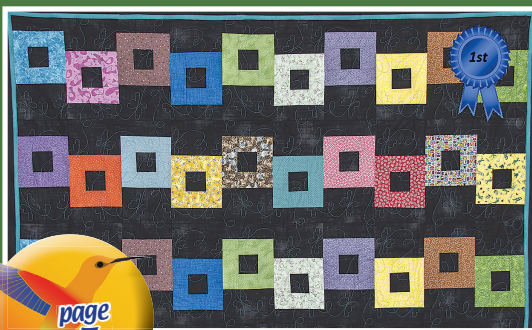
## Welcome to Ute Country



**"There may have been a time when preservation was about saving an old building here and there, but those days are gone. Preservation is in the business of saving communities and the values they embody."**

**— Richard Moe**

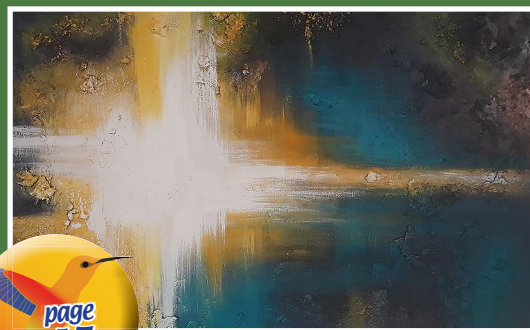
### PEEK INSIDE...



**Quilts in the Aspens show**



**Changes at Guffey School**



**Abstract art: What it is and why we love/hate it**





• Breakfast • Pastries • Breads • Pizza • Sandwiches • Cookies • Dinners

# The Bakery

## End of Summer Bash

### Saturday September 2

starting at noon.  
music by the Linly Duo 3 - 7pm  
Fresh, wood smoked brisket, ribs,  
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Cocktails to benefit Gather 'n Grow.  
Colorado Beer Tour featuring beers  
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*Italian Bistro*

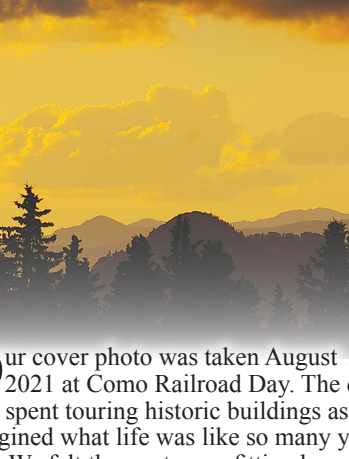
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# On Deck



Our cover photo was taken August 2021 at Como Railroad Day. The day was spent touring historic buildings as we imagined what life was like so many years ago. We felt the quote was fitting because there are so many preservation efforts and events happening in August.

There are many articles that put the “unity” back in community sprinkled among our pages such as “Funding Recipients Announced” regarding a cooperative effort between Governor Polis, CPW and GOCO for the Outdoor Regional Partnership Initiative. There are several community uniting events you will want to attend including “Quilts in the Aspens,” “The 38th Mountain Artist Festival,” “Donkey Derby Days,” and “Victor Celebrates the Arts.” Read the shout out to Manitou Springs for ranking 4th in the top 5 Small Town Art Scenes. We continue our series “Monkey See, Monkey Do” as our readers share random acts of kindness.

*Utce Country News* continues the search for a sales reps for the Woodland Park area. Stop in at Shipping Plus Mon-Fri 9-5:30 p.m. or email [utecountrynews-paper@gmail.com](mailto:utecountrynews-paper@gmail.com).

Have you taken any photos of your indoor or outdoor animal friends? We’d love to feature them in our Critter Corner! You can click on the [critter corner](#) link in the


@gmail.com, bring them into Shipping  
 Plus Monday through Friday, 9-5:30 p.m.,  
 or snail mail to Ute Country News POB  
 753 Divide, CO 80814.

*Thank you,  
 —Kathy & Jeff Hansen*

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

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also helps prevent aging and is associated with the function of reducing oxidative damage in the cells.

Here are a few foods that provide vitamin C: oranges, strawberries, kiwi, bell peppers, broccoli, kale, spinach and dandelions. It too, has immune building properties and enhances the bioavailability of essential minerals elements like iron, which can help to reduce anemia. Vitamin C is an essential vitamin meaning your body can't produce it, therefore Vitamin C in the diet is a necessity.

Vitamin C (ascorbic acid) is a nutrient your body needs to form blood vessels, cartilage, muscle and collagen in bones. Vitamin C is also vital to your body's healing process. Several studies suggest that citrus flavonoids may lower blood sugar and cholesterol levels. They may also improve diabetes symptoms and protect against cardiovascular disease. Most people are aware of the effects of lemon juice on the liver. Lemon contains vitamin

orally, especially for nervous system and sometimes result in an ADHD diagnosis. Two in particular that are common in our food supply but can be avoided are Red Dye 40 and MSG.


Red dye 40 is a synthetic food dye made from petroleum. Research shows it is linked to certain ADHD symptoms, such as hyperactivity, and may also cause other neurobehavioral effects in children. <https://www.medicalnewstoday.com/articles/red-dye-40-addhd>.

A friend of mine has witnessed two of her children react with volcanic eruptive behavior after ingesting red dye in food products. The good news is red dye 40 is easy to spot. Anything that has an intensely red color that normally wouldn't is probably died. It is also required to be listed in the ingredients. Labeling requirements make it easier to avoid.

I would ask every parent/person who may have received a diagnosis of ADD

**continued on page 4**

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## UTE COUNTRY NEWS

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# Monkey See, Monkey Do You can Kindle Kindness, too! *by Readers of Ute Country News*

We continue to print random acts of kindness. Here are the submissions since last month:

- A neighbor renting an adjacent suite, shares news that they will be moving by the end of the month. It is a courtesy to share news that new people will be entering the building so that we can be aware of the change, as well as having the opportunity to say goodbye to the tenants leaving. This sharing of information is an act of kindness.
- A neighbor gifts an electronic smoker to another neighbor. That neighbor quickly finds a taker. Passing on working appliances to those who do not have that appliance is an act of kindness to the people and to the Earth.
- A friend no longer needs a coat rack and a shelving unit and asks another friend if they want either before taking them to Goodwill. Offering a no longer needed gift is an act of kindness.
- A friend helps a friend box up belongings to move, which is an act of kindness. The friend also monitored blood oxygen levels, which is an act of compassion!
- A friend says, “You look good in red and you never wear it!” It feels good to be told you look good. Compliments are acts of kindness.
- An artist gifts a couple of greeting cards that display the artwork the fan admired, along with a thank you note. Gifts and personal hand-written thank you notes are beautiful gifts of appreciation and kindness.
- A woman who owns horses has a medical situation where she cannot ride the horses during recovery period. The woman has a friend who offers to ride and care for the horses during the recovery. This act of kindness benefits the woman recovering and the horses.
- An elderly man has 15 items in his grocery cart. A gentleman of many younger years has only 1 item. The elderly gentleman allows the younger man to go ahead in line, which is an act of kindness.
- A friend who is moving reaches out to friends who might be interested in items, books and puzzles. She is grateful for all who have reached back, lightening the load and assuring treasured items go to a good home. Giving and receiving are acts of kindness.
- A tenant compliments the landlord on improvements, especially the yellow sedum. The landlord offers yellow sedum and hens & chicks to the tenant. Compliments are an act of kindness and sharing plants is an act of kindness, especially for our Earth.
- Inspired by the first *Monkey See, Monkey Do*, I noticed trash on our road. I took a walk up the hill to assess the appropriately sized bag. Came back down and packed my walking stick and the

bag in the truck to pick up the following day. What a difference to note the debris-free road! Cleaning up trash is a kindness we extend to the Earth and our neighbors, as well as ourselves.

- A gentleman makes a point of catching chorus frogs in a pond that is destined to dry up and taking them to a pond that will not dry up. This is a kindness extended to the chorus frog species and our planet.
- As two friends chat, the topic of ginger snap cookies comes up. One friend bakes and delivers ginger snap cookies to the other friend. Sharing food is an act of kindness.

*Have you witnessed or engaged in an act of kindness? Please share with our readers by emailing [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or tell us about it at Shipping Plus or write it down and mail it to Ute Country News POB 753 Divide, CO 80814. The intent is to share random acts so we can all kindle kindness and live in a kinder community!*

## The Thymekeeper Food/herbs, friend or foe? *continued from page 3*

or ADHD to take a close look at what you are eating. If sugary colorful cereal products start you off each day, it could contribute to some hyperactive or undesirable behaviors. It pays to know red dye 40 is not the only dye used in food. Unlike red dye 40, MSG is not as easy to spot. Although there is natural MSG in certain foods like celery, today’s MSG is produced by the fermentation of starch, sugar beets, sugar cane or molasses. The amount that is added to our food would never occur naturally and this could be one reason why many people are sensitive to it. As with Vitamin C, too much can result in what may seem undesirable outcomes, some very serious. Case study: One of my teachers began

to suffer debilitating seizures to the point he could not function in his daily routine and was sure his life could end at any time. He left the country at that point and just as suddenly as the seizures started, they stopped within a few days. Of course, this sparked an investigation. What he found was that when he was home, he was eating at his favorite Chinese restaurant nearly every day. The restaurant used MSG, one of the additives banned in Israel. The mystery was solved. It was just one dietary change that quite possibly extended his life by years.

### Good to know

- The majority of people I have talked to about specific health effects of foods had never heard this information before. Here are just a few more interesting tidbits about food that I’ve gathered along the way.
- Grapefruit can affect liver enzymes in different ways. It can increase the activity of some enzymes and inhibit others. For example, grapefruit contains phytonutrients that promote the formation of a detoxifying enzyme that slows tumor formation. However, it can inhibit enzymes responsible for metabolizing certain medications which can affect the way your medicines work.
- Foods/herbs to avoid when taking blood thinners are, broccoli, alfalfa, red clover and any other food item that contains coumarins as ingesting them would enhance the effects of blood thinners. These foods would typically be fine if you were attempting to counter what is known as *sticky blood*.
- Pure cranberry juice can help balance the pH of the urinary tract for those who suffer frequent infections.
- Foods naturally rich in color such as berries and beets can help improve cardiovascular integrity for those who bruise easily.
- Chocolate really does make people happy.
- Chronic disease is often attributed to genetics. *It runs in the family* is a common belief when it would be advisable to take a different point of view. You may all eat alike. Especially if you live together.
- Studies show most people who die from acute illness suffer from malnutrition on some level. One of the first systems to shut down is the immune system. Undernourished people are highly prone to illness and infection, and slower to recover. More nutrient rich food and less food like products will undoubtedly have a positive effect on your health. I consider any food that is nutrient dense as medicinal in a preventative, as well as health sustaining way. *Let food be thy medicine*, it is within your control.

*Mari Marques is a state certified herbalist and owner of The Thymekeeper. Contact her at [mugsyspad@aol.com](mailto:mugsyspad@aol.com) or 719-439-7303.*


## Adopt Me

### Stevie

Special needs Stevie is seeking a home below 5,000 feet altitude. Stevie is now 2 years old; he was a rescue pup. He loves cuddles and fetching balls, toys and going for walks. Stevie is house trained. He picks his doggie friends, so if you have another dog please bring to meet and greet. Stevie loves people and would not do well alone. Six weeks ago, he became totally blind due to his diagnosis of pannus, an auto-immune condition. After eye drops for a month, he can see a little in dim light. Stevie even got a glimpse of a cat at the veterinarian’s office darting across the floor. At less than 5,000 feet elevation with eye drops, he will be able to see again. We hold adoption fairs 11-3:30 p.m. First Saturday of each month at 5020 N. Nevada Petco; all other Saturdays 7680 N. Academy PetSmart.

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

by SLV Animal Welfare Society



## Growing Ideas Amaranthus admiration *by Karen Anderson “The Plant Lady”*

*“From the first ray of sunshine... to the last moon beam, may each moment be filled with the pure joy of living.”*  
— author unknown

Warm August greetings to our mountain gardeners and friends. We can enjoy the fruits of our labors this month as the perennial flowers continue to share their colorful blossoms with us. The greenhouses are brimming with the promise of ripening tomatoes and other veggies. Snow peas are ready for the pick-in’ and we take pleasure from so many other garden gifts that the Earth Mother has provided, healthy organic food for the body and flowers for the soul. Please honor yourself as well for putting in the hard work and creating a Sacred Space for yourself and for others.

This month, I would like to share my admiration of one of my favorite annual plantings and a *must have* here at Paradise Gardens each and every summer. The *Amaranthus caudatus* plant has been a wonderful addition to my garden landscape and is easy to grow and maintain. My enthusiasm was launched by Mari Marques, The Thymekeeper, when she bestowed upon me a few Amaranthus starts to play with. (Thanks Mari.) I was enchanted by the deep burgundy color of their big, luscious leaves and the brilliance of the great drooping tassel-like red flower heads that provide a cascading effect.

It is primarily grown as an ornamental in this part of the country, but as I did a bit of research. I have been enlightened and learned that the Amaranthus, also known as *love lies bleeding* is quite versatile and has many culinary uses, as well as being



its gorgeous self. From the tropics of the Far East, it is an important food source in many parts of the world. According to *The Encyclopedia of Organic Gardening*, which is a super duper resource for information, the stalks taste like asparagus, the leaves can be added to salads or can be cooked like spinach, and the tassel seed heads are an excellent source of protein. They have an extensive flowering season and are not very fussy about their requirements. They do love the sunshine and average soil, but they should never suffer from lack of water or endure frost. I love the color contrast of these vigorously growing, heat loving plants and in my humble opinion, a magical embellishment to any garden, just about anywhere!

If you would like to try your hand at starting some Amaranthus plants next spring, I have harvested seeds from last year available for sale at the Outpost in Florissant, Shipping Plus in Divide, Nature Mama located above Shipping Plus, and at Mountain Naturals in Woodland Park.

It is not too late in our growing season to plant perennials, as long as they are hardy, healthy, high altitude and established in their containers. My Power Perennials are on display for adoption at The Outpost and Mountain Naturals and as always, you can contact me personally with any inquiries at 719-748-3521 or email [plantladyspeaks@gmail.com](mailto:plantladyspeaks@gmail.com). The Harvest Center is sponsoring the annual Garden Tours on the 26 and 27 of August. FMI visit [wpharvestcenter.org](http://wpharvestcenter.org). Until next time, wishing you many blessings and happy gardening.

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**Pharmgirl Procrastination**

by Peggy Badgett

I've taken procrastination to a higher art form with every decade of my life. I like to blame it on my children. Making snow angels in fresh powder or ambushing each other in spirited water fights on hot summer days always trumped rattling windows or slow bathroom drains. I'm forever grateful they lured me down the path of boring-chores-can-wait-lets-live-in-the-moment. Now that we've all flown the coop of that wonderful Midwest farm, I have even more incentive to choose gravel road rides through the mountains or hikes through ponderosa pines over scrubbing toilets. Sure, occasionally a flat tire or clogged gutter might require immediate attention before I can lace up my hiking boots. But dirty filters never sounded that critical.

The technician at my car's last oil change had recommended changing the cabin air filter. It always seemed like a ploy for more money, and I thought it had been replaced recently so I declined. Bad decision. When I picked up my youngest brother who was attending back to back conferences in Denver, it became glaringly apparent, paying that extra money would have been wise. I picked Tim up from his first hotel early on Thursday, and he still had a few meetings to attend via phone. The highway was too noisy for the open windows I usually travel with, so I started up the air conditioner as we pulled onto the interstate. A loud grinding noise filled the cabin, along with tiny bits of straw and dust from the vents. I grinned apologetically at my brother, who raised his eye brows when I quickly shut the vents and opened the windows back up.

Thankfully the outside temperature dropped quickly as we traveled up into the mountains. Tim finished up his meetings despite the higher background noise. He'd

been to Colorado only briefly before, with limited views from urban hotels. The peaks quickly worked their magic on him. He "oohed" and "aaahed" as we drove through vibrant green aspens and pastures dotted with brown and black beef cattle. When we pulled up to my little cabin, Clark's nut crackers and chickadees greedily chattered for their sunflower seeds. I filled up the feeders and threw a pizza in the oven as Tim settled on the front porch with his computer to answer e-mails. The air conditioner issue faded as we made plans for the weekend.

After a whirlwind of hiking, hot springs, and visiting the Leadville airport (my brother pilots small planes), I sadly dropped Tim off at his next hotel. I would miss his company; it had been a rare opportunity to reconnect. As the sun heated the car, I closed the windows without thinking and turned on the air conditioning. Sneezing my way through puffs of nasty smelly dust, I quickly shut it down and drove to the nearest auto supply store to purchase a cabin air filter. They were busy and I was tired, so I drove home vowing to watch instructional U-Tube videos before I collapsed on my bed.

The next morning, armed with knowledge and pliers, I wiggled the connectors until the glove box cover came free. Then I pulled the filter from its housing, or what used to be a filter. The paper material was gone, replaced by a huge nest of straw. I sneezed and tossed it aside. The little reservoir underneath the filter was full of material too. I dragged stuff out by the handful, trying not to drop it all over the

**Call for artists!**

by Calee Parker

The Manitou Springs Chamber of Commerce is thrilled to announce an exciting opportunity for local artists to showcase their talent and contribute to the vibrant spirit of Manitou Springs. We are inviting all local Manitou artists to submit their artwork for consideration to be featured on the cover of the highly anticipated 2024 Manitou Springs Visitors Guide. The Manitou Springs Visitors Guide is an annual publication that highlights the unique charm, cultural heritage, and natural beauty of our beloved town. It serves as a vital resource for visitors seeking information on attractions, events, and local businesses. With a distribution of 75,000 guides, this is a chance for your artwork to make a lasting impression and represent the essence of Manitou Springs.

Artists are encouraged to unleash their creativity and capture the spirit of Manitou Springs in their submissions. The artwork can be in any medium, including paintings, illustrations, photographs, or mixed media. It should convey the overall message of what Manitou Springs represents — its history, art, outdoor adventures, healing waters, and the unique energy that draws people to our town.

To be considered, please ensure that your artwork meets the following specifications:

- Vertical design measuring 5.5" x 8.25"
- Suitable for scanning and reproduction in print
- Reflects the spirit and essence of Manitou Springs
- Submissions should be sent as high resolution, 300 PPI, and CYMK digital files (.JPEG, .PNG, .TIFF, .AI, .PSD, or .INDD)

Only artwork that meets these parameters will be accepted. Please send artwork to [calee@manitouchamber.com](mailto:calee@manitouchamber.com) by Thursday, August 31, 2023. Please include your name, contact information, and a brief artist statement describing your inspiration behind the artwork.

The chosen artist will receive recognition in the 2024 Manitou Springs Visitors Guide, exposure through our promotional channels, and a \$175 honorarium.

FMI, visit [manitousprings.org](http://manitousprings.org) or contact Calee Parker at [calee@manitouchamber.com](mailto:calee@manitouchamber.com) or call 719-642-2567.

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**Quilts in the Aspens show**

**Quilters Above the Clouds**

Quilters Above the Clouds Quilt Guild is excited to present the 17th Annual "Quilts in the Aspens" Quilt Show on Saturday, August 12, 2023, from 9-4 p.m. The quilt show will be held at Woodland Park Middle School located at 600 E. Kelly's Road in Woodland Park. Admission is \$7 per person; children under age 12 are admitted at no charge.

Visitors can expect to see the quilt voted Best of Show in 2022, quilts of all sizes and styles, quilts for sale, quilting demonstrations, and quilted items for sale in the boutique. Also on display are quilts produced by guild members for various "challenges" held during the past year. Back by popular demand, vintage quilts will be on display at the "Bed Turning" and the "Sew-n-Go" booth is available for all visitors to piece a quilt block and take home a potholder. Each visitor may cast their ballot for their favorite item in each category. Categories featured are

- Small bed quilts
- Medium bed quilts
- Large bed quilts
- Small wall hangings
- Large wall hangings
- Art
- Et cetera
- From past to present
- Youth
- Challenge quilts
- Charitable Causes quilts.

The charity mission of Quilters Above the Clouds is to assist the community by utilizing the talents of our members to create quilts and related items for those in need and to donate these items to non-profit agencies throughout Teller and Park counties. Quilters Above the Clouds is a non-profit organization whose primary purpose is promoting an interest in and appreciation of the art of quilting, share quilting information and education, sponsor local and nationally known speakers and provide workshops to encourage high standards of quilting techniques and designs, encourage creativity, and provide hand-crafted quilts to area non-profit agencies and individuals in need. More information about the guild is available at [www.quiltersabovetheclouds.com](http://www.quiltersabovetheclouds.com).

**On the cover:** Brisa Moreno Colorful Squares 1st Place in the Youth category.

This quilt is named Bear in the Woods and can be won when you enter the raffle at the Quilt in the Aspen show.

**Best in Show**

**1st**

**Dream Flight by Becky Price won 2022 Best in Show First Place.**

**1st**

**Oh My Deer by Linda Sallee won First in the Art category.**

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## 23rd Annual Victor Celebrates the Arts

Join us in commemorating 23 years of Victor Celebrates the Arts at our Labor Day Weekend Show & Sale, September 2-4, 2023, in Victor, CO — the City of Gold Mines. We are excited for you to visit Victor as "Plein Air" artists from around the country gather to paint on location in our historic town. Professional and non-professional/emerging artists participate in painting various scenes in and around the City of Victor and many nearby legendary 1890s gold mining sites. Students from the Cripple Creek-Victor School also paint for our show as part of our Young at Art Program.

Our show is judged by an established and respected professional artist, and original works produced for the show are available for sale in our gallery. All paintings in the VCTA Show & Sale are painted en plein air — on location from direct observation of life — within a 10-mile radius of Victor City Hall during the week prior to the show and sale.

All are welcome at this exciting and unique event! As in previous years, we expect dozens of artists to participate, with more than 20 awards to be presented, with total cash prizes of over \$4,000.00. Thousands of visitors from many states attend the show and enjoy watching the artists painting around Victor.

Our gallery is located in the historic Victor Elks Lodge, 181 N. 3rd Street in Victor. Original artwork and VCTA merchandise are available for sale at the gallery. The show is free of charge and open to the public:

- Saturday, September 2nd, 9-5 p.m.
- Sunday, September 3rd, 9-5 p.m.
- Monday, September 4th, 9-1 p.m.

Start watching artists paint in and around Victor after check-in on Friday and Saturday, August 25-26.

### Mark your calendars for these additional events and dates:

- Art Demonstrations: Saturday, September 2-4, 2023, in Victor, CO — the City of Gold Mines. We are excited for you to visit Victor as "Plein Air" artists from around the country gather to paint on location in our historic town. Professional and non-professional/emerging artists participate in painting various scenes in and around the City of Victor and many nearby legendary 1890s gold mining sites. Students from the Cripple Creek-Victor School also paint for our show as part of our Young at Art Program.
- Brush Rush: Sunday, September 3, 9-noon. An historic site in Victor is selected by VCTA and revealed at 9 a.m. on the patio of the Elks Lodge. Artwork is returned to the gallery, judged by registered artists, and for sale afterward.
- Quick Draw: Monday, September 4, 9-noon. Artists gather in Wallace Park (Victor Ave & 2nd St.) to paint. Live models and props are provided for use as painting subjects. Public judging will be conducted onsite at the conclusion of the event. Artwork is for sale at the conclusion of the event.
- Art Check Out: Monday, September 4, 1:30-3 p.m., Victor Elks Lodge.

Watch for additional events during the week of painting and during the Show & Sale weekend! FMI visit VictorCelebratesTheArts.org

The historic city of Victor is an unpolished gem of gold mining history. Victor is located on the sunny side of Pikes Peak with great southern exposure, one hour west of Colorado Springs and five miles from Cripple Creek on the Gold Belt National Scenic Byway. Victor has panoramic views of the Sangre de Cristo Mountains, blue skies, fresh mountain air, alpine wildflowers, evergreens, and aspens — all at an elevation of nearly 10,000 feet. The natural beauty is breathtaking and an inspiration for artists and visitors alike.

While in town, check out our merchants, museums and eateries located in the designated National Historic District. Take a little trip and step back in time! If you decide to stay over there are several lodging accommodations available.

## Obituary

### Kathryn and Roger Duncan remembered

by Flip Boettcher

Sadly, on May 6, 2023, Kathryn "Kat" and Roger Duncan, along with Laurie Aves and Bruce Claremont all from Florence, perished when their single engine Cessna airplane crashed in Phantom Canyon southeast of Victor shortly after takeoff from the Fremont County Airport en route to Denver. The crash site, which started a small fire, was not found until Sunday morning about 2.5 miles off Phantom Canyon Road. Word of the plane crash was a blow to Florence and sent the community into shock; these were friends, business colleagues and pillars of the Florence community.

Kat was always artistic and attributed that to her mother and grandmother. On Mother's Day 2018, she opened her shop called Rustique Treasures. Mostly as a hobby and just for fun, Kat took old worn out pieces of furniture and re-made and re-purposed them. Her husband Roger thought they were very good and encouraged her to open her shop.

The Duncan's had always loved Florence, and opening the shop gave them an excuse to move there, Kat said.

In late 2020, with a decline in sales of her re-purposed furniture, but noticing their jewelry sales were still strong, the couple opened the Florence and Cripple Creek Gem Company in March 2021. Since they were history buffs, the shop was named after the Florence and Cripple Creek railroad, which was built in the late 1890s, and went up Phantom Canyon bringing ore from Cripple Creek to Florence for smelting. It is a bit ironic that they lost their lives in Phantom Canyon.

The Duncan's had been collecting



stones, rocks and making jewelry for 30 years. In fact, Roger bought his first rock-cutting saw when he was 10 with money from his paper route. The next year, he bought his first grinder and polishing machine and went on from there.

Kat always joked that they collected two of the heaviest things — rocks and books. They had 1000s of pounds of rough stone and 1000s of pounds of cut gemstones, rock saws, polishers and a shared passion for making jewelry.

Soon after opening the Gem Company, Roger built out the Two Scoops Ice Cream shop, because he believed every town should have an ice cream store, he said.

Sometime along the way they bought the old Florence Lanes Bowling Alley with plans to fix it up. They bought the adjoining building, which had been the

Termeric Restaurant, and started Husky Burger.

At one time for a short while, they owned the historic McCandless house and many other buildings and businesses in town.

The Duncan's believed that Florence was a growing community and an end destination for people. They wanted to be a part of that and they were. They were innovative thinkers, helping to make Florence a great, vibrant town. They were very involved in the business community, offering fiscal support to many businesses, as well as being involved in community events and organizations. Indeed, they will be sorely missed by all.

The Duncan's were married for 32 years and had a daughter 31 years old and a son 27 years old.

## Volunteers needed

### Teller County Vietnam Veterans Memorial

by Pam Wear

The Salute to American Veterans Rally Committee announced that the Vietnam Veterans Memorial traveling WALL will once again be on display during the Rally this August. The traveling WALL is an 80% scale replica of the Vietnam Veterans Memorial in Washington D.C.

Organizers are asking Teller County citizens to volunteer to help set up the Memorial on Wednesday August 16th and again to help remove and load the Memorial on Sunday, August 20th.

"The duty is not difficult," said Ray McPeck, US Army Veteran and Chairman of the Veterans Rally Committee. "There is no heavy lifting involved as the Memorial panels are made of very lightweight aluminum, and we are looking for able bodied volunteers to help with the task."

Volunteers are asked to show up at the Woodland Park Middle School, located at 600 E. Kelley's Rd., at 11:30 a.m. on

Wednesday, August 16 for set up, and again at 9 a.m. on Sunday, August 20. "Volunteers can choose to help set up OR help tear down, or both," said McPeck. "We would be grateful for any assistance from anyone interested." McPeck added, "Our Vietnam Veterans are reaching the age where it's difficult for them to help with the labor end, so it's up to us younger Americans to do the duty. It's really the least we can do." Civilians and Veterans over 13 years old are encouraged to participate. "It's truly an honor to help set up the Memorial," McPeck said. "It's also a very unique learning opportunity for young Americans."

The "Cost of Freedom" display accompanies the Vietnam Veterans Memorial and pays tribute to all US Veterans from all conflicts, as well as recognizing significant events such as 9/11.

FMI or to Volunteer, call the event organizers at 719-487-8005 or simply show up at the designated times.

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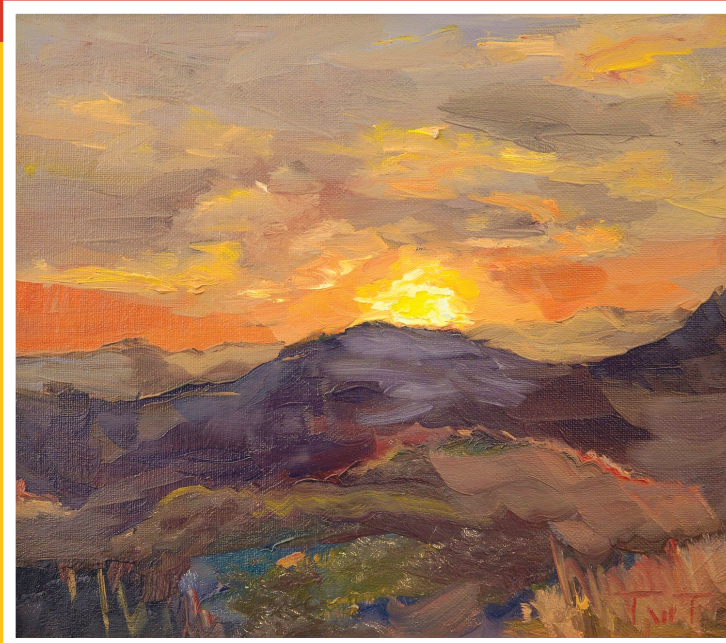
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Barbara Pickholz-Weiner

**2023 Victor Celebrates the Arts**



**ART SHOW & SALE**

*Open to the Public • Free of Charge*

**Saturday, September 2nd, 9:00 AM - 5:00 PM**

**Sunday, September 3rd, 9:00 AM - 5:00 PM**

**Monday, September 4th, 9:00 AM - 1:00 PM**

**Victor Elks Lodge, 181 N. 3rd Street, Victor, CO**

Original Artwork, T-Shirts, and Posters available for sale.  
Purchased artwork will remain in the gallery until pick-up on Monday (1:30 PM - 3:00 PM only).

<http://www.victorcelebratesthearts.org/>

## The 38th Mountain Arts Festival

by Gayle Gross

The Mountain Artists are excited to bring the 38th Mountain Arts Festival to Woodland Park, Colorado on August 12th and 13th, 2023. There is no cost for the community to attend this inspiring outdoor event at Memorial Park. Our intention is for everyone to enjoy the beauty of art and nature in our mountain community.

Renovations made to the Park in 2017 include a fishing pond with multiple fountains, a small stream, which is a favorite of the little ones that love to splash, and two large grassy areas for artists' booths. Flat paths winding through the park make for easy walking. There are restroom facilities, which are ADA compliant. The park also boasts an amazing view of Pikes Peak, America's Mountain.

This family friendly event opens each day at 10 a.m. You can enjoy the art and visit with artists on Saturday, August 12 until 5 p.m. and on Sunday, August 13 until 4 p.m. Plan to spend the day admiring the art, listening to live music, eating great food, and relaxing. You can also get your face painted, if you're so inclined!

The Festival is expanding to include 80+ artist booths this year. If you have any questions, please call 719-401-2301 or email. We hope to see you there!

## Manitou Springs Ice Cream Social and Pie Baking Contest winners

by Calee Parker

The Manitou Springs community gathered together Monday evening, July 3, in a delectable celebration of flavor and creativity at the highly anticipated Ice Cream Social and Pie Baking Contest. The event witnessed an incredible display of baking prowess, with participants vying for the top spot in both adult and kid divisions. The event, which showcased an impressive array of homemade pies, was further enhanced by the enchanting melodies of Little London Winds.

In the Adult Division, the competition was fierce, and the judges had the delightful task of savoring 31 mouthwatering pies. After much tasting and careful consideration, the winners emerged, each having wowed the judges with their extraordinary creations. Stephanie Hockersmith claimed the prestigious first place position with her delectable Steph's Cherry Pie. Rob Morlan secured second place with his innovative Apple Cranberry Jalapeno Pie. In a close third place, Mike Pitt wowed the judges with his Starberry Rhubarb Pie.

In the Kids Division, young bakers demonstrated remarkable talent and enthusiasm, showcasing a promising future in the culinary world. Lumin Windsong earned the coveted first place spot with her "BLuminberry Blue Ribbon" pie, impress-

ing the judges with her exceptional baking skills beyond her years. Jacob Cayton secured second place with his charmingly titled "Over the Moon Cherry Macaroon" pie, demonstrating an imaginative twist on a classic flavor combination. Not to be outdone, Jazz Cambell claimed third place with her innovative "Let That Pit Go Vegan Cherrific" pie, showcasing her dedication to crafting delicious treats with a health conscious twist.

"We are thrilled to witness such remarkable talent and passion for baking in our community," said Jenna Gallas, event coordinator for the Manitou Springs Chamber of Commerce, the organizer of the Ice Cream Social and Pie Baking Contest. "The combination of tasty pies and big band music created a truly memorable experience for everyone."

The Manitou Springs Ice Cream Social and Pie Baking Contest not only celebrated the artistry of baking but also highlighted the rich cultural fabric of the community. Through the harmonious collaboration of flavors and patriotic tunes, the evening brought friends, families, and neighbors together in a delightful celebration of community spirit.

*FMI about future community events and activities, please visit [manitousprings.org](http://manitousprings.org)*

## Manitou Springs ranks in top five best small town arts scenes

by Calee Parker

Once again in 2023, Manitou Springs has made the top five for Best Small Town Art Scenes in America, taking the No. 4 spot this year as the result of a national online vote as part of the USA Today 10 Best Reader's Choice Awards.

"We are honored and thrilled to be recognized with other tremendously creative communities and are grateful to everyone who incorporates art, in all forms, in their daily lives," said Manitou Springs Chamber of Commerce executive director Leslie Lewis. "We are fortunate to have arts and artists as part of our past, our present, and our future."

USA Today's 10 Best editors and travel experts nominated Manitou Springs and nine other small towns based on an evaluation of their museums, art galleries, performing arts and busy event calendars. "Any kind of national recognition such

as this confirms that Manitou Springs continues to be on the right track in cultivating and nourishing our arts and culture scene," said Ralph Routon, Board Chair of Creative Alliance Manitou Springs. "Making the top 10 three consecutive years, moving up from ninth to fifth and now fourth, should be both rewarding and gratifying to the organizations and creatives who make Manitou such a special place."

"It takes time, energy, and ongoing funding to create a truly dynamic artistic environment for all. Thank you to everyone who has invested in that creativity," said Natalie Johnson, Manitou Springs City Council member.

*FMI on the contest and a full list of the Top 10 Winners, visit USA Today 10 Best [www.10best.com/awards/travel/best-small-town-arts-scene-2023/](http://www.10best.com/awards/travel/best-small-town-arts-scene-2023/)*

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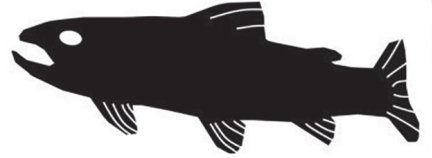




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# The Travel Diamond A HARD LESSON

by Gilrund the Historian

Bill wasn't in his home at all. He stopped and looked around at the older looking room. It was a dining room for sure, as there was a long table with the food and drink on it, but seated around that table on the chairs were a group of strange looking people the likes of which he had seen before. Interestingly enough, he could see through them. It seemed the only solid things in the room were the furniture. All of the people turned to look at Bill when he opened the door. Then he started recognizing some of them. They were every scary monster or person that he had seen in the horror movies he had seen on TV or at the theater. There was Dracula, the Wolfman, Frankenstein, The Creature from the Black Lagoon, the Phantom of the Opera and several from the Walking Dead. Even sitting next to the Frankenstein monster was the Bride of Frankenstein. Also, there was the Invisible Man in his clothes and the Egyptian Mummy. "Welcome, Bill, we were expecting you to join our celebration," said The Phantom of the Opera as he stood and smiled at Bill. "Come and sit here at the head of the table where you belong, for you are already a leader in your own right, are you not?" Bill's eyes couldn't have gotten any bigger as he listened to the Phantom speaking. He turned to go back into his bedroom, but the door was gone, nothing remained but a wall. "You're not real, you're not real," he said as he rubbed his eyes and looked again to see that nothing had changed. "You're just characters from stories and movies. You can't be real; I just know it!" All the monsters started getting up from their chairs and walking toward him as Bill moved along the wall toward a door on another wall of the dining room. He had to get away! The Wolfman was the closest when Bill got to the door and opened it to run out of the room into a thick mist. "Oh, no! Not a mist," he thought as he kept running, "Why does there always have to be a mist?" On he ran, thinking that the monsters were right behind him until the mist cleared and he saw an old house on the top of a hill not too far away. He stopped for a moment and thought, "Of course, the old house on the top of a hill where I'm supposed to go and have my brains scared out of me by something horrible that is in it. Well, I'm not stupid! I'm not going in there for anything." Bill looked around for another path to take and saw one that led into a forest at the base of the hill. The only other way led to a large body of swamp water. "Well, I know what will be in that swamp. So, I'll take my chances with the trees." Off he ran into the trees. He hadn't gone far, when the tree limbs started grabbing for him and trying to pull him up into the branches. There were Wood Nymphs calling for him to stop and talk to them. He knew that Wood Nymphs were not bad creatures, but he needed to get to a


safe place, if there was one in this world that he had been placed into by the Travel Diamond. He was running out of breath as he ran out of the woods and into a meadow with a stream that ran through it, and he stopped for a rest. He took a drink out of the stream and felt a bit better and then not so much. He looked at the hand that he had put in the water and saw that it was changing into a claw. "On no! I'm turning into a monster!" he shouted, "Somebody help me!" Bill looked around and saw no one, then he panicked and started to run again. But his run wasn't the same. It was fast and easy as though he was made to run on feet that were paws. Bill stopped and looked at himself in the stream where it had pooled a bit. "Yikes!" he cried as he jumped back from the water, "I'm a wolf boy! Moooooom" he howled as he stared running again. Bill ran and ran until he tripped and fell into the stream and slowly pulled himself out to sit on the bank and rest. The tears were running down his face as he looked at his hands and saw that they were not paws anymore, they were normal human hands again, or were they? They seemed to be a lot paler than usual. They were whiter, more like paper. "Oh no, what now?" he said out loud as he looked into the water of the stream and saw Dracula looking back at him. "I'm getting out of here somehow!" he cried as he took to the air in the form of a bat. Bill flew like a bat too. He was darting all over the sky eating flying insects and looking for some way out of the place that he was in. He didn't know where to look, but he was going to find a way out of this nightmare. As he flew about, he saw a large building off in the distance. It was an Opera House. "Not again!" he cried as he flew toward it and into a window at the very bottom. Suddenly found himself standing in the dim light of a hallway that led to the room where he knew that he lived as the Phantom. He could hear the distant singing of a young woman and knew just who she was. Bill left the hidden room and slipped through secret halls known only to him until he came to the room of Christine Daae and stood listening just outside of the wall. She did have a beautiful voice. He slowly opened, just a little, the mirror that was a secret door that led into her room and watched as she practiced. He saw that she was a beautiful young woman, too. In fact, she looked a lot like his mother, which made him wonder if Mom could sing like that? He watched as Christine continued to sing, but quickly closed the mirror when she turned in that direction. Bill turned and walked away, being careful not to be seen by anyone else. He found the lake that was under the opera house, as he wandered, and the small boat that was docked there. As he wandered the dim hallways of the building, he found various ways to enter the

balcony seating, especially the one where the owners of the opera house sat. Bill walked to the top of the opera house and looked down at the city of Paris and thought, "What could be lonelier than living like this?" Suddenly, the surroundings changed. He found himself looking out of the window of a castle that sat on a hill and saw the barren countryside below. There was a small village at the bottom of the hill. "What's this?" he wondered as he quickly turned and looked around. "What has happened to me? I can't move as I did before. My muscles are sore, and things are so different." Bill looked down at his hands and saw that they were not his hands or the Phantom's. He saw the stitching on the wrists and knew that he didn't know whose hands they were. He quickly looked down at his clothes and saw that he was no longer the well-dressed Phantom of the Opera. His clothes were old and dirty and torn. He felt his neck and found iron bolts and more stitching on his head. He looked again at his skin and saw that it was a very pale white color that he could almost see through to the blood veins and muscle. He knew what had happened, he had turned into the Frankenstein monster! It was dark that night. "How many of these creatures must I be until I return to myself and go home? If only I had not touched the diamond twice," moaned Bill. Then it came to him to look for the diamond. Perhaps it was here in Frankenstein's castle. It was nighttime now, so it must be a different day. He could touch the diamond and go home as himself and not some movie monster. Bill walked through the room and out of the door. He walked down the dim hallway and down the stone stairs to the main floor. He started looking into all the rooms that he could find until he came upon a room that was locked. "It must be in here," he thought as he pulled on the latch that wouldn't move. "I'm the Frankenstein monster, I can break anything." Bill struck the door hard with his fist and it burst open, then he jumped back. There standing in the light of a small candle, at the barred window across the room was a female version of himself. This creature definitely did not look like his mom or anyone he had ever seen. The creature looked at Bill and screamed a short scream as she ran to a dark corner of the room. But it was enough to bring Doctor Frankenstein on the run with Igor at his side. The Doctor stopped and stood back when he saw who was there. He talked slowly and softly to Bill, as he approached the room. "Be calm my creature, be calm. She is

for you, but we must wait. Yes, we must be patient and wait. Come, We will take you back to your room and give you food. You want food?" Bill, stood and looked at the Doctor and started to smile as he said in the monster's voice, "Yeah, how about a hamburger, fries and a coke?" Then he growled and waved his arms in the air as he rushed forward as Igor and the Doctor ran away and out of the castle and locked the door behind them. Bill laughed and laughed as the female creature looked at him and cowered in a corner. Bill walked to the door of the castle and broke open the door. As he stepped out of the door, he felt a strange sensation come over him. He felt better. Bill walked down the path that looked like it led to the village that was at the bottom of the hill. There was an angry crowd starting up the hill and Bill moved back out of the way. No one seemed to notice he was there. That was when he looked down at his hands and saw that they were covered in white gloves. One man in the crowd stopped and asked if he had been injured by the "Monster" as he pointed at Bill's face. Bill put up his hand to touch his face and found that it was covered in a white bandage, and he was wearing dark glasses. He told the man that the monster hadn't harmed him, but he had been burned days ago. The man turned and went on with the rest of the crowd. Bill walked down the hill toward the village. He knew that he had been changed to the Invisible Man. Now he wondered if he had to become all the monsters that were at the table that he had seen in the old house. "Yes, sir, we have a room that you can have on the ground floor," she said, "I see that you are injured, and it will be easier for you to use that room." She gave Bill the key and he walked to the room and opened the door. It was a fine room with a large bed, dresser and all the other commodities necessary for a long stay. As Bill looked the room over, he noticed a small wooden box sitting on the nightstand by the bed. He rushed to the box and opened it to find the Travel Diamond. "YES!" he cried, "At last I can go home." Bill stopped and thought of just where

he wanted to go and decided to go to the club house. He needed to talk to his friends. There were things that they needed to know about the Travel Diamond if they were to continue to use it. He pulled off one white glove and touched the diamond with his invisible finger. He was back in the club house with his friends in a moment. "Oh, hi, Bill," said Jimmy, "How'd it go?" Bill replied, "It was okay. Not what I wanted, but okay." He spent the next hour telling his friends about his adventure. There were many questions asked and many answered. When the boys had heard all that they could understand at that time, everyone went home. Bill gave the coin from Treasure Island to his mother without telling her exactly where he had gotten it. She, wisely, took it to a collector who knew the value of it, and he paid her what it was worth. Far more than she could have imagined. *To be continued...* Chuck Atkinson of Como, CO enjoys writing fiction stories and treasure hunts for the children at his church. We are pleased to have him contribute to the only fiction in our Ute Country News.





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## The Pick Boys

### The Cripple Creek Mining District

by Steven Wade Veatch

*From old and brittle photographs, the faces of young boys look out. One puffs on a spit-soaked cigar from the corner of his mouth. Another scrub-faced kid smiles. Both pose with the men.*

*The story is clear – When a father was killed or disabled, some boys worked in the mines as breadwinners. Other boys quit school to follow the adventure of mining.*

*They were the pick boys who ran errands, fetched supplies, carried dull drills and picks to blacksmiths for sharpening, lugged water to thirsty miners, and tended the donkeys.*

*They tramped deep underground. Timber creaked and water dripped. Grime stained their clothes from the damp and muddy places they worked.*

*Endless blackness swallowed flickering candlelight. Deadly gases threatened. Rock dust from drilling, fumes from blasting, and smoke from candles burning filled the air.*

*The roar of blasting and the racket of drills was constant. Yet they worked in deliberate routines to earn their meager pay in a time and place so different from today.*



A Pick Boy at work. This AI image was created by the author with the assistance of DALL-E and MS Bing.



A Pick boy takes a break deep underground. This AI image was created by the author with the assistance of DALL-E and MS Bing.

## Changes at Guffey School

by Flip Boettcher  
photo by Flip Boettcher

The Guffey Community Charter School (GCCS) will be undergoing some exciting changes and regrouping for the coming 2023-2024 school year, according to Board of Directors President Chris Peterson.

Current Administrator/Principal Jacob Sampson has had to resign his position at the end of his school year contract in June due to a change in his life/family situation, he said. Also, K-2 grades Teacher Elizabeth Cauley has left the school to pursue other opportunities.

At the end of the June board of directors meeting there was a board executive session to discuss these matters, as well as a special board meeting via email. The board and the staff have been actively working to organize the next year's school program.

In past years, the administrator and principal have been one person, but next year the roles will be split. The administrator will continue to be the board's only employee, responsible for all the staff, making the school budget, paying the bills, etc., while the principal will be one of the staff.

Kelli Maguire, who is currently, and will continue to be, the school bus driver, custodian and kitchen manager, has accepted the position of administrator. Maguire has already been handling many administrative duties and is working with Sampson to ensure a smooth transition, said Peterson.

Lynda MacDonald, currently 3-5 grades teacher, will be the school principal; MacDonald has been at the Guffey School for 30 years now.

With this school year's low enrollment, at least for next year, there will only be two, rather than three teachers. MacDonald will be teaching grades K-4. Current Middle School Teacher Natalie Sardi will be teaching grades 5-8.

"There are also planning and curriculum changes in the works that will create



Kelli Maguire with the school bus in front of the Guffey Community Charter School.

more team teaching and classroom partnership opportunities," said Peterson.

Since the school never knows until the start of the new school year what the enrollment will be and if they see a lot more students enrolling in August, the school's budget would be able to hire a teacher aide to assist, according to Peterson. There will be four volunteers/tutors/reading aids who are returning from last year — Paula Bennett, Amy Owens, Sherri Moehle, and Mary Beth Dunn. Also, counselor Stefanie Skidmore will again be coming once a week.

The school board is looking forward to working with Maguire and MacDonald in their new roles in the next and coming school years and "expects they will extend the school's long record of success," stated Peterson. Maguire and MacDonald see the GCCS as a central part of their lives and are looking forward to their new duties there.

School enrollment is August 10 this year for anyone interested in enrolling their child in such a great little school that can.

FMI visit: [www.guffeyschool.org](http://www.guffeyschool.org).

## Obituary

### George Leslie Sevy, 1947-2023

A long-time resident of Victor, Colorado, George Leslie Sevy passed away on July 12, 2023 at Memorial Hospital in Colorado Springs. He was well loved in the District and beyond.

George was born in Cedar City, Utah, February 1, 1947. His father, George Warren Sevy was in the Air Force where he met his wife, Dorothy, in Leamington Spa, England. The Sevs traveled extensively during his childhood. George attended elementary school in Germany, and high school in England before graduating from Alhambra High School in Phoenix, AZ. Attending Phoenix College for an extended period gave him a student deferment, nevertheless he was drafted into the United States Army in October 1967.

George served in the infantry in the Vietnam War with honor and distinction. He was awarded the Bronze Star for his actions during the defense of Saigon; he saved two injured members of his unit from a Viet-Cong held house despite his own shrapnel injury. George was also awarded a Purple Heart, the Army Commendation Medal, the Vietnam Service Medal, the Vietnam Campaign Medal, the National Defense Service Medal and the Combat Infantryman Badge.

Tragically, George did not emerge from the Vietnam conflict unscathed. As well as the shrapnel wound, a traumatic brain injury left

him disabled. George suffered from severe PTSD and alcoholism for the rest of his life. Despite the nightmares, heartbreak and pain, George is remembered for his kind-heartedness.

In the 1970s George roamed around the Oregon coast before finding his way to the high country of Colorado, settling in Victor-Cripple Creek where he did some artistic masonry. George is survived by his daughter Catalin Minkler, and her mother Jessee Minkler, as well as his siblings, Karen, Christine, and Blaine Sevy. There are also numerous nieces, nephews and cousins. He was preceded in death by his brother Leland, father George Warren and his mother Dorothy whom he adored. George remained close to his daughter, talking with her daily.

George had a natural instinct for befriending and charming people. His mother had taught him to be kind, accepting and compassionate. He was an iconic fixture around this hidden gem of a town, welcoming newcomers and connecting with those who felt a little lost. He became someone with whom others shared their honest stories. They were met with his open hearted space of authentic listening. There are



many stories of his mischief which are unable to be printed. His 1945 GMC pickup truck was a source of both joy and pride to George. He loved giving it a rolling start down the hill with a double clutch and driving it in the Gold Rush parade and promoting the Labor Day art show, Victor Celebrates the Arts.

This year he watched the Gold Rush Days parade from above rather than his truck being an entry. His ashes will be buried with his parents at the VA Cemetery in Phoenix, AZ. There will be a headstone at the Victor Sunnyside Cemetery at Elks Rest. Donations to the Elks Lodge #367 in his name are requested in lieu of flowers.

A Celebration of Life will be held at The Side Door of the Victor Hotel Saturday evening, August 19. On Sunday, August 20, a funeral service will be held at the Victor Elks #367, followed by a potluck at 3 p.m. and music at 4 p.m. Let's give him the send off he so deserves!

## Buena Vista Contin-Tail Gem, Mineral & Fossil Show

by Rachel Ford

During the second week in August, Colorado's largest outdoor gem, mineral and fossil show, the Contin-Tail, sets up on the Continental Divide in beautiful Buena Vista, CO. Each year over 100 vendors of gems, minerals, jewelry, fossils and more set up in the beautiful valley of Buena Vista Colorado, at the Buena Vista Rodeo Grounds, to sell their wares over four days. This year the show will run from August 10-13, 2023, and is open from 9 a.m. to 6 p.m. each day.

Not only do the individual vendors have beautiful gems, minerals, fossils, lapidary art, handmade jewelry and more but, they have real-time *old world* knowledge of their inventory. Many of the vendors are miners and artisans who sell what they produce and find! This is a great way to support small businesses and artisans. One could spend an entire day just swapping stories with a single vendor. The Buena Vista Contin-Tail Gem, Mineral, & Fossil show is so much for than just another event like this, it is truly an experience.

Come join us for a fun event, parking and admission at the show are always free. This is a very family-friendly and educational outdoor event. Well-behaved pets with responsible owners are allowed to join in the fun at the show and there is limited camping available to attendees. There will be food and beverages made available by a mobile food vendor, and the scenery is phenomenal. There are several places nearby to soak in hot springs, enjoy outdoor recreation, and there is a great variety of local food and shops to enjoy in town.

### About The Buena Vista Contin-Tail Gem, Mineral, & Fossil Show

The Buena Vista Contin-Tail Gem, Mineral, & Fossil show has been held annually for over 40 years at the Buena Vista Rodeo Grounds off Gregg Dr. in Buena Vista, Colorado. The show hosts over 100 vendors each year making it the largest outdoor gem & mineral show in Colorado, and possibly the country.

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## Work on Lake George Dam Removal Begins

by Coalition for the Upper South Platte

Visitors to Eleven Mile Canyon outside of Lake George have seen the lowhead dam at the mouth of the canyon. Some visitors may have even ventured through the willows to visit the site for easy access to fishing, bird watching, or maybe some other problematic activities, such as climbing on the old structure. This fall work will begin to remove the unused and dangerous dam and return the South Platte River stretch to a naturally functioning ecosystem.

This project results from many years of planning and fundraising by many partners. The dam was initially constructed in the 1950s by Colorado Springs Utilities as part of their water supply system. System upgrades in the 1990s made this diversion location obsolete, and it was abandoned.

The landowner, USDA Forest Service, and Springs Utilities have been discussing what to do about the dam structure ever since.

The dam, not to be confused with the Eleven Mile Dam 9 miles upstream, is a barrier to aquatic species passage and has created extensive sedimentation impacting river function and fish habitat. Removal of the dam is a complex dance between the water needs downriver and managing flows to complete in-channel work. Releases of water from the Eleven Mile Dam will be managed to ensure adequate flows for the water users but minimize river flows for demolition and construction to proceed.

A coffer dam will be installed mid-channel with wing walls to direct the river flow to one side of the channel and allow work on the other side of the river, then managed to the other side. Water quality will be monitored to ensure compliance with all standards.

Once the dam structure and sediment in the river channel are removed, the contractor will work with native boulders to create features such as riffle/pool complexes, rock clusters, habitat boulders, and tree

structures designed to ensure functionality and sustainability. While building these features, attention will be paid to creating additional habitat features inside the channel, extending into the adjacent floodplain. This activity will ensure that fish passage can occur at different flows and enhance the immediate holding habitat for trout.

Site enhancements include improvements to the parking area, relocation of the outhouse facility to be closer to the parking area, a hard-surfaced accessible trail to the site, and natural benches for fishing or just enjoying the area. Extensive reclamation of the work area and river will improve the condition of the river's adjacent areas and wetlands. Revegetation on areas impacted by construction will be accomplished with native species.

Most heavy construction activity will be completed by the end of 2023; revegetation and erosion control work will be dependent on spring weather and monitored for sustainability.

CUSP has assumed the role of project manager and we are so grateful to all the partners in this project for their time, energy, money, and staff.

- USDA Forest Service, South Park Ranger District of the Pike-San Isabel National Forests & Comanche and Cimarron National Grasslands
- Colorado Springs Utilities
- Denver Water
- Aurora Water
- Park County Commissioners
- Park County Land and Water Trust Fund
- South Platte Enhancement Board
- Trout Unlimited — National, Pikes Peak and Cutthroat Chapters
- Colorado Parks and Wildlife
- Colorado Water Conservation Board
- Resources Legacy Fund — Open Rivers Fund
- Area residents and businesses

## Little Chapel Food Pantry Paving Project

by Ken and Judi Hesselberg

Little Chapel Food Pantry is doing a fundraising campaign to pave their parking lot. The gravel lot makes it very difficult for those in wheelchairs and walkers to navigate safely, not to mention the volunteers trying to push carts full of food boxes across this difficult terrain. We would like to eliminate this issue by paving the parking lot. In order to do this, we need to once again turn to our community for help. We are anticipating the cost to be between \$70,000 and \$80,000 (depending on material costs at the time of paving), and so far, we have raised approximately \$20,000 of this amount. Any donation, large or small, would be greatly appreciated. You can donate via the website ([littlechapelfoodpantry.org](http://littlechapelfoodpantry.org)) or by sending a check made payable to Little Chapel Food Pantry to 69 County Rd 5, Divide, CO 80814. Be sure to designate the funds for the parking lot project. Thank you so much!

## Adopt Me by Ark Valley Humane Society

### Pearl

Pearl is an 8-year-old female American Staffordshire terrier mix who has been staying in an awesome foster home for over 3 months now. She does well when left alone. Her foster described her as a calm, sweet dog who rarely barks and enjoys walks around the neighborhood and shorter hikes on the weekends. She went on a 4-mile hike recently with her foster and slept the rest of the afternoon. She loves to meet new people and has great recall. Pearl knows lots of tricks too (down, spin, sit and stay to name a few!) Pearl lived with cats in her previous home and did well with them! She even lived with children in her past home and reportedly did great! She is picky about who her canine friends are, so we require a meet 'n greet at the shelter with any pups in your home to see if it will be a good fit.

Pearl is an absolute sweetheart who adores people. She's been featured on our local radio station a few times now — she loves visiting the radio station and making new friends. Pearl would be a great fit if you're looking for a people-loving dog who enjoys short walks. If interested in Pearl, please start by filling out an application online at <https://www.ark-valley.org/adoption-matchmaker-application/> or give Ark-Valley Humane Society a call at 719-395-2737.

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



## A Look Inside the Artist

## Abstract art: What it is and why we love/hate it

by Mary Shell

Jackson Pollock described abstract art as "energy and motion made visible." He described how the art form set free a part of his psyche that previously had no voice. Abstract art gives artists the license to create art using their instinct and their unconscious view on life through color, shapes, and texture.

While searching for information on views on abstract art I went to Facebook and found a group where abstract artists posted their creations asking for other's views of their work. I was mystified (and chuckled inside) to see responses like, "If you moved that red shape over to the right a little it would look better." These comments solidified my belief that we have become a species of social predisposition of the word ABSTRACT. So here you go...getting to the nitty gritty on abstract art from an artist who creates abstract art.

While at the Rhode Island School of Design my first encounter was a class on abstract art. I had already been familiar with abstract art since high school, but this took me deeper into the strategy. It is not about the art, it's about the artist... how they see the world, how they knowingly use color, shapes, and texture to raise the human subconscious. It was a lesson in how to touch the soul and one of the most intense classes I have had throughout my career as an artist.

Most humans are not taught to be abstract (or random). We are taught to see life through linear thought. Even knowing that to be true, I am amazed when I stand behind a crowd viewing one of my abstract paintings at a show where everyone is in a daze searching

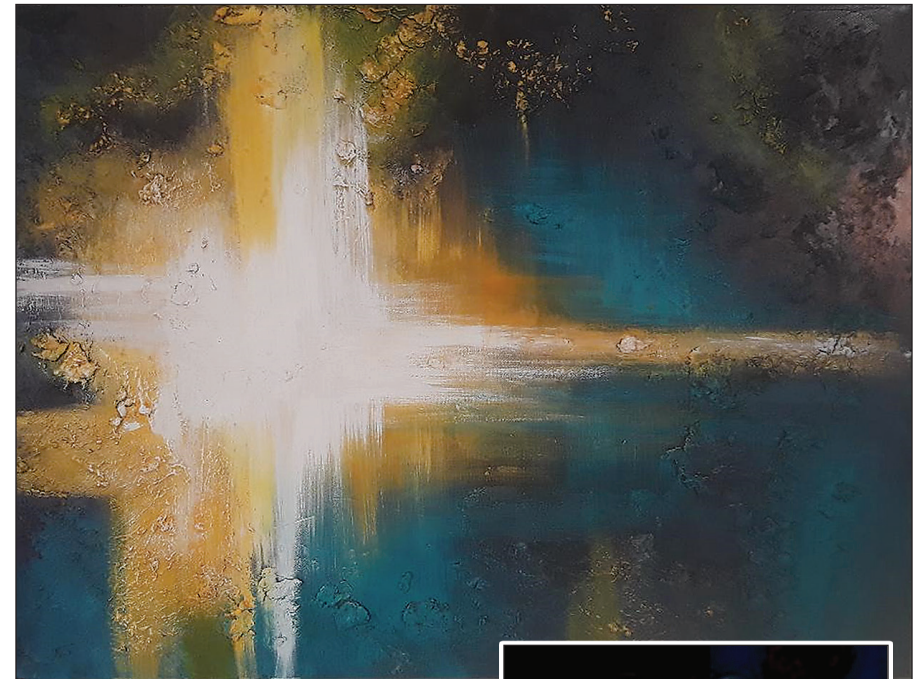
for order in the chaos. Each person had their own description of what they saw. No two people will see or feel the same thing...as intended. They get lost in the possibilities.

To confirm my belief, I went back online to see how many websites there were explaining abstract art and how to look at it. (Chuckling to myself again) I found dozens of perspective directions which were all biased according to their individual beliefs. One website had it right, "Understanding abstract art is easy: all it requires is an open mind and a big imagination. When you look at the painting, what do you see?"

So, the next question is, "Why do we love abstract paintings?" The answer to that is simple: we like to dream, see things that are not there, allow ourselves to absorb the colors, shapes, and texture. We like allowing our subconscious to play, to take us away from explaining anything and everything. Those who do not like abstract art need control and conscious views.

I have a collector who only buys my abstracts. I asked him why once. His response was, "I don't know, and I don't question it. It just makes me feel." That was a good enough answer for me.

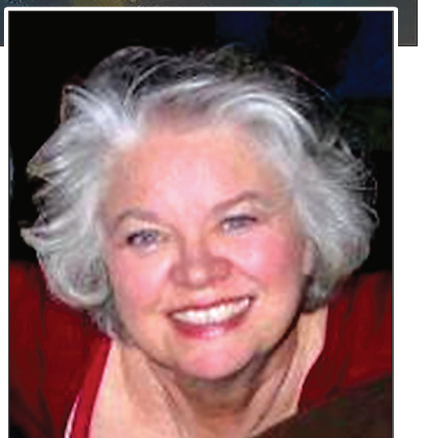
There are plenty of people who do not like abstract art...because they do not try to understand it. These people need an answer, and there is no one answer to what is in an abstract painting, other than what it is... ABSTRACT. They are concrete thinkers, fixing on the physical world, focused on facts in the here and now, physical objects, and literal definitions. There is nothing wrong with those



thinkers, they just cannot see the abstract in the world. They are fixed.

To me, creating abstract art is working with whatever starts showing up and allowing it to take me in any direction. It is very risky and edgy. It is the most emotional, sensitive, and expressive style in creating art. It is extremely hard to explain because the thoughts while creating are random and fleeting, since they come from the subconscious which has no physical language.

The next time you go to an art gallery that shows abstract art, allow yourself to let go of what you think it means and allow yourself to dream. You will be surprised at what you will discover about yourself.



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# Fitness ON the Mountain

## Getting back on your wellness wagon

by Lori Martin

One of the scariest experiences of my life led to one of the best decisions I’ve ever made. I was relatively healthy when I learned I had Thyroid Cancer. That time in my life was a bit of a blur as it is for many Thyroid Cancer Survivors. I had been doing all the right things but, still that little butterfly shaped gland in my throat went haywire.

- I’d worked in fitness for most of my adult life
- Rarely ate processed foods
- Drank adequate water
- Maintained a healthy, cardiovascular, muscle strength, muscle endurance and body composition “for my age.”

Thyroid Cancer is often called the EASY cancer but, for me that Total Thyroidectomy in 2013 changed my life forever. What it didn’t do was drive me to give up living a fit and healthy lifestyle. In fact, I desired it even more.

In June of 2021, I was shocked to learn that the above average health and fitness status I was so proud of, proved to be inadequate. A bout with COVID revealed more physiologic weaknesses, which both fascinated and horrified me. My biggest symptoms were a cough, weight loss and unusually low blood oxygen saturation which only presented itself with the use of a finger blood oxygen monitor. The doctors were pretty amazed about those numbers because I did not have the typical hypoxemia symptoms.

I purchased an Apple Watch to monitor my blood oxygen saturation levels and other criteria. I was a bit skeptical of some of those numbers but, according to my physician and various other resources, the Apple Watch actually does provide accurate results.

So began my obsession with exploring what my marginal decade was going to look like. If I kept on this path of moderation my vision for that last decade of my life could be commendable. I’d worked with many seniors over the last 30 years and knew what I didn’t want.

According to my endocrinologist, however, I was to “train myself as my most novice client.” The concerns were warranted as the protocol post thyroidectomy is to suppress Thyroid Stimulating Hormone (TSH) to prevent the cancer from returning. This suppressed TSH can create weaknesses in the heart and the bones, as well as a potential for shortening the lifespan.

My continued interest in searching for ways to improve my health, wellness and to enhance my life span (whatever it was to be) were becoming a burden on my bank account. Two years ago, I committed to the “best decision” of building a savings account specifically, for my health

and wellness.

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- Blood Labs above and beyond those a physician would order
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- Self Care in the form of massages
- Red Light Therapy
- Soon a newer version of the Apple Watch

We recently hosted my husbands’ family for a small reunion. I was so impressed with how easy everything went and how well I did both physically and emotionally. Unfortunately, the elusive signs of stress were having their way with my body. I was caught up in the excitement and didn’t notice.

From housing 10 people to cleaning before, during and after, as well as the travel and the fun, I had neglected me. Failure to be consistent in my health, wellness and fitness routine during those days has me currently, struggling to get back to my optimal health three weeks later.

The following is my post event plan of action:

### Week 1:

- Get outdoors and enjoy the fresh air
- Improve quality of sleep
- Reduce stress
- Improve how I deal with stress
- Return to healthier eating habits and routine
- Resume taking supplements
- Increase water intake

### Week 2:

- 1-2 sessions of easy to moderate walking per day
- Pilates
- Foam Roller
- Red Light Therapy

### Week 3:

- Increase frequency, duration and/or intensity of walking
- Monitor and improve average pace per mile
- Add Yoga Trapeze
- Add Inertia Wave

Summertime is a busy time for many of us. It’s easy to get caught off guard and caught up in activities, travel and fun. Had I been better prepared our family event wouldn’t have disrupted my optimal health, wellness and fitness routine. Lesson learned.

Now, I share what I learned so that I can help others.

In one month, my life is going to take another hit. It’s something I’ve dealt with

## Summertime is a busy time for many of us. It’s easy to get caught off guard and caught up in activities, travel and fun.

before and it didn’t go well. This event is not in my control and the stress will have the potential to set me back again but, writing this article already has me mentally, rehearsing my response.

Walking is the absolute best thing I can do for my body. As I recover from the big family event and prepare for this new event I face, I find such amazing awareness of how my body had been affected. My gait is off, my balance is tweaked a bit, my posture, and overall inefficiency of movement has been compromised.

With awareness, though, I can optimize. As usual, I start with a focus on my feet and work my way up my body making subtle corrections at every joint. Suddenly, I find a focus in an area I normally ignore.

During my downtime, I continued with my studies of movement. No doubt the importance of the pelvic floor is the new “trend” in fitness. Here’s a few tidbits that settled in my brain to only reveal themselves in a moment of Zen walking.

We can have a strong abdominals and back musculature but, without a strong pelvic floor we cannot achieve true “Core Strength” or optimal movement patterns.

Visualize removing all the organs contained within your torso and placing them in a bag. What do you think is the combined weight of all those organs? Now, imagine you can remove that extra belly fat and the added weight of the skeletal system which, requires the support of the entire core structure.

Imagine placing that bag filled with its’ rather odd contents on top of your now exposed pelvic floor. Among other things, our pelvic floor is hugely, responsible for holding in the contents of your abdominal cavity. Would your pelvic floor be able to support these contents? Thank goodness there are exercise programs just for your pelvic floor.

Now consider the Q Angle: The angle of a person’s hips to their knees. For obvious reasons, most women have a greater Q Angle than men. During pregnancy, ligaments and tendons that attach to and work with the pelvic girdle become lax to enable more room for a fetus as it grows. That greater Q-angle can also cause misalignment issues for the knees and ankles and therefore, can cause changes to the gait during movement. It is reasonable to imagine that posture is affecting the entire body.

What if we could adapt our lifestyles to avoid a weak pelvic floor and possibly, even uterine prolapse? Urinary incontinence is another big side effect of a weak pelvic floor that some just come to accept as a natural part of aging.

If we could make some adaptations aka “game changers” in our futures, would we laugh it off or would we explore those options more deeply?

### What are some things we can do to create a stronger, healthier pelvic floor?

1. Eat a healthier diet to avoid adding unnecessary adipose tissue.
2. Strengthen your entire core both individually and together as one unit.
3. Learn specific exercises to strengthen the pelvic floor.
4. Balance strength and flexibility of all the muscles but, specifically of those of the pelvic girdle.

According to the Mayo Clinic in its’ article, “Kegel Exercises: A how-to guide for women,” Kegel exercises can be done just about any time!

What I find as an added benefit is that the moment I contract “those” muscles the Transverse Abdominis (TVA) responds, as well. For visual of the TVA, I instruct my clients to Pull The Belt Tighter to activate and contract the TVA. The actual job of the TVA is to “compress and support the abdominal contents” which brings us back to that weird visual of removing the contents of our torsos.

A more detailed and correct description of the TVA can be found at [www.physio-pedia.com](http://www.physio-pedia.com). and explains, “It extends between the ribs and the pelvis, wrapping around the trunk from front to back. The fibers of this muscle run horizontally, similar to a back support belt.”

Ah-Ha... The TVA is actually our natural support belt. Hmmmm. I’m recalling years ago, businesses that required their employees to wear a support belt and all the heavy lifters at the gym had their leather version of that belt. This practice was later suspected to weaken the actual TVA and is rarely used anymore.

The act of contracting our pelvic floor muscles by doing Kegel contractions also, can activate the TVA. So, it seems safe to say that if we have low back pain it would be wise to look to our pelvic floor and our Transverse Abdominis.

For more info on Health Wellness and Fitness contact:

Lori Martin  
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## Baylee A Certified Therapy Dog

Adopted as a puppy from TCRAS, Baylee is a Red Heeler mix, 2 years old and is now a certified therapy dog through the Alliance of Therapy Dogs (ATD). She was evaluated by an ATD Tester/Observer (T/O) to make sure that we have a good relationship and that Baylee has the right temperament for therapy dog work. After this the T/O monitored us during three visits to various facilities. She passed!

On their website, ATD states that a certified therapy dog must be friendly, patient, confident, gentle, and at ease in all situations. Baylee has all these attributes. She enjoys human contact and likes to be petted and to perform tricks like rolling over. She is starting her career at Forest Ridge, a skilled nursing and rehabilitation

facility in Woodland Park.

ADT has been in existence for 30 years. They provide testing, certification, registration, support, and insurance for members. This is an all-volunteer organization. Their registration is very affordable. For \$30 a year (plus an initial one-time \$15 new member fee), a team can be registered with ATD and covered by their insurance in order to share in the mission of sharing smiles and joy with their dog.

In preparation for her ATD testing, Baylee got her AKC Canine, Urban and Community Good Citizen certificates. She is the mascot for the Pet Food Pantry for Teller County. August 14 and 28 are dates for the Pet Food Pantry. For more information about Baylee, go to [www.PetFoodPantryTC.com](http://www.PetFoodPantryTC.com).

## Funding Recipients Announced

by Travis Duncan

Governor Polis, Colorado Parks and Wildlife (CPW) and Great Outdoors Colorado (GOCO) announced the fourth round of funding recipients of the Outdoor Regional Partnerships Initiative. This grant program supports coalitions that bring broad interests together to ensure that Colorado’s lands and waters thrive to sustain healthy wildlife and treasured outdoor recreation opportunities. With the Regional Partnership Initiative, conservation and outdoor recreation interests, land managers and local government are working together to tackle challenges and advance opportunities for innovative approaches for stewarding Colorado’s outdoors.

This grant opportunity is the result of a landmark Executive Order signed by Governor Polis creating the Outdoor Regional Partnerships Initiative. This effort charts a long-term, equitable, and sustainable vision for the future of Colorado’s outdoors that is driven by bottom-up community planning.

“Colorado’s world-class outdoors is home to unique wildlife, natural resources, and exciting recreation opportunities. Through the Regional Partnerships Initiative, we are working across sectors and levels of government to expand and support conservation efforts to ensure our outdoors are preserved for the future. I am grateful to the 16 regional partnership grant recipients working to advance this goal and protect the outdoors,” said Governor Polis.

“The Regional Partnerships Initiative is a critical piece in Colorado Parks and Wildlife’s efforts to help build regional support for balancing recreation and conservation in Colorado. When organizations and individuals work together on behalf of public and private lands and waters, it ensures communities are healthy, livable and prosperous for future generations,” said CPW Director Jeff Davis.

Governor Polis and CPW launched this initiative in 2020 with funding support from GOCO. This grant cycle doubles the amount of money invested in Outdoor

Regional Partnerships to \$3 million with another round of grant funding opening in the fall of 2023.

“Ensuring a future for Colorado’s outdoors requires the expertise of communities across our great state, who have a deep understanding of critical natural resources and recreation opportunities in the regions they call home,” said GOCO Executive Director, Jackie Miller. “GOCO is incredibly excited for the priorities and plans that will be elevated by the Regional Partnerships Initiative, which will inform a responsive, regionally-rooted statewide strategy for the years ahead.”

With this funding round, there are now 16 Regional Partnerships. Grant recipients include nine coalitions based in Colorado’s front range, central mountain region, western slope, and southwestern corner.

Regional Partnership Grant Funding Recipients (in our coverage area):

### ■ Envision Chaffee County (\$197,479)

Envision Chaffee County officially joined the Regional Partnership Initiative in 2021, which energized the coalition to share their model, resources and lessons learned. With 2023 funding, Chaffee will continue to plan and pilot solutions to regional challenges, including Wilderness Areas and trails system management, camping management, funding, and climate resilience.

### ■ Pikes Peak Outdoor Recreation Alliance (\$128,000)

Since 2021 Pikes Peak Outdoor Recreation Alliance has been developing a regional plan that serves El Paso, Fremont, and Teller Counties. With continued funding, they will conduct public engagement meetings, complete surveys and data analyses, and finalize a conservation and recreation vision for the region.

To read the report in its entirety: <https://cpw.state.co.us/aboutus/Pages/Regional-Partnerships-Initiative.aspx>

## Call for Entries 29th Annual Emma Coffin Race t-shirt contest

by Calee Parker

Get ready to unleash your creativity as the 29th year of the Emma Crawford Coffin Races approaches! The Manitou Springs Chamber of Commerce invites community members, artists, and graphic designers to submit their finest t-shirt designs for a chance to become the featured artist on the official 29th anniversary Emma Crawford commemorative t-shirt. All artwork will be evaluated and voted by the community and reviewed by the Chamber Board of Directors to ensure it meets the necessary technical specifications.

The winning artist will receive \$100 in Manitou Money to spend at Manitou Springs businesses, a coffin race T-shirt featuring their design, and their name will be announced from the stage on race day. Winners will also receive two VIP tickets to the Coffin Races finish line.

Submissions are now being accepted. Please email digital files to [coffinraces@manitouchamber.com](mailto:coffinraces@manitouchamber.com) or drop off original art at 354 Manitou Ave. Please provide your name, address, phone number, and email when you submit your artwork. The entry deadline is 5 p.m. MST on Friday, September 8, 2023. Evaluation and voting by the community will take place the following week, starting September 11, and concluding on September 22. The winning t-shirt design will be announced on September 25. The winner will be notified that day by phone.

We encourage artists to carefully consider the canvas when creating their art. As this is the 29th year of Coffin Racing, we request that designs incorporate the

following words, either as added type or integrated into the artwork itself:

### Required t-shirt text:

- “Manitou Springs”
- “Emma Crawford Coffin Races”
- “29th Annual” or “29th anniversary”

### Please follow these Contest Guidelines (submissions that don’t adhere will be disqualified):

- The primary subject matter should be coffin-race or Emma Crawford related.
- All illustrations and designs must be ORIGINAL.
- Graphic designers CANNOT use templates from Canva or Adobe Stock.
- Stock vector is allowed but must be customized to be YOUR OWN.
- The contest is open to artists of all ages.
- There is no entry fee.

### Artwork Specifications:

- Please submit digital designs as a singular .JPEG, .TIFF, .AI, .PSD, .INDD, or PDF file.
- Please design your piece at a size of 16” x 20” with a resolution of 300 PPI.

The Emma Crawford Coffin Race will take place on Saturday, October 28, 2023, in Manitou Springs, CO. For any inquiries about the coffin races, please contact the Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development at 719-685-5089 or visit our website at [manitousprings.org](http://manitousprings.org).

## Facts you might not know about granite

by Joyray Jensen



1. Forms when magma cools within the earth and doesn’t erupt from a volcano.
2. The slower it cools the larger the mineral grains.
3. Granite is radioactive.
4. Blue and red are the rarest granite colors.
5. The word granite comes from Latin.
6. Granite forms in the world’s tallest cliffs.
7. Granite is one of the hardest substances on the planet.
8. Granite is the oldest igneous rock in the world.
9. Granite is plutonic rock.
10. Granite is ultra dense.

**Igneous** = a rock having solidified from lava or magma.  
**Plutonic** = is rock formed by solidification at a considerable depth beneath the earth’s surface.

Joyray belongs to the Pebble Pups Geological Society in Lake George. She will begin the 6<sup>th</sup> Grade next school year.

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# Life-Enhancing Journeys

## Freeing yourself from passive-aggressive behavior, part III

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

Continuing the focus on passive-aggressive (PA) behavior from June and July’s articles, it is now time to look at our own behavior.

If you believe that no one truly cares about your opinions, feelings, or thoughts, it can be painful. This may create a fear of speaking up clearly or hiding away your true feelings, which may result in PA behavior, as a way to prevent further hurt. Unfortunately, emotions held inside, eventually will come out, usually in destructive ways. PA is one of the more damaging forms of communication in any relationship, yet we are all guilty of responding like this at times.

It may be easier to recognize passive-aggressive patterns in others than it is to see these behaviors in ourselves. If you think you might be in the habit of using PA tactics, do your best to look at your behavior objectively, with an open mind.

Ask yourself these questions:

- Do you sulk or avoid people when you are upset with them, yet never tell them why?
- Do you say yes when you have no intention of following through?
- Do you ever stop talking to people (the silent treatment or ghosting them) when you are angry with them?
- Do you “forget” to do things as a way of punishing others?
- Do you use sarcasm to avoid engaging in meaningful conversations?
- Do you avoid sharing your honest view on a topic, even when asked to give your opinion?
- When your boss asks you to take on a project, do you procrastinate because you believe the task is unreasonable or a waste of time?
- Do you respond with, “Whatever you want is fine, just tell me what you want me to do,” when it really is not fine with you?
- Do you praise someone in public, then criticize or gossip about them in private?

If you answered “yes” to any of these questions, it is likely that you have resorted to using some PA behaviors.

Over time, this behavior can breed mistrust and can damage your credibility, which in turn may hurt your relationships as well as your career. Fortunately, it is possible to change your behavior. Though it requires self-awareness and a willingness to break the habit, learning a new approach is well worth the effort.

**Potential causes of PA behavior:**

- **Cultural differences:** Direct confrontation is considered rude in some cultures so a PA approach may be viewed as a more acceptable tactic.
- **Childhood experiences:** Usually PA behavior may develop during childhood when you have no ability or permission to express how you felt, especially negative emotions. Exhibiting PA behavior likely protected you from being hurt further. Some children grew up in families where disagreeing with authority figures was forbidden or even punished, so avoiding confrontation as an adult becomes the norm.
- **Fear of rejection:** Acting in a PA manner can stem from a lack of confidence and a fear of rejection. You may mistakenly believe that hinting at something, rather than asking directly, may hurt less if you are rejected or ignored.
- **Unrealistic expectations:** Having hopes that something will happen or that you will get what you want without asking for it, “If you really loved me then you would know what I want...” but then refusing to discuss your desires out of fear of being too vulnerable. This may

be based on the belief that people with whom you have a relationship should be able to read your mind and ought to already know. True love requires open communication and vulnerability.

**Ways to be less PA**

The first step to stopping PA behavior is to recognize it. Here are some strategies that can help you become more aware of when you might be acting PA:

- Give yourself time to make changes. Recognizing your behaviors is a good foundation for changing these tendencies, yet altering your patterns will take some time. Learn what to do differently and be patient and kind to yourself.
- Practice expressing yourself. A willingness to express yourself is the first step toward changing this behavior. Start by asking yourself how you felt about a comment or a situation. Be as specific as possible about your feelings and avoid using general words such as “good” and bad.” Remain committed as you work to reduce PA responses so you can experience positive outcomes. Among the tools that I use when I experience conflict is to take time to write down some ideas that I would like to convey. This way I have clearly thought about and practiced what I want to say. Preparing in this way helps calm my brain so it can bypass the fearful, survival path and remain functional.
- Improve your self-awareness. Start by paying attention to your thoughts, words, and behaviors to determine if the PA is limited to a specific relationship or routine functioning.
- Ask questions about your encounters: How accurate are my perceptions? Who was involved? How did the situation come about? How did I react? Do you see a pattern? What do you think would happen if you communicated directly? Which situations trigger you to behave PA? Practice direct communication in a non-threatening setting (try standing in front of a mirror and talking to yourself without criticism or practice with a trusted friend).
- Advocate for yourself: When you simply ask for what you want, you may just get it. For example, by asking for a promotion and negotiating for it, you are more likely to get it than someone who avoids asking. Even if what you are requesting is refused, you might get honest feedback that can help you possibly get the promotion at a later date. Muster the courage to assert yourself by being respectful but also standing your ground.
- Work on your communication skills: Use words to express how you feel, instead of throwing a PA tantrum. One tool is to use the “when-then” statement as suggested by licensed psychologist Thomas DiBlasi, Ph.D., “When you yelled at me, I felt hurt. It seems like you didn’t take my feelings or perspective into account...” It is important to communicate how you are feeling, not what you are thinking. People can argue thoughts with you but no one has permission to tell you that what you are feeling is wrong. Identify people who communicate well, listen to how they say things, then follow their example. Write out what you want to say, practice saying it out loud, then share it with the other person.
- Express anger in healthy ways: Anger is there for a reason and can provide you with energy when needed. Anger may be caused by believing that you are being threatened. Allow yourself to accept the feeling instead of resisting it. “Healthy anger” requires that we pause and then assess whether the threat we



Usually PA behavior may develop during childhood when you have no ability or permission to express how you felt, especially negative emotions.

feel is real or not in order to respond appropriately.

Focus your attention on observing your experiences (view them from a distance, as if you are watching a movie) without reacting or becoming overwhelmed by them. Be curious rather than critical, recognizing that your thoughts, feelings, and physical reactions are temporary rather than a permanent part of who you are. This enables you to have the freedom to choose how to respond.

Consciously expressing anger is actually healthy, both emotionally and physically. Pent-up anger can make us sick.

- Be honest with yourself. Once you understand the underlying reasons for your behavior, be honest about what you want. Continuing to deny your feelings will only maintain the PA responses. Ask yourself, “What is it that I truly feel? What do I really want to say? What outcome am I hoping for?” Then think about how to express that desire directly, yet respectfully.
- Identify the cause. There is likely an underlying cause for your PA behavior. It can be a fear of failure (a desire for perfection), a fear of rejection (a longing to be liked), or a fear of conflict (a need for harmony). Understand the root of the issue so that you can address it directly and determine whether your fear is rational.
- Embrace conflict. Acknowledging that conflict is simply a part of life can help in letting go of PA behavior. Conflict can be beneficial if you use it productively. Instead of seeing another as your opponent, try to see things from their perspective. To better understand, ask questions in a curious manner such as, “Help me to understand how you came to that viewpoint — impression — decision — opinion — conclusion — etc.” Recognize that even when you feel differently from them, the relationship can still remain strong even if you decide to agree to disagree. Rather than shutting down any exchanges by offering an agreement with which you disagree, or by withholding feedback, take a chance and speak up. Even if your heart is pounding and your palms sweaty, you will survive and likely benefit from your bravery.
- Get input. Working on any behavioral change can be difficult. Avoid being critical of your efforts or disappointed that your progress seems slow-going. For that reason, consider checking in with people whom you trust. Ask them if they see that there is consistency between your words and your actions. Ask a close

friend to hold you accountable, even if it requires them to nudge you under the table if they notice you reverting back to old behaviors. Never be alarmed if you notice that you have defaulted back to a PA response. Be kind to yourself because, over time, those occasions will lessen as you practice being direct and clearer in your communication.

- Build a healthy support system: When possible, distance yourself from people who communicate PA and surround yourself with people with whom you can learn how to be more direct. Practice giving and receiving support.

**Benefits of being less PA**

Life is less dramatic and more fulfilling when you simply ask for what you want, acknowledge what you feel, and say what you mean.

- Improved relationships: When you clearly ask for what you want, you can help foster healthier interactions in your relationships. People who use healthy communication skills report increased satisfaction in their relationships.
- Greater life satisfaction: When you can be clearer and more assertive, you are more likely to get the results you desire.
- More confidence: By learning how to be more direct, yet tactful, you will likely notice that you feel more in control of yourself, therefore, more confident.

Is it possible for someone who habitually uses PA behavior to change? Just like with any other behavior, old habits die hard, yet, when you continue to practice a new approach, you likely will be pleased with the benefits. When you align your thoughts with your actions, you will increase your self-confidence and trust in yourself. It may seem overwhelming at first, but you have already laid the groundwork by realizing that PA behaviors have damaged your relationships and you recognized that it is time to stop. These practices do require commitment, effort, and patience, and in the end, will help you create a more fulfilling life and improved relationships.

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.

# Mueller State Park

Mueller State Park is offering a wide variety of programs for all ages this August! Guided hikes lead visitors to historical sites and favorite scenic spots. Evening programs include a star gazing party, history of the Pikes Peak Region, and wildlife topics. Hands-on kids’ programs get children interacting with nature and adults like it, too!

Our big event this month is Western Heritage Day on August 26, celebrating the ranching history of Mueller. Join in for a hay ride to the historic Cheesman Ranch, see pioneer crafts and skills like spinning, weaving, quilting and cooking over a fire. See farm animals and get a free pony ride for kids! Try “gold” panning or “steer” roping. Little ones can run in a Kids’ Stick Horse Rodeo. Join in a sing-along with Cowboy songs. So many fun things to do with an eld western flare!

In the history of the Pikes Peak Region series every Thursday night, the focus this month will be on Influential Women of Colorado, Early Explorers, the Fur Trade, Ghost Towns and How Colorado Became a State. Debbie Barnes, a local bird expert, will present a program, Raptors, birds of prey and how to identify them! Other Evening programs include Bats, Wildfire Ecology, Mining in Colorado and S’more and Spooky Stories!

Daytime program fun includes archery, fly fishing, pond safari, animal tracks and a sketching hike!

At Mueller, we love sharing our passion for nature and outdoor activities of all kinds! We hope you will join us. See the list below:

- 3 Prowling Cats 5 p.m. Camper Services
- 3 Influential Women in Colorado History 8 p.m. Amphitheater
- 4 Dynamite Cabin Hike 2 p.m. Grouse Mountain TH
- 4 Colorado Mining 8 p.m. Amphitheater
- 5 Fly Fishing Clinic 10 a.m. Dragonfly Pond
- 5 Cahill Loop Hike 2 p.m. Grouse Mountain TH
- 5 Learn the Burn 8 p.m. Camper Services
- 6 Hike: Wapiti Nature Trail\* 9 a.m.
- 6 Tracks Table 9-11 a.m. Camper Services
- 9 Owl Pellets 2 p.m. Visitor Center
- 10 Cheesman Ranch Trail Hike 9 a.m. Grouse Mountain TH
- 10 Outlook Ridge\* Leave No Trace Hike 9 a.m.
- 10 Dynamite Cabin Hike 3:30 p.m. Grouse Mountain TH
- 10 Early Explorers & Military in Pikes Peak 8 p.m. Amphitheater
- 11 Peak View Pond Hike 2 p.m. Elk Meadow TH
- 11 Geology of Colorado 3:30 p.m. Camper Services
- 11 Star Party! 8:30-10:30 p.m. Visitor Center
- 12 Pond Safari 10 a.m. Dragonfly Pond
- 12 Archery for Beginners 1 p.m. Dragonfly Pond
- 12 Geer Pond Hike 3 p.m. Black Bear TH
- 12 S’more Stories 8 p.m. Amphitheater
- 13 Tracks Table 9-11 a.m. Camper Services
- 15 School Pond Hike\* 9 a.m.
- 17 Sketch Hike 8:30 a.m. Outlook Ridge TH
- 17 Geer Pond Hike 3:30 p.m. Black Bear TH
- 17 Fur Trade in Pikes Peak Region 8 p.m. Amphitheater
- 18 Colorado Mining 3 p.m. Visitor Center
- 18 All About Bats! 8 p.m. Amphitheater

- 19 Bird Walk 8:30 a.m. Elk Meadows TH
- 19 Forest Bathing/Shinrin-Yoku Walk 9:30 a.m. Visitor Center
- 19 Fly Fishing Clinic 10 a.m. Dragonfly Pond
- 19 Osborn Loop Hike 3 p.m. Black Bear TH
- 19 Birds of Prey 8 p.m. Amphitheater
- 20 Peak View Pond Micro-Hike 10 a.m. Elk Meadow TH
- 23 School Pond Loop Hike\* 9 a.m.
- 24 Dynamite Cabin Hike 3 p.m. Grouse Mountain TH
- 24 Ghost Towns in Pikes Peak Region 8 p.m. Amphitheater
- 25 Fly Fishing Clinic 10 a.m. Dragonfly Pond

- 26 Western Heritage Day 10-2 p.m.
  - 27 Grouse Mountain Trail\* 9 a.m.
  - 29 Rock Pond Trail Hike\* 9 a.m.
  - 30 Owl Pellets 2 p.m. Visitor Center
  - 31 Fly Fishing Clinic 10 a.m. Dragonfly Pond
  - 31 Osborn Loop Hike 3:30 p.m. Black Bear TH
- \*TH indicates to meet at the Trailhead of the same name.

All programs are free with a valid park pass on every vehicle. The Keep Colorado Wild pass comes with your car registration for just \$29. A day pass is \$10 or an annual pass is \$80 per vehicle. FMI 719-687-2366.



Enjoy the month of August. Go hiking or camping or for day trips to Farmers Markets or just hang out like Baylee.



Baylee

**Spread the Word**  
Pet Food Distributions for August 2023  
**Monday August 14**  
**Monday August 28**  
**2 - 5 p.m.**  
at the Little Chapel of the Hills, Divide, CO  
[www.PetFoodPantryTC.com](http://www.PetFoodPantryTC.com)

**The Pet Food Pantry Volunteers & our Mascot Baylee want to Thank You for your donations!**

**We continue to need your support!**



# PROUD TO BE PART OF THE ROCKY MOUNTAIN REGION

Come visit us! Email [Tours@CharisBibleCollege.org](mailto:Tours@CharisBibleCollege.org) to schedule a tour.



**CHARIS**  
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# Buena Vista Contin-Tail Gem, Mineral, & Fossil Show



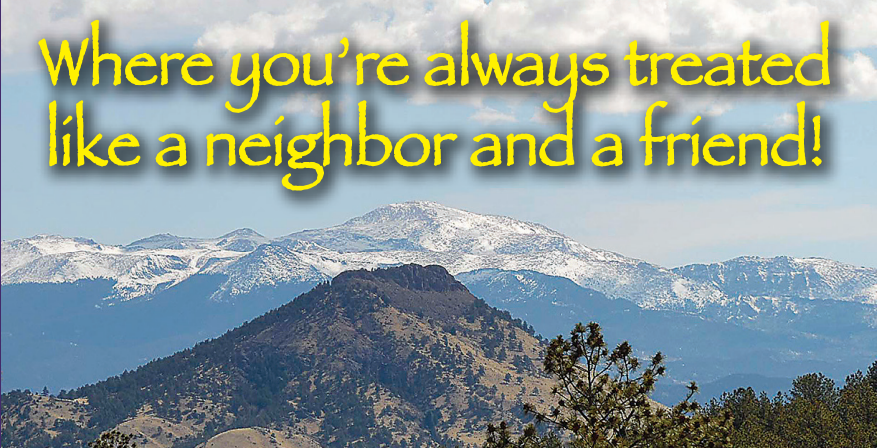
Aug. 10 -13, 2023  
9 am - 6 pm daily  
Rodeo Grounds  
Buena Vista  
Colorado

Free Admission & Parking, Family-Friendly Fun




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# September 7-9



## TRUTH & LIBERTY COALITION CONFERENCE

*For His Glory!*

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**Andrew Wommack**  
Bible teacher dedicated to spreading the Gospel message of God's love and grace for fifty-five years



**Congressman Doug Lamborn**  
Longtime U.S. representative committed to American families, small business, military and veteran advocacy, and protection of the Second Amendment



**Janet Porter**  
Pro-life advocate and architect of the Heartbeat Bill



**Mohamad Faridi**  
Former devout Muslim who converted to Christianity after a saving encounter with Jesus

**And more!**

In the face of adversity and opposition, history has shown that remarkable things can be accomplished when we come together with a common purpose. Just as Nehemiah and the Pilgrims understood God's call to rebuild, we too are being summoned to rebuild our great nation for His glory!

Prepare to be inspired by a lineup of extraordinary speakers who will ignite your faith, empower you to stand firm on God's Word, exercise your constitutional rights, and navigate this pivotal hour in the history of our constitutional republic.



This event is free, but registration is required. Register now at [TruthandLiberty.net/UTE](https://TruthandLiberty.net/UTE)

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